

UPON FOR THE TIME AND DATE. JOHN LIVES ON 7 EDWARDS STREET, UNCASVILLE, CONN., WHICH IS AT THE END OF GOLDEN RD., OFF ROUTE 32, DIRECTLY ACROSS FROM THE CAMEO RESTAURANT.

JUST AS A REMINDER TO ALL MEMBERS, THE CLUB SECRETARY, BOB CARBRAY R.F.D. SUNSET AVE. LEDYARD, CONN., WILL START ACCEPTING APPLICATIONS FOR MEMBERSHIP RENEWAL AND A.A.U. CARD RENEWAL STARTING 1 NOVEMBER 1972.

NORWICH, A COMMUNITY WITHIN THE GEOGRAPHICAL INFLUENCE OF THE MOHEGAN STRIDERS, IS SWIFTLY BECOMING A JOGGING MECCA. THE MOHEGAN PARK=N.F.A. AREA APPEARS THE MOST ACTIVE AS ONE CAN OBSERVE JOGGERS MOST ANY TIME OF THE DAY OR EVENING. HOWEVER, THE GREENVILLE, HAMILTON AVENUE, AND EAST GREAT PLAINS AREAS ALSO HAVE THEIR LOYAL JOGGERS, PLODDING AWAY DAILY.

THIS IS NOT TO SAY THAT ALL AREA JOGGERS ARE STRIDERS, BUT ONE CAN'T HELP NOTICE THE INCREASE IN THIS PHYSICAL EXERCISE SINCE THE CLUB ESTABLISHED ITSELF BACK IN APRIL. HENCE, ONE PART OF THE CLUB CONSTITUTION IS BEING BORNE OUT, "...PROMOTION AND ENCOURAGEMENT OF...JOGGING... AS A MEANS OF HEALTHFUL EXERCISE," (ARTICLE II)

THE MORE PEOPLE STROLLING BRISKLY DOWN THE ROADS AND THRU THE WOODS, DONNED IN SHORTS AND OTHER ECCENTRIC GARB, THE MORE FOLLOWERS THERE WILL BE. WHILE NORWICH MAY NEVER CLAIM EUGENE, OREGON'S TITLE- "JOGGING MECCA OF THE WORLD," IT CAN STILL SHOOT FOR SECOND PLACE!

THE STRIDERS COPPED THE FIRST ANNUAL CONNECTICUT A.A.U. 24-HOUR RELAY HELD AT FAIRFIELD UNIVERSITY ON 29 + 30 JULY. THE NORWICH BULLETIN GAVE FINE COVERAGE ON THE EVENT! SO WE WILL ATTEMPT TO PROVIDE SOME OF THE INTERESTING POINTS NOT COVERED IN THE NEWSPAPER ARTICLE.

AT 5:30 P.M. (8 HOURS OR 1/3 OF THE WAY) THE STRIDERS HAD ACCUMULATED EXACTLY 90 MILES WHICH INDICATED A 270 TOTAL MILE PACE, AND REMAINED ON THAT PACE THRU THE HALFWAY MARK, OR 9:30 P.M., AT 135 MILES. AT 3:30 A.M., OR 3/4 OF THE WAY THRU, THE STRIDERS HAD ACCUMULATED 200 MILES INDICATING JUST A SLIGHT SLACK OFF AND A TOTAL MILE PACE OF APPROXIMATELY 267 MILES. HENCE, THE STRIDERS WERE ALREADY FALLING BEHIND THE NEW ENGLAND RECORD PACE OF 269 MILES. AT THIS JUNCTURE EACH MAN HAD ACCUMULATED 20 SUPERB MILES. FOUR COMPLETE SEQUENCES LATER, OR 240 MILES, THE TEAM WAS DOWN TO 5 MEN STILL RUNNING, AS ONE SEVERE MUSCLE PULL (JIM EUELL), A STRAINED KNEE LIGAMENT (BRIAN HEIDTMAN), AND FATIGUE (ROB AND ROSS HUNTINGTON, AND JOE PORTELANCE) PREVENTED HALF OF THE TEAM FROM CONTINUING. FROM THAT POINT ON THE GOAL WAS TO SURPASS 240 MILES AND MAINTAIN A COMPETITOR ON THE TRACK AT ALL TIMES. AS IT TURNED OUT, THE STRIDERS WERE ABLE TO ACCUMULATE 253 MILES 1320 YARDS, WHICH PLACES THE TEAM IN TWENTY-NINTH POSITION ON THE MOST RECENT WORLD LIST.

EACH MAN'S MILE TIMES REMAINED FAIRLY CONSISTENT FROM THE START TO SUNDOWN, WITH TIME VARYING FROM 4:54 TO 5:30 (MINUTES PER MILE). INTERESTINGLY ENOUGH, TIMES DIPPED DRAMATICALLY ONCE THE SUN SET. TIM SMITH'S FIRST TWO POST SUNSET MILES WERE 4:38 AND 4:48, DUE LARGELY TO A TEMPERATURE DROP AND THE PSYCHOLOGICAL ADVANTAGE OF NOT BEING ABLE TO

SEE THE DISTANCE TO BE RUN, TIM HAD BEEN PREVIOUSLY AVERAGING ABOUT 5:03 PER MILE. EACH RUNNER NOTED A TIME DROP OF APPROXIMATELY 10-15 SECONDS. HOWEVER, THE LAST SIX HOURS OF THE TEST WITNESSED TIMES FROM EVERYONE IN EXCESS OF SIX, SEVEN AND EVEN EIGHT MINUTES!

DIET RANGED FROM SPAGHETTI, CHICKEN, AND HAM SANDWICHES, TO COOKIES, CANDY BARS, JUICES, HONEY, PRETZELS AND THAT ALL IMPORTANT COMMODITY BEER. A NEED TO REPLENISH ONESELF WAS EVIDENT THROUGHOUT THE ORDEAL. THOSE WHO DID SLEEP OR RELAX IN A RECLINING POSITION APPEARED TO TIGHTEN QUICKER THAN THOSE WHO STAYED UP, AWAKE, AND MOVING ABOUT AS ABOUT FIVE DID.

THE NIGHT HOURS WERE ILLUMINATED BY ONLY HALF A DOZEN COLEMAN LANTERNS. (NO WONDER TIM RAN THOSE SUB FIVE MINUTE MILES) MOST EVERYONE TOOK A SHOWER BETWEEN 6P.M. AND 8P.M. SATURDAY EVENING DURING ONE OF THEIR RESTS.

THE CLUB EXTENDS ITS THANKS TO LOIS BARRETT WHO HELPED WITH THE RECORD KEEPING, AND LENT HER MORAL SUPPORT, AND WHOSE PRESENCE KEPT US RELATIVELY SANE AND CIVIL FOR THE DURATION.

THE CLUB'S PARTICIPATION IN THIS EVENT CERTAINLY BOOSTS ITS REPUTATION IN THE RUNNING WORLD. THE RELAY ALSO YIELDED AN AUSTERE TITLE TO WILLIMANTIC'S ED REYNOLDS WHO SKILLFULLY MASTERED THE MOST CONSISTANT PACE THROUGHOUT THE ORDEAL. HE IS NOW TO BE KNOWN AMONG HIS FRIENDS AS "ANIMAL CANNIBAL" OR IS IT CANNIBAL AN...?? OH WELL. NEVERTHELESS OUR CONGRATULATIONS ED!!!!

Other 3 making up 10-man team:

Gene McMerriman

Mike Myshka

Jim Olson

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*****"TIM'S GRINS"*****

A QUOTE-----".....RUNNING AT ITS BEST IS AN OUTPOURING, A RELEASE OF TENSIONS,.. AN HOUR, TWO HOURS OF RUNNING SLIPS AWAY AS SO MANY MINUTES. WE BECOME TIRED, EXHAUSTINGLY TIRED, BUT NEVER UNHAPPY. IT IS WORK BUT ITS SEEMS ONLY FUN, EXHILARATING, SATISFYING FUN,.."

-PERCY CERUTTY-

24
26
14
64

16 new members