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# Part 2



**MOHEGAN**



**STRIDERS**

1973

# Elite Field Set for Rose Arts

NORWICH — The seventh annual Rose Arts Road Race is set for Sunday, with a star-studded field of distance runners expected to compete for the laurel crown signifying first place.

The 10.6-mile event will get underway at 11:15 a.m. at the Rose Arts central point on Chelsea Parade and will end approximately 55 minutes later at the same spot after a circular route around the city.

Three of the four individuals who have won the six previous races will be in attendance. The fourth, three-time winner Amby Burfoot of Groton, is ensconced in El Salvador, beginning two years of work with the Peace Corps. Burfoot won last year's event in 56:32.2, topping a field of 163 starters and 142 finishers in blistering heat which took its toll on early leader Dan Moynihan, another of the winners (1970) who will be back for another crack.

Moynihan was past the seven-mile mark in record time a year ago when heat forced him to the sidelines.

The other two winners, John Vitale and Jim Keefe (1971 and 1968 respectively) should also be present. Vitale holds the race record of 52:28.5 set in his winning year. Burfoot won in 1967 and 1969 in addition to last year.

Neither Vitale nor Keefe has entered

as yet, but a goodly number of late starters are expected. A total of 76 runners have signed up thus far and race officials look for at least that many more by the 10:45 a.m. closing time.

Top local starters include former Boston Marathon champ and Groton resident Johnny Kelley, who finished second in last year's run, last year's third-place finisher Tim Smith, a former NFA star who leads the Mohegan Striders track club and some outstanding schoolboys like Larry Rice of NFA, John Flora of Ledyard, Vin Morales of St. Bernard and Wayne Jacob of Fitch.

In addition to the first-place crown and trophy, awards will go to the the first Norwich finisher, the top schoolboy and the top three-man team. Additional awards will go to the next two teams, the top 25 runners and a patch to all participants.

Among the entered group are a pair of female runners, Janet Glenney of Norwich and Rosemary Dougherty, also of Norwich. As many as five more ladies are expected.

The oldest entrant thus far is Ed Granowitz of Brooklyn, N.Y. who is 60 and the youngest is 13-year-old Vincent Varone, Jr. of Montville.

Another possible post entry is Justin Gubbins, a senior at Georgetown who



JOHN VITALE  
Probable Post Entry

was fifth here in 1971 and finished third to Burfoot and Vitale in the Groton Five-Mile race a week ago.

Keefe and Smith are both bothered by physical problems. Keefe is recovering from a back operation while Smith has been bothered by a muscle pull.

Moynihan appears in top shape. He won a nine-mile race in Brighton, Mass., earlier this year with a fine 43:56 clocking. That pace would put him under the 50-minute mark here.

Several strong teams will battle for that title as well. In addition to the local favorites, the Striders, are the Central Connecticut Athletic Association, the Hartford Track Club and the Boston Athletic Association.

NORWICH — The following is a list of pre-race entrants for the seventh annual Rose Arts 10.6-mile Road Race. Entrants will wear the numbers listed before their names. Those who will enter Sunday will have higher numbers than those listed.

1. Robert P. Carbray, 2. Robert B. Dempsy, 3. Ray Roberge, 4. Paul T. Casey, 5. John A. Jarek, 6. Gerald P. Martell, 7. Don E. Fournier, 8. Stephen R. Grosky, 9. Ken Mueller, 10. Roy R. Thoma,
11. George Callet, 12. Edward L. Reynolds, 13. James T. Taylor, 14. Terry Gallagher, 15. George R. Maine, 16. Lawrence P. Rice, 17. Rory Suomi, 18. Vincent P. Morales, 19. Stephen J. Lamb, 20. Glenn N. Stacey,
21. Richard A. Burhans, 22. Russell R. Holy, 23. Daniel W. Moynihan, 24. Kevin T. Shippee, 25. Tim R. Smith, 26. Ed Granowitz, 27. George Price Jr., 28. Michael Perrone, 29. Bruce Barmak, 30. Charles Shippee,
31. Janet Glenney, 32. Chris Glenney, 33. Mark Ruffo, 34. Francis Craig, 35. Cleve Wilson, 36. Brian Gauthier, 37. Billy Shea, 38. Vincent Varone Jr., 39. Donald Swartz, 40. James Jakubowski,
41. Maurice Drake, 42. Rosemary Dougherty, 43. Robert Castronova, 44. Dr. David Spanel, 45. James Rowen, 46. Harvey Alpert, 47. Michael Moscate III, 48. Phil Ryan, 49. Bob McBride, 50. Jack Lonardelli,

51. Leigh Gibson, 52. Robert Bergstrom, 53. Charles Dyson, 54. William John, 55. Alfred Williams, 56. John Leslie, 57. Willard Eaton, 58. Earl Proulx, 59. Al Meehan, 60. Fred Miller,
61. David Baker, 62. Wayne Jacob, 63. Walt Blanker, 64. James Olsen, 65. Bill Krohn, 66. Kevin Overstrom, 67. Thomas Stone, 68. Angus Wooten, 69. Roger Palmer, 70. John Kelley,
71. Daniel Strunk, 72. Brownie Gerrie, 73. David Denison, 74. George Schobel, 75. Doug Morrisette, 76. James Oldham.

The course for the seventh annual Rose Arts Road Race is as follows: runners will start at the parade reviewing stand at Chelsea Parade and will go right onto Sachus Street, down Sherman Street to Asylum Street. From there, they will go to New London Turnpike over to Elm Ave. East Town Street is next to Canterbury Turnpike's hill. Lawlor Lane is next down to the downgrade on School Street.

They will follow this to Providence Street and onto Norwich Avenue. Norwich Avenue is followed into North Main Street in a slight diversion from last year. Runners will not take the Central Avenue route this time. They will follow North Main to Main, taking a right at that point. Another right brings them onto Franklin Street and then into McKinley Avenue. They will turn left onto Broad Street and right onto Broadway for the finishing sprint back to the reviewing stand. The total distance is 10.6 miles.

## Rodgers Takes 20-Kilometer Run

GLOUCESTER, Mass. The National AAU 20-kilometer road race (about 12.4 miles) was run here Sunday with Bill Rodgers of Boston gaining first place with a time of 63:58.

Dick Buerkel of New York was second in the field of 180 with John Vitale of New Haven third.

Dan Moynihan of Tufts, the winner of this year's Rose Arts Festival run, was sixth with Steve Flanagan of the Mohegan Striders ninth and Tim Smith of the Striders 19th. Flanagan was locked in 67:33 and Smith in 68:54.



1974

# Complete list of Road Race finishers

## OPEN DIVISION

Amby Burfoot	25:02	37. Richard Black	29:52	73. Robert Benbow	34:32	110. Mike Arbaszewski	47:56
John Vitale	25:14	38. Vincent Morales	30:12	74. Dennis Burnell	34:44	<b>MASTERS DIVISION</b>	
Justin Gubbins	26:44	39. David Smith	30:24	75. James Butler	35:04	1. Vin Fandetti	29:56
John Spear	26:48	40. Rick Tourjee Jr.	30:34	76. Robert Dempsy	35:14	2. Bob Gardner	30:26
Tim Smith	26:52	41. Peter Leone	30:40	77. Tom McCoy	35:34	3. Ray Edgerley	31:42
Ben Peterson	26:56	42. Jeff Johnson	30:44	78. Tom Whall	35:36	4. Hank Devine	31:48
John Kelley	27:02	43. Brian Hiedtman	30:50	79. Rick Tourjee Sr.	35:44	5. John Howes	33:04
Ray Crothers	27:14	44. Rick Van Devsen	30:52	80. Michael Smith	35:44	6. John Leslie	33:42
Henry Daricek	27:18	45. Jim Keefe	31:00	81. David Porter	35:54	7. Tom Leonard	34:36
Patrick Gubbins	27:22	46. Jim Suarez	31:22	82. Steve Fagin	35:56	8. Andre R. Richard	34:58
Gary Burfoot	27:24	47. Leland Jones	31:34	83. Wayne Moffitt	36:00	9. Ed Hobaica	35:02
Tom Durie	27:30	48. Mark Kennedy	31:38	84. Wayne Hall	36:06	10. Ray Roberge	36:54
Robert Flora	27:36	49. Steve Liggett	31:46	85. Pete Flanagan	36:12	11. George Maine	39:10
Ken Mueller	27:48	50. Tom Leonard III	31:54	86. Ray Noiles	36:22	12. Leo Pelkey	42:18
David Stone	28:04	51. John Kruszewski	31:56	87. Paul Casey	36:32	13. Jim Rowan	42:36
Steve Flanagan	28:16	52. Roge Tangney	32:12	88. Cliff Appel	36:38	14. John Martin	45:02
Michael Gillen	28:20	53. Jim Crowley	32:36	89. James Oldhum	36:50	15. W. J. Zinser	47:42
Ian Fairgrieve	28:22	54. Steve Sidney		90. Bruce Barber	36:54	<b>WOMENS'S OPEN</b>	
Wayne Jacob	28:24	55. Bob Driscoll	32:42	91. Chuck Wolak	37:08	1. Lavinia Muncy	35:42
Eugene McMerriman	28:28	56. Bruce Macmahn	32:46	92. Harvey Alpert	37:34	2. Barbara Wynne	37:32
John Valentine	28:38	57. David Stygar	32:46	93. Robert Carbray	38:06	3. Susan Westcott	39:26
Walt Blanker	28:40	58. Donald Swartz	32:48	94. Steve Dauch	38:20	<b>JUNIOR DIVISION</b>	
Eric Buckland	28:48	59. Steve Crowley	32:52	95. Bill Billing	38:44	<b>Boys</b>	
Steve Olsen	28:56	60. Mark Richards	32:54	96. Tom Lydon	38:50	1. John Tirrell	35:20
Steve Lamb	29:04	61. Jerry A. Lentz	32:56	97. Carl McDowell	40:08	2. Patrick Butler	37:06
Roland Lass	29:14	62. Craig McColl	33:14	98. Ken Tourjee	40:34	3. Fred Dauch	38:08
Robert Huntington	29:20	63. Al Williams	33:16	99. Ronald Higgins	41:16	4. Gary Tourjee	40:24
Steve Kellog	29:30	64. Phillip Richard	34:02	100. Dr. Albert Robbins	41:16	5. John Kirkland	43:44
Paul Herbert	29:32	65. Charles Scott	34:04	101. Dave Segerstrom	42:32	<b>Girls</b>	
Tom Breen	29:34	66. Bill Shea	34:06	102. Edward Howze	43:10	1. Donna Wynne	44:10
Lenny Nasser	29:38	67. Rick Lehner	34:10	103. Ken Rawn	43:28	2. Shiela Nasser	47:42
Larry Rice	29:40	68. Jeff Wixon	34:12	104. Henry Burdick	44:20		
Frank Dailey	29:42	69. Gary Lehner	34:16	105. John Spear	44:54		
Kevin Overstrom	29:44	70. Mark Volovar	34:18	106. Bruce Freeman	46:44		
James Butler	29:46	71. Steve McGlaughlin	34:24	107. Gregg Nunn	46:44		
Richard Collard	29:48	72. Mike Cormier	34:28	108. David Madden	47:22		
				109. Earl Proulx	47:22		

## in climaxed hectic week for Burfoot

### Burfoot Paces Groton Race

GROTON — Amby Burfoot was scheduled to leave today for two years in the Peace Corps at El Salvador, but the Mystic runner proved he was still in competitive form Sunday.

Burfoot raced to a first place finish in the first annual Groton Five Mile Road Race, being timed at 25:02. John Vitale of New Haven finished second.

In other divisions, Vin Fandetti led the masters division, Lavinia Muncy of Ledyard led the women's division for age 14 and over, John Terrell of Groton paced junior boys runners and Donna Wynn led junior girls. Bob Flora of Ledyard was the top schoolboy finisher, placing 13th overall.

Other Southeastern Connecticut runners who placed in the race were Tim Smith of Norwich in fifth and Johnny Kelly of Groton in seventh.

### Mohegan Striders Elect Officers

NORWICH — The Mohegan Striders held their annual meeting and election of officers Friday at the Norton-Peck Library of the Norwich Free Academy campus.

Walt Thoma was elected president and will serve a one-year term. The new secretary is Bob Carbray, and the treasurers post will be filled by John Martin.

Also on the agenda was the raising of dues to 2 dollars per year.

The Striders are presently in training or several running engagements including the BAA Marathon in April.

## Vitale capture NS road race

North Stonington  
Cromwell's John Vitale cruised to a record clocking in the Third Annual North Stonington Road Race Saturday, winning the 6.3 mile run in 32:15. The race began and ended at the North Stonington Grange and Fire Department.

Vitale, defending champion of the North Stonington run and also winner of this year's Norwich Rose Arts Race, finished 50 seconds ahead of Groton's Amby Burfoot, who is still hampered by tendonitis.

Tim Smith of Norwich chased Burfoot near the finish and crossed the line four seconds later for third spot.

Tom Smith copped fourth place at 33:27 Saturday, 13 seconds ahead of Groton's Johnny Kelly.

Former Fitch runners Wayne Jacob and Steve Lamb finished sixth and 12th, respectively.

Barbara Wynne was the first woman across, finishing 48th at 46:15. Karen Cochran and Sheila Nafsen finished 62nd and 53rd.

Lisbon's George Main took 26th place with a 40:42 clocking to claim the master's trophy for men over 40 years old.

Ray Roberge was the first man over 50 years of age to finish, coming in at 49:00.

Eleven year old John Courtney finished at 57:30 to cop the youth trophy.

Doug Bailley finished 22nd in 40:09, the first Wheeler Lion across the line.

The Mohegan Striders, paced by Burfoot, Tim Smith, Robert Huntington, Bruce McMahon, Lenny Nasser, Roland Sherwood, Phil Ludlow, and Walter Thoma, took team honors.

Village Hardware, Country Grocery, Van's Restaurant, the North Stonington Grange and Fire Department, the Recreation Commission, Spencer Motor Company, and Webers Garage all donated prizes for the affair.

M.L. Day 7/2/73

Norwich Bulletin 1/20/74

SUMMER '74

# John Vitale Breezes

SUMMER 1974

## Breaks Old Standard

(Continued from Page One)

Station, picking up a cordon of four youthful bicycle riders, who provided some relief from the autos for the rest of the race.

The young runner noted later that the traffic was "the worst I have ever seen for this race" and wondered at the lack of adequate police protection at busy, dangerous intersections.

Then turning to a lighter note, he grinned, "The TV set I won here in 1971 was starting to go bad and I knew I needed to win to get another one." He did, picking up the set as the first of 25 merchandise prizes given away following the race.

The rain, most of the runners felt, was beneficial as far as times went. That proved out as the first 25 all were under the 60 minute mark and the first 164 were under 90 minutes. In fact, the top nine runners bested Moynihan's 55:49.2 winning time of last year. Vitale was second in that race in 57:41, over seven minutes slower than his time this year.

The field was also the largest ever for the race, with 187 entries listed and 176 runners actually starting the race. A total of 167 finished officially. Last year, 143 set off in what had been the largest field until Sunday.

The Mohegan Striders took the three-man team title with a total of just 16 points. Crothers, Burfoot and Flanagan were the first three Striders home. The Pequot Pacers, comprised of three Fitch High runners in the top spots, came in second with 33 points. Jacob, Kim Murphy (11th) and Kevin Overstrom (21st) were the three. Points for the title included displacement of all unattached runners.

The Boston AA with Speck, Johnny Kelley (13th) and Bill McNulty (33rd) took third place among the teams with 43 points.

Runner	Time
1. John Vitale	52:32.6
2. Tom Hollander	54:03
3. Bill Speck	54:07
4. Ray Crothers	54:21
5. Wayne Jacob	54:37
6. Norbert Sander	55:03
7. Amby Burfoot	55:17
8. Steve Flanagan	55:22
9. Tim Smith	55:26
10. Bruce Clark	55:55
11. Kim Murphy	56:12
12. Blair Bertaccini	56:26
13. Johnny Kelley	56:53
14. Bob Hodge	57:41

AL MORRISON TIM McDONALD



BARBARA WYNNE



## Ross Huntington Wins Biathlon

MIDDLETOWN, Conn., (AP) — Ross Huntington, of the Mohegan Striders of Norwich, Saturday captured top honors

in the first annual Connecticut Biathlon. Huntington, who was running in the Open Division, covered the course, which combines 3 miles of running and a ½ mile of swimming, in 26:38.

Huntington, 21, a recent University of Connecticut graduate, was eighth after the three-mile run but a strong effort in the one-half mile swim portion of the competition brought him the victory.

Second place went to John Spear, also of the Mohegan club, in 27:11.

In third was Aden Hayes, of Middletown, Conn., in 27:22.

First place in the High School division went to Pat Brand, of Rockville, Conn., in 27:02.

Bill Moriarty, of Wethersfield, Conn., finished second in 27:48.

In third place was Rob Johnson, of the Middletown Track Club, in 27:49.

Forty-seven people took part in the event which was sponsored by the Middletown Recreation Department.

# Amby's strategy thing of beauty

By BRIAN WILLET  
Sports Editor

**Groton**  
Before Sunday's Second Annual Groton Recreation Department-Groton News 5.2 mile road race defending champion Amby Burfoot didn't think he could come anywhere close to his winning time of 25:02 a year ago and after he won yesterday's race in 25:52 he thought he followed his game plan to perfection in coming from behind to dump gallant Ray Crothers.

"No way. I've been bothered by tendonitis which has forced a rest after every three days of training and I'm just not in the shape necessary to run that kind of time," said Burfoot before answering the call at Cutler Junior High School.

When it was over Burfoot, who had trailed Crothers for the first four and a half-miles of the race but had taken charge near the Burke residence steaming down Fishtown Rd., said "he (Crothers) forced the pace and although you are always afraid of staying back too far, you have to gamble the leader will tire and you have the strength to overtake him and that's just about what happened." The second victory for Burfoot was not a bit

easier than the first despite the absence of John Vitale who Burfoot licked by a dozen seconds a year ago.

Crothers a 32-year-old school teacher at Hanmer Elementary School in Manchester, was done in by a mere eight seconds in blistering heat yesterday.

The absence of Vitale took some of the lustre from the race as the Middletown standout has won the last three races in which he has competed and would have been a strong favorite in Sunday's event.

A total of 110 runners finished the race, down a bit from a year ago when 132 crossed the finish line. Overall 121 started.

Sharing the spotlight with Burfoot and Crothers, along with the surprising showing of third-place finisher Tom Smith, were Will Eaton, of Norwich Free Academy, who took home two trophies as the first schoolboy finisher overall and the first from New London County as well. Eaton, with one year left at NFA, was 16th in a time of 28:12. He was a 20-second winner over Greg Senick of Ledyard High.

Jim Taylor of the Hartford Track Club was recognized as the winner of the Masters' Division (age 40 and over) with a 44th place

(Continued on Page 30)



**THE DIFFERENCE**— Amby Burfoot (above) looks much less tired than Ray Crothers (below) and it somehow tells the story as Burfoot overcame the tiring Crothers Sunday to win his second Groton 5.2 mile road race through Mystic and Noank. Crothers held a 50-yard lead from almost the outset of the race but succumbed to the charging Burfoot over the last mile and a half.

(Groton News photos by Gordon Alexander)

## ★ Amby's strategy

(Continued from Page 32)

effort in 31:44. Lisbon's George Maine, 50th, was next in 32:12. Taylor is 53.

The women's Division went to Barbara Wynne of Mystic and Fitch Senior High with a 36:52 and 88th position. Second was Susan Hoagland of Norwich, 97th, and third Anny Hayworth of New London, 102.

The main event was practically a Crothers-Burfoot affair all the way and Crothers for the most of that.

Nobody led the race but Crothers or Burfoot and challengers for the front spots came from only Smith, Steve Flanagan, and Tim Smith, who formed out the top five.

Mini challenges were issued by Kim Murphy and Wayne Jacob, the former Fitch Senior High combo, and John Kelley, running for the first time in two weeks competitively, who finished tenth.

Murphy, who missed last year's race but followed on a pace bicycle, and Jacob were sixth and seventh before Bill Sanders, Bill Bertaccini, and Kelley.

Crothers obviously wilted in the heat and more or less admitted he might have tried too much too soon when he said after his heart-breaking defeat. "The only way you are going to beat those guys (Burfoot, etc.) is to get out in front and hope they don't catch up."

Crothers, a former Fitch High Captain like Burfoot and a star at Central Connecticut State College ('67) hadn't won since putting back-to-back victories in March and April in the Connecticut Marathon and the Rockville-Vernon five miler.

"I've been running at about my peak the last couple of weeks," said Crothers, eighth a year ago with a 27:14. Crothers felt as though his effort in Norwich's ten-miler two weeks ago had been his best effort this season but was happy with his third at Colchester the 4th of July.

Crothers jumped to the front almost im-

mediately and held a lead of between 30 and 50 yards the entire route until Burfoot made his successful move just past the three mile mark near the bottom of Fishtown Rd. Hill.

At the top of the Hill Crothers, who ran a five-minute mile, was done with two miles at 10.5, three in 16 minutes flat and four in 20 minutes, had watched his lead shrink to 25 yards at the top of the hill, to 15 yards at the Little Gill Lane and disappear by the Burke residence with the finish practically in sight.

Ironically Burfoot, just before making his winning kick, had dropped to third behind Tom Smith of Providence College but apparently the former Wesleyan great and the winner of the 1967 Boston Marathon, had had enough of trailing and trailed Smith only from the three-miles mark until near the Brook street junction with Elm Street, a matter of less than 200 yards.

Racing Raves: Don Ostigny, promoting the North Stonington 6.3 mile road race scheduled at the NS Fair Grounds Saturday at noon before the race, ended up graciously volunteering his pickup truck as an 'official' pace care for the event...He drove...More water could have been used along the route but this comes with experience ... Several onlookers were ready with the relief but not enough and not in the right spots ... Johnny Kelley was trying hard to get the word to all those within reach there was a picnic at his house after the race ... Really, though, there is nothing unusual about that for Kelley ... Crothers was the best man in the wedding of race director Jerry Lentz who also was on the official vehicle and a big, big help ... Want to see the Town Rec Department in Action? Come to next year's race and don't forget all that were there worked five days already last week like you ... They chalk it up to experience ... A real loud applause for Ledger and Loyalties should ring for the Spicer House inhabitants ... Generous local merchants donated 54 prizes ...





# Up Hill and Down, A Hardy Breed Runs 9 Miles in the Rain

SEPTEMBER 1974

Pfizer's Al Williams runs (and runs in) annual Connecticut road race



On a rainy September morning, 59 people in shorts and jerseys lined up outside the Ledyard School, and at the sound of the starter's gun, took off across the hilly countryside of southeastern Connecticut on a nine-mile road race. Guiding spirit behind the fourth annual Ledyard Fair Road Race — and also running as number 13 — was Pfizer's Al Williams, Supervisor of Special Services, Quality Control, at Groton. The race was one of the events in the annual Ledyard Fair, a traditional, old-fashioned country fair. Ledyard, a small town about 12

miles from Groton, is home for nearly 100 employees from the company's plant and research center. While shivering spectators huddled under dripping umbrellas, the runners seemed to revel in the rain, splashing through puddles with the enthusiasm of five-year-olds. Boy scouts were stationed at one-mile intervals with water for the racers. But they did a very slow business, watching forlornly as the already-dripping runners passed them by.



# Crothers Captures Mum-A-Thon Race

By DAVE GREENLEAF  
Press Sports Writer

Leading all the way, former Central Connecticut State College cross country star Ray Crothers, representing the Mohegan Striders, raced to an easy win in the 6th Annual Mum - A - Thon eight - mile road race Sunday at the Bristol Plaza.

Crothers, who finished second to three - time champ John Vitale in last year's event, crossed the finish line in a respectable time of 40:03, almost exactly five minutes a mile, and was more than two and one half minutes ahead of second place Jim Smith of Norwich.

Defending champ Vitale was reportedly in Florida and was not among the 197 runners who answered the starting call. Crothers was apparently not bothered by the 80 degree

## More Photos, Page 20

temperatures which generally kept the times slow. His winning time was six seconds faster than his time over the same course last year. The time was, however, far from Vitale's record mark of 38:02 set in 1971.

Barron Littlefield was once again the first Bristol runner to cross the finish line, taking 18th place and winning a silver cup for his efforts.

Perennial leader Dr. Charles Robbins of Middletown was once again the senior division winner with a time of 47:08. He was followed by Bill Tribou of the Hartford Track Club, the National 2 Mile Master

Division record holder in 49:32.

Peter Doherty of Enfield was first in the sub - master division (35-39 age group) in a time of 45:42. National 10,000 kilometer record holder Vin Fandetti of the Hartford Track Club took Master's Division honors in 43:52, barely missing a finish among the top ten. All of the first ten finishers were in the Open Division.

The Canterbury Prep School team of New Milford walked away with the first six places in the junior division although several local runners

competing unofficially had better times. Chris Adams of New Milford was first in the Junior Division in 47:49. Paul Newcity, Jr. was the first Bristol youngster to cross the line.

The women's division attracted only four entries, three of whom finished the race, led by 12 - year - old Susan Hoagland of Norwich in 61:03.

A total of 197 runners started the race, but the hot weather took its toll as only 174 of them crossed the finish line.

## Finish Line

### OPEN DIVISION

1. Ray Crothers, Mohegan Striders	40:03
2. Jim Smith, Norwich, Ct.	42:35
3. Gary Gagnon, Hartford Track Club	42:41
4. John Stoppa, Fairfield, Ct.	42:50
5. Bob McCusker, Unionville, Ct.	42:52
6. Terry Gallagher, Lexington, Mass.	42:53
7. Tom Durie, Rocky Hill, Ct.	43:05
8. Syl Pascale, Peekskill, N.Y.	43:12
9. Brian Balavander, New Britain, Ct.	43:17
10. Paul Fetscher, Long Island A.C.	43:37

### SENIOR DIVISION

1. Dr. Charles Robbins, Middletown, Ct.	47:08
2. Bill Tribou, Hartford Track Club	49:32
3. James Taylor, Hartford Track Club	49:42
4. Al Hossack Springfield YMCA	51:29
5. Harold May, Kensington, Ct.	52:23
6. John Ross, Capital Tr. Club, Wash. D.C.	53:47
7. Don Freen, Meriden, Ct.	57:10
8. Tertius Chandler, Middletown, Ct.	58:28
9. Joseph LaRocco, So. Windsor, Ct.	59:01
10. Pat Dyer, Hartford, Ct.	59:54

### MASTER DIVISION

1. Vin Fandetti, Hartford Track Club	43:52
2. Ronald Gaff, Boston, Mass.	44:24
3. Charles Dyson, Hartford Track Club	45:10
4. Jerry Coulter, Manchester, Ct.	48:01
5. Hank Devine, Hartford Track Club	48:24
6. Ray Edgerly, Bristol, Ct.	48:56
7. Robert Logan, Hartford Track Club	49:14
8. Charles Ratti, No. Medford, Mass.	49:18
9. George Maine, Lisbon, Ct.	50:06
10. Charles Van De Zande, Lagrangeville, N.Y.	50:20

### SUB MASTER DIVISION

1. Peter Doherty, Enfield, Ct.	45:42
2. Bob Russell, Hartford Track Club	46:32
3. Augusto Diamantini, Fairfield County Striders	47:31
4. Paul Schell, No. Medford, Mass.	48:32
5. George Heninger, Hamden, Ct.	48:46
6. Tony Keaveney, Long Island A.C.	48:54
7. Dr. Bob McBrien, Salisbury, Md.	50:12
8. Alfred Williams, Ledyard, Ct.	50:20
9. Artjero Montero, Stamford, Ct.	50:59
10. Robert Dempsky, Mohegan Striders	51:00

### JUNIOR DIVISION

1. Chris Adams, New Milford, Ct.	47:49
2. Jake Half, New Milford, Ct.	49:11
3. Malaghy Cleary, New Milford, Ct.	50:14
4. Brian Collier, New Milford, Ct.	51:27
5. Gerald Vanasse, New Milford, Ct.	56:03
6. Barry Collier, New Milford, Ct.	59:36
7. Paul Newcity, Jr., Bristol, Ct.	60:49
8. David Prisloe, Bristol, Ct.	62:33
9. Mark Hutchinson, Torrington Track Club	64:15
10. James Reiff, Bristol, Conn.	64:36

### WOMEN'S DIVISION

1. Susan Hoagland, Norwich, Ct.	61:03
2. Irene Landry, Litchfield, Ct.	66:20
3. Becky Hoge, Bristol, Ct.	72:55

## National AAU Senior Men's 20 Kilometer Run Gardner, Mass.

October 27, 1974

1. Gary Tuttle (Beverly Hills Striders), 62:16
2. Will Rodgers (Greater Boston T.C.), 62:38
3. Jim Stanley (Summit A.C., Ohio), 64:05
4. Kim Nutter (W. Virginia T.C.), 65:00
5. Tom Derderian (Sugarloaf Mt. A.C.), 65:01
6. Ray Cruthers (Mohegan Striders, Conn.), 65:05



## Kelley Wins NE 20-Kilometer Run

STORRS — Groton's Johnny Kelley won the first annual New England Masters 20-Kilometer cross country race Saturday, besting a field of over 200 for the distance on the University of Connecticut campus here.

Kelley breezed through the hilly course in 71 minutes, six seconds to top second-place Charlie Dyson of Storrs and the Hartford Track Club by over three minutes. Dyson was timed in 74:38 for the competition, sponsored by Anheuser-Busch.

Other Mohegan Striders besides Kelley competing in the run included John Martin, fifth in the 55-60 age bracket with a 1:11:53 clocking, George Main who came home in 80:50, John Leslie, Dr. Len Kinsey and Jack Riley.

NL DAY 2/3/75

## Kelley wins masters run

STORRS — Johnny Kelley of Groton won the first annual New England Masters 20-kilometer cross country race Saturday on the University of Connecticut campus.

The former Boston Marathon winner, running for the Mohegan Striders Club of Norwich, was timed in one hour, 11 minutes and six seconds for the course. Charles Dyson of Storrs was second.

Error in our favor

Error in our favor

1975

## Striders Seek <sup>3-2-75</sup> Marathon Title

NORWICH — The Mohegan Striders will seek to annex their second straight Connecticut AAU Marathon team title Sunday at the annual John English marathon to be held beginning at noon at Wesleyan University in Middletown.

Pacing the Striders will be Tim Smith, who finished second in last year's race. Other top entrants for the local club include Amby Burfoot, Walt Thoma, Marc Gottesdiener, John Leslie, Rob Huntington, Al Williams and George Maine. All but Huntington have also qualified for the Boston Marathon in April.

The race will make two loops of about 13 miles each around Middletown and Middlefield, ending at its Wesleyan starting point.

## Striders Retain Marathon Title

MIDDLETOWN — Led by Tim Smith, the Mohegan Striders retained the Connecticut AAU marathon team championship they won last year here Sunday.

Smith was the first individual across the finish line in the 26-mile, 385-yard John English run which began and ended at Wesleyan University. His time

for the trek was 2:31:33. Former BAA marathon winner Amby Burfoot finished fifth for the Striders while former Killingly High ace Rory Suomi was seventh. They gave the Striders 13 team points and the easy win. Burfoot finished in 2:38:13 and Suomi in 2:38:27.

Marc Gottesdiener was ninth at 2:42:29 followed by John Kelley at 2:51:46, good for 21st overall and first place in the masters' division.

Rich Fargo won the junior division, placing 25th overall at 2:53.33.

Other Striders included Julio Rodriguez, 29th at 2:55:00; George Maine, 44th at 3:05:02; Tom Greene, 53rd at 3:08:31; Hal Bennett, 87th at 3:24:00; Walt Thoma, 89th, also at 3:24:00; Al Williams, 90th with the same time; John Barry, 99th with 3:27:00 and John Leslie, 106th at 3:32:00. A total of 178 runners started the course.

All runners under 3:30:00 qualified for the BAA marathon and Leslie, who just missed that mark, was already qualified.

Former Fitch great Kim Murphy, now at UConn, placed second overall at 2:32:27 with Bob Clifford of East Hartford third in 2:36:19.

James Taylor of the Hartford Track Club and Mansfield, won the 50 and over division at 2:55:04 while Martha Newell was the top woman at 3:45:15.



*For Ted*

January 21, 1975

Mr. Charles P. Hamblen, Principal  
The Norwich Free Academy  
Norwich, Connecticut 06360

Dear Mr. Hamblen:

On behalf of the Mohegan Striders, I would like to take this opportunity to thank you and the entire "Academy Family" for the use of The Norton-Peck Library for our annual meeting which was held last Friday night. The room which we used was just perfect for our needs.

Sincerely,

*Robert P. Carbray*

Robert P. Carbray  
Secretary, The Mohegan Striders

THIS IDEA SERIOUS

EDBOND  
EDREAD

FILE IN  
WASTE  
BASKET



NOTE: THIS LETTER IS NOT SERIOUS - SEE BOB FOR DETAIL

← Letter of thanks returned from NFA with an expression of their feelings.

setting him up as a patsy who has come to see a spectacle. Such a fan is much less likely to cause problems which take away from the game.

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Epistle two came in as a letter to the editor, but was turned over to the sports department. It's three typewritten pages by George Maine of Lisbon. Unfortunately, I can't quote the whole thing here, but Mr. Maine is a member of the Mohegan Striders who had a complaint about local road race coverage. His question centered around the North Stonington race held last Saturday and won, for the third straight time, by Amby Burfoot.

Mr. Maine has one good point. We did miss the story. And results are what count. But Mr. Maine also has several inaccuracies. First, the Bulletin does consider racing and track as sports. And we do cover them. Results on the Danielson Springtime Race, Rose Arts race, the Groton Rec-Groton News race and weekly events from towns as diversified as North Stonington, Norwich and Willimantic appear with regularity. We, too, feel an obligation to local interests, and do not feed the readers the steady diet of wire service stories Mr. Maine charges.

Inaccuracy number two is the crucial one to the issue at hand. The Bulletin never received a call with results of the race. Nor did anyone drop off a list of the results, as Mr. Maine suggested he would be willing to do. The Groton News obtained information about the race late Sunday night, more than 24 hours after it happened. By the time the Bulletin got those results, printing would have been delayed for over 48 hours. And the standard policy in the sports department is to use "live" news as much as possible. People who volunteer to call the paper have been informed quite often if they have an event to report on, they are to call in the results the same day. If they do, we'll see it that something is in the paper. But, no call, no story. Mr. Maine is also well aware that when he has brought something into the office in the way of information, it has turned up in print. This will continue, but the complaint about the lack of coverage for road racing is unfair and uncalled for.

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5/8/75

of the Huskies leads in earned run average at 0.47 ... Wyomia Tyus predicts she will break the world record in the indoor 60-yard dash May 31 when the pro track tour returns to Atlanta ... Sue Hoagland will represent the Mohegan Striders Saturday in a Mini-Marathon for women in Central Park in New York ... the 13-year-old was the top distaff finisher in the Rose Arts race last summer and recently finished second to Farmington High superstar Cindy Wadsworth in a five-miler in Hebron.

Category: Open  
Justin Gubbins, N.Y.A.C., 60:56; John Vitale, New Haven, 65:45; Amby Burfoot, Noank and Mohegan Striders, 65:46; Tom Derderian, Sugarloaf Mt. A.C., 65:54; Tim Smith, Norwich and Mohegan Striders, 67:10; John Schmeyer, Long Island A.C., 69:07; Dr. Norb Sander, Millrose A.C., 69:11; Mark Gottesdiener, New London and Mohegan Striders, 69:47; Bill Sanders, unattached, 70:04; Julio Rodriguez, Mohegan Striders, 70:32; Steve Lamb, Groton, 73:28; Bruce MacMahon, Mohegan Striders, 74:22; Steve Kellogg, California Tech, 74:43; Gregory Kirsch, unattached, 75:33; Ed Reynolds, Mohegan Striders, 75:41; Paul Fetscher, Long Island A.C., 75:55; Steve Kelos, Sleeping Giant A.C., 76:0; Bernard Wright, Staten Island A.C., 76:05; Steve Grotsky, Millrose A.C., 76:59; Bill McNulty, Boston A.A., 77:51.

Masters  
Johnny Kelley, Mystic, 66:14; Dr. Charles Robbins, New York P.C., 80:40; John Sullivan, unattached, 86:28; Arthur Kijek, Long Island A.C., 87:46; Bill Gordon, Millrose A.C., 89:21; John Leslie, Waterford and Mohegan Striders, 90:57; Bill Coyne, Millrose A.C., 93:02; Fred Lebow, Central Park T.C., 96:40; Roberto Renny, Staten Island A.C., 113:10; John Campbell, North Medford, Mass., 115:37.

Women  
Marilyn Beavans, Baltimore Suns, 86:17; Liz Franceschini, Roadrunners, N.Y., 97:26; Samantha McCarthy, AGAA, 112:14; Brenda Saunders, Long Island Golden Spikes, 118:18; Sandy McCarthy, AGAA, 128:23.

High School  
Greg Senick, Ledyard, 68:49; Mike Murphy, Middletown and Middletown Track Club, 71:35; Chris DeLucia, Middletown T.C., 74:34; Jim Oldham, New London, 77:57; Joe Banas, Mohegan Striders, 80:27; Chuck Cremins, New London, 83:56; John Pearson, Selden Striders, N.J., 85:14; Richard Fargo, unattached, 87:49; Dan Grace, Fairfield, 92:33; Kevin O'Keefe, unattached, 94:26.



### Striders Strike Silver

This year's Boston Marathon winner, Billy Rodgers, center, from Newington, and the 1968 winner, Amby Burfoot of Groton, right, received silver platters from Hartford Jeweler Bill Savitt, left, Monday during a luncheon at the Hartford Club. Both runners are Wesleyan University graduates. Rodgers won the Marathon in record time April 21 (Courant photo by Jerry Williams).

7/19/75

# Ol records set at sultry U

The day promised to be a scorcher from the time the marathoners answered starter Bernard MacKenzie's gun at 8:12 a.m.

An hour later, with Bruce

Bond leading the pack midway through the course on Essex Street, the thermometer read 86 and climbing.

Bond, however, blamed a car and not the heat when

he suddenly collapsed at Essex and Forest Avenue 15.5 miles into the race.

Although an observer in the Bangor police cruiser leading the race did not see it happen, the 18-year-old

New Canaan, Conn., runner said he was hit from behind, recovered his balance, ran on but finally gave in to severe back pains. Bond declined medical assistance

claiming to be a Christian Scientist.

It was at that point that Smith and his Mohegan Striders teammate who is the Connecticut 50-mile champion, Rory Suomi, took the lead. Smith, who said an injury prevented him from entering this year's Boston Marathon, took command 4.5 miles later.

He merely put more distance between him and the rest of the troupe along the Kelley Road and through downtown Orono and returned to the UMO start-finish line in 2 hours, 36 minutes, 32 seconds.

Suomi finished four minutes later. Bill Deering, 27, of Orono, the first Maine runner to complete the route, finished fifth with a 2:45.24 clocking. Diane Fournier, 28 of Orr's Island, was the first woman finisher. She placed 39th in 3:56.54.

## Burfoot sets mark at North Stonington

**NORTH STONINGTON** — Amby Burfoot, running for the Mohegan Striders set a course record of 31:25, as he spreadeagled the field of 53 runners in the North Stonington Fair 6.2 mile road race Saturday

Burfoot's time was 50 seconds better than the old record of 32:15 set in 1973 by John Vitale of Manchester. Vitale was scheduled to run

Saturday but did not appear.

Apparently unaffected by the rain which fell during the race, Burfoot took over the lead shortly after the start and finished some 600 yards ahead of Wayne Jacob, former Fitch High runner, now running out of Johnson and Wales College, Providence, who finished in 33:05.

Burfoot, who won his third straight race, said he was going for time in Saturday's competition. "I ran harder than I have all year long and was really working all the way," he said.

Finishing in third and fourth places in back of Jacob were Tim Smith and Rory Suomi, both of the Mohegan Striders, to give the Striders the team title with a total of 8 points.

Rounding out the first five finishers was Mark Gottesdiener, also of the Striders.

Rain apparently affected the turnout for the race with only 53 runners starting. More than 100 had originally registered.

Rounding out the first 20 finishers were John Kelley, Steve Lamb, Joe Banas, Tom Hobaica, Chris Monroe, Bill Shea, Chris Carey, Dick Fargo, Bruce McMahon, Joe Portelance, George Main, Bill Billings, Bob Farwell, Ralph May and Paul Bubier.



The final leg

Except for the usual traffic flow, Tim Smith of Norwich, Conn., has the road to himself coming through Orono Saturday on the final leg of the

first Paul Bunyan Marathon. Smith, one of the last two to enter the race, did the 26-mile, 385 yard distance in 2 hours, 36 minutes, 32 seconds (NEWS Photo by John Storey)

## Competitors battle heat to set 12 track records

By Bob Haskell  
Of the NEWS Staff

**ORONO** — There was only one difference between the University of Maine and a blast furnace here Saturday. Promoters of the Greater Bangor Open Invitational decided that the UMO campus was the best place for their seventh annual track meet.

But by the time the more than 300 competitors had finished the Bangor Daily News sponsored meet and its first 26-mile, 385-yard Paul Bunyan marathon they could easily have qualified as card carrying steel stokers.

Still, 12 of the track meet entrants stayed fresh enough to establish records, 10 young women from Groton, Conn., sashayed past their willing competitors for 87 incredible points and the women's championship, and 52 of 81 marathon

starters found their way back to the UMO starting point, still running.

Twenty-seven-year-old Tim Smith became the first winner of the marathon after taking the lead from a young man who claimed he was struck by a car.

And the 10 girls from Groton won seven events and placed in 14 of the 16 held for women to emerge as the class of the field.

It was not that they didn't have competition for that collective honor from a lot of other individuals.

Armond Gibson, for example, won the 100- and 220-yard dashes and placed second in the 440 while leading a two-man contingent of Capital Cities Comets from Columbus, Ohio, to a half-point victory over the Massachusetts Templeton Track Club and the men's championship. The final was 22-21½.

(Cont'd. on Page 14, Col. 1)



**THE LAKE WARAMAUG 50 Mile-100 Kilometers 1975**

Race promoter Dean Perry and company were pleased at the turnout of runners for the second annual Lake Waramaug 50 Miles-100 Kilometers race, in Connecticut. This May 18 race had 22 starters. The weather was coolish, in the 70s and cloudy most of the day, but humid. The race got underway around 7:20 AM.

The 50 mile performers were as good as in last year's inaugural race. There were two finishers in the concurrently run 100 kilometers race. Many runners expressed satisfaction with the course, aid stations, hospitality, etc. The race will be kept alive. All long distance runners are urged to consider running this low pressure race, as an experiment, as a training measure, or whatever.

Many of last year's starters returned. Some did not, for assorted reasons. Jack Bristol hasn't gotten himself together since his major effort in the '74 London-Brighton race, and at the last moment, he got drafted to do some timing for the race. Bristol and Dean Perry are the spark-plugs that make this race go. Perry, not satisfied with his training this year, was not hopeful or ambitious as to his chances in this race. He will be set to roll in the Fall.

Lloyd Ryysylainen ran this race last year. He came back this year, but he was trying to shake a disabling injury, and he had taken up race walking. He made a good start walking the race, but his leg broke down again and he dropped out. He has since resumed light running.

Frank Stranahan wore his usual outfit, including a long sleeve shirt and tights. He was easily the neatest looking runner in the race. He did not take straight water or the other drinks at the ample aid stations. He quenched his thirst with oranges or grapefruit.

Young David Downes didn't ride his bicycle up to the race as he did last year, but like a year ago, he had problems and dropped out. Nat Cirulnick was another returnee who had problems.

Luther Route ran well until about 30 miles. Then he fell apart, looking very bad. He kept going, taking over two hours for each of the final two laps. He made it to the finish with a gutsy performance.

West Point's hugh marathon team sent two men: Major Norman Gill and Cadet Kevin Higgins ran together for 50 kilometers, after which the cadet "disrespectfully" moved out ahead as the major slowed down. This duo made a practice of stopping at refreshment stations, drinking, then bending over to touch their toes, before moving on.

Brooklyn's John Kenul had one goal: to finish 100 kilometers. He started out slow and kept up the same easy pace throughout. He managed to look pretty good at the end as his pacing artistry paid off with a second place.

Rory Suomi, 19, Brooklyn, Conn., Mohegan Striders, a collegian, competed last year. He returned this year, much fitter and ready to go. He set a good pace throughout the race and he was still going strong at 50 miles. He had planned to run 100 km, and all observers felt that he would do so, but at 50 miles he stopped to check out some bad blisters that he had picked up and which were painful. Suomi decided to settle for the 50 mile victory.

He had felt tired but was certain that he could have run the additional 12 miles, but he didn't want to risk further injury. His 5:54:40 was a record. The Millrose star, Steve Grotzky ran 6:06:10 for second place at 50 miles and dropped out, altho he too appeared capable of continuing thru 100 kilometers.

Park Barner had some illness in his family and had to debate whether to come up or not. He came, ran a good steady race,

took third at the 50 miles event and continued to win the 100 kilometers for the second year. Barner commented on the race, as follows: "... I wanted to compare this year with last year and see if there is a difference with less mileage ... I was two pounds heavier (170½) than last year ... I had the same Saturday morning breakfast of pancakes and orange juice as last year then up to race time the next day I drank two quarts of orange juice and had nothing else. I made no special effort to eat certain foods the rest of the week before the race ... I settled into second place with Dean Perry ... I felt good and got way ahead of schedule doing the first loop in 55:28 and the second in 55:34 ... This ruined my pre-race strategy ... At 16 miles I was passed by Rory Suomi and he was running easy and looked good ... I watched him disappear.

"Around 10 AM the sun broke through and it felt warmer right away ... Near 32 miles Steve Grotzky pulled up and we stayed close for about a lap, then he went ahead and soon out of sight ... At this point I figured on being third in the 100 kilometers because Suomi and Grotzky looked good the last time I saw them ... The sixth lap was my first 60 minute lap ... while feeling the same, I was gradually slowing. When Jack Bristol gave me the 50 mile time of 6:12:30 he also said I was in first place ... I continued on and experienced slight leg cramps for about 15 miles then, when I picked up the pace with about three miles to go, the cramps disappeared. Even with the increased effort near the end, the last lap took almost 65 minutes and I thought it would be nearer 60 minutes ...

"I drank water the first 30 miles then had 1½ quarts of orange juice the rest of the way. My weight went from 170½ to 160, so I was in some danger of dehydration ... I was very pleased with the time of 7:53:2. It was an easy effort and I had no blisters and only some soreness in the calves following the race."

(Sources: Nat Cirulnick, Dean Perry, and Park Barner)

9/7/75 **Vitale**

**Ledyard**

John Vitale, for the third consecutive time, won the 8.1 mile Tom Hewes Memorial Road Race run in conjunction with The Ledyard Fair here Sunday afternoon.

Vitale was a 150-yard winner over local favorite Amby Burfoot over a first-time course that drew complaints from several of the runners because of an abundance of vehicular traffic.

The course had to be altered as demanded by the Connecticut Department of Transportation which is cracking down on road races being conducted on state highways.

Vitale established a record time of 41:06 in winning, better than 30 seconds ahead of Burfoot who won runnerup honors with 41:38, and 51 second better than third-place finisher Tom Derderian.

Burfoot, while not capturing individual honors, did lead his Mohegan Striders to the team championship with his second-place finish. Teammates helping were Tim Smith, the fourth place finisher in 42:25, Rory Suomi, seventh, Julio Rodrigues 12th, and Joe Banas 18th.

Mystic's Johnny Kelley, Fitch Senior High's cross country coach, won the Masters' Division for competitors between 40 and 49, with an eighth-place finish in 43:34, just over two minutes behind the winner.

Dr. Charles Robbins of Middletown was the Senior Division winner, placing 28th overall in 49:29.

Charlotte Lettis of Sugarloaf Mountain Athletic Club won the Women's Division with a 35th place showing in 50:49. The Mass. contingent finished second in the team scoring to Mohegan.

John Flora, Ledyard High's greatest schoolboy cross country runner now at Northeastern was again the first hometown product to finish, coming in a strong sixth in 42:35.

Among others in the field of 94 that finished out of a starting group of 97, were Jim Suarez, immediate past Fitch cross country captain, 20th in 47:45; Lisbon Recreation Director George Maine in 49:43; Gerry Browning, Fitch Senior High girls' cross country coach, 43rd; Vic Manzella, former Stonington High runner, 49th; Bob Dempsky, Fitch Senior High judo coach, 51st; and Bruce Douglass, Ledyard High girls' track and cross country coach, 67th.

RRC NEWSLETTER SUMMER '75

50 Mile Finishers...TIME SPLITS...Lake Waramaug...100 Kilometers—50 Miles 5-18-75

	5 mi. lap 1	10 mi. lap 2	20 mi. lap 3	Mara. lap 4	30 mi. lap 5	50 Kilo lap 6	40 mi. lap 7	lap 8	100 km	50 Miles
Rory Suomi, 19	55:42	1:51:02	2:44:31	3:36:33	4:28:38	4:24:03	Finis	50 1st		5:54:40
Steve Grotzky, 33	59:18	1:54:38	2:48:47	3:42:50	4:39:50	5:38:23	Finis	50 2nd		6:06:10
Park Barner, 31 o	55:28	1:51:02	2:47:16	3:42:38	4:40:25	5:40:43	6:43:40	7:48:20	7:53:28	6:12:50
Steve Streeter, 20	58:13	1:55:46	2:52:28	3:47:10	4:45:15	5:59:10	Finis	50 4th		6:40:45
Kevin Higgins, 21	1:07:47	2:11:28	3:14:08	4:15:20	5:17:10	6:21:12	Finis	50 5th		6:50:41
Norman Gill, 36	1:07:47	2:11:28	3:14:08	4:15:20	5:20:45	6:36:41	Finis	50 6th		7:16:15
Tom Zownir, 25	1:04:24	2:01:19	2:59:00	4:00:00	5:08:00	6:26:42	Finis	50 7th		7:27:45
Fred Robbins, 47	1:08:15	2:15:00	3:21:38	4:30:31	5:41:55	7:15:50	Finis	50 8th		7:57:10
John Kenul, 31 oo	1:17:07	2:34:30	3:48:17	5:02:21	6:18:00	7:47:30	9:13:10	10:32:05	10:38:31	8:27:50
Frank Stranahan, 52	1:14:27	2:29:52	3:46:53	5:02:10	6:26:05	7:51:40	Finis	50 10th		8:33:10
John Brady, 20	1:15:13	2:33:26	3:51:13	5:21:02	6:58:55	8:44:21	Finis	50 11th		9:37:45
Luther Route	1:07:54	2:18:31	3:31:50	4:49:00	7:04:16	9:16:30	Finis	50 12th		10:17:00

o.3rd in 50 mi., 1st in 100 Km oo.9th in 50 mi., 2nd in 100 Km

	5 mi.	10 mi.	20 mi.	30 mi.	50 Kilo	40 mi.	50 mi.
Rory Sumi, 19	36:36	71:42	2:23:30	3:31:24	3:38:37	4:39:30	5:54:40
Steve Grotzky, 33	38:28	75:19	2:27:10	3:37:20	3:45:00	4:51:55	6:06:10
Park Barner, 31	35:22	71:29	2:24:30	3:37:00	3:44:54	4:52:45	6:12:50
Steve Streeter, 20	37:00	75:34	2:30:00	3:41:52	3:49:15	4:58:15	6:40:45
Kevin Higgins, 21	42:30	86:50	2:48:35	4:09:30	4:19:00	5:30:10	6:50:41
Normal Gill, 36	42:30	86:50	2:48:35	4:09:30	4:19:00	5:37:00	7:16:15
Tom Zownir, 25	40:19	80:50	2:35:45	3:52:20	4:03:29	5:23:10	7:27:45
Fred Robbins, 47	43:00	87:46	2:54:45	4:24:06		6:04:00	7:56:10
John Kenul, 31	49:50	1:40:00	3:18:30			6:32:44	8:27:50
Frank Stranahan, 52	46:50	96:10	3:17:00			6:45:10	8:33:10
John Brady, 20	47:50	98:08	3:18:20				9:37:45
Luther Route	40:19	88:45	3:00:11				10:17:00
John Hale, 25	43:30						
Joe Burns, 45	38:28						
Dean Perry, 25	35:25	72:30	2:27:50	3:50:15			
Alan Kaufman, 32	40:29	81:20	2:48:35	4:19:15			
Nat Cirulnick, 44	44:15	90:02	3:00:11	?			
Jeff Fay, 20	34:35	69:27	2:21:30				
Lloyd Ryysylainen, 26	---	151:54	3:45:00				
David Downes, 17	37:00	75:34	2:57:30				
Rich Adams, 30	40:19	84:30					
Mike Fekula, 18	44:30	89:11	3:12:30				

WOMEN RUNNERS - WHERE ARE YOU?

# New England Clubs...

## The Mohegan Striders

by George R. Maine

On March 30, 1972 Bob Dempsy wrote a letter to Brian Willett, Sports Editor of the Norwich Bulletin, asking him to attend a meeting of "hackers" to form a club (possibly to be called the Southeastern Connecticut Striders) at John Martin's house in Uncasville, Ct. at 6:30 pm on April 9, 1972.

As Bob said in the letter all local area people were running unattached. Even non-runners had heard of Tim Smith wanting to form a running club.

By May 9, 1972 the name Mohegan Striders had been selected. The reason is that the area had originally been inhabited by the Mohegan Indians. The newly elected club president Timothy Smith had applied to Ct. AAU officials for Club Affiliation with that Union. They were accepted but required to wait until June 9, 1972, the mandatory 30-day waiting period.

On June 9, 1972 they were officially an AAU running club. By June 12 they increased from 16 charter members to 35 members.

Bob Carbray was elected Club Secretary and will be in office at least until 12-31-75. Tim Smith was elected President for two years. Walt Thoma also has been elected two years as President.

The Club's Constitution states its primary purposes are the promotion and encouragement of track & field athletics, race walking, and jogging with emphasis on long distance running as a competitive sport and as a means of healthful exercises.

Well, that's what they do best. They formed for the first time on June 25, 1972 just east of Norwich, Ct. and jogged 4-5 miles. Of the 35 members they had housewife, father & son teams, brother teams, husband & wife teams, two doctors, younger runners and older joggers & runners.

After being nipped by one point by Central Ct. AA in the Norwich Rose Arts and North Stonington, Ct. race by a larger margin, the Striders finally put it together for a 28-37 team victory in Pachaug, Ct. on July 23, 1972, just 44 days old. The membership had exploded to 70 at this time.

Then the Striders, as a team, went to Number 29th spot in the Nation for the 24-hour relay races on July 29-30, 1972 in Fairfield, Ct. with a 10-man team running 253 miles and 1320 yards in one mile segments. It was also the best total of the day.

On September 9, 1972 at the Ledyard Fair Race (now called the Tom Hewes Memorial) they placed 5 runners in the first ten. From this point the Mohegan Striders became a greatly respected name in Long Distance Running.

We're still a club of about 100 running persons interested in exercise via the vehicle of running. We have men who win; a score of guys who don't win, but sure keep the team score low.

But, and most important, we have young ladies (under 10 years-- who have won in their divisions) who will enjoy and promote running for many years. We have young men (under 10 years) who will shine in years to come, and we have young men over age 40 who just started to "live," and we have both sexes who are older and younger. We have one game young man of 56 years who had major foot surgery some 2 years ago by another Mohegan Strider member who is also a Doctor, and is now running and placing in his age group again.

I don't know where you could go so as not to see a Mohegan Strider. We have members in Alaska and Mississippi. Never look back, we're always there.

For more information write: Bob Carbray  
RFD #4 Sunset Ave.  
Ledyard, Connecticut 06339



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The Connecticut Masters and Veterans 5,000-meter outdoors race was held Sunday in North Haven with the Mohegan Striders of Norwich participating ... in the masters division, John Leslie of Waterford was ninth while John Reilly was 32nd ... the race was won by Vin Vindetti from the Hartford Track Club in 17:09 ... in the veterans' race, John Martin of Uncasville was sixth ... the Striders' George Maine of Lisbon ran in the 36 mile Alexandria-Two Bridges Ultra Marathon in Virginia Sunday and finished third in the masters division and 18th overall ... Maine was clocked in four hours, 33 minutes and 26 seconds and of the 75 people that started the race, only 35 finished ... the Washington Sports Club won a trip to Scotland for Two Bridges Marathon in August of 1976...

RAC TWO 8/11  
**ROBERT DEMPSKY**

Robert Dempsy is aged 37, married, and owns a home in Aljen Heights, Ledyard Connecticut. He's 5'9" and weighs 190 lbs. His occupation is that of school teacher, and he runs for the Mohegan Striders.

Bob was a high school <sup>runner</sup> who quit running and became a typical "Joe Sports Watcher and overweight. He began jogging; soon he began running again. I guess the best he's done is to win a medal at the Bristol, Ct. Mum-a-thon for 10th place in the sub-masters division in 1974.

Maybe he'll win the Boston someday; maybe he won't. But one thing is for sure, he won't quit trying. I used to race behind Bob and try to catch him. I have, but I'll never match his guts and sheer will to excel. Not many will.

He ran about 3:12 last Boston. Place, who knows? If you run about 32-33 minutes for 5 miles, you're going to have to beat him. Bob Dempsy isn't going to let you go by him.

Bob is the coach of the Connecticut State Championship Judo Team for the past several years (Groton, Ct., Fitch High School). He is also the weekly host of "our" long ones.

-George R. Maine

**Mohegan Striders  
Face Busy Weekend**

NORWICH — Two groups of Mohegan Striders will be headed in different directions for national competition Sunday.

A ten-man contingent will compete in the National 20-Kilometer Race in Gardner, Mass., with eight counting as the team. The ten are Amby Burfoot, Marc Gottesdiener, and Julio Rodrigues of New London, Rory Suomi of Brooklyn, Kim Murphy of Groton, and Tim Smith, Rob Huntington, Gerry Chester, Joe Portelance and Larry Rice of Norwich. The 20 Kilometers is equivalent to about 12.4 miles.

Three other Striders will face a longer jaunt. John Brady of Killingly, James Rowan of Norwich, and George Maine of Lisbon will compete in the International Two-Bridges 36-mile race starting in Alexandria, Va.

Norw. Burfoot in 10/23/75

**Burfoot Fifth 10/26/75**

GARDNER, Mass. (AP) — David Babiracki of Granada Hills, Calif., won the national 20-kilometer road racing championship Sunday by a scant four seconds over Boston Marathon champion Bill Rodgers.

Babiracki covered the course in 60 minutes, 20 seconds. He and Rodgers made a personal duel of the race, finishing far ahead of the pack.

John Vitale of Middleboro, Conn., was third in 62:12. Scott Eden of Atlanta was fourth in 62:45, followed by former Boston Marathon winner Ambrose Burfoot of New London, Conn., in 62:50.

Rounding out the top 10 were Bob Hodge of Lowell, 62:56; Randy Thomas of Fitchburg, 63:06; Tom Fleming of Bloomfield, N.J., 63:16; Ronald Wayne of San Francisco, 63:37, and Howie Ryan of New York, 63:47.

The Mohegan Striders of Norwich placed fifth overall as a team behind the Greater Boston Track Club, who won the title with 36 points, New York Athletic Club, Summit Athletic Club of Cincinnati, and the Washington D.C. Road Runners.

Burfoot was the Striders top man in 5th place while Tim Smith was 28th, Rory Suomi 30th, Kim Murphy 49th and Rob Huntington 53rd. Other Striders that competed but didn't count in the team scoring race were Julio Rodrigues (65th), Joe Banas (83rd) and Joe Portelance (120th).

**Al Morrison — A Yankee Official**

YANKEE RUNNER 11/2/75

Here's a short salute to a guy who is always there. He is not a competitive runner, although I understand that he does run some since he was told to lose some weight. I don't know how old he is, whether he is married or what he does for a living; but it doesn't make any difference. He is always there when there is a race in Eastern Connecticut. He is a member of the Mohegan Striders. He is a weight lifter, or was one in years past. He'll always shake your hand and call you by your first name. He is always complimenting you on your running ability no matter where you normally finish. In short, his is one helluva guy.

If you want to find Al Morrison, all you have to do is finish. He will be the guy with the stopwatch who makes sure you get your correct time. He will always volunteer to do something. He just happens to be the #1 racing fan in Eastern Connecticut. No one takes Al for granted, but I know I'm only one of many hundreds who appreciate guys who are there donating their time and talents to help us, the runners, to get our best times.



Rick Bayko Photo

by George R. Maine

AL MORRISON



# More on NYC MARATHON

page 7 **YANKEE RUNNER** 11/2/75

New York, NY

26.2 mi/42.2 km

September 28, 1975

1. Tom Fleming	2:19:27.6
2. Bill Bragg	2:25:20
3. Tim Smith <i>MS</i>	2:26:03
9. Rory Suomi <i>MS</i>	2:33:06
34. William Hine	2:50:51
60. Gerald Good	2:57:40
65. George Maine <i>MS MS</i>	2:58:19
71. Robert Huntington	2:59:35
74. Harold Gabriel	3:01:23
83. Jay Twomey	3:05:46
194. Ron Simjian	3:39:52
233. Harry Larris	3:49:42
234. Lenord Gold	3:50:12
269. Richard Hynes	4:07:51

--Joe Kleinerman

**NOTES:**

1st woman was an unknown. Ranked 13th in pre-race (Ed. - even though this was the Women's Nat'l no one who sent results included the women--we're still waiting).

For those who like laps its a good solid race. 2.2 first short lap and then 4 consecutive 6 mile laps around the drive of Central Park. Rolling hill type course and it was a warm day for a marathon. The only problem this runner had was people and bicycles. Never saw so many of either in front of me. Everyone felt they had the right-of-way. There were 532 starters and 399 finishers. About 72 broke 3 hours.

--George R. Maine



Rick Photo

TOM FLEMING

<b>Under 20</b>	
1. Rory Suomi	2:33:06
<b>Over 40</b>	
1. Dave Waco	2:46:08
<b>Over 50</b>	
1. Flory Rodd	3:02:27

**TEAMS:**

1. New York Athletic Club	10
2. Central Park Track Club	33
3. Mohegan Striders	77
4. Harrisburg Area RRC	80
5. Long Island Athletic Club	84
6. Millrose AA	91
7. Penn Athletic Club	123
8. Boston AA	156
9. Central Jersey Track Club	37
10. West Side YMCA	240
11. Prospect Park TC	337
12. East Coast AC	382
13. North Medford Club	400
14. New York Pioneer Club	467
15. Scarsdale ANT	636



Yankee Runner Dec. 1975

page 7

## WILL ZINSER

### The Last of the Mohegans

Will Zinser is usually the last man from the Mohegan Striders Running Club who finishes. Last, but not least.

Take Boston '75 for instance. Good ole Will came in about 3:00 pm. Of course, he started a shade before noon. Actually he started at 10 am. Once he got to the Pru he was going to turn around and head back to Hopkinton, where he left his car. Our group took him back to his car by auto. That's our Will.

More recently Will ran in the Mystic, Ct. K of C 5 mile road race and won two trophies. He won the 2nd Veteran and 1st K of C member to finish. He also had the distinction of finishing DEAD LAST.

What's Will's philosophy? He will tell you, and I quote: "If Amby Burfoot shows up I can tell you who will be first and last. The letters are A=Amby and Z=Zinser." I have to respect that attitude. He admits he is not a winner. He says that every time he runs it strengthens that pump, and that's what its all about.

Will Zinser is 54 years old, married, and works as a Lab Tech. at Charles Pfizer's (Vitamins, etc.) of Groton, Ct. He also does First Aid work in the event one is injured. He has a solid attitude and is a likeable cuss who will keep you smiling. He normally runs a 10-minute pace of six to nine miles daily, and about 50 miles weekly. His training revolves around a rotating shift. Tour #1, 5 days on 2 off, Tour #2, 5 days on

and 2 off, and Tour #3, 5 days on and starting on Friday AM he has until Tuesday PM off. He can only run races on these long weekends.

He is a Mohegan Strider, and the rest of the club is glad of it. We are all proud and happy that he is in our Club.

If you should see him on "The Route" in Boston '76, say "Hi Will" and I'll guarantee you he'll get a smile and a wave to you, and a comment that will somehow put a smile onto your face. Will is that kind of a guy.

by George R. Maine



## Striders protest road racing ban

N.L. DAY 10/31/75

NEW LONDON — Athletes who compete in road racing throughout the state are more than a little perturbed about a State Department of Transportation ruling which prohibits the use of state highways for road racing.

In fact, the executive board of the Mohegan Striders of Norwich, a club which sponsors road racing and jogging, has already lodged formal protests against the ban in letters to Governor Ella Grosso, the DOT, the state police commissioner and the Connecticut Amateur Athletic Association, asking that the ban be removed.

The executive board told its members, "We must act now and not wait until jogging is completely banned from these highways."

The board has also lodged a grievance complaint with the AAU citing its non-representation on the side of the amateur athlete in the matter.

The board suggested that

individual runners who want to protest send letters to either Al Williams of Ledyard, organizer of the Tom Hewes Memorial Road race, or to William W. Stoeckert, executive secretary of the state Traffic Commission at 186 Newington Rd., West Hartford.

1976

\* Adopted Constitution

Article 1. Name

Section 1. This organization shall be known as the Mohegan Striders Association, herein referred to as the Club.

Article 2. Purpose

Section 1. The primary purposes of the Club are the promotion and encouragement of track and field athletics, racewalking, and jogging; with an emphasis on long distance running as a competitive sport and as a means of healthful exercise.

Section 2. To further these objectives the Club may: promote and conduct track or road racing events; make awards; disseminate information on running; and sponsor related activities in cooperation with other entities advocating running as a means of physical fitness.

Section 3. The Club may be an affiliate of the Amateur Athletic Union of the United States and as such will abide by all its rules.

Article 3. Membership

Section 1. Any individual who is interested in jogging, long distance running, track and field competition, and/or race walking, shall become a member upon payment of dues as set forth in Article V "Dues and Expenses."

Section 2. If the member chooses to compete in A.A.U. competition, he must represent the Club in said competition.

Article 4. Meetings

Section 1. The annual meeting of members shall be held on such date in January each year as may be determined by the Executive Board.

Section 2. Special meetings may be called by the President, the Executive Board, and/or 10% but not less than ten (10) members of the Club. The purpose or purposes for which the meeting is called shall be stated and debate shall be limited to the announced agenda.

Section 3. Notification of the annual meeting and/or special meetings shall be given not less than ten (10) days prior to said meeting.

Article 5. Dues and Expenses

Section 1. The amount of dues to the Club for the current year shall be voted upon at the regular annual meeting at which time they shall become due and payable. Membership shall run from January 1st thru December 31st.

Prepared by: Tim Smith - Bob Dempsey - Jack

Other Input: Walt Thoma - John Leslie - Bob C

\* Approved unanimously at 1/16/76 annual meeting.

## FINAL TEAM STANDINGS - 1975 AAU'S

Nov. 30, 1975

TEAM	1	2	3	4	5	TOTAL
COLORADO TC	2	3	4	7	15	31
NYAC A	6	16	25	37	40	124
FLORIDA TRACK CLUB	14	23	27	28	44	136
PHILA PIONEERS A	1	11	34	36	58	140
MITTANY VALLEY TC	5	10	41	43	48	147
QUANTICO MARINES	19	20	26	33	52	150
GREATER BOSTON TC	17	21	50	54	61	203
U CHICAGO TC	24	32	35	57	62	210
KNOXVILLE TC	8	30	42	47	100	227
ATLANTA TC	29	38	39	49	76	231
SHORE AC A	12	46	53	60	63	234
WM & MARY TC	22	51	59	71	60	263
GEORGETOWN AA	13	45	55	62	126	321
DELAWARE SPORTS CL	16	31	90	94	116	349
WASHINGTON RC A	56	64	72	73	84	349
MOHEGAN STRIDERS	9	77	78	102	103	369
N CAROLINA TC	66	67	70	92	120	415
SUGAR LOAF RT AC	65	75	81	97	106	424
SPORTS EAST	69	74	93	99	101	436
HOLY CROSS TC	79	86	89	91	100	453
INDIANA STRIDERS A	68	85	105	107	112	477
DISTANCE UNLIMITED	83	87	98	109	114	491
ROCHESTER TC	88	96	111	129	139	563
CHARLOTTEVILLE TC	95	104	113	124	130	566
D C HARRIERS	110	117	123	134	137	621
SEACOAST STRIDERS	118	122	128	133	136	637
ONTEORA RUNNERS	119	125	127	132	143	646
CAPITOL HILL PACERS	115	131	138	140	145	669
BELTWAY STRIDERS A	121	135	141	142	144	683

## INDIVIDUAL FINISH RESULTS - 1975 AAU'S

PLACE	NAME	CLUB	TIME
1	GREG FREDERICKS	PHILA PIONEERS A	28:57
2	JOHN GREGORIO	COLORADO TC	28:58
3	GARRY BJORKLUND	COLORADO TC	28:58
4	GLENN HEROLD	WISCONSIN TC	28:59
5	DON KARDONG	CLUB NORTHWEST	29:01
6	GARY TUTTLE	BEVERLY HILLS ST	29:01
7	PAUL BANNON	MEMPHIS ST UNIV	29:05
8	STEPHEN FLANAGAN	COLORADO TC	29:13
9	GEORGE MALLEY	MITTANY VALLEY TC	29:16
10	MARTY LIQUORI	NYAC A	29:17
11	TED CASTANEDA	COLORADO TC	29:17
12	DOUG BRONN	KNOXVILLE TC	29:18
13	AMBY BURFOOT	MOHEGAN STRIDERS	29:21
14	DAVE BABIRACKI	SAN FERNANDO V T C	29:23
15	EDWARD MENDOZA	UNATTACHED	29:26
16	PAUL STEMMER	MITTANY VALLEY TC	29:30
17	CHARLIE MCGUIRE	PHILA PIONEERS A	29:33
18	TIM STEELE	SHORE AC A	29:33
19	DON TIMM	ATHLETES IN ACTION	29:34
20	JAMES PETERSON	GEORGETOWN AA	29:35
152	RORY SUOMI		31:43
153	KIM MURPHY		31:45
216	TIM SMITH		33:00
219	JULIO RODRIGUES		33:03
255	ROB HUNTINGTON		34:00



# MOHEGAN STRIDERS



8 Sunset Avenue  
Ledyard, Connecticut 06339  
February 21, 1976

Frank J. Rull, Secretary-Treasurer  
New England Amateur Athletic Union  
69 Canal Street, Room 212  
Boston, Massachusetts 02114

Dear Mr. Rull:

We are angered by The New England Amateur Athletic Union's recent punitive action inflicted upon a handful of amateur runners who competed in a YMCA foot race on October 26, 1975 in Worcester, Massachusetts. At best this action places The New England AAU and the entire national AAU system in a precarious position. AAU President Joseph R. Scalzo states in his January message that "The AAU is organized to serve amateur sport.... Amateur sport is not organized to serve the AAU." Yet The New England AAU, pre-occupied more with control than service, has chosen to "squash" these amateur athletes whose only claim to fame and laurels may well be this incident.

We, The Mohegan Striders Association, condemn your action and are prepared to bear upon our own Connecticut Association of The AAU to support us in that condemnation.

Sincerely,

The Mohegan Striders Association

*Robert P. Carney, Secretary*  
*Timothy R. Smith, Treasurer*  
*Walter R. Thoma, President*

cc Richard E. Harkins, Secretary, AAU of The United States  
Frank O. Collver, Secretary-Treasurer, Conn. Assoc. AAU  
Yankee Runner  
New England Track and Field



## Tim Smith places 3rd in marathon

NEWTON, MASS. — Tim Smith, a former Norwich Free Academy runner now competing for the Mohegan Striders, took third place in the 10th annual Silver Lake Marathon Sunday.

Smith covered the 26-mile, 385-yard course in 2:31.46, some two minutes above the old record of 2:29.33.

The race was won by Raymond Currier, former University of New Hampshire star, in the record time of 2:19.58, nearly ten minutes better than the old standard.

## Burfoot second in Newark run

NEWARK, N.J. — Amby Burfoot of New London took a second place in the Newark 12-mile distance run Sunday.

Burfoot compelled the course in 59:02, just 18 seconds in back of Carl Hatfield of Phillipi, W. Va., who won in 58:44.

## Striders Take Second Place

MIDDLETOWN — Joe Kolbe of the North Medford Track Club bested a field of 206 runners with a fine time of 2:28.56 and copped first place Sunday during the running of the John B. English Connecticut AAU Marathon Championship.

Kolbe and Mark Simmons of Booth Bay Harbour, Maine were both timed in 2:28.56 but Kolbe was awarded first place in the event.

Jim Donovan of the Holy Cross Track Club was third in 2:31.13 and he led his squad to the team title. Holy Cross also placed runners fourth and sixth.

The Mohegan Striders of Norwich were second in the team chase as Tim Smith of Norwich was seventh with a time of 2:36.24, Julio Rodrigues was 12th in 2:42.35 and Amby Burfoot placed 13th in 2:42.35.

A total of 142 runners finished the tough marathon test on a new course

which was made more difficult for Sunday's run.

Gene McMerriman of Norwich topped a field of more than 30 competitors in taking the masters title (40 to 49 years of age). McMerriman was clocked in 2:47 and placed 19th overall in the marathon tour.

Jim Taylor of Mansfield was the grand masters (50 to 55 years of age) winner with a time of 2:53 and he placed 38th overall.

Other area finishers included: Hal Bennett of Uncasville, 16th in 2:45; Jim Butler of New London, 22nd in 2:49; Bill Billings of Storrs, 23rd in 2:49; George Maine of Lisbon, 40th in 2:55; and Doug Knight, 42nd in 2:57.

Kathy Gervais of Wallingford was the first woman finisher, placing 43rd in 2:57 and setting a new Connecticut AAU Marathon record in the process.

3/7/76

NR 2/16/76

# Amby Gets Bravos for

1976

By TOM PERRY  
Special to The Bulletin

BOSTON — Even though it was eight years ago that a rail-faced 21-year old Wesleyan University senior named Ambrose Burfoot won the Boston Marathon, many of the half-million fans lining the 26 mile, 385-yard course still remember his name and what he looks like.

This year, with many of the top American marathoners by-passing the Boston race because it came too close to the Olympic try-outs, experts were looking to Burfoot to be one of the top U.S. hopes in what is called "the world's most prestigious distance race."

Burfoot admitted he had been training very hard for the race and intimated he wasn't seriously interested in trying out for the United States Olympic team on May 22, so many folks thought he was primed to be a repeat winner.

But tropic-like heat and a pair of slipping cotton socks slowed Amby down considerably and the Groton native settled for a 12th place in the field of over 2,000 runners who started the 80th Boston Marathon, here Monday.

Burfoot, now living in New London, ran attached to the Mohegan Striders and was the sixth American to step across the yellow-finish line boldly painted on the pavement in front of the Prudential Center.

Americans in front of Burfoot included winner Jack Fultz, a senior at Georgetown University in Washington D.C.; James Berka, a student from Minnesota; Mike Burke, from Randolph, Mass.; Ron Kurie of Long Beach, Calif., and Don Slusser from Pittsburgh. Berka was fifth, Burke 7th, Kurie 8th and Slusser 9th. Burfoot's finish was his best place since he won the marathon in 1968.

As Burfoot strode fluidly toward the finish line,

the close to 5,000 fans packing the last 300 yards of the race, wildly waved their hands and yelled "Bravo Amby, bravo!" It was obvious they still remembered his past accomplishments and were pleased with his 2:27.57 clocking.

The thousands of spectators jostling for position along the final stretch of the race would remain in mass for close to another hour and greet the majority of the top 500 finishers with the same heroes' reception.

"I would have been disappointed if I finished any lower," said Burfoot immediately after the race. "I was shooting to aim a few places higher," he told reporters a little later.

"It (the heat) changed the whole complexion of the race for many of us," admitted Burfoot, who said from the start he was only running for place and not so much for time.

"I knew I couldn't win in this heat, there were just too many other great runners," offered Burfoot, who fell as far behind as 22nd at one check point.

As most marathoners do, Amby stopped from time to time for water and for a moment's rest. At one point around the seven mile mark, Burfoot had to stop to take off his stockings, which had slipped down into his shoes.

"Someone convinced me to change from wool to cotton and I did," said Burfoot explaining that when his feet wet from people throwing water at him to cool him off, his socks began to slip.

Burfoot had his brother-in-law pull off his shoes." He had to use his teeth to get the laces undone," stated Burfoot, who said the people along the course were great in trying to keep the runners cool.

All along the course from Hopkinton to Boston people augmented the traditional offering of water, Gatorade and other refreshments with cooling sprays of hose water. Large signs on the front of the

three buses pro

read "Please"

Burfoot's "p" it meant Amby his final stopp

The bearded company in th runners from entered.

The top area (The Younger Burfoot at Fi marathon in 1 classic event t

"Friday I wa was not going t the last momen

Kelley said he race, but he ac fortable just w overwhelmed b whose 2:44 plus man who said h year.

Also from this was Jim Butler, attended Rutger now living an somewhere in th

All runners, v know their offic month when th Boston Athletic

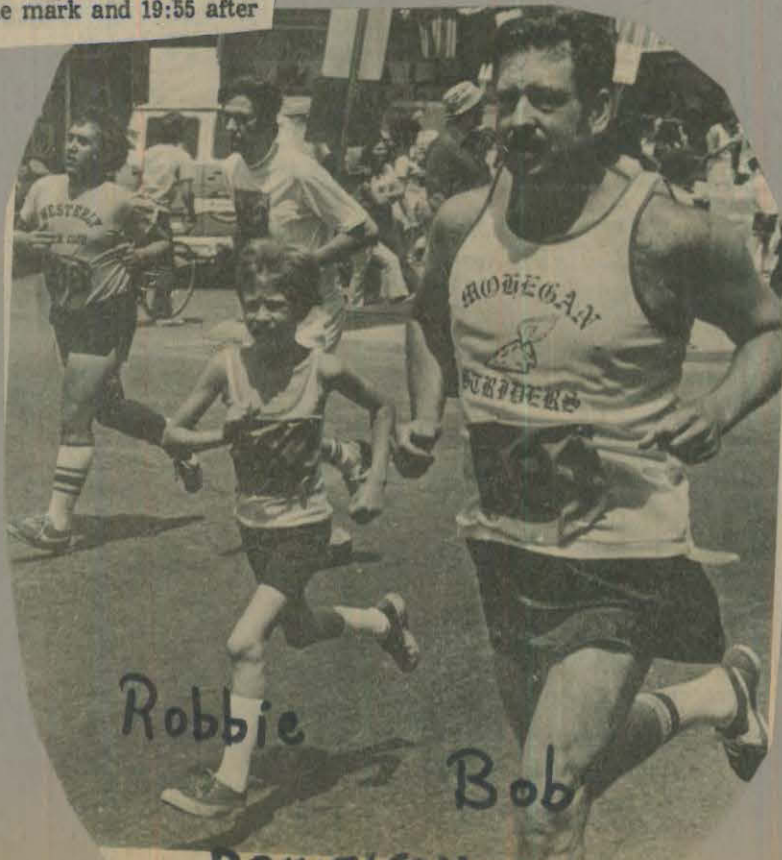
Area runners rough times to Jerry Lentz (3:0 (3:11), Bill Bill McCoy of Stoni

## Hoagland 47th <sup>5/6/76</sup> In Mini-Marathon

NEW YORK CITY — Susan Hoagland, the 14-year-old St. Patrick's School student from Norwich, finished 47th in the Fifth Annual New York City Mini-Marathon. The race, through scenic Central Park in Manhattan, is 6.2 miles or 10,000 meters in length and is the largest exclusively womens' race in the country.

Hoagland, who competes with the Mohegan Striders of Norwich toured the course in 42:39 and was 47th out of the field of 490. A year ago, Hoagland finished 57th of 310.

The St. Patrick's eighth grader was clocked at 6:00 for the first mile, 13:07 at the two mile mark and 19:55 after three miles.



Robbie

Bob

DANIELSON  
Runners of All Sizes  
1976

NUMBER NINE WAS TW  
Amby Burfoot, who stretc  
after his 12th-place finish  
The finish was Burfoot's b  
1968

# Burfoot Claims Danielson Race

1976

By DAN JACKSON

DANIELSON — Amby Burfoot, winner of the first Springtime Festival Road Race in 1973, returned to the event Saturday after a two-year absence and won with over a two-minute margin.

Burfoot, the 1968 winner of the Boston Marathon, led the event from start to finish and completed the five mile route in 24 minutes, 24.2 seconds, two minutes and 13 seconds ahead of second place finisher Terry Gallagher.

Montville High School Senior John Pirie captured the three mile event with a 15:22 time. Rick Ouellette of Danielson placed second with a time of 15:39.

Top 10 finishers in the five-mile Open race were Ambrose Burfoot, 24:24.2; Terry Gallagher, 26:47; Tim Smith, 26:54; Julio Rodriguez, 27:07; John Hastings, 27:08; John Cedarholm, 27:14; Gerald Chester, 27:29; Peter Phillips, 27:45; Charles Dyson, 27:48; Thaddeus Grab, 27:52.

Top teen age finishers were Michael Lapinski, James Ford and Nicholas Manuzzi. Top Masters were Charles Dyson, Dennis Burnell and Eugene McMerriman. Veteran winner was John Treeworthy with Ann Ducharme the top woman finisher. Five-man-team winner was the team of Ambrose Burfoot, Jolio Rodriguez, Tim Smith, Gerald Chester and Eugene McMerriman, representing the Mohegan Striders.

Of entrants from the 10-town area, Jerry Adams was the top teen age runner, with Robert Bergstrom taking the 20-30 category; Ernest Dumas the 30-40 group and Bob Babbitt the over 40 winner.

Top ten in the three mile open and their times were John Pirie, 15:22; Rick Ouellette, 15:39; Aden Hayes, 15:44; Robert Huntington, 15:56; William Markley, 16:11; Jim Gothreau, 16:25; Charles Lee 16:35; Rory Suomi, 16:36; Steven Caldwell, 16:40 and David Allen, 16:42.

In the high school division, winners were John Pirie, William Markley, Jim Gothreau, David Allen and Mike Plaisted. First woman finisher was Lori Veal.

In the 10-town resident category, Jim Gothreau was the high school winner, Rick Ouellette was the high school to 30 winner with John Boland taking 30-40 honors. Woman winner for the 10-town area was Heather Mahon of Brooklyn.

Age bracket winners were Michael Fortin, 16; Kevin Coddere, 15; Andrew Fortin, 14 and Joe Bouchey, 13.

Viking

RACE 5/16/76

# Touching A

For Lisbon's George Maine, running has become second nature ... Sunday, Maine celebrated an anniversary and ran a road race ... "I'm 43 years old and I started running when I was 40," Maine noted ... It was Maine's third anniversary of running so he took part in a rather long race to note the big date — he ran in a 50 mile race ... Maine was one of 25 runners taking part in the third annual Lake Waramaug 50 mile race in New Preston ... Maine was one of only 14 runners to finish the 50-mile jaunt, covering the distance in seven hours, 30 minutes and 26 seconds ... He was the first Connecticut runner to finish and was second in the masters division ... United States record holder Park Barner of Harrisburg, Pa. was the 50-mile winner with a record time five hours, 36 minutes ... Barner continued running after finishing 50 miles and also won the 100 kilometer portion of the race (62 miles) with a record time six hours and 48 minutes...

# One Last Bid for Amby; To Seek Olympic Berth

5/19/76

By Tom Perry  
Special to the Bulletin

NEW LONDON — Amby Burfoot, Eastern Connecticut's top distance runner, chuckles about being 29 years old, but like most athletes who must wait for the Olympic Games to run their four-year cycle, he thinks about the sands of time slipping past him in his prime, so Thursday he'll pack his running shoes in a suitcase and head to the Olympic Trials in Eugene, Ore.

"I guess this is a last fling in international competition, for me," offered Burfoot, winner of the 1968 Boston Marathon. Burfoot admitted he always wanted to give the Olympics a try and this year will probably be his last chance.

Up until Saturday, Burfoot was undecided about participating in this weekend's Olympic marathon trials. "I had a post-Boston letdown," admitted Burfoot, who explained running the gruelling Boston Marathon course in 90-degree heat set the stage for a psychological and physical depression during the three weeks after Boston.

According to Burfoot, the thing that swayed him to go to Oregon was his good showing at the Danielson Springtime Road Race. The former Fitch High and Wesleyan University standout completely staggered the rest of the field in the 13-mile-race as he finished at least two minutes ahead of the next finisher.

"It was a very relaxing race and I felt good running," said Burfoot of his Danielson effort Saturday. Burfoot will be springing for much the trip out of his own wallet. "It will make a hole in my pocket," sighed Amby, "but that's something I had to consider when I decided to run."

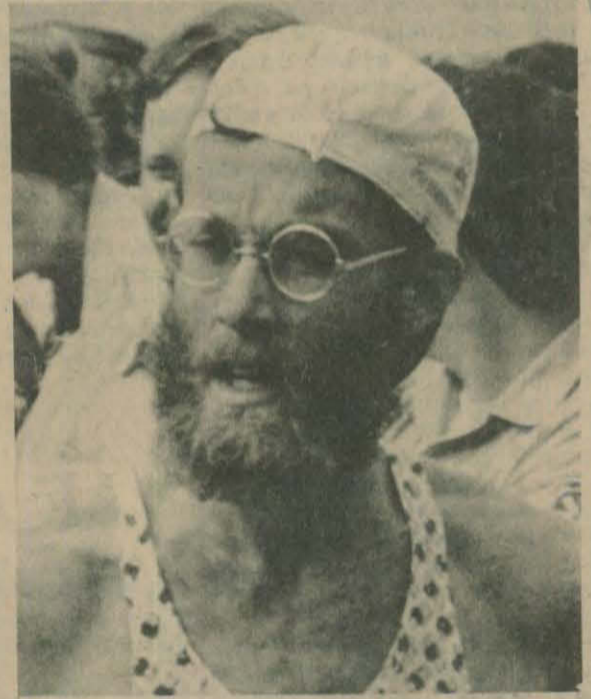
The entire trip to Oregon will cost in the vicinity of \$450. Burfoot's teammates on the Mohegan Striders have forked over \$50 to Amby to help defray the costs of the trip. Other friends of the runner like Ledyard's Jerry Lentz have begun impromptu drives to raise money for Burfoot.

"Some people are doing things for me and I really appreciate it," said Amby, who while not asking the drives be initiated could use the money.

"I just don't want people to feel pressured," said Burfoot, who approaches this whole money thing with apprehension.

Many friends of running in the area have wondered why no fund drives were started to support Burfoot. However, Amby hadn't made his final decision until the weekend and stated if he chose to pass-up Oregon, money would not have been the reason.

Last night, after some discussion the New London City Council voted to give Burfoot \$200 to help traveling



expenses to Oregon. However, Burfoot's native town Groton, just across the river, sought a legal ruling on contributing money and it appears as though the Groton Town Council will not provide Burfoot with any of the money he needs.

As far as Burfoot's chances go in Oregon, the lanky runner feels he could be in contention for the third of three spots on the United States team.

"Most people figure Rodgers (Bill, Amby's former Wesleyan roommate and winner of the 1975 Boston Marathon) and Shorter (Frank, Olympic gold medalist in 1972) will be at least two minutes ahead of everyone else and the rest of us will fight it out for the third spot," said Amby, who says he will take positive feelings into the race with him.

Amby, who finished 12th in this year's Boston Marathon with a 2:27.56 clocking, says he feels strong despite running five weeks ago and adds optimistically, "I feel I've got a better marathon in me than I've run in a couple of years and I guess this weekend I'll get a chance to do something about it and not just talk about it."

Friends of running who want to help Burfoot in anyway can contact Jerry Lentz at Hilltop Drive in Ledyard.

# Walk-a-Thon Raises \$20,500 in Pledges

WATERFORD — An estimated 1,300 walkers, about 600 less than last year, raised nearly \$20,500 in pledges Sunday in the fifth annual Walk-a-Thon sponsored by the United Cerebral Palsy Association of New London County and Waterford.

Joan Robinson, coordinator for the Walk-a-Thon, said that the decrease in turnout was due to "too many Walk-a-Thons."

Thons. It's getting more and more difficult to get people excited. She said that last year over 1,900 walkers raised nearly \$38,000. "It's exciting for the walkers," she added, "because they have achieved something for someone who can't walk." The first person to finish the race in Waterford was Bob Cabray, a member of the Mohegan Striders track club.

Trials, May 22nd.  
Amby places 104 (2:18:54) out of 71  
top ranked U.S. Marathoners.

1976  
In Rose Arts Road Race

# Burfoot Rolls To Fifth Title

By JIMMALONE  
Bulletin Sports Staff

NORWICH — Bearded Ambrose Burfoot, in his own effortless but stylish fashion, ran away from the huge field at about the two mile mark and cruised home to a surprisingly simple victory in the tenth annual Norwich Rose Arts Festival 10.6-mile road race, an unprecedented fifth title for the lanky Groton Long Point native.

Burfoot, the 1968 Boston Marathon winner and still a highly-regarded national marathon competitor, broke from the pack near the Sachus St.-Sherman St. intersection, finally passing rivals John Vitale and Chris Chambers near the railroad crossing on New London Turnpike.

In recording the record fifth win in the local run for roses, Burfoot was clocked in 53:14 as Vitale's 1974 record time of 52:32.6 still eludes the personable former Wesleyan star. Vitale, the former University of Connecticut star and two-time Rose Arts winner, placed second running for the Hartford Track Club and Chambers, representing the Sugarloaf Track Club, but running unattached, finished third.

Burfoot, who guided the Mohegan Striders of Norwich to the team title, finished 2:25 in front of Vitale, who came across the Chelsea Parade finish line in 55:39. Chambers, the early leader, was in at 55:51.

Popular Tim Smith turned in his finest Rose Arts effort as the local favorite placed fourth in a very impressive 56:22.

The 29-year-old Burfoot, who won this race in 1967, 1969, 1972 and again last summer, chopped nearly a half minute off his winning pace of 53:43 last year.

Burfoot had grabbed the lead for good before heading up Elm Ave. and across East Town St. before commencing the climb up the rugged Canterbury Tpke. incline. By the time the race turned right on Lawlor Lane, Burfoot had established the pace that would carry him to his fifth Norwich title.

As the race wound down the treacherous School St. incline in Taftville and onto Providence St., Burfoot commanded a lead of close to 200 yards. In his mechanical demeanor, Burfoot rumbled down Norwich Ave. and onto Central Ave., at times stretching his lead to nearly a half mile.

With the competition never in sight after that point, Amby ambled through the downtown section and up McKinley Ave. to the resounding approval of the spectators gathered for the Grand Rose Parade.

The popular Burfoot was thankful for the weather conditions. "At least it wasn't sunny, but it was still pretty hot," it was just one of those days when everything clicked. I kept waiting for Vitale but no one came up on me. I think it was one of those things, John had a bad day and I had a good one. He (Vitale) is always chasing me," joked Burfoot.

Chambers, a Newington native, who didn't start running until after his scholastic baseball career at Newington High School was over and who swapped places with Vitale at several junctures throughout the race, thought Vitale's problems came on the hills. "Vitale didn't do anything on the hills," offered Chambers, now a resident of Portland, Maine. "John was really off today," added Burfoot.

Amby was presented with the traditional crown of roses by Festival Queen Kim Jesmonth in brief ceremonies following the race and was also awarded the winners trophy as well as a portable television for his days work.

Burfoot, Smith, the first Norwich finisher, and Kim Murphy, who placed sixth overall, paced the Norwich-based Mohegan Striders to the team title with 11 points in the three-man team total.

Vitale's second place showing handed the Hartford Track Club a hold on the second place showing in team totals while ninth place finisher Larry Olsen, who was second behind Burfoot one year ago, led the North Medford Track Club to third place in the team chase.

## Courtesy Note

Editor:

On behalf of The Mohegan Striders, I would like to take this opportunity to sincerely thank all those individuals and organizations which helped to make the annual Rose Arts Road Race a tremendous success.

The Striders would especially like to thank those individuals who manned the official water stations as well as all the thoughtful citizens along the way who offered drinks and hoses to the hot, weary runners.

These gestures are sincerely appreciated especially on a hot, muggy day like June 20, 1976.

ROBERT P. CARBRAY  
Ledyard

July 10/76

## Burfoot Cops

### Another Crown

NORTH STONINGTON — Amby Burfoot continued his winning ways Saturday as the talented distance runner totally outclassed a field of 56 starters in coasting to victory in the 6.3-mile road race held in conjunction with the North Stonington Fair.

Burfoot was clocked in 31:50 to easily outdistance second place finisher Tim Smith of Norwich, who was clocked in 33:46.

Both Burfoot and Smith compete for the Norwich-based Mohegan Striders.

Third place went to 44-year-old running great Johnny Kelley, the former Boston Marathon winner. Kelley was timed in 34:05.

Other top finishers included: Tom Smith 34:34; Vincent Morales 35:21; Ben Peterson 35:57; Eugene McMerriman 36:16; Jim Butler 36:45; Bill Billings 37:10; Ernie Dumus 37:25; Hal Bennett 37:31; Vin Fandette 37:50; Donald Tennant 38:50; George Maine 39:17; Tod Collins 39:47; Joe Norton 39:51; Robert Bergstrom 40:14; Angus Wooten 40:50; Mark Gallerani 41:05. First woman finisher was Laureen Schiavone of Waterford with a time of 49:49.

## Mohegan Striders

### Take Team Title

WARWICK, R.I. — The Mohegan Striders won the team trophy, dethroning the defending champion Ocean State Track Club, in the Gaspee Days Celebration event on the Warwick-Cranston city line Monday night. The Striders captured the team prize with a second, fifth and ninth place, in the 20 kilometers (12.4 miles) road race.

Timmy Smith took second place for the third year in a row, trailing Bob Doyle of Providence, who won in 66 minutes, 32 seconds. Smith's time was 67:10. Robert Huntington was fifth with a time of 71:52 and Jerry Chester, at 73:06, took ninth place. George Maine of the Striders finished 13th, his time being 78:04.

Other teams competing besides the Striders and Ocean State Track Club were the North Medford (Mass.) Track Club, North Kingston Running Club and the Boston Athletic Association.

## Cotton Captures Simsbury Race

12-5-76  
SIMSBURY — Mike Cotton of the Fairfield Striders, recent winner of the state high school cross country open championship, topped a field of 116 runners Sunday to claim first place in a ten-mile road race staged here.

Cotton was timed in 51:47 while Charlie Duggan of the Hartford Track Club was second in 52:22 and Peter Fitzsimmons was third in 52:34. Fitzsimmons is the former E.O. Smith High great now running for Harvard.

Several members of the local Mohegan Striders took part in the race with Joe Banas placing eighth in 54:44. Tom Hobaica of Fitch High was tenth in 54:55 and was the second schoolboy finisher behind Cotton.

Ron Howard of the Striders was 19th in 57:24 while Joe Portelance placed 24th in 59:02 and George Maine was 29th in 60:04. Maine was also the fourth finisher in the Masters Division.

## Vitale Upended

HARTFORD — South Carolina's Bob Day upset sentimental favorite John Vitale to win the annual John Vitale 6.6 mile Road Race Sunday at Goodwin Park.

Day toured the course in 32:09, 12 seconds faster than Vitale, the man for whom the race is named after. Gary Wolfrom of the Sugarloaf, Mass., Track Club, was third while Eastern Connecticut State College's Tim Quinn, representing the host Hartford Track Club, was fourth and the Mohegan Striders Joe Banas was fifth.

Barry Littlefield of the HTC, Tim Smith of the Striders, former ECSC great Steve Gates, the HTC's Tom Leonard, and Henry O'Connell rounded out the top ten.

The top high school finisher was Eastern Connecticut Conference and Class 'M' titlist Kevin O'Keefe of E.O. Smith in Storrs, who finished 15th in the 135 runner field. Lisa Berry of Michigan State and formerly of Conrad High in West Hartford, was the top women's finisher in 74th.

Other Mohegan Strider finishers included Rory Suomi, 18th, John Pirie, 27th, Joe Portelance, 30th, Hal Bennett, 31st, Don Pirie, 52nd and Ralph May, 57th.

12-19-76



# Harriers R



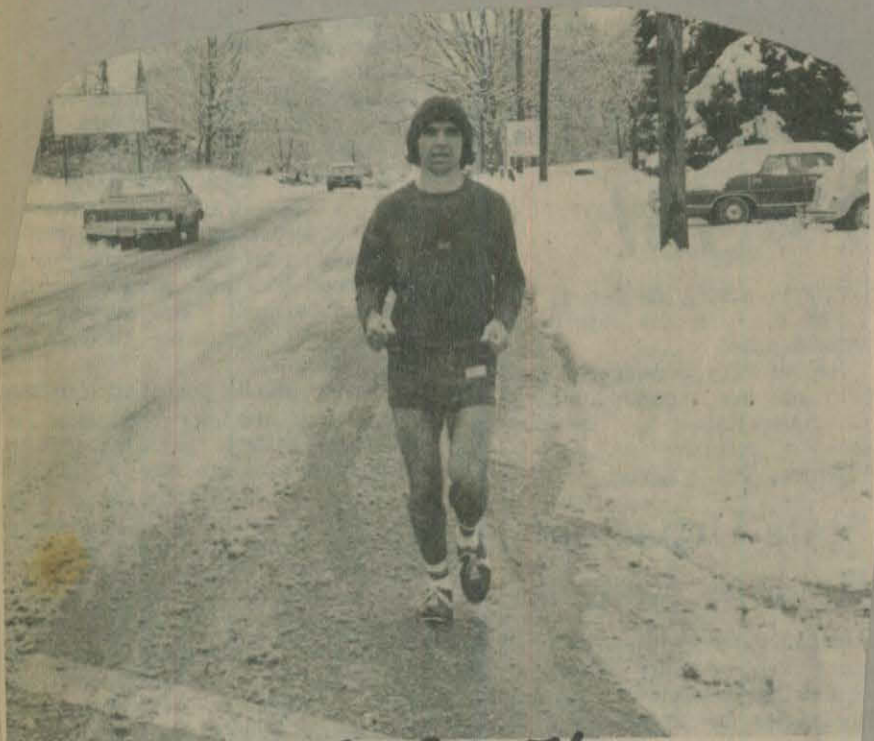
GUIDING SAINTS — Samantha McCarthy, left, and freshman Sue Hoagland, right, breeze across the finish line in first and second spots respectively during cross country action Tuesday against Ledyard. Following the easy

team triumph, the top two finishers for the powerful St. Bernard High School girls' harrier squad offer a relaxed smile for Bulletin Photographer Ed Stevenson.

TOM HOBAICA  
Top Falcon Runner

Young Striders:

Sue Hoagland  
Tom Hobaica



12-27-76

A COLD RUN — Despite freezing temperatures and new snow on the ground Joseph Norton took his daily run on Killingly roads Sunday. After 20 miles on the roads he said "It's good exercise." Others seemed to take advantage of the recent snowfall to make snow creations, sled down hills and naturally have snowball fights. (Bulletin Photo by Warren)



Hal Bennett  
Raymond Hill Rd. Photo by Don Pirie  
WINTER 76-77

1977



Myrock Avenue's Jim Rowan, is not out to break anyone else's record, just his own. Now 58, he's been running since he was 51. He credits the activity with improving his mental outlook.

## He's Putting the Brakes on Aging

"Hello, SCOPE, Jim Rowan. I've run in another marathon. This one was in Indiana. My time for 26 miles was three hours, fifty minutes."

Over the past year, the amiable SCOPE correspondent, who talks and looks like Red Buttons, has been keeping us up on his hobby — running. He even taught us the length of a marathon — 26 miles plus 385 yards. Jim works as a meters and service foreman at HELCO's Myrock Avenue Service Center, Waterford. Most of the races he participates in are in the region — Danielson, Ledyard, New London and Middletown, Connecticut and Framingham, Massachusetts, but some are far afield. For the last two summers, vacation visits to relatives in Fort Wayne, Indiana, have been planned around an annual 26-miler there. On October 24, he completed the New York Road Runners Marathon which covered all five Manhattan boroughs. For a physician's symposium preceding the race, he submitted information about his training habits and carbohydrate intake before the race. Not only are the medics interested in probing the subject scientifically, some run to keep fit. He has competed against several medical doctors in races.

His overall aim is to shave his own record to the three and a half hours required for a person over 40 to qualify in the famed Boston Marathon.

Jim who is 58, learns about these events through his membership in the Mohegan Striders, a coed Norwich area running society, which has no age limit. It includes family memberships.

"Over the years I'm becoming more competitive," he told us. "Not against others, but

against my own times. Half the time I don't even check my post finish!"

### RUNS EVERY OTHER DAY

He runs after work, every other day, and prefers afternoon running because his blood circulates more freely at that time of day than in the morning.

An unabashed promoter of fitness, his bible is a Bantam paperback, *The New Aerobics* by Kenneth H. Cooper, M.D. Dr. Cooper introduced aerobics as a new exercise concept while an officer in the United States Air Force. Simply explained, they are exercises that stimulate the heart and lung activity for a long enough time to produce beneficial body changes. Examples are running, swimming, cycling and jogging. Jim echoes Dr. Cooper's advice about preceding any program of strenuous exercise with a physical examination.

Jim feels that the jogging routine which he started in 1970, at the age of 51, has really turned his life around. As he says, "I try to run anywhere from 10 to 12 miles every other day or a minimum of 35 miles a week. I have a physical exam, including an electrocardiogram, at least once a year, and unlikely as it sounds, every year since I have been running, my heart beat has slowed progressively.

"You don't have to be competitive or break any records, although you do have a small feeling of triumph when you break one of your own, such as moving up to two miles a day from a mile and a half or cutting your time for two miles from 18 to 16 minutes. Get the idea? I'm not a speed demon!

"After a few weeks of training, when you've really started to run, you begin to realize the feeling of fulfillment, the closeness to nature and God. When you're running down a beau-

tiful lane or road the stillness is majestic — a rabbit may cross your path, a bird will scold you for startling her young, or you may just smell the scent of berries in the nearby bushes.

"I feel I've put the brakes somewhat on my aging process. I know and accept the fact that I am getting older, but at a slower and healthier pace than society expects of me."

### Jim Rowan on Jogging

"I admit that running is difficult for an older person. At first, I tried a combination of running and walking. And, I got my doctor's permission before I started to run.

"If the exertion seems tough at first, don't give up. Just try to take slower steps. It will pay off after the third week.

"Face oncoming traffic so you can anticipate danger.

"Wear shoes with good arch support, which are well-cushioned and well-fitted. Although they are more expensive than sneakers, I prefer running shoes, because they are much lighter in weight than sneakers.

"You can run, even in the winter weather. Just cover your mouth with a scarf or a ski mask.

"Unless you are in excellent physical condition don't run on an extremely hot or humid day.

"The 'winding down' period after exercise is extremely important. On a cold day, I don't get back in a warm car. I walk another quarter mile. I never walk right into my home and sit down.

"I walk around inside the house for about five or ten minutes until my heart beat slows down.

"For your own security and their peace of mind, let your family know where you will be running and approximately when you'll return."

### Banas Second 3/13/77

MIDDLETOWN — Norwich's Joe Banas, running for the Mohegan Striders, claimed second place to the Hartford Track Club's John Vitale in the Bernie Giza-Walter Kowal ten mile road race Sunday afternoon.

Banas, a former Norwich Tech running standout, was clocked in 54.06, while Vitale, toured the course in 54.01. Bob Gellich, who ran unattached, was third with a 55.32 effort. Xavier High School's Tom Jolie took fourth place with a 55.33 and Steve Gates of the Hartford Track Club rounded out the top five with a 56.19.

Local runners competing included Ralph May who was 17th, Dr. Len Kimsey and Amedeo Tagliatella, who were 44th and 45th respectively.

### Smith Fourth 3/27/77

WALTHAM, Mass. — Tim Smith of Norwich and the Mohegan Striders finished fourth Sunday in the first Albert Leone Memorial Race, a 13.6-miler which serves as a warmup for the Boston Marathon.

Tom Downing won the race in a time of one hour, eight minutes, 53 seconds.

Among other Striders, George Maine of Lisbon was 40th overall and second in the masters division in 1:19:02, Joe Norton of Dayville was 66th in 1:22:32, and Bob Babbitt of Danielson was 142 in 1:31:38. The masters winner was Chet Fortier in 1:14:53.



Spring 1977

Photos by Bob Thayer

Mari-Beth Muldoon (left), Pam Fortin and Coleen Gerrity with Chester

**ENDS AND ODDS:** From the "Very Nice Gesture Department" comes the story of the Mohegan Striders who voted to give the trophy they won as a team at the North Stonington Road Race to Al Morrison of Norwich ... Morrison, one of the most knowledgeable men when it comes to area track and field stars, was the man who single handedly handled the announcing duties so well at the Norwich Rose Arts Road Race back in June .

## Mahurin, Murphy Victorious <sup>5/14/77</sup>

**DANIELSON** — Jack Mahurin of Springfield, Mass., beat out 183 runners to claim first place in the Danielson Springtime Festival 5-mile run Saturday.

Mahurin's time of 24:36 beat second place finisher Wayne Jacob of Mystic by 35 seconds. Mahurin, 34, and Jacob, 22, both run for the Mohegan Striders. Tim Quinn, 22, of Hartford, running for the Hartford Track Club took third place with a time of 25:16.

Former Boston Marathon Champ Amby Burfoot of New London claimed

fourth place for the Striders with a time of 25:43.

Kim Murphy, 21, another Mohegan Strider, took top honors in the three-mile run at 15:05. One second behind Murphy was Mike Plaisted, 18, of Waterford High School.

Winners and times for the five-mile were:

Jack Mahurin, 34, Springfield, 24:36; Wayne Jacob, 22, Mystic, 25:11; Tim Quinn, 22, Hartford, 25:16; Amby Burfoot, 30, New London, 25:43; Roland Davide, 24, Coventry, 25:46; John Cedarholm 34, Boston, 25:49; Willie Speck, 26, Cranston, R.I., 26:07; Julio Rodriguez, 22, New London, 26:20; Tim Smith, 29, Norwich, 26:24; Terry Gallagher, 31, Arlington, 26:54.

Top finishers in the teen-age division were Bob Walling, Gales Ferry, 17; Jay Gallagher, Ledyard, 16; Larry Anderson, Mystic.

## 7/23/77 Voluntown Volunteers Festival:

**VOLUNTOWN** — Downtown Voluntown was alive with throngs of visitors Saturday as the Volunteers Festival swung into the weekend.

The Festival, highlight of the summer season, is a town-wide effort, with at least a little something for everyone.

Eighty runners sprinted across the starting line in the race as the annual 10,000 meter AAU Mount Misery cross-country race unfolded.

The race, almost unique in Connecticut, follows rugged wooded trails through Pachaug State Forest, rather than conventional paved roads.

While some runners complained of taking momentary wrong turns or spills

on rugged hillsides, praise for the course was nearly universal.

"First rate," was the description from Jack Curran, president of the Mohegan Striders of Norwich, a 160-member running group. "It's got a little bit of everything, knolls, turns, hills, woods," he said.

When it ended, Kevin O'Keefe of Mansfield, won with a time of 35 minutes 35 seconds. Tim Smith of Norwich was close behind with a 35-minute, 51-second run. Mike Plaisted of Waterford placed third with 36 minutes 39 seconds.

Elsie Friedman, a Norwich girl who

began running four years ago as a Norwich Free Academy freshman, took the womens' title with a 48-minute 35-second mark.

# Vitale Is Victor In Rose Arts Race

6/26/77

By GARY SANTANIELLO  
Bulletin Sports Staff

NORWICH — When John Vitale reassumed the lead from former UConn teammate Steve Flanagan just past the halfway point of the Rose Arts Road Race, he had for all intents and purposes conquered the last and most formidable of the record number of 228 competitors who stood between him and his third Norwich crown.

From then on it was just a battle between Vitale, his delinquent training ways, the debilitating heat and humidity, and the ignorant motorists who at times congested the route and almost picked off Vitale just under a mile from the finish line.

None of the obstacles, neither the external nor internal variables, could disrupt the purposeful pace Vitale settled into just beyond the strength-sapping Canterbury Turnpike hill. Flanagan faded into the small pack of three who had their own race for second place once Vitale found his rhythm, leaving the Hartford Track Club member all by his lonesome as he slowly neared the reviewing stand on Chelsea Parade where he started his 10.6-mile jaunt through the Norwich countryside.

"I was surprised myself," said Vitale just after he crossed the finish line after 54:21 worth of roadwork, marvelling at his own achievement. "I was in the worst shape ever coming into the race," he admitted.

What sustained him through his self-professed "semi-retirement" was the friendly but persistent competitive desire to defeat Flanagan, the former Mohegan Strider and Brooklyn, Conn. runner who now hails from East Lansing, Mich., where he runs a sporting goods concern.

"I just worried about Steve," said Vitale of his stiffest competition in the 11th annual event. "I didn't want Flanagan to win," he added with a touch of well-deserved pride.

And Vitale had his hands full with Flanagan through the initial five miles of the race, or as it seemed at the time, Flanagan had his hands full with Vitale.

After Jack Mahurin relinquished the lead he held through the first 1½ miles to Vitale, who then remained in front for the next three mile stretch, Flanagan

passed Vitale on the muscle-racking inclines of the Canterbury Turnpike to take the lead. At the time, the black-clad Flanagan looked unusually smooth, strong, and relaxed as he negotiated the most testing segment of the event. Vitale remained on his heels, as he had done early before he charged into the lead, but did not appear as insuperable as Flanagan.

"I'm not in good hill shape," explained Vitale of his falling behind the Colorado Track club runner. "I did all my training on flat land."

At the end of the turnpike stretch, Vitale regained the lead from the obviously hurting Flanagan as they headed down the twisting series of S-turns into Taftville. No longer did Flanagan stride with the gliding continuity that had marked his first half of the trek.

"I started tightening up coming down those sharp turns," cited Flanagan for the disruption, clutching his back for visual effect as he cooled down afterward. "He just pulled away from me there. The humidity hurt me too," he acknowledged. "I'm used to running in Michigan where 20 per cent humidity is a lot. I felt like I was under water running here."

Which is how it looked as Vitale pulled into a lead that stretched to upwards of 300 yards while he motored along at a clip of under five minutes per mile.

Vitale had only to contend with the record books for the last few miles, trying to best his record-setting time of 52:32.6 established when he won the Rose City event for the second time in 1974. But that standard was accomplished on a much cooler day, when precipitation fell from the skies rather than from the hoses of compassionate spectators who dotted the crouse yesterday.

Vitale had trouble believing his own feat even after he had time to compose himself from only his second competitive race since the Boston Marathon.

"It's the best I've felt that late in the race," he said.

Flanagan eventually finished fourth, 1:13 behind Vitale in the 80-plus degree weather with equally high humidity. Jack Mahurin, the early leader who faded from sight of the leaders for most of the race, finished strong at 55 minutes flat, and Wayne Jacobs, the former Fitch standout now a member of the Mohegan Striders, took third place in 55:28 after dropping from

contention for the lead on the Canterbury Turnpike.

Amby Burfoot, two-time defending champion and five-time winner of the race, never was in a serious position to challenge the leaders and took sixth, just over three minutes after Vitale crossed the finish line.

Julio Rodriguez of the Mohegan Striders clinched the team title for the well-represented Norwich-based running contingent, being the third member to cross the finish line, following Jacobs and Burfoot, in seventh place.

The Striders also took the women's team title, as Kathy Glenny in 126th, Pam McMerriman in 140th, and Cheryl Thayer in 180th comprised the front-running women's trio.

Glenny was also the first woman finisher from Norwich, the third female to finish overall. Cherrie Bridges of the Los Angeles Track Club (and the fiancée of Flanagan) took 49th place overall and first for the women with a time of 65:58.

Tim Smith was the top men's finisher among Norwich residents again, completing the course in 12th place overall at 58:56.

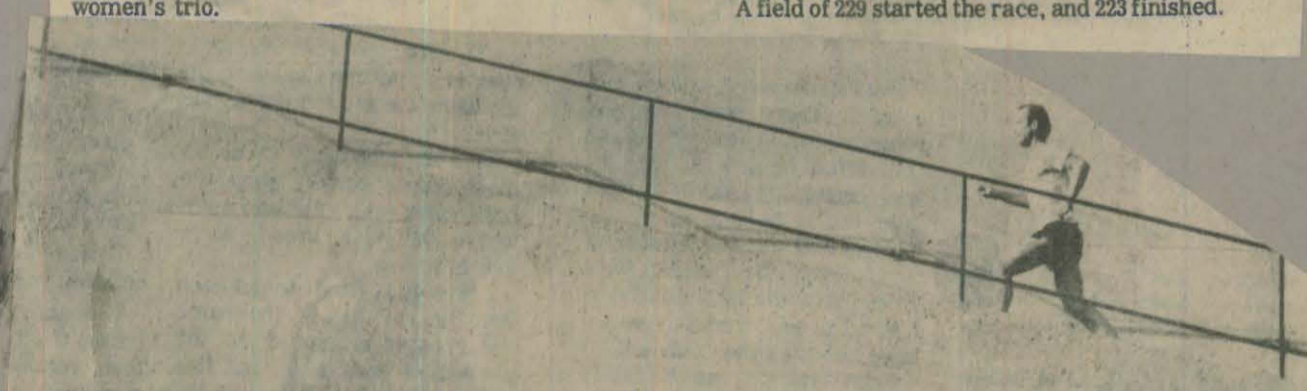
On each end of the age spectrum, 12-year-old Shawn Bennett was the youngest finisher with a time of 76:32, 113th overall, and 58-year-old Jim Rowan of the Mohegan Striders finished 182nd overall with a time of 90:10.

A field of 229 started the race, and 223 finished.

LONG WAY UP — Jeff Morin strides up the steps of the Cummings Art Center at Connecticut College as part of his training for the Newport, R.I., Marathon to be held this Sunday. "I'm in pretty good shape right now and if all goes well I'll have a good shot at

winning the Marathon" he said. The race, which goes over all types of terrain, is a grueling 26 miles and 385 yards — the distance of all true marathons. Morin is a teacher at the college.

(Bulletin Photo by Thayer)





It looks like the remnants of an all-night party, but the Fitch High football field was actually the scene of the Mohegan Striders' 24-hour relay marathon this weekend. Runners came ready for the event with blankets, sleeping bags, jugs, books and so on as they ran to raise money for Big Brothers-Big Sisters of Southeastern Connecticut.

**Groton**

If you see a lot of tired faces and slumped-over, aching-looking bodies around Southeastern Connecticut this rainy Monday, it's a good bet that those bodies were out running over the weekend.

For the Mohegan Striders sponsored a 24-hour marathon at Fitch High in order to raise money for the Big Brothers and Big Sisters of New London County.

And raise money they did. The runners brought in \$1,254.69 which will be donated to the fund.

In all, runners from the Mohegan Striders, who were broken into A and B teams, the Westerly Track Club, a Masters team of Striders, and a Women's team from the Striders, ran a total of 1,146 miles during the 24-hour time period.

The amazing feet or feats, if you prefer, were turned in by Wayne Jacob and Kim Murphy, both past members of the Fitch High cross-country team. Each runner covered 28 miles and averaged under five minutes for each individual mile that they ran. That's truly phenomenal when you realize that physically the body has got to wear down some over a long distance and yet both runners were able to maintain top running times.

The "A" team which Jacob and Murphy ran for, totaled 270 miles, breaking the Striders' previous high mark of 254 miles which was set in 1972 when the group completed in their last marathon.

Other points of merit from the competition was the running of Sean Bennett, the youngest participant, who ran 21 miles and earned \$26.85. The marathon's oldest runner was 49-year-old John Leslie who turned in a 27-performance.

Jack Curran produced the most money, drawing \$326.05 while Elise Friedman brought in the most green stuff among the women running, with \$68.19.

Jacob ran the most miles for the men based on his times over the 28-mile distance. He averaged 4:51.9 while Murphy wasn't that far behind at 4:52.4

Representing the "A" Mohegan team were: Amby Burfoot, Jacob, Murphy, Walt Blanker, Jim Bulter, Julio Rodriguez, Pat Bulter, Hal Bennett, Tim Smith and Rick Fargo. On the "B" Mohegan squad were the following runners: John Brady, Ralph May, Bennett, Ron Howard, Chris Job, Jon Kornacki, Bruce Douglass, Wayne Hedding and Bill Billings. The "B" squad ran 232 miles, raising \$126.75. The Mohegan "A" team brought in \$239.52.

As a team, the Masters of Leslie, John Curran, Bruce Patterson, George Maine, Gene McMerriman, Bob Dempsy, Bob Carbray and Gerry Chester, made the most money, raising, \$623.65.

The Mohegan Women's team was comprised for Friedman, Janet Fortin, Lisa Sisco, Catherine Donahue, Pam Fortin, Dana Blonshine, Cheryl Thayer, Marcia Gilman, Thelma Gilman and Pam McMerriman. They earned \$238.65. All the runners in the group are members of the

Norwich Free Academy cross-country team.

The Westerly Track Club had a contingent made up of the following runners: Todd Collings, Al Winslow, Dave Allen, Docter Robert Recor, Jim Hirst, Dave Ottaviani, Tom McCoy, Docter Laperriere, Ray Noiles, and Frank Hanley. Westerly ran 249 miles.

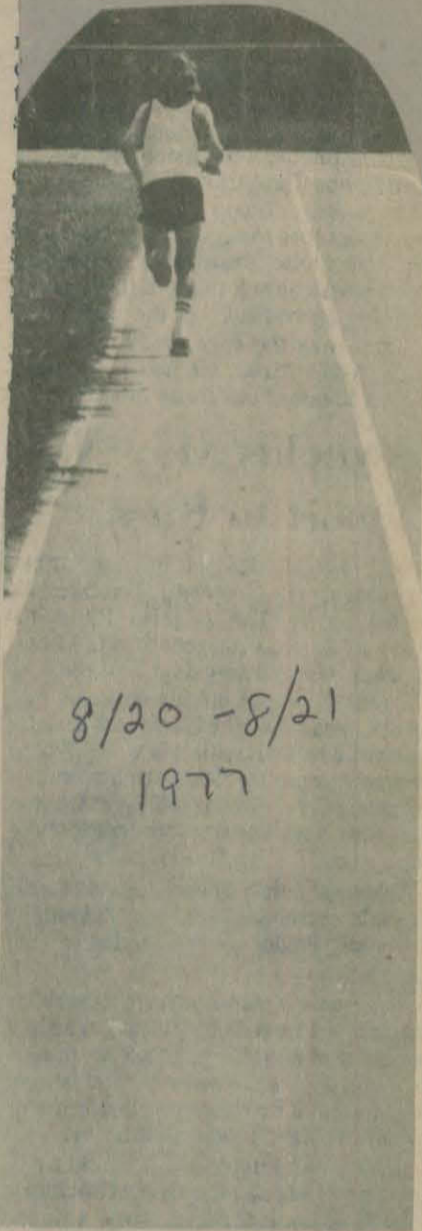
From 10 a.m. through midnight Saturday none of the runners in the marathon had dropped out. Over-all, only six runners had to withdraw from the competition out of the 47 who were entered.

Cries heard from around Fitch High into the night and early morning of Sunday were that of

"we'll never do this again." For most of the runners didn't lose their morale as times from the beginning miles through the closing ones weren't that far apart.

Each runner had about 45 minutes to an hour to rest between his mile runs. The format of the marathon is for each participant to run one mile and pass the baton on to the next runner and so on down the line until the ninth or tenth runner (depending on team size) has. Then the first runner begins his second mile.

It must have been an interesting way to spend a weekend and surely a very worthy one.



8/20 - 8/21  
1977

RUN, RUN, RUN — One of the 47 runners taking part in a 24-hour running marathon to benefit Big Brothers-Big Sisters rolls around the Fitch High track Saturday. The event, which concludes at 10 a.m. Sunday, was highlighted Saturday when talented distance runner Amby Burfoot, the former Boston Marathon champ, ran one of his mile legs barefooted in a "blistering" 4:21. (Bulletin Photo by Evans)

8/19/77

Whole lot of stridin' going on

# Marathon men set to go

**Groton**

The Mohegan Striders will sponsor a 24-hour marathon running event at the Fitch Senior High School this weekend. The event will start at 10 a.m. Saturday and will last until 10 a.m. on Sunday.

The Striders will be taking pledges and the funds raised from the event will go towards Big Brothers-Big Sisters of Southeastern Connecticut. Runners have been taking pledges recently and there will also be a place at the track with pledges and donations taken there. Donations can be straight donations or they can be pledged as a certain amount per mile. A goal of \$2,500 is hoped to be attained.

Groups of ten will be running in the event with each person in the group running four laps around the Fitch 400-meter track and then handing off to the next person in his group. Three teams from the Mohegan

Striders will be there along with two from the Westerly Track Club and squad from the Marines. No one will be excluded from running, so if there are extra people, they can run in groups of smaller size.

Many of the local runners will be there such as Wayne Jacob and Kim Murphy of Groton and Julio Rodriguez and Jim Butler of Norwich. Jack Curran, the president of the Striders, and Bob Carbray, the director of the run, will also be entered in the fun. Men and women of all ages will be running in this worthy event.

Interested people in making pledges or donations can make contact with any member of the Striders or can simply come to Fitch High during the event. Spectators are welcomed for the entire 24 hours of the marathon.

CONN. HFIU WOMENS TRACK  
Championship 1-22-78



The Mohegan Striders of Norwich placed two competitors in the points standings as Ellen DiGangi was second in the two mile with a time of 12:10 and came back to claim the mile walk in 10:20. Su Strawderman was third in the 60-yard dash. Mohegan totaled nine points.

*A run for the money*

Janet Fortin of Norwich takes her turn in a 24-hour relay run Saturday at Fitch Senior High School in Groton. The event, sponsored by the Mohegan Striders run-

nir 3 club, raised \$1,250 in pledges for Big Brothers-Big Sisters of Southeastern Connecticut. Fifty persons participated. All but four runners covered 28 miles.

At the risk of endangering my status as a charter member of the "Muddy River Rats," I make the following statement:

King Ratztail, you were wrong!

About 20 years ago, the "Muddy River Rats" offered me initial exposure to the world of fraternal organizations. Back then, at the ripe and well-seasoned age of five, my cousin and I each swore out eternal oaths and allowed ourselves to be imprisoned in a box of live black and green snakes and dead field mice, so that we could become blood brothers to Frankie Costa — alias King Ratztail.

Frankie, self-proclaimed as King Ratztail, was the meanest, toughest kid in the neighborhood. Parents would shiver as they watched their sons tramp off with King Ratztail, who lost his two front teeth chomping into a snapping turtle's shell. In addition to his gap-toothed grin, he was the only kid on the block with a "record" at the police station. Frankie became Plain Street's public enemy number one at the age of six when he pelted Officer Blake with some hard green grapes that he had stolen off Mrs. Gomez' prized vine.

Not only was King Ratztail the neighborhood ne'er-do-well, but he was in his more tender moments our resident philosopher. At least once a week, he would pass along a tidbit of wisdom that we were instructed to memorize, "cuz it'll help ya when ya gotta deal with grownups."

Among the more brilliant of his intellectual morsels were: "Girls ain't guys so don't expect 'em to spit on the sidewalk with ya" and "Swear words are just like all other words 'cept you gotta be grown up before you can say them without eating a bar of soap."

Another one of Frankie's gems involved the two kinds of people in this world.

"There's only two kinds of people in the world," the king proclaimed one hot August day. "There's fightas and there's runnas. Fightas nevah run and runnas never fight."

According to Ratztail, a person had to choose early in life whether he was going to be a fighter or a runner (that's "fighta" and "runna" in Massachusetts), but he couldn't be both.

Fortunately, I never really heeded the words of King Ratztail, who later went on to do time at Concord for stealing a police car, while Officer Blake snored away in the back seat. And it was amazing to proceed through life and learn how wrong Ratztail really was.

The king was especially wrong about "fightas" and "runnas" because one of Eastern Connecticut stubbornest fighters has been running since 1960, which was way before it became chic to travel long distances in sneakers from foreign countries.

To some track coaches in the area, Don Pirie of Uncasville is the kind of fighter that running needs to continue its increase in popularity. To others, he's a bit of a kook or a flake, but then again, what distance running enthusiasts aren't branded as kookey or flakey from time to time?

Pirie, who just turned 40, is a charter member of the Greater Hartford Track Club and a member of the Mohegan Striders. Both his sons, Don and



## Thoughts and Points

By Tom Perry

11/4/77

### Some 'Runnas' Are 'Fightas'

John, were outstanding runners at Montville High and both have since graduated.

Even though his sons have graduated and he no longer has a vested interest in the high school track scene, Pirie is continuing to fight the Eastern Connecticut Conference for what seems to be a logical rule change in the way the ECC runs meets within its league.

According to ECC boys' track rules, a distance runner can compete in only one race over a quarter of a mile, while sprinters can run in as many as three and field event competitors can also compete in as many as three.

"It's a rotten rule. It's just very unfair to distance runners, especially as those schools that give awards to the person who scores the most points over the course of the season," says Pirie, who has been fighting to get the rule changed since his sons, both distance runners, were in school.

This week, Pirie sent out letters to the athletic directors and track coaches of all eight ECC schools as well as this newspaper and the one down the river. Even though he has nothing personal to gain from the changing of this rule, he is still fighting to get it altered.

"Maybe now that both my sons aren't there any more, they'll listen a little more. They probably didn't listen before because they thought I was doing it as a father who wanted to help his own kid's cause," said Pirie.

The ECC athletic directors met Thursday and according to one of the AD's the matter will most likely be brought up because of Pirie's efforts. Of course the matter will have to go through the traditional league red tape before it can finally be changed, but chances are it will be changed.

The official explanation for the rule has varied. One ECC spokesperson said the rule is there for the protection of the athlete so greedy coaches won't over extend their runner by entering him in too many gruelling distance events.

This explanation is about as logical as his and her doormats. As Pirie points out, girls in the ECC are allowed to compete in three distance events and boys at ECC schools are allowed to compete in as many as four events in non-conference meets, which usually follow guidelines set in the National High School Track and Field rule book.

Another explanation for the rule was handed down off the record when one coach said, "Well, the rule was put in to protect the small schools from getting wiped out in the distance events by the bigger schools who usually have two or three good distance runners who double in the mile and two mile and kill the smaller school."

Pirie says this is closer to the truth. "The rule was probably put in when Waterford had so many good distance runners they wanted to protect other schools from getting swept in the mile and two mile," says Pirie.

This campaign of Pirie's has been going for several years now. Even though track season is still five months away, Pirie is pushing for the change now because in past years he was always told it was too late to change things.

"Now they've got no excuse do they?" he says, calling the ECC restriction "a backyard rule."

The "one-distance-event" rule is not the only fight Pirie is involved in. Presently, Pirie has a suit pending against the Connecticut Interscholastic Athletic Conference (CIAC) after a CIAC official at a state track meet stripped his son, Don, of a medal when he allegedly swore at the official.

"There's been some pressure on me to drop the suit, but I'm going through with it," says Pirie, who added, "you've got to let those people know someone is watching them. Sometimes they think no one out there cares how they do things."

The Pirie suit won't come up for at least another year and when asked why he's persisting in the matter, Pirie says, "It doesn't really matter to the kid anymore. But after it's all over I'll be able to sleep a little better."

Pirie doesn't consider himself a flake or a kook. "I know how hard these kids work and I don't think it's fair that some coaches can screw it all up for them," he says.

According to Pirie, track and field used to be such a "minor" sport that coaches more or less did what they pleased. But nowadays, the sport is growing such that it is in need of unbiased officials, just like the other sports have.

"It shouldn't be that way but it is," says Pirie, "track should be easy. You should just line the kids up and let them run and the one who comes in first comes in first and so on. It doesn't have to be as screwy as it can get."

If the ECC does change its silly rule, Pirie won't go away and leave the track people alone. "If they screw up again, I'll be back fighting," he says.

In the meantime, though, Don Pirie, who was second a few weeks ago in the Connecticut 5000 run for masters, will keep on being a "runna" and proving King Ratztail's theory wrong.



1978

# Whitty Sports Person of the Year

NORWICH — City Manager Charles C. Whitty is the tenth anniversary selection of the Norwich Sports Hall of Fame for its Sports Person of the Year award.

A committee announcement Wednesday said Whitty will be honored during the group's program May 13 at the VFW home on Central Ave.

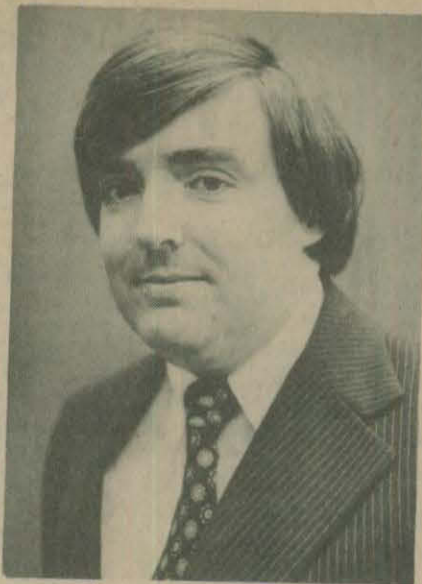
Whitty, the first native to hold the chief executive's post under the Council-Manager government, was cited for his volunteer work with youth and recreation programs, a committee official said.

"The committee feels Charley evidences the type of commitment to youth and athletics that is so valuable to young people and a community," a spokesman added.

While Whitty has been one of the more industrious of the municipal managers, he has budgeted time to handle coaching and other duties in youth programs, the committee said.

"He also has been a true friend of recreation in a most meaningful area — the city budget — where he has advocated appropriations at reasonable levels in a marked departure from patterns of past years," the committee added.

Whitty has been a manager in the Norwich Senior Little League since 1965 and he has managed the all-star squad on five occasions.



Charles Whitty

He was a co-founder of the Norwich Big League, a program for youngsters in the 16 to 18-age group. He served as league director from 1971 to 1976.

During that five-year period, Whitty also was a member of the Board of Directors of the Norwich Little League.

Whitty helped organize basketball programs at Sacred Heart parish in Norwichtown both at the CYO and Junior League levels. He has been

active in those programs since 1969.

Whitty coached the CYO team for four years and he has been coach of the Junior League team since 1969.

A graduate of St. Bonaventure University with a degree in history and government, Whitty holds a Doctor of Jurisprudence degree from the Villanova Law School.

He was named assistant city manager in August, 1970; he has been manager since February of 1973.

Whitty is a member of several civic and professional groups including the International City Management Association, the Connecticut Bar Association, the Southeastern Connecticut Manpower Advisory Board and the Area Agency on Aging.

He also is a member of the Mohegan Striders and an advocate of jogging.

Tickets for the program are available at the Thamesville Athletic Club, the organization that sponsors the Hall of Fame.

Previous winners of the Sports Person of the Year award have been Norm Rioux, a horseshoe pitching champion; Judy Fontaine, an outstanding track performer; Dot O'Neil, one of the nation's top tennis, badminton and squash athletes; Coaches Dick Cipriani, Tim Ryan, Bob McPhail and Gene McGrath; Jim Euell, a nationally-ranked runner; and City Recreation Director Dick Fontaine.

June 10, 1978

## Pfizer Fleet-Foots Honor Pirie — On the Run

The "Patriarch of Long-Distance Running" at Pfizer, Donald Pirie of Central Research, was honored by some 330,000 running footsteps offered by 54 fellow employees, members of their families, and friends.

The Donald Pirie Pfizer Spring Handicap was held after work on May 18 and covered a 4.9 mile distance around Eastern Point. Initiated by Ron Carroll and Jim Hamsher, the run reflects the effect that Pirie

has had on encouraging the sport. With a handicap system, it was possible for anyone to win by bettering his or her expected time.

The agony (or is it ecstasy?) on the faces of the valiant runners made it clear that this was no routine jog. The clearing weather and high humidity coupled with the short, steep uphill run on Rainville Avenue off Poquonnock Road — a stretch affectionately known to the jogging-shoe set as "The Bitch"

—took their toll on even experienced runners.

Adding to the excitement were the facts that runners from fifth to fifty-fourth place came in within seven minutes of one another for an exciting finish, and that all but nine of the entrants performed better than they anticipated.

Best time was posted by Ralph May, with 27 minutes, 54 seconds. Running Patriarch Pirie himself took on the course and his experi-

ence in numerous area races and Boston Marathons showed when he pulled in with a respectable 39 minutes, 39 seconds—just 9 seconds off his handicap.

Also in the running were Pfizer 1978 informal entrants in the Boston run, Tom Brennan, Bob Volmann, Paul Weeks, and Dick Adams as well as nearly all of the dedicated noontime joggers who come in early or work late so that they can enjoy their sport at midday.



BILL KROHN, right photo, shows a little of the strain after winning the final race on the original Mohegan Park course in the weekly Norwich Recreation Department road race series Thursday evening. Left photo, Amby Burfoot, right,

and Ray Crothers were reunited for the race, the 100th on the old course, and the long-time friendly competitors had a chance to talk about old times in the Park.

# Road race on Nov. 12 honors a non-runner

**LEDYARD** — Though Allan Morrison has never run a road race, the Ledyard Jaycees and the Park and Recreation Department will honor him Nov. 12 by hosting a seven-and-a-half-mile race bearing his name.

The 53-year-old Morrison has been active as a coach, trainer, timer, statistician and announcer over the years.

"I've watched road racing grow from nothing," said Morrison. "I never did any racing, but I was manager of the Stonington High School cross country team back in 1943-1944 when they were a prize winning team."

He explained that he watched runner Johnny Kelley of Mystic establish his career which included the 1957 Boston Marathon victory. "I followed Kelley," said Morrison, "and I saw the start of road racing in this area."

## Ledyard

As annual races were established in local communities, Morrison was always on hand to assist in some way. "I never dreamed that just doing that would be worthy of having a race named after me," he said.

The idea for an Al Morrison Road Race was conceived by Gerald Browning, girls' cross country coach at Fitch Senior High School. Browning is a friend of Ledyard Recreational Coordinator James Uhrig, and he suggested to Uhrig that the race be named to honor Morrison. Uhrig agreed and sold the idea to the Jaycees.

"Everyone in the area interested in racing knows Morrison," said Uhrig. "He has a lot of enthusiasm for racing, and also has a great knowledge of the sport."

Uhrig hopes to have about 150 runners compete. Amby Burfoot of New London, another Boston Marathon winner, and Kelley have both told him they plan to run.

The race is divided into four classes, with a men's

and women's division in each class. The open division is for runners ages 18 to 39, the masters division for those over the age of 40, and a high school and a junior division. T-shirts and merchandise prizes valued at over \$500 will be awarded to at least 100 finishers.

Race director is Daniel Strunk of Mystic, boy's track coach at Fitch.

The race will begin at 1 p.m. from Ledyard High School and travel down Gallup Hill Road, up Shewville Road, across Town Farm Road and back up Gallup Hill Road to the high school.

Police and race officials will monitor the course.

After the race there will be a gathering for participants at Billy Wilson's Ageing Still in Norwich. "That's Al's watering hole," said Uhrig, "so there will be a party up there with food and drink afterwards."

Entry blanks are available from the Parks and Recreation Department office located in Town Hall. Post entries will be accepted until 12:30 p.m. or the day of the race. There is a \$2 entry fee.



DON PIRIE — "Pfizer Patriarch of Long Distance Running"

## Final Race Slated on Mohegan Course

**NORWICH** — Although what is considered to be the ultimate in time is unlikely to fall, Thursday's running of the Norwich Recreation Department's 2.4-mile Road Race will be an historic as well as outstanding race.

It will mark the 100th running on the

old course through Mohegan Park. Because of traffic situations and other complications, the course will soon be changed.

Since 1965 many a runner has attacked the old course and times have been cut down considerably. The original mark was held by former NFA and Providence College runner Tim Smith who ran a 12:05.7 in 1965. Then along came Amby Burfoot and dropped that to a long-standing 11:34.6 in 1966.

Burfoot broke his own best in 1972 with an 11:20 and that held up until 1976 when Wayne Jacob, out of Fitch High, brought it down to 11:18. Two weeks later, Burfoot was back and retook the lead with an 11:13.

Then what most think is the ultimate time, an 11:11 was turned in by Bill Krohn last year. Krohn, who ran for NFA, is now at Manhattan College.

A total of 16 runners with the 20 fastest times have been extended invitations to compete in Thursday's race which will start at 7 p.m.

## Norwich Thanked

Editor:

As a participant and committee member of the Rose Arts Road Race, I want to extend a sincere thank you to those people and organizations who, through their unselfish support, helped to make the race the tremendous success that it was. Everyone who responded to our request for water along the route of the race deserve a round of applause. They were truly great and they were deeply appreciated by all the runners. This race is one of the finest in Connecticut and much of the credit for its popularity must go to the many people who tend the water stations and the spectators who cheered on all the runners.

The Rose Arts Road Race has drawn runners from great distances. When they return home and speak of their experience in Norwich they praise the people along the course who aided them and speak of the warmth of the city.

Over 400 runners thank Norwich.

**BOB MILES**  
Norwich

Wichita farm to help their aging...

The Mohegan Striders took the women's team title in the Rose Arts Road Race Sunday ... The team comprised Ann Dunham, Ellen DiGangi and Kathy Murphy and totaled 25 points ... The first Norwich woman to finish the race was Cheryl Thayer...

## Road Racing 11/13/78

Norwich Rec Department  
100th Road Race

Men

2.4 Miles

Open Division — 19 and Older

Bill Krohn, 11:14; Amby Burfoot, 11:22;  
Rob Huntington, 11:29; Nick Manuzzi, 11:57;  
Tim Smith, 12:02.

High School Division

Bill Murphy, 11:53; Bill Pedace, 12:00;  
Jim Sipperly, 12:42; Joe Sanford, 13:00; Al  
Rocha, 14:11.

Grammar School Division

Robbie Carbray, 15:33; Frank Kornacki,  
16:41; Tony Gentilella, 17:41; Chris Brown,  
17:43; Dave Kornacki, 18:38.

Senior Division

Ray Crothers, 11:35+; Hal Bennett, 12:46;  
George Maine, 13:15; Don Pirie, 13:36;  
Larry Settle, 14:14.

Women

1.9 Miles

Senior Division — 16 and Older

Sue Hoagland, 11:16+; Pam  
McMerriman, 11:37; Elise Friedman, 11:54;  
Lisa Sisco, 12:40; Amy Dunlon, 13:41.

Junior Division

Kathy Murphy, 11:49; Michelle Carbray,  
13:12; Emily Daniels, 13:14; Shirley Babbitt,  
13:21; Mary Beth Muldoon, 13:29.

+ New course records.



# Dillon, Huntington

**DANIELSON** — A record-breaking 398 runners battled the 80-plus degree heat Saturday to finish the three-and-five-mile road races climaxing the end of the Sixth Annual Springtime Festival.

A total of 233 runners participated in the five-mile race through the streets of Danielson, while 165 contestants were at the starting line for the three-mile competition. This year's participation surpassed the 1977 total of 355 with an increase of 43 runners.

Road race officials said this year's race will be remembered for the number of runners who dropped out of the race from heat exhaustion. The

sudden rise in temperature to over the 80-degree mark was cited as the reason for the high number of drop outs.

Runners in the three-mile race vied for awards in more than eight divisions.

Winners of the open division were Robert Huntington of Uncasville in first place and Michael Plaisted of Waterford placing second.

The five winners in the high school division were: Scott Eldridge of Jewett City; John Lahda of Manchester; John Ladd of Dayville; Bill Bleakley of Wilton; and David Joly of Danielson.

Taking first place in the women's division was Kim Johannsen of

*Griswold Wins...*

## Tops in Danielson

Pawcatuck. Debi Campbell of Jewett City placed second.

Winners in the 10-town resident high school division were John Ladd of Dayville and David Joly of Danielson.

The first place winners of various 10-town resident age divisions are as follows: Rory Suomi of Brooklyn, high school graduate to 29 years; Bruce Kosa of Woodstock, 30 to 39 years; Norman Bedard of Brooklyn, over 40; Susan Ouellette of Danielson, women's division; John Ladd of Dayville, 17; Kenny Veilluex of Danielson, 16; Brian Clark of Danielson, 15; Carol Liebscher of Danielson, 14; Eddie Larrow of Danielson, 13; and Jeffrey Taylor of

Quinebaug, under age 13.

Open division winners in the five-mile road race were Daniel A. Dillon of Boston, and Jack Mahurin of Springfield, Mass.

The top three teenage division winners were Nick Manuzzi of Uncasville, Chriss Wade of Waterford, and Jay Gallagher of Ledyard.

Masters division winners were Barrie Almond of Rocky Hill, Mike Law of New London and Eugene McMerriman of Norwich.

Veterans division winner was John Treworthy of North Haven. Carolyn Bravakis of Windsor Locks placed first in the women's division.



Bulletin Photo by Don Pirie

**AGE GROUP WINNERS** — Winners in the various divisions of the first annual Ft. Stantonok Age Group Road Races Sunday include from left: Kelly Hawkes, first girl in the fifth and sixth grade division; Mary

Bridge, first girl in the seventh and eighth grade division; Shawn Bennett, first boy in the seventh and eighth grade division and Robbie Carbray, first boy in the fifth and sixth grade division.

11/12/78

## Carbray, Hawkes, Bennett, Bridge Win Titles in Age Group Road Races

# Collins 'Psyched' To Battle 'Painful' Marathon

By KATHY KEEGAN  
COLCHESTER — Marshall Collins felt like a "pretzel" from body cramps during the final stretches of the Boston Marathon last year.

Monday, however, he is psyched to try again.

The 28-year-old Colchester resident will join approximately 5,000 other entries in the 26-mile, 385-yard Boston Marathon course Monday. Winning the race is "irrelevant", he says. In fact, he hasn't even thought about what the prizes could be.

Beginning in Hopkinton, Mass., the course will take him past an encouraging crowd of Wellesley

College girls, over the long, slow-climbing "Heartbreak Hill" near Boston College, through "thousands and thousands of people" gathered in Kenmore Square, on towards the finish line in Boston.

Collins has been training for two months now, running in the morning or at lunchtime around Hartford. Working as an assistant attorney general, he runs during lunch hour as an escape from the office, grabbing the "chance to recharge my batteries."

Running, however, is a year-round affair for Collins. Averaging 50 miles a week, he doesn't miss more than two or three days a month on the road. He runs for mere "en-

joyment." "It is a time to be by myself — there's nobody but me. It gives me time to think."

Although Collins claims he improves with each race, he does not consider himself a "natural runner." "Most people in the marathon are more or less like me — they have to work at it."

In high school, he was a sprinter, which he says involves little stamina. During college, he did not "do anything but get fat." Weighing in at 140 pounds, now, the 5'10" Collins said he weighed a good 40 pounds more before going on to law school.

He began running about six years ago. At first he said he could not run more than a mile, then gradually he increased until three years ago he entered his first five-mile race in Manchester, and "kind of got hooked on it."

He describes the Boston Marathon as "kind of like partying." People line the course offering water, ice cubes, or orange slices," all clapping and cheering even though you're in 3,000th place."

He equated the feeling to that of a Sunday golfer receiving a standing ovation.

Runners are a "pretty nice group," Collins said. "Running is different — it's not a 'Vince Lombardi is winning' kind of attitude."

Having run his first Boston Marathon last year, Collins said he

received encouragement, help and talk from his fellow competitors. In fact, he had a "bad experience" last year, but a competitor encouraged him enough to go on.

The day of the race had been hot, and he became dehydrated, losing 10 pounds during the race. About mile 24, he cramped up, feeling like a pretzel with some "nasty blisters," but another man said, "Come on, you can make it. There's only a couple more miles."

Collins pushed ahead, half walking, half running, and soon caught up to the same man on the side of the road. "I don't remember

if he came out ahead of me, or if I came out ahead of him — winning was irrelevant."

When he completed the race that day, he promised he would never run another marathon. But, two hours later over a cold beer, he said he was talking about how much better the next marathon would be.

"It's the ultimate challenge," Collins said. "You're beating yourself."

Collins is a member of the Mohegan Striders, a running club in Southeastern Connecticut comprised of about 150 members. For minimal fees, the members compete

on a team basis sometimes, receive a newsletter and "socialize," he says.

At this moment, Collins is probably sitting down to a breakfast of carbohydrates in the final hours before Monday's noon race start. His agenda for the weekend entailed eating a lot of pizza, spaghetti and peanut butter for quick conversion into energy.

As for being optimistic about Monday's race, Collins says he figures he can run the course in three hours, give or take some. His goal is simple — he wants to run the race and finish.



MARATHON PREPARATIONS — Marshall Collins (right) of Elliot Drive, Colchester, readies for Monday's Boston

Handwritten notes and stamps on a piece of paper, including a date stamp "Nov 12" and a circular stamp that reads "BOSTON MARATHON".



MARATHON PREPARATIONS — Marshall Collins (right) of Elliot Drive, Colchester, readies for Monday's Boston Marathon by repairing the soles of his running shoes while his son Randy (left) and daughter Magun watch. Collins says he is not too concerned about winning the more than 26 mile race — he just wants to finish for self satisfaction.

(Bulletin Photo by Keegan)

4/16/78 • NORW BULLETIN

## Road Race Set Nov. 12

By DEAN FESTA

**LEDYARD** — A party, prizes and a good course will be some of the benefits to any runner who takes part in the first annual Al Morrison Seven-Mile Road Race Nov. 12.

The race, which will begin at 1 p.m. at Ledyard High School, will be in honor of Morrison one of the area's most dedicated individuals to sports programs.

Considered by many as the father of running in the area, Morrison has served as an official timer, announcer, scorer, statistician, trainer and coach at numerous races in the region. Noted for his uncanny ability to remember names of hundreds of area road race competitors, he is honorary coach and lifetime member of the Mohegan Striders Running Club.

According to one Striders member, "Al is always there when there is a race in Eastern Connecticut. He'll always shake your hand and call you by your first name. If you want to find Al Morrison, all you do is finish. He will be the guy with the stop watch who makes sure you get your correct time.

James Uhrig, a member of the Ledyard Parks and Recreation Dept. and an area runner, has termed the race course an equal one. According to Uhrig, the race will begin on a flat road then gradually change to a fairly steep down grade. After the hill, the course will contain a three-mile flat and then begin an upgrade which will level out about a mile before the finish.

Uhrig has run the course and called it one of his favorites.

"The course combines hills and flats very equally. This is also one of the most scenic courses I have run. As a matter of fact when you get to the highest point in the race, you can see the ocean."

Uhrig also stated the race may include the likes of such area stand-outs as Amby Burfoot, John J. Kelly, Wayne Jacobs, Ray Crothers, Julio Murrillo Rodriguez, James Butler, Timothy Smith, Joseph Portelance, Kevin Overstrom and Gregory Senick. Uhrig projected the race may have as many as 150 contestants.

After the race, Billy Wilson's Aging Still will be the scene of a party for all the contestants. Food and drink will be served.

Merchandise prizes will be awarded to at least the top 20 finishers with awards being distributed to the top three winners in each category. Tee-shirts will be distributed to the first 50 finishers.

Eight categories available for men and women are: open, 18-39; masters, 40 and over; high school and juniors not in high school.

Contestants may pick-up applications at the Ledyard Town Hall. Pre-registration will be accepted at the Parks and Recreation Office at town hall until Nov. 10. Post race entries will be accepted the day of the race at the high school between 11 a.m. and 12:30 p.m.

Norw B 10/19

ARTHUR F. LAMOUREUX, JR.  
Director of Athletics

Douglas B. Sharples  
Cross Country Coach



TELEPHONE  
(203) 848-9251  
(203) 443-2458

ST. BERNARD HIGH SCHOOL "SAINTS"  
Athletic Department  
1593 Norwich - New London Turnpike  
Uncasville, Connecticut 06382

November 12, 1978

Mr. Al Morrison  
Wauvegan Hotel  
11 Broadway  
Norwich, Connecticut

Dear Al,

It is with extreme pleasure, that I write this letter, to express my happiness with the towns people of Ledyard, and the running community in general for choosing such a worthy individual as yourself, to honor, by naming a road race to commemorate your interest and gifts to us who coach and run.

I have seen you actively participating as an official, since I began my coaching career, and I have always appreciated your giving of your time to the youth of Southeastern Connecticut.

Al, I speak for all the coaches of southeastern Connecticut when I say, "Thanks for the years and the sacrifices". Congratulations!

Sincerely,  
Douglas B. Sharples



DEDICATED — A little snow doesn't seem to stop Robert Miles of Green Valley Drive in Montville from taking his daily jog Monday near the Maegod Farm on Rte. 82 in Salem.

1508 MILES  
GUESS WHO???



**500 faces, and twice as many feet, head for the hills**

(Day photo by Robert ...)

These 500 runners were on their way from Olde Mistick Village in Old Mystic for the five-mile "fun run" Sunday. The

course, a challenging, hilly route through rural Stonington, prompted one runner to say he was seeing stars, not cows and

trees, as he strained his way uphill. The winner was Bob Flora (number 175 at left) of Ledyard. About 1,000 runners turned

out for event, which also included a mile race over an easier course. See and additional photos on Page 27.

CAN YOU FIND THE MOHEGAN STRIDERS?

NL DAY  
4/2/79



1979



(Day photo by Robert Patterson)

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Bulletin Photo by Jeff Evans, Staff Photographer

THEY'RE OFF!!!

The 83rd Start of the Boston Marathon -- Other Photos on Page 21



# The 83rd Marathon

Joan Benoit, top photo, the first woman to finish in the 83rd Boston Marathon, is aided by Boston policemen while in the next photo New London's Amby Burfoot, who didn't run, ponders the many past races in which he was a contestant.

Ken Archer, the first wheelchair contestant to cross the finish line, rejoices in victory and Jim Butler of New London cools off, but for others more suffering showed as they huddled under "space blankets" in the emergency medical center in the Prudential Building. In the last photo, Johnny Kelley "The Elder", 71, sits in the Hopkinton High School locker room before the race.



Boston Marathon Top Eastern Connecticut Finishers			
Place	Name	Time	Town
336.	Jim Uhrig	2:31.19	Mystic
418.	Richard Fargo	2:33.51	Mystic
523.	Bill Marshall	2:36.15	Norwich
700.	Jim Butler	2:39.14	New London
813.	Stephen Lamb	2:41.24	Groton
1508.	Eric Swanfeldt	2:49.12	Uncasville
1557.	John Kelley	2:49.40	Mystic
1823.	Thomas Harding	2:51.46	Norwich
2165.	Michale Law	2:54.25	New London
2236.	Donald Wright	2:54.57	New London
2355.	Paul Pagano	2:55.46	Groton
2413.	Thomas McCoy	2:56.46	Pawcatuck
2598.	Alan Winslow	2:57.26	Pawcatuck
2603.	Richard Edmonds	2:57.30	Storrs
2706.	George Maine	2:58.16	Lisbon
2814.	Lawrence Littlefield	2:59.07	New London
3026.	Ambrose Burfoot	3:00.24	New London

Unofficial Times of Other Area Runners: Mike Hutchinson, Preston, 3:06; James Taylor, Storrs, 3:08; Robert Babbitt, Danielson, 3:13; Norman Bedard, Danielson, 3:17. Also, Bruce McMahon, formerly of Norwich and now from New Hampshire, 2:42.

## Boston Marathon Notes

# Norwich Doctor Did Fine, Thank You

By GLENN FELDMAN  
Bulletin Sports Staff

NORWICH — The phone in Dr. Jeremiah Lowney's Norwich office was ringing Tuesday morning with unusual repetition.

But it wasn't parents calling the good doctor for orthodontist appointments for their children.

They, instead, wanted to know how Dr. Lowney had fared in Monday's 83rd Boston Marathon, the first such race for the 42-year-old doctor who began running only a year ago this February.

Dr. Lowney crossed the Prudential Center finish line well in back of Bill Rodgers' record-setting pace of 2:09.27, but the Lebanon resident was ecstatic over his 3:43 performance.

"It was tremendous," Dr. Lowney said Tuesday afternoon. "I'm ready to do it again. It was just a phenomenal experience. I had a hell of a time."

Dr. Lowney began running, he said, for a little deviation from his ordinary day-to-day life. His jogging, though, quickly blossomed into a serious six-day a week proposition.

"Everybody knows I'm a little bit whacky," he said. "I was looking for some diversion. I never really did anything physical in my life except light a cigar."

So Dr. Lowney quit smoking cigars and took to the roads at 6 a.m. He lost 40 pounds and began running local road races.

About six weeks before the Marathon, he decided

to see if he could run 25 miles and he accomplished the feat with ease, doing it in less than 3:30.

Although he hadn't run a Marathon prior to Boston, he received qualifying exemptions as a member of the American Medical Joggers Association.

"I got in the race and I ran like hell," Dr. Lowney said.

And he added that he ran without his wife's blessings. "I ran against my wife's objection," said Dr. Lowney. "She kind of thought it was a bit premature."

But Dr. Lowney ran the 26-mile, 385-yard course without any problems and was, up until the monstrous Heartbreak Hill, running at a three hour clip. "It (Heartbreak Hill) just drained me."

**MARATHON MEMOIRS:** New London's Amby Burfoot, who covered the Marathon for Runners World, was timed in 3:00.24. But the runner wearing Burfoot's number (330) was in fact, Brian Oldham, coach of Marty Cooksey, the National AAU womens' marathon champion ... Strange sight at Hopkinton prior to the race — a runner smoking a cigarette ... A runner paraded around in a Superman contest at the start of the race but it didn't look like the man of steel was much of a marathoner ... Another runner, dressed in a tuxedo, ran the distance ... Hotels were at a premium in and around Boston ... No rooms were available anywhere within a 15 mile radius ... Rooms at the Sheraton were \$59

while the Hyatt Regency rooms were going at a \$75 clip ... A Japanese television crew, following second place finisher Toshihiko Seko resembled the Orient Express ... The foursome followed each other, one behind the other, with amazing speed and dexterity...

How large has the Marathon grown? Well, there were 600 press credentials given out by the efficient Prudential Public Relations staff ... In '68, the year of Burfoot's victory, there were only 900 runners ... The youngest of the press crew might have been 16-year-old Pat Riley of Norwich, who was taking photographs and notes as a member of the Bulletin staff ... Connecticut College marathoners, Muffy Tate and Carla Kaul each had a memorable first Boston run ... Tate finished in 3:23 and Kaul was four minutes behind ... They were the only officially entered women from Eastern Connecticut in the race ... Salem attorney Marshall Collins ran his first sub-three hour marathon with a 2:57.42 while Todd Pomazon, an unofficial entrant from Oakdale, was clocked in 3:30 ... The oldest area competitor, grandpa Glenn Stacey of Danielson, was timed in 3:43 ... The 55-year old marathoner said he was just glad to finish and added, "The first 21 miles were about the most fantastic thing. But the last five miles you kind of pay the fiddler." ... Runners planning to get ready for the '80 Boston Marathon better start working on it now ... That three-hour qualifying time will most likely be 2:45 to prevent another deluge of 7,800 runners ...

4/18/79

### The Running Tab

### Mohegan Striders



The six-year old Mohegan Striders of New London have about 200 members and about 50 of them are serious competitive racers.

Amby Burfoot, winner of just about every race in the state that has any history, is one of the club's members. Burfoot, Jim Uhrig and Bill Sanders combined to finish fairly high in the team standings at the 1978 Boston Marathon. Each were among the top 200 finishers.

The club has won the state AAU cross-country championship at Waveny Park in New Canaan, the state AAU marathon team title in Middletown and the 25-kilometer state championship in Middletown.

The club has an unstructured, fun-run program wherein club members meet on the weekends for long runs.

The Mohegan runners are the sponsors of the Rose Arts 10.5 miler in Norwich each year. Among the other activities of the club are a 24-hour 10-man relay effort and a yearly run-party for club members.

The club members do not have a weekly fun-run meeting and find that members come together at the many races throughout the state during the year.

One interesting story about the AAU-sanctioned club, which may suggest that the club is a popular one, is about some club parents who registered their unborn child as a club member. More information on the club

Norwich Bulletin 6-30-76

### Safer for Cyclist

Editor:

As one who lives close by one end of the Mohegan-Pequot Bridge, and who is employed close by the opposite end, I am distressed to find that I am prohibited from riding my bicycle to and from work.

Although the bridge is connected to the Connecticut Turnpike (from which bicycles are properly barred), it functions as an important local thoroughfare for the people on either side of the river. It is lightly travelled, possesses wide shoulders, and is, to my mind, much safer for the cyclist than Rte. 32 or Rte. 12.

It would be a simple matter to remove the prohibitory signs from the local entrances and to erect one past the Montville exit in order to prevent passage onto the Turnpike.

It is necessary for the State to assist the efforts of citizens to conserve fuel resources. Situations such as this only indicate the extent to which we are still in thrall to the automobile.

I would be glad to hear from anyone who wishes to lobby for this change.

STEPHEN H. CURTIN  
Uncasville

1562 Nuch-M.L. TpK.  
848-9043

SUPPORT THIS CAUSE

is available from Robert Miles (889-5842) or 15 Green Valley Drive, RFD No. 2, Norwich, 06360.

# Post Race Entries Not Accepted For Rose Arts Festival Run

By GLENN FELDMAN  
Bulletin Sports Staff

NORWICH — Although unpopular with roadrunners, a decision made by the Norwich Rose Arts Festival Road Race Committee made earlier this year should alleviate many of the problems connected with the start of the race.

Last January, the group — consisting of members of the Norwich Recreation Dept., the Mohegan Striders Association and the Rose Arts Committee — decided that there would be no post entries for this year's race, slated for Sunday, June 24.

What this means is that runners who plan on tackling the tough 10.6-mile race will have to get their race applications in the mail by midnight, Monday, June 18.

"We figure this is the best way we can do it," said race chairman Jim Butler. "It might not have been the most popular decision to make, but we had to make it."

Post entries are popular with road runners since many of them make it a habit of deciding to run at dawn of race day. Some, like Rocky Hill native and Hartford Track Club member John Vitale, show up just before the starting gun goes off.

But there will be none of that in this, the 13th running of the Rose Arts Race through the streets of Norwich. The only way a runner will be able to register is by mail or in person at the Norwich Recreation Dept. on Mohegan Road, by Monday.

Of course, there are exceptions to the rule. But you must have finished in the first 25 of last year's race or have been one of the first 10 women to cross the Chelsea Parade finish line.

All of last year's participants have been sent applications and, according to Butler, the race has been given prominent media coverage locally and in national running magazines. And, of course, with the stipulation that there are no post entries.

"Last year," recalled Butler, "it seemed like we had 100 runners lining up at the registration table with 45 minutes to go before the race started. We just don't have the staff to handle that."

There is a strict schedule to follow and should the race not go off as planned at 11 a.m. sharp, some of the slow runners might have to find a way to leap over a Central Vermont train which regularly makes its run through the city on Sunday before the noon hour.

"The race has to get off on time," stresses Butler, who will be running in the event for the ninth time, his first on the managerial end.

Butler expects anywhere from 400 to 500 runners and hopes that the field will exceed the record turnout of 438 runners last summer.

A total of 320 runners has already registered for Eastern Connecticut's premier race and they'll journey from as far away as Hawaii, California and Virginia to be a part of the Rose City's running extravaganza.

This year's field could be as strong as that of any road race in Connecticut, with the likes of four-time winner Amby Burfoot of New London, Norwich's Tim Smith, a sixth-place finisher in '78, Rhode Island's Bill Thornhill, a 10th-place finisher a year ago, and women's champ and record-holder Carolyn Bravakis of the Hartford Track Club.

Vitale, last year's open winner and course record-holder (52:33 in 1974), is thus far a questionable starter.

But two familiar names to the area, John and Robert Flora of Ledyard, have sent their applications in. John, a 10,000-meter world-class runner, would have to be considered the favorite if he does, in fact, show up. There still is a possibility he might not run because of other running commitments.

Westerly, R.I.'s fine masters runner, George Gardner, is also entered. He recently set a record in the 100-kilometer (about 62 miles) Lake Waramaug Race in northwestern Connecticut with a time of eight hours, 16 minutes.

Other locals entered include New London's Dave Raunig, Ben Peterson of the Coast Guard Academy, Mystic's Jim Uhrig, Norwich's Billy Marshall, Nick Manuzzi of Uncasville, Jim Crowley of Westerly, Patricia Swim of Stonington and masters runner Larry Hirsch of Rhode Island.

"I foresee a really strong field," says Butler. "It's a field with depth. It could be a smoker."

While many races are glutted with novices, the Rose Arts Race might keep many of the first-timers away because of the distance.

"You have to be a little more of a serious runner to run in this race," Butler feels. "A 10.6-mile race is a little more difficult to run than a five or six-miler."

The prizes and the entry fee have both increased this year.

Last summer, prizes were given to the top 25 male finishers and top three females. This year, 30 prizes will be awarded to the men and 10 to the women.

And, like inflation, the entry fee has risen as well, although it's still considerably less than many races and a bargain at only \$2.

For those worried about fluid intake along the course, about five water spots will be set up, but Butler urges residents along the race route to dispense water and ice cubes.

"The people have always been great," lauds Butler. "We just hope they can do the same this year."



John Vitale: Last year's winner



Bulletin Photo by Jeff Evans, Staff Photographer

LAURELS TO FLORA — Norwich Rose Arts Queen Basia Dziekonski places the laurel wreath on the head of Ledyard's John Flora who won Sunday's 10.6 mile Rose Arts Festival

Road Race with a record time of 52.11. Members of the Queen's court Deena Beausoleil (far left) and Nancy Brewer look on with Festival President Angelo Sanquedolce (far right).

## Race Notebook

By TOM PERRY  
Bulletin Sports Staff

NORWICH — For the first time in the 13-year history of the Norwich Rose Arts Road Race, the race committee used direct input from the Mohegan Striders and most of the 560 participants thought there were definite improvements in the race as a result of the move.

"From a runner's standpoint the addition of mile markers and timers made the race much better," said Carolyn Bravakis, the first female finisher. "Those things are very important to runners."

Bravakis and many other runners noted the 10.6 mile course was well watered. Runners who have participated in the affair since it first began said there was more water on the course this year than any other past year.

"I think more people stayed home this weekend because of the gas thing," said one runner. "It gave them something to do."

The Norwich Rose Arts Road Race has been handled by a committee headed by J. Roger Marien and while there have been runners on the committee the Mohegan Striders became actively involved this year because they felt they could help improve conditions for runners.

"More and more running clubs are getting involved in road races because there are some things about road races that non-runners can't appreciate," said a member of the Mohegan Striders, who asked not to be named.

Publicly things seemed to be smooth between the Striders and the old line members of the committee, but there were some internal communication gaps that could make the Striders reluctant partners in future races.

The marriage between the committee and the Striders took its first

(Continued On Page 17)



Bulletin Photo by Jeff Evan, Staff Photographer

*John Flora Took Charge From the Start in the Rose Arts Run*

# Striders Add to Road Race Success

(Continued From Page 15)

few steps on rocky turf when the Striders began pushing for the elimination of post-entries, which allow runners to sign up for a race at the starting line.

Like almost every other road race, the Norwich Rose Arts Run has grown in staggering proportions over the past few years and many runners grumbled last year that there had been too much confusion at the starting line.

So, for the first time in the history of the race, runners were not allowed to officially join the field at the starting line. This upset many people.

"It was not a unanimous decision," said Marien when asked about it.

Even though most of the runners had signed up in advance there was still some confusion at the starting line.

"We did have some problems with registration," said Mohegan Strider Jim Butler, who served as race director with Cathy Pineault of the Norwich Recreation Department.

"Cathy did a super job compiling things," said Butler. "And all the delays this morning were my fault.

We should have had the names listed in alphabetical order. I've got to take the blame on this thing."

Despite the fact, the relationship between the Striders and the committee was slightly strained, it certainly didn't show to the runners.

"I think it's good that they have runners involved with the planning of the race," said one of the participants. "This is my fourth time in this race and it was the best one yet.

"When runners get involved with the planning of the race at least you know it will be a race for the runners."

Once again many of the runners got to sing the carbon monoxide blues as a few "idiots behind wheels" refused to yield the right of way to runners.

According to runners, the worst problems were once again encountered in the Taftville area.

"It happens every year," said one of the Mohegan Striders. "This might sound terrible but I was kind of hoping a runner would get bumped by a car.

"When somebody gets hurt in this thing," he added. "Maybe that will change things."

The Rose Arts Road Race is many things to many runners but for lifelong Norwich resident Bob Sullivan yesterday's race marked the 10th anniversary of his first appearance in the event.

At the tender age of 14 going on 15, Sullivan and some Norwich Free Academy schoolmates (Everett Watson, Rob Huntington and Gary Mikutel) were among the 84 runners that finished the 1969 race behind winner Amby Burfoot.

Sullivan finished 77th in that race 10 years ago and decided to pass up running in the nine races that preceded yesterday's jaunt.

"I guess I just got used to going up to Canterbury Turnpike with a case of beer and being a spectator," said Sullivan, who decided in January that he's be a participant rather than a spectator this year.

"I've lost 30 pounds since I started running and I've just about quit smoking," he added.

Sullivan finished with a respectable 158th place finish. His time of 72:34 was considerably better than the 84:06 he ran as a 100-pound youngster.

AAU 21846



# Amateur Athletic Union OF THE UNITED STATES

THIS IS TO CERTIFY THAT THE  
MOHEGAN STRIDERS

having duly qualified in accordance with the Laws of the Association, is entitled to all  
the benefits and privileges of ACTIVE MEMBERSHIP in the  
Connecticut Association  
of the AMATEUR ATHLETIC UNION OF THE UNITED STATES

Expiration Date May 15, 1976

*Joseph R. Scalzo*  
PRESIDENT: AAU



CONNECTICUT  
*[Signature]*  
ASSOCIATION

AAU 12789

# AMATEUR ATHLETIC UNION



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Expiration Date MAY 1975

*David G. Poveras*  
PRESIDENT: AAU

*Richard E. Harkin*  
SECRETARY



ASSOCIATION  
*[Signature]*  
PRESIDENT  
*Frank O. Callner*  
SECRETARY



# Bill Krohn Captures No. Stonington Run

By KEVIN O'KEEFE  
Bulletin Sports Staff

NORTH STONINGTON — Norwich's Bill Krohn, battling a Saturday afternoon heat wave, easily claimed top honors in the eighth running of the North Stonington Festival 6.3 mile Road Race with a time of 33:31.

The Manhattan College senior, the 1979 IC4A two-mile track champion, finished 56 seconds and 300 yards ahead of runner-up Jim Crowley of the Westerly Track Club. Krohn competes for the Mohegan Striders, who won the team title with a point total of 24.

"It's been three months since my last race (a 4:04 outdoor mile against Rutgers) so this race gives me confidence," said Krohn after his finish. For the three weeks following his mile effort the Norwich Free Academy graduate suffered from a hip injury, but now he can be seen running between 8-10 miles a day through Norwich streets.

The confidence Krohn speaks of will be used next Saturday, when he will run a 10-mile road race as part of a quadathlon, that is, teams of four athletes competing in a canoe-swim-bike-and run contest. He will conclude his racing schedule with the Mt. Misery 10,000-meter race in Voluntown on July 28.

One hundred and forty eight runners started Saturday's race, held in conjunction with the annual North Stonington Fair. Race Director John Ames didn't know how many competitors survived the course, "but there's a couple runners in the hospital right now" he reported Saturday.

Crowley surrendered the race to Krohn even before the race got underway. "I knew when I saw Bill that he would win," he said. "I felt good just running behind him. After looking over my shoulder at four miles I knew I had

to worry about no one else." Third place finisher John Balsler of the River Valley Runners was clocked in 34:48. John Portelance of the Mohegan Striders placed fourth in 35:04, followed by teammate Julio Rodriguez in 35:34.

Krohn explained, "I figured Amby Burfoot, course record holder at 31:25, set in 1975) would be here and then ran a difference race as a result. If Amby was here I would of held back. Even today I went out too fast."

Krohn, who has never run here before but does admit he came here recently to run the course, took the lead within a half mile and was timed at one mile in 4:56, an almost entirely uphill segment. He was 10:08 with a 100-yard lead at two miles, 14:53 for three, 20:09 and 300 yards ahead at four, 25:19 for five, and 30:54 for six miles.

Women's winner Ann Dunham of Gales Ferry described the race course as "likeable, with water on the sparse side." The 22-year-old who trains 40 miles a week was clocked in 42:50 while placing 46th overall, and outdistanced rival Patty Swim of Stonington by 42 seconds.

"I knew the race was between Patty and me," stated Dunham. "The pace started out slow, I took the lead over Patty but I knew she was there."

"My goal was to keep her in sight, but Ann broke it open on the downhills," said Swim afterwards. "I'm still pleased — I see myself improving every race."

Other winners included Johnny Kelly of Mystic in the Master's division. The former Boston Marathon champion was timed in 36:35 and placed ninth overall. Second place went to Larry Hirsh of the Westerly Track Club, 12th in 37:10.

A special award went to Stonington's Brandon Graber. He was the first finisher from Wheeler High School, and finished 40th overall in 42:05.



Bulletin Photo by Padraic D. Riley

**KEEPING PACE** — Norwich's Bill Krohn manages to even stay ahead of bike rider during Saturday's North Stonington Road Race. Manhattan College runner outdistanced field to capture 6.3 mile race in 33:31.

## Bill Marshall Wins

WILLIMANTIC — Bill Marshall of Norwich set a course record of 26:21 to win the Windham County Knights of Columbus Third Annual Five-Mile Road Race Sunday.

Marshall, a member of the Mohegan Striders, finished 18 seconds ahead of runnerup Robert Walker of Hartford. Carlos Baze of Willimantic placed third in 26:47.

Baze was also the first Windham resident to finish. His time set a record for that division.

Jay Slonski of Canterbury was the first Master's Division runner to cross the line, in 30:17.

Karen Paalman of Willimantic finished the race in 33:43 to take first place and also set a standard in the Women's Division.

## Fun Runs for Women Begin This Saturday

NORWICH — Starting this Saturday morning at Norwich Free Academy, and continuing through the fall, women runners can join two non-competitive fun runs sponsored by the Mohegan Striders.

The director of the program, Bob Miles, reports that women of any age can run either a four mile or an eight mile course. Both will begin at NFA at 9 a.m. For more information, contact Miles at 889-5842, or Denise Marshall at 822,6175.