

###

##

VOLUME #1 OCT, 12, 1972 NUMBER 3

AS THIS NEWSLETTER GOES TO PRESS WE FIND THAT IT IS THE LAST ONE BEFORE THE CLUB SECRETARY WILL START ACCEPTING RENEWAL APPLICATIONS FOR THE COMING CLUB YEAR COMMENCING 1 JAN 73. IT SHOULD ALSO BE MENTIONED THAT ALL A.A.U. CARD RENEWALS WILL BE HANDLED BY THE CLUB SECRETARY AS WE WANT TO INSURE THAT ALL THOSE ELLEDGABLE BE LISTED WITH THE CONN A.A.U. AS CLUB MEMBERS. *****CONTACT BOB CARBRAY R.F.D., SUNSET AVENUE, LEDYARD, CONN, 06339. TELE. 464-6400.*****

*****CLUB RUN*****

AS A RESULT OF A SUGGESTION BY DON PIRIE, A STRIDER CHARTER MEMBER, AND SOME DISCUSSION DURING AN INFORMAL MEETING AT CLUB TREASURER JOHN MARTINS' HOME IN AUGUST, A SERIES OF CLUB RUNS HAS BEEN ORGANIZED. THE FIRST OF THESE RUNS WILL TAKE PLACE ON SUNDAY, 22 OCT 72 AT FORT SHANTOK STATE PARK AT 10:30 A.M. (TAKE RT. 32 SOUTH FROM NORWICH TURN OFF IS ON LEFT IMMEDIATELY BEFORE THE MOHEGAN PEQUOT UNDERPASS), WE'RE HOPING FOR A GOOD TURNOUT AS THIS RUN WILL TESTIFY TO THE INTEREST FOR THE PROPAGATION OF FUTURE CLUB RUNS. THE COURSE CONSISTS OF A TWO MILE LOOP AROUND THE STATE PARK AND IS ALMOST ENTIRELY ON THE GRASS AND THROUGH THE WOODS. WE INTEND TWO SEPARATE RUNS, ONE OF A SINGLE LOOP (TWO MILES) AND THE SECOND OF TWO OR POSSIBLY THREE LOOPS (4-6 MILES), WITH INTERESTED MEMBERS MAKING THEIR OWN CHOICE. HOPE TO SEE ALL OF YOU THERE.

*****2ND ANNUAL LEDYARD FAIR RACE*****

THE STRIDERS PROVED THAT THEY ARE READY TO MEET THE BEST AS THEY BUNCHED THEIR FIVE SCORERS IN THE TOP TEN AT THIS YEARS LEDYARD FAIR RACE. ON THE 9TH OF SEPTEMBER THIS YEAR, TIM SMITH (3RD), HENRY DARICEK (5TH), GENE MCMERRIMAN (6TH), MIKE MYSHKA (8TH), AND ED REYNOLDS (10TH) COMBINED FOR THE LOW SCORE OF 32 POINTS - A TREMENDOUS POINT TOTAL IN ANY MEET - TO COP A VERY NICE TEAM TROPHY, THE TROPHY IS ON DISPLAY AT CLUB SECRETARY BOB CARBRAYS HOME IN LEDYARD, CT. THIS WAS THE FIRST LOCAL RACE TO DISPLAY OUR SHIRTS AND THE SIGHT WAS QUITE IMPRESSIVE AND STIMULATED A TRUE AIR OF TOGETHERNESS. REMEMBER THE SHIRTS ARE A SIGN OF YOUR FELLOW CLUB MEMBERS - SAY HELLO; INTRODUCE YOURSELVES; GET TO

KNOW ONE ANOTHER!!!!

AL WILLIAMS (A CLUB MEMBER) DID A TREMENDOUS JOB IN COMBINING HIS INITIATIVE, ORGANIZATIONAL ABILITY, AND ROADRUNNING KNOWLEDGE TO AGAIN EXECUTE A FLAWLESS RACE. FROM THE CLUB AL, THANKS AGAIN!!!!!!!

*****ANNUAL BRISTOL MUM-A-THON*****

ON OCTOBER 1ST NEARLY TWENTY CLUB MEMBERS PARTICIPATED IN THE ANNUAL BRISTOL MUM-A-THON 8 MILE ROAD RACE, SOME FINE PERFORMANCES WERE RECORDED; THE MOST GRATIFYING BEING THAT ALL STRIDERS WERE ABLE TO FINNISH THE JAUNT, FORMER UCONN STANDOUT STEVE FLANAGAN, MADE THE MOST OF HIS FIRST OFFICIAL "LONG" RACE IN SOME TIME IN GRABBING A THIRD SPOT IN THE TOUGH FIELD PACED BY JOHN VITALE (1ST WHAT ELSE?), AND BOB LEES (2ND). OUR OWN GENE MCMERRIMAN COPPED 1ST PLACE IN THE SUB-MASTERS (34-40) DIVISION AND WAS JOINED IN THAT HIGHLY TOUTED TOP TEN CIRCLE BY ANOTHER OF OUR NUMBER, AL WILLIAMS. HENRY DARICEK WAS OUR SECOND MAN OVER ALL PLACING 15TH IN THE RACE, JUST TWO SPOTS AHEAD OF GENE. JIM VITAGLIANO, A VERITABLE TOWER OF STRENGTH COMING TO US FROM THAT SHADY ITALIAN UNDERGROUND, FINISHED A VERY RESPECTABLE 36TH, 30 PLACES AND SOME 3.5 MINUTES BETTER THAN THE PREVIOUS YEAR. THE RACE PROVED AN ENJOYABLE DAY FOR ALL, MAYBE WE'LL SEE MORE OF YOU THERE NEXT YEAR.

*****MANCHESTER FIVE*****

THE 23RD OF NOVEMBER MARKS THE DATE OF THIS YEARS ANNUAL "TURKEY DAY" RUN IN MANCHESTER ,CT. IT IS A VERY FAST FIVE MILE ROAD RACE AND THERE IS ALWAYS A LARGE FIELD OF RUNNERS PRESENT, LAST YEAR THE FIELD WAS HELD TO ONLY 250 RUNNERS AS A BLIZZARD THE PREVIOUS NIGHT LEFT APPROX, ONE FOOT OF SNOW AND VERY ICY FOOTING OVER THE ENTIRE COURSE, AS A TUNE UP FOR THE FAST PACE OF THE MANCHESTER FIVE, THE J. FRED MARTIN 4.25 MILE ROAD RACE IN MIDDLETOWN, CONN, (WESLYAN UNIVERSITY) ON THE 19TH OF NOV THIS YEAR, IS ALWAYS A GOOD ONE. THE BERNIE O'ROURKE DIRECTED, MIDDLETOWN ROAD RACES (OF WHICH THERE ARE NO LESS THAN 12 PER YEAR) ARE ALWAYS EFFICIENTLY RUN, WELL SPOKEN OF AND ATTENDED BY ROAD RUNNERS IN THE NEW ENGLAND AREA. I EXPECT THAT THE STRIDERS WILL BE WELL REPRESENTED IN BOTH OF THESE UNCOMING RACES AND IT WOULDN'T BE AT ALL SURPRISING TO SEE A COUPLE OF OUTSTANDING RACES FOR THE TEAM TROPHY'S AGAINST SOME VERY STIFF COMPETITION NOT THE LEAST OF WHICH ARE - C,C,A,A., HARTFORD TRACK CLUB, AND THE STRATFORD SPARTANS, HOPE TO SEE SOME OF YOU ON THE 19TH AND 22ND THIS YEAR,

*****WORLD CLASS MARATHONER*****

AS MOST OF YOU PROBABLY KNOW, FRANK SHORTER, OF THE FLORDIA TRACK CLUB AND MEMBER OF THIS YEARS UNITED STATES OLYMPIC TEAM, WON THE OLYMPIC MARATHON IN MUNICH IN THE NEAR RECORD TIME OF 2 HOURS, 12 MINUTES 19.7 SECONDS. CLOSER TO HOME, THIS IMPRESSIVE FEAT BRINGS TO MIND A COUPLE OF NAMES ON THE CONNECTICUT RUNNING SCENE, THESE BEING JOHN VITALE AND NORM HIGGINS. JOHN AND NORM BOTH QUALIFIED FOR AND RAN IN THE OLYMPIC TRIALS MARATHON HELD IN EUGENE, OREGON IN AUGUST OF THIS YEAR, THE OLYMPIC TRIALS MARATHON IS JUST THAT, A TRIAL, ONLY THE FIRST THREE PLACES COUNT SO THAT A 4TH PLACE FINISH IS JUST THE SAME AS 54TH PLACE,

BUT THE POINT HERE IS THAT THOSE INDIVIDUALS WHO DID PARTICIPATE IN THE TRIAL NEED HAVE NOTHING TO BE ASHAMED OF, THESE MEN WERE NOT JUST BEATEN IN A RACE BY A VERY GOOD RUNNER THESE MEN WERE BEATEN BY THE BEST MARATHONER IN THE WORLD TODAY, A WORLD CLASS MARATHONER, FRANK SHORTER, THIS IS A POINT INDICATIVE OF THE TYPE OF DISTANCE RUNNER AMERICA CAN AND IS PRODUCING TODAY AND IF CLUBS SUCH AS OURS CAN CONTINUE TO PROMOTE RUNNING AND PHYSICAL FITNESS THEN THE WORLD CAN LOOK FORWARD TO A GREAT DEAL MORE WORLD CLASS AMERICAN RUNNERS. -HEIDTMAN-

*****WALK-A-THON, A GOOD CAUSE*****

LONG WORKOUT FOR A GOOD CAUSE - AT 9 A.M. ON ~~SATURDAY~~ ^{SUNDAY}, OCT 22ND THERE WILL BE A 20 MILE WALK-A-THON FOR THE MARCH OF DIMES. HERE IS A CHANCE FOR SOME CLUB MEMBERS TO GET TOGETHER FOR A LONG WORKOUT AND ALSO SUPPORT A GOOD CAUSE. FOR FURTHER INFORMATION CONTACT BOB DEMPSEY R.F.D. 4 LEDYARD TELE., 464-6416. ALSO ON SUNDAY, OCT 29TH A 20 MILE BIKE-A-THON WILL COMMENCE AT 11 A.M. FROM THE WATERFORD SHOPPING CENTER FOR THE BENEFIT OF THE AMERICAN CANCER SOCIETY, THE ORGANIZER IS J.P. ROWAN, 6 VALERIE ST. WATERFORD TELE., 442-5576, AND HE IS SEEKING JOGGERS TO COMPLETE THE JAUNT. AGAIN, INTERESTED MEMBERS GET TOGETHER ON THIS.

*****STRIDER SHIRTS*****

THE LONG AWAITED STRIDER RUNNING SHIRTS HAVE ARRIVED AND A SECOND BATCH HAVE ALREADY BEEN ORDERED. THEY ARE PRESENTLY AVAILABLE TO ALL CLUB MEMBERS AT A COST OF \$4.55 FROM CLUB PRESIDENT TIM SMITH. TELE., 887-1518 IN NORWICH.

.SKIP 2

*****TREASURER'S REPORT AS OF 12 OCTOBER 1972*****

CASH RECEIPTS: 80 MEMBERS @ \$1.00	\$80.00
CASH DISBURSEMENTS: CONN A.A.U. MEMBERSHIP	\$25.00
POSTAGE, ENVELOPES, SUPPLIES-----	\$17.00
TOTAL DISBURSEMENTS	\$42.00
FUND BALANCE	\$38.00

*****NOTE--THE TREASURERS REPORT WILL BE PRESENTED IN ITS ENTIRETY IN ALL FUTURE NEWSLETTERS,*****

*****NEWSLETTER INFO***** THIS

NEWSLETTER IS THE THIRD OF WHAT IS HOPED TO BE A REGULAR BIMONTHLY PRINTING. THANKS TO THE DILIGENCE AND EFFORT OF OUR CLUB PRESIDENT AND HISTORIAN IT SOMEHOW GETS OUT ON TIME, HOWEVER THE NEWSLETTER NEEDS YOUR SUPPORT AND IDEAS. ANY PERTINENT IDEAS OR PERSONAL INTEREST ITEMS ARE ALWAYS WELCOME. THESE ARTICLE MAY BE SENT TO BRIAN HEIDTMAN, 27 MELROSE PARK, NORWICH, CONN. TELE., 886-1014. THE NEWSLETTER CAN CONTINUE TO GENERATE ONLY AS MUCH INTEREST AS THE CLUB MEMBERS PROVIDE. IN OTHER WORDS HELP!! LET'S GET SOME ARTICLES IN SAY WOT?

*****SCHOOL DAYS***** BEST OF

LUCK TO OUR SCHOLASTIC AND COLLEGIATE CLUB MEMBERS IN THEIR UPCOMING SEASONS. WE SINCERELY HOPE THAT THE CLUB WAS ABLE TO FURTHER THEIR DEVELOPMENT AND MAINTAIN AN INTEREST DURING THE SUMMER VACATION.

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

"...IN HIS ORDINARY LIFE, MAN HAS LITTLE CHANCE TO ESCAPE FROM THE HUMDRUM, THE ROUTINE. ATHLETICS...IS A PRIME ESCAPE FROM THESE IMPRISONING CONDITIONS - TO EXHALT IN OUR LIBERTY, FREE MOVEMENT, CAPACITY TO CHOOSE, OUR TRAINING SHOULD BE ONE OF ENTHUSIASM, NOT A DAILY GRIND UPON A GRINDING TRACK, ARTIFICIALLY HARD, HOW MUCH BETTER TO RUN WITH JOY, SHEER BEAUTY AND STRENGTH, TO RACE DOWN SOME DECLIVITY, TO BATTLE MANFULLY TO THE TOP OF ANOTHER..."