

###

# #	### ##	### ##	### ##	# #	# #	# #	# #	#####	# #	#####
#####	#####	#####	#####	# #	# #	# #	# #	#####	#####	#####
# #	# #	# #	# #	# #	# #	# #	# #	# #	# #	# #
# #	# #	# #	# #	# #	# #	# #	# #	#####	# #	# #
#####	#####	#####	#####	# #	# #	#####	#####	#####	#####	# #
#####	#####	#####	# #	# #	#####	# #	# #	# #	#####	# #
# #	# #	# #	# #	#####	# #	# #	# #	#####	# #	#####
# #	# #	# #	# #	#####	# #	# #	# #	#####	# #	#####

VOLUME #1

AUG. 24, 1973

NUMBER 8

1ST ANNUAL GROTON ROAD RACE

THE STRIDERS HANDILY WON THE TEAM PRIZE AT THIS THE FIRST RUNNING OF THE GROTON 5 MILE ROAD RACE. THIS RACE WAS THE LAST ONE FOR AMBY SURFOOT FOR AT LEAST THE NEXT TWO YEARS, AS HE AND HIS WIFE SUE LEFT THE FOLLOWING DAY FOR SAN SALVADOR FOR A STINT IN THE PEACE CORP. AMBY GAVE HIMSELF A ROUSING SEND OFF AS HE BEAT JOHN VITALE AND THE REST OF THE FIELD TO THE TAPE. THE RACE DREW A VERY FINE FIRST YEAR FIELD OF 160 RUNNERS AND CO RACE DIRECTOR JERRY LENTZ (HIMSELF A STRIDER) WAS ESTATIC ALMOST TO THE POINT OF TEARS. THE RACE WAS EXTREMELY WELL ORGANIZED AND ALL WHO ASSISTED IN THE SUCCESS ARE TO BE COMMENDED.

1973 ROSE ARTS 10 MILER

THE STRIDERS EXPERIENCED THEIR SECOND ONE POINT DEFEAT IN AS MANY YEARS IN THE 1973 ROSE ARTS ROAD RACE. THE FRUSTRATION OF THIS STATISTIC, HOWEVER, SHOULD BE OFFSET BY A FEW VALID AND INSPIRING POST RACE THOUGHTS:

- (1) THE STRIDERS WERE ABLE TO PICK UP THE SECOND AND THIRD PLACE TEAM TROPHIES.
- (2) WITHOUT QUESTION THE STRIDERS HAD THE BETTER PERSONNEL BUT THE STRATEGY IN THE TEAM DESIGNATIONS BACKFIRED TO CAUSE US LOSS OF FIRST PLACE.
- (3) THE OVERALL CLUB PARTICIPATION WAS A SIGHT NOT SOON TO BE FORGOTTEN BY PARTICIPANTS AND SPECTATORS ALIKE.

THE TEAM PARTICIPATION AND TEAM SPIRIT HAS REALLY BEEN HEARTENING THESE PAST SEVERAL MONTHS AND THE NUMEROUS TEAM TROPHYS AND 120-PLUS MEMBERSHIP ROSTER ARE BUT TWO REFLECTIONS OF THIS SPIRIT. WE THINK THAT THE STRIDERS HAVE DONE WONDERS FOR PHYSICAL FITNESS AND ROAD RUNNING IN THE EASTERN CONNECTICUT AREA AND WE HOPE YOU WILL ALL TURN OUT AT THIS YEARS CLUB PICNIC (SEE STRIDER PICNIC ARTICLE BELOW) AND AGAIN WHEN THE CLUB RUNS RESTART.

NORTH STONINGTON FAIR 6 MILER

THE STRIDERS AGAIN SHOWING TREMENDOUS PARTICIPATION PACKED 5 CONSECUTIVE SCORERS IN PLACES 5 THRU 8, WITH STEVE FLANAGAN, RAY CROTHERS, GARY BURFOOT, TIM SMITH, AND HENCOCKER (THE HIGHLY RESPECTABLE) DICK ASHLEY LEADING THE WAY. THE CLUB EXTENDS ITS WARMEST WELCOME TO YOU, DICK, GLAD YOU'RE WITH US. MANY OF OUR YOUNGER MEMBERS HAD FINE PERFORMANCES, INCLUDING LENNY NASSER IN 16TH PLACE AND 10 YEAR OLD JOHN COURTNEY WHO RECEIVED A BEAUTIFUL TROPHY AND A WELL EARNED KISS FROM THE BEAUTIFUL FAIR QUEEN FOR BEING THE YOUNGEST RUNNER TO FINISH THE HILLY COURSE.

CONN. A.A.U. MEN'S TRACK AND FIELD CHAMPIONSHIP - 7.8.73

ON THE DAY OF THE ROSE ARTS 10 MILER, WHEN A MAJORITY OF THE STRIDERS WERE COOLING OFF ON THOSE ROLLING CANTERBURY TURNPIKE HILLS ONE OF OUR RANK WAS CARRYING OUR BANNER AS THE ONLY STRIDER ENTRANT IN A.A.U. T & F CHAMPIONSHIP, AT NEW BRITIAN, CT. GERRY CHESTER POUNDED OUT A FINE 10:05 3000 METER STEEPLECHASE WHICH WAS GOOD FOR SECOND PLACE BEHIND 9:47.8 WINNING TIME RECORDED BY JOHN DAWSON OF THE FAIRFIELD COUNTY STRIDERS. THIRD PLACE WAS A CLOSE 10:07. OTHER MEET HIGHLIGHTS: JOHN HEKEM'S 4:14 MILE WIN, AND BOB SMITH'S 1:55 HALF-MILE.

1ST ANNUAL CONNECTICUT BIATHLON - MIDDLETOWN

ROSS HUNTINGTON AND JOHN SPEAR OF THE STRIDERS FINISHED ONE-TWO IN THE FIRST ANNUAL CONNECTICUT BIATHLON WITH RESPECTIVE TIMES OF 26:38 AND 27:11. (ROSS GOT TO THE WATER IN ABOUT 17 FLAT.) THE EVENT CONSISTS OF A THREE AND ONE HALF MILE RUN FOLLOWED BY A HALF MILE SWIM AND IT DREW 47 COMPETITORS.

PAUCHAUG FAIR ROAD RACE

THE BATTLE FOR THIS YEARS TEAM PRIZES AT THE PACHAUG FAIR PROVED TO BE BETWEEN TWO STRIDER TEAMS. WE HAD 17 MEMBERS AT THIS YEARS RACE AND ALL BUT ONE RAN FOR EITHER "A" OR "B" TEAM. (DICK ASHLEY CAME LATE AND WAS NOT PUT ON A ROSTER) THE FINAL SCORE WAS "A" TEAM - 55; "B" TEAM 62, IT WAS ROY THOMA'S 12TH PLACE OVER MIKE CORMIER'S 21ST PLACE THAT CLINCHED THE VICTORY FOR "A" TEAM. THE RESULTS WERE 1. TIM SMITH (A) 2. GARY BURFOOT (B) 3. DICK ASHLEY (NO TEAM) 5. LARRY RICE (B) 9. JOE BANAS (A) 10. BILLY SHEA (B) 11. JEFF JOHNSON (A) 12. ROY THOMA (A) 21. MIKE CORMIER (B) 22. ROBERT DEMPSEY (A) 23. GEORGE MAINE (B) 24. BOB CARBRAY (B) 25. STEVE KORNACKI (A) 26. RICHARD KORNACKI (B) 27. JOHN MARTIN (A) 28. JOHN RILEY (A) 29. DOUG (SLIM JIM) SHARPLES (B).

*****TEAM TROPHY DISPOSITION*****

THERE IS NO SPECIFIC FORMAT TO THE DISPOSITION OF TEAM TROPHIES. IT IS HOPED THAT AS MANY MEMBERS AS POSSIBLE WILL EVENTUALLY RECEIVE A TEAM TROPHY. IT IS ALSO HOPED THAT EVERY TEAM MEMBER WILL EVENTUALLY RUN ON A TEAM THAT WINS A TROPHY - REMEMBER GUYS ---- WHERE THERE IS A WILL ----!!!!!!

TEAM TROPHY DISPOSITIONS TO DATE:

PACHAUG FAIR 1972	JOHN MARTIN
LEDYARD FAIR 1972	BOB CARBRAY
GROTON ROAD RUN 1973	BRIAN HEIDTMAN
NORTH STONINGTON FAIR 1973	BOB CARBRAY
ROSE ARTS 1973 (2ND TEAM)	GENE McMERRIMAN
ROSE ARTS 1973 (3RD TEAM)	JEFF JOHNSON
PACHAUG FAIR 1973 (1ST TEAM)	BOB DEMPSKY
PACHAUG FAIR 1973 (2ND TEAM)	LARRY RICE

GROTON REC RUNS

TUESDAY NITES AT 6:15 AT WASHINGTON PARK IN GROTON - 6 DIVISIONS
EACH RUN SEPARATLY.

GIRLS 9 AND UNDER	6:20 P.M.
BOYS 9 AND UNDER	6:25 P.M.
JUNIOR BOYS AND GIRLS	6:40 P.M.
13 - 15 YRS. OF AGE	6:50 P.M.
HOUSEWIVES!!!!	7:05 P.M.
SENIOR	7:15 P.M.

*****3RD ANNUAL LEDYARD FAIR ROAD RACE*****

THE ANNUAL LEDYARD FAIR ROAD RACE (8.87 MILES CERTIFIED COURSE) WILL BE HELD ON SATURDAY SEPTEMBER 8TH AT 10:00 A.M. RAIN OR SHINE!!! AL WILLIAMS, FELLOW STRIDER AND RACE DIRECTOR, ASKS ALL MEMBERS WHO PLAN TO RUN IN THIS YEAR'S RACE TO PLEASE MAIL IN THEIR ENTRIES EARLY. DON'T DELAY - DO IT TODAY!!!!

*****IMPORTANT NOTICE - ATTENTION*****

1ST ANNUAL MOHEGAN STRIDER PICNIC

ATTENTION ALL STRIDERS - ON SATURDAY SEPTEMBER 8TH, AT THE HIGHLANDS LAKE IN LEDYARD, CT., IMMEDIATELY FOLLOWING THE LEDYARD FAIR ROAD RACE WE, THE STRIDERS ARE PLANNING OUR FIRST CLUB OUTING. IT WILL BE HELD WITHOUT REGARD TO WEATHER. THE LAKE HAS SWIMMING, AND SOME PICNICING AREAS AVAILABLE, BUT THERE ARE NO BAR-BE-QUE PITS SO MEMBERS ARE URGED TO PLEASE BRING THEIR OWN OUTDOOR GRILLS, HIBACHIS, ETC. A MAP OF DIRECTIONS TO THE HIGHLANDS LAKE IS INCLUDED BELOW. MEMBERS AND THEIR FAMILIES (FRIENDS, GIRLFRIENDS, ETC.) ARE EXPECTED TO BRING WHATEVER THEY WANT TO EAT AND DRINK! WE ARE LOOKING FORWARD TO SEEING ALL OF YOU THERE. OUR RANKS HAVE SWELLED SINCE OUR LAST MAJOR GET TOGETHER AND MANY OF US DON'T KNOW ONE ANOTHER. IF ANYONE HAS ANY QUESTIONS PLEASE CONTACT TIM SMITH, NORWICH CT., TELE - 887-1518.

DON'T FORGET SATURDAY, SEPTEMBER 8TH - AFTER LEDYARD 9 MILER. SEE YOU THERE!!!



NEW BALANCE SHOES

THE NEW BALANCE ATHLETIC SHOE CO., INC. (CRIPPLE SOLE SHOES), 176 BELMONT ST., WATERTOWN, MASS. 02172 HAS INFORMED OUR CLUB SECRETARY, BOB CARBRAY THAT DISCOUNTS AMOUNTING TO APPROX. 25% ARE NOW AVAILABLE TO MOHEGAN STRIDERS. ADDITIONAL DISCOUNTS OF 10% CAN BE HAD WHEN 24 OR MORE PAIRS OF SHOES ARE PURCHASED AT ONE TIME. NEW BALANCE OFFERS WIDTHS FROM AA TO EEE IN SIZES 4 1/2 TO 15. FACTORY REPAIR SERVICE IS ALSO AVAILABLE FOR A NOMINAL FEE. FOR MORE INFORMATION CONTACT BOB AT: 511 SUNSET AVE., LEDYARD, CT. 06339 OR CALL - 464-6400.

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

"...ALCOHOL, EVEN IN EXCESS, DOES LITTLE DAMAGE TO THE HEART. ACTUALLY, IN MODERATION, IT IS USEFUL TO THE HEART SINCE IT SLOWS DOWN ITS ACTION..."

PERCY CERUTTY FROM
"BE FIT! OR BE DAMNED!"