



# Arrowhead

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

## BOSTON MARATHON '78

Running has truly arrived on the scene. The Boston event of '78 was literally smothered by the newspapers, television, and radio media. The commercial wizards view the race as an element of outstanding exposure for everything ranging from beer, furniture, professional services, tires and anything else that attracts the consumer. It remains to be seen what all the glitter and glamour will do for our once solitary sport; one thing for certain is that the increasing hordes of both runners and spectators is creating a challenge for the organizers, and you can be sure when old John Kelly begins groaning about the crowds and their lack of control, something must be going astray. For pleasanter thoughts let's consider the Club's effort this year. The three-man score should move the Club up substantially from the 11th place finish of '77. Jim Uhrig (146th), Bill Sanders (157th), and Amby Burfoot (161st) all finished within 50 seconds of each other to score for the Club. Many Club members recorded PRs including Tim Smith (2:24:50), Jim Uhrig (2:29:21), Bill Sanders (2:29:58), Rick Fargo (2:34:15), Joe Portelance (2:44), Todd Collins (2:57), Bob Volkman (3:05), Paul Weeks (3:22), and George Rice (3:46). Mike Law and Bill Markley recorded 2:44's; Bill Billings 2:46; Ernie Dumas and George Maine 3 hrs.; and Bob Babbitt 3:15. Now to begin training for next year's fiasco.

## CONN. AAU MARATHON, March 5, 1978

This was to be just a training run for the Mohegans. The only one running seriously was Gene McMerriman and he proved it as he clocked a 2:48:49 to grab top Masters as he had done in '76. When the results were recorded, however, the rest of the Mohegans proved awesome. Along with Gene's 14th spot came Bill Sanders (2nd), Rick Fargo (3rd), Tim Smith (5th), Jory Suomi (7th), Hal Bennett (29th), and George Maine (43rd). The winning team of Sanders, Fargo, and Suomi (12 points total) was the lowest total ever for the Mohegans who won the title in '74 and '75 with respective scores of 17 and 13 points, and who also placed second in '76 with 32 points to the Holy Cross track club. Sanders was a member of that Holy Cross Club of '76. Tim Smith is not participating in team scores because he chooses not to be affiliated with Conn. AAU and does not wish to jeopardize Club results.

## SUPERJOCK by Don Pirie

If what is read about Englishman Joe Binks is true he has to be one of the greatest athletes of the century. Binks, born in 1874, had his hay-day in running about the turn of the century. In 1902 he ran the mile in 4:16.8 which stood as an English record for twenty years. The world record at that time was 4:15.6. His other personal bests were: 3-mile (14:10), 880 (1:56), 440 (50.0), 100 (10.6). Now for the incredible part: he trained only one day a week. That's right - one workout per week. His normal thirty minute workout consisted of several 440 - 600 yard runs at varying pace -- That's it -- His 100/440 times indicate that he had some natural speed but since his 3-mile time ranks highest on the scoring tables he must have also possessed some natural stamina. Binks states "you will laugh at my 'slap dash' method of training, but I got a lot of fun out of it." Also "in the 1904 National 10-mile XC Championship I carried a small bottles of brandy. With three miles to go I was 52nd. I finished 9th. I never tried that again." Binks went on to become a famous sportswriter in London.

Data obtained from HOW THEY TRAIN by Fred Wilt

THOSE FEW ATHLETES WHO ARE GIFTED WITH A CERTAIN MAGIC BECOME PROOF OF THE SPLENDORS THAT THE BODY CAN ACHIEVE -- THE FEATS OF GRACE, STRENGTH, SPEED, SKILL, STAMINA. BUT THE ATHLETE'S HALF-LIFE IS SO SHORT; HIS DECLINE AND FAILURE BECOME A MODEL OF THE MORTALITY IN EVERYONE.

- Lance Morrow, TIME, February 27th, 1978

BOLTON 5-MILE RUN, April 23, 1978

Race organizer Bob Chamberland, also a Mohegan, combined a positive attitude with community aid and support to kick off a tremendous initial effort for this small rural town. 314 runners tracked one another over a challenging course that was traffic free, dog free, and well marked. Hot dogs and beverage were served afterwards and results were compiled quickly. The Club fared well in all of the many categories. Mary Jane Costello (39:17) was the 6th woman finisher; Robbie Carbray was the 1st sub-junior with a 39:43. Hal Bennett and Charlie Ewers placed 2nd and 3rd in the sub-masters while Gene McMerriman and Don Pirie were 1st and 2nd in the Masters. Hal had the fastest Mohegan time of the day with a 27:48 good for 9th place overall.

SUMMER RUNS: UPDATE

It appears that the 100th running of the Norwich rec runs will be held on the present course before the switch to a new layout designed to improve the safety of all participants and spectators. Hence, the first two races of '78 will be held on the traditional route. Plans are progressing towards a memorable celebration of this milestone. Awards will be presented for various achievements and categories. Following the 100th race a gathering will be held at Jack Curran's, 7 Pine Street in Norwich. Beer & soda will be provided. The top twenty individuals to have run the course over the past 13 years will be extended formal invitations to appear. Mailing addresses are needed for Dave Boraks, Roy Ingraham, Bob Beardslee, and John Valentine. If anyone could help with these addresses please forward them to Tim Smith, 43 Beech Street, Norwich, 06360.

Sunday, August 13th is the scheduled date for the Club's 10,000-Meter team championship race to be held at Fort Shantok. Six teams have been invited to participate, and to date one club has responded with intentions to compete -- that being the Wolfpit Running Club from Ridgefield. The race is tentatively scheduled for 1 p.m. Dressing and shower facilities should be available at St. Bernard High School. A post-race gathering will consist of beer and soda. Bob Miles is heading up the details of this function.

SHORTS

Green Mountain Island Marathon in South Hero, Vt. on August 19th is a real favorite, consisting of 3/4 dirt road; applications may be had from Bob Miles. . . . Mohegan Strider Charlie Whitty has been hailed as Norwich's Sports Person of the Year. The Club warmly shares in the community's wise selection. . . . Don't forget the discounts offered by local sporting goods outlets when buying shoes. Olympic, Nassiff, Neff are three who honor the Club card. . . . Hot tip -- decide for yourself on the quality of a new line of shoe in stock at Gordon Shoe Outlet, Chestnut Street, Norwich. The Ozaga Cosmos has got to be one of the finest all around shoes for the price (\$16.00). Gordon's is also carrying the full Nike line.

"WHEN COMPETITIVE SPIRIT FAILS, A DISORGANIZATION  
OR LOSS OF CONTROL TAKES PLACE WHICH APPEARS TO  
OTHERS TO BE PHYSICAL IN NATURE. THEY SAY 'HE  
TIED UP.' BUT THEY MIGHT BETTER SAY, 'HIS MIND  
LOST CONTROL.'"

J. Kenneth Dougherty