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## STRIDERS EMBARK UPON EIGHTH YEAR: ANNUAL MEETING SET FOR NOV. 17th

Having given in to the ravages of Winter the Executive Board has moved the Club's annual gathering from uncooperative January to a little more promising November. The meeting will be held, as in past years, at the Norton Peck Library on N.F.A.'s campus, Friday evening, November 17th at 7 p.m. The Club members will be asked to approve the following change in Article 4 of the Constitution (parentheses indicate prior content):

Section 1. The annual meeting shall be held on such date in November (January) each year as may be determined by the Executive Board.

To be reported on are the year's past activities, current thoughts on the Road Runners Club of America, the Rose Arts Race commitment, future activities, and election of officers. The dues structure also will be considered. Members will then have their chance for any innovations, criticisms, or general discussion under new business. Hopefully, there will be an early adjournment and a reconvening of forces at Bid's Tavern. Come share your thoughts and give a little of yourself to the Club -- Makes less work for all!

## THE AL MORRISON EXTRAVAGANZA - November 12th

Honorary Club member Al Morrison headlines the application for the Ledyard 7-mile road race, and rightfully so! Al has surely been a driving force in the running arena over the years. While not a reknowned runner in his own right, Al's thoughtful comments have impressed and encouraged many a runner, young and old alike. This first annual event is the brainchild of Club member Jim Uhrig and is jointly sponsored by the Ledyard Jaycees and Ledyard Parks & Recreation. Jimmy uncovered a vast reservoir of goodwill upon headlining this run in honor of Al. Many supporters came forth with prizes and one of Al's Norwich haunts spontaneously originated a post-run party with all the fanfare. This initial year should be an excellent springboard for what could become another quality road event in Southeast Connecticut. Race application is attached.

## TRAVELLING STRIDERS

All races are fair and equal game to the Mohegans who are apt to show up most anywhere on the East coast. A solid team is shooting for upstate New York's Skylon Marathon at the end of October. Jim Uhrig and Joe Portelance will team up with the Groton connection of Gerry Browning, Rich Fargo, and Steve Lamb for this one. Meanwhile Julio Rodrigues, Mike Herrick, and Milt Sniegowski are aiming towards the scenic Marine Corps Marathon in Washington, D.C. Amby Burfoot and Kevin Crowley tested a hot August marathon in Chicago. Kevin scooted home with a 3:10 while Amby logically bowed out under the 92-degree temperature. Joining the 4,400 ladies in Boston's Bonne Belle 10,000 Meter were Denise Marshall and Sally Smith. Both were in the thick of things finishing around 51 minutes. The ultimate in psyche, however, goes to Jack and Susan Fields who joined an enormous field for Philadelphia's 10,000 Meter run. The run began at the steps where Rocky raced that early morning he knew he was in shape and ready in the film of the same name.

## TALENT IN OUR BACKYARD

Watch for it! There should be plenty of publicity. Norm Higgins and Club member Kevin Crowley are presently working to gather together the very best in Ladies' competition at every age. These women will be shooting for many titles, the most prominent being Regional A.A.U. champ. The sight is the very popular and tough Fort Shantok terrain. The date is Sunday, November 12th. The competition is for all women of all ages. Should be some excellent duels. Don't miss them.



TRADITIONAL RENDEZVOUS

Once again, as in the last recent years, the annual call is being sounded for the John Martin Birthday run. Come share a Sunday morning run with John and your fellow Club members. The run will start at John's place on Edwards Road in Uncasville at 8 a.m. Sunday, November 19th. The usual route is a winding, hilly 8-miles over Raymond Hill Road at a friendly pace. Go the "8", or perhaps a longer "11"; or better yet, don't run at all! Just stick around for the doughnuts and cider afterwards.

WANT TO RUN FASTER? TAKE SHORTER STEPS. by Don Pirie

An interesting review in the annals of the N. Y. Academy of Sciences, Vol. 301, 328 by Cavanagh et aliter, discusses the results of a study to determine the stride length of elite runners (3-mile/marathon average times of 13:10/2:16) vs. good runners (15:16/2:35). The test was conducted at a 2:21 marathon pace and, after taking height, leg length into consideration, the finding was that elite runners had a shorter stride length than the good runners. The article also states that at the same velocity good college distance runners tend to shorten their strides over the four year period during which their performance improved. The article also noted that oxygen uptake increased at over twice the rate at stride lengths above the optimum value than at stride lengths below this value. Thus it is safer to understride than to overstride. These results can be substantiated at our own local level. Observing Rob Huntington, Hal Bennett, Gene McMerriman and George Maine is strong argument that a shorter stride does not hinder performances.

BRISTOL MUM FESTIVAL 8-MILES

A typical sign of the times when some of the "pioneer" races seem to be losing appeal. The Mum race used to be a must for almost everyone, but now in the environment of multi-race weekends the race schedule becomes a survival of the fittest. Race promoters are seeking the runner more than ever before with all sorts of gimmickry and merchandising. The Mum race this year took a dive from what it once was: one award per division and no refreshments. The race is clearly on the way out if it can no longer compete with current promotional practices. On the positive side, Rory Suomi poked his head back into the road circuit to come up a winner in this one. Glad to have you back, Rory! The Carbray gang, Robbie, Michelle, and Pop took 136th, 161st, and 168th respectively. Speaking of the Carbray's in September's Guilford race Robbie defended for the third straight year the Youngest Finisher title and also picked up another award for second place in Jr. Men's. Sister Michelle notched first place in Jr. Women's.

SHORTS

This is the long haul for all our highschool x-country runners. Best of luck in the coming big meets! . . . Thrifty Don Pirie collected a neat \$100.00 in exchange for ten years of Runners World he'd been hoarding; the buyer was a Colorado runner with thoughts of starting his own magazine . . . Don's law suit with the C.I.A.C. regarding the inequitable disposition of a confrontation between his son, John, and a meet official back in March of 1976 appears to be coming to litigation finally. Good luck! Be proud of your perseverance, Don! . . . Club Meeting, November 17th.

CONN. A.A.U. 5,000 METER MASTERS CHAMPIONSHIPS - Oct. 22nd

Exceptional talent at this level headed by the likes of Ray Crothers and Barrie Almond. George Maine's 30-second spread led the Strider duo of he and Don Pirie into the top ten out of over sixty runners. George and Don were 2nd and 3rd in the 40 - 49 age group.

"ATHLETES NEED DISAPPOINTMENTS TO SUCCEED. IT IS THOSE WHO HAVE COME BACK WHO EVENTUALLY HAVE THE BEST LEVEL OF SUCCESS."

Roger Bannister