

## ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

No. 10, FALL, 1961

President: J.Conway (NYPO) 37-33 80th St., Jackson Hts., L.I., N.Y. Vice President: Louis C. White (NYPC) 5 W. 63rd St., N.Y. 23, N.Y. Sec-Treas.: H.Murphy (Millrose AA) 4111 Ave. I, Brooklyn 10, N.Y.

It is with regret that we announce the passing of ROBERT PRESTON, long time AAU Official and a member of the Road Runners Club, New York Association. He spent countless hours over the years coaching and timing distance runners in workouts and practice races in New York City. Long distance running and track and field have lost a valuable friend.

John Conway

## A MESSAGE FROM OUR PRESIDENT

On behalf of the RRC, NY Assn., I wish to thank the following individuals for much help given to the RRC in the past year.

HENRY ISOLA for his efforts in getting advance publicity for races and in getting race results published in the newspapers.

JOE KLEINERMAN for the efficient way he handled the races.

TED  $\underline{\text{CORSITT}}$  and FAMILY for all they have done to publish newsletters and to prepare entry blanks for races. And to  $\underline{\text{JOHN}}$   $\underline{\text{CHODES}}$  for a great assist to the Newsletter Committee.

MICK BILOTTA, GORDON MC. KENZIE and other committee members for the excellent job done in laying out the new "Cherry Tree Marathon" course.

SAM SCHWED, RUDY SCHWARTZ, DAVE VOGEL, HARVEY LICHTENSTEIN, and others for officiating at the many races this year. If I have omitted any names, it has been unintentional. The RRC could not have enjoyed the success it has without the help of these people.

One other point, it was proposed at our Nov. 26,1961 Association meeting, that members individually write to the N.Y. TIMES, LONG ISLAND PRESS, and LONG ISLAND STAR newspapers to thank them for the coverage given to the races this year. Such letters to the sports editor can lead to even better race coverage.

J.Conway

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SUMMARY of RACES SPONSORED in 1961 by the ROAD RUNNERS CLUB, N.Y. ASSOCIATION								
							c.1, 8	
1.	1-29-61	8 Mile Run	22	2 21	McKenzie	NYPC	44:19	
	2-5-61	20 Mile Run	10	8	McKenzie	NYPC	2:11:3	,4
3.	2-1.2-61	12 Mile Run Cherry Tree Marathon	19	18	McKenzie	MYPC	1:08:0	8
4.	2-19-61	Cherry Tree Marathon		17				
	3-5-61						/	DOWN TO THE
).	)-)-01	5 Mile Sealed Handicap	20	20	Schiavo			
					Fast Time: McKenzie NYPC			
						24:5	4.4	
6.	7-2-61	4 Mile Run: Veterans	8	8	Scandurra			4:34.7
	7-2-61	4 Mile Run: Juniors			Sargent			
	7-2-61							
		4 Mile Run: Open	32	32	Moore	MYPO	2	1:14.1
9.	7-15-61	10 Mile Open/National						
		track, postal	15	13	Villa	Culver	City	55:38.7
					MacNicholl NYPC, NY Assn.			
					Champion			
10.	11-26-61	9 Mile Cross-Country	72	61	Moirdle	MYAC	48.3	04
		,						
(List courtesy of Joe Kleingraan, Millrose)								
X - X - X - X - X - X - X - X - X - X -								
DIET AND THE RUNNER by Jose Dones, N.Y.P.C./Santa Barbara State								
Question: "Do raw foods such as vegetables, cereals, etc. have any advantages over								
cooked versions of the same foods ? Discuss.								
occupations of one same rooms; Dradas.								

Answer: In general, it is advantageous to COOK YELLOW VEGETABLES and to EAT GREEN VEGETABLES RAW. Cereals could be eaten either way with about equal results. It is wise to add wheat germ to all cereals to replace the vitamin B-complex lost in processing and in cooking.

Cooked yellow vegetables are easily digested; they are rich in vitamin A which is

p.2 DIET by Dones easily absorbed in cooked vegetables. Green vegetables have a very low resistance to heat and their vitamin C and enzymes are destroyed with a minimum of heat. Some vegetables, however, should be kept away from the athlete's diet: pickles and spinach are two examples.

Fruits and vegetables are the greatest sources of roughage in the human diet. Roughage is needed to stimulate digestion and to keep the intestines healthy. Lack of roughage will cause the intestinal area to diminish (atrophy). What would this mean to a human being? It simply means that those muscles doing work will not get all of the essential nourishment required to work efficiently. Why? Because without roughage the walls in the gut will flatten out, therefore diminishing food absorpt-

Intestional wall without roughage

Intestinal wall with roughage in the diet.

Note that too much roughage can be dangerous since it is capable of irritating the intestinal walls leading to excessive peristaltic action. In other words, it may prompt an athlete to take to the woods in the middle of a very important race. I suggest that the amount of roughage in the diet be increased little by little until the athlete is able to eat rocks.

My advice: "Eat it raw if you can." (For answers to questions about diet or nutrition, write to: Jose Dones, c/o Ted Corbitt, 5240 Broadway, N.Y. 63, N.Y.)

THE ATLANTIC CITY (NATIONAL R.R.C. CHAMPICNSHIP) MARATHON by J.Chodes, N.Y.P.C. Larry Delaney became the National Road Runners Club's first marathon champion as he finished 4th (1st among RRC members) in the annual Atlantic City Marathon on Oct.1.

The actual winner was Olympic marathoner, Marine Lt. Alex Breckenridge, who easily defeated a 17 man field with the uninspired time of 2:49:44. Jim Coucill of the Electric Boat A.C. was a distant second in 3:01:15. Delaney's time was 3:09. The winning time was disappointing in the light of the fact that the circuit was virtually flat, with only a single hill to mar the otherwise unvarying course. Breckenridge has returned much swifter times on more difficult courses.

During the early stages the leadership was hotly contested by Jack Barry (Del. Val. AA), and John Garlepp (Millrose) with Coucill, Breckenridge and Pat Dougherty of the Penn. Military College a mere step behind. With 4½ miles gone, Coucill fell back and Barry appeared intent on finding some solitude. He sauntered away from the others who were pounding along in the middle of the street; he went it alone on the sidewalks, deftly dodging pedestrians, onlookers and baby carriages, while still equalling the front men. It proved too much of a burden to handle both chores

effectively. Jack was soon left behind.

Dougherty, a collegiate cross-country runner, was making his first marathon start.

In fact he had never gone further than 5 miles before in competition. For seven miles he retained his confident, purposeful manner. Then, as Breckenridge effortlessly floated away at 8 miles, a now discouraged and badly winded Dougherty was

heard to pant, "This is sure as hell different than cross-country!"

Throughout this period, Delaney was hidden among the pack. By the 7th wile, the
Delaware Valley AA runner had moved up to 8th place. By the 10th wile Breckenridge had run away from all opposition. He had 400 yards on Garlepp, who regained second from the nearly spent Dougherty. Alex's margin contined to expand rapidly, till he reached the 18th mile. Then the reckless pace and scowling sun got to him. His hace withered to a pitiful trot. As Alex reached the one grade on the course, a steeply inclined bridge at 21 miles, he was forced to a grinding halt. He painfully walked over the span. Stricken though he was, Alex bravely struggled on. alternately ran and walked the remaining few miles to the tape.

Coucill, who had taken over the runnerup spot from Garlepp at 15 miles was too

far behind to capitalize on Alex's distress.

In capturing the R.R.C. Marathon crown, Delaney ran a marvelously steady race. He moved from 8th to 4th over the last 15 kilometers.

Sid Smith of the Hamilton (Ontario) Olympic Club, had his share of bad luck. He arrived at the start 10 minutes after the gun. In his attempt to catch up he took a wrong turn and got lost. Officials finally found him and gave him a ride to the 15 mile check point. "I'll leg it in from here," Smith said. He sadly added, "I guess I'll get a little road work in."

THE LEADING FINISHERS 1. Lt. Alex Breckenridge, US Marines . . . . 2:49:44 4. Larry Delaney, Delaware Valley A.A. . . . 3:09:10

TENTATIVE SCHEDULE FOR 1962: 4 Miles 8 Miles 4-15-62 10.6 Miles 1-7-62 2-25-62 Cherry Tree Marathon 1-14-62 4-22-62 8 Miles 3-4-62 8 Miles RRC 4-29-62 10 miles or 10 Km, 3-11-62 25 Kilo Met. NYAC (?) 12 Miles 1-28-62 20 Miles RRC 3-18-62 5 Mile RRC Pacoy, Yonkers 3-25-62 10 Mile Handicap (?) 4-1-62 10 Mile Handicap (?) 5-6-62 12 Miles 5-20-62 2-4-62 8 Miles 2-11-62 Met.30 Kilo 4-1-62 Yonkers Mar. 5-13-62 8 Miles

JOIN THE "FUN RUN" Is it true that the single runners are afraid to meet the married runners in the Dec.31 team race?

On Dec.31, 11AM, MaCombs Dam Park, a 15 Kilometer practice road run will be held among members of the RRC. Single men will meet married men in a team race (all run at once). This will be an unofficial race. No prizes. The purpose is to raise funds for the 1962 "Cherry Tree Marathon." The winning team will contribute \$0.50 per man. The losers will contribute \$1.00 each to the marathon prize fund. If the weather is "impossible" that day, the distance and course will be adjusted accordingly. out and support this fun run for marathon funds.

NEWS of the ROAD RUNNERS CLUB, NEW YORK ASSOCIATION, by Joe Kleinerman, Millrose AA. The 9 mile cross-country run at Van Cortlandt Park, Nov. 26, ended our best year which featured record entries, new faces, and new members... We will now transfer our activities to McCombs Dam Park. Nick Bilotta reports all in good shape on the Harlem River course. The boys will be able to hold their sessions at the Jerome Cafeteria listening to Kurt Steiner tell how he won that Coney Island Walk. Kurt was picked as second alternate in the national RRC drawing to send an eastern runner to the Western Hemisphere Marathon in Culver City, California. Old John Kelly was 1st choice and Hull of Vt. was second pick. If they turn the trip down, Kurt will get it. Additional funds are needed to make the trip possible. Please send contributions now to H.B. Ross, 306 W. Center St., Woodbury, N.J... We were saddened by the passing of member Bob Preston last month. We will miss Bob. He always showed up to time our races. Our 5 Mile Yankee Stadium race in March will be called the BOB PRESTON MEMORIAL RUN. ... Welcome to new member Nick Sirakos, NYAC. Nick is a real enthusiast and is always ready to help out... Also welcome to Larry Grace, Alfred Williams and Oscar Moore. Moore, latest Pioneer flyer, is my choice for "rookie of the year" honors. Oscar has been running long distances only 6 months since coming out of the Marines and has made a wonderful record...John Garlepp, Millrose AA, who just finished his first year of distance running, is my choice for the best young runner at 15 to 26 miles. No other runner has improved so much in a year and he hopes to keep improving thru hard training...Did you note the method used for starting our races in the past cross-country season? Mike Devaney, former Olympian, Millrose AA coach, started the Max J. Silver Memorial race, Johnny Cain former Met.Jr. Cross-country Champion started the Jr.Met.AAU x-country championship, and finally, Harvey Lichtenstein had the honor of starting our 9 mile cross-country run. Harvey has put in almost 50 years of AAU running and still can be seen training around McCombs Dam Park. We hope to continue this policy of recalling our past long distance runner's fame by giving them this little honor. This helps to keep the old timers interested in the game and we can use them...Why all the fuss about that gal runner in New England? Our own Chris McKenzie runs many more miles just rooting her hubby Gordon on in the marathon. Chris probably could run a longer distance and faster than any other lovely in the USA... A familiar sight: Ben Malkasian ganged by the Foley clan. Ben can take it... Note the new Irishrunners of the NYAC and the Milledge AA. Perhaps we are in for a revival of the fabulous days of Tim O'Connor and the great running machines of the past.

"McARDLE WINS R.R.C. 9 MILE CROSS-COUNTRY RUN" by J.Chodes, NYPC

Peter McArdle, the sensational distance man from the New York A.C. scored his fourth consecutive victory in the annual Road Runners Club 9 mile x-country run. The event attracted a record field of 72 to Van Cortlandt Park on Nov.26. The entrants were divided into three categories. All athletes 18 and under were eligible to compete for "Junior" prizes. Runners 40 years old and upward fought it out for "Veterans! prizes. The "Open" section consisted of athletes between 19 and 39 years of age. An 18 year old harrier, Bernie Feeney, was the first "Junior" across the line (12th position: 54:14). He was narrowly ahead of 13th finisher, Met.A.A.U. marathon titleholder, Ted Corbitt, who captured the "Veterans" prize with a 54:17 clocking. During the early phases, Gordon McKenzie, the N.Y. Pioneer's Olympic marathoner,

was the pace setter, a step or so in front of McArdle and Oscar Moore, also of the Pioneers. The field was well bunched, with at least 15 men within striking distance of the leader. At the conclusion of the first three mile lap, the throng began to thin out. Moore came through with a short margin over McKenzie and McArdle. Back into the hills for the second circuit, McKenzie became the victim of the accumulated strain of three competitive efforts in a week. His calf muscles became badly cramped and he was forced to retire. With Gordon out of it, and Moore losing some of his sting, McArdle roared away with ease. The raw boned 31 year old Irishman whipped through the difficult hills as if they didn't exist, increasing his lead with every step. In fact he picked up speed as he went along, running the second half faster than the first. Barreling into the tape in 48:30.4, his magin of victory was an impressive one-and-one-half minutes over Moore.

THE LEADING FINISHERS 1.Peter McArdle, N.Y.A.C. 2.Oscar Moore, N.Y.P.C. 48:30.4 6. Richard Vehlow, City Com'ty. Col. 51:47 50:08 7. Joe Bessell, N.Y.A.C. 52:25 50:26 8. Angus Wooten, Unattached 52:41 3.Bill Schwab, Unattached 4. Jiw O'Connell, St. A.B.C. 50:58 52:49 9. John Long, St. John's A.A. 5. Larry Furnell, N.Y.A.C. 51:26 10. Bob Vivian, Unattached 52:57

p.4 READ the "LONG DISTANCE LOG", 12 monthly issues \$3.00, from H.B.Ross, 306 W.Center St., Woodbury, N.J. Race results, training information, profiles, interesting letters, and schedule of races.

NOTE: SHANAHAN MARATHON revival, Jan.28,1962, a 26 mile marathon will be held on the Fairmont Park course, Philadelphia, at 12:00 noon. Same 4 lap course. Report to Shanahan Catholic Club, 4624 Lancaster Ave., Philadelphia, Pa. Send entries on post card to either Tom Osler, 2010 Broadway, Camden, N.J., or to Jack Barry, 5027 Garden Ave., Merchantville 8, N.J. This middle Atlantic AAU sanctioned race is staged to encourage marathoners in their winter training. If entry fees are to be charged, they will be collected the day of the race.

ABSTRACT:

"The Biological Basis of E.Zatopek--The World Champion's Feat of Endurance," English summary of Z.Hornof and M.Kremer, "Biologicky Podklad Vytrvalostnich Vykonue Svetoveho Rekordmana Zatopka," Sokol, 72:167-203 1952

72:167-203, 1952.

The development of Emil Zatopek was studied for nine years. The following inferences were drawn on the biological basis of the runner's feats of endurance: (1) The body type permits peak performances of endurances. Inborn somatic characteristics are improved by training; (2) Peak performance requires perfect health, and perfect nervous, metabolic and hemorespiratory systems; (3) Long-distance racing requires all-around physical training. The best is daily training with a gradual increase of handicaps. During training a strong will and conscious effort is required to overcome difficulties and reach a previously determined goal. Fatigue is overcome by running until tired and then continuing. Perfect conduct of life is a primary assumption; (4) Technique of running improves by training; perfect style at the beginning of training is not necessary.

DUES, \$3.00 per year, payable now for 1961-62. If you have not paid your dues, please do so as soon as possible. Your money will be used to finance our winter races. Make theck or money order payable to treasurer, Harry Murphy, 4111 Ave. I, Brooklyn 10, N.Y.

"THE BEARDED WANDERER" (Abstract of a letter from G.Watt to Ted Corbitt)
G. Welt', the bearded Australian marathoner, who took off on a world marathon tour in 1959, starting with the Boston and Yonkers Marathons, is off again. Actually he is hibernating at the moment, but he is headed for South Africa and the Comrade's Marathon in May 1962.

Watt ran 3500 miles in 9 months of training in 1961. His 2:28:59 for the English Poly marathon was his peak performance. He had so much left that he felt as if he could have run back to the start. InAugust Watt ran 2:35:03 for 7th in the Enschede International marathon. On Sept. 30, Watt took on the 53 mile London to Brighton race. He passed 20 miles with the leader in 2:01. Watt began to fall-apart about half way home but rallied to finish 4th in 6:14:30 taking the first newcomer trophy. Watt reported that "the monotonous agony of the last 10 miles I don't care to remember. I believe I did the last 5 in 57. "Smith won in 5:37.

Eight days later Watt raced in the Kosice Marathon, finishing 28th in 2:48:16. Bikila of Ethiopia won. Watt says: "Bikila is a magnificent runner. He holds himself up in great style and runs with such a nonchalant ease that he appears to be out for a stroll.' He is a very dignified fellow with great presence and there is a sorething in his manner that reminds we strongly of Elliott. His coach, O. Niskanen, told we that Bikila does 80-90 miles a week: 4 sessions on the country, two on the road, one on the track. A typical track workout: 6 x 1500 meters in 4:15, but he often goes down to 4:10. The other sessions are Kelly type of fartlek, i.e., running fast, and faster."

REMEMBER Dec. 31,11 AM, MacCombs Dam Park, Married vs Single RRC members, 15 kilos, Run, Run, Run.

RRC,NY Assn.Newsletter Chairman TED CORBITT ,Apt.150 5240 Broadway New York 63,N.Y.

PRINTED

Mr Nat Cirulnick
241-10 132 rd Road
Rosedale 22, n.y.

10