

THE STRIDERS

The Club is alive and well with better than 125 members. Hardly an elite association, the Club looks towards its beerys and ham-and-egggers to sustain. The key idea is fun through exercise. Membership is \$2.00 thru Dec. 31st with a reduced fee of \$1.00 offered after Aug. 31st for the remainder of the year. Any additional family members within the same dwelling are .50 each. Membership includes club card, newsletter, and friendly people. Send dues with name, address, tel. #, and date of birth to Secretary Bob Carbray, 8 Sunset Avenue, Ledyard, Ct. 06339.

MEMBERSHIPS

↙ APPAREL ↘

John Martin, 7 Edwards Street, Uncasville
848-9761.

Shirts: nylon \$6.50, cotton \$5.00

Shorts: solid or mesh \$4.50

RUNNER

Running across idealism and desolation
Running because it feels good, I'm afraid to stop.
Running around, beyond, towards, nothing but steps.
Running because of glows, of vapors, of noise, of the need to be, to be alone.
Running because it clears my eyes, makes me less nervous, able to smile.
Running because I want to touch life, but have trouble putting my fingers on it.
Running because everything just wants to, just exists as, just is and I want to part into that infinity.

from: "Poems of a Long Distance Runner" by Mike Spino

OCEAN BEACH 12-MILER

Amby and the two other Groton terrors flowed as freely as the post-race beer in this popular gathering. Except for Amby, Wayne Jacobs (5th), and Kim Murphy (10th) the top eleven spots consisted of talented non-locals. A tight up-front pack stuck together to well beyond the half-way point. Down the Montauk stretch, however, Amby did just that and dropped his last threat, John Vitale in the final mile. A good race for the family to enjoy and to socialize with other runners. The only sour note was being annoyed with a recitation of State Statutes regarding use of State roads. The Club best keep a watchful eye on this threat. Besides, the roads first came into being to ease pedestrian travel. Who- ever saw an auto back in the 1700's? And there were roads then.

MORE FROM BOB ESQUIRE

"Running in Scotland is another experience. Its not unusual to chase sheep down a road flanked by grazing land and cliffs on each side. One does not wait for nice weather, or one does not run. During the course of a 12-mile run I have experienced sunshine, driving rain, snow, heavy wind, and sunshine again. Weather not withstanding, the terrain is beautiful and beckons to be plod upon. Two ten-mile races so far this season find me still trying to break sixty minutes. Edinburgh in February and Stoke-on-Trent in May placed me at 67:24 and 66:43 respectively. Well, time to go chase sheep up Glen Massan."

TO THE RACES

Ledyard 8.8-miler, Sat. Sept. 11th. 10 a.m. Picnic at Highlands Lake.
New York City, Jr. Nat'l. 5-kilo XC, Sept. 12th.
Guilford 10-miler, Sun. Sept. 19th. Rolling, scenic terrain.
Van Courtland Park, N.Y., Masters Nat'l. 15-kilo, Oct. 17th.
Medford, Mass. Nat'l. 20-kilo, Oct. 31st.
Middletown 10-miler, John Vitale run, Oct. 31st.

LEDYARD POST-RACE PICNIC

The Highland Park facilities will be available to us once again should Club members wish to swim, picnic, play volley ball or whatever else. You merely make your own day. The place is ours.

SHARE YOUR NEWSLETTER WITH A FRIEND

MARATHONS

Got the 'thon bug? October is surely marathon month. National AAU Championship at Crowley, Louisiana, on October 16th. The Huntingtons are contemplating this one. New York City's annual marathon will be October 24th but will leave Central Park and instead trek through all five boroughs in honor of the Bicentennial. The Ocean State marathon, Rhode Island's first, is also on October 24th and will traverse scenic Ocean Drive in Newport. Quite a selection! Amby and the Groton crew presently are eyeing the New York race mainly because of the anticipated international field. It appears that Tim Smith and some of the oldsters are looking to support the Ocean State.

NORWICH REC RUNS

This popular event recently closed out its twelfth summer season in fine style. This series added two more runners to the elite all-time top twenty list. Bill Krohn (11:44) and Gerry Chester (11:47). Twentieth spot is the last surviving time above 12 minutes. It belongs to Manny Rivera (12:01 - 1971). The last race was a dilly:

1. Burfoot - The course's primary record holder thru the years. "This course is insane." His new record: 11:13.
2. Jacob - Newly acquired Strider and course record holder for two weeks. "The hill is a pain." His best: 11:18.
3. Ross Huntington - "Mississippi" looked forward to this all summer. He vowed he'd hit 11:40's but 11:50 still locked him into 3rd.
4. Rob Huntington - Held off his wedding 'til after the rec run season. Brother Ross did not better Rob's previous 11:47.
5. Tim Smith - Had to struggle to prevent getting shut out of top five. These runs are coming out of his ears; they haunt him.
6. Chester - The psyche would not last 'til the championship run. He could not duplicate his PR of 11:47.
7. Plaisted - Probably his worst place finish of any rec run this summer, and he runs them all!
8. Banas - Took day off from work to rest and psyche up. Sub-12 still eludes him.

Throughout the summer George Maine dominated the Master's division break-the-old standard several times. Sue Hoagland controlled the Junior women division while Gail Acosta and Flo Huntington continued to support the Senior women division. The real treat was having Rory Suomi in the final race. He was truly a terror last year with some sub-11:40's. Rory is presently battling back from what may have been a stress fracture of the hip. He'll be returning to Southern Conn. and hopes to ease into shape.

FALMOUTH

Stacked with talent amid the 2,500 throng of runners. Burfoot a tough sixth behind Shorter, Rodgers, Thomas, Reed, and Salazar. Strider Wayne Jacob placed an incredible 13th, less than 17 seconds in back of Vitale. Bill Billing also beat the crowd as he placed in the top 150.

NOTE BENE

To those few who brought the Club a bit of adverse publicity at the Ocean Beach post-race festivities the only caution would be to remember that you cast a reflection upon the entire Mohegan Strider Association by your "clown-like" antics.

SHORTS

Rob Huntington and Lois Barrett wed on August 28th; it was a joyous occasion. . . The addition of Wayne Jacob to the roster vaults the Club back to its competitive level of the Crothers - Flanagan days. . . A dozen shirts presently breaks down to a per shirt cost of \$6.23 so you can see that at \$6.50 the Club realizes very little. . . Tag Tagliapetra placed 6th in the Grand Masters division of the Charlie Robbins 5-miler, the winner of that division; Charlie Robbins, of course. . . John Pirie was selected Montville High's class athlete; the choice of a pure X-C, track man is truly a rarity. . . The Fitchville Track Club has merged with the Striders. . . Honorary member John DeGange was on hand at the Ocean Beach race; that could be the reason for such excellent results in the New London Day. . . Dues for the balance of the calendar year are \$1.00 per member with .50 for subsequent family members residing in same household.