



# Road Runners Club N.Y. Association Newsletter

NO. 56

SPRING 1973

## OLYMPIC AIRWAYS SPONSORS N.Y.C. MARATHON

Due to the efforts of Cathy Switzer of Marathon fame, and Fred Lebow, R.R.C. Pres., Olympic Airways has taken the sponsorship of the N.Y.C. Marathon of 1973, scheduled to be held on Sunday, September 30th, at 11 A.M. in Central Park. The race will be run over a certified olympic distance of 26 Miles-385 yards with the start of the race at 67th Street in Central Park near the Tavern-on-the-Green with the finish at Columbus Circle exit from the park. This is the same finish line used by the past MILK RUN. The race sanctioned by the Metropolitan Assn. of the AAU with the cooperation of the NYC Department of Recreation and the West Side YMCA will be under the auspices of the Road Runners Club-NY Assn. The OLYMPIC AIRWAYS holding to the tradition of the marathon will give the winner of the race an invitation and expenses to compete in the "Classic Athens Marathon" in Greece. There will be 50 open prizes and five team prizes. Also there will be special prizes to runners under 20 years of age, runners 40 to 49 years of age, runners 50 years and over, prizes to the first six female runners to finish and a special trophy to the first YMCA runner to finish. The race is open to all members of the AAU.

Nancy Tuckerman, public relations coordinator of Olympic Airways was an interested observer at the Yonkers Marathon in May.

This has led to the fact that she is personally handling the coordination of this year's marathon.

Entry blanks have been issued with the new Olympic Airways sponsor so noted on the new blank. Blanks had been distributed at the Boston marathon and the Yonkers marathon in April and May. Also requests have been received in all sections of the United States. As a result at this early date the flow of entries have started to arrive at the offices of the Road Runners Club. Dr. Norbert Sander of the Millrose AA winner of the Yonkers Marathon and Tom Fleming of Bloomfield NJ second at the famed Boston Marathon have both promised to start in the New York City marathon. It is also expected that the past winners will be competing again in this year's race. The first NYC marathon was won by Gary Muhrcke of the Millrose AA in 1970 with a time of 2:31:38, 1971's winner was Norm Higgins of New London Ct. in the meet record time of 2:22:42. Last year's winner was Sheldon R. Karlin of College Park, Maryland, in the time 2:27:50.

The field of 284 starters in the last year's race is the record for NYC marathon. It is expected that the 418 record starters in the Earth Day Marathon last March maybe equaled or surpassed. With the restrictions lifted on female runners competing in the marathon, it is expected that the largest field of female runners ever to start in a marathon will be established. The leading female runners have been sent entry blanks. Nina Kuscsik of the Suffolk AC will definitely start and try and better her best time.

### RENEW

YOUR MEMBERSHIP

NOW

Road Runners Club, N.Y.  
Association  
P.O. Box 881 FDR Station  
New York, N.Y. 10022  
Tel. (212) 759-7115

## MAYOR LINDSAY TO START N.Y.C. MARATHON

Mayor John V. Lindsay has notified the Road Runners Club that he will definitely fire the starting gun for the race. This is fitting as it will probably be the mayor's last sports affair before leaving office. The mayor has been responsible for the conditions which led to the holding of races in Central Park. Also it was during his term of office that the jogging courses were installed in all New York City parks. It is hoped that Mayor Lindsay will be able to attend the post race awards ceremonies at 3:30 PM after the race at the West Side YMCA. The New York City Commissioner of Recreation Joseph Davidson, long time friend of the Road Runners Club, has promised the full support of his department in seeing that race is run off smoothly in Central Park.

## R.R.C. SUPPORTS THE AMATEUR ATHLETIC ACT OF 1973

The act proposed by Senator Tunney for the benefit of all amateur athletes must be supported by every long distance runner. Vince Chiappetta and Walter Nathan have sent letters to every senator and congressman expressing our support for the bill. Please send to Senators Javits and Buckley and your congressman the following letter to support the Amateur Athletic Act of 1973.

Dear Senator or Representative:

I am a registered A.A.U. athlete and a member of the Road Runners Club of America. I support the Amateur Athletic Act of 1973. Please give this Act which supports the rights of athletes your support.

Sincerely yours,

Name  
Address  
AAU No.

## NAT. 50 KM. GOES TO VERMONT

The 50 Kilometer National Championship run will take place on Sept. 2, '73.

Tentatively, the race will start at 9:00 A.M. in Manchester Center, Vermont, proceed south on Route 7 through the town of Bennington, and finish at Green Mountain Race Track in Pownal, Vermont.

The race will be sponsored by the Green Mountain Race Track, which is owned by the Rooney family. The R.R.C. of New York is also assisting in putting the race on.

The course consists of rolling hills, running parallel to the Green Mountains. Route 7 is a wide, asphalt paved road with wide shoulders and isn't heavily traveled, especially on Sunday mornings.

Prizes will consist of the following:

- 1st place — expenses paid to represent the U.S. in the London to Brighton 52 mile race.
- Trophies for 1st 10 finishers.
- Plaques to the 11th through 50th finishers.
- Met. and New England Regional Championship medals for 1st three Met. and New England finishers.
- Medals for 1st three over 40 and over 50 finishers.
- Medals for 1st three female finishers.

A bus (or buses) will leave from Yonkers Raceway at 4:00 P.M. on Saturday, Sept. 1st. Met. area runners who use the bus will be required to bring along a box supper and sleeping bag. The trip will take approximately four hours and runners will spend the night at the track. After breakfast at 7:30 A.M., the next morning at the track, runners will be bused to the starting point 31 miles north.

Robert R. Reinertsen

If you can write to every senator and representative you know of it will help you and the sport of long distance running. The Names of these congressman and senators can be found in the Information Please Almanac or any Public Library. Support your sport of long distance running.

Vince Chiappetta

## STAFF:

Editor - T. Corbitt &  
J. Chodes  
Dr. S. Gendin  
Bill Newkirk  
Dr. Norb Sander  
Terri Sander  
Bill Wiklund

## NEWS: ALONG THE COURSE

NEWS—The previous newsletter, No. 55, was the Winter issue. This issue completes 14 years of publication of the RRC, N.Y. Association Newsletter. Bob Fine, N.Y. Pioneer Club, has been appointed Chairman of the Met. A.A.U. Masters Committee. . . Steven Silver, one-time United AA runner, a graduate of College of Emporia (Kansas), is in the Army at Ft. Riley, is living in Manhattan, Kansas, and rooming with Arne Richards, long time member of the RRC, N.Y. Assoc. Steve completed the marathon at the Kansas Relays and represents KSU Manhattan Track Club. Steve and Larry Langer were teammates. . .

Dr. Shaul Ladany, former NYPioneer race walker, a member of the Israeli Olympic team at Munich, felt that his government erred in ordering the team home after the massacre. Not all of his teammates agreed with him. Dr. Ladany re-visited the USA recently on a speaking tour. . . Some years back, the U. of Chicago gave up football and athletic scholarships. Yet, they have become one of the first schools to offer athletic scholarships to women. They will give two scholarships each year covering full tuition for four years. . . The world 40 mile track record fell on April 28 to Joe Keating of England, in 3:49:32. The old mark was 3:49:49 set in 1969 by Scotland's Alastair Wood. . . Ms. Natalie Cullimore, who has run some races wearing a neck collar, won the Camellia Capital Century (100 miles road race) March 10, in 18:09:16. She was second last year in a faster time. . . If there are AAU rules that you would like to see changed, write up your ideas and send them to AAU Legislative Chairman, Robert Campbell, 39 Linnet St., West Roxbury, Mass. 02132. Do this soon. . . Pacita Orpiano vacationed in Florida, with pal Mary Ellen Dyer, and works as an assistant teacher at Mt. Vernon Day Care Center, and loves the job. . . At least one man walked the London-Brighton race course faster than he ran it. And some walkers cover the distance faster than some runners. . .

MY OPINION by John H. Tobe  
"Nature does not forget or forgive, nor does nature take into consideration good intentions. Nature demands settlements sooner or later for abuse to your body."

New Members of RRC executive committee:

President	Fred Lebow
1st Vice President	Joe Kleiner-
	man
2nd Vice President	Nina Kuscsik
Treasurer	Brian Crawford
Executive Secretary	Jimmy
	Dunn
Member Secretary	Michele
Epstein	

Eric Segal was born June 16, 1937 in Brooklyn. His father was a Rabbi. . . Tom Fleming, Wm Paterson College, won the 2nd Annual "Jersey Shore Marathon," Jan. 21, 1973, in a personal best 2:19:16. Among others making personal records was: Steve Grotzky, Millrose AA in 2:40:45. . . Scott Hamilton, Honolulu, former President RRC of America, ran 8th out of 56 in recent elections to the Board of Common Cause. He was elected to a three year term. . . Soren Winge, Uppsala, Sweden, former active RRC member, reports that marathon courses in Sweden are tough and that he hopes to get in a marathon race outside of the country where courses tend to be flatter. . . Former Jr. Nat'l 50 mile champion Al Meehan has curtailed his training and racing due to work and studies. He is a Teaching Assistant at a grammar school, and he attends college in the evenings. . . Derek Kay creamed Dave Box's world 100 mile track record last year. Now Box is threatening to run the distance in 11½ hours later this year in Durban, so he has apparently recovered from his injury. . . John J. Chodes, N.Y. Pioneer Club road runner, has written a book: The Myth of America's Military Power. It was published by Branden Press, Boston, at \$8.95. Chodes explains why and how America lost her first war. He feels that the USA's defeat in Vietnam was an inevitable consequence of the delusions of grandeur that developed out of our experiences in WW II. . . '68 Olympic Marathoner Ron Daws, Minneapolis, trained for 5 weeks and ran a 2:26:58 marathon in Burlingame, San Francisco, California. He wore an EKG monitor and recorder on his back as part of a physiology experiment. . .

In 1970 Dan Ferris, selected two All-America track & field teams. For the period 1896-1932, he selected for the mile Joie Ray, Illinois AC, 3 miles Ralph Hill, San Francisco Olympic Club, 6 miles, Louis Gregory, Millrose AA and the marathon, Clarence DeMar, Melrose Post, American Legion. For the period 1933-1969, Ferris selected: mile, Jim Ryun; 3 miles Bob Schul; and 6 miles, Billy Mills. . .

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Your Ad Application  
For Our Upcoming

### N.Y.C. MARATHON JOURNAL

We Will Look Forward  
To Seeing Your  
Advertisement

## R.R.C. of America Holds Convention In Boston

The 16th Annual Meeting of the RRC of America, Boston, Mass. April 15.

The meeting was called to order by President V. Chiappetta. The standards committee report indicated that there are 65 certified marathon courses in the country.

Billy Squires, track and cross-country coach at Boston State College, was guest speaker. He told of his experiences in India holding coaching clinics for the State Department, and he urged the RRCA to consider establishing a Clinic Committee. Aldo Scandurra pointed out that funds for sponsoring clinics were available through the U.S. Olympic Committee.

It was established that the National AAU One Hour Run local sections can be held at any time prior to July 1. Procedures established for the conduct of RRCA Postal Championships include: (1) they be held for all events recognized as AAU long distance championships, plus the 10 mile track run and the two-man 10 mile relay; (2) An event to be included in compiling the RRCA Postal Championships must be so designated in advance; (3) Events must be held on certified courses or on a track; (4) Events may be held at any time during the calendar year; (5) Regional Vice-Presidents will coordinate the results of all races held in their regions during the year and send them prior to Jan. 31 to the RRCA Treasurer who will serve

as national coordinator; and (6) an entry fee of \$1.00 per competitor per event will be sent to the RRCA Treasurer.

The morning session adjourned at 12:10 P.M. and the meeting was resumed at 1:30 P.M. Treasurer Norman Brand reported a balance of \$968.09. Nina Kuscsik reported that women may now run up to the marathon distance with sanctions provided by the local AAU.

Aldo Scandurra reported for the International Committee. U.S. women ran in the international X-Country Championships in Belgium in March. No funds for men. Next year members of the International Cross-Country team must be 17 years of age or older.

The UST & FF has again requested that they rather than the AAU represent the U.S. in matters dealing with international competition. V. Chiappetta and Bill Marot gave the AAU delegates report. Bob Campbell and Ed O'Connell reported for the Hall of Fame Committee. The following were voted into the RRCA Hall of Fame of Long Distance Running: Tarzan Brown, Vic Dyrvall (Millrose AA), James P. Henigan, Peter McArdle (NYAC), and Jerry Nason (first non-runner to be admitted). Certificates will be sent to Hall of Fame members.

Kurt Steiner reported on Age Group running. There were over 1000 entries in the championships in New York last November.

The following clubs voted: Rochester, Annapolis, Hoosier, Huron Valley, D.C., New England, Mall City Pacers, Houston, Toledo, Mohawk, Metropolitan, Baltimore, Middle Atlantic, Mid West, Cleveland. New officers are: President; Gar Williams, 8605 Acorn Circle, Vienna, Va. 22180; Secretary Norman Brand, Treasurer Norman Lee, Veep East Don Balsamo, Veep North Hal Higdon, Veep Central Arne Richards, Veep South Neal Picken, Veep West Joe Henderson. President Gar Williams hopes to improve communications among member clubs. The Road Runners Club of America has a postal address: P.O. Box 19346, Washington, D.C. 20036. (Submitted by Bill Marot).

### Notes From "Terry"

While Lyn and Dave Blackstone were jogging in Central Park, a bike rider called out as he whipped past them, "If God meant man to run he wouldn't have invented the bike!"

Sunday, July 1st was the scene of a sweltering ten miler on the track of Farmingdale Agricultural College sponsored by the RRC. It served also as the setting for an attempt at the American records for 20 and 25 kilometers by Tom Fleming of N.Y.A.C. for which he succeeded on the latter attempt beating Bill Clark's record of 1:20:42.8 with a time of 1:19:59.2. He also succeeded in setting a new 15mi. record at 1:16:11.2. Tom Fleming won the ten mile in 50:09. Second place at both the ten mile and 25 kilometers was Norb Sander of Millrose A.A. with times of 52:25 and 1:22:48.2.

Most of the women present took the lap times for the runners and the children worked hard distributing water. A few were so zealous they caused one runner to lose his completely soaked shoe. After the race some of the runners took to the Sound to cool off near Gary Muhrke's (Millrose A.A.); only to get heated up again in discussions centering on the RRC rule within the A.A.U. . . There were brief respites, however as each course of food heartily eaten and the children roasted marshmallows.

### Puerto Rican - Hispanic

## ½ MARATHON

13.1 Miles

Sunday, August 19, 1973

11 A.M. sharp  
CENTRAL PARK, N.Y.

Please Report  
To The 97th St.  
Locker Room In The Middle  
Of The Park At 9 A.M.

# 26 Miles 385 Yards

The Earth Day Marathon 1973 The "Earth Day Marathon," formerly The "Cherry Tree Marathon," was shifted to Roosevelt Raceway this year, under the direction of RRC Veep Paul Fetscher. The race started and finished on the track with the bulk of the action in nearby Eisenhower Park. The race was won by novice Larry Frederick of Albany State in 2:30:25.6. Ralph Thomas, Augusta, Maine ran 2:31:58, and third was Pat Bastick, Millrose AA in 2:33:27. The weather was cold and windy. Nina Kuscsik and Kathy Switzer led the women finishers as they warmed up for the Boston in April.

**The BAA Marathon**  
RRC member Tom Fleming was part of the annual trek to Boston and came home with a second place 2:17:46. He gained insights into top level racing last year. He now thinks like a winner and acts out these thoughts. Of his second place he said, "I think getting second in the Boston Marathon is worse than getting 23rd like last year."

Fleming has always been an aggressive runner. His great 20 mile run in Central Park proved that he was also very fit. This encouraged him to take over the Boston in mid-race. Of this he said, "I was running my race. If I didn't get that cramp, I really don't think Jon (Anderson the eventual winner) would have ever seen me. I took over the lead then because I like to run when others are resting; that is always a good time to make a move to break away." He feels that heat doesn't bother him for some reason. He will shoot for a sub-2:15 effort. He has raced top runners enough to know that they are all "human".

The unaccustomed heat wiped out a lot of fit runners at Boston. Two local veterans who were not part of the exodus to Boston were Ted Corbitt, nursing a sore Achilles tendon, and Jim DeDonagh, not satisfied with his condition. Olympian Jon Anderson, San Mateo, California, took the race in 2:16:03 for a rare American victory.

**The Yonkers Marathon**  
Dr. Norb Sander, one of the most talented long distance runners in this area, cruised thru the wet and rain shower marked 1973 Yonkers in 2:25:56.1. There was a footing problem in running around the track but the roads were not bad. Jim McDonagh (13th) won masters honors and made the championship Millrose team with Sander and 4th placer Pat Bastick (2:32:45). Mrs. Nina Kuscsik led the four women among the 247 starters, and cracked three hours for the third time in her 18 marathons.

## NOTICE

R.R.C. 2 Runner 10 Mile Relay September 9, State Univ. at Farmingdale, L.I. 10 A.M.

# MASSAGE and SAUNA BATHS

By Bill Wilklund

Since the great Greek Athletic era, massage, hot baths and sports have gone hand in hand. Later the Finns developed sauna baths. The Finnish nation, mainly of farmers, many years ago, had to have a simple way of keeping themselves clean. Having an abundance of wood and lakes, they combined the two. They built log cabins without windows, and erected wood burning stoves that heated rocks until they were white hot, to create temperature of 200 degrees Fahrenheit. After 15 minutes of sweating in the bath-house, the bather would jump into a lake, or in winter go outside and roll in the snow.

Today, much emphasis is placed on sauna baths as a good health habit. However, the sauna bath is only part of an important health regimen that includes massage. Massage is the best known relaxer for the human body. After forty years of massaging, I will try to explain it's magic. I now work for John Vanamo, 73, who has operated a sauna business for 50 years. He owns the Suomi Sauna Club, Clifton, N.J. . It is the only one of its kind in the area. John has spent much of his professional life massaging many Olympic athletes. Now his spa caters to local business men, doctors, lawyers, mechanics, and others. His wife Irma takes care of the local women.

The Vanamo sauna walls and ceilings are double lined with redwood, enabling one to enjoy comfortably temperatures of 220 degrees Fahrenheit. In the sauna's dry heat, the body sweats as the temperature rises. The sweat is immediately absorbed by the surrounding dry air and this action lowers the body temperature enabling the bather to withstand such heat. One cannot tolerate this degree of heat in a steam bath.

Massage is the manipulation of the body's muscles and tissues. The mysteries of why it can bring on a delightful, restful and relaxing feeling to the body have never been fully explained. My theory is simple. The heart pumps fresh blood to all parts of the body to nourish the muscles and organs. This is done via the arteries. At the far end of the circuit, veins take over the used blood, now full of waste matter. This blood flows back to the heart and lungs to discharge it's wastes and to take on fresh air. The blood pumped by the heart into the arteries has plenty of pressure, but on reaching the veins for its return trip, it does not have much direct heart pressure. Thus it's flow is slower returning to the heart. This is where massage gets into play, especially when the person is fatigued. The stroking hand pushes the blood towards the heart, acting as an auxiliary pump and aids the venus circulation. At Vanamo's an hours massage is followed by 15 minutes in the sauna, the heat relaxing the bather and cleansing the pores. The late John Salo won

the Second Transcontinental Foot Race from Los Angeles to New York City in 1929. I was his trainer. I massaged him twice daily: immediately after his daily run and at night before retiring. And Salo had many sauna baths during this race. Finnish families along the way invited us to stay overnight with them to enjoy their hospitality.

Massage and sauna bathing must be enjoyed at their proper time for the treatment may be tiring as well as relaxing. It is foolish to take one before strenuous exercise of any kind. It is beneficial when one is tired or tense. Many professional teams have installed sauna baths in their dressing rooms for the athletes to use after competitions.

While some athletes may take either a massage or a sauna or both following each contest or training session, many people take it once a week or less often. The goals in all of these cases are to regulate and revitalize the circulation and to relieve the tired sluggish feeling of the body. Athletes and others all over the world have turned increasingly to this form of health care and found that it works.

# SCHEDULE

August 4th Sat.-12 Noon 11 Mile Run at New London Ct.  
August 12th Sun.-10 AM 5,000 Meter Teenage & Open Encore Runs at Van Cortlandt Park  
August 19th Sun.-11 AM Hispanic 1/2 Marathon  
August 26th-??? Final Miller High Life Development Tarck Meet-Randall Island  
Sept. 2nd Sun.-50 Kilometer National AAU-Jr., Sr. and Masters  
Sept. 3rd Mon.-8:30 AM 10 Mile Run at Westport.  
Sept. 9th Sun.-10 A.M. Two Man Ten Mile Relay RRC. Postal Farmingdale, L.I.  
Sept. 16th Sun.-11 AM Three Mile Cross Country Run Van Cortlandt Park  
Sept. 23rd Sun.-11 AM Five Mile Cross Country Run Van Cortlandt Park  
Sept. 30th Sun.-11 AM NEW YORK CITY MARATHON-Central Park NY  
Oct. 7th Sun.-11 AM Six Mile Cross Country Run Van Cortlandt  
Oct. 14th Sun.-11 AM RRC Closed Five Mile Handicap Cross Country Run Van Cortlandt  
Oct. 21st Sun.-11 AM-Met. AAU Jr. & Sr. 30 Kilometer Championships-Central Park NY

# PROFILE: JOE BURNS UNITED A.A.

Joe Burns caught fire as a long distance runner late in 1972. His "time" had come and he was off on a series of very good races. It was an exciting time for him. The more so because in spite of his "breakthrough", he has never had the opportunity to train the necessary miles, rest the required hours, or to devote himself properly to perfecting his running. Then why the spurt in performance?

On Jan. 1, 1972, Joe put a mileage chart up next to his mirror and filled a box in every day as a psychological reminder to do more mileage. His total for the year was 2253 miles, and he averaged 44 miles a week. The highest week was 60 miles, and his longest workout was 18 miles. He missed 60 days due to fatigue, illness or injury. The previous year he had averaged around 35 miles per week and probably missed 100 days of running.

Joe's workout plan is simple: Long-Slow from 5 to 10 miles at 7 to 7 1/2 minutes per mile run in the

evening on a track or flat oval. Throw in a race or time trial once a week. In impossible weather he will jog in place in front of the TV from 30 to 60 minutes and credit himself for a mile per 7 minutes. He often trains just after dinner, for family reasons.

Joe believes that one should train as he feels with no undue pressure, but that one needs a decent number of Long-Slow miles per week; that racing is a speed workout and intervals is a luxury for people with a lot of time. If he needs a night off, he takes it. With more time he would workout twice a day, do weight training, and do some careful interval work, because he thinks that he would run faster as a result.

Other factors leading to 1972-73 were: Bad colds and such were less during the year and job pressures were reduced; and the aesthetics of running, the communal spirit of the local running groups gave him a weekly "high".

RACE	DATE	TIME	LOCATION	PRIOR BEST	DATE	LOCATION
6 Miles X-C	11/12/72	34:43	Van Cort.	34:29	11/17/68	Van Cort.
9 Miles X-C	11/19/72	52:20	V.C. Park	52:52	11/24/68	Van Cort.
25 Kilo Road	11/23/72	1:31	Poughkeepsie	1:32	6/22/68	Cent. Pk.
6 Miles Road	12/3/72	33:12	Cent. Pk.	33:33	6/15/68	Rand. Is. Track
10.2 Mi. Road	12/10/72	57:35	Cent. Pk.	57:40 (10 Miles)	1/12/69	Sedg. Ave.
12 Miles Road	12/17/72	1:11 (Wind)	Cent. Pk.	1:09	3/23/69	Sedg. Ave.
Mrathon	12/30/72	2:46:47	Houston Tex.	2:49	5/5/68	Yonkers

Also ran 10:12 Two Miles indoor at 168th St. Armory around a large handicap field from scratch.

