

A Mohegan Strider Publication

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MARATHON MANIA

October is the month when the moon does strange things to people. In the case of the Striders almost thirty members got caught in the marathon mania trance. The Ocean State Marathon in Newport was the primary draw. Amby Burfoot and Tim Smith cracked the quality top ten which was dominated by four runners from the B.A.A., including 2:20:36 winner Bob Doyle. B.A.A.'s Kenny Mueller was sixth in 2:27:55 establishing a National A.A.U age group record for 40-year olds. Jim Butler (23rd) clicked off a nifty 2:37:07 to nail down the Striders' 2nd place team score. Julio Rodrigues ran a strong 2:41:46 while Vin Morales (2:45) and Joe Banas (2:47) also got under 2:50. Bill Billing hit 2:48:47 and Ernie Dumas clocked 2:50:04 to chalk up his first 'thon. Charlie Ewers, another first-timer, ran 2:49:40. Steady George Maine was in at 2:54. Gerry Browning (3:02), Jeff Morin (3:21), John Barry (3:23:50), and Bob Dempsy (3:24:53) all scooted in under 3:30. John Leslie was right on the 3:30 fence as he placed 352 out of over 450 runners. John awaits his certificate for confirmation of his time. The Club's hoping for you, John. Other new-comers to this crazy distance were Marshall Collins and Ken Rawn who brought it in together at 3:45. "Tag" Tagliapetra and Billy Shea had good workouts even though they did not make the finish line. Probably a worse heartbreak than dropping out was felt by Rob Huntington who ran a personal best by about 17 minutes of 2:42 -- Rob did not officially enter the race. Boston will never know of his time. Top woman was Pat Latora in 2:53:40.

Jim Rowan (4:10) and Vic Altshul represented the Club in the big New York City marathon. No results have been received on Vic but Jim feels that Vic was ready and finished well. New York was relatively flat with the bridges providing the only notable hills. When it comes to watching marathons New Yorkers are beautiful people. They were courteous and responsive all the way.

Two more to go yet: Bruce MacMahon christened himself in the Dartmouth Med. School Marathon and placed 16th in 2:57:17. Ross Huntington showed at the A.A.U. Nationals in Louisiana and got 21st in a PR 2:38:08. Will there be enough room for the Mohegans in Boston come April?

MASTERS 5000-METER STATE CHAMPS, NEW HAVEN, OCT. 24TH

"One-race-a-year" Don Pirie led the Club in this one to celebrate his 40th birthday. Don ran 18:11 for an overall 9th place finish. Lou Free ran 20:48, Len Kimsey hit 22:28, John Martin 22:54, and Jack Riley 23:54. The Club's potential in Masters competition is soon to blossom. Really, the talent is there. It now becomes a matter of gathering the group together for some serious races.

MUMATHON 8-MILE, BRISTOL, OCT. 5TH

New-comer Ernie Dumas (45:11) grabbed the top Sub-Master award. Ronnie Howard (45:04) was 12th overall while Len Kimsey ran 61:26 with "Tag" Tagliapetra about a minute behind. Holly Kimsey was third woman to finish in 65:21.

SUPPORT THE STRIDERS: ATTEND THE ANNUAL MEETING IN JANUARY

STRIDERS IN HIGH SCHOOL from Don Pirie

Lou Free and Nick Manuzzi have led Montville to an almost sure ECC Championship at this point. Each has led their team to an overall 14-1 record for the season. ### Sue Hoagland has had an outstanding year at St. Bernards and has scored for the team with 2nd through 4th places during the season. She is a tough competitor and can become only stronger with age. ### Brother Mike had to sit out the schedule at Norwich Tech with a hip injury, but hopefully will be back next year. ### At Newsletter time Strider Tom Hobaica (who the Club lent to Fitch for the year) remains the area's only undefeated harrier. His 15:07 record run at Fitch has to be one of the best this area has seen in a good while. That course has hosted some of the state's best runners in previous years. ### Chris McGrath has held down the no. 2 spot for Bacon most of the season and will be returning again next year. ### Pammy McMerriman of NFA had her race of the year at Windham with a record breaking 14:46 for 1st place. When she is injury free she is as tough as any runner in the area. ### Team mate Elise Friedman lurks as a constant challenge to McMerriman and along with Judy and Carol Glenney the foursome provide a sound nucleus to the NFA women's squad. ### Mike Plaisted has led Waterford all year and his 13:44, 13:45 runs at Waterford are as good as any times run in the area this year. Only two runners broke 14 minutes on that same course last year. Good luck Striders in the upcoming conference and state meets.

MYSTIC K of C FIVE MILES, OCT. 10TH

It was Mohegan Strider day in the top ten with Amby, Kim, Julio, Joe Banas, Jimmy Butler, and Johnny Pirie all piling in up front. John Leslie placed 3rd among the Vets and John Martin was 2nd in the Masters. Bishop Reilly officiated at the start and a delightful gathering was enjoyed after at the Knights of Columbus Hall.

ANNUAL CLUB MEETING

This is the only time you're requested to participate in something other than running, and yet this is by far most important if the Club is to continue. The meeting will be in January at NFA. Date will be announced in January Newsletter. Election of officers will be on the agenda. Serious consideration of hosting a 24-hour relay. The hangup has always been an opposing team. That is easily resolved when one realizes that the Club members can compete against themselves. It may even result in fielding more than two ten-man teams. If other Clubs show, the event will be even better, but regardless the relay will still go on. Consider doing it for a worthy benefit: e.g. March of Dimes or Big Brothers/Big Sisters of Southeastern Conn. There is nothing, NOTHING, like a 24-hour relay to really jell a club together. Consideration will be given to raising uniform prices. Dues amount will be voted upon. Very important item will be the disposition of the problem which arises when non-members purport to be members. The Club may sink or swim on this issue.

SHORTS

"Tag" (48:16) and Len Kimsey (50:48) both participated in the 10,000 Meter Berkshires Masters XC race in Westfield, Mass. . . . Wayne Jacob, Joe Portelance, and Joe Banas ran well in a number of northern New England races during September and October . . . Club photographer Jack Fields and Susan Goodwin were wed recently in Abington, Pa. Jack took a wedding morning jog with Tim Smith to get his head together for the beautiful event . . . John Martin's birthday to be celebrated Nov. 21st. Come for a run followed by cider and donuts . . . The Johnson's: Jeff, Faye, Paula, Timothy, and ?. Ketchikan Alaska's Mohegan Striders have returned to home turf and plan to reside in Taftville . . . Nov. 7th is the Mystic Community Center run in memory of Ellison "Tarzan" Brown. Films of his exploits will be shown after the run . . . Late results: another Boston qualifier is 41 year old Vic Altshul. Vic placed 591st in 3:16 and was passed by Dr. George Sheehan at 24 miles . . . Jim Rowan will be featured in Northeast Utilities monthly magazine "Scope" regarding his running practices and running as an integral element of his life . . . Peaceful Holidays to all.

THE JANUARY MEETING: YOUR FORUM FOR COMPLAINTS; GRIPES, INNOVATIONS,
AND MAYBE EVEN A GOOD DRUNK.

LEDYARD 8.8 MILES, SEPT. 11TH

Amby continued his sweep of the local jaunts. Annual highlight of this event is the chance to run against the Floras. Wayne Jacob took full advantage of this treat as he nipped ace John Flora at the wire for second place in what many described as the greatest ever in local distance races. Greg Senick nailed down fourth spot for the Striders. Gene McMerriman was the second master finisher and Robbie Carbray became the youngest runner ever to finish the race. He placed 84th, a few spots ahead of his pop, Bob. Jim Rowan was the oldest at 59 and 93rd spot. Lavinia Muncy won the sole women's award. Hopefully as their number increases so too the prizes in that division. A word of thanks to organizer Al Williams and the Ledyard Lions Club for this tribute to the late Tom Hewes.

GUILFORD 10 MILES, SEPT. 19TH

To Vic Altschul an "A" for effort and organization in a race which paralleled Al Williams's performance. Approximately 40 prizes, ample aid stations, and alert course marshals are some of the benefits most will remember. Early publicity brought runners from Vermont, New York, and a good crew from Fairfield County. Robbie Carbray was the youngest again and missed the 17 and under award by only 11 overall spots. Hartford Track had 18 members there while the Striders showed 16 runners. In the final stages of the race, Vermont's Keith Woodward grabbed the win from Fairfield County T. C.'s John Stopa. Wayne Jacob, nursing a banged knee, led Mohegan with a 6th spot. 13th place Joe Banas almost came home with a 240-pound nursemaid as he collided with a lady broadside as she attempted to waddle across the finish line while the runners were zooming in. Needless to say both hit the deck, and Joey stayed down for the count. The Club's masters did great as McMerriman and Maine floated in 1st and 3rd in that division.

NEW CANAAN 10 KILO XC CHAMPS, AUG. 28TH

Yale's Dan Schlesinger and Bates's Bruce Merrill led F. C. S. to the team title with a 1-2 showing in front of Mohegan Wayne Jacob. Exceptional races were turned in by Julio Rodrigues (6th), Joe Portelance (20th), Jim Butler (21st), and Ken Rawn (46th). A lack of Club organization resulted with the Striders being credited with the 2nd team award when in fact one runner misrepresented himself to be a Mohegan. It is difficult to understand the "false signing" of an individual to the team roster for the benefit of a solitary race, especially so late in the year. All the dues-paying members are cheated, and the Club officers who maintain records and work to retain a cohesive unit are cheated. Most of all it's allowing an individual to compete under the Club name when he obviously doesn't give a damned, especially as one considers the amount of dues.

TO THE RACES

Nov. 7th, Waterbury six miles. McTernan School, 1 P.M.
 Nov. 14th, Middletown 4.25 miles. & 2.5 miles. Wesleyan University.
 Nov. 21st, East Hampton 5.6 miles. East Hampton High School.
 Nov. 25th, Manchester 5 miles. THE TURKEY RUN.
 Dec. 5th, Simsbury 10 miles.
 Dec. ???, Westerly 10 miles. In the works.
 Dec. 19th, Hartford 6.6 miles. Goodwin Park.

Nov. 27th, Fairmont Park, Pa. Nat'l. AAU 10 Kilo XC Champs.

NOVEMBER 7TH, JOHN MARTIN'S

Its becoming an annual gathering. John Martin will celebrate his birthday on Sunday, Nov. 21st with an eight to eleven mile run followed by donuts and cider at his place after the run. John lives at 7 Edwards Street in Uncasville by the Mohegan School. Be ready to go at 8 a. m. sharp. Last year about 30 attended.

Advice from Frank Shorter

In 1972, Frank Shorter became the first American Olympian in over sixty years to win a gold medal in the marathon. Who better, therefore, to tell you how to conquer your town's next big event?

1. Training—Start two months before the race. Run seven miles a day six days a week; the seventh day run fifteen miles. For the last two weeks run only five miles a day.
2. Shoes—Shorter prefers nylon uppers and thin soles. If you're a little overweight, go with a slightly heavier shoe and more padding.
3. Diet—Shorter doesn't believe in the carbohydrate-loading diet. Eat normally until three days before the race, then go heavy on carbohydrates. Don't worry about overeating.
4. Pace—Beginners usually overestimate their capabilities. Keep it comfortable, even a bit slower than that early in the event.
5. Refreshment—During the race drink as much as you can. Shorter prefers sugared tea or plain water to special salt drinks.

from "Esquire"
 October, 1976

KEEP UP THE RUNNING THIS HOLIDAY SEASON. SEE EVERYONE AT JANUARY'S ANNUAL MEETING.