



arrowhead

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Pres. Jack Curran
 V. P. John Leslie
 Sec. Bob Carbray
 Treas. Tim Smith

CLUB MEETING, Jan. 27, 1978

The elements were formidable, but the Club eventually won out as over forty members gathered to plan ahead for another year. The meeting shaped up as an informative exchange of ideas and opinions; however, little was accomplished in the way of progressive action.

The dues structure remains the same at \$2.00 for initial family member and .50 for each additional family member thereafter. After August 31st the initial family member's dues will be \$1.00 for the remainder of the calendar year (four months membership). John Leslie discussed the Road Runners Club of America. The discussion was supplemented with a fact sheet prepared by Don Pirie. It was agreed that further research be undertaken to determine the true benefits provided by this organization. The Club's present intent is to remain with the A.A.U. This year's Club fee will be paid.

The committee activity, as usual, proved to be a headache. The Club's hope is to combine this year's race and social committee efforts into the recognition and celebration of the 100th running of the Norwich Rec Runs. Bob Miles heads up the race committee while a volunteer is being sought by President Jack to oversee the post-race social to be held at Jack Curran's on Pine Street in Norwich following the 100th race.

The purpose of the John Martin Trust Fund was defined a little more specifically with the drafting of a statement of purpose. Basically the intent of the fund is to assist any Club member pursuing an Olympic berth, competing in a major national or international event, or a major invitational event. A governing board of presiding officers, past presidents, and John Martin will oversee the fund. \$200.00 is currently in the fund.

The Club voted all its officers to another term of office in the hope that a few new avenues of direction will be pursued. Club member Jim Butler expanded upon a few new ideas including a travel pool for transportation to races. He also shed a new hope on the possibility of Club members sporting a brighter, livelier uniform. The Club must now encourage the reality of these ideas. Tim Smith was instructed to look into the purchase of additional decals. Tim discovered that the original supplier, W.C. Pine Co. of Missouri, has ceased operations. If anyone knows of a dealer please contact Tim.

The Club has finally cried "Uncle" to the New England winters and plans to hold the annual meeting in late autumn, a time when one can realistically venture forth more times than not.

WAYNE JACOB & JOE BANAS

Wayne and Joe are riding the American Dream: first they're into Florida, then Colorado, and perhaps even the west coast. Joe has met Brooks Johnson, '76 Olympic sprint coach and coach of the Florida Track Club. He has viewed women in their seventy's doing twelve minute miles. "When God created Florida He had the runner in mind," states Joe. The environs are green, not white like here in New England. But for Joe the most important element is missing - his own running. Joe is not to run again for a good while, at least until his resistance improves. Wayne, however, is taking advantage of the mid-sixty's weather and the nine-lane tartan tracks to achieve an excellence he has yet realized. It's great to see the guys taking advantage of the time and experiencing a roving life. It'll be wonderful, too, to get them back into the fold, running for and with the Striders.

THIS IS THE LAST NEWSLETTER FOR NON-MEMBERS. DUES SHOULD BE MAILED TO:
 BOB CARBRAY, 8 SUNSET AVENUE, LEDYARD, CT. 06339.

MARATHONING by Don Pirie

The following lists the top 20 finishers in the 1957 Boston Marathon;

1. J. Kelly (2:20:05), 2. Karvonen-Finland (2:23:54), 3. Lim-Korea (2:24:59),
4. Manninen-Fin (2:25:19), 5. Han-Korea (2:28:14), 6. Yamada-Japan (2:33:22),
7. Dickson-Canada (2:37:04), 8. Sadanaga-Jap (2:38:12), 9. Mendez (2:39:45),
10. Confalone (2:47:51), 11. Corbitt (2:49:14), 12. Scandurra (2:51:35),
13. J. Kelly (2:52:08), 14. Torres-Puerto Rico (2:54:58), 15. Suito (2:56:00),
16. Conway (2:56:15), 17. Fay (2:57:13), 18. Chisholm (2:58:38), 19. O'Hara (3:01:42),
20. Turcio-Mex (3:02:21).

Up to this time only five runners had broken 2:20 (the first being Peters of England in 6/12/53) and none had yet broken 2:18. Kelly was surely a world class competitor, if not the best of the time; he was virtually untouchable in the U.S. where he won the National A.A.U. marathon eight straight years from 1956 thru 1963. 2:20 wasn't broken by an American until Buddy Edelen did it in 1963 and it was yet another three years before Norm Higgins became the second American to go under the mark.

- - - You sub 3-hour runners may wish you were around in the old days as you scan the above results, but remember that training programs of those days don't produce the times we see today. Its difficult to hold some of the above names in awe still when a normal Sunday run these days is in the company of several sub 2:40 marathoners. Americans have progressed from 812 three-hour marathons in 1970 to 3,005 in 1975. It makes one wonder if in the year 2000 some runner will look at today's times and say, "I sure wish I was around in the 70's, those guys had it made."

Source of data: Annals of N.Y. Academy of Sciences: 301,820 (1977)

WOMEN'S TRACK SUCCESSES

Mohegan's Ellen DiGangi and Sue Strawderman collected nine points at the Conn. A.A.U. Women's Indoor Track Championships at Yale on January 22nd. Sue placed third in the 60-yard dash just ahead of Waterford's Jan Merrill. Norwich's Judy Fontaine won the event in 6.9 seconds. Ellen placed in two events with a first in the mile walk (10:20) and a second in the two-mile run (12:10). Hopefully the Club will expand upon the nucleus these two women present to build a solid women's team.

SHORTS

B.A.A. Marathon - April 17th. If you're planning to compete please contact Tim Smith for the Club team entry . . . Post-race watering hole over the past years has become Ken's Pub, diagonally across from the finishing line on Boylston Street. Hope to see you there . . . Amby Burfoot has an in depth article on nutrition in February's RUNNERS WORLD . . . Two-mile Fun Run to be held March 12th at New London's Connecticut College sponsored by the March of Dimes Telerama; panel discussions to follow citing the benefits of running. Watch for info in local news. . . Another shot in the arm for our Masters group is the anticipated membership of Mike Law who recently breezed through a sub-70 minute 12-mile in Newark . . . Have a Happy Boston

"RUNNING AT ITS BEST IS AN OUTPOURING, A RELEASE OF TENSIONS; . . . AN HOUR, TWO HOURS OF RUNNING SLIPS AWAY AS SO MANY MINUTES. WE BECOME TIRED, EXHAUSTINGLY TIRED, BUT NEVER UNHAPPY. IT IS WORK BUT IT SEEMS ONLY FUN. EXHILARATING; SATISFYING FUN."

Percy Cerutti

Bob Chamberland of the Mohegan Striders and the B.A.A. (Bolton Athletic Association) is hosting a Five Mile Run in Bolton on April 23rd. The layout and overall organization of this run should make for a fun afternoon. Refreshments for runners and perhaps a few novelty booths for the family to shop around. See you there. Application attached.