

# CHSAA

# NEWSLETTER

Vol. I, Ed. II

October 9, 1973

25¢ copy

## McCARTHY RUNS 12:23

NEW YORK STATE AND SECTION RECORD

ALBERTUS MAGNUS, BEAR MT, SEPT. 22, 1973- Power Memorial showed what is to be expected from them by taking the Varsity "A" and JV "B", and placing second in the JV "A" and Freshmen "A",

In the Varsity "A" Kevin Walsh of St. Joe's Regional won in 12:43.7, one-tenth off the course record. Power runners took 3rd, 4th, 5th and 8th with Art Stolba, Brian Johnston, Maurice Weaver and Kevin Meuchner.

The Varsity "B" race fell to John Lynch of Fordham in 13:01. He won by 3 secs over Tim Behr of Loughlin but the team title went to Magnus with 59 pts. Pat Chambers was their no. 1 man placing 5th.

The JV "A" was a tie between Magnus and Power, but Bob DeRonde won the title for Magnus by placing first. His 13:48.7 set a new course record.

Another course record was broken in the freshman "A". Dave O'Connor (Valley Cen) sped a 7:45.6 winning by half a minute. The "B"

JV race was dominated by Power as they placed K. Boste, 1st, Terry O'Malley 2nd, Mark Ryan 3rd, Bill Crawford 5th and Warren Martin 8th. They won with a very low score of 18 pts., well ahead of the second place Albertus Magnus.

All freshman "B" times were nullified due to the runners cutting the course. Paramus Catholic took the title (they ran 3 teams in the race) and Mount St. Michael was awarded second.

RESULTS ON PAGE TWO....

IONA CHAMPS, VC PARK, SEPT. 29-

All Hallows star Gene McCarthy shocked the crowds not with his easy victory, but with his great time. His 12:23 is less than 3 seconds off the course record. It ranks him third on the all-time VC Park list and breaks Matt Centrowitz's New York State and NY Section record of 12:24.5.

As McCarthy raced down the chutes the people with the watches were near hysteria, thinking this might be a new course record. Everyone shouted for him to go faster and Gene noticeably reacted by opening his stride and lifting his knees even higher. He hit the tape in mid-stride, a slight smile across his dry lips. He looked relatively fresh at the end and still had enough energy to jog around for a half hour talking and waving.

Mark Ogden, another star senior, from Molloy came soon behind in 12:35. Then there was a long wait until Tim Behr of Loughlin (12:59) and Bob McDermott of Paramus Catholic (13:04) came across the finish line.

The team title went to Cham Inade with 89 points. Bishop Loughlin was the runner up with 104.

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# ➤ MEET RESULTS ◀

**GROUT RUN, SCHENECTADY-SEPT. 19**-Power Memorial defended their title as Varsity and JV teams registered victories. In the Varsity race the Panther harriers routed 2nd place John F. Kennedy 38 to 90. Brian Johnston placed second behind Crooke of St. Anthony's with an 11:42 clocking. He was followed by five teammates: Art Stolba 5th; Maurice Weaver, 7th; Kevin Meuchner, 11th; Frank Rafferty, 13th; and Ed Jennings, 17th. This is the 2nd straight year Power has taken the Varsity title.

The JV race is even a bigger story. Power placed 1st and 2nd with their A and B teams. They ran 10 men in the top 15, the winner being Bill Dailey, one second off the meet record. Second was Al Fiorentino followed by Dan Tonery, 3rd; Mike Rafferty, 5th; Steve Hurley, 6th; Mark Ryan, 7th; Pete Tomasino, 8th; Tom Harrington, 9th and Julio Rivera, 11th. This procession of purple and gold totally stunned the crowd.

**BRONX CHAMPS, VC PARK-OCT. 6**- All Hallows and Gene McCarthy came away big winners. All Hallows won the Varsity and JV 1 race with low scores to claim title as the No. 1 team in the borough. McCarthy lead from gun to tape in a dazzling 12:28. His closest competition came from John Lynch of Fordham who ran 13:20. Tony D'Ario, All Hallows, won the JV 1 in a highly respectable 14:16. The JV 2 was won in a time over 15:00. **RESULTS VARSITY:** 1) McCarthy, All Hallows, 12:28; 2) Lynch, Fordham, 13:20; 3) Amero, Hayes, 13:34; Mark Smith, AH, 13:42; 5) Ian Suite, AH, 13:42.5; 6) Jim Merrins, Scenlan, 13:44; 7) J. Miller, AH, 13:46; 8) K. Ward, Scenlan, 13:48; 9) Tony Hallinan, Fordham 13:48; 10) R. Morales, Hayes, 13:52; 11) Mike Bachynsky, Spellman, 13:58; 12) P. D'ambrosio, Mount, 14:00; Bernie O'Neill, AH, 14:04; 14) L. Soares, Hayes, 14:12; 15) L. Chaluian, Hayes, 14:14; 16) Andy O'Rourke, Fordham, 14:16; 17) Marty Cullen, Mount, 14:17; 18) Vic Magerelli, Mount, 14:18; 19) Mauro, Fordham, 14:19; 20) Nick Piro, Spellman, 14:33. **TEAM:** ALL HALL, 30; HAYES, 67, Forham, 70, Mount, 92, Scenlan, 95. **RESULTS JV I:** 1) D'Ario, AH, 14:16; 2) Rich Sohanchyk, Mount, 14:33; 3) Cesar Metanzo, AH, 14:42; 4) O'Brien, AH, 14:44; 5) O'Hanlon, Mount, 14:45; 6) Ed Serrano, AH, 14:46; 7) DiRienzo, Fordham, 14:52. **TEAM:** AH-25; Forham, 60 Hayes, 78

**BEAR MT. RESULTS- VARSITY "A":** 1) Walsh (SJR) 12:43.7; 2) M. Colangelo, Ramapo, 12:49; 3) Art Stolba (Power), 13:03; 4) Brian Johnston, Power, 13:04; 5) Maurice Weaver, Power, 13:13; 6) J. McNulty, Namast, 13:16; 7) Nemazze, Jay, 13:17; 8) Kevin Meuchner, Power, 13:18; 9) Komdat, Mahopac, 13:19; ... 12) Frank Rafferty Power, 13:27... 22) Ed Jennings, Power, 13:45; 31) Jim Merrins, Scenlan, 14:01... 39) Peter Dobrowski, Power, 14:04... 42) Kevin Ward, Scenlan, 14:06... 58) Andy Toney, Scenlan, **VSITY "B":** 1) Lynch, Fordham, 13:01; 2) Tim Behr, Loughlin, 13:04; 3) Paul Koftanski, Loughlin, 13:05; 4) Ralph Semmel (Non-Hood), 13:06; 5) Pat Chambers, Magnus, 13:08; 6) Bob McDermott, Paramus, 13:10; 7) Dan McCormack, Clarka No, 13:11; 8) Paul Buttermark St. Peter, 13:13; 9) John McMiff, Magnus, 13:15; 10) Andy O'Rourke, Fordham, 13:20; 12) Jamie Kempton, Magnus, 13:22; 13) John Sierra, Du Bois, 13:26; 14) G. Buckheit, Magnus, 13:29... 19) Chris Spoleti, Magnus, 13:41... 21) Larry Brown, LaSalle, 13:47... 23) Tony Hallinan, Fordham, 13:52; 24) B. Kelly, Magnus, 13:52... 26) Kevin Leonard, Magnus, 13:54; 27) Pete Narangozo, 13:55; 28) Tom Pandaleon, F'ham, 13:56; ... 35) Rich Walsh, LaSalle, 14:05; 36) Mike O'Donnell, St Peter, 14:06; 38) Marty Cullen, Mount, 14:06... 41) Maldonado, DuBois, 14:12... 46) Frank Cianciotta, St Peter, 14:15 **TEAM:** Magnus, 59; Fordham, 112... 7) LSA, 192. **JV "A":** 1) DeRonde, Magnus, 13:48.7; 2) Al Fiorentino, Power, 14:02; 3) M. Mulligen, Magnus 14:04; 4) Dan Tonery, Power, 14:06; 5) M. Rafferty, Power, 14:08; 6) Martinez, Loughlin 14:12; 7) Ostolozaga, Loughlin, 14:14; 8) Steve Beckerle, Magnus, 14:17; 9) B. Dailey, Power, 14:18; 11) Gil Wager, Magnus, 14:22; 12) Cotter, Magnus, 14:24; 13) Gebulski, Lough 14:26... 15) S. Hurley, Power, 14:30... 21) Craig Bloodgood, Magnus, 14:37; 23) Julio Rivera, Power, 14:41... 25) T. Harrington, Power, 14:42 27) John Leonard, Magnus, 14:43... 34) Steve Kates, Paramus, 14:55... 44) John Brown, F'ham, 15:01... 50) Jim DiRienzo, F'ham, 15:07. **JV "B":** 1) Boate, Power, 14:35; 2) O'Malley, Power, 14:41; 3) Ryan, Power, 14:46; 4) John Hannigan, Magnus, 14:46; 5) Crawford, power, 14:54; 6) Tom Festa, Magnus, 14:56; 7) Pete Tomasino, Power, 14:59; 8) Warren Martin, Power, 15:05; 9) Donovan, Magnus, 15:07; 10) LaFuente, Loughlin, 15:08... 13) Louis Moreau, Magnus, 15:25... 15) Jim Dobson, Magnus, 15:28; 16) John Bailey, Power, 15:28

# TRAINING

Training is the one thing that occupies the runner's and coach's thoughts the most. There are varied systems of training and each person has his own theories. At times it looks very complex, but all training can be broken into four varieties: 1) fartlek 2) intervals 3) slow distance 4) fast distance. All systems are built on these, the complexities lie in how much of each is used.

Each runner is an individual with personal and unique needs. Many runners adopt the methods of a great runner believing he too will become great. This runner generally meets with disappointment for often the great runner succeeds despite his training or he has found a system that suits his personality and physiology. Another, taking this system may not have the adequate psychological and physiological make-up. A person should strive to find a routine that fits him, not the other way around.

In finding this system all aspects of life must be considered. Your schedule is first. When do you have time and how much is it? Consider the weather: It's not wise to run in the extreme heat, the cold can be minimized by proper clothing. Do you like high pressure workouts or more relaxed ones? Best to find a balance with the two. What is your outlook on running? Are you in a hurry to succeed? Do you plan to run for a long time? What is your goal in the sport? Do you really enjoy running? Gear your workouts in harmony with your outlook.

A well planned system is vital to your success and longevity. Anyone who follows a system blindly with no exceptions is asking for long termed sickness, injury or eventual boredom with the sport. You are the most important thing to consider in your training. What agrees with you, regardless of any others, is what will bring you the best results.

## *Eugene McCarthy* ★

Eugene McCarthy's pre-season running seemed too fantastic to be true. Some said he was already at his peak and wouldn't improve much. His 12:23 at Iona Champs has silenced all skeptics, this time being less than 5 seconds off the course record.

The friendly and personable All Hallows runner is the outstanding figure at any meet. He can be seen constantly jogging around exchanging greetings and conversing before and after he runs.

"What is his secret?" is a question that lurks in the minds of most of you. Well, he does run 10-15 miles at 6 minute pace each day during cross-country. This is basically the same routine he followed during the summer. Also, he runs 5-8 miles in the A.M. every day of the year. He gives a lot of credit to his coach, "Mr. Mulligan has helped me greatly. I'd never be where I am without him." I'm led to believe the 17-year old senior runs on 90% enthusiasm. He runs with such excitement and ease he looks to enjoy every step. Gene can be added to the list of those who are surprised at his performances, "I'm surprised I'm running so well so early. I really didn't train that hard over the summer."

Gene enjoys cross-country because it is long and very challenging but, "the mile is definitely my favorite...the 880 is too short and fast, it's like a long 440 to me." During track season Gene moves to speed work doing 5 days a week on the track. Though small, 5'6", 118, he makes it up with a long stretching, high kicking stride and superior fitness.

His college plans aren't set as of now. He did mention Fordham, "I think I'd like to stay in the city, but I'll have to see." When asked about his goals he is quite frank, "I want cross-country to get me in good shape and hopefully break the course record. Indoors sub-4:13, outdoors sub-4:00." Anyone who knows him can't help but wish he does it all. Personal Bests: 440-53.0; 880-1:52.9 (leg); 3/4-3:10.0 (leg indoors); Mile-4:15.5; 2-mile-9:33.0.



# PATHS OF GLORY

PC.4

I go to Van Cortlandt early, before the schools come and start to practice. Now the grounds belong to the middle-aged jogger plodding relentlessly over the hills and to the golf and soccer players. The hills are dark and cold as the sun tries desperately to break through.

Then the first sign of life appears. All Hallows freshman charge up the hill, gasping for breath and scraping for a foothold on the loose dirt. At the end of the chutes their coach screams for more effort and yells their times as they come across. Little by little more faces start across the flats. Public schools and colleges go through in large crowds and St Agnes freshmen start off on a time trial. Things pick up when Power runners start to arrive. I go up to the bridge and watch the runners go by, weaving their patterns through the hills.

The park is now bustling with life, and the trails heat up as if the runners themselves generated some electricity. I scrutinize the passing faces, some are familiar. McCarthy breezes by, I see Centrowitz Gaughn and Dave Wall. Power runners are scattered in groups doing hill work. Stölba, Johnston, Meuchner, Jennings then Rafferty and Weaver together. Every time I look around, another group of Power men. I'm surprised to see Everett, planning on a good indoors I suppose.

I start to think about the race on Saturday, and realize that I'm witnessing a part of that race now. This, the preparation for the race is perhaps the most important part. If good work is done here, only the will to win will be needed in competition. It's the will that separates 1st from 21st, for no separation is evident in practice. The slow run with the fast and they look on equal ground, only in competition does the true qualities of a runner appear.

This is a part of the sport that few get to see. Go to a race and you just see the end result of what goes on in practice. About nine-tenths of a runner's mileage is non-competitive, yet this is the part of the runner's routine that never gets the press. It's almost overlooked by the spectator. But the runner knows that most of his racing is done in his imagination, during tra-

ining. Climb the hills on your opponent's heels, kick by him at the bridge. All the planning is done here.

Now the stream of runners begins to thin out. The trails start to cool and all converge in the lockers and then head home. Those who covered the course today look back and hope they tested their abilities enough to improve, but not so much that they left their race on top of Cemetery Hill.

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## Editor's Notes

Take notice of the subscription blank in this issue. If you already have a subscription give this one to someone who doesn't. If you want to subscribe, fill it out and mail it to me or give me the form and money at a meet. If you subscribe late in the year and would like all the issues you missed, specify on the form you would like all issues starting with edition II. Otherwise you will receive the next 18 issues after your subscription is received. In other words if you subscribe after edition 5 you can ask to get the back issues or you can receive issues for the rest of this year plus the first 4 of next year...Here is my schedule for the rest of X-C - Manhattan Inv (Oct. 13, VCP), St. John Inv (Oct 20, VCP); Soch Champs (Oct. 23, VCP), Eastern States (Oct. 27, VCP), Sectionals (Nov. 3, VCP) City Champs (Nov. 10, VCP) Temple U Champs (Nov. 17, Phil.), also I'll be at Manhattan Bros and Chr. Bros., the dates I'm not sure of. If any coaches are at a meet not listed, please send me the results of it. It's vital to keep results complete.. I'd like to have a list of X-C bests for the section before the season ends. So send in your best times on the VC Park course as deep as you can.. When you think about it this newsletter may be the best buy around. Track & Field News charges \$9.00 a year for 18 issues. I charge one-third that, but better yet - have you ever seen your name or team mentioned in T&F News?.. I need more detailed results of the Iona Champs meet. If anyone has the results of the Varsity race (times included) I'd appreciate hearing from you....

After McCarthy ran 12:28 to win Bronx Champs I actually heard people make allusion to the fact that he did 5 seconds slower than before Unbelievable as it may sound they thought he was "slowing down"...Matt Centrowitz placed 2nd in a dual meet with Farleigh Dickinson on Sept. 29. His time was 25:48 behind senior teammate Tony Colon...Gerald Centrowitz, Power senior, is sidelined with a broken foot and is not expected to see any cross-country action...LaSalle's Myles Corrigan has been hampered by an illness and slight knee problems thus far this season. He's expected to be recovered by the Manhattan Inv...Power Memorial took the honors at the Sacred Heart Freshman Meet on Oct. 5. Power won the team title with 55 pts., St. Peter's placed 4th. Msgr. Farrell team failed to show reportedly due to the traffic on the FDR Drive. Mr. Kochman was there, however...Manhattan met West Point on Oct. 6 in VCP and won easily. Mike Keogh, Tony Colon and Pete Squires tied for 1st in 24:54. Matt Centrowitz got 5th in 25:20, followed by Irv Fannell, 6th (25:36) and Pete Gaughn 8th...In the absence of one of their top runners Power took 2nd to Loughlin in the Providence, R.I. meet. Loughlin scored 69 pts, Power 102, Catholic Memorial 109 and Pilgrim HS(RI) 111. Brian Johnston led Power men with a 4th placing. Maurice Weaver took 7th, Kevin Meuchner 17, Frank Rafferty 31st and Al Fiorentino 43rd. Art Stolbe was unable to make the meet... Power's JV was as strong as ever. They took the team title...Ed Bowes, Loughlin coach, ran 21:45 and placed first in the Road Runners 6-mile cross-country run on Oct. 7. He won by about 10 seconds passing the 3-mile mark in 15:37. He must give his team great incentive to run well. After all, no one

wants to be slower than his coach... In that Road Runners 6-mile the true spirit of running was evident..Even though the times ranged from 32 to 60 minutes, results were recorded for all 92 runners. A relaxed atmosphere prevailed throughout the event. Most runners were out for the fun of a Sunday morning competition and all were cheered as they finished... Nov. 4 will be the cross-country age group championships at Van Cortlandt. Ceremonies will begin at 12:30 and the races at 1:00. There will be races for all age-groups and trophies will be given to all those who finish...Please send any dual meet results or any other information on your team. If the coaches are too busy to remember this perhaps they could appoint someone from the team or the school to be responsible for keeping me informed....I mentioned earlier in this edition that I needed more detailed results of the Iona Champs meet. Perhaps the best way to get this info is for the runners who placed in the top 25 in that meet to send me their place and time. I want to make sure no one is overlooked by this newsletter... Next edition will be out in late October. Remember to look at my schedule and send me results. Also, I will print and letters or articles coaches, athletes or other readers will send me...

ANSWERS TO RUNNING QUIZ—1) Mater Christi  
2) Bill Janikunis (New Dorp), Bill McClellon (Clinton), and Jay Meisler (Farmingdale)...3) The team was the US-Vince Matthews, Ron Freeman, Larry James and Lee Evans. Time-2:56.1...Marathon winner was Jon Anderson, 2:16:03...5) Top 2 finishers were Mike Keogh and Tony Colon of Manhattan. Keogh broke Art Dulong's 5-mile course record (VCP) of 24:04 and Manhattan routed Villanova 40-131.....  
6) The 2.5 mile record holder at VCP is Dave Sandridge of Parkdale, Riverdale, Maryland. He did 12:20.9 in Eastern States 1972 to break Marty Liquori's record of 12:23.2.....

\*\*\*\*\*RUNNING QUIZ\*\*\*\*\*

- 1) What HS did half-miler Marcel Phillippe attend?
- 2) Name the 3 HJers who cleared 7'0" while attending high school in NY State.
- 3) Name the runners on the gold medal winning 1600m. relay in the 1968 Olympics.
- 4) Who won the 1973 Boston Marathon??
- 5) Who were the first two finishers in the 1972 IC4A cross-country Championships??
- 6) Name the Van Cortlandt 2.5 mile course record holder, his school and time.

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