

Eastern Michigan University has for the last several years dominated the NAIA and NCAA-college division track and field. Now EMU is moving up to the university division in search of real competition. It will be well-prepared if the distance running squad is indicative of what the rest of the team is like. For there is a very good chance that five runners will be under 8.50 for two miles this season. One of the most promising of this group is Connecticut-reared Tom Hollander, a 20 year old sophomore.

In his freshman year, Tom recorded 8.56.5 and, while only 19 years old at the time, won the "Cherry Tree" Marathon last year in 2.23.17--the fastest time by an American under 20 years of age. Tom trains twice daily, usually ten mile runs at about 7 minutes per mile. Two or three days each week he cuts down the afternoon run so as to do some speed work as well. These might be 8 x 440 averaging 66-68 seconds, or 12 x 220 averaging 30-32 seconds. These are after 7-8 mile runs. His weekly total mileage is about 115-140 miles.

Although he was the 1970 New England Prep School X-Country champion, Tom Hollander was not exactly a celebrity. His best track times being 4.36 and 9.38. He came to EMU with the idea that he would have to work hard to be 4th or 5th man on the X-country team. But he liked that idea because he relishes the competition. In fact, it was a disappointment to him that he turned out to be the No. 2 man on the team in his first year. Not that he wanted to be worse but he hoped others would be better.

Hollander is one of those runners, and they are not too plentiful, who actually enjoys running and the sport in general. He reads about what others are doing and enjoys watching track meets as well as competing in them. Many outstanding runners, as the readers probably know from their own experience, are wrapped up in themselves. Running is a deadly serious business at which, for some mysterious reason, they feel a compulsion to excel. Not so with Hollander. Perhaps this is because when he started his college career he already believed he would never become great. So he decided on, as he puts it, "a more casual approach." He admits he trains hard but it is always fun. He expresses the matter thusly: "I'm not all that dedicated an athlete. If I had to be, I probably wouldn't run. I run because I like it, but I like to go out partying and have a good time. In fact, I've run some of my best races a night after a few drinks. Maybe I'd run better if I didn't...but I think a good party every week with some of your teammates relaxes you, especially after a hard run, and makes running that much more fun." Tom has found that when he approaches a race with deadly seriousness, concentrating on eating all the proper foods and getting lots of sleep for the week prior to the race he may end up doing poorly, whereas being relaxed and in good spirits counts for more than anything else except for the actual training itself.

Ultimately, Hollander has his sights set on the marathon. But that is a few years away. For now he admits very long running is a bit boring. That is why he breaks his runs up into two sessions. He doesn't cover more than ten miles in any one session. He can't imagine running an indoor marathon and says he "would go crazy." Sometimes, when training, he gets bored and he will stop. Indeed, he has even stopped during races just because he felt sick with the thing--in the figurative sense. To some people this shows a lack of dedication. Tom, himself, describes it that way. To my mind, it shows a sense of proportion. He doesn't make a living at this business and there is nothing to keep him going but the pleasure he gets out of it. But any one who runs as much as Tom Hollander does can hardly be called a dilettante. He knows now what he did not know when he first arrived at EMU--that he has the ability to be an outstanding runner (although he is a little too bashful to admit it). He is determined to develop this talent, without letting it enslave him. He is a damned good "winter book" bet to be a U.S. Olympic marathoner in 1976.

READ: The Long Distance Log, from U.S. Track & Field Federation, 1225 N. 10th Ave., Tucson, Arizona 85705. \$5.00 for 12 monthly issues covering domestic and foreign long distance results in detail, etc.

And: AAU News, from AAU House, 3400 W. 86th St., Indianapolis, Indiana 46268. 12 monthly issues on AAU sports. \$5.00 subscription includes official AAU yearbook on history of the year's events.

ATTEND General RRC Meeting, Central Park Locker Rm, 1PM, Jan. 14, 1973

"The London to Brighton Race, 1972" by Park Barner, Jr.

"I don't believe I had any thoughts of running the London-to-Brighton race until just after finishing my first 50 miler, the Met. AAU event which I won in February of 1972. In March I won the J.F.K. Memorial 50 miler in Boonsboro, Maryland, but it was a much tougher race than the New York race and four days later I came down with a virus which affected my long runs for two months.

"Finally, in Syracuse in May, I ran a marathon during which I felt good all the way but the next week my right foot began bothering me and I cut my daily mileage from 12 to 4 in June and July to help it along. At this point I had no intentions to go to London.

Then overnight my foot was well and I resumed normal training in two weeks. One week later I decided to make the trip although I didn't believe I would be in top shape for the race. The race was a week later than usual and that gave me enough time to make all necessary arrangements with six days to spare. What a rush! I slept on the plane trip from New York to London and arrived in London Saturday the 23rd of September, eight days before the race. This was to give me time to rest, adjust my diet and plan my race strategy. I hadn't thought about the race much up to this time so now I could give it my full attention.

Early in the week I had decided on 6 hours and 20 minutes as a goal for the 52 $\frac{2}{3}$ miles run but a 65 minute 10 mile workout on a track gave me second thoughts. (I felt like I was running 7 minute miles.) I put in 90 miles in the seven days prior to the race and most of that was at over 7 minute pacc. Tuesday and Wednesday I ate nothing and drank juices while running normally to see how it felt and to lose a couple of pounds.

I attended the banquet given by the Road Runners Club the Friday before the race to be held Sunday and it was a pleasant gathering. Ernest Neville, John Jewell, Mervyn Dunaway and Mike Tomlins were prominent individuals. It was there that I met Lindsay Lane, a South African who planned to run the same time I had been thinking of and we decided to run together for a while at the start. The day before the race I had toast and tea for breakfast, then juice the rest of the day and some honey before going to sleep. The morning of the race I had a cup of orange juice and that was it.

I was able to sleep only 5 hours the night before the race but had gotten a good sleep the night before. It was rough getting up at 5 A M knowing what a long day it would be but also I knew I had a lot to look forward to during the run.

Race registration and dressing facilities were at the Civil Service Sports Centre a few blocks from the start. The morning was cool and clear and it was hardly light as we hurriedly lined up and started when Big Ben tolled seven A.M. The leaders went out at record pace from the start and I started a little faster than the 7 minute pacc I had intended to do. Lindsay Lane joined me at about the half mile and we stayed together for over 2 $\frac{1}{2}$ hours. The pace wasn't comfortable for me but I decided to stick with it for awhile, thinking I might loosen up later. We passed 5 miles in 33:46 and did the next 5 in 31:43. At this point we decided we were a bit fast and tried to slow down some. We were still over 6 minutes ahead of schedule when we hit 20 miles at 2:13:55. Someone told us that the leader passed 10 miles in about 57 minutes which put us over a mile back at that point. My legs were feeling the same as in the early going and I still wasn't loose. Lindsay and I were still together with our pacing plans shot to bits and we had to ponder whether the fast start would catch up to us in the late going. I had gotten some water from his handler and had a few swallows of orange juice at 10 and 20 miles and had no thirst.

We passed the 24 $\frac{1}{2}$ mile checkpoint at about 2:43 and it was about this time that I really got into a good groove and was able to pick up my pace with no more effort. I left Lane here and started passing others. From 24 $\frac{1}{2}$ to 39 miles I couldn't have felt better and I seemed to breeze along, a feeling which I had at about the same point in the New York City 50 but the wind there spoiled the effect somewhat. In all of my racing I don't think I've ever hit a better stretch. I averaged 6:15 a mile for a little over 6 miles going by the Gatwick Airport and into Crawley. Out of Crawley are the hills and I passed four runners as I easily got through the hilly stretch. I got to the 38.9 mile

p.4 refreshment and time stand at 4:19 and it was here that I knew I had a shot at breaking 6 hours, something I hadn't dreamed of just four hours earlier.

It was in the fairly level area before Dale Hill that I began to feel fatigue and I knew it would be rough the rest of the way. For some reason, maybe my diet, this fatigue wasn't the same as what I had experienced before in that my legs didn't become heavy and, even though I was hurting, my pace didn't fall apart. I slowed some to get up Dale Hill, taking a couple of drinks on the way up and having an orange pop at the top. Then came the downhill and the mental part of the race for me. My time was 5:09 at the 46 miles which meant I had 50 minutes to cover 6 2/3 miles to break 6 hours and I knew it at the time. Am I ever thankful that it was all downhill because I surely would have had to walk had it even been just level. The temperature around 60° and the bright sun made it too warm. I was so tired that I felt like I was doing 10 minute miles but I couldn't judge because I was not running with or near anyone and I hadn't seen another runner in over 10 miles. My only goal now was to run to the finish and the last couple of miles I almost gave into walking several times. Now my time didn't matter to me, it was just how much further. Suddenly, there was a crowd and I turned a corner and saw the finish. Sheer joy seemed to carry me over the line, the tiredness momentarily forgotten. Now came the realization that it was all well worth it and I will never forget this moment.

While soaking in a tub at the Aquarium Baths I learned my time of 5:56:58 and I couldn't have been happier. I guess Alastair Wood felt the same way with his sensational 5:11:02 and first place. Awards were presented at the tea party held at the Old Ship Hotel, in Brighton. Tipton Harriers took team honors as they had at the Comrades Marathon in South Africa earlier in the year. The crowd gave me a nice hand as I received my time certificate, I guess because I was the first American. The bus ride back to London seemed as long as the race but talking to Alastair Wood on the way shortened it considerably. He said he would have run about 5:09 if his legs hadn't tied up near the end. A 5 hour race may be a reality in about 10 years.

I spent a week in London after the race, doing some sight seeing while running around town. I came out of the race in good shape and put in 12, 12 and 26 miles in the three days following the race, including a 17 minute 3 mile track workout the third. That's my best 3 mile. I left London Oct. 7 and was home the next morning. Needless to say, I was happy to be home, but what a fruitful trip with the new friends and the experience of the London-to-Brighton Race. I will do it again I am sure.

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MORE ON THE 1972 LONDON BRIGHTON RUN--The run on the Brighton Road by Park Barner, Jr. was incredible, considering what had happened to him in the previous six months.

Californian Skip Houk, 30, (track times: 4.18, 9.00, 14.09, 29.30), American 50 mile champion, and a solid 2:22 marathoner, and a top 10 finisher in the 1972 US Olympic Marathon team tryouts, got wiped out in the hills. However, with 50 mile times of 5:15 and 5:19 on the easier Rocklin, Calif. course, he is one of a few Americans to ever start the race with the intention of trying to win the race, and at a record pace at that. Houk planned to average 6 minutes a mile, and he said, "I'm going over there to win." And who would have believed that such a pace would not have won it? The duo of Alastair Wood (5.11.02) of Scotland and M.J. Orton (5.19.28) of England both fractured the course record set only last year by the sensational collegian from South Africa D. Levick (5.21.45). Houk was in on the fantastic pace until cut down by muscle cramps. Wood, 39, represented Great Britain in the 1962 European Championships, finishing 4th in the marathon and has run in the Commonwealth Games in addition to his 40 mile track record. This was his first attempt in the 50 mile range. Orton, who had won the 57 mile Comrades Marathon this year, had the bad luck of breaking the record but not winning the London-Brighton. The Millrose AA had been expected to once again tangle with their old rivals the Tipton AC (now out of sight) for team honors but problems cancelled the trip. The London-Brighton race has escaped the circus-like, publicity loaded atmosphere of both the Boston Marathon and the South African 57 mile Comrades Marathon (both races with over 1000 starters), but this year had a first: Miss Dale Greig of Tannerhill

p.5 Harriers, Parsley, Scotland, completed the course in 8.30.04. The time limit is 8 hours. There were 59 starters and 40 official finishers. The first veteran (over 40) was D. Funnell, 14th in 6.05.34. Robert Bruner, a Canadian, running for the Southern California Striders, was the other "American" finisher, in 19th place in 6.34.19.

 WINNERS of RACES HELD in the MET.AAU AREA in 1972
 Compiled by RRC Statistician Joe Kleinerman, Millrose AA

30 Jan. Annual Isola 4 1/4 mi. Run	P.Squires (NYAC) 20:51.4
5 Feb. Heart Fund 5.2 mile Run	P.Squires (NYAC) 24:44.7
6 Feb. RRC 10 mi. Run	T.Fleming (PSC) 51:22.4
13 Feb. Met.AAU & Open 50 mi Run	P.Barner (Penn.) 6:04.01.4
Met.AAU	J.Garlepp (Mill.) 6:16:14
13 Feb. RRC 10 mi Hd. Run	N.Pickens (Texas) Hd. 10 min 65:26
	D.Thomson (NYAC) Fast Time 56:05
20 Feb. RRC 12 mi. Hd.	W.O'Brien (Mill)-Scr. 1:06:20
27 Feb. Bob Preston Mem. 5 mi. Run	P.Squires (NYAC) 25:02
5 March Mike Hannon Mem. 20 mi. Run	Tom Fleming (PSC) 1:46:06
19 March Earth Day/Cherry Tree Mara.	T.Hollander (Conn.) 2:23:17
9 April Met.AAU Jr. & Sr. 15 Kilo.Ch.	M.Keogh (Man.Col.) 46:31.6
	Junior--J.Doyle (Ford.)
30 April Eastern Reg. 10,000m Champs.	H.Ryan (NYAC) 32:16
7 May Met.AAU Jr. & Sr. 20 Kilo Ch.	H.Yan (NYAC) 1:06:06
	Junior--J.Kelley (Fordham)
11 June Yonkers Mar. Sr.Met. & Open	M.White (Princeton) 2:29:42.8
	Sr.Met. V.Chiappetta (Mill.)
25 June Staten Island AC 20 Km Run	Dr.N.Sander (Mill) 1:08:50
1 July Staten Island AC 3+ mi Run	A.Hall (Unatt.) 18:50
8 July Speed Program 2 mi Teen	R.Escobar (NYPC) 10:07.1
8 July Speed Program 2 mi Open	T.Colon (Man.Col.) 8:56.4
9 July RRC 2 Man 10 mi Relay	H.Skeggs & J.Schindler 46:09
12 July Speed Program Freeport	Track Nee (NYAC) 2mi 9:12
15 July One Hour Jr. & Sr. Met.AAU Ch	Sr. D.Nee (NYAC) 11 mi 230 yds.
	Jr. S.Lubar (Unatt.)
15 July Speed Program 2 mi Teen	W.Minns (United AA) 10:09.5
15 July Speed Program Open	T.Colon (Man.Col.) 9:06.4
16 July 5,000 Meter Open Lichtenstein Mem.	T.Colon (Man.Col.) 15:11.8
16 July 5,000 Meter Teen. Zalowski Mem.	M.Centrowitz (NYAC) 16:06.6
19 July Speed Program 3 mi Teen S.I.	D.Dougherty Jr. (SIAC) 14:52.2
19 July Speed Program 3 mi Open S.I.	B.Sheridan (Unatt.) 14:54.6
22 July Parks Dept. 5 mi Run	E.Rogers (LIAC) 25:49
22 July Speed Program 2 mi Teen	L.Acavedo (Unatt.) 10:09.4
22 July Speed Program 2 mi Open	S.Lubar (Unatt.) 10:30.9
26 July Speed Prog. Freeport Track	F.Handleman (Unatt.) 2 mi 9:48
29 July Speed Prog. 2 mi Teen Run	M.Centrowitz (NYAC) 9:34.9
29 July Speed Prog. 2 mi Open	T.Colon (Man.Col.) 8:46.5
30 July RRC Pentathlon	T.Colon (Man.Col.) Won all events but 2nd in 440.
1 Aug. Speed Prog. 3 mi Teen S.I.	T.Keating (NYAC) 14:57.2
1 Aug. Speed Prog. 3 mi Open S.I.	B.Sheridan 15:03.8
8 Aug. Speed Prog. Freeport Track	Fairly, 2 mi 9:48
13 Aug. Encore 5,000 meters Teen	M.Centrowitz (NYAC) 15:52.8
13 Aug. Encore 5,000 meters Open	T.Colon (Man.Col.) 15:00.6
13 Aug. PR Hispanic Marathon	T.Fleming (PSC) 2:29:33
15 Aug. Speed Prog. Freeport Track 2 mi Open	J.Quadorer (NYAC) 9:46
22 Aug. Speed Prog. 3 mi Teen S.I.	M.Centrowitz (NYAC) 14:19.4
22 Aug. Speed Prog. 3 mi Open S.I.	H.Ryan (NYAC) 14:02.8
29 Aug. Speed Prog. 3 mi Teen S.I.	T.Keating (NYAC) 15:11
29 Aug. Speed Prog. 3 mi Open S.I.	A. Callo (United AA) 15:07.3
10 Sept. 3 mi x-Country Run	J.Crawford (NYAC) 15:00.6
24 Sept. 5 mi x-Country Run	J.Crawford (NYAC) 25:46.6
1 Oct. NYC City Marathon, Central Pk.	S.Karlin (Maryland) 2:27:52
8 Oct. 6 mi x-Country Run	J.Crawford (NYAC) 31:16.6
15 Oct. National Sr. 30km AAU Ch.	P.Talkington (SAC) 1:35:04.6
15 Oct. Met.AAU Jr. & Sr. 30 Km Champs.	Sr. Dr. N.Sander (Mill)
	Jr. J.Logakis (NYAC)
22 Oct. RRC 5 mi Hd. x-Country Run	J.Loshon (UNITED) Hd 15 Min.
	Dr.N.Sander (Mill) Fast Ti 25:51
29 Oct. Nat'l. Sr. AAU 3,000m Champs.	J.Crawford (NYAC) Individ. 8:32
	Team: New York AC
23 Oct. Annual Tappen Post SI 3.5mi	E.Bowes (NYAC) 17:09.5
12 Nov. Sr. Met.AAU 6mi x-Country Ch.	S.Sink (NYAC) 30:04

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19 Nov. Annual RRC 9 Mile Cross-Country J. Schindler (Unatt) 47:19.4
 23 Nov. Met. AAU Jr. & Sr. 25 Kilo Champs. G. Appell (NYAC) 1:21:32
 Junior: G. Appell (NYAC)
 26 Nov. Jr. Met. AAU x-Country Champs. (4mi) J. Biedrzeki (CWPost) 20:52
 3 Dec. RRC 6 Mile Run G. Appell (NYAC) 31:28
 10 Dec. RRC 10 Mile Run T. Colon (Man. Col.) 53:09
 17 Dec. RRC 12 Mile Run T. Fleming (PSC) 60:50

SCHEDULE for National & N.Y. RRC 1973 Age Group Program--30¢ per entry. Boys and Girls run in separate races. Race Director: B. Beisler

Time	Date	Day	Site	Time	Date	Day	Site
11AM	Feb 3	Sat	Alley Pond	1PM	Aug. 5	Sun	Marine Park
1PM	Feb 11	Sun	Clove Lake	1PM	" 12	Sun	Clove Lake
1PM	" 18	Sun	Macombs Dam	11AM	" 18	Sat	Alley Pond
1PM	" 25	Sun	" "	1PM	" 26	Sun	Van Cort Track
11AM	Mar 3	Sat	Alley Pond	1PM	Sep 2	Sun	Marine Park
1PM	" 11	Sun	Clove Lake	11AM	" 8	Sat	Alley Pond
1PM	" 18	Sun	Macombs Dam	1PM	" 23	Sun	Clove Lake
1PM	" 25	Sun	Alley Pond	11AM	" 29	Sat	Alley Pond
11AM	Apr 7	Sat	Alley Pond	1PM	Oct 7	Sun	Clove Lake
1PM	" 8	Sun	Marine Pk C	1PM	" 14	Sun	Van Cort Park
1PM	" 15	Sun	Van Cort Tk	" 21			Cross-country
1PM	" 22	Sun	Alley Pond	" 28			field
12PM	" 29	Sun	Scotch Pl, NJ	12PM	Nov 4	Sun	National RRC Age
11AM	May 5	Sat	Alley Pond				Group X-Country Ch'p
1PM	" 13	Sun	Yonkers RT C				Van Cort Park
1PM	" 20	Sun	Clove Lake	1PM	Nov 11	Sun	Clove Lake
1PM	" 27	Sun	Marine Park	11AM	" 17	Sat	Alley Pond
5PM	Jun 2	Sat	Ft. Meade, Md.	1PM	" 25	Sun	Marine Park
11AM	" 9	Sat	Alley Pond	11AM	Dec 1	Sat	Alley Pond
1PM	" 17	Sun	Clove Lake	1PM	" 9	Sun	Clove Lake
1PM	" 24	Sun	C.W. Post C	1PM	" 16	Sun	Marine Park
11AM	Jul 7	Sat	Alley Pond				Age Group Sites:
1PM	" 15	Sun	Marine Park				1. Macombs Dam Park, Bronx
1PM	" 22	Sun	Clove Lake				2. Van Cortlandt Park, Bronx
1PM	" 29	Sun	Van Cort Park				3. Alley Pond Park, Queens
							4. Marine Park, Brooklyn
							5. Clove Lake Park, Staten Island

Note: About 25% of RRC members owe 1973 Dues. Contact Treasurer. MY OPINION by Dr. E.V. McCollum
 "Rules for Healthful Eating: (1) "Eat only those foods that spoil or rot or decay, but eat them before they do," and (2) "First eat what you need, then what you like."

Ernest Neville
 Ernest Neville, 89, died in late October 1972. He died in hospital following an operation. He was instrumental in founding the Road Runners Club, in England, to promote the London-Brighton race annually, and to promote long distance running. The RRC idea was imported into the USA by Browning Ross in late 1957. Ernest Neville lived for a time in New York City. As a stunt Neville walked from end to end of every street in Manhattan. He attended his last RRC Council meeting a few days before his death.

news: Derek Kay, 40, of South Africa, who has been running for 3 years only, ran 100 miles in Durban in 11 hours 56 mins 56 secs to beat Box's world track record.

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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