

DANIELSON'S SPRINGTIME FESTIVAL -- MAY 15TH 1976

This race annually signals the Striders' rebirth to the summer season. In the three mile run four out of nine Striders competing finished in the top eleven runners. Two father - son teams highlighted this division: the Piries and the Carbrays.

The five-mile featured twenty-five Striders among 123 finishers. Seven members in the top eighteen runners assured the Club of a solid victory. Both individual victors are Striders: John Pirie and Amby Burfoot.

This is an ideal time to renew old acquaintances and initiate new acquaintances with first time members. When you see an unfamiliar runner sporting a Mohegan Strider shirt say, "Hello"; that person is a family member.

LAKE WARAMAUG, THE FIFTY-MILE GRIND -- MAY 16TH 1976 by George Maine

This article is not about winning. It concerns what goes through one's mind before, during, and after the assault on time and distance of ultra-marathoning.

I am one of three Mohegan Striders who questioned how one trains mentally and physically for such an ordeal (the other two are John Brady and Rory Suomi). I am the last of the three to find out that the answer is varied. One must, in my view, prepare with the determination to go only as far as he or she is able. No pressure. No goals. Just get to the starting line and do your thing. Physically, put in miles; slow, easy, and carefree. No time limits. No thoughts that you must run every step. Don't ever think about the distance. Its beyond my comprehension how anyone can run that distance. Even now, four days after, I feel this way.

I kept grinding out the miles at a slow pace: nine-minute pace. I passed 10, 25, 26.2, 30, 40, and am still going. 33 through 40 miles has got to be the lowest point in running. Another step is utterly incomprehensible. The body flatly rejects any pace. Most who walk, as I did, will walk between this stretch. After 43 miles one is along his way to Utopia. It seems an eternity, but for awhile one feels as though he's on cloud nine. One is either happy to the point of laughing aloud at nothing, or unhappy to the point of choking back tears. At about 48 miles, I really hit the wall. I finally stumbled in on my own determination and persistence.

Now its over. Drained. No nutrition, energy, senses, equilibrium, or desires. Rest and relaxation are the only thoughts. Most who know me know it won't last long. Before today is through I should have 18 miles.

From John Brady: I fell apart at 22 and quit at 28 miles. It was muggy. After 15 miles I continued to heat up inside but couldn't sweat. The water poured on me began to feel ice-cold. The winner, the unbelievable Park Barner set a 7 hour, 15 minutes course record for the 100-kilo. Check these splits for the 8-lap, 7.66-mile loop (62 miles): 55, 55, 53, 53, 53, 53, 56, and 56 minutes. Its safe to say that here is a man who knows himself.

EXCERPTS FROM "SPORTSMEDICINE" MAGAZINE

The ideal diet for an endurance athlete includes fruits, vegetables, nuts, whole grains, and a small amount of milk products. Restriction of salt in cooking and eating is important. This diet satisfies the basic mineral requirements.

Percy Cerutti, the crazy old man who coached Herb Elliott to a world record and an Olympic Championship, kept his athletes on nuts, grains, fruits, and cheese. In his time he was ahead of the rest of the world.

While some athletes do succumb to heart attacks, few of them are long distance runners. Doctor Tom Bassler, a marathon-runner, has performed thousands of autopsies, and has yet to discover a single death in any person who ran the 26-mile marathon distance in under four hours within the seven years before he or she died. In these autopsies, Bassler has never found plaques (fatty deposits) obstructing the coronary arteries. A case in point is Clarence DeMar who ran almost 100 miles a week for fifty years. He died of cancer in 1958 at the age of seventy. DeMar's arteries had been so enlarged by running that it would have taken a hippopotamus to block them. Thus, DeMar, in life, was practically immune to a heart attack.

The average American has a pulse of 78 beats per minute. Most marathon runners have pulses under 50. Thus, the athlete can circulate the same amount of blood with 50 beats that it takes the sedentary person 80 beats. The athlete's heart works less; rests more; and - like a low mileage car - takes longer to wear out. From Sportsmedicine Magazine

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CORRESPONDENCE

From Bob Esquire in Holy Loch, Scotland: "I've been in two 10-mile races this season and met some fine people. The Brits take their racing quite seriously, but there's still room for plodders like me. Hope you're having a good season."

From Sam Hathaway, Westerly Track Club: Our first Monday (June 7th) Run for Fun drew 90 competitors from 9 to 42. A good number of entire families showed up to run either the 1.5-mile or the 3.7-mile. Three different sites are used: Westerly, Exeter, and North Kingstown. Everyone receives a time certificate. A T-shirt is awarded to those who complete 8 of the 13 scheduled runs. The runs start at 6:30 p.m. and a .25 donation is requested. Check with Tim Smith, John Martin, or George Maine for further info.

TO THE RACES July 5th, Brooklyn XC 10,000 Meter (Rory Suomi)
July 10th, North Stonington 6.5-mile (Al Morrison)
July 31st, Voluntown 10-Kilo real cross country (Tim Smith)
Aug. 7th, New London 12-mile: hot one but free beer
Sept. 11th, 8.8-mile at Ledyard Fair (Al Williams) Possible picnic
Sept. 19th, Guilford 10-mile (Vic Altshul)

SHORTS

Plenty of development runs: Westerly Track Club on Mondays, Groton on Tuesdays. Also watch for Norwich, Ledyard, and Willimantic. . . . The Guilford race is 10 miles although it has been advertised as a 9-mile. Promises to be gently rolling, very scenic. . . . Rob Huntington and Lois Barrett to be wed Aug. 28th. . . . Ralph May married on June 19th, and couldn't make Rose Arts Race. Congratulations to all. . . . Walt Thoma and Bob Carbray added a number of constructive ideas to the Rose Arts Race Committee meeting on June 14th. . . . Jim Butler unfortunately was not scored for the Strider total in the Boston marathon. Hal Bennett was recognized as the third man. The difference is a gross margin of over 240 points in overall places. We certainly would have moved up four or five spots from our 19th place. . . . MASTERS, remember that Voluntown is the Conn. AAU Master 10,000 Meter XC Championship, the course promises to be better than ever. . . . Rob Huntington's Energy Run (1-mile) at St. Bernard's track July 12, 13, 14, and 16, report any time after 6:30 p.m. . . .

CLUB BANQUET, June 25th

A great time shared by the twenty people attending. The four officers also participated in this function. Featured speaker, John Martin, discussed the topic "Woods Running" or "Never Run Alone." For the second year the Club 77 has been an excellent host. The band acknowledged our presence with the dedication entitled "In Heaven There is No Beer." Thanks especially to Jim Rowan who got this thing rolling.

BICENTENNIAL 20-KILO, Manchester, June 26th

Amby spotted Irish Olympian, Danny McDade a good half-mile at the 6.2-mile mark, then managed to close it up to within an incredible 100 yards at the finish to hand the Irishman one heck of a workout. McDade appears to be the top Irish marathon contender with a 2:13 in his Country's trials. Ralph Thomas was a distant, but more than respectable third.