Tim Smith
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VOLUME #1 APRIL 28,1973 NUMBER 6

1973 B.A.A. MARATHON RESULTS

THE MOHEGAN STRIDERS WERE WELL REPRESENTED AT THIS YEARS BOSTON MARATHON, SENDING 15 OF OUR RANKS TO CHALLENGE THE POWERFUL B.A.A. AND NORTH MEDFORD CLUBS FOR THE TEAM TITLE. THIS YEARS FIELD OF APPROX. 1800, COUNTING THOSE RUNNING UNOFFICIALLY, WAS A RECORD TOTAL FOR THE YEARLY CLASSIC WHICH WAS WON BY AN AMERICAN, JON ANDERSON, FROM OREGON, THE FIRST AMERICAN TO DO SO SINCE OUR OWN AMBY BURFOOT DID IT IN 1968. SOME OF THE STRIDERS WHO WENT TO BOSTON THIS YEAR, WERE A LITTLE DISAPPOINTED AT THEIR PERFORMANCE, AND SOME WERE FORCED TO DROP OUT, BUT FOR THE MOST PART THEY REPRESENTED US WELL AND SHOULD BE PROUD OF THEIR EFFORTS.

LEADING THIS YEARS EFFORT FOR THE TEAM WAS RAY CROTHERS, THE INDEFATIGUABLE, WHO SPORTED A FINE 2:40:08, TIM SMITH WAS NEXT IN 2:40:50, GENE MCMERRIMAN 2:50:50, JIM VITAGLIANO, STEVE FLANAGAN, MARC GOTTESDIENER, AL WILLIAMS 3:18, JEFF JOHNSON 3:21, JOHN BARRY, BOB DEMPSKY ALL FINISHED.

I THINK THIS YEAR'S WAS A FINE EFFORT, AND FOR THOSE OF US WHO WERE UNABLE TO FINISH, ALL IS NOT LOST THERE WILL BE OTHER YEARS AND LOTS OF RACES TO COME. AND SO TO JERRY BROWNING, RAY PORTELANCE, AMBY, AND MYSELF, BRIAN HEIDTMAN, I SAY, "THAT ONE WAS FOR EXPERIENCE, WE'LL BE BACK NEXT YEAR."

MARCH 18TH MIDDLETOWN 10 MILER

LANKY JOHN LESLIE WHO HAS REALLY SHOWN A TREMENDOUS AMOUNT OF IMPROVEMENT SINCE JOINING THE CLUB, RAN A FINE RACE PLACING SEVENTH IN THE MASTERS DIVISION WHILE HIS LANKY SIDEKICK JIM ROWAN SLIPPED INTO TENTH SPOT IN THE GRAND MASTERS, BOTH WERE AWARDED MEDALS FOR THEIR PLACEMENTS. NICE GOING GUYS!!!!!!!

UP AND COMING ROAD RACES

SUNDAY MAY 6TH, 1973 - 25 KILOMETER CHAMPIONSHIP - MIDDLETOWN, CT.

SATURDAY MAY 19TH, 1973 - 3 + 5 MILERS - DANIELSON, CT.

RECENT CLUB RUN RESULTS

SUNDAY MARCH 11, 1973 - TEMP. 40'S - DRY AND WARM
1.64 MILES - ONE LOOP

1. J. RILEY 9:32 2. J. PIRIE 9:32 3. K. BURNS 10:13 4. PAUL CASEY 10:55 5. JIM OLSEN 11:07 6. RAY NOILES 11:37 7. RON HIGGINS 12:58 8. JIM ROWAN 14:51 9. DICK COOK 15:01 10. JOHN RILEY 15:05 11. PETE GARVEY 16:45

3.28 MILES - DOUBLE LOOP

1. JERRY CHESTER 19:21 2. ED REYNOLDS 20:13 3. BILL KROHN 20:31 4. JIM JAKUBOWSKI 22:04 5. BRIAN HEIDTMAN 22:17 6. JOHN LESLIE 24:29 7. TIM SMITH 24:30 8. RAY ROBERGE 26:26 9. WALT THOMA 26:29

SUNDAY APRIL 1, 1973 - TEMP. 30'S - COOL, DAMP, AND OVERCAST
1.64 MILES - SINGLE LOOP

1. K.C. BURNS 9:37 2. GERRY CHESTER 9:38 3. TOM RILEY 12:16 4. DICK ADAMS 12:58 5. MARTY RILEY 13:51 6. BOB CARBRAY 14:05 7. JOHN RILEY 14:19 8. LEO RICE 15:05.

TENTATIVE PLANS FOR A CLUB PICNIC

LETS START PLANNING FOR A CLUB PICNIC - LATE SUMMER OR EARLY FALL. PRIMARY CONSIDERATIONS AT THIS POINT ARE:
(1) A PLOT OF PRIVATE LAND FOR THE FUNCTION. (2) FOLDING TABLES, 10-12 NEEDED. (3) CONNECTIONS IN THE FOOD DEPARTMENT - BURGERS, HOT DOGS, CHIPS ETC. (4) BEER (AND SODA) CONNECTIONS. (5) A FEW WILLING HELPERS. PLEASE CONTACT ONE OF THE OFFICIERS IF YOU CAN BE OF SERVICE ON ANY OF THE ABOVE.

!!!!!!!!!!!!!!!IMPORTANT NOTICE!!!!!!!!!!!!!!!

THIS IS THE LAST ISSUE OF THE NEWSLETTER BEING SENT TO UNPAID MEMBERS.

A.A.U. COMMISSIONER

BRIAN HEIDTMAN IS THE NEW A.A.U. COMMISSIONER FOR SOUTHEASTERN CONNECTICUT ROADRACES. ANY INDIVIDUAL OR GROUP DESIRING A.A.U. CARDS OR ROADRACE SANCTION MAY CONTACT ME AT - 27 MELROSE PARK, NORWICH, CONN. 06360 OR CALL 886-1014.

6C

THE NEED FOR GOOD SHOES - WALT THOMA (OUR OWN)

THE FEET ARE PERHAPS THE MOST IMPORTANT PHYSICAL COMPONENT THE RUNNER DOES POSSESS. YET, IT IS THE FEET WHICH ARE GENERALLY OVERLOOKED, WHILE BEING OVERWORKED. DR. GEO. SHEEHAN, THE FAMOUS RUNNING PHYSCIAN, WHO INCIDENTALLY HOLDS THE MILE RECORD FOR RUNNERS OVER FIFTY, 4:47, SAYS THAT 90% OF THE KNEE AND LEG RELATED INJURIES ARE ATTRIBUTED TO THE FEET. AND YET THE FEET ARE BADLY TREATED AND POORLY TAKEN CARE OF. THE REASON IS THAT SOME RUNNERS HAVE ONE OR TWO PAIRS OF FAVORITE SHOES THAT THEY PRACTICALLY LIVE IN BECAUSE THEY ARE COMFORTABLE AND BROKEN IN. THIS IS FLIRTING WITH DANGER. TAKE A LOOK AT YOUR RUNNING SHOES NOW. ARE THEY WORN ON ONE SIDE MORE THAN THE OTHER? ARE THEY WORN ON THE INSIDE OF THE SHOE? DO THEY HAVE HOLES? DO THEY HAVE SUFFICIENT SUPPORT FOR YOUR ACHILLES TENDON? DO THEY HAVE ENOUGH CUSHION TO ABSORB THE SHOCK OF COMING DOWN ON YOUR HEELS AND FEET? THESE ARE JUST A FEW OF THE QUESTIONS A RUNNER SHOULD ASK HIMSELF. IF YOU ARE HAVING PROBLEMS WITH YOUR KNEES, FEET, OR LEGS, PERHAPS YOU SHOULD INVEST IN A NEW PAIR OF SHOES. NEW SHOES CAN PROVIDE INSURANCE AGAINST INJURIES AND POSSIBLE INSURE MORE ENJOYABLE TRAINING RUNS.

SMITTY'S STRIDER SUPPLIES

MOHEGAN STRIDER DECALS - $0.30 EA. OR 4 / $1.00
STRIDER SHIRTS - $4.55 EA.
CHOCOLATE BROWN SHORTS - $3.20 EA.
CONTACT TIM SMITH, NORWICH - 887-1518.

MARC GOTTESDIENER - DEALER - NIKE RUNNING SHOES AND ACCESSORIES

NIKE SHOES ARE NOW AVAILABLE AT TEAM AND VOLUME PRICES FOR ALL STRIDERS, FRIENDS, ETC.... CONTACT MARC GOTTESDIENER, 442-6141 (HOME - 447-2444) OR DROP IN AT HARKNESS DORMITORY, CONNECTICUT COLLEGE. BESIDES A COMPLETE SHOE LINE OTHER RUNNER GEAR CAN BE HAD.

HIGGINS' SPORTING GOODS

NORM HIGGINS OWNS AND MANAGES A SPORTING GOODS STORE ON THE OLD COLCHESTER ROAD IN QUAKER HILL VILLAGE. HIS INVENTORY INCLUDES TIGER SHOES, RUNNING GARB, BASEBALL EQUIPTMENT, FISHING GEAR ETC.

TIM'S GRINS

"....TRAINING FOR DISTANCE RUNNING IS MUCH MORE THAN A MERE MATTER OF MILEAGE AND INTENSITY: IT IS BEST THOUGHT OF AS WAY OF LIFE AND REACHES ITS HIGHEST LEVEL WHEN DEVELOPED WITHIN A MATURE AND WELL BALANCED PERSON....."

- J. KENNETH DOUGHERTY -

JUST A REMINDER!!!

MAY 6TH - 25 KILOMETER STATE CHAMPIONSHIP IN MIDDLETOWN. LET'S TRY AND MAKE THIS ONE OUR FIRST STATE CHAMPIONSHIP. HOPE TO SEE ALL OF YOU THERE.