



**ATTENTION ALL COMPETITORS**

In order to be eligible to run for the Mohegan Striders in any race during the calendar year 1974, it is imperative that current dues be paid. Technically speaking, you are not a member in good standing unless Bob Carbray has your name on the club's roster. It would be unfortunate if the club lost out on a team trophy simply because a top finisher was not on the books. Unpaid members will be challenged. A word to the wise should be sufficient.

**WOMEN VIE FOR EQUALITY**

At its monthly meeting of January 8th, 1974 the Connecticut Association of the AAU acknowledged the fact that the sponsors of the annual TOM Turkey Day Race in Manchester did not have a women's division. The AAU stated, however, that it is the sponsor's prerogative to fix the divisions in its race. The AAU has suggested that the sponsors do consider a women's division in the future. But the fact that the sponsors do not have such division is insufficient grounds for withholding sanction.

**INSPIRATION TO OUR YOUNG . . . AND NOT SO YOUNG**

Having returned from a February 20-miler in Boston a few of us decided to head out in the evening to celebrate our satisfying results. 9:15 P.M. on that brisk, 20 degree Sunday night found us travelling down Norwich's Rockwell Street in a warm car with a bottle of vodka and a six pack of beer situated between the two front seat occupants. Turning onto McKinley Avenue Extension the auto light beams barely exposed the figure of a lone jogger up ahead. As we approached and slowly passed the black-capped, grey-sweated runner our feelings of our own accomplishments of the day seemed less important. Fellow Strider Will Zinser, 50-plus years young, was simply enjoying his typical nightly workout. Such inspirational sights as this awaken youths' curiosity to discover that magic found in a night's run.

**CLUB RUNNING by Walt Thoma**

The Striders have been conducting long distance runs on Sundays the past few months. The group was meeting at John Martin's house, and at Brian Heidtman's house while John was on vacation. The runs, generally beginning around 9 A.M., range from 8 miles by some members to a creditable 30 miles accomplished by a few members. Sometimes the larger turnouts enabled runners to form different groups for varying distances. The runs are leisurely and conversation is most evident. The conversations run the gamut from A to Zex but most always turn to upcoming racing events. These runs are of great importance in generating club unity. They foster greater club interest and running participation. These runs are a focal point to meet new runners and to see old friends and racing buddies. Many of the larger running clubs in the United States, the Chicago Track Club and the Florida Track Club for instance, are firm believers in the importance of club running. Although a few of the runners use these runs for their marathon training, the runs shouldn't be scrapped after the marathon season. These runs should continue the whole year. The same runners will not always make these runs but that's when new faces and new friendships will develop. Let's see the ranks of these Sunday runs swell and the enthusiasm continue. This is a sure sign of the virility of the Mohegan Striders Association.

**WALT'S SALTS :** The essence of racing is not how bad you beat another runner but on how good your body performs.

**RACES**

Many schedules should be out by now. Just to highlight a few:  
May 12th - Windsor 5-mile, May 19th - Danielson 3 and 5-mile,  
May 25th - Granby 6.5-mile, May 27th - Colchester 5-mile,  
June 1st - Glastonbury 10-mile, June 9th - Middletown 4.5-mile,  
June 16th - Meriden 10-mile, JUNE 23RD - NORWICH 10.4-mile,  
June 30th - Middletown 5-mile, July 7th - Groton 5-mile.

**CLUB PICTURE - N.F.A. BLEACHERS JUST PRIOR TO ROSE ARTS RACE**

1974 Directory

Joe Banas  
58 Lake Street  
Norwich 887-8074

John & James Barry  
8 Sycamore Road  
Norwich 887-1277

John Brady  
21 Ventura Drive  
Danielson 774-9105

Amby Burfoot  
1 Sound Breeze Av.  
Groton Long Point  
536-8883

K. C. Burns  
5 Marguy St.  
Quaker Hill 442-3338

Robert Carbray  
RFD Sunset Av.  
Ledyard 464-6400

Robert Chamberland  
222 Hebron Road  
Bolton 646-0346

Eugene & John Courtney  
63 Polly's Lane  
Uncasville 848-8590

Ray Crothers  
Great Meadow Towers  
1800 Silas Deane Hwy.  
Apt. 541 S  
Rocky Hill 563-2514

Steve Crouch  
6 Simpson Av.  
Willimantic 423-4074

John Curran  
71 Fanning Av.  
Norwich 889-0874

Henry Daricek  
706 Dunham Rd.  
Madison

John Degange  
95 Oneco Av.  
New London 442-1019

Bob Dempsy  
RFD 4  
Ledyard 464-6416

Al Fecteau  
53 Sandy Lane  
Norwich

Jack Fields  
Box # 1  
Fitchville 887-6393

Steve Flanagan  
Route 32  
Mansfield 429-7567

Pete Garvey  
52 Skyline Drive  
Uncasville 848-8991

Marc Gottesdiener  
92 Glenwood Av.  
New London

Tom Harding  
11 Huntington Lane  
Norwich 887-0881

Brian Heidtman  
27 Melrose Park Road  
Norwich 886-1014

Mike & Sue Hoagland  
36 Perkins Av.  
Norwich 889-6480

Ben Hopkins Jr.  
50 Lincoln Av.  
New London 443-6486

Rob & Ross Huntington  
60 Lorenzo Street  
Norwich 887-0343

Jeff Johnson  
Route 1, Box 210A  
Ketchikan, Alaska 99901

Doctor Leonard Kimsey  
122 Rockwell Street  
Norwich 887-4551

Jon Kornacki  
66 Eleventh Street  
Norwich 889-8939

Steve Kornacki  
61 Eleventh Street  
Norwich 889-3407

John Leslie & Mark Leslie  
5 Deborah Street  
Waterford 443-2260

Clem McGrath  
32 Broadway Apt. #1  
Colchester 537-5592

Contact your fellow member -

Jog together -

Help one another!

John McGuire  
1 North Street  
Norwich

Gary McManus  
96 River Av.  
Norwich 887-1915

Gene McMerriman  
36 Convent Av.  
Norwich 889-7154

George Maine  
RFD #3, Box 282  
Lisbon 376-0054

John P. Martin  
7 Edwards Street  
Uncasville 848-0304

Al Morrison  
10 Shetucket Street Apt. #64  
Norwich

Lenny Nasser  
208 Broad Street  
New London 443-7669

Jim Olson  
50 School Street  
Taftville 887-8467

Ray Portelance  
16 Canterbury Road  
Mystic 536-8262

John Riley Sr.  
10 Autumn Way  
Norwich 889-8648

Jim Rowan  
6 Valerie Street  
Waterford 442-5576

Bill Shea  
5 Everett Av.  
Norwich 889-3495

Ralph May *111 Oneco Av.*  
~~59 School Street, Apt. A~~  
~~Groton 483-2906~~

Tim Smith  
43 Beech Street  
Norwich 887-1518

Rory Suomi  
Gorman Road  
Brooklyn 774-4941

Walt & Roy Thoma  
91 North Cliff Street  
Norwich 887-5469

Vivian Volovar  
RFD #2  
Ledyard 536-6553

Al Williams  
366 Meetinghouse Lane  
Ledyard 536-8797

Wil Zinser  
69 Oak Street  
Norwich 887-4778