



WALT'S SALTS "Races are personal, the longer ones particularly are more a struggle with the man inside than the men outside." from The Complete Runner 1974

THE VITALE 10-MILE Middletown, Nov. 3rd, Crothers again right on top. His 52:34 was enough to beat Rick Bayko (53:37) and former Strider John Spear (54:07). Spear led the Striders in the 1973 Rose Arts with a 4th place finish.

FRAMINGHAM MARATHON Framingham, Mass. Nov. 3rd. Rory Suomi, now at U. N. H., got an early start on the marathon season with a 2 hour 40 min. clocking in this annual race. His 17th place was the club's tops with Pete Fox (3:12:15) and George Maine (3:15:41) placing 84th and 96th respectively.

MIDDLETOWN 4.25 and 2.7 MILERS Nov. 17th A good prepper for Manchester Burfoot took top slot in a quick 19:50 with Grothers half a minute back. In the girls 2.7 Jodi Canova placed 4th in 18:26 after warming up that same morning with an 8-mile run at John Martin's.

TARZAN BROWN TESTIMONIAL Nov. 8th Quite an event with featured speakers Jock Semple, John Kelley the Elder, Johnny the Younger, Les Paulson, and Tarzan's trainer "Tippy" Salimieno. Semple compared Tarzan to the likes of Frank Shorter and Neil Gussack. Tarzan won Boston in 1936 and 1939, and represented the U.S. in the '36 Olympics. In those German Olympics Tarzan had the privilege of holding an audience with Adolph Hitler. The most profound speaker was Ellison "Tarzan" Brown himself. His reflective comments and little one-liners amazed and amused the crowd. One would agree that the man had done much and seen much in his sixty-plus years. The function, attended by over 400 admirers, displayed a culture not thought to exist any longer. The Indian garb - beads, trinkets, and head bands, was splendid. It was a true tribute to a natural athlete.

HASHING Should be familiar - many of us do it. In the Far East there are more than 25 chapters dedicated to it: a combination of jogging, mountain-climbing and steeple-chasing. Although physical conditioning helps, members of the clubs, or "hashers", insist that exercise is only a small part of its purpose. The initial goal is to shed off the excesses of the previous weekend. The jogging does little good however since the run always ends with several rounds of cold beer at a small bar known as the Hash House. Emphasis is laid as much on the subsequent refreshment as on the pure and austere running. In Malaysia, hashers are always getting lost and often have to spend the night in a field or small village far from home. A Hong Kong member says that his chapter has had to contend with dogs, rats, snakes, and the outrageous complaints of irate householders. From THE WALLSTREET JOURNAL Dec. 1974.

TIM'S GRINS "Movement, self-propelled movement, is strong medicine. With it, the body stays healthy. Without it, we deteriorate. We know that." Runner's World Oct. 1973.

SHORTS A tip of the hat to Norwich Bulletin's Hal Levy for his November columns re: runners' lifestyle (11-22-74) and opinions on the highschool running scene (11-8-74). . . John Martin celebrated his 56th birthday with an 8-mile Sunday run attended by 22 well-wishers. . . Most unfortunate was the blowup of Norm Higgins upon young Sue Bletcher's performance in the State meet. . . A few interesting dates: April 9, 1972 our charter was drawn up and on May 9, 1972 we were officially recognized by the A.A.U. . . We're losing another member, Ross Huntington is heading to Mississippi for a few years. He just recorded a 9:33 deuce indoors at UConn. Best of luck, Ross in your new locale. . . Speaking of former members, Steve Flanagan was 4th man for a powerful Colorado Track Club in the National A.A.U. x-country championships in California, they walked away with the top honors beating out NYAC and the Florida gang. . . Sue Hoagland took the 12-13 age group mile at the Yale indoor developmental meet in a fine 5:59:9.

PLEASE DON'T FORGET OUR MEETING. ITS YOUR MEETING, TOO!

JANUARY 17th, 1975

We need officers - - Give a year or two to the club.