



# Road Runners Club N.Y. Association Newsletter

NO. 55

SPRING 1973

## Newsletter Format Change

The publication of newsletters and other materials of interest to long distance runners is one of the goals of the Road Runners Club. We organized just about 15 years ago and we are completing 14 years of publishing four issues of the newsletter per year. Our early issues were done on a duplicator machine. Then a mimeographing machine served until now. President Fred Lebow has suggested a new format starting with this our 55th issue. We will experiment a bit and come up with a final format.

Dr. Norb Sander's wife, Terri, who writes and does the lay-out for City Islands monthly newspaper has volunteered to put the issues together for us.

## History of RRC Emblem

The RRC of England was organized in 1952. The aim was to bring together all those interested in long distance running, and to promote the London-Brighton race as an annual event. The idea was expanded from there. The RRC of America was organized in 1957 and it was patterned after the body in England. We adopted the same emblem and we have agreed to cooperate with them in as many areas as possible.

The RRC emblem (or patch) is a triangular shaped badge with a horizontal bar across it. It is the symbol of the Greek element air. A figure of a runner has been inscribed into

it. Originally we imported the emblems from England. Later we had them made here. We have a new supply on hand now. The emblem may be worn on the right hand side of the running shirt or on a sweatshirt or blue blazer. By using snaps it is possible to easily detach the emblem from the shirt before laundering.

## FOR INFORMATION & RACE ENTRIES. . .

When you write to the RRC or to the AAU for information or blanks, please send along a self addressed, stamped large envelope for a reply.

\* Runners are strongly urged to send in entries to races before the race date. This will make life easier or more tolerable for meet officials and cut down on mistakes. We will charge post-entry fees, but we would rather not. Enter races early.

## 2nd Annual Mini Marathon



Distance: 6 miles - Women Only.  
Central Park, Sat., May 12.  
Dressing at West Side YMCA.  
For information contact RRC.



## AAU MASTERS NATIONAL 15 KILO CHAMPIONSHIP

Rochester, Minnesota  
Sunday, 2 P.M., June 10,  
1973. Standard AAU medals and patches to each age group plus a unique award to the 1st 100 finishers. For information and entry blank, contact:  
Dwight Pierson, 2704 5th Ave., N.W.  
Rochester, Minn. 55901 501-282-6944.

# Munchen Olympic Marathon Afterglow

by Ted Corbitt

It was equally improbable, in normal circumstances, that the USA would cop an Olympic Marathon gold medal, or that a Soviet sprinter would take the 100/200 meter sprints. It happened in 1972.

The years 1908 to 1972 were a long time between Olympic marathon victories for the USA. Clarence Demar, the great Buddy Edelen and a few other Yankee super-runners, real killers, were not able to end the drought.

The 1908 Olympic victory by Johnny Hayes triggered off a "marathon craze" in the USA. The victory by Shorter at Munchen in 1972 was preceded by an on-going "marathon craze" in the USA. Shorter's victory was executed by means of a typical shorter marathon flight.

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Several questions come to mind. Will the USA have to wait 64 years for another Olympic marathon victory? Can Shorter score an encore victory in '76? Like Ethiopia's Abebe Bikila, Shorter has the necessary speed and tactical gifts to do it. And, like Bikila's approach, he is on a limited marathon racing diet, and so perhaps his inner "fires" will still be hot in four years. Let us savor the victory anyway, just in case. And what will happen on the long distance scene within the next generation if the promised greater leisure time comes to pass?

A day after the Olympic marathon race a friend asked me, "What did you think of Frank Shorter's marathon victory, and what does it mean?" I said, "Beautiful. But I don't know if its a trend or not." I decided to put the same question to a number of people. The responses follow:

Aldo M. Scandurra, runner, official, promoter of long distance running, Millrose AA --- "Frank Shorter's victory in the Olympic Marathon is to be classified as a personal achievement consistent with the careful application of known techniques of of distance training.

The performances of Shorter, Moore, and Bachelor, however, have greater significance as a group. These are the culmination of many years of effort by many people. Not to deprive the athletes of their personal accomplishments and individuality, they are nevertheless a statistical product based upon the activity in long distance running in the last decade in the U.S.

Certain details are known about Shorter:

1. He trained in ideal training grounds in Florida.
2. He competed at distances from 2 miles to 10,000 meters in both 1971 and 1972 seasons, indoor and outdoor, with world class performances. A criterion of marathon running is to perform well at 10,000 meters.
3. Shorter is good at both X-C and

- road races, indicating a style that is adaptable and economical.
4. He has had International experience and high altitude training and has achieved an excellent weight to height ratio.

It is noted that Mamo Wolde and Ken Moore have probably the same physical parameters and excellent speed at 10 kilometers although Shorter is faster at this distance than both of them.

So much for the technical aspects of the event. Shorter did his homework well. The activity since 1960 in distance running in the U.S. has attracted talented athletes in competition from 10 kilometers to the marathon.

Programs of jogging have brought on extensive public support necessary to enhance the sports status and attract talented runners like Shorter. The summer speed programs, the training camps established by the U.S. Olympic Committee, the International exposure of U.S. distance runners are all part of the stage necessary to create a great athlete and to set the environment for his maturity.

Shorter's victory is his personal achievement - this can never be questioned. But his desire to run and the joy he derives from it is only possible by an extensive program and the status of distance running as a sport..."

Rod MacNichol, Quenns, N.Y., marathoner, artist--"The magic of believing you're the best, that's what Shorter has. I think Shorter's race wasn't as easy as it looked. I think he was relaxed because he has a lot of faith in his head and body...he also cut down his mileage two wks. before his race which gave him needed rest--running in his home town must have given him a lift, and I think everything must have been 'together' : feet, legs, gut, head, day... weather. Very confident in his speed and overall workouts... peaked just at the right time... I feel he was down about the games in general, our showing, Israel, etc. He needed a lift, a big lift. He's fearless once he starts to run..."

Bill Hargus, civil engineer, marathoner, San Diego, Cal.-- "I thought Shorter's performance was just sensational, although I missed any sight of it. Can't help thinking that all the interest in marathons in the U.S. recently has had a part in this victory."

"Johnny" Kelley, Watertown, Mass., 1936 and 1948 Olympic marathoner, Boston Marathon and National AAU Marathon winner-- "Frank Shorter's win at Munchen, Fantastic! U.S.-- 3 man in first 9. No other country before I think has had this? Shorter worked hard for years; but but he ran the smartest race of all the 'Big Shots.' I was thrilled! ... I hope to meet him sometime."

Joe Kleinerman, Millrose AA coach

road runner, AAU and RRC official "Frank Shorter's victory showed that the marathon distance success is due to hard work, speed and stamina. It means that the RRC start in 1957 has hit its goal: a victory in the Olympic marathon and general acceptance in the world (modern days) of long distance running in the USA."

Ed Winrow, former long distance champion; track and cross-country coach at Valparaiso University-- "The Olympic coverage on TV was great. Frank Shorter's marathon victory was long overdue. Many Europeans, non-Americans assume we are not good long distance runners; but this is not true. Our courses are accurate and usually tough. To run 2:15 at Boston is like 2:05-2:08 at Fukuoka.

" My honest 'prejudiced opinion' of why an American won the Olympic title and others placed well is the opportunity that Road Race Promoters in the US have given long distance runners in the last few years. Example: Indiana Striders won the Nat'l. AAU One Hour Run team title. Five years ago or less, Indiana was lucky to have five runners under 30 minutes for 6 miles. They now have 6 under 29 and many more right behind. I improved in N.Y. because of the many races available."

Moses Mayfield, Philadelphia, Pa., Olympic marathon team tryout finalist-- "Well, he had all of the potential to do it. He ran a good 10 kilometers in the Trials and ran a coasting marathon. I had thought the two 10 kilometer races would take something out of him. I was surprised to see him win at Munich. I think "they" made a mistake in letting him go. You should never underestimate any competitor. I hope something will come out of it and that there will be more emphasis on distance running. We have to work harder than we do."

Robert Hornik, New York Pioneer Club, road runner/ road race walker-- "In my humble opinion, I thought Frank Shorter's victory was great because he seems to have a healthier attitude towards running than some of the other top runners: he seems to enjoy running, aside from just wanting to win races."

Gar Williams, Virginia, Champion Marathoner,-- "What can one say about Frank Shorter's marathon victory? The best race of his career and one of the most impressive performances of the 1972 Olympics. On the day when it counted most-- when the chips were really down-- he demolished the best marathoners in the world by two minutes or more. Men like Hill, Clayton, Usami, Foster, Roelants, and others were hopelessly outclassed.

Aside from its significance to Frank himself, the victory could, but probably won't add more interest to distance running, both from the sports pages and participants viewpoints. The newspapers are not likely to show more interest unless there is big money associated with the event. And distance running in the USA is already enjoying a wonderful boom in terms of participation. So I doubt whether Frank's tremendous win will have much effect."

Fred Wilt, Olympian, former record holder, editor of Track Technique magazine, writer-- "Following the 1968 Olympics, there was a tendency to subconsciously assume that for absolute best marathon results in the future, the runner should be

born of parents who lived in the high altitudes and to have trained in high altitudes. To me, the victory by Frank Shorter showed that the champion can come from any country, and it is not necessary to have the advantage of high altitude heritage and/or training. It shows once again that the ability of the athlete, quality of his training, and heroism of his competitive effort are STILL the issues which really count. It also proves, in the Marathon as well as other Olympic

running events, that we are all God's children, brothers under the skin, and that nationality, creed or skin color are absolutely no criterion by which to assume an athletic advantage!"

Fred Hurd, Pennsylvania, marathoner-- "Frank Shorter's victory is phenomenal considering he conquered the Cream of the Crop from Japan, Ethiopia, and England. The exalted place of marathoners elsewhere makes a victory by an American an underdog achievement indeed. It means, I hope, a real goad to countries as Japan. But more, I feel it means a stimulus to American Marathoning now that the stigma of inferiority has been removed."

John O'Neil, Marathoner, former President of RRC of America-- "Out on the streets the other day, training I passed a bunch of kids, who usually would call out such inane comments as, "hi jogger," or "1-2-3-4," or "do you want a lift." Their comment that day was, "hey-- Frank Shorter." Even derisively, I don't mind being called that.

The effect of his thrilling victory and the fine performances of Ken Moore and Jack Bachelor was to alert the casual American sports fan (who gets his virility vicariously) of our established prestige, thanks to the Corbitts, Edelens, O'Reillys, Shorters and Moores and others, in international marathoning and super marathoning. (Here in the Lake Erie Assoc., I've had calls already from adults, yet, wanting to know how much time they would have to take off from work to run for the U.S. in the 1976 Olympics.)

Television has of course given Frank and the event exposure, but it was his talent and personality that has put it across to America. His flamboyance and independence characterizes the individualism of the sport. That is important. It shows that there are alternatives to regimentation for producing excellence."

Bill Marot, committeeman AAU and RRC, Mass.-- " This victory after 64 years since an American won the gold medal (1908 Johnny Hayes in London), was without question the most outstanding gold medal ever won by an Olympic long distance runner from the U.S.A. in this century. I think Frank's win even overshadows the dramatic win by Billy Mills at Tokyo in 1964 at 10,000 meters. Frank Shorter has all the makings of the world's best at the marathon distance, but lets see if he will continue for world prominence and not be struck down in his prime as "Buddy"Edelen was in 1964. I would like to see Shorter in Boston next April. His win opens the door for great things in the future for long distance running in the United State."

Bob Campbell, West Roxbury, Mass., runner, coach, official--" I'm an old goat. I wonder how they will do if they go to work. All Americans did extra good. Mel Porter used to work in a compressed air chamber under the Hudson River, then go to school nights and then run after school. Yes, I called it back in '56 and before, that track men would take over long distance running. Gregory and Gus Moore, good track men, became good long distance men, when you consider the little mileage they put in."

John Jewell, Wokingham, England, RRC of England, Runner--"Shorter's victory? He was the best man on the day of that particular race and I believe he could produce a much faster time under more favourable conditions. The first part could ve said of many Olympic champions and does not deal with your question. It was said many years ago by the late Jack Crump that if the U.S. put her great athletic resources to the long distances, there

would be some significant results. I believe that the U.S. expansion in long distance was derived from this country and initiated by such people as yourself, Browning Ross, and Buddy Edelen, firstly through the RRC-USA although this body does not appear to have developed as it should have done because there do not appear to be sufficient people to do the organising work. With the vast expansion of road running in your country it was certain that sooner or later, there would be some stars thrown up, rather sooner than I thought however, and it wasn't only Shorter. I might add it does not appear he has to worry much about earning a living."

Robert R. Weir, Connecticut, marathoner--"I believe Shorter's victory demonstrates the growing interest in and quality of distance running in America. Kenny Moore and Jack Bachelor finished 4th and 9th which is equally significant. The fact that these men are track men is also relevent."

Walt Westerholm, Bronx, N.Y., runner, photographer--" Frank Shorter's win in the Marathon at Munchen against the fastest field ever was a great one, with much praise also due to Ken Moore and Jack Bachelor.

Frank's win was the culmination of several years of dedicated training with no doubt much experimenting along the way. Because of his long-term training schedule, Frank was able to recuperate quickly from a very strenuous 10,000 meter final in which he had finished 5th in a time which was within 12 seconds of the then world's record, run just about 7 days earlier and won by Lasse Viren of Finland. Shorter's fast run in the 10,000 meters may have been an asset to him in the Marathon, as the pace in the latter race by comparison must have seemed considerably easier for Shorter who proved he had the stamina to back up his speed.

Frank seems to have had the qualifications of an Olympic Marathon Champion, a runner with an inherent ability and a love for running, a good build for a marathoner... on the light, wiry side, plus the time and dedication

for training several years all year round toward his goal."

Big John E. Garlepp, Millrose AA, champion runner--"Shorter's win was great, and Moore and Bachelor did a good job too. The amazing thing about it was the way he pulled away so early in the race, then went on to win easily. I suspect it was a warm day and most of the runners wilted.

The win by a U.S. runner and the fine showing by his mates will bring more track men to the roads and we will see marathon times dropping under 2:15 more often in the U.S. Now with the marathon getting so fast, we should get more runners trying the ultra - distances of 30 to 50 miles where the records are waiting to be broken..."

Harold W. Canfield, Knoxville, Tenn runner, official--"I feel Frank ran a fine race in Munich and he had a good day for him... I've talked to several runners in my area who feel the next step upward from 10 miles is the marathon. When they attempt one and DNF they feel they have failed in some way. I hope this doesn't happen to too many runners throughout the country. Aside from this, I don't see anything but good coming from Shorter's performance. Also, ABC's coverage and especially our friend Eric Segal's work was just outstanding."

Ralph Davis, Portland, Ore. race promoter--"Frank Shorter's victory to me means that Americans are beginning to train correctly for these these distances. Just look at the number of persons who are running marathons as though they were six milers or something."

Browning Ross N.J., Olympian, champion runner, editor of "The Long Distance Log", founder of the RRC, USA--"The win doesn't mean that at last the USA broke through. We've had top men for quite awhile now... You don't get psyched up for a marathon. You get psyched down. If you're too aggressive at the start, you'll never finish. That's why some track guys have trouble adjusting to the marathon. Shorter's victory means that intelligence plays a big part in marathoning."

Charles Robbins, M.D., N.Y. Pioneer Club, 12 times national running champion-- "Shorter looked liked we all aspire to look--efficient and fast! The only comment as to the 'modern' marathon is that the flat, easy courses are only built up 10,000 meter races. I feel that the marathon should be a rugged course to test stamina. There are flat speed races for 5-10,000 meters. Lets leave a race for those who have stamina but not so much speed. The old Yonkers course compared to BAA is what I mean."

Mrs. Pat Tarnawsky, White Plains, N.Y., writerm marathoner--" Re Shorter: His victory, plus the fine showing by Moore and Bachelor, mean that the U.S. is finally coming into its own in long- distance. Now if the IOC would have the guts to add a women's marathon to the Olympics, the U.S. might--with luck-- take a gold in that too!"

Ron Daws, Minneapolis, Olympian, former national marathon champion--" Really a tremendous thing that Shorter did. What happened to Hill, etc.? Lydiard must have really got the Finns going!"

Bill Hargus, SanDiego, marathoner--" I thought Shorter's performance was just sensational, although I missed any sight of it. Can't help thinking that the interest in Marathons in the U.S. recently has had a part in this victory."

Janet Newman, Eugene, Oregon, writer, runner--"Frank Shorter's marathon victory showed that a properly trained runner can make the marathon look easy! Shorter looked so strong on his last 440 in the Olympic Stadium that I stood in awe of his accomplishment and the discipline behind it. The Olympics left a sadness in my heart after all the misfortunes, but seeing Shorter, Moore and Bachelor do so well and knowing that their efforts had come to bloom gave me joy..."

The responses quoted above point out Frank Shorter's assets: Speed, inner toughness, ideal body build, love of running, dedication to getting fit, time for training, independency, and flamboyance-- all leading to his underdog achievement, which it is hoped will give U.S. marathoners more confidence in international competition.

## Road Running in Michigan

by Dr. Sid Genain, United AA

New Yorkers, you never had it so good! Imagine accurately measured courses, officials who spell your names correctly, water stations during a marathon, refreshments after a race, a place to change clothing, showers, toilets, entry fees that don't drive you to the pawn shop, and a hundred other luxuries similar to these. These are what you get in N.Y. and I will never take them for granted again.

Southeast Michigan, especially Detroit, is headquarters for long distance running in Michigan. There is an island not far from mid-town called Belle Isle-- about as pleasant a place to spend a Sunday as are New York's Welfare Is., Ward's Is. and those other tourist attractions. Belle Isle is where the escapees of the state's asylums gather to run over what is proudly called "a certified 5.3 mi. course." The measurers must have used a tape borrowed from the old comics book character, Plastic Man.

In the winter, the escapees arrive early in the morning and plunk down their two dollars for the following set of dubious privileges: 1. They go into what is bizarrely referred to as "the locker room" where they may remove their street clothes, put on their running gear, and carry their clothes back down to their cars. 2. In case any of them has badly timed his bowel movements, he may climb aboard a toilet seat and add his pile to those of forty others. Or rather he will have to stand above the seat because the pile has been growing for months. Apparently the Parks Dept. Doesn't see the need for defecating in the wintertime and shuts the water down. I am convinced that if you can so much as sight Belle Isle with low powered binoculars, you are close enough to be subjecting yourself to a serious disease or two thousand. 3. You get to see what all the money from entry fees goes for, namely one or two trophies of such sturdiness that you could accidentally swallow them without choking. A couple of ribbons, discarded from some knitting shop, are also thrown

in for those lucky souls who finished third or fourth in a field of a hundred. In the summer, things are better. Now the escapees are provided with a community water pail with enough warm water for a thousand dips. Paper cups are even given out and at the end of a race, the greedy, thirsty madmen continually dip their cups into the giant pail, hoping to alleviate a thirst that has been building up for ten miles. Why they haven't dived into the contaminated nearby river, I don't know, since they won't do any worse. Races have to be well spaced out in the summer to give the escapees a chance to recover from dysentery. Apparently the cost of ribbons doesn't exhaust all the entry fee money because when the great Motor City Marathon rolls around in October, refreshments are served. You get a choice of Oreo cookies or apples. Being a glutton, I always sneak a little of both. Naturally, I feel guilty because I know some jerks who have paid a late entry fee of five bucks are going to be deprived of either a cookie or an apple. And I always say that even an escapee from a lunatic asylum deserves an Oreo cookie if he has paid five dollars for it.

Since there is not too much in the way of material rewards for participating in a race like this, I thought it would be nice if they at least gave me credit for having run the whole way. I was told someone had finished in my position and I had not finished at all. I finally got this straightened out but, I guess out of spite, they sent me a certificate certifying that Sidney Genain had finished the marathon in such and such time. I don't know who Genain is but it is the one time I got such a certificate bearing a name sufficiently similar to my own, so that encouraged me to doctor it up a bit and make it seem as though it were intended for me.

I don't want to give readers the idea that Belle Isle is typical of what goes on in Michigan. It is decidedly not. Belle Isle is class. The rest is bush league. In Grand Blanc, a



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2

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half marathon is run in March which, I am told, is accurately measured by very experienced runners. I thoroughly expect to run this course in 74 minutes, so those of you who know me, know what an excellent job they have done. For "dressing facilities," there is a shopping mall which, since the race is on a Sunday is not expected to be frequented by females. Last year it was too cold to go back to the car and put my street clothes in it. I left them on the mall floor. To my amazement, instead of my getting a few cents from the organizers to help pay my cleaning bill, I was charged an entry fee which together with my cleaning bill and the gas cost of my 100 mile round-trip came out to such a sum that it confirmed once and for all my status in The Road Lunatics of Michigan Assoc. The only reason I went to Grand Blanc is because it is Triple-A class. I don't dare tell you any more about the great state of Michigan or you'll get the idea I've been putting you on.

### R. R. C. NOTES

- \* The winner of the National AAU 50 Kilometer Running Championship at Yonkers, Sept. 2 will get a free trip to the London-Brighton race in London.
- \* The Epstein family: Ed, Marion and Michele will handle the RRC membership list in the coming months.

\* In the development meets in Central park during December and January there were about 100 runners per race.

RRC T-shirt --- \$2.50, RRC Decal \$0.25, RRC Patch \$1.00. You may order these items by writing to RRC

MY OPINION by Socrates "What a disgrace it is for a man to grow old without ever seeing the beauty and strength of which his body is capable.

### THE MASTERS SPORTS ASSOCIATION by Bob Fine

We have arranged "reciprocity" with the RRC, N.Y. Assoc. That means that members of one of the groups (Masters Sports Assoc., or RRC) can compete in events closed to members of the other group. In addition, RRC will give extra prizes for Masters in all their events. Masters Sports Assoc. will have a weekly series of development meets at Randalls Is., from the end of Apr. till end of Aug. There will be distance races between 3 and 6 miles and middle distances races on the programs. They'll be 880 to 2 milers. Prizes go to sub-masters (ages 30-39), Masters I (40-49) and Masters II (50+). We give a minimum of 3 prizes in each event up to a maximum of 5, depending on the number competing. We'll also have four full scale meets on weekends once a month in May, June, July, and Aug. We're trying to get the AAU to have concurrent Masters Distance Championships in all of the road racing championships. The next Masters Nat. X-Country championship will be held in the Cleveland area in November.