



ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

No. 10, F A L L, 1961

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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 CORBITT and FAMILY for all they have done to publish newsletters and to prepare entry blanks for races. And to JOHN CHODES for a great assist to the Newsletter Committee.

NICK 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

SUMMARY of RACES SPONSORED in 1961 by the ROAD RUNNERS CLUB, N.Y. ASSOCIATION

RACE	DATE	DISTANCE	STARTERS	FINISHERS	WINNER	
1.	1-29-61	8 Mile Run	22	21	McKenzie	NYPC 44:19
2.	2-5-61	20 Mile Run	10	8	McKenzie	NYPC 2:11:34
3.	2-12-61	12 Mile Run	19	18	McKenzie	NYPC 1:08:08
4.	2-19-61	Cherry Tree Marathon	30	17	JJ Kelly	BAA 2:25:27
5.	3-5-61	5 Mile Sealed Handicap	36	36	Schiavo	NYPC Fast Time: McKenzie NYPC 24:54.4
6.	7-2-61	4 Mile Run: Veterans	8	8	Scandurra	Millrose 24:34.7
7.	7-2-61	4 Mile Run: Juniors	26	26	Sargent	BTC 21:38.7
8.	7-2-61	4 Mile Run: Open	32	32	Moore	NYPC 21:14.1
9.	7-15-61	10 Mile Open/National track, postal	15	13	Villa	Culver City 55:38.7 MacNicholl NYPC, NY Assn. Champion 57:18
10.	11-26-61	9 Mile Cross-Country	72	61	McArdle	NYAC 48:30.4

(List courtesy of Joe Kleinerman, Millrose)

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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.

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

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, MacCombs 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. Come 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 Irish runners of the NYAC and the Millrose 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 margin of victory was an impressive one-and-one-half minutes over Moore.

THE LEADING FINISHERS

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

WELCOME to latest RRC, NY Assn. member John Kelly, Millrose AA.

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 Zatopeka," Sokol, 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 check 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. Watt, 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 Courade'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. In August 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 6 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 something in his manner that reminds me strongly of Elliott. His coach, O. Niskanen, told me 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.

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