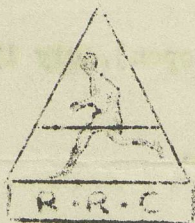


ROAD RUNNERS CLUB, NEW YORK ASSOCIATION NEWSLETTER

No. 7, WINTER, 1961



President: J. Conway (NYPC) 37-33 80th St., Jackson Hts., L.I., N.Y.  
Vice-Pres. H. Murphy (Milrose AA), 4111 Ave., I, Brooklyn, NY.  
Sec-Treas. John Sterner (NYPC), 610 Trinity Ave., Bronx, NY.

THE FOURTH ANNUAL MEETING OF THE NATIONAL ROAD RUNNERS CLUB, Feb. 25, 1961, N.Y. City.

The Middle Atlantic RRC sponsored the meeting. RRC representatives attending were: Browning Ross, Leon Dreher, Gar Williams, Billy Smith, John DiComandrea, Bob Chambers, Dick Donohue, Jessie Ebler, Bill Jameson, John Sterner, Kurt Steiner, Hal Higdon, William Marot, Joe Kleinerman, John Conway, Hugh Jascourt, Dick Clapp, and Ted Corbitt.

No funds were collected for the national treasury during the year.

The Road Runners Club began in England as a means of increasing the number of distance races. The RRC movement was initiated in the USA by H.B. Ross. RRC Associations now functioning include:

- 1) Michigan Road Runners Club. Has 15 members and has revived road running in the Detroit area.
- 2) Middle Atlantic RRC. Has 82 members. Conducts many races to supplement AAU program. Offers high school runners membership in the RRC at half-price.
- 3) Mid-West RRC. Basically track oriented. They offer no prizes in 50% of their 15-20 races a year. If the USA vs Poland track meet is held as planned, the Chicago group will hold the National AAU 15 Kilo at that time with the race finishing on the track.
- 4) New England RRC. Has geared its activities toward school boy races since they already have an abundance of road races. It was suggested that they try to put on track runs of 3 miles and up.
- 5) NY Association RRC. Has 61 members and has organized road, track and cross-country races to supplement the local AAU program.
- 6) RRC of Maryland. Has 22 charter members and has organized road races.
- 7) College of William and Mary (Virginia) Association Road Runners Club. The latest group to organize. Has held a number of road runs as background work for their track oriented group. Some good servicemen are members of this group.

Within the year, Hugh Jascourt hopes to take part for the third time in organizing an RRC, this time in Washington, D.C. Other prospective groups include: Minnesota, Pacific Northwest, and California.

Each RRC Association is to contribute \$10 to pay for fees to register the RRC as a membership corporation.

The first of 4 planned RRC publications appeared during the week of the national meeting. This was Nat Cirulnick's list of, "The Fastest Marathons Ever Run," which will sell for \$1.00 with profits to be used to support other RRC publications. For instance, booklets on "How to Organize An RRC Association", and "Measurement of Road Running Courses" will be distributed free, in limited quantities to all Associations (additional copies at cost) when completed. We hope to sell enough copies of Cirulnick' "List" and of the upcoming "Diet and the Athlete" by Ralph Eilberg, to buy supplies for the other projects.

Several RRC Associations purchased some of the supply of RRC stationery obtained for use by the NY Association.

The Road Runners Club plans to send a member to the 1961 Western Hemisphere Marathon in Culver City, California, with the cooperation--contributions--of the members and others. See next issue of the Long Distance Log for details. The selectee will be chosen by lot from among the first 25 finishers in either of 3 marathons: the 1961 Boston, Yonkers, or RRC National Marathon Championship.

RRC emblems, from England, are available for \$1.00 from H.B. Ross, 306 West Center St., Woodbury, N.J.

Hal Higdon volunteered to chairman a committee to collect ideas on a US Olympic marathon selection system. About four ideas will be selected from those submitted and a survey will be taken, by mail, to select one view to represent the RRC's feeling on the matter. Watch the LOG for news on this project.

Under race chairman Ross, a 10 mile track postal national championship will be conducted in each district on either July 12, 15, or 16. The meets will be open with local prizes. Each Association will pay a \$5 fee toward national prizes for the first 6 in the final standings. On Oct. 1, 1961, the National RRC Marathon Championship will be held at Atlantic City.

Your National RRC Officers for 1961-62 are:

President: John Sterner, 610 Trinity Ave., Bronx, N.Y.  
Vice-President: Hal Higdon, 2445 E. 73rd, Chicago 49, Ill.  
Sec.-Treasurer: Bill Marot, 388 Main St., Wilbraham, Mass.

\* \* \* \* \*  
SUBSCRIBE to the Long Distance Log for news of long distance races, training hints,

articles of interest, race schedules, etc. Twelve monthly issues, \$3.00. Order from: H.B. Ross, 306 W. Center St., Woodbury, N.J.

TENTATIVE RRC RACES

\* 4 Mile Open Road Race Series: three scratch races--Junior (under 19), Open, and Veteran (45 years plus), July 2, MacCombs Dam Park, Bronx, N.Y.

\*National RRC 10 Mile Track Championship, Postal Meet. Local race (open), July 15, Van Cortlandt Park, Bronx.

\*National RRC Marathon Championship, Atlantic City, N.J., Oct. 1, 1961.

HOW FAST MUST YOU RUN TO MAKE "The LIST?"

Nat Cirulnick's "Fastest Marathons Ever Run" lists 500 of the fastest marathons in history. Buy a copy of this booklet for \$1.00 and support the RRC's publication project. Order from: Ted Corbitt, 5240 Broadway, NY 63, NY.

x x

"THE FINNS PREPARE FOR THE BOSTON MARATHON"

By Larry Grace

In recent years the Finnish marathoners running in the Boston Marathon have completed final training in Connecticut.

Kotila and Koivamake arose each morning at 6:45, and were on the trail at 8:30 for a run of 18-20 miles. They jogged the half mile from where they stayed to the starting point. This warmup was done on grass and dirt. In their workouts all running was done on dirt roads and in their sweat-suits. Kotila and Koivamake trained independently, each using his own system. At times they were a half mile apart in their runs. Their training pace varied but was generally fast. After the 18-20 mile run, Kotila ran about 10 fast 90 yard sprints, but Koivamake did not do these fast bursts. These training sessions were finished off with flexibility and conditioning exercises. They took a steam bath after each workout. A second workout was taken in the P.M. Kotila and Koivamake ran 6 miles in the morning before the BAA Marathon.

Another Finnish pair, Oksanen and Karvonen, trained together while in Plainfield, Connecticut. They used a hilly road course. Both ran 5-6 miles on the morning of the BAA race.

Oksanen and Manninen are back again for the 1961 Boston Marathon. Their expenses are being paid by American Finns organized in the Finnish-American Marathon Association. Many of the supporters are chicken farmers in and near Plainfield, Connecticut. The marathoners spend about a month in the US before the race and they are "restricted while training for the BAA." By this, I mean that they are on a good food schedule, up and at 'ew in the A.M., to bed 9:30-10:00 PM, and no liquor or women. In recent years only one runner presented a problem with this ascetic life. He smoked, drank, and was a "thick head." Yet in spite of all this he was in AAAA-1 shape. Their American backers feel that this strict regimen has contributed to the Finn's success at Boston.

X x X x X x X x X x X

PLAN FOR LABOR DAY WEEK-END DOUBLE-HEADER

Saturday, Sept. 2, 1961, Newport, R.I., 10 Mile Road Race.

Sunday, Sept. 3, Dennisport, Mass., 15 Kilo Road Race.

Excellent merchandise prizes and trophies. Team prize. Out of town runners will be provided overnight sleeping quarters. Race is part of season festival.

NEWS OF THE NEW YORK ASSOCIATION ROAD RUNNERS, by Joe Kleinerman

With the coming of spring the NY Assoc completed a tough series of five races at various distances. As chairman of the races, I salute the runners that competed in indescribable conditions. We appreciate the New England RRC runners coming down for the winter races. Also a personal thanks to Lou White, Sam Schwed and John Conway who helped out at all the races...Our Cherry Tree Marathon really attained national prestige with Associated Press coverage...Speaking of newspaper coverage we extend our deepest thanks to Henry Isola of the Associated Press and the L.I. Press for his work on our behalf...Jim Borden of the United AA is joining the RRC in sponsoring the annual Junior (under age 19) 4 mile road run on July 2nd. We also plan a 10 mile track race July 15th. The times of the RRC members will be certified and sent to the national chairman for consideration in the final standings of the National RRC 10 Mile Championship...Our John Sterner was elected National President of the RRC...Nat Cirulnick is buying a house in Rosedale, L.I. and his wife Ann is expecting a baby in June...Herb Benario has purchased a house in Atlanta, Ga. and his wife is expecting a junior marathon runner. The best of luck fellows...Al Swan is beginning a come-back after a January appendix operation...Rudy Mendez has switched from Maryland State College to the University of P.R. and is training hard again.

7

-3-  
THE 1961 "CHERRY TREE MARATHON"  
By John Chodes

John J. Kelley, a five time National Marathon titleholder, and a two time Olympian, won the Road Runners Club's, "Cherry Tree Marathon" on February 19th. In winning, he ran the newly lengthened distance in 2:25:27, despite the grim hazards of a sharply hilly, dangerously rutted, slush strewn course. Kelley won from a 30 man field that was the most impressive in the three year history of the event. Among the entrants were George Terry, the former Boston U. star; Al Confalone and Bill Smith, of the Boston A.A.; Olympian Gordon McKenzie; and a former victor, Ted Corbitt.

McKenzie, who had lost several previous encounters with Kelley by wide margins, felt confident he could win this time; if he didn't he'd give Kelley a run for his money. However, the unstoppable Mr. Kelley rocketed to the front almost from the gun. He reeled off what appeared to be a suicidal pace on the first of the five laps. His speed was so reckless that McKenzie held back, fearing he'd be burned out if he kept with it. At the end of the first circuit, 6.16 miles, Kelley had already built up almost a one minute lead, 33:06 to McKenzie's 34:01. Two-hundred yards behind struggled Al Confalone, who led George Terry by another 150. Corbitt, running fourth, had a disadvantage of over 1,000 yards.

Kelley withstood the unseasonably warm 60° weather and treacherous footing and continued to lash out with ferocious speed. At 11.5 miles he was timed in 1:01:47, having stretched his lead over McKenzie (1:04:28) to three minutes. Gordon seemed discouraged because of his inability to make up the lost ground. At 16.8 miles Kelley had added another 2 minutes (1:30:04) with McKenzie at 1:35:49, and at 22 miles his time of 2:00:37 gave him a nine minute bulge.

Meanwhile the fortunes of the other competitors were not as consistent. After 8.5 miles Terry took over the third position from Confalone. He remained there well past halfway, whereupon the destructive pace took its toll. He withdrew at about the 20th mile. Confalone, hobbled by muscle cramps was forced to concede his hard won third place to Bill Smith, and Corbitt almost stole fourth from him with a strong drive in the closing miles.

On the final lap even Kelley began to feel the relentless strain. His speed had slackened noticeably, and his thrashing arms and spittle-flaked face bore testimony to his torment. Mud splattered and haggard, he pounded through the tape without a "kick", unlike McKenzie, who came home with a fine burst. Dazed and weak for several minutes afterwards, Kelley expressed his dislike for the five lap course, which he found monotonous and unusually tough. Undaunted by his defeat, McKenzie was looking forward to meeting Kelley again in the classic Boston Marathon, just two months away.

THE LEADING FINISHERS

1. John J. Kelley, Boston AA	2:25:27
2. Gordon McKenzie, N.Y. Pioneers	2:34:48
3. Bill Smith, Boston AA	2:39:17
4. Al Confalone, Boston AA	2:45:20
5. Ted Corbitt, N.Y. Pioneers	2:45:58
6. John DiCowardrea, Boston AA	2:51:55
7. Jerry Harvey, Boston AA	2:54:03
8. Jim Coucill, Electric Boat AC	3:01:07
9. Don Fay, Boston AA	3:03:45
10. Nat Cirulnick, Millrose AA	3:08:17

ROAD RUNNERS CLUB, NEW YORK ASSOCIATION : Committee Chairmen

Lending Library Committee--Chairman: Dick Clapp  
Financial Committee--Chairman: Nick Bilotta  
Membership Committee--Chairman: Not named (any volunteers ?)  
Prizes Committee--Chairman: Rod MacNicholl  
Catch-All-Committee--Chairman: Not named.  
Race Promotion Committee--Chairman: Joe Kleinerman  
Newsletter Committee--Chairman: Theo Corbitt  
Legal Advice and Constitutional Committee--Chairman: Bob Fine

GORDON MCKENZIE'S COMMENTS ON OLYMPIC GAMES, by John Chodes (NYPC)

Gordon McKenzie, the New York Pioneer Club's Olympic marathon team runner had some interesting comments to make when we asked him for his impressions of the Games at Rome. Gordon, making his second Olympic team (18th, 10 kilometers at Melbourne, 1956) found that the three-man marathon team were treated like social outcasts by the coaches, officials and athletes alike. They were left

completely to their own devices; were never told where, when or how to train or given any advice. Because of the indifference displayed toward them, the marathoners generally preferred to work out on the roads and through the fields in the suburbs of Rome. Occasionally McKenzie would chug through the winding streets of the "Eternal City" itself.

McKenzie was able to get in two workouts a day; one early in the morning, the second just before sundown. Thus he avoided the brutal 110° Roman midday heat and could still average well over 100 miles a week. He was in the best condition of his life and secretly felt that he might finish within the first five. He was also stimulated by the carnival atmosphere that permeated the Games. The excitement and color gave him the extra lift he needed to maintain so severe a training schedule.

John J. Kelley, another U.S. marathoner, was affected adversely by the same excitement. A notorious "loper", he found the activity and communal living somewhat distressing. While McKenzie and his wife toured Rome and went to the track events every day, Kelley remained behind, choosing to stay away from the crowds.

Gordon believes that the highlight of the track and field events came from the 5 and 10 kilometer runs. McKenzie calls Murray Halberg's 5 kilometer win "brilliantly executed." With about 5 laps remaining of the 12½ laps he spurred alarmingly to break away from the field and then in a heart pounding surge to the tape he narrowly managed to hold off Germany's Hans Grodotzki. McKenzie recalls that, "electric excitement passed through the crowd as they battled for the tape. Everyone could see the agony they were enduring."

Several times previously Gordon had observed Pyotr Bolotnikov, the Soviet Union's 10 kilometer victor. Bolotnikov was very powerful, but a methodical plodder, with little finishing speed. Surprisingly, in the 10 kilo final he displayed a bag-full of tactical tricks, including a ferocious kick. His wild 57 second last quarter salvaged the win from the ever present Grodotzki.

The marathon was the most spectacular in Olympic history, in terms of pageantry and swiftness. Starting at Campadaglia Square, it skirted the Circus Maximus and the Baths of Caracalla, went along the 2,000 year old Appian Way, before ending at the Arch of Constantine. The field got under way at dusk, in cool 65° temperature, and on a moderately hilly, cobblestoned course. From the gun the pace was spectacularly fast. McKenzie kept right with it; at 15 kilometers he was tenth, only a hundred or so yards behind the leaders, Kelly of England, Rhadi of Morocco, and the eventual winner, Bikila of Ethiopia. Kelley and Breckenridge of the USA labored far behind. As they passed the 25 kilometer mark, McKenzie became fearfully wracked with stomach cramps and calf muscle spasms. The last 15 kilos were pure torture. Soon he was left far behind, and was tempted to drop out; but he bravely struggled on, limping and walking the last half mile. His time of 2:35 got him only 48th place. Even Kelley, with a fine clocking of 2:24 (only 3½ minutes off his best time) could do no better than 19th.

In Gordon's opinion, our failure to place a man among the leaders was not due to the weakness of our marathon team, but to the incredible increase in the quality of foreign competition.

e : e : e : e : e

\*Keep John Sterner informed of address changes.

COACHES--COACHES-COACHES

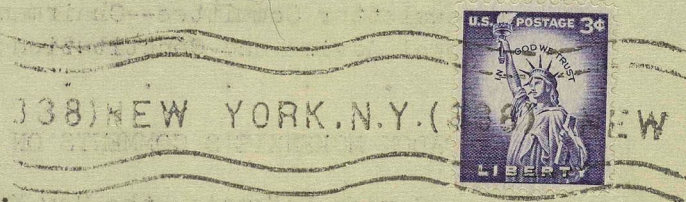
If you desire coaching, we have three dedicated men who are interested in distance runners and are willing to help. All they ask is that you be sincere. Select one. If you want more information about any of these men, write to: Ted Corbitt, 5240 Broadway, New York 63, N.Y. Otherwise, write directly to your choice.

Bill Wiklund, 25 Cliff Hill Road, Clifton, N.J. Former long distance runner--with long and interesting experiences; AAU official; and experienced coach.

Robert Campbell, 758 Mt. Auburn St., Watertown, Mass. Former runner and long time AAU official. Has coached many successful runners.

Dr. W.M. Ruthrauff, 211 So. 46th St., Philadelphia 39, Pa. A former track and field competitor. Has coached in high school and college. Spent years investigating form, etc. of the champions and others.

Ted Corbitt  
5240 Broadway  
NY 63, NY



TC:

Mr. Nat C Ireland  
60 8th Ave  
Brooklyn, N.Y.

PRINTED  
MATTER