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VOLUME #2

FEB. 28, 1974

NUMBER 1

***** 1974 ANNUAL MEETING *****

THE MOHEGAN STRIDER'S ANNUAL CLUB MEETING WAS FINALLY HELD ON FRIDAY, JAN 18, AFTER A POSTPONEMENT OF ONE WEEK DUE TO INCLEMENT WEATHER.

WALTER THOMA WAS ELECTED OUR NEW PRESIDENT, WHILE JOHN MARTIN AND BOB CARBRAY WERE RE-ELECTED TREASURER AND SECRETARY, RESPECTIVELY, ALSO ON THE AGENDA WAS A DUES INCREASE FROM \$1.00 TO \$2.00 PER CALENDAR YEAR.

ALL FORT SHANTOCK CLUB RUNS HAVE BEEN CANCELLED DUE TO LACK OF PARTICIPATION FROM THE CLUB MEMBERSHIP. IN LIEU OF THESE RUNS JOHN MARTIN HAS ORGANIZED SOME MIDDLE DISTANCE RUNS COMMENCING AT 9:00 SHARP EVERY SUNDAY FROM HIS HOME. ANYONE INTERESTED SHOULD PLAN TO MEET AT JOHN'S - 7 EDWARDS ST., UNCASVILLE (ACROSS FROM THE MAPLE ROOT RESTAURANT ON ROUTE 32).

THE MEMBERS PRESENT ALSO VOTED TO ESTABLISH TWO COMMITTEES, THE FIRST, A SOCIAL COMMITTEE, WILL LOOK INTO THE POSSIBILITIES OF A CLUB GET-TOGETHER TO INCLUDE FAMILIES FRIENDS, ETC, ANY MEMBER WITH SUGGESTIONS CAN CONTACT COMMITTEE MEMBERS JIM ROWAN, BRIAN HEIDTMAN, TIM SMITH, GARY MCMAHUS OR JOHN MARTIN. THE OTHER GROUP WILL CHECK INTO THE POSSIBILITY OF THE STRIDERS SPONSORING A ROAD RACE OR 24-HOUR RELAY. ONCE AGAIN, ANY IDEAS, PRO OR CON, SHOULD BE SUBMITTED TO COMMITTEE MEMBERS BRIAN HEIDTMAN, ROSS OR BOB HUNINGTON, RALPH MAY, WILFER ZINSE OR JACK CURRAN.

MANCHESTER 5 MILER - THANKSGIVING DAY 1973

TRULY A GREAT DAY FOR THE STRIDERS AS WE WERE THE ONLY CLUB TO PLACE THREE MEN IN THE TOP TEN FINISHERS OF THIS PRESTIGIOUS RACE.

OUR PRAISE GOES FIRST TO ANBY BUREFOOT, WHO FINISHED FIRST OVERALL IN 22:37, NEXT TO OUR OWN STEVE FLANAGAN AND RAY BROTHERS, WHO FINISHED 3RD AND 4TH RESPECTIVELY IN 23:25 AND 23:07. ONLY JOHN VITALE OF THE NEW HAVEN TRACK CLUB WAS ABLE TO PREVENT A 1-2-3 FINISH FOR THE

STRIDERS. THE CLUB'S TURNOUT OVERALL WAS TREMENDOUS FOR THIS ANNUAL CLASSIC.

LAST CLUB RUN RESULTS

SINGLE LOOP - 1.64 MILES - SUNNY 40 DEGREES

1. D. PIRIE SR. 9:59 2. D. PIRIE JR. 10:20 3. RAY NOILES 10:27
4. RALPH MAY 10:29 5. EARL PROULX 14:48

DOUBLE LOOP - 3.28 MILES

1. TIM SMITH 19:36 2. K.C. BURNS 20:05 3. DAVID STYGAR 20:42

***** 10% DISCOUNT *****

ANOTHER RETAIL OUTFIT HAS RECOGNIZED THE MOHEGAN STRIDERS AS "GOOD BUSINESS". OLYMPIC SPORTING GOODS ON MAIN STREET MORRICH AND BANK STREET NEW LONDON OFFERS A 10% DISCOUNT ON ITS SHOES TO CLUB MEMBERS - PRESENT YOUR CARD!!!!.

OREGON TRACK CLUB SUGGESTED WORKOUT
COMPLIMENTS OF NORM HIGGINS - CONN. SPORTING GOODS CO.

A RUNNER SHOULD HAVE TWO OR THREE HARD WORKOUTS A WEEK. BETWEEN EACH HARD WORKOUT HE SHOULD HAVE ONE OR TWO DAYS OF LIGHT WORK FOR 15 TO 30 MINUTES. THE DAY OF COMPETITION MAY BE COUNTED AS A HARD WORKOUT.

THE PROGRAM FOR A HARD WORKOUT MAY BE ANY ONE OF THE FOLLOWING:

1.) A CONTINUOUS RUN OF 15 TO 45 MINS. (START WITH SHORTER TIME, WORK UP TO LONGER TIME) AS FOLLOWS: RUN 440 YDS. TO 3/4 MILE AT STEADY PACE, THEN SPRINT 40 TO 50 YDS; WALK OR JOG UNTIL RESTED. SPRINT 40 YDS. STRIDE 440 YDS, THEN SPRINT AND REST. RUN UP A HILL IF AVAILABLE, TROT DOWN, THEN REST, BUT KEEP MOVING. KEEP REPEATING TIL TIME IS UP.

2.) RUN 440 YDS. AT 3/4 EFFORT, JOG 440; RUN 880 YDS. AT 1/2 EFFORT, JOG 880; RUN 3/4 MILE AT 1/4 EFFORT, JOG 3/4 MILE; RUN 880 AT 1/2 EFFORT, JOG 880; RUN 440 YDS. AT 3/4 EFFORT, JOG 440. FOUR 110 YD. SPRINTS AT 7/8 EFFORT.

3.) COVER 1/2 TO 2 MILES BY ALTERNATING A SPRINT OF 50 YDS. WITH JOGGING 140 YDS.

THE LIGHT WORKOUT ON ALTERNATE DAYS SHOULD BE 15 TO 30 MINUTES OF EASY STRIDING AND STRETCHING EXERCISES.

STRIDER SWEATS AVAILABLE

NORM HIGGINS NOW HAS SOME FINE LOOKING MOHEGAN STRIDER SWEATS AND T-SHIRTS. CONTACT NORM AT THE CONN. SPORTING GOODS CO. IN QUAKER HILL - PHONE 442-8364

UP AND COMING ROAD RACES IN CONNECTICUT

SUNDAY MAR, 4 - MIDDLETOWN, CT, - 26.2 MI, - BERNIE O'ROURKE-347-0444
SUNDAY MAR, 17 - MIDDLETOWN, CT - 10 MILES - BERNIE O'ROURKE
SUNDAY MAR, 31 - GREENWICH, CT - 15 KM - STEVE MORRIS - 966-0343
SAT, APR, 13 - ROCKVILLE, CT - 5 MI - JOHN GIULETTI - 872-2574
SAT, APR, 20 - GLASTONBURY, CT - 6.5 MI - ?????
SUNDAY APR, 28 - HEBRON, CT - 5 MI - JULES REBILLARD - 228-3357

***** IMPORTANT NEWS SHORTS *****

THIS IS THE LAST NEWSLETTER TO BE SENT TO THOSE MEMBERS WITH DUES STILL UNPAID. PLEASE GET YOUR DUES TO BOB CARBRAY, CLUB SECRETARY.

JOHN MARTIN IS CURRENTLY IN FLORIDA AND WILL NOT BE CONDUCTING ANY MIDDLE DISTANCE RUNS FROM HIS HOME IN UNCASVILLE. HOWEVER, FOR THOSE INTERESTED IN RUNNING ON SUNDAY MORNINGS BRIAN HEIDTMAN HAS ORGANIZED SOME RUNS FROM HIS HOUSE AT 9:00 A.M. DURING THE PERIOD THAT JOHN WILL BE AWAY. BRIAN LIVES AT 27 MELROSE PARK RD, IN NORWICH, JUST OFF OF THE NEW LONDON TURNPIKE. PHONE 886-1014.

TIM'S GRINS

"...I TRAVELLED THE WHOLE WORLD LOOKING FOR ADVENTURE AND FOUND IT IN MY OWN BODY..."

FROM AN UNKNOWN RUNNER
"RUNNER'S WORLD" DEC. 1973