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FEATURE STORY: 1974 CHARLESTON, W. VA. 15.2 MI. by RAY CROTHERS  
After camping in the Great Smokey Mountain National Park for 1 1/2 weeks in Tennessee and on to a short visit at Mammoth Cave National Park in Kentucky, and a short visit to my relatives in southern W. VA., Bonnie and I pulled into Charleston Thursday afternoon, August 29th, at about 3 p.m.

Upon entering the Daniel Boone Hotel (Built in about 2000 B. C.) each runner was given a small plastic souvenir bag with six meal tickets and a schedule of events. Out-of-state runners were given two days free hotel accommodations -- guests had to pay extra. Being on the thrifty side (wealthy teacher) I thought Bonnie could stay in the room and no one would know the difference. So I went to the registry desk and said that I was alone -- got my key and we went to the dingy room. On one fifteen minute trip up the hotel elevator was this tall stack of muscle in a white shirt and black slacks -- Rafer Johnson, gold medalist in the 60(?) Olympics decathlon; tall, and still fairly slim Lee Calhoun -- three separate olympics and a gold medal in each (hurdles) -- wearing a coat and tie; Ron Wayne, '74 AAU Marathon Champ (John Vitale will dispute that statement) in green shorts returning from a workout; and smartly tee-shirted and distinguished Bonnie and R. C. That was a "heavy" trip up. On Friday there was a track clinic at the Civic Center. Some of the guest speakers were: Jesse Owens, Bill Dellinger, Wilma Rudolph, Pete Petersons, and everyone went "hooley" when Jim Ryun was introduced. He was as modest as John Kelley, as no one could get him to talk about his accomplishments. If one did not know Ryun, and heard him talk -- a response might be "What is so great about this guy?" (Only runners can appreciate what a 3:51.1 mile does for an ego -- Ryun hid his.) He would only say, that training properly, he would be capable of running faster than he has thus far. (He is now on a twice a day running routine and everything else is secondary.) Friday night everyone was swapping meal tickets to get that ever important prerace evening meal. John Vitale, Bonnie, and I managed to swap our meal tickets around so we could all eat at the same Italian restaurant. The "in" thing to do today is to consume pasta or some other form of carbohydrates. I sat with Tom Fleming, Joel Pasternack from NY, Hugh Sweeney, runner, and writer for Long Distance Log and Runner's World. Bonnie and John left to eat in another restaurant. I think they were a bit upset by Sweeney's antics. As they left Fleming asked me, "Who's that babe John is with?" (It was probably the first time Fleming ever saw John with a female.) Back at the Daniel Boone I gawked some more at the class athletes of the past and present, some in tuxedos and others in the familiar tee-shirts. When Bonnie and John rejoined us we all headed to the Civic Center for the first induction into the Track and Field Hall of Fame. Some notable personalities were: Parry O'Brien, Ralph Boston, Glen Cunningham, some AAU dignitaries and many others. Most of the racers stayed 'til about 10 p.m. The induction lasted 'til about midnight. I shared my bunk with a highschooler from Virginia. Bonnie was quite comfortable sleeping on our camping mat on the floor. Barbara Wynn's dad said that the "family" style rooms were fun -- one or two to a double bed and from two to eight to a room.

CHARLESTON. . .

Saturday morning -- race begins at 9a.m. with 1602 registered for the start. Every runner was assigned a number and also a row number. There were 82 row numbers marked on the road. No crowded animal show start like the one in Boston. The first five miles were rolling hills and the last ten were on flat city streets. The temperature was in the low 70's but the humidity was a bit high and there was a slight drizzle at the end of the race. Awaiting the finishers was about 3,000 quarts of Gatorade.

Bonnie said 28 year old Kenyan Philip Ndoo from East New Mexico University was a step ahead of Vitale as they entered the stadium. With 220 yards to go Vitale passed Ndoo but the Kenyan regained the lead with 110 yards left and won by a step. Time: 1:18:03 to 1:18:04. Other notables: Bill Rodgers 3rd in 1:18:24, Englishman Nick Rose 5th (2nd to Prefontaine in NCAA x-c), Lucien Rosa 6th, Jon Anderson 8th, Ron Wayne 9th, Tom Fleming 11th, Carl Hatfield 21st, Alvaro Mejia 49th, Ray Crothers 78th (a slow and painful 1:27:04), Rick Bayko 80th, Terry Ziegler 82nd. Vitale credits his fine race to a quiet, relaxing meal with Bonnie the previous evening. Right on John! A banquet was held for all runners after the race. All in all a great race and a good time. Just for finishing the race runners receive a Charleston Road Race shirt, a cloth gym bag, and a nylon wind breaker.

EXCELLENT RAYMOND -- Thank you

RESULTS: Ledyard 8.8, Sept. 7th. Vitale in a record performance (44:40) for the 4th annual running of this one on a cold, rainy day. The club finished strong with Amby's 45:24 (2nd), Crother's 46:51 (4th), Tim's 46:59 (5th), and Billy Shea and Gene McMerriman 13th and 14th. Twenty-six of the fifty-nine finishers were Mohegans. Highlighting the competition was the presence of the Flora twins who normally refrain from outside competition during the summer months. They gave a preview of why they are now running as top men at Northeastern University as they placed 3rd and 9th in Ledyard. On a sour note the picnic was rained out. Better luck next year!

New England 10,000 meters, Laconia N. H. Aug. 31st. 200 plus runners. 1st place Amby Burfoot (30:15) followed by U.N.H.'s George Reid (30:22) were both under Art Coolidge's long standing record. Tom Derderian 4th, Chris Chambers 5th, Ken Mueller 8th, Tim Smith 9th in 31:28, Marc Gottesdiner 10th, and Rory Suomi 21st were also up front.

Newtown 5 mi. Sept. 29th. George Maine 6th in the Masters (40 - 49) clocking 30 minutes and Ray Roberge 5th in the Seniors (50 - 60).

New Canaan 1-Hour Run, Sept. 21st. Ray Crothers set a new record of 11 miles 330 yards which is a new State mark for the event held within the State. (Our own Amby Burfoot ran 12 miles 95 yards in Mass.)

Bristol 8 mi. Oct. 6th. Good club turnout. Ray Crothers (40:03) takes Open with Tim Smith a distant 2nd (42:26). Al Williams (50:18) and Bob Dempsy 9th and 10th in the Sub-masters. George Maine (50:06) took 8th in the Masters. Twelve year old Susan Hoagland garnered the Women's top laurels while Barbara Wynne also finished in a top spot. Speaking of our girls, how about this: NFA vs. Fitch girls x-c meet at Norwich -- Donna Wynne 8:59, Judy Glenney 9:09, and unofficially Sue Hoagland at 9:12. That's right! Our own girls pulled 1st, 2nd, and 3rd in a dual meet of two State powerhouses.

RACES Manchester 5 mi. Thanksgiving Day, Simsbury 10 mi. Dec. 1st, Hartford 6.6 Dec. 15th. Silver Lake Dodge Hopkinton to Watertown 20 mi. in Feb.

WHERE'S STEVE FLANAGAN? He's pursuing a graduate degree at the University of Colorado. More importantly he is training with some 13-minute three-milers and a 4-minute miler in the persons of Ted Casteneda, John Gregorio, and Mike Peterson, all members of the Colorado Track Club of which Steve has most naturally become affiliated. He's hitting 60 - 80 miles per week at high altitudes and has reeled off a 5 x 1-mile at 4:40 per mile with 5 minute rest intervals. Please come back, Steve -- we need you.

WALT'S SALTS "Aloneness and togetherness are available to everyone, and are the relevant essentials of all running. Strip away the surface images and running can still survive if there's a solid base of self-awareness and mutual admiration - respect. Without them, the surface is a fragile shell that's shattered by the slightest trauma." Runners' World, Nov. 1970

LSD TRAINING CAMPS Conducted right thru the winter: Sunday morning runs. Ledyard area runs contact Bob Dempsy 464-6416. Uncasville area contact John Martin 848-9761.

SHORTS Club member Roy Thoma has completed Air Force basic training and is now stationed in Missouri, brother Walt also was in the Air Force. . . Amby Burfoot's new address is 13 Alger Street, New London, 447-2303. . . Chief Tantaquidgeon received congratulations from Governor Meskill for his membership into our organization. . . Jim Euell is listed as holding the State record for the indoor mile at 3:59. This was undoubtedly set a year or two ago in a big meet out Kansas way. . . Tim Smith still has two pair of shorts left, a small and a large, \$3.25 a pair. . . John Martin has a full inventory of shirts (\$8.50) and shorts (\$4.50) -- great Christmas idea. . . Be ready for January meeting for elections etc. . . Most sorry to hear that Bernie O'Rourke, long-time Middletown race director, had his leg amputated recently. . . his efforts will remain unmatched. . .

TIM'S GRINS For our senior group: "We no longer grow old gracefully. years of experience are not always valued. Instead of using the wisdom of age to help solve our problems, we have turned the aged themselves into a problem. Our preoccupation with youth has made us forget that, often, people considered 'too old' have the youngest ideas of all." Audubon, Sept. '74. Seniors, your running knowledge is always sought by us.

EXCERPTS ON "A WOODS RUN" (Taken from an expository writing by club member Brian Heidtman) "The stones, rolling and tumbling along the rocky streambed, tap a gentle litany to the pervading quiet of the wood. The moss and pineneedle covering on the forest's floor lend themselves to the forest hush by dampening the footfalls along the trails. The pungent odor of the pines, intermingled with the damp, earthy smells of the decaying leaves and a single decaying cedar, are the incense of this shadowed forest shrine. . . A short, steep climb, a narrow rocky pass, and the trail becomes a quarry-like, stone strewn walk. Towering cliffs rise on either side of the fast moving stream, and the scene changes from the dark greens and browns of the cathedral-like forest to the light greens and greys of the monastic, lichen-covered rock walls.

#### ORGANIZERS!:

What the club needs now is a good time -- dinner, drink, and dance. Any previous committees have fallen by the wayside. Yours truly was a member of a few of these. My only excuse being that the time element is always crucial as it is for everyone. If there are a few of you who feel that you could kick something off please contact Treasurer John Martin for organization.

Pleasant holidays to all!  
See you next year.