



arrowhead

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

100TH NORWICH RECREATIONAL RUN: JULY 13TH

Steepled in years and years of tradition; trod upon by many a runner: the Norwich rec run course is to be laid to rest. Be with the celebrators on Thursday, July 13th for a blazing run at the record; a brief awards ceremony; and a warm reception including beer, soda and a participants' contribution of any type of finger snacks. The top twenty runners to have ever tested the course will be extended formal invitations. This elite group includes record holder Bill Krohn (11:11), Tim Smith, Rob & Ross Huntington, Jim Euell, Gerry Chester, Bruce MacMahon, Larry Rice, and Mike Moore - all formerly of Norwich, and N.F.A. Amby Burfoot, who dominated the course record for most of the race's thirteen years, is joined in the top twenty by former Fitch High standouts Wayne Jacob, Roy Ingraham, Bob Beardslee, and John Valentine. Other former local standouts in the top twenty are Bruce Clark (6th), Norm Higgins (7th), Rory Suomi (8th), and Marc Gottesdeiner (15th - 11:52). Remember July 13th at 7 p.m.

AUGUST 13TH; FORT SHANTOK; 10,000 METERS

This will be an exciting Club function. Come share in a 10,000 Meter scenic run against other Clubs. Relax with your own picnic provisions and liquid refreshments provided by the Club. Dressing and shower facilities at St. Bernard High School. Race to start off at 1 p.m. in the Fort Shantok State Park, Route 32, Uncasville. For further info contact Bob Miles at 889-5842.

THE '78 SEASON

The race sponsors and organizers are off to the most exciting, action-packed season yet. Providence College's Dan Dillon wins Danielson; Burfoot comes alive at Groton with a tremendous gutsy effort to turn back Jack Mahurin; Rose Arts saw a speedy Larry Olsen burn an early pace, while a patient Vitale and Murphy worked to the front gradually; the finish was no less exciting with a fading Olsen and a surging Burfoot. All these races possessed elements of electricity for spectator and runner alike.

Rob Huntington sped the 3-mile in Danielson with Mike Plaisted chasing. Rory Suomi placed 6th. A heated team battle was waged in the 5-mile between eventual winner Hartford Track Club and the Mohegans. A gallant effort by the Club's Masters runners was not enough to turn the score to the Striders favor. Mike Law and Gene McMerriman (22nd & 23rd) teamed with Burfoot, Charlie Ewers, and Tim Smith for a total of 80 points. But Hartford put Crothers, O'Connell, Littlefield, Gagnon, and Almond all in the top twenty to win a good one. Al Morrison did a splendid job at the announcer's stand and Ernie Dumas hosted a beautiful post-race banquet.

Plainfield became home base for the Striders on June 3rd. Chester, Dumas, and Suomi went 1-2-3. Ernie took it out quickly and sustained until a determined Gerry Chester overhauled him at about 2 miles out. John Leslie and George Rice led the Masters Division.

Groton as always was a dandy; right down to the two small pizzas awarded to the final finisher. About 65 prizes were presented. The Striders boasted 5 of the top 10 in the Open; 4 in the Masters with Mike Law on top; and 4 of the top 10 Women. Truly a fine effort.

Rose Arts with over 400 runners proves the sport is here en masse. Striders corralled the Men's title with Burfoot, Butler, and Dumas. The Women's Championship also seemed to be in hand with the help of Ann Dunham and Ellen DiGangi. The race was highlighted by the presence of four runners who placed in the top thirty at the '78 Boston Marathon: Vitale, Murphy, Olsen, and Ed Strabel. This is a real tribute to a fine race. This race still experiences some rough edges. The start is congested with a quick, right hand turn. The finish needs some real experience to oversee proper recording and matching. There could be some mile markers along the route. The problems are known. What is not known is from where the manpower to help will come for next year's effort. Its guys like Jack Curran, Bob Carbray, Bob Miles, and Gene McGrath who are keeping this undertaking alive. Help is sorely needed.

THE RUN IN: 1845 Silas Deane Highway, Rocky Hill. Vitale & Crothers stock what you need. 563-6136.

GIRLS, GIRLS, GIRLS by Don Pirie

Its time to view girls' performances in proper perspective. A first look at present area high school times for girls leads one to believe that they've got a long way to go to equal boys' performances. A closer look shows that they've come a long way in a few short years and are not really that far behind. Present world records for girls are 10 - 12% slower than comparable mens' times for various physiological reasons. Based on this fact we can now compare area girls to area boys. Presently area 880 - mile - 2-mile times range from 2:30 - 2:45, 5:30 - 6:20, 12:45 - 13:45 for area girls. Subtracting 18 - 20% to get comparable boys' times we see that a 5:30 womens' mile equals a 4:24 mens'. A 5:51 girls' compares to a 4:41 boys'. The 2-mile compares a 12:45 girls' to a 10:15. In the near future anticipate the spread to look something like this: 880 - 2:10/2:20, mile - 5:00/5:20, 2-mile - 11:00/12:00. Presently, however, the formula is to subtract 18% to 20% in comparing boys to girls. Remember the girls programs have come a long way over the past four or five years. If most present coaches were a bit more polished in the expertise of womens' training the other 7% reduction would occur within the next five years. This year's Hartford Invitational girls' mile was won in 5:04. With a 15% reduction this equates to a 4:20 boys' mile. Watch out, guys! The spread is in fact diminishing.

SUMMER PROGRAMS

- Mondays:** July 10, 17, 24, 31 and August 7, 14, and 21. Fort Shantok State Park. 6:15 p.m. Elementary, Junior, Open, and Senior. Ribbons awarded each night. Trophy to be awarded in each division on final night. Point system. Sponsored by Montville Rec Dept. Conducted by Kevin Crowley, Ken Rawn and Jeff Morin.
- Mondays:** Every Monday at Windham High School. 7 p.m. 1.5-miles & 2.5-miles
- Tuesdays:** Washington Park in Groton. Many distances and divisions. Every Tuesday evening.
- Thursdays:** Every Thursday at Norwich Rec Complex in Mohegan Park. Mens and Womens race. 100th RACE IS JULY 13TH. Races start 7p.m.
- Thursdays:** Windham High School track. July 6th & 13th. August 3rd, 10th & 17th. Starts 6 p.m. All age groups. All events except hurdles, triple jump, pole vault and javelin.
- Continuous:** Montville Rec Summer Track & Field Program. July 5th to August 4th. 9 a.m. to 12 noon. Montville High track.

TO THE RACES

- July 15th; North Stonington Fair; 6.3-miles.
- July 15th; Windham High School; Summer Olympic Road Race; 4-miles; 9 a.m.
- July 19th; Windham High School; Summer Olympic Track Meet; 6 p.m.
- July 29th; Voluntown Festival; 10,000-Meters; race starts at 10 a.m.
- Aug. 5th; Ocean Beach Park, Ne London; 12-miles; race starts at 12 noon.
- Aug. 13th; Fort Shantok; Mohegan Striders team race; 10,000-meters; 1 p.m.
- Aug. 13th; Moosup; 10,000-meters; V-J Day Race.
- Aug. 26th; Montville's 2nd annual Harvest Festival; Camp Oakdale; 6.7-miles; 5 p.m.
- Sept. 9th; Ledyard Fair; 8.8-miles.

SHORTS

Hal Bennett and son, Shawn posted 2:54 and 3:27 respectively in Ottawa's National Marathon on Mother's Day . . . The Don Pirie Pfizer's Spring Handicap of mid-May was a rousing success and promises to be an annual event . . . Don Pirie organized the first Norwich Rec Run in the summer of 1965; its the Granddaddy of them all . . . Strider Lou Free, attending Idaho State, sped to a 27th place in 41:43 in the 2nd annual Bloomsday 8 mile race in Washington. Over 5000 started.

THE TOM HEWES MEMORIAL "NINE" MILE ROAD RACE
(8.78 miles, certified)

Sanctioned by the Conn. A.A.U.

DATE: Saturday, Sept. 9, 1978 rain or shine. STARTING TIME: 10:00 A.M.

PLACE: Ledyard Center Fair Grounds; Ledyard, Connecticut

SPONSORS: Ledyard Lions Club & Ledyard Fair Assoc., Inc.

ELIGIBILITY: All runners must be registered with the A.A.U.; Conn. high school athletes are eligible to officially compete in this event provided that they have not already had their first scheduled C.I.A.C. meet. Check with cross country coach.

DIVISIONS: 1) Open 2) Junior (pre-high school) 3) Master (40-49)
4) Ledyard Resident 5) Senior (50 & over) 6) Women 7) Parent-Offspring
(lowest point score)

AWARDS: Each runner will receive a souvenir ribbon of the race. The winner of each division will receive a gift certificate from the Ledyard Lions Club, Inc. Merchandise prizes will be awarded to the first 25 finishers who have not already won gift certificates.

MEN'S SHOWER FACILITIES: Ledyard High School, Col. Ledyard Highway

GALS' SHOWER FACILITIES: Ambulance building in back of Town Hall

CHECK-IN: Report to main tent on fair grounds by 9:00 A.M. In case of rain, report to the fire house.

REFRESHMENTS: Food & beverage for all runners at fire house after race

RECORDS: Full length course: Amby Burfoot 44:53 (1976)
Short course (100 yds short): John Vitale 44:40 (1974)

PRE-REGISTRATION FEE: \$1.00 (Make check payable to: Ledyard Fair Assoc.)
POST REGISTRATION FEE: \$1.50

RACE RESULTS: Runners wishing official race results must submit a stamped, self-addressed envelope.

MAIL ENTRY & FEE TO: A. G. Williams
66 Meetinghouse Lane
Ledyard, Conn. 06339
Tel. No. 536-2797 (Area Code 203)

-----Detach Here-----
ENTRY BLANK

DIVISION (X one box) Open Junior Master Senior
 Parent-Offspring Women Ledyard Resident

Please enter me as a contestant in the Tom Hewes Memorial Road Race. In consideration of this entry being accepted, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may incur against the Town of Ledyard, the State of Connecticut, the F.W. Hewes family, the Ledyard Fair Assoc., Inc., the Ledyard Lions Club, Inc., the Connecticut A.A.U., the Road Race Committee, representatives, successors, employees, and assigns for any and all injuries suffered by me while competing in or traveling to and from the race described in this application. (Any runner under 18 years of age must have parent's or guardian's written permission to compete.)*

Enclosed is my entry fee of \$1.00

NAME (print) _____ AGE _____
Last First Middle Initial

ADDRESS _____ #AU# _____
House # & Street City State ZIP#

SIGNATURE _____ AFFILIATION _____
Club

*PARENT'S/GUARDIAN'S SIGNATURE _____

SCHOOLS

Monahan Park Rec Runs

Started Summer 1965

School	Name	Year	Time	Notes
NFA; Manhattan	Bill Krohn	77	11:11	won New York Metropolitan 5000M title in 1978
Fitch; Wesleyan	Amby Burfoot	76	11:13	won collegiate ICHA title in X-country won 1968 Boston marathon
Fitch; Johnson + Wales	Wayne Jacob	76	11:18	advanced to National Junior College X-country championships
Killingly; UConn	Steve Flanagan	73	11:27	has represented USA on 2 international X-country teams.
NFA; Providence	Tim Smith	75	11:27	won 3 state high school titles.
East Hampton; UConn	Bruce Clark	73	11:34	ran the fastest outdoor mile ever recorded in New England 4:00.4
?	Norm Higgins	70	11:36	won New York City marathon.
Killingly; South. Conn.	Rory Suomi	75	11:38	top distance man at Southern Conn. 1972-1975
NFA; UConn	Rob Huntington	77	11:42	of the running Huntington twins Always competitive.
	Bill Krohn	77	11:42	
NFA; Kansas	Jim Euell	70	11:44	High School All-America
NFA; Eastern Conn.	Gerry Chester	76	11:47	presently coach of St. Patrick's parochial school.
N.A.; Central Conn.	Bruce MacMahon	66	11:47	Captain of Central Conn. in Mid-'60s. On 3 NFA New England teams.
NFA; Johnson + Wales	Larry Rice	74	11:50	
NFA; UConn	Ross Huntington	76	11:50	of the running Huntington twins. Top distance runner in Mississippi now.
New Lon; Conn. Coll.	Mace Gotterdiner	75	11:52	Captain of Conn. College in early 70's.
Xavier; ?	Dave Boraks	74	11:52	
NFA; Eastern C.	Mike Moore	74	11:53	
Fitch; ?	Roy Ingrahan	67	11:55	
	MIKE MANUTZI	78	11:59	
Fitch; Wesleyan	Bob Beardslee	65	11:58	considered the hottest high school prospect in New England in the early 60's
Fitch; Dennison	John Valentine	70	11:59	
	Mention Flo Huntington			DON PIRIE
	Gail Acosta			