

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION

NEWSLETTER

No. 6, FALL, 1960

OFFICERS: John Conway (NYPC) 37-33 80th St., Jackson Hts., L.I., N.Y. (President).
 Vice-President: Harry Murphy (Milrose AA), 4111 Ave., I, Brooklyn, NY.
 Secretary-Treasurer: John Sterner (NYPC) 610 Trinity Ave., Bronx, NY.

SUMMARY--Races Held by the Road Runners Club, New York Association in 1959.

DATE	DISTANCE	STARTERS	FINISHERS	WINNER
2/15/59	11 Mile Road Run	16	14	Corbitt, NYPC
2/22/59	"Cherry Tree Marathon"	12	6	Corbitt, NYPC
3/1/59	5 Mile Scr. Run, Stadium	23	22	Foy, NYPC
3/8/59	30 Mile Run	14	4	Corbitt, NYPC
7/12/59	20 Kilo Mets.	28	24	Mendez, NYPC
8/11/59	4 Mile Jr. Road Run	16	13	Joe Scott, Unattached
8/11/59	4 Mile Sr. Road Run	13	13	Mendez, NYPC
8/25/59	10 Km Sealed Handicap, Track	23	15	Tom O'Brien, Bruce T.C. Bob Lowe, Una., Fast Time.
11/15/59	25 Kilo Mets.	26	21	Mendez, NYPC
11/29/59	9 Mile Cross-Country	41	40	McArdle, NYAC

RRC, NY ASSOC. sponsored races in 1960:

DATE	DISTANCE	STARTERS	FINISHERS	WINNER
1/10/60	4 Mile Road Run	22	22	Bessel, NYAC
1/17/60	20 Mile Road Run	17	10	McKenzie, NYPC
2/14/60	4 Mile Track Race	10	10	McKenzie, NYPC
2/21/60	"Cherry Tree Marathon"	25	12	Breckenridge, US Marines
3/1/60	5 Mile Sealed Handi. Stad.	22	18	McArdle, NYAC
8/17/60	5 Mi Scratch Run, Stadium	20	14	O'Connell, St. ABC
8/21/60	4 Mile Jr. Road Run	14	14	Joe Scott, Unatta...
8/21/60	4 Mile Sr. Road Run	16	15	O'Connell, St. ABC
9/11/60	10,000 Meter Track Run	29	24	O'Connell, St. ABC
11/27/60	9 Mile Cross-Country	61	60	McArdle, NYAC

TREASURERS REPORT--Balance on hand as of December 1, 1960: \$45.07

MacCombs Dam Park Courses--The Nick Bilotta measuring team checked the Bronx road courses last June. The 4 mile loop was found to be slightly long and the 5 5/8 mile loop was found to be only 5.345 miles. Breckenridge's sensational run over the "Cherry Tree Marathon" route prompted this check. The marathon course was 25.4 miles long. The membership voted to extend the distance to 26 mi 385 y for the 1961 edition. For the record, the short loop is 4.02 miles, and the long loop is 5.34 miles.

The RRC, NYA has obtained AAU sanctions for the following races--Winter-Spring Series:

Sunday Jan. 29, 1961, 11 AM, MacCombs Dam Park, 8 Mile Scratch Road Race.
 Sunday February 5, 1961, 11 AM " " " " , 20 Mile " " "
 Sunday February 12, 1961 " " " " , 12 " " " "
 Sunday Feb. 19, 1961, 11 AM, MacCombs Dam Park, Cherry Tree Marathon (26mi 385y).
 Sunday March 5, 1961, 11 AM, Yankee Stadium (MacCombs), 5 Mile Sealed Handicap.

Attention runners, your RRC needs your financial support to buy prizes for these races. Send contributions to Treasurer John Sterner.

Note: The Met. AAU will sponsor a similar number of runs this winter-spring.

If you do not plan to run in the Cherry Tree Marathon, please volunteer to assist in conducting the race. Especially needed are course checkers to guide the runners over the right course.

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWS

by Joe Kleinerman, Milrose AA

The RRC is sorry to learn that Bill Greene of the Milrose AA has returned to Cushing, Texas as a result of the Lockheed Aircraft strike...Herb Benario and his wife Janice have settled down south after Herb's tour of the Olympic Games...Jim O'Connell of the St. ABC made a clean sweep of the RRC, NY Assn Summer series winning the 5 mile Stadium, the 4 mile road, and the 10,000 meter track runs... With cold weather coming, Nick Bilotta will soon transfer his weekly group to MacCombs Dam Park and the roads will be in for a beating...Nat Cirulnic made so many trips this past summer to New England for races that he can well be called our Ambassador to that area. His pretty wife Ann probably is a factor as she

really enjoys following the races and helping out...Joe Scott, who won our last two annual junior road runs, is now at the Univ. of Nebraska with several other New Yorkers and as Jimmy Brown puts it, "they have a subway from New York City to there"...A great deal of thanks must be given to Sam Schwed and Harvey Lichtenstein, two retired gentlemen and athletes, who are at every one of our races helping out, no matter what the weather. We need more such help...Dr. Charles Robbins has been absent from our runs this year so he must really be busy...Cross-country seems to have taken Joe Burns out of retirement as he answers the call of the woods...Aldo Scandurra will become Met.AAU Long Distance Running Committee Chairman on January 1, 1961. Best of luck Aldo...Also a vote of thanks is extended to Dave Levy the retiring Chairman for his tireless efforts to help long distance running in our area...The first and second place men in our 1960 CHERRY TREE MARATHON later earned berths on the US Olympic Team. Our race was their marathon debuts. Of course I speak of none other than Alex Breckenridge and Gordon McKenzie...John Ward, St.ABC and Wagner College is getting set to follow in the footsteps of past great distance runners from Staten Island...RRC member Joe Keller did a swell job out in Staten Island this past summer promoting track meets for the young runners...Milt Pataky, Ted Foy, and Jim Borden are others who spend time organizing runs and coaching school and other young runners...Rudy Mendez is back at Maryland State College, while his rival Jose Dones is at Santa Barbara Jr. College in California...The Met.AAU is getting great support from the Milk Distributors of the Met. area and the so called "Milk Fund" will aid in promoting all Met.AAU sports. Scandurra has submitted plans for races to be held nearly every week from January to June except for those week ends taken up by the big New England runs, and these races have been approved...It looks like Ted Corbitt is back in shape again judging by his performances at the "Around The Bay Race" in Canada, where he was 4th despite running a mile off the course, and his second place at the Jr. National Marathon in Atlantic City. At the latter race, a new name was added to the marathon lists as NY Pioneer runner George Foulds finally realized a desire to run the marathon. George, a grad student at the U. of Pittsburgh, won with plenty to spare. Congratulations George.

- - - - - Help out at the Cherry Tree Marathon - - - - -

PROFILE # 3: BILL WIKLUND, by John Chodes, NYPC

Bill Wiklund has had an unusually varied and colorful career in the three decades he has been connected with distance running. Yet he is surprisingly unimpressed with his own fabulous 15 year record as a road and marathon runner and his position as an official in the A.A.U., which he gained after his retirement. He would much rather talk about how he coached John Salo to victory in the 1929 Transcontinental Marathon, the "Bunion Derby." He considers his own formidable efforts mere child's play compared with the 79 day, 3,700 mile trek that Salo completed despite incredible physical and mental hardships.

With a little effort, however, I was able to learn some facts about Wiklund himself. A late starter in long running, he didn't compete in his first event (1936 Boston Marathon) until he was pushing 30. His coach, Hugo Quist, who handled the legendary Paavo Nurmi, was convinced that Wiklund could make the grade. His schedule for Bill included two workouts a day: four fast miles in the morning, and another four at night. After seven months of this he was able to finish 17th in his first attempt at Boston. His time of 2:50 put him only a few strides behind the 7 time winner, Clarence DeMar.

Training steadily, he finally lowered his marathon time to 2:38 and a strong 4th at Boston in 1944. The same year at Yonkers, he gained the Met.A.A.U. crown with another 4th place.

After his retirement in 1951, his interest in road running did not wane in the least. In his home town of Clifton, New Jersey, he persuaded local businessmen to sponsor a 15 miler. Then he gradually developed a series of distance track and road runs in the area, doing most of the work getting the money and prizes, etc., together. Because of his efforts, the state track championships are now held in Clifton, and the popularity of long distance running has increased immensely.

Despite all his achievements, his association with Salo still emerges as Wiklund's most profound experience. The Transcontinental Marathon started in Columbus Circle, in New York City and ended 79 days later in Los Angeles' Wrigley Stadium, June 16, 1929. The runners averaged about 40 miles per day, and on one occasion they toiled 79 miles under a 95 degree sun near Dallas, Texas. Wiklund, then a youth of 21, followed Salo in a dilapidated '21 Buick across deserts, through sandstorms, over the perilous Rocky Mountains, through colorful wild west towns, encouraging, feeding and watering the tireless Salo.

The promoter of this spectacular production, C.C. Pyle also had a troupe of acrobats, chorus girls and entertainers as an extra feature of the "Bunion Derby." All sorts of escapades occurred when the show biz people and the weary runners slept together

PROFILE: BILL WIKLUND

in abandoned bars, on Indian Reservations or second rate hotels--or wherever they could.

Often ranchers along the route would wager heavily that their horses could beat the runners for that days run. Invariably the horses would stop or collapse long before the end.

Salo and a bearded Englishman, Peter Gavuzzi, struggled for the lead after the first week on the road. Wiklund kept Salo in contention, despite draining illness and exhaustion, on a diet of black coffee and whiskey.

On the last day, the 79th, a marathon was held in Wrigley Stadium. Salo was 7 minutes behind Gavuzzi. He unleashed all his reserves and won by nine minutes. After 3700 miles Salo's lead was a mere 100 seconds. In 1931 Salo was killed in a freak accident. While watching a baseball game he was struck on the head by a foul ball, and he died within hours.

Wiklund has spent the last five years preparing a book on Salo and the Transcontinental Marathon. His agent is confident it will be published. Wiklund's greatest ambition is to be able to re-stage this epic event once again. He believes he may be able to do so within the next ten years.

-- -- -- -- -- Keep John Sterner informed of address changes -- -- --

"SNAPSHOTS AND SOUVENIRS", by Wm. F. "Bill" Greene, Milrose AA

We jog along the road to yesterday and pause at milestone 1941. It's an autumn saturday at Van Cortlandt, and the brown hills and dales are aglow with the colorful uniforms of countless soccer and cross country enthusiasts.

In the locker room before the running of the senior Metropolitan Championship, we line up to have our "Tickers" checked, and although this is usually perfunctory, this particular Medico seems more thorough. Listening to one runner's heart, he frowns, removes his stethoscope, and says gravely, "Son, I'm okaying you this time, but I'm going to advise you to taper-off. Take it easy for awhile."

Next in line is an ex-bicyclist notorious for his lack of speed in foot racing. Curious as to "Doc's" verdict, we strained to hear above the din of slamming locker doors and overactive plumbing in the lavatory and shower rooms. "Man," we heard him exclaim suddenly, "What a heart! YOU could run all day!"

Of course, we all smile knowingly. What good's limitless stamina if you've got no speed ?

What we didn't know then was that this "slowpoke" would soon be Metropolitan Champ at the twenty mile route! Nor that--nineteen years later--He'd still be running with enough speed to finish twenty-first in a national championship race! "Doc" was right MIKE O'HARA!

On the other hand, the athlete with the "tired heart" didn't exactly "take it easy" as advised. He took up another sport--walking--and became a champion! Who ? JIM WILSON !

Back to the line-up: When my turn comes "Doc" just grunts. Taking this to mean that I have a mediocre heart, in the race I proceeded to turn in a mediocre performance. Nineteenth in a field of fifty.

"But WHAT a field!" I say, by way of consolation. Imagine--all in the same event: Greg Rice, Notre Dame star (and Don Lash's "shadow"); Jim Rafferty, NYAC'S defending champion; Frank Dixon, schoolboy sensation; Joe McClusky, Steeplechase champion (now NYAC coach); Lou Gregory, National 20,25, & 30 Kilometer champion; Eino Pentti, Finnish star; Luigi Beccali, Italy's Olympic winner at 1500 meters; Phil Leibowitz, ex-NCAA Mile champ; Joe Kleinerman, Millrose AA stalwart (now ass't. Chairman AAU Long Distance Running); and Gene Venske, veteran of many mile duels with the great Glen Cunningham. Also competing were such sterling runners as McGuire, O'Leary, Federuff, Cooper, Olexy, Stone, Lynch, Kerneson, Fair, and Sullivan. As I said, What a field !

-- -- -- -- -- Join a Committee and work for your RRC -- -- -- -- --

TRAINING FOR MARATHON RUNNING by Bill Wiklund

It is my opinion that athletes interested in running the marathon "to win" must be those who have graduated from the ranks. After their high school and college track and cross-country days, they should compete in A.A.U. three mile, five mile, and 10,000 meter races for at least 3 years. A daily schedule of at least 6 to 10 miles of interval training should be carried on. The athlete, to have any assurance that he can ever run the marathon distance at a good pace must have this basic training. Satisfied that he can run further than 6 miles, he should increase his training distances to at least ten miles daily and compete in the 15, 20, 25 and 30 kilometer races that are run every year. If he can run these races and finish up in the first ten, only then is it sensible for him to attempt a marathon.

A runner who cannot run better than a 6 minute mile in a 20 kilometer race, can never hope to do it in the marathon. Therefore he should train for speed and run

the five and ten mile races until he can average better than 6 minutes for the mile. Attaining a 5:30 per mile clocking for 10 miles will give him a steady pace with which to start the longer races. The effort to hold the 5:30 pace as long as possible in each race will improve and eventually help him to maintain a fast, even steady pace throughout the 20 kilometer race, then later the 25 kilometers and finally for the 30 kilometers. It is now that the athlete turns his attention to the marathon, having sufficient basic training and pace experience. A daily 10 to 15 mile interval training program with 10 hours sleep a night is still required to keep the runner fit and ready for all marathons if he hopes to win.

John J. Flaherty, former Met. AAU President, still recovering his health, states that the Jersey City Marathon may be revived in 1961. The race was his brain child.

A.L. Monteverde, Los Angeles, "Father Bill Curtis organized the AAU to promote sport and to permit youth to enjoy life and its pleasures. Games were promoted and it was a real pleasure to be young and able. To be an amateur involved little cost as all were poor. All has changed. Sportswriters have brought a change. They have made idols of followers of professional sports, eliminating amateurs almost completely. Result will be the death of amateur sports."

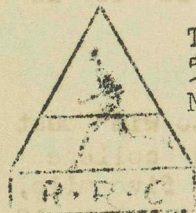
TAKE OFF YOUR SHOES ?

Several of the worlds fastest track distance runners have run in bare feet in recent years. Bikila's startling Olympic victory in the marathon has stirred up interest in barefooted running. One of the South American starters in the 1959 Pan Am Marathon wore no shoes. Chicago authorities swept the roads for him.

On the same subject--Dr. Charles Robbins: "I have been running bare footed since 1936. I have always enjoyed it. I did not run road races barefooted but I think I could easily. I have run 3 hours in practice many times bare-footed. No blisters barefooted. I did get blisters on top of my toes though, from wearing shoes in the race after a lot of barefoot training!...I always thought running in barefeet would be slower--maybe I was wrong! I used to run Great Barrington, dirt track, 10-18 miles in races barefooted and did well."

A.L. Monteverde... "I have run races barefooted and won. Once I found that my bag had been stolen so I ran in by B.V.D's and barefeet. I won the mile race in 4:26 at Ulmer Park, Brooklyn. Joie Ray would have won in 1912 had he run barefooted. His shoes were poorly fitting and made him lose all of his toe-nails."

Fercy W. Cerutti--"Marathon men are men who have suffered. They know pain. Compassion and understanding grows out of suffering. Marathon men tend to be a race apart and are brothers where ever they are found--all over the world."



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