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VOLUME #2  
PRES = WALT THOMA  
SECY = BOB CARBRAY

SEPT 10, 1975

NUMBER 10  
V.P. - JOHN LESLIE  
TRES - TIM SMITH

GROTON FIVE MILLER - JULY 6TH

Another fine effort by the Groton crew: Ledger, Lentz, Burfoot, et alter. 80-plus runners vied for about 30 quality prizes solicited from local merchants. Gutsy Bruce Clark set a torrid pace from the start taking Burfoot, Tommy Smith, and Wayne Jacob through a sizzling first mile. Burfoot and Smith managed a small cushion of about 15 yards at the flag pole (little less than half way) over Clark. With a little over a mile and a half to go, stomach cramps snuffed out Tommy Smith's dreams of unseating Burfoot's claim to number one spot. The race was hampered somewhat by a State Highway Department decision forbidding the inclusion of any State road in the course layout because the sponsors had not requested permission to use the State roads early enough. The course was completely new as a result of the State's decision. We sincerely hope that the State does not become too overbearing with its regulations as most present course layouts would be affected.

VOLUNTOWN 10,000 METER XC - JULY 26TH

Discount the spills, cuts, bruises, and other minor casualties and the result is a near-perfect, classy crosscountry race in the true sense of the meaning. There was a fine enthusiasm generated by both the sponsors (Voluntown Volunteers Festival Committee) and the 80-plus hill-and-dalers attempting this unique course. "Unique" also describes the prizes: market bags filled with corn on the cob, sweet peppers, cucumbers, apples, and a pound of hotdogs. About 14 bags were awarded to the top finishers in four divisions. There was quite a turnout despite the competition from at least two other established races: the New Milford 8.3 miler, and the Laconia 10,000 Meter N.E. Championships. Admittedly some of the terrain is exceptionally rugged and just plain dangerous, but this is the very reason that the race will be a popular favorite in years to come. The established record is 34:27 and belongs to Amby Burfoot. Amby ran along with Tim Smith and Glen Warder of Torrington through the unsteady footing of the first mile before assuming the lead. Smith wound up 2nd, with Mark Gottesdiener 3rd, Warder 4th, Rory Suomi 5th (even with a tremendous spill at the start), and Julio Rodrigues 6th. George Maine gave Vin Randetti a good go of it in the Masters division placing a close 2nd.

MIDDLETOWN BIATHLON - JULY 27TH

Another specialty race with a 3-plus mile run followed by a half mile swim. The club's top performer naturally was a runner - swimmer. Ralph May, a former collegiate swimmer, placed 19th out of a field of over 80 participants in 28:45. The winner was New Jersey's Russ Jones in 25:16. Gene McMerriman placed 25th with Joe Portelance 80th. Highlighting the club's efforts were the 69th and 73rd finishes of Steve Kornacki and Jim McMerriman. They finished 1st and 2nd in the junior division. Well done, men!

PASS YOUR NEWSLETTER ON TO A FRIEND OR ACQUAINTANCE.

PAUL BUNYAN MARATHON, BANGOR, ME. - JULY 19TH

The 6 1/2 hour trip proved worthwhile for Tim Smith and Rory Suomi as they placed 1st and 2nd in a field of 81 starters, 29 of whom succumbed to 80-plus degree temperatures. The course, starting and finishing at the University of Maine, wound through Orono and Bangor, was relatively flat with six minor hills, and had numerous water stops. Tim and Rory overhauled most of the leaders before the ten mile mark and finally caught New Canaan's Bruce Bond at the 15 mile point to command the front running. Tim worked for a small spread at the 20 mile mark and lengthened it from there to finish in 2:36:32 with Rory following up unchallenged in 2:40:06. Tim averaged 5:58 while Rory hit 6:06 per mile. They went thru the first mile in 5:35 and were in about 20th spot, but the weather eventually caught up with everyone. The marathon was held in conjunction with the Greater Bangor Open Track Meet held at the University. In that meet Vivian Volovar garnered a 2nd in the women's shot put. Tim noted and even tried what may be a new term in marathon running. Many runners, including Smith and Suomi actually stopped at the water stations with Tim taking as many as ten cups of water for sloshing purposes. Perhaps we should call this pause the "Rodgers Rest".

GUBBINS SIZZLES AT OCEAN BEACH - AUGUST 2ND

Long Island's Justin Gubbins found himself right at home and alone at the finish line in near 100 degree temperatures. Gubbins put an incredible five minute gap between himself and John Vitale and Amby Burfoot. Hard to imagine, but true! It was just an exceptional run by an already exceptional runner. Of the 117 starters, 18 never made it to the finish. 12 Mohegan Striders managed the oven-like trek with five of them in the first 15. The gathering in the Gam Building afterwards was the usual success with Bill Shea getting loaded again. Mark Gottesdiener hosted runners and friends at his beach later in the afternoon. A lot of good running dialogue was tossed around among the Mass., N.Y., and local runners.

CONN. 10,000 METER XC CHAMPIONSHIP - AUGUST 10TH

The Striders chalked up their fifth and probably most satisfying State Championship in New Canaan's Waveny Park, a rugged, fatiguing cross country layout. Having been beaten in '73 by 9 points and in '74 by 3 points, the Mohegans finally took it to the two-time defending champs and arch rival Fairfield County Striders. It took awhile to get settled, but once the four mile mark rolled around Burfoot (33:02), Suomi (33:26), and Smith (33:47) were right in the thick of the lead group. Amby proceeded to overtake Oregon Track Club's Bob Hensley (current record holder of 32:39 established last year) and Suomi began putting the pressure on the rest of the field as he was hotly pursued by Fairfield's Mike Cotton, an outstanding high school runner. Hensley was 2nd with Cotton 3rd in 33:22. The Mohegans: Burfoot 1st, Suomi 4th, Smith 5th, Mark Gottesdiener 6th in 34:10, and Julio Rodrigues 14th. On a team basis the club was: 1-3-4-5-10 for the lowest score ever of 23. Fairfield had 48 with the East Rock Track Club notching 62 points for third. On to the Nationals in November?

WISHING THE CLUB WELL

Jodi Canova, one of our junior members, says hello and wishes us much success. Jodi's running activities have been temporarily stalled due to calcium deposits on both knees and an accompanying disease known as Osgood Schlatters Disease. She still may continue actively in judo and recently placed 5th in the Nationals among ten other girls. Hopefully we'll have her back on the roads again in a few years.

FLO HUNTINGTON

Norwich has its own Kathy Switzer. (Kathy Switzer led the crusade for female participation in the Boston Marathon). Flo Huntington, mom of the running Huntington twins, is breaking down the self-consciousness barrier of women who wish to hop into the Norwich race runs: but don't. Flo became the first ever in her age group (19 and over) to enter the women's division. Hopefully, Flo's efforts will encourage more women to join in on the fun.

TO THE RACES

Sept. 7th - LEDYARD 8.8 Mi.; Sept. 14th - Middletown Masters 10 Mi.; Sept. 27th - Middlebury 10 Mi.; Sept. 28th - Newtown 5 Mi.; Oct. 5th - Bristol Muma-

**T'WAS THE NIGHT  
BEFORE BOSTON**

by John Linscott

T'was the night before Boston,  
and all through the Pru,  
The rumors were thick in the land  
of beef stew,  
At noon on the morrow one would  
break the hex,  
A runner would run—of the op-  
posite sex.

A girl in the race? she thought  
troubled Jock's slumber.  
Too add insult to injury, she  
would wear a number.  
Jock has sworn by his name, just  
as firm as a rock,  
"Nobody runs—less they're  
wearing a jock."

Jock scanned all the entries, and  
medical checks,  
Which attested to fitness, but not  
as to sex.  
"Now what's in a name? I'll find  
one that fits her"  
He checked every name, but he  
missed one—K. Switzer.

A "K" could be Karl, or a Kurt,  
or a Kim.  
This "K" stood for Kathryn,  
who's a her, not a him.  
So the plot has been hatched, now  
'till noon we must wait.  
For the big confrontation—our  
sports Watergate.

To The Races: Continued

Nov. 2nd - Middletown 10 Mi.; Nov. 16th - Middletown  
 2.7 & 4.25 Mi.; Nov. 27th - Manchester 5 Mi. TURKEY TROT; Nov. 30th -  
 National 10,000 Meter X C at Annapolis; Dec. 7th - Simsbury 10 Mi.;  
 Dec. 21st - Hartford Track Club Holiday 6 Mi.; Oct. 26th - Gardner Mass.  
 National 20 Kilo.

RUN FOR YOUR LIFE

Some thoughts to dwell upon: America's 1-2-3 finish in Boston gave Ron Hill (5th) new respect for American runners, who the British and the rest of Europe have always thought of as being soft. Ron feels that we are more likely overweight than not and are habitual auto riders rather than walkers. . . . Abroad, Circumference = Nationality. It seems that everyone with an abdominal circumference of 34 inches or larger is, no doubt, an American. The Obese American is indeed the Ugly American.

SHORTS

Olympic Trials for track and field will be held in Eugene, Oregon June 17th thru the 27th with the 1976 Olympic track and field events commencing July 23rd. . . . Ray Crothers is still alive and well and pledges himself to the Mohegan Striders, but a severe sciatic problem is keeping him off the roads. . . . George Maine is doing a great job of providing local running news for Rag Two, the New England running magazine. . . . Bruce MacMahon and Family have left us for New Hampshire. Bruce will teach at the high school level. Al Morrison's services have been welcomed by many a race promoter this year. Al has helped in every area including the weekly rec runs and specialty events. . . . Its sad to see the increase in entry fees for races, notably marathons. The August issue of Runners' World advertised fees ranging from \$3.00 to \$6.00. . . . After August 31st dues for the remainder of the 1975 year are \$1.00 for regular members and .25 for family members. These members will be in good standing until the end of the year. . . . The Groton crew has put together some neat specialty events this summer including a handicap two mile and a pentathlon.

LEDYARD PICNIC - SEPT. 7TH

We're planning a good time at the club picnic following the Ledyard Fair race. It'll be held at the Highlands Park, very near to the race course. Bring your own goods. Pond swimming available and also some volleyball and softball.

ROSTER ADDITIONS

Vic Altshul, M.D.  
 29 Winthrop Rd., G1frd.  
 06437

Bob Farwell  
 30 Mistuxet Av., Mystic  
 536-8213 06355

Graig LaBonte  
 56 Otis Street, Nor.  
 06360

Jerry Lentz  
 Hilltop Dr., Led.  
 464-9877 06339

Bruce MacMahon  
 New Hampshire

Gene McGrath  
 18 Wall St., Colc.  
 537-1209 06415

Gene McMerriman, Jim & Pam  
 39 Convent Av., Nor.  
 889-7154 06360

Bill Shea  
 5 Everett Av., Nor.  
 889-3495 06360

Sean Spillane  
 24 Podurgiel Rd., Uncasville.  
 848-9730 06382

ADDRESS CORRECTION:  
 Clem McGrath  
 5 Jaffe Ter., Colc.  
 537-5592 06415

"Out of the sad, mistaken belief that, as a man, I must do as all men do, I have turned my back a time too often."

Rod McKuen