

A Mohegan Strider Publication

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Treas. Tim Smith

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VOLUME #2

JAN 1, 1976

NUMBER 12

ANNUAL MEETING JANUARY 16, 1976 7 P.M.

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THE STRIDERS IN NATIONAL COMPETITION

National 20-Kilo (12.4 mi.) Gardner, Mass. 10/26/75. The Striders knew that they had been in a scorcher after the smoke settled from this field of entries which hailed from all over the country. As one runner commented upon sizing up the starting line, "There are no converse sneakers in this group: its a class field all the way." Although only 100 runners participated, the spots up front were dear, and guys like our own Tim Smith (66:37) and Rory Suomi (66:41) had to settle for 28th and 30th spots, and could not attribute it to having a bad day. Amby Burfoot paced the Club with a 5th place 62:50, an incredible 2 1/2 minutes behind surprise winner Dave Babiracki of the San Fernando Track Club. Joining Burfoot, Smith, and Suomi in the team score were Kim Murphy in 49th and Rob Huntington 53rd. These five combined for a fifth place finish behind the Greater Boston Track Club, NYAC, Summit AC, and the Washington D. C. Road Runners. Backing the top five were Julio Rodrigues 65th, Joe Banas 78th, and Joe Portelance 120th.

National 10,000 M. X-C Annapolis, Md. 11/30/75. The most sought after National title both on an individual and team basis: coach Billy Squires of the Greater Boston Track Club stated it best after analyzing the race entries: "The entries include 110 national title holders of some running event." Its easier to mention who wasn't there (Frank Shorter), than who was there (everyone else was there). Amby Burfoot, not especially fond of grassy terrain, took advantage of a good start and a comfortable race pace set by Marty Liquori to hang on for 13th spot, 24 seconds behind the winner. Liquori used his 3:50-plus speed in the last hundred yards to pass four runners and grab 9th spot. Steady Rory Suomi (31:43) and valuable new comer Kim Murphy (31:45) finished 152 and 153 respectively with Tim Smith and improving Julio Rodrigues bunching in at 216 and 219. Rob Huntington (34:00) finished a strong 251 out of the 350 starters. Outside of an incredible 31 points compiled by the winning Colorado Track Club, the Striders 15th place score of 369 compared favorably to even the second place NYAC combined score of 126 points. There were 29 teams in the final standing. The race was captured by Greg Fredericks (28:57) of the Philadelphia Pioneers. Former Mohegan Steve Flanagan placed an amazing 8th to aid Colorado in putting its first five in the top 25 runners. High school sensation Alberto Salazar finished 24th in 29:39.

NORTH HAVEN 5,000 M. OCT. 26, 1975

John Leslie leads our Club in the Masters Division (9th) with Jack Reilly 32nd. John Martin places 6th in the Veterans Division.

RECYCLE YOUR NEWSLETTER
GIVE TO A FRIEND

ALEXANDRIA'S TWO BRIDGES ULTRA-MARATHON (36 Mi.) OCT. 26th, 1975

George Maine: It started in front of City Hall at 8 a.m. Sunday. It was clear and crisp. 75-plus starters lined up to take the tour via bicycle paths and bi-ways to Mount Vernon and return; then up to D.C. around the Jefferson, Washington, and Lincoln Monuments and return to City Hall. All of the above took place within a time span of five hours for most, and exactly 36 miles.

The mixture of surfaces was there; dirt, cement, wood, bricks, sand, crushed stones, and pebbles. The sun was out but there were plenty of shade trees. And there was a cool wind.

There was plenty of water, gatorade, and oranges at every five mile increment. Most important there were unofficial place readings and official times given.

Drop-outs were common from 26 miles to the end. The initial pace was under six minutes. I had the pleasure of hearing place readings as 40th, 20th, 22nd, 18th, 16th and not so pleasurable, 18th again. Among a lot of fatigue and sweat, I saw a look of satisfaction on at least 35 finishers who were in awe of their own strength and endurance.

It was not a race for those who did not really train. It was all endurance from the 26-mile mark in. Those who cheated on training walked most of the last six miles. I was there.

I had dreamed about Alexandria the first time I heard about the distance. Its another step in my personal goal. I hope to drag a few with me towards further steps in my ultimate goal.

Ray Morrison was the individual winner (3:46), and the Washington RRC won the trip to Scotland for the fourth straight year. Millrose AA was second. I managed a modest 4:33:26 for 18th place and the third Master. A footrace is speed and endurance. Distance only increases endurance. Ultra-marathoning is sparse in the United States but Great Britain runs 36 miles in 3:24:07. Why can't we do the same in the United States?

OTHER GEORGE MAINE COMMENTS

"I was bitterly disappointed to have two guys pass me in the last mile." . . . "The last three miles were unbearable; the last mile was torture."

THANKSGIVING DAY IN MANCHESTER

Amby Burfoot's victory in this holiday classic is becoming as certain as the traditional turkey dinner. Five victories in succession and seven in total is unbelievable in this period of running competitiveness, and yet Amby continues. His ability to concentrate and prepare for this race will become legend. Such a record in Manchester will never be duplicated.

The Striders strength was not as awesome as that of the past two years when Crothers and Flanagan added to the top five finishers, but among the host of members competing, five others cracked the top 100 finishers in the record field of 730. A large contingent of women, including over half a dozen Striders, also made known their presence in this race, a surely welcomed addition. One of the top male finishers donated his trophy to the first female finisher. Not much, but its a start ladies!

FROM THE PRESIDENT by Walt Thoma

The Executive Board and a couple of interested members recently attended the bi-monthly AAU meeting held in New Haven. Those points that I believe are important follow.

The particular point of attending was the controversial policy of the State in regards to road racing on State roads and our own conflict with the AAU Executive Board.

In our meeting we developed a better understanding of the problems facing the AAU Executive Board. The main point these individuals stressed and one I can readily understand is that there is no particular individual directly responsible for being the AAU. All AAU clubs and individual members comprise the AAU entity. All members are responsible for the efficient operation of the AAU. The AAU can be only as responsive as its members want it to be. The officers are all volunteers, elected much like our own Mohegan Strider officers are elected. The main problem for these officers, like our own, is the lack of other volunteers and time to run a most efficient organization.

The Mohegan Striders in the past have not participated in these meetings. The reasons again being available time and willing volunteers. The AAU's problems are certainly not unlike our own. However, the AAU maintains a stringent hold on Conn. amateur athletes. If one does not join the AAU, one loses the recognition of his achievements. This "join / or else" policy is unfair.

I believe that a new entity to represent the athlete must be considered. Time will bear this out.

From The Pres. (continued)

Three avenues are open to the Club at present: One - continue in our present attitude of token participation in the AAU; Two - seek volunteers to represent the Club at these meetings. The Club could allocate funds from the Club treasury to cover the volunteer's expenses; Three - the Club can withdraw from the AAU supplementing the Club treasury with saved funds gained from non-registrations, both individual and club.

Think about these alternatives and others that you might have and advise your Executive Board members. The annual meeting is this Jan. 16th so be ready!

FOR A PIECE OF THE ROAD - UPDATE

At its November meeting the Conn. AAU promised its support in the quest to discourage the State Traffic Commission from denying sponsors to hold races on State roads. The Joint Track Committee's newly elected chairman, Irv Black, assured the Club representatives that the AAU will familiarize itself with the road issue and will muster a strong voice in Hartford as long as the problem is a legitimate one, as the Club certainly feels it is. The latest from Club member Al Williams is that the Town of Ledyard has received notice from the STC reinstating the original Ledyard Fair race route conditional only upon timely application (90 days) with that State body. It appears at this point that if proper guidelines are adhered to the STC will give every application serious consideration.

TO THE RACES

Lean listing until the '76 schedule comes out. 10-mi. Amherst, Ma. sponsored by Sugar Loaf Mt. AC. Striders invited to post race party. Date: Mar. 6th, '76. SMAC also hoping to sponsor indoor 24-hour relay at end of February. 12-mi. Newark, N.J. Date: Feb. 15th, '76.

MEETING

The Club asks of your contribution once a year. Please show up. Friday, January 16th, 1976. N.F.A.'s Norton Peck Library at 7 p.m. Highlights: Amended Constitution, New Shirt Design, Elections, Treasurer's Report.

SHORTS

Word is that the 1976 National 10,000 M. Championships will be in Philadelphia. Perhaps the Club can go again. . . . Ledyard Fair race is back to Saturday morning at 10 a.m. . . . Rumor is that the Voluntown x-c race in July will also include a team championship. . . . John Martin's birthday celebration (57 years young) on Nov. 16th drew 27 well-wishers for a good run and doughnuts and cider afterwards. . . . Constitutions will be available at the Club meeting.

THANKS, BRIAN

Many may have forgotten Brian Heidtman or may not have even known him. But those close to the Club in its early stages will never forget him. Brian is an original charter member; he was instrumental in naming the Club and in designing the shirt. Brian also handled much of the work involved in pushing out this newsletter. Over the last couple years work, school and family have consumed much of Brian's time. Now he and his lovely family (Gail, Scot & Heather) have moved to the Washington, D.C. area where he will continue to work for Pfizer, and, hopefully, continue to stay in shape. Again, thanks, Brian.

GUESS WHAT ?

The Mohegan Striders are holding its annual meeting on Friday January 16th, 1976 in the Norton Peck Library at N.F.A. It will begin at 7 p.m. Yeah, really! No kidding.

Another year; let's tear 'em up!