

NEW STATE TRACK NEWSLETTER

VOL 2 NO 5

NEW YORK, December 1, 1971

pp. 47-56

CAPPELLUZZO, BILLINGS & McLEE TRIUMPH IN STATE INTERSECTIONALS; ST. JOSEPH'S OF BUFFALO SETS VAN CORTLANDT TOTAL TIME RECORD

Two meets of enormous contrast in size and stature produced performances of remarkable distinction to highlight the closing of the cross-country season in New York.

The Intersectionals at Onondaga on Nov. 13, a statewide gathering of the NYSPHSAA's leading harriers--and a few newly-admitted parochial school runners--was marked by three course record efforts and triumphs by NY City area athletes in seven of the nine championship categories.

The Christian Brothers Run at Van Cortlandt Park on Nov. 14, an eight-school, four-state meet, produced the fastest five-man team effort ever on the hilly, 2½-mile Bronx course. St. Joe's of Buffalo, the Eastern States champ, secured a chapter of local cross-country history by averaging 12:53.5 to score 17 points for the title.

Alex Trammell led the upstaters with a gold-medal clocking of 12:43.8, fifth fastest of the season on the heavily-traveled trails. He was followed by Gary Duszynski(12:46), Ray Morabito(12:26), brother Eric(13:01) and Bob O'Brien(13:11).

This St. Joe's team can now be compared favorably with the Essex Catholic(Newark) squads of the mid-60's, generally considered to be the finest ever to compete at the park.

The Intersectionals were blessed with beautiful weather that surprised many visitors who were prepared for

20-degree temperatures and snow flurries. But an overnight rain created a muddy course. Nevertheless, the meet record took a beating.

Dave Billings of Nyack came close with 12:34.4 in B, the day's first race. Then Hamilton's Kevin McLee broke the mark with a 12:32 in C, only to see it shattered in A by Tom Cappelluzzo of Berner(12:22) & Steve Wynne of Vestal(12:25).

McLee, who said he "didn't kill himself", was credited by teammates with encouraging them by not running away from them--as he could have--early in the race. This may have prevented him from running the 12:15 he was capable of.

Cappelluzzo, who doesn't run hills in practice, was awed by the course, which he termed the toughest he's run on because the hills are situated in spots where the athletes are particularly fatigued.

Billings concluded an unbeaten season. He took the lead at the mile mark and "was slipping all over the place."

Ithaca repeated as A winner and led Section 4 to the title. Hamilton did the same in C as Section 1 triumphed. Sayville and Section 11 were B victors.

Bill Dabney of Boys High repeated his PSAL victory of Nov. 6 with a victory in the league's first "individual" meet held in the rain at VCPk on Nov. 15. (All sums on inside.)

dateline

Results of meets previously not reported. Info received thru Nov. 21.

BROOKLYN, Nov. 2, Flatbush Champs, Prospect Pk(2.5m;from Paul Zemachson)--1,Wayne Sblano,Madison,13:22.5; 2,Russ Carson,Tech; 3,Carl Jackson, Tech; 4,Robert Cohen,Madison. T: Madison 45,Tech 48,Midwood 79.

ROCHESTER, Oct. 30, Diocesan, RIT(2.5m;from Rick Sayers)--1,Dan Ambrose, Aquinas,12:31.6(course mark); 2,Dugan,Aquinas; 3,Malcewski,Mooney; 4,Hanna, Kearney; 5,McGinnis,Aquinas; 6,Fox Aquinas; 7,J.Dugan,Aquinas; 8,Horton,McQuaid; 9,Hurley,McQuaid; 10,Van Dongen,Aquinas. T: Aquinas 21,Mooney 61, McQuaid 64,Kearney 94.

BEAR MOUNTAIN, Nov. 5, Section 9(2.5m;from Dick Yerg)--A-1,Tony Guerriero, Tappen Zee,12:44; 2,Jim Haslam,Suffern,12:52; 3,Rubin Whittman,Middletown, 12:55; 4,T.J. Chisholm,Suffern,12:57; 5,Ed Ewing,Suffern,12:58. T: Suffern 27, Newburgh 85,Middletown 112. B-1,Dave Billings,Nyack,12:16; 2,Curt Alitz,Highland Falls,12:39; 3,Doug Arkenbout,Highland Falls,13:03; 4,Mike Borghard,Nanuet,13:04; 5,Dan O'Rourke,Nanuet,13:13. T: Highland F 39,Nanuet 47,Pearl River 84. C-D-1,George Shureter,Pine Bush,13:03; 2,Philip Hand,Red Hook,13:16; 3,Bill Skennen,W'ville,13:16. T:Red Hook 74,Marlboro 78,Wash'ville 83,PB 106.

ALMOND, Nov. 6, Section 5(2.3m;from Rick Sayers,Ernest Moore,C.B. DuBreuil)--A-1,Paul Stemmer,Penfield,10:48; 2,Roger Messenger,Greece-Arcadia; 3,Mike Burke-Rush-Henrietta; 4,Steve Vinenski,Marshall; 5,Greg Stevens,Edison. T: Brighton 81,Rush*Hen 126,Hilton 136,Greece-Arcadia 169,Irondequoit 222. B-1,Rich Saxton,Wayland,10:55; 2,Charles Hill,Wayland; 3,Harvard Osen, Williamson; 4,Bob Hall,Whitman; 5,Bob McNelty,Wellsville. T: Wayland 69,Addison 135,Pembroke 148,Haverling 149,Whitman 154. C-1,Nate Coggan,Warsaw, 11:19; 2,Doug Burdick,Red Creek; 3,Doug Mithhell,Bolivar; 4,Gregg Lester, Bolivar; 5,Ed Phelps,Arkport. T: Bolivar 65,Geneseo 124,York 133,Arkport 148.

ENDICOTT, Nov. 6, Section 4(2.5m;from Bill Hart,Greg Harney)--A-1,Steve Wynne,Vestal,12:36.8(course mark); 2,Tom Hartshorne,Ithaca,12:36; 3,Keith Soloman,Union-Endicott,12:51; 4,Mark Gibian,Ithaca,13:10; 5,Tom Ryan,Chenango Valley,13:14. T: Ithaca 43,Vestal 63,Chenango V 101,Horseheads 137,Union-Endicott 150. B-1,Pat Maher,Cath Cent,13:04; 2,Chip Boehm,Cheango Forks,13:30; 3,John Sheehan,Cath Cent,13:34; 4,Norm Chaney,Newark V; 5,Fred Hitt,Walton. T: Homer 65,Cath Cent 84,Sidney 97,Waverly 98,Newark Valley 127. C-1,Ken Stalter, Franklin,12:46.6; 2,Ken Maye,Groton,13:19; 3,Ken Erickson,Lansing,13:26; 4,Mark McGowen,Oxford. T: Groton 68,Oxford 85,Seton 106,Unatego 130.

ALBANY, Nov. 6, Section 2(2.5m;from Brian Kelly)--A-1,Steve Gomez,Colonie, 12:06; 2,Tony Treffiletti,Shaker,12:11; 3,Jim Wirasnik,Colonie,12:15; 4,Bruce Teague,Glens Falls,12:15; 5,Tom Bober,Colonie,12:18. T: Colonie 30,Linton 106, Niskayuna 109,Glens Falls 122,Shaker 158. B-1,Bob Maranville,Hudson Falls, 12:13; 2,John Underwood,Johnstown,12:49; 3,Mat Story,Catskill,12:51; 4,Jim Libruk,Hudson,12:52; 5,Tom Baid,Johnstown,12:53. T: Johnstown 40,Ravena 83, Hudson Falls 85,Hudson 86,Queensbury 114. C-D-E-1, Frank Perimutter,Milne,12:31; 2,Walt Huges,Schuylerville,12:34. T: S'ville 76,Corinth 122,Chatham 165.

SOUTH ONONDAGA, Nov. 6, Section 3(2.5m;from Gary Wilson,Neil Kerr)--A-1, Ken Moliski,CBA,12:39; 2,Brian Dodge,Proctor,12:49; 3,Kevin Grow,Fulton,12:52; 4,Dan Golus,Baldwinsville,12:59; 5,William Parker,Notre Dame,13:01. T: Notre Dame 61,CBA 79,Watertown 148,Proctor 175,Rome 183. B-1,Mark Andrews,Clinton, 12:49; 2,Matt Lynam,Grimes,12:57; 3,Freelon Hunter,Skaeteles,12:59; 4,Mark LynamGrimes,13:13; 5,Steve Wirth,Central Squ,13:13. T: Marcellus 67,Grimes 79,Skaeteles 114,Oneida 129,Clinton 175. C-1,Terry Beattie,So. Jeff,13:12; 2,John Huntley,Kennedy,13:14; 3,Jim Otis,Pulaski,13:15; 4,Bill Rodda,M'ville-Eaton,13:30. T: So Jeff 61,Onondaga 69,Oriskany 124,Hannibal 126,M-E 150.

BRONX, Nov. 9, Manhattan CHSAA, VCPk(2.5m; from Dennis Healy)--1, Matt Centrowitz, Power, 12:54; 2, tie, Mike Brown, LaSalle & Pat Rafferty, Power, 13:01; 4, Tony Fiorentino, Power, 13:15; 5, Donahue, LaSalle, 13:33; 6, Soto, Rice, 13:37; 7, Nestor, LaSalle, 13:38; 8, Dern, Rice, 13:41; 9, Stalba, Power, 13:49; 10, McNamara, LaSalle, 13:50. T: Power 30½, LaSalle 39½, Rice 91, Dubois 112, Xavier 167.

BETHPAGE, Nov. 9, G.O. Run(2.5m; from Jim Spier, Walt Krolman)--A-1, Tom Cappelluzzo, Berner, 12:12.5; 2, George Segarra, East Meadow, 12:19; 3, Gerard Carey, Plainedge, 13:34; 4, Randy Pilger, Brentwood, 12:37; 5, Steve Bouloukos, JFK, 12:38. T: JFK(B'more) 60, Berner 64, East Meadow 100, Oceanside 134, B-1, Gary Swanson, Calhoun, 12:17; 2, Mark Curtis, Chaminade, 12:33; 3, Bill Collins, Carey, 12:38; 4, Joe Feller, Cent Islip, 12:45; 5, Doug Friedney, Carey, 12:45. T: Carey 64, Chaminade 88, Cent Islip 92, Mephram 145. C-1, Brian Tolvanen, Pt. Jeff, 12:09.3 (course mark); 2, Pete Pehlott, Floyd, 12:11; 3, Barry Lipsky, Levittown Mem, 12:21; 4, Steve Adler, Roslyn, 12:24; 5, Joe Meringolo, St. Dom's, 12:25. T: St. Dominic's 75, Sayville 84, Floyd 115, Pt. Jeff 116, Levittown Mem 121, Mercy 164.

STATEN ISLAND, Nov. 13, All-Boro(2.5m; from George Kochman)--1, Dan Dougherty, Farrell, 13:15; 2, Paul Buttermark, St. Peter's, 13:22; 3, Steve O'Hanlon, Farrell, 13:23; 4, Brian Walsh, St. Peter's, 13:29; 5, Steve McGee, New Dorp, 13:36; 6, Joe Vaccaro, Farrell, 13:36; 7, Dan Clancy, Curtis, 13:36. T: Farrell 30, New Dorp 64, St. Peter's 92, Curtis 125, Wagner 128, Tottenville 134, Pt. Richmond 151.

SOUTH ONONDAGA, Nov. 13, State Intersectionals(2.5m, sunny & seasonably warm)--A--1, Tom Cappelluzzo, Berner, 12:22(course mark); 2, Steve Wynne, Vestal, 12:25; 3, Paul Stemmer, Penfield, 12:39; 4, Tom Hartshorne, Ithaca, 12:40; 5, Keith Soloman, Union-Endicott, 12:42; 6, Gary Swanson, Calhoun, 12:50; 7, Ken Moliski, CBA(Syr), 12:50; 8, Phil See, Yorktown, 12:53; 9, Roger Messenger, Greece-Arcadia, 12:54; 10, John Cabell, Kingston, 12:56; 11, George Segarra, East Meadow, 12:57; 12, Tim Bangs, Ithaca, 12:59; 13, Kevin Reynolds, Cortland, 12:59; 14, Mark Gibian, Ithaca, 13:01; 15, Cliff Flickenger, Whitesboro, 13:02; 16, John Pfeil, Lockport, 13:02; 17, John Gnerre, Mt. Vernon, 13:03; 18, Brian Dodge, Proctor, 13:03; 19, Dave Figura, Maine-Endwell, 13:03; 20, Randy Pilger, Brentwood, 13:03.

A--Team: Ithaca 196, Benner 237, Kenmore East 245, Colonie 325, Mt. Vernon 361, Notre Dame 364, Brighton 384, W. Islip 410, Suffern 429, Potsdam 615. Section(1st 10 score): 4 229, 3 326, 8 373, 5 417, 6 430, 1 549, 2 614, 11 624, 9 739, 10 983.

B--1, Dave Billings, Nyack, 12:34.4; 2, Charles Hill, Wayland, 12:43; 3, Pat Maher, Cath Cent, 12:43; 4, Kirt Alitz, Highland Falls, 12:44; 5, Joe McCoy, Commack So, 12:53; 6, Joe Feller, Cent Islip, 12:54; 7, Elliot Michael, Greeley, 12:55; 8, Mark Andrews, Clinton, 12:56; 9, Freelon Hunter, Skaneateles, 12:59; 10, Rich Saxton, Wayland, 13:01; 11, Ellis Carpenter, Lakeland, 13:03; 12, Frank Browne, Wantagh, 13:06; 13, Chris Horn, Sayville, 13:08; 14, Scott Meyer, Iroquois, 13:09; 15, Dave Jackson, Sayville, 13:10; 16, Bruce Carter, Fredonia, 13:11; 17, Bob Rindfleisch, Newfield, 13:12; 18, Halvard Osen, Williamson, 13:13; 19, Mark Grace, Cleveland Hill, 13:15; 20, Bob Calviero, Harborfields, 13:16.

B--Team: Sayville 149, Mahopac 219, Clarence 250, Great Nk So 279, Wayland 313, Marcellus 334, Johnstown 363, Highland Falls 426, Homer 493. Section: 11 210, 6 344, 8 391, 1 410, 3 412, 5 417, 4 686, 2 691, 9 804.

C--1, Kevin McMee, Hamilton, 12:32; 2, Brian Tolvanen, Pt. Jeff, 12:43; 3, Tom Birch, No-Salem, 12:45; 4, Ken Murphy, No Salem, 12:50; 5, Ken Stalter, Franklin, 12:51; 6, Pete Pehlott, Floyd, 12:55; 7, Jim Burns, Floral Pk, 12:56; 8, Nate Coogan, Warsaw, 12:57; 9, P.J. O'Connor, Wheatley, 12:58; 10, Ken Maye, Groton, 13:05; 11, Keith Vosburg, Pleasantville, 13:09; 12, Steve Adler, Roslyn, 13:15; 13, Phil Hand, Red Hook, 13:16; 14, Ken Erickson, Lansing, 13:16; 15, Harry Cohen, Hamilton, 13:17; 16, John DeSanto, Pleasantville, 13:17; 17, Don Wilcox, Pt. Jeff, 13:19; 18, Tim Otis, Pulaski, 13:21; 19, Terry Beattie, So. Jeff, 13:22; 20, Lou Calvano, Carle Place, 13:23.

C--Team: Hamilton 172, Floyd 194, Floral Pk 238, Groton 315, So Jeff 332, Boli-

var, 373, Schuylerville 395, Red Hook 436, Royalton-Hartland 457. Section: 1 210, 8 248, 11 381, 4 483, 3 535, 5 507, 2 535, 9 691, 6 728.

BRONX, Nov. 14, Christian Bros, VCPk(2.5m;from Ed Bowes)--1, Alex Trammell, St. Joe's (Buff), 12:43.8 (meet record); 2, Gary Duszynski, St. Joe's, 12:46; 3, Ray Morabito, St. Joe's, 12:46; 4, Eric Trammell, St. Joe's, 13:01; 5, Mike Brown, LaSalle, 13:04; 6, D. McKee, LaSalle (Phil), 13:07; 7, Bob O'Brien, St. Joe's, 13:11; 8, J. Carney, Paramus Cath, 13:12; 9, M. McMonagle, LaSalle (Phil), 13:17; 10, J. Jacobi, St. Joe's, 13:22. T: St. Joe's 17 (lowest five-man total time ever at VCPk), LaSalle (Phil) 80, Loughlin 85, LaSalle (NYC) 93, Paramus Cath 95, Spellman 140.

BRONX, Nov. 15, NYC Public Schools "Individual" (2.5m;rain)--1, Bill Dabney, Boys, 13:25.5; 2, John Aragundi, Newtown, 13:38; 3, Ray Escobar, Aviation, 13:47; 4, Russ Carson, Tech, 13:49; 5, Bob Femenella, Tech, 13:49; 6, Tom Bierster, New Dorp, 13:56; 7, George Douglas, Franklin, 13:58; 8, Carl Jackson, Tech, 13:59; 9, Dan Clancy, Curtis, 14:00; 10, Wayne Sblano, Madison, 14:01; 11, George Hinnecamp, Clinton, 14:02; 12, Tyrone Boddie, Jackson, 14:03; 13, Steve Best, Madison, 14:05; 14, Steve Scarpato, Tottenville, 14:06; 15, Robert Cohen, Madison, 14:07; 16, Ralph Gil, Bryant, 14:09; 17, William Cruz, Canarsie, 14:10; 18, Kenny Baxton, Erasmus, 14:11; 19, Steve McGee, New Dorp, 14:12; 20, Joe Magliocco, Pt. Richmond, 14:12. Team Scores were not compiled.

BRONX, Nov. 20, Jesuit Bros, VCPk(2.5m;from Jim Scott)--1, Chris Horton, McQuaid (Roch), 13:09; 2, Pete Millard, Sheverus (Portland, Me.), 13:21; 3, Pete Benoit, Sheverus, 13:27; 4, John Douphinetta, Sheverus, 13:30; 5, Mark Beede, Sheverus, 13:35; 6, Kevin McCabe, Fordham, 13:41; 7, Dan Doane, Sheverus, 13:41; 8, John Hurley, McQuaid, 13:43; 9, James Redditt, St. Joe's (Phil), 13:51; 10, Dave Lane, McQuaid, 13:55. T: Sheverus 21, McQuaid 49, Fordham 84, St. Joes 88, St. Peter's (NJ) 141.

PHILADELPHIA, Nov. 20, Temple Run (2.9m;from Bill Welsh)--1, Mark Gilman, McDevitt, 14:35.6 (course mark). T: LaSalle (Pa) 69, LaSalle (NYC) 101, Springfield (Pa) 124, Wood (Pa) 142, Salesianum (Pa) 163, New Dorp 165, Dougherty (Pa) 182.

DISTANCE RELAYS:

NEW YORK, Nov. 13, PSAL 5x2-mile Relay (a-w;from Ed Zarowin)--1, Boys (Dabney 9:50), 51:05; 2, Tech, 51:40.4; 3, Newtown (Aragundi 9:53.1), 52:25.4; 4, Richmond Hill, 52:43.5; 5, Bryant, 52:45.9; 6, Madisen, 52:51.7; 7, Midwood, 53:34.8; 8, Tech B, 54:07.3.

JAMAICA, Nov. 16, Queens PSAL 4-mile R (a-w;from Don Griffith)--1, Richmond Hill (Slattery 4:38), 19:03.3; 2, Van Buren, 19:07; 3, Bryant, 19:12; 4, Newtown (Aragundi 4:39.8), 19:20.3; 5, Jackson (Boddie 4:39.9), 19:33.1.

NEW YORK, Nov. 20, PSAL 4-mile Relay (a-w;from Doug Terry)--1, Boys (Larrymore 4:34.4, Jeter 4:29.8, Hemingway 4:48.8, Dabney 4:30.4), 18:23.4; 2, Bklyn Tech.

JAMAICA, Nov. 20, CHSAA Coaches 5x2-mile Relay (a-w;from Ed Bowes)--1, Power (Centrowitz 9:35.5), 49:23.5; 2, Loughlin.

Track Quiz: (Warner)

1. Who won the 1958 European marathon? answers, p. 56.
2. Who held the world 880 record in 1934?
3. What is the only HS team ever to hold an indoor world relay record (board track)?

PLEASE SEND YOUR INDOOR SCHEDULES--NOW!

Alex Trammell-----

St. Joseph's of Buffalo senior...17, 5-11, 142...recently led team to top five-man average at Van Cortlandt, Bronx, with 12:43.8 record time...4:20 mi-
 ler last spring...leading distance runner in Western NY...All-Catholic mile
 and X-C champ in Buffalo...sets goals at 1:52 and 4:15...typical week of
 training would be: one day-meet, one day-LSD, 5 days-speed work--5 miles ev-
 ery night of the speed day...has had achilles tendon problems, which "has
 prevented me from working as hard as I'd like to"...Says his coach, Bob Iv-
 ory, "gives me the incentive to keep on going...also competed in JV football
 during soph and fresh years...originally went out for crew, but I thought it
 would really be fun" to run track...considers himself a half-miler and feels
 that LSD can sometimes be nerveracking...87% scholastic average...he's lean-
 ing towards Fordham or Lehigh.

Kevin McCarey-----

Senior at Cathedral Prep, Elmhurst...17, 5-8, 124...CHSAA champ with 12:25,
 second fastest ever by a schoolboy on the Van Cortlandt course(2.5)...9:17
 2-miler last spring...named school's leading athlete for '71...long-range
 Olympic goals...trains "mostly distance & quarters--6-15 miles a day"...in-
 curred bone chip in upper leg during soph year...Says his coach, James Mit-
 chell, "is the main reason I've stayed with track and done well. He makes me
 work hard to win."...he got started in track while trying to stay in shape
 for baseball...85.6% scholastic average...college plans indefinite...may ma-
 jor in sociology.

Ken Stalter-----

Senior at Franklin Central in Section 4 of NYSPHSAA...will be 18 in Jan.
 ...6-2 $\frac{1}{2}$, 163...4:35 and 9:51.3 last spring...57:40 10-mile last summer...un-
 beaten in current X-C season save a fifth in the Intersectionals...has domi-
 nated his league in X-C for three years...disappointed with last spring's
 times and is hoping for 4:20 and 9:20 next spring...member of Nat'l Honor
 Society...Mostly distance training, some striding, many hills; some speed-
 work lately...Coach Charles Barrows is his history teacher who goes out of
 his way to take the kids--there are 3 on the team; 69 boys in the entire
 school--to the meets..."He encourages me, but I make up the workouts."...is
 basketball co-captain, "but I'd run indoors if I had the opportunities, facil-
 ities, etc...originally went out for X-C to get in shape for basketball...
 is tired of running alone(in workouts)...90% scholastic avge...interested in
 science and pre-med and is considering Eastern Michigan among others...has
 to buy his own sweats, shoes, etc. because school budget won't allow for it.
 ...former teammate(& Newsletter correspondent) Duncan Johnson got him run-
 ning seriously...school has no track.

Matt Centrowitz-----

Junior at Power Memorial, NY City...will be 17 in Jan...6-1, 170...12:41
 at Van Cortlandt...several X-C titles...State indoor soph recordholder in
 the mile(4:19.5)...also indoors a 2:16.9 1,000....1:56 leg last spring out-
 doors...goal is 4-minute mile...minor foot injuries slowed progress last
 spring...His Coach, Brother Bielen, "gives me confidence in myself through
 his knowledge and experience in track"...finds it difficult to "get up" for
 every race...78% scholastic avge....formerly at Jackson HS, Queens, where he
 was coached to a 4:30 frosh mile by Milt Blatt.

Tom Hartshorne-----

Ithaca High senior...18,5-8,120...led team to two straight Intersectional Class A titles...set course mark at Abington Hts Inv(Pa) earlier this fall. ...ran 2:53:40(unofficial) at Boston Marathon in '70...4:34 and 9:43 last spring...played school hockey during last indoor season...Student Body pres. ...member of Honor Society...an "A" scholastic ave...hopes for 4:20's and 9:20's this spring...now runs twice a day, 65-70 miles a week...Says his coach, Harold Porter, "allows me to run pretty much what I feel I should be running...he's also competed in skiing and soccer...started running with his father, who started some of the Masters' competition a few years ago...now interested in architecture and the sciences but unsure of college...beaten by rival Steve Wynne(Vestal) in recent State meet...says Ithaca's beautiful countryside is an inspiration to his running...says teammates Mark Gibian and Tim Bangs, with whom he works out, help him with his training.

Brian Tolvanen-----

Senior at Pt. Jefferson HS...17,6-0,157...broke record at Chenango Valley meet earlier this fall...section 11 winner...4:28 and 9:29 last spring...all-county track and X-C...hopes to gain Golden West invitation this spring...runs "mostly long"...says coach, Jim Smith, "knows how to make you run even when you would rather be home"...played football as a soph and varsity basketball as a soph and junior...want out for X-C to get in shape for basketball...has 2.6(B-) scholastic ave...anticipates Penn State"because the coach is supposed to be fantastic and I want to go out-of-state for Phys Ed"...expects tough competition from his Suffolk rival, Pete Pahlot(Floyd), and Hamilton of Elmsford's Kevin McLee.

Keith Soloman-----

Junior at Union-Endicott...will be 17 in Feb...5-9,140...recalls 9:56 for 2-mile as a freshman, 9:37 last year...has run the Boston Marathon and "finished among the top quarter of the mob"...runs double workouts: gets up every day at 4 A.M. for 5-mile run and still gets 8 hours of sleep...80-85 miles of distance work, two days of speed work..His coach,for X-C,Robert Osborne, runs with the team every night...ran a 4:53 mile in the 8th grade...overcomes problem of mental fatigue because "I love to run"...maintains 83% scholastic ave...people in Endicott look up to athletes, says Keith. "This has encouraged me tremendously."

-----I'll never forget...

...May 21, 1966...My first out-of-town newspaper assignment, the Schenectady Interscholastic Sports Carnival(now the Eddy Memorial Games)...White Plains, with its Dream Team, scored 49 points for the title. The meet was full of tremendous races, but etched in my mind are the 440 and 880. The Otis Hill-Julio Meade rivalry reached new heights with a 47.3-47.4 win for Hill, who subsequently lost to Meade in the Golden West. In the half, Boys' Jim Jackson edged Jackson's Mark Ferrell, 1:51.5 to 1:51.8. Jackson was a junior at the time. Both races were anticipated by the excited crowd that filled Linton HS's field. (The meet is now held at the Mt. Pleasant all-weather track). Jim Reilly, now a pro football player, won the DT in 170-10.

HOW ABOUT SENDING THOSE INDOOR SCHEDULES(thanks)

TRAINING/Facilities An Indoor Factor_____by Stu Warner

The beginning of the indoor season is a hectic time for many coaches. They have to decide whether to practice outdoors, or to work with a make-shift indoor setup, such as school hallways. Their decisions will affect the nature of their training programs.

Coaches sometimes forget that their training methods should be shaped by the surrounding climactic conditions. Fartlek is great in the scenic Oregon forests but not so great amid the snow of the big city. I know one coach who gives his distance men 15-mile runs indoors on a 180-yard hallway. That's about 150 laps. This is mentally excruciating. In practice, a coach should try to get from his athletes the most physical work with the least mental effort. All indoor running should consist of one of the Repetition-Interval-Speed Axis varieties of training. Athletes running outdoors during the winter should be warmly dressed. The neck, a vital area should be covered. Some sweats that don't cover that area should be complemented with scarves or turtlenecks, when necessary.

I've found that during the very cold weather longjohns are easier to run with than sweat pants. However, I don't wear LJ's unless the mercury dips below 20°. But this is a personal choice. Overdistance is easy to run in the winter because you won't get overheated. Also, speedwork is possible after a good warming up. (I've run 10 x 150 fast in a foot of snow.) Remember, coaches, consider the facilities available to your athletes before deciding upon their training schedules.

_____editor's notebook

My apologies to many subscribers who received Vol 2 No 4 with a postage due of 8¢. I've always been able to send 16-page (8 sheets, both sides) issues 1st class with 8¢. But, the paper may have been a bit heavier than usual; therefore, I received a call from the P.O. early on the morning of Nov. 15 requesting me to either add the 8¢ (for 16¢ total) or cross out the 1st class and make it a 3rd class. It was impossible for me to get to the central headquarters and I wanted to send it 1st class. Therefore, they sent it postage due. If anyone would like to be reimbursed, please send me a postcard and I'll send you 15¢ (8¢ plus cost of postcard)...Gary Wilson, Hannibal coach, and his entire staff are to be commended for the excellent Intersectional X-C meet that they conducted. The meet ran smoothly, the results were tabulated quickly and everything was organized, including a fine P.A. system. They even managed to bring the sun out. The next three I-S meets will be in Sections 5, 4 and 11, respectively...Just came home from the IC4A meet at VCP-rain all day...Please read carefully all notices and ads on following page.

STATE TRACK NEWSLETTER IS PUBLISHED Bi-weekly during the 40-week period from Oct, thru June. \$4/Yr, \$7/Two years. First Class Mail. Annual Edition, published in Sept., \$1.25 postpaid. Marc Bloom, Editor & Publisher, 2411 E. 3rd St, Brooklyn, N.Y. 11223. Stu Warner, Training Ed/Met Aide, 3040 Ave W, Bk1.

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Cornell and Manhattan were the leading NY teams in the IC4A title meet at Van Cortlandt Park, the Bronx, on a rainy and dismal Nov. 15. They were 6th and 7th, respectively, in the team scores and their leading harriers, Phil Ritson and Mike Keogh, placed 9th and 10th, separated by only a foot. The top NY finisher was Denis Fikes (7th), who led Penn to a near-victory over Villanova, which captured the title for the sixth straight year as Marty Liquori ran his last race at VCP. Penn's seven-man varsity team includes five New Yorkers. The results: Univ--1, Wheeler, Duke, 24:27; 2, Wright, Vill, 24:29; 3, Liquori, Vill, 24:30; 4, Fredericks, Penn St, 24:52; 5, Hartnett, Vill, 24:52; 6, Merrick, Penn, 24:57; 7, Fikes, Penn, 24:58; 8, Walsh, Vill, 25:03; 9, Ritson, Cornell, 25:04; 10, Keogh, Manh, 25:05; 11, Thornton, Penn, 25:07; 12, Colon, Manh, 25:10; 13, McQuire, Penn St, 25:14; 14, Childs, Penn, 25:15; 15, Fischer, Syracuse, 25:17; 16, Piazza, Penn, 25:19; 17, Forrester, Duke, 25:20; 18, Beardmore, Duke, 25:21; 19, Alexander, Cornell, 25:22; 20, Squires, Manh, 25:24. T: Vill 45, Penn 54, Penn St 104, Duke (3rd) 81, William & Mary 224, Cornell 236, Manhattan 239, Navy 244, Princeton 287, Notre Dame 316...other NY Schools: Army (14th-207); Fordham (17th-463); Syracuse (19th-483); NYU (21st-525); St. John's (24th-569)...Dan Moynihan of Tufts won the College Div race in 25:03.7. Lehigh took team honors with 91. The leading NY team was Colgate, 8th with 240.

Vic Mizzone (25:54.5) and Joe Konarkowski (26:15) led Montclair St to the Collegiate Track Conf title with a 1-2 finish at VCP on Nov. 6. CW Post was second...City captured the City University title for the 11th straight year on Nov. 13 at VCP. The results: Larry Newman, Queens, 26:36; 2, Ralston, Lehman, 27:10; 3, Bopez, Hunter, 27:16; 4, King, City, 27:17; 5, Holman, Queens, 27:45. T: City 37, Queens 55, Lehman 81, Hunter 93, Baruch 120, Brooklyn 160...NY State Coll T&F Assoc results: 1, Verdoliva, SUC Oswego, 24:41.7 (4.63m); 2, McClurkin, SUNY Buffalo, 24:46; 3, Fox, SUC Fredonia, 24:52; 4, Kearney, Union, 25:31; 5, Moeckel, Union, 25:33; 6, Peuron, Hamilton, 25:35; 7, Moller, Rochester, 25:37; 8, Carter, Rochester, 25:44; 9, Judson, Hamilton, 25:46; 10, Pollock, St. Lawrence, 25:47. T: Hamilton 85, Union 94, Rochester 128, Fredonia 131, Oswego 147, B'ton 164, LeMoyne 190, C'land 194.

Road Runners Nat'l Age Group Champs, VCP, Nov. 7: G 6-7 1 $\frac{1}{2}$ m-Kim Gallagher, Ambler, Pa, 11:26.6; B 6-7 1 $\frac{1}{2}$ m-Robert Ryerson, Laurel, Md, 10:34.8; G 8-9 1 $\frac{1}{2}$ m-Kim Campbell, Washington, D.C., 10:25.8; B 8-9 1 $\frac{1}{2}$ m-Gene Mirkin, Washington, D.C., 9:57.2; G 10-11 1 $\frac{1}{2}$ m-Donna Campbell, Washington, D.C., 9:34.4; B 10-11 1 $\frac{1}{2}$ m-Kevin Knox, Wasco, Calif, 8:57.4; G 12-13 1 $\frac{1}{2}$ m-Robin Perry, Ambler, Pa, 8:57.2; B 12-13 1 $\frac{1}{2}$ m-Tom Stringfellow, Washington, D.C., 8:44; G 14-15 1 $\frac{1}{2}$ m-Visa Vernon, Ambler, Pa, 9:14.2; B 14-15 1 $\frac{1}{2}$ m-Richard Buckstad, Edison, N.J., 7:54 (course mark)...womens 16 & up-2 $\frac{1}{2}$ m, Beth Bonner, Wilmington, Del, 15:00.4; HS Boys 16+ Inv 2 $\frac{1}{2}$ m-Dan Black, Standish, Mich, 13:34; Men 16+ Inv 2 $\frac{1}{2}$ m-Paul Squires, Bronx, 12:23; 2, Byron Dyce, Bronx, 12:36; 3, Jim Jackson, Brooklyn, 12:41. Vet: (40-45)-Joe Bessell, Freeport; (46-50)-Bob Leavitt, NYC; (51+)-Jerry Reuther, NYC.

Upstate X-C champs, Olean, Nov. 6: Niagara 40, Roch IT 45, Oneonta 77, St. Bonaventure 97. The winner was Joe Rukanshagiza of Sienna with a time of 30:00.7 on the 5.8m course...Region 3 JC X-C, Corning, Nov. 6: Johnson/Wales 43, Mohawk CC 68, Delhi 78, Alfred Tech 130, Hollie Walton of J/W won in 22:50. ...Hunter has posted its first winning dual season in four years with a 8-5 record...Neil Blakeman of Garden City will captain the FDU team this spring...Coaches Howie Ryan (Hamilton) and Ed Bowes (Loughlin) were 9th and 13th in the AAU 6-mile Met champs at VCP on Nov. 14...26 minutes has been broken 20 times on the Bormell Univ. Moakley 5 1/16-mile course...Ken McBryde of Manhattan, representing the Pioneers, leaped 50-4 in the TJ on Nov. 13 at a development meet at St. John's ("no wind"--but no gauge either).

Coach Howie Ryan took his six-man Hamilton team to Houston following its Class C state victory. The "reward" was made possible through raffle monies. ...Jeff Schlieper, hurdle champ at Croton-Harmon last spring, recently ran 3:25 in the Toledo marathon...Did you notice New Hyde Park track coach Dick Cebulski doing the TV commercial for Ivory Snow?...The 1 $\frac{1}{4}$ -mile course mark at Van Cortlandt is 5:55.6 set in 1965 by Dennis Monohan of Farrell, who ran a 4:40.9 mile that same year...The Staten Island X-C all-star team as selected by the coaches is filled by parochial runners--four from Farrell and three from St. Peter's...Farrell's Dan Dougherty tops the squad...There was a four-way, "on purpose" tie in the Oneonta Elks YMCA five-mile on Nov. 14. All clocking 25:52 were Ken Stalter, Keith Soloman, Pat Maher and Tom Carter. ...The first 10 placers in the Upper Westchester-Putnam meet of Oct. 26 have been designated as the league's all-star team. The squad is headed by Tom Birch of North Salem...The Clarence team that placed third in "B" in the State meet loses only one runner through graduation next spring.

We erred on the cover of the last issue: Section 6 has not admitted the F&N schools; Section 3 & 4 have with the following schools now enrolled: 3-Bishop Grimes, Rome Cath, Bishop Ludden, Christian Bros., Notre Dame; 4-Catholic Cent, Notre Dame and Seton Catholic...Also, Ed Mackey was 2nd, not 1st, in the Section 10 meet, won by Ray Bigrow of Tupper Lake...The TJ shot on P. 33 of the '72 annual is of Irwin Graham, not Trevor Hall...Add to indoor junior 60 recordholders, Dave Herman (Shaker) and Bernie Gansle (Colonie), both 6.3...The leaders passed the mile mark at the Intersectionals in 5:00, 5:04 and 5:05 in the B, C and A races, respectively...South Shore's (Bklyn) A & B teams ran 45:04.9 and 46:30 for the 4-man 8-mile relay. Top time was 10:43.6 for Oliver Thomas--and that's all freshman!...Al Krauser says his Uniondale team should have been listed among the top 20 outdoor teams (as published in the '72 annual). "We have won 22 straight dual meets. Only Oceanside, Wantagh and Bethpage had teams that could possibly have beaten us in dual meets."...Apparently some of the top NJ teams may pass up a few of the indoor invitationals scheduled for the State Armory because of conflicting Jersey meets.

The Newsletter extends its sympathy to the family and friends of Howard Borck, former running star and coach, who died of a heart attack on Nov. 9. Borck was an intercollegiate mile champion at Manhattan in 1938 and subsequently coached at Cardinal Hayes and Mt. St. Michael. After retiring from coaching in '67 and until his death, he was dean of discipline of John Phillip Sousa HS in the Bronx...How about meet directors doing their best to schedule X-C meets--and meets, in general--in the morning so that the results, stories and photos may have a chance to make the first editions of the next day's newspapers. They complain about a lack of publicity--and rightfully so--but make it tough to fight football et. al. with late results...Frosh marks at Van Cortlandt on the 2.5-mile course: George Vogel of No. Salem has 14:11 this fall...Julius Larrymore of Adams ran 13:59 in '64...three under 15:00 in one race in '69--Ellis Carpenter, Dave La Bate and Ron Truett, all of Lakeland...No. Salem also reports 14:25 for Ken Murphy last year and 13:56 for Tom Birch in '68, which appears at this point to be a class record...Dave Ward of Mt. Pleasant has a 14:44 this fall.

quiz answers

1. Sergey Popov.
2. Otto Peltzer of Germany.
3. Boys High, 1:30.1, 880 relay, '65. (indoors).

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