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VOLUME #2

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RELAY REFLECTIONS

Cohesiveness - Publicity - Funds: These were the three primary goals sought in the 24-Hour Relay. Five teams, 47 runners, only six dropouts; the first being at 1:30 a.m. Sunday morning after 15-1/2 hours of running; an enthused ten member women's team all of whom hung in there and all of whom ran eighteen miles: that's cohesiveness and that's basically what it was all about. Great coverage provided by radio and paper both before and after. Exceptional performances like Jacob's (4:51.9 per mile) and Murphy's (4:52.4 per mile) were mentioned. The Club's breaking of its old standard of 1972 (253 3/4 miles) with the "A" team's total of 270 miles was mentioned. The award winners including 12-year old Sean Bennett (Youngest Participant), 49-year old John Leslie (Oldest Participant), President Jack Curran (Most Funds-Men), and Elise Friedman (Most Funds-Women) were mentioned. That's publicity. As far as funds go, \$1,250.00 isn't bad for 24 hours of fun(?) Jack Curran topped the list with \$326.00. Big Brothers/Big Sisters representatives watched unbelievably through the time period as the funds pledged continued to swell with the increasing miles piling up.

Special thanks to Fitch High, Westerly Track Club, Big Brothers/Big Sisters, McDonalds Restaurants, Vin Hoagland, Al Morrison, Kevin Overstrom, Kevin Reed, Rob & Lois Huntington, Bev Bennett, Anne Dunham, Natalie Billing, Sandy Jacob, Joe Banas, and other gracious supporters. And again, to the Club's women's team whose presence prompted us to maintain our sanity and to remain civil throughout this difficult event. Reflect - Be Happy - Be Proud!

NORWICH REC RUN: NORWICH RECORD HOLDER

It might have been a rather lack-lustre season in this thirteenth summer of the Norwich Rec Races. Well, first of all there were no new entries in the top twenty individuals list. Mystic's John Valentine holds down twentieth spot with a 1970 time of 11:59. Secondly there were very few times under the magic twelve minute mark, and only two of the top twenty shifted their position. Rob Huntington was one of the two as he clocked a PR 11:42 moving him into 9th spot. However, it was the other individual who added the pinch of glitter to this year's runs. Norwich's Bill Krohn uncorked a stunning race against the clock to burn two seconds off Amby Burfoot's year old record of 11:13. This marks the first year that Amby has not owned the record at season's end. Rory Suomi described it best when upon gazing at his place stick he exhaustedly exclaimed, "What, second place?" Rory actually thought he had won the race. This gives one some idea as to the quickness of Bill's start. He went out quickly and maintained his pace. Don Pirie has calibrated this popular course and finds the distance to be 2.326 miles. This means that Krohn averaged a 4:48 pace. A 5-flat pace would yield an 11:37.7 while to dip under 12 minutes one would have to run at a 5:09.6 pace. Montville's rec course measures in at 3.012 miles. Bill Murphy averaged 5:15 miles to establish the course record of 15:50.

RELAY PLEDGE RAISERS: PLEASE REMIT YOUR FUNDS TO BIG BROTHERS/BIG SISTERS; 105 Huntington Street, New London, Ct. 06320



JULY 10th: NORTH STONINGTON 6.3-MILES

Kim Murphy is healthy and rested; he proved this to 113 other runners as he out-duelled them all for top spot in a hot and hilly race. Murphy held off a charging Amby Burfoot to win by over 200 yards. The Mohegans snapped up the three-man team title after Julio Rodrigues crossed the line well up front of the rest of the pack. Sean Bennett once again defended the title he earned last year as the race's youngest finisher. Al Morrison was ably assisted by George Maine and Steve Lamb. The team trophy is presently on display at Billy Wilson's Ageing Still (Dot's), a popular Norwich pub.

JULY 23rd: VOLUNTOWN 10,000 METERS

This year presented only one flaw - the local response was sorely lacking. The promoters admittedly had problems over the past two years but they worked diligently to correct these. The course was thoroughly marked out. No one went astray. However, the uniqueness of the course was not altered and again has been praised as a most refreshing break from the usual road race scene. The bags of produce offered as prizes contained corn, peaches, blueberries, and hot dogs. Al Morrison manned the loud speaker telling the spectators all about our cherished sport. Just remember that this is a local endeavor and deserves everyone's support if it is to sustain.

AUGUST 6TH: OCEAN BEACH 12-MILES

On the area team scene this was the one the New Londoners should have won: and they did. The threesome of Burfoot, Butler, and Rodrigues are tough to beat no matter who their backers are. 61 points did it for New London while Groton, led by Kim Murphy, chalked up 90 points with Norwich back in the pack. Al Morrison and Hal Bennett were busy at the finish line logging results and aiding the heat exhausted runners. A new wrinkle to this year's usual post-race beer blast was a pre-race cocktail party and press conference at New London's Holiday Inn the night before. This could become an annual added attraction.

STATISTICS

Some of you may recall the runner's study conducted by Natalie Billing back around the beginning of the year. Well, Natalie came up with some interesting facts and also acknowledged the Club's participation in her Thesis. The study's findings suggest that runners are psychologically healthy in the areas of anxiety and self-concept. Some of the stats compiled from a final sample group of 52 Mohegans: Average age - 34.2; Bachelor's degree or higher - 56; Average weekly mileage - 39.9; Number of weekly running days - 5.3; Pace in training (average) - 7:26; Average pace in racing (5 miles) - 6:15.

SHORTS

Two former N.F.A. runners of the '60's passed away during the month of July. Many will long grieve the loss of past Mohegan Everett Watson and Al Papalian. . . . Those Thursday evening road races have outgrown Rec Field... next year, because of the congestion, start and finish line will be at Kelly.

Ultra-marathoner John Brady has a running partner in a son named Sean Patrick, born July 25th and weighing in at 8 lbs. 10 ounces. . . Its easy to join The Striders by contacting Bob Carbray at 464-9022. . . A new batch of shirts of varying sizes is in. John Martin is overseer of these goods. Call 848-9761.

RACES

Sept. 10th - Ledyard 8.8 miles Tom Hewes Memorial.  
 Sept. 18th - Guilford 10 miles. Vic Altshul, organizer.  
 Oct. 9th - Mystic 5.2 miles. K of C run.  
 Oct. 16th - Westerly 13.1 miles. 11 a.m. from Westerly High School.  
 Oct. 30th - Ocean State Marathon. Newport, R.I. Entries close Oct. 6th

"I TRAVELLED THE WHOLE WORLD LOOKING FOR ADVENTURE AND FOUND IT IN MY OWN BODY."

From a runner, Runner's World. Dec. '73

RELAY FUND RAISERS: PLEASE GET YOUR FUNDS IN QUICKLY.

Do you striders have any ideas on what we could do to retain the old NORWICH REC RUN course? We'll hash it over at our annual meeting.