

CHSAA

NEWSLETTER

Vol. I, Ed. IV

November 1, 1973

25¢ copy

EASTERN STATES: What happened?

It's always unlike any other cross country meet. The accepted values do not apply here. I suppose it is the nature of the meet that makes it unique. It gathers the best teams and runners from within and out the area. The very fact that only one team and one runner can place 1st, 2nd, 3rd, etc., makes for some interesting results. Only in the Eastern's do you hear a coach comment on his team's chances in the following manner: "There are some good teams in our race. We have a shot at winning, but I'd be happy with 5th or 6th."

The same goes with the individual results. There are countless numbers of hometown and city heroes, some psyched up; some psyched out. It's useless to pick a pre-race favorite, and the pace adds to this uncertainty. It is traditionally an insanely fast race into the hills. If you go out near the front, you risk choking in the hills. If you don't go out, you risk getting caught in the back of the pack. It's almost impossible to pass runners in the hills, especially the competitive types with big elbows.

When the race comes across, there are dozens of shocked spectators as they watch their hometown favorite placing 20th, when they're used to him getting 2nd. His time may have been his worst. He could have gone out too fast and died, or he may have stayed back and gotten pinned behind a slower group. It can happen to the best of runners at the Eastern States.

EASTERN STATES CHAMPIONSHIPS, OCTOBER 27, 1973, VCP- The hometown favorites came through this year. Gene McCarthy (All Hallows) and Mark Ogden (Molloy) captured the first two places with 12:29 and 12:35.4 respectively.

Going into the hills, McCarthy did not have his usual five yard lead. I thought this might be a bad omen, and waited anxiously near the finish, straining to see him emerge first from the hills. He did just that, displaying a healthy lead over Ogden and John Evans (Grimes). Nearing the finish he looked back, and seeing he had the race wrapped up he relaxed slightly. He hit the tape with arms raised and a smile of relief across his face.

The real battle was for second place, as Ogden was fighting to overtake Evans. Mark opened up a huge stride and managed to squeeze by Evans in the last few yards to win by six tenths of a second.

Brian Hull (Southwestern) had the largest margin of victory of the day. His 12:35.6 beat Paul Buttermark (St. Peters) by seventeen seconds.

Though the course record was unchallenged, the times were far from slow. Seventeen runners went under 13:00 and many were below 13:10.

RESULTS ON PAGES 2 AND 3..

A RACE

1. Gene McCarthy, All Hallows	12:29.0
2. Mark Ogden, Molloy	12:35.4
3. John Evans, Grimes	12:36.0
4. Chris Hallinan, Bernards	12:40.0
5. Mike Hagon, Suffern	12:43.0
6. Dobryzynsky, CBA(Syr.)	12:49.0
7. Pete Crooke, St. Anthony's	12:50.0
8. Steve Crooke, St. Anthony	12:57.0
9. Al Stianchi, St. Joe Metuchen	13:01.0
10. Steve Beman, Churchill	13:02.0
11. Mark Pinuc, St. Francis(Buff)	13:03.0
12. John Lynch, Fordham	13:05.0
13. Maurice Ruiz, Churchill	13:06.0
14. John Kelsh, St. Joe Metuchen	13:07.0
15. Al Paris, Loughlin	13:08.0
16. Dave Morotta, Lockport	13:09.0
17. Mike Ranney, Lockport	13:10.0
18. Jim Cioban, Roselle	13:11.0
19. John Rayo, Grimes	13:12.0
20. Brian Johnston, Power	13:13.0
21. Hanlon, CBA(Syr.)	13:14.0
22. Art Stolba, Power	13:15.0
23. Frank Moran, Bergen Cath.	13:16.0
24. Pete Slevin, Bathesda	13:17.0
25. Clark Woods, Pascack Valley	13:18.0

TEAM SCORING

1. CBA(Syracuse)	149
2. St. Joe(Buff)	209
3. Power Memorial	215
4. Lockport	231
5. Grimes	231



B RACE

1. Ed Blakely, Haddon Twnshp	12:37.4
2. Marty Ludwikowski, CH West	12:44.0
3. Greg Stremmel, Gateway	12:46.0
4. Mike Elder, Haddon Twnshp	12:50.0
5. Jay Vickery, Ch West	13:01.0
6. Dick Hayden, Carroll	13:03.0
7. Jon Williams, Edison	13:06.0
8. Dave Pannell, Ithaca	13:09.0
9. Bob McDermott, Paramus	13:12.0
10. George McCutcheon, Maria Reg.	13:15.0
11. Greg Libbs, John Vianney	13:20.0
12. Marty Hansen, Floyd	13:21.0
13. Mike Glavin, Paul	13:22.0
14. Rich Meigh, Queen of Peace	13:24.0

TEAM SCORING

1. Floyd	125
2. Ithaca	168
3. Maria Regina	191
4. Paul	193
5. Carroll	198



EASTERN STATES CHAMPIONSHIPS RESULTS (CONT.)C RACE

1. Brian Hull, Southwestern	12:35.6
2. Paul Buttermark, St. Peters	12:52.6
3. Kevin Walsh, St. Joe Regional	12:59.0
4. George Vogel, No. Salem	13:07.0
5. Sal Vega, Memorial	13:10.0
6. Jim Cranney, Romas Cath.	13:20.0
7. Erich Kondat, Mahopac	13:21.0
8. John Daly, Farrell	13:22.0
9. Joe French, Mater Dei	13:24.0
10. Steve Peck, LaSalle Troy	13:25.0
11. Joe Walsh, Farrell	13:28.0
12. Sean McGillicuddy, Iona	13:29.0
13. Bob Goepel, Seton Hall	13:31.0
14. Tom D'Amato, Tappan Zee	13:32.0

TEAM SCORING

1) Msgr. Farrell	164
2) Seton Hall	210
3) Tappan Zee	228
4) Irvington	231
5) Iona Prep	242
6) Mahopac	248

D RACE

1. Rich Syukey, Teaneck	13:08.0
2. Carlos Ward, Sheepshead	13:10.0
3. Mike Jordan, St. Agnes	13:14.0
4. Marty Orzio, West Lake	13:21.0
5. Mike Mooney, North Bergen	13:27.0
6. John Horner, Paramus	13:32.0
7. Fastasia, Sheepshead	13:37.0
8. Chuck Cooper, Midwood	13:42.0
9. Scott Whittemore, Scarsdale	13:44.0
10. Dan Doherty, Pearl River	13:45.0
11. Tom Hazaz, Xaveriam	13:46.0
12. Tom Maher, Xaverian	13:47.0

TEAM SCORING

1) Xaverian	93
2) North Bergen	126
3) Spellman	184
4) Pearl River	195
5) Sheepshead	233
6) Englewood	235



Class Ups

JOHN J. (JACK) LYNCH, JR
FORDHAM PREP

ARTHUR STOLBA, POWER

The 5'9½", 125 lb. senior has already run 12:54, and is shooting for 12:39. He has a lot of ground to cover, and he comments on the system he plans will bring him such a fast time, "I train with over-distance work early in the week and speedwork in the middle of the week.

So far he has had great success, and his places rank him as one of the top in the section. Jack was the "B" winner at Bear Mt., and placed 2nd in Bronx Champs, 3rd in Man. Inv., 2nd at St. John's and 12th at Eastern's (2nd man from the section).

His goals and training for the track season: "880-1:57; Mile-4:15; 2-mile-9:20. Indoors I do over-distance early and speed and quantity work in the middle of week. Outdoors is same as indoors, but more stress on overdistance work."

When asked what his greatest asset was he said, "Competitive and mental attitude, versatility and endurance. I rather run 'head to head' against competition than on a comparative time basis."

Art has the honor of being the only Power runner to break 13 minutes this year. His times have been in the low 13:00's all year, and he's been credited with a 3rd place at Bear Mt., 5th at the Grout Run, 4th at the Manhattan Inv., 5th at St. John's and an uncharacteristic 22nd at Eastern States.

His best 880 is 2:04, which suggests he's lacking in natural speed. His main assets are strength and stamina, which he derives from his powerfully built frame. He describes his training in the following way: "During cross-country I do 55 miles/week, mostly quality distance. Indoors and outdoors we do halves and quarters on the track."

"My goals for this year are a 4:16 mile and under 2:00 in the half."

Art gives his coach a lot of credit for his and the team's success, "Bro. Bielen is great, by far the best in the city."
BESTS: MILE-4:28; 2-mile-9:41.

RICHIE WALSH, LA SALLE

The tough senior from LaSalle is easily noticeable with his bright, curly red hair. Though the track season is really his forte, Rich is looking forward to running a 13:15 over the hills.

Primarily a half-miler, he ran a best of 1:58.6 as a junior. Looking ahead he predicts, "I'd like to run a 1:55.0 and a 4:15."

"My training consists of seven days a week of distance during cross-country. I do between 45 to 80 miles a week throughout the whole year. Indoors and outdoors we do about two days a

week on the track, the other five are distance runs."

Richie has had a history of knee troubles. Recurring injuries have limited his summer and seasonal training, and kept him out for most of his sophomore year.

About his team, "Since we're small the team is a tightly knit group, and our coach, Mr. Healy, is a real inspiration."

"The college I would prefer to attend next year is Bowling Green."
BESTS: 880-1:58.6; 3/4-3:11; 440-53.

FRESHMAN RESULTS =

DUAL MEETS

Oct. 13, Clove Lake- Msgr. Farrell handed Xaverian a 15-50 loss, and turned in some fine performances in the process. Tom Cuffe(Farrell) won the race with a 7:54, and Mike Sayers (Farrell) placed 2nd in 7:56. Prior to this meet only three runners had dipped under the 8 minute barrier on this course! Other Farrell men were Mike Hart(8:17), Ed McGettigan(8:37) and Don Graves(8:40).

Oct. 16, Clove Lake- Mike Whalen (8:09), Mike Sayers(8:05) and Tom Cuffe(7:56) combined to smash the freshman cross-country relay record at Clove Lake and give Farrell a convincing victory. The team time was 24:09 which wiped out the old mark of 25:13(set by Farrell in '70)
RESULTS: 1)Farrell A, 24:09(meet record); 2)Farrell B, 25:15; 3)Saint Peter's, 26:09; 4)Farrell C, 26:40; 5) Tottenville, 26:53; 6) McKee, 26:53.

Oct. 17, VCP- LaSalle's freshmen, who have been constantly improving, ran over Bishop DuBois by placing 6 men in the top seven. Larry Cerbone(LSA) won easily in 8:53, which is one second off his school's record. Brian Lynch and Keith Snyder followed for LaSalle, taking 2nd and 3rd in 9:17 and 9:29 respectively. Other LaSalle runners under 10:00 were Zack Lewandowski(9:45), Kevin Powell(9:56) and Bernard Rebecchi (9:57).

I plan to include freshman results in all of my future editions, but I need results. If you're a coach of a freshman team keep me up on their progress and times. Send me dual or regular meet results. I'm sure your team will enjoy reading about themselves and others in the newsletter.

SOPH CHAMPS

Staten Island Soph Champs, Oct 16

- | | | |
|--|--------------|-------|
| 1) Rich Harder | Susan Wagner | 13:12 |
| (Meet record, old mark held by Marty Walsh(New Dorp) 13:25, '66) | | |
| 2) Tom Hammerton | S. Wagner | 13:35 |
| 3) Gene Spillane | Farrell | 13:59 |
| 4) Tom Celic | Farrell | 14:15 |
| 5) Jose Reis | Tottenville | 14:24 |
| 6) Derek Alves | Curtis | 14:27 |
| 7) Mike Liberatore | Farrell | 14:28 |
| 8) Ray Gurry | Farrell | 14:29 |
| 9) Kevin Kavanagh | St. Peters | 14:30 |
| 10) Don Karmody | Susan Wagner | 14:47 |
| 11) Mike Luisi | Tottenville | 14:48 |
| 12) Henry Robinson | Farrell | 14:49 |
| 13) Bob Orazen | Susan Wagner | 14:52 |
| 14) Paul Pecorino | Curtis | 14:54 |
| 15) Bob Cusumano | S. Wagner | 14:55 |

TEAM SCORES

- | | |
|------------------|-----|
| 1) Msgr, Farrell | 34 |
| 2) Susan Wagner | 41 |
| 3) Tottenville | 96 |
| 4) St. Peter's | 111 |
| 5) New Dorp | 240 |
| 6) McKee | 247 |

Running Notes

Last week I was observing a number of teams doing back loops (loops starting from across the bridge and taking in only the hills), I noticed that some of the "lesser" runners were keeping with or beating the "better" runners on their team. I wonder how the results would change if a race was run on these loops... There were a number of drawbacks in the Eastern States. The results were very slow in being recorded and the awards were late in being distributed. There was a huge crowd standing around the result table waiting for medals for races that had been run a half hour

(cont. pg. 7)

HOW TO TAKE THE HILLS...

pg.6

I read an article in Runner's World recently dealing with hill running, and since we are in the heart of the cross-country season, I'd like to pass along a few of the main ideas:

Hill running requires more energy and taxes the heart, respiratory system and muscles to a greater degree than flat level running. That, of course, is evident to any cross-country runner. One misconception about hill running is the belief that whatever extra energy you expend while ascending you save while descending the hills. In a scientific study, runners ran up a 6% grade, i.e. a hill rising six feet every 100. They ran at 8min./mile, and it was found that it took 35% more energy to run the uphill than on level ground. However, running downhill on the same grade only reduced the effort by 24%. Thus, the net energy lost during the hill work was 11%.

This energy gap might be expected to increase with steeper hills, so run the hills with reserve. Whatever you expend on an uphill drive will not be replaced by the downhill glide.

Running form should be considered, also. The generally accepted form for ascending a hill is as follows: drop your arms below your waist and pump vigorously. The arms should flow smoothly; parallel to the body. Avoid swinging arms across the body. Knees should be lifted high, but the stride should be short. Lean forward to aid momentum. It's important not to attempt to maintain the same speed up the hill, this will take considerably more energy. The emphasis should be put on sustaining the same effort and rhythm. Relaxation is also a must.

Strange as it may sound, downhills are what many runners get tired from. These runners view downhills as the "easy" part of the race and attempt to pass everyone going down. They let everything go, with arms and legs flailing, and head bobbing. By the time this person gets to the bottom of the hill, he has lost all rhythm and may have taken so much out of himself that the runners he flew by going down soon pass him easily. It's essential to maintain control during the descent. Arms should be held low and a slight lean forward should be taken. Feet should stay close to the ground to assure proper footing. A sort of sliding motion with the feet may be best. On steep hills, turn on the brakes! Attempt to slow down your motion by jamming gently with your heel, but but keep going smoothly, avoiding shaking your rhythm loose. Hold a little back until a few strides from the bottom, for this added effort will give great momentum going onto the flats.

To be successful you must keep together. Trying to maintain the same speed uphill, or letting it all loose on downhills is only going to kill you!

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RECORD LIST

NEWS NOTES CONTINUED...

The following is a list of best performers at Van Cortlandt so far this year. Only meets up to Eastern States are being considered.

1)Gene McCarthy, All Hallows	12:23.8
2)Mark Ogden, Molloy	12:29.0
3)Kevin Walsh, St. Joe Regional	12:32.0
4)Brian Hall, Southwestern	12:35.6
5)John Evans, Grimes	12:36.0
6)Ed Blakely, Haddon Twnship	12:37.4
7)Chris Hallinan, Bernards	12:40.0
8)Mike Hagon, Suffern	12:43.0
Gary Lindquist, Mephram	12:43.0
10)Marty Ludwikowski, CH West	12:44.0
11)Sal Vega, Memorial	12:46.0
12)Paul Buttermark, St. Peters	12:48.0
13)Bob McDermott, Paramus	12:49.0
Dobryznsky, CBA(Syr.)	12:49.0
15)Pete Crooke, St. Anthony's	12:50.0
Mike Elder, Haddon Township	12:50.0
17)Steve Crooke, St. Anthony's	12:51.0
18)John Lynch, Fordham	12:54.0
19)Ken Marzan, Park Ridge	12:56.0
20)Gary Conroy, Molloy	12:57.0
Stewart, Mount Vernon	12:57.0
22)John Hopkins, Walt Whitman	12:58.0
Don Paige, Baldwinsville	12:58.0
24)Steve Peck, LaSalle Troy	12:59.0
Art Stolba, Power Memorial	12:59.0
Tim Behr, Loughlin	12:59.0
27)Maurice Weaver, Power Memorial	13:00.0
Al Stianchi, St. Joe Metuchen	13:00.0
29)Kevin Murphy, East Meadow	13:01.0
Jay Vickery, CH West	13:01.0
31)Mike Colangelo, Ramapo	13:02.0
Steve Beman, Churchill	13:02.0
33) McDuffie, Neptune	13:03.0
Dick Hayden, Arch. Carroll	13:03.0
Mark Finuc, St. Francis(Buff.)	13:03.0
36)Ken Murphy, North Salem	13:04.0
Sumrell, Monmouth	13:04.0
38) Dolan, Dumont	13:05.0
39)Maurice Ruiz, Churchill	13:06.0
Clark Woods, Pascack Valley	13:06.0
Jon Williams, Edison	13:06.0
42)Pat Chambers, Magnus	13:07.0
George Vogel, North Salem	13:07.0
John Kelsh, St. Joe Metuchen	13:07.0
45)Al Paris, Loughlin	13:08.0
Rich Stukey, Teaneck	13:08.0
Dunn, St. Joseph Prep	13:08.0
Mistretta, St. Joe Buffalo	13:08.0

before. No results were distributed due to the breakdown of the machine. The results I have printed are not as complete as I would have liked, but I would have no results to print if not for the courtesy of Marc Bloom. To tell the truth I think the Manhattan Inv. was more of an Eastern States than the meet run last Saturday. It had more schools and runners and was run excellently....Manhattan Borough Champs are scheduled for Thursday, Nov. 16, at 4:00 p.m. There will be three races (2 varsity and one freshman). Medals will be given to the top 30 in the varsity and top 40 in the freshman races.... Christian Bros. will be held on Sunday Nov. 18... On Oct. 23 Manhattan College defeated Fordham U., 15-43. Pete Squires of Manhattan won in 25:32. Matt Centrowitz was right behind in 25:32.6. Pete Gaughn placed 6th and Irv Fannell, 7th in 26:16 and 26:33 respectively... Howie McNiff, former 2-miler for Magnus, is now at Fordham and placed 10th in 27:03. Alex and Eric Trammel (Fordham), formerly of St. Joe's, placed 16th and 17th with 28:40 and 28:59 respectively.... Brian Faraci, who ran 12:40 as a junior at Fordham Prep, is now at Lehigh and placed 13th in a dual with Manhattan. His time was 26:41.... Chris Inman, who ran a 4:07.6 leg at Penn last year for Essex Catholic, has a cross-country best of 27:49 for Manhattan this year... The Met. Alumni Cross-Country Championships will be held on Nov. 6 (Election Day) at 12:00 noon at Van Cortlandt. The distance will be two miles over Cemetery Hill. Handicaps will be given in consideration of year of graduation. Last year's winner was Manhattan Alumni with 56 points.... Monsignor Farrell has hired Dennis Donovan and Pete Hansen as new assistant coaches.... Farrell came on pretty well at the Eastern's. John Daly ran a 13:22(PR) and Joe Walsh, who had been sidelined, ran his best of the year; a 13:28 to take 11th in the "C" race.... In my cross-country wrap-up edition, which will be out at the end of Nov., I will have pictures. IF coaches send me a record list I will include a list of X-C bests for the section..