

STEVE FLANAGAN AND RAY CROTHERS RECORDED FINE EFFORTS FOR THE STRIDERS TO LEAD THE CLUB TO ANOTHER TEAM VICTORY, STEVE CHASED HOME THE HIGHLY TOUTED JOHN VITALE, AS BOTH RUNNERS BETTERED THE OLD COURSE RECORD HELD BY OUR OWN AMBY BURFOOT, RAY FINISHED A STRONG FOURTH, FOLLOWED BY HENRY DARICEK (8), TIM SMITH (9), AND ROSS HUNTINGTON (13) ROUNDING OUT THE SCORING.

AL WILLIAMS, FELLOW STRIDER, ORGANIZED A TREMENDOUS RACE ONCE AGAIN AND IN THE PROCESS DREW HIS BEST FIELD YET, THE CLUB IS ALSO IN DEBT TO AL FOR SECURING THE HIGHLANDS PARK WHICH GREATLY ADDED TO THE SUCCESS OF OUR FIRST MOHEGAN STRIDER CLUB PICNIC,

NIKE RUNNING SHOES AND ACCESSORIES

NIKE SHOES AND OTHER RUNNING SUPPLIES ARE NOW AVAILABLE AT TEAM AND VOLUME PRICES. JOHN KELLEY'S DAUGHTER JULIE AND MARC GOTTESDIEMER HAVE A WIDE SELECTION OF RUNNING SHOES AND SUPPLIES. JULIE MAY BE CONTACTED AT 415 PEQUOT AVE., MYSTIC, CONN, 06355, TELE - 536-1849, MARC MAY BE CONTACTED AT LARABEE DORMITORY, CONNECTICUT COLLEGE, NEW LONDON, CT, TELE - 447-2444.

***** CLUB PICTURE PRINTS *****

AS OF THIS PRINTING THE ROSE ARTS CLUB PICTURE SHOULD BE AVAILABLE TO CLUB MEMBERS BY CONTACTING TIM SMITH, TELE - 887-1518.

THE RUNNER'S DIET --- BY WALT THOMA

IT IS A PROVEN FACT THAT WITH DIETARY CONTROL A RUNNER'S PERFORMANCE CAN BE DRAMATICALLY IMPROVED. THE EFFECTS OF DIETARY CONTROL ARE OBVIOUS. BY LOSING WEIGHT YOU CAN MAINTAIN A FASTER AVERAGE PACE AND ALSO HAVE A GREATER SUPPLY OF OXYGEN TO USE. IT IS ALSO TRUE THAT ALL RUNNERS ARE NOT ALIKE. THIS BRINGS US TO THE QUESTION EACH RUNNER ASKS HIMSELF. WHAT IS A GOOD DIET FOR ME? THERE ARE A VARIETY OF DIETS FOR THE RUNNER TO EXPERIMENT WITH. THEY RANGE FROM THE NATURAL FOODS DIET, CARBOHYDRATE-RICH DIET, AND PREPARATORY DIETS BEFORE RACES SUCH AS THE MARATHON. AWHILE BACK WHILE READING THROUGH "THE RUNNERS DIET BOOK" (PUBLISHED BY RUNNER'S WORLD MAGAZINE), I BECAME INTERESTED IN THE DIETARY EXPERIMENT OF FASTING. I NOW FAST REGULARLY ONCE A WEEK FOR 36 HOURS. I ALSO HAVE RUN ON THE DAYS THAT I WENT WITHOUT FOOD AND HAVE FOUND FASTING TO HAVE NO HARMFUL EFFECTS ON MY RUNNING. ON SUCH FASTS I HAVE LOST ON THE AVERAGE OF 3 - 5 LBS. PER 36 HOUR FAST. THE FEELING OF WEAKNESS, AND TIREDNESS, SOMETIMES ACCOMPANIED BY HEADACHES ENCOUNTERED ON FASTS, ARE SAID TO BE TOXIC RESIDUES BEING FLUSHED OUT BY THE BLOODSTREAM. THE INDIVIDUAL I READ ABOUT FASTED FOR 7 DAYS WITHOUT ANY NOTICEABLE HARMFUL EFFECTS AND FOUND THAT HIS COMPETITIVE PERFORMANCES IMPROVED THROUGH FASTING. WHILE FASTING MAY NOT PROVE PROFITABLE OR EVEN DESIRABLE TO EVERYONE, IT IS AN EXPERIENCE THAT IS WORTH TRYING.

***** WINTER CLUB RUNS '73-74' SCHEDULE *****

IF YOU ARE INTERESTED IN THE SUNDAY WINTER CLUB RUNS AT FORT SHANTOK, THEN RETAIN THIS SCHEDULE, YOU WILL NOT BE CALLED THIS YEAR, THE DISTANCES WILL AGAIN BE 1.65 MILES AND 3.3 MILES. STARTING TIMES APPROX. 10:30.

SCHEDULED DATES WILL BE AS FOLLOWS:
 DECEMBER 2ND AND 23RD; JANUARY 13TH AND 27TH;
 FEBRUARY 18TH AND 24TH; MARCH 10TH AND 24TH
 APRIL 7TH.

***** ATTENTION - IMPORTANT - CLUB MEETING INFORMATION *****

CLUB MEETING JANUARY 11, 1974 - FRIDAY 7P.M. SHARP. PROJECTION ROOM OF THE NORTON PECK LIBRARY ON THE N.F.A. CAMPUS. PLEASE BRING DUES. SOCIAL GATHERING AFTER THE MEETING AT A LOCAL PUB.

NATIONAL 20 KILOMETER CHAMPIONSHIP

GLOUCESTER, MASS. - OCTOBER 14, 1973. NATIONAL A.A.U. 20 KILOMETER CHAMPIONSHIP. ORDER OF FINISH - (1) BILL RODGERS 63:58, (2) DICK BUERKEL 64:21, (3) JOHN VITALE 64:34, (4) PAUL TALKINGTON 65:24, (5) TOM FLEMING 65:48, (6) DAN HOYNIHAN 66:56, (7) STEVE ELLIS <NT>, (8) KEN MUELLER <NT>, (9) STEVE FLANAGAN (MS) 67:33, (13) TOM DERDERIAN 68:32, (15) TERRY GALLAGHER 68:43, (17) RICK BAYKO 68:49, (19) TIM SMITH (MS) 68:54, (20) TOM ROBINSON 69:05, (21) WALT RENAUD 69:14, (24) PETER STIPE 72:09, (26) CHRIS CHAMBERS 70:32, (33) PETE KUCHINSKI 72:45, (44) VIN FANDETTE (HTC) 76:27, (45) TOM KNATT <NT> - 180 RUNNERS.

BRISTOL MUM-A-THON - 8 MILER

BRISTOL, CONN. SUNDAY, OCTOBER 7, 1973. THE MOHEGAN STRIDERS WERE WELL REPRESENTED AT THIS YEARS MUM-A-THON ROAD RACE, ABOUT 25 OF OUR MEMBERS SHOWED UP TO RUN IN THE COOL, DRY FALL WEATHER. LEADING OUR RANKS WAS RAY CROTHERS WITH A TREMENDOUS 2ND PLACE SHOWING BEHIND JOHN VITALE. GENE McMERRIMAN, AL WILLIAMS AND BOB DEMPSKY RECIEVED MEDALS IN THE SUB MASTERS DIVISION. JOHN LESLIE ALSO RECIEVED A MEDAL IN THE MASTERS DIVISION TO ROUND OUT A GOOD SHOWING BY THE STRIDERS FOR THE DAY.

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

"...A COLORLESS, SPARTAN LIFE IN WHICH ALL OTHER INTERESTS ARE SACRIFICED TO A SINGLE IDEAL IS NO EXISTANCE FOR A MAN INTENT ON ACHIEVING MENTAL AND PHYSICAL FITNESS...NOBODY, UNLESS HE IS A COMPLETE MORON, CAN EAT, DRINK, AND SLEEP ATHLETICS WITHOUT THE FUN THAT OUGHT TO BE THERE GIVING WAY TO DRUGGERY..."

-FRANZ STAMPFL-