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TOM HEWES MEMORIAL ROAD RACE - LEDYARD, SEPT. 7TH

Probably the Striders toughest competition yet in this classy 8.2-mile run. Sugar Loaf Mountain AC, led by Tom Derderian and Chris Chambers in 3rd and 5th respectively, and bolstered by a 9th, 14th, and 25th place, came up with a 56-point team tally. Amby Burfoot (2nd) and Tim Smith (4th) were just about able to offset the efforts of the competition's two top men, but in the end it was the Striders' depth that provided a comfortable 13-point winning margin. Three steady competitors, Rory Suomi (7th), Julio Rodrigues (12th), and Joe Banas (18th) collectively gathered an 11-point spread on their counterparts to assure Mohegan the victory. 15 other Striders also challenged this tough course, making the race one of the Club's highlights of the season.

NYC MARATHON - CENTRAL PARK, SEPT. 28TH

The Striders continue their quest for recognition on the national running scene copying 3rd place team honors in the talent laden 6th Annual NYC Marathon. Tim Smith, with a personal best of 2:26:03, placed 3rd behind Tom Fleming's record 2:19:27 and Bill Bragg's 2:25:20. Rory Suomi (9th), by far the youngest finisher up front, also clocked a personal best of 2:33:03. George Maine's 65th place (2:58:27) completed Mohegan's team scoring of 77 points. New York A. C. compiled an incredibly low score of 10 points, followed by Central Park Track Club with 33 points. Rob Huntington, finishing 72nd out of the field of 533 starters, realized his sub-three hour goal with a 2:59:35. The National A.A.U. Women's Marathon, run simultaneously with the men's race, drew 44 competitors. Surprise winner, Kim Merritt, clocked a sparkling 2:46-plus to outleg San Fernando's Micki Gorman. The girls placed 26th and 53rd respectively overall!

CHARLESTON, W. VA. 15 Miles - AUG. 30TH

Connecticut's John Vitale wins this big one. Amby Burfoot finished 13th in 1:20:36, about 3 minutes back of Vitale. Billy Shea, in a rare victory over Joe Banas (247th), clocked 1:30:09 (124th) to 1:40:54 for Banas. The guys really had some stories to tell and enjoyed their trip immensely.

NORTH KINGSTOWN, R. I. 9-PLUS MILES - AUG. 17TH

Rory Suomi must have more races in him for 1975 than any other club member. In this one B.A.A.'s Art McAndrew just nipped him by 7 seconds to grab top spot. Rory's 46:45 led the club featuring George Maine (53:40) in 14th, good enough for first Master's, and John Leslie (58:21) in 21st place. The tight team scoring was headed by Ocean State - 25, North Medford Club - 35, and Mohegan - 37.

FROM "SPORTSMEDICINE MAGAZINE"- JULY 1975

George Sheehan, M. D. and runner, answers two important questions in his article "Running Wild." Q. What about sudden death in athletes? A. "Where adequate investigation has been done, sudden death has been found to be due to some underlying disease not caused by the sport. The only life-threatening danger to healthful athletes is heat stroke. Several prolonged exertions in hot humid weather can kill the unacclimatized dehydrated runner."

Q. Is the athlete at hazard if he gives up his sport? A. "Theoretically the ex-athlete simply detrains. After a period of time he joins his nonplaying friends in their state of fitness, or cardiac thrust, and cardiac output. In actuality, the athlete who stops his sport, tends to continue eating at the same rate and therefore gain an excessive amount of weight. Some cardiologists speculate that this results in a fatty heart. More pessimistic are the mental and spiritual effects when the wholeness of the completely trained and conditioned athlete is abused by giving up the training that developed that privilege."

TO THE RACES

Nov. 9th, Waterbury 6-mi.; Nov. 16th, Middletown 2.7 & 4.25-mi.; Nov. 23rd, East Hampton 5.5-mi.; Nov. 27th, Manchester 5-mi.; Dec. 7th, Simsbury 10-mi.; Dec. 21st, Hartford 6.6-mi.

FOR THE RECORD

Club members, Wake Up! Let it be clear that your current officers are serving you more out of necessity than desire. Let's face it, no one wants to be an administrator, but we all must realize that any sustaining organization does not operate purely on a friendly association of people; administration is needed to make things happen. Its up to you - Are you going to allow those few individuals who have served you over the past years a chance to just pay dues and enjoy the Club as you have done, or are you going to hook those same few into carrying the administrative load for another year? Guess we'll see in January, huh.

MIDDLETOWN CHARLES ROBBINS 5-MILE - AUG. 24TH

24:37. Gene McMerriman, well on his way to recovery, placed 18th in the field of 100 runners. Gene, averaging 5:30/mi., had a real dog fight with nationally recognized Master miler Pete Dougherty who edged him out at the tape. Ralph May placed 27th, George Maine, running his 8th race of the week, placed 43rd while Pete Fox ran 66th, and John Martin 89th.

WHERE ARE THEY NOW?

During the school year we find our fellow members at all levels of the running scene. Gene McGrath and Doug Sharples are waging fierce battle on the high school slate as cross country coaches for N.F.A. and St. Bernards' respectively. Gerry Browning and Gerry Chester both work successfully with the women runners; Browning a highly successful women's cross country coach at Fitch High and Chester the originator and first coach of St. Patrick's parochial school girls cross-country team. Those doing some fancy leg work include Marc Gottesdiener, Conn College captain and course record holder, and Rory Suomi, top Southern Conn. State College runner. In the high school competition, Montville's John Pirie and Fitch's Tom Hobaica are two of the best up-front runners. Jon Kornacki and cousin Steve are helping N.F.A. as is Mike Plaisted for Waterford High and Mike Hoagland for Norwich Tech. N.F.A.'s girls team is bolstered by Judy Glenney, Pammy McMerriman, and Holly Kimsey, all underclassmen, and Mike Hoagland's sister, Susan, is leading the Gerry Chester coached St. Pat's team to victory in all of its three starts to date. And finally, the Cinderella Kids: Bill Shea and Joe Banas, alias Butch Cassidy and the Sundance Kid, alias Bobo and Yogi, actually are attending Johnson & Wales College in Providence on running scholarships! Its too long a story for this column, but they are truly there and they are truly running and studying. Best of luck to all in the big ones in November.

TWO SUNDAY MORNING RITUALS

Its that time of year again for those Sunday morning runs. Actually the runs never stopped; they have become ritual to a few, and hence have continued unbroken. There are two locations: Bob Dempsey's in Ledyard, featuring the usual company of George Maine, Gerry Browning, Bob Carbray, and Pete Fox; and John Martin's in Uncasville with the Piries', Len Kimsey, John Leslie, Walt Thoma, Tim Smith, Gerry Chester, Rob Huntington, et alter. Run your own pace; enjoy the Sunday morning.

UTOPIA

"... After reaching a certain level of fitness, one can seemingly run forever, and as mile after mile passes the runner is scarcely aware of running. There is a perfect gliding harmony of the body with the universe; a symphonic cadence of heartbeat, breathing, and footsteps that almost puts the runner in a hypnotic state. It is an incredible high that somehow combines the feeling of the closeness of earth, the movement of the wind and the runner's own finely-tuned body into a sensation of totality or immortality. And, ultimately it is the true and basic reason why dedicated distance runners run, and why they are never lonely." K. Switzer - marathoner and woman.

FOR A PIECE OF THE ROAD

The State Highway Dept. has hit too very close to home as they prohibit the use of state road for road races. We must act NOW; not wait until jogging is banned completely on these roads. The Mohegan Strider Executive Board has sent letters of appeal to Governor Grasso, the Dept. of Transportation, the State Police Commissioner, and the A. A. U.. The A. A. U. is also in receipt of a letter of grievance from this Club citing non-representation on the side of the amateur athlete in this matter. Copies of this letter have been forwarded to major Conn. running clubs and to The Running Experience, a Statewide running publication. Think about it: What are you paying A. A. U. dues for? What has the A. A. U. done for you? Please address your grievance to them. Al Williams, organizer of the Tom Hewe's Ledyard road race and also a club member requests that letters be sent to William W. Stoeckert Executive Secretary, State Traffic Commission, 186 Newington Rd., West Hartford, Ct. 06110. Please report your observations as to the vehicular traffic on Ledyard Fair Day and compare it to the old course.

ELLISON "TARZAN" BROWN

Died August 23, 1975. 61 years old. Run over by a van in the rear lot of the Wreck Bar at Misquamicut Beach, Westerly, R.I. Admitted to the Indian Athletic Hall of Fame in November 1974. Brown was a natural runner; as successful as he was unorthodox. Trained as a boy to run barefoot through woods, he was known to take off his running shoes midway through a marathon to finish barefoot without blisters. Brown's trainer, "Tippy" Salimano said that Brown was one of the best marathoners in the world and he proved it as he ran and won two marathons within a 24 hour period. "He had his own way of living, and he lived it." He reportedly sold many of his trophies and medals for food and clothing to help his family through the lean years after his racing days were over. May he rest in peace.

SHORTS

Olympic marathon trials will be held in Eugene, Oregon on May 22, 1976 with a qualifying time of 2:20 required between Sept. '75 and Apr. 8, '76. . . . Conn. A.A.U. long distance chairman Vin Fandetti comments on the Mohegan Striders desire to represent Connecticut in the National A.A.U. 10,000 meter X-C Championships in Annapolis, Md. "This team is the strongest ever put together by any Connecticut club. They can win this big race." . . . Ross Huntington, now with the Mississippi Track Club, ran a personal best 2:44:05 in the Rice Festival marathon in Louisiana. . . . The Sept. issue of Runner's World contained some thoughts of club member Vic Altshul in Readers' Comments regarding the sub-three hour Boston cutoff. . . . Thanks go out to Al Williams for the fine race day in Ledyard, especially the picnic in which we were joined by other friends, notably Sugar Loaf Mountain A.C. . . . The Club constitution has been revised and will be offered for your consideration and acceptance at the annual meeting to be held on Jan. 16th at 7 p.m. in the Norton Library at N.F.A. . . . New style shorts (\$4.50) and shirts (\$5.00) available at John Martin's, 848-9761. . . . Upcoming articles in Yankee Runner magazine include a Club profile and an article on Wil Zinser, titled "The Last of the Mohegans"; both articles written by George Maine.

ROSTER ADDITIONS

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PEACEFUL HOLIDAYS TO ALL!