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VOLUME #2

MAR 10, 1975

NUMBER 7

Pres. Walt Thoma  
Sec. Bob Carbray

V. P. John Leslie  
Treas. Tim Smith

JANUARY 17: ANNUAL CLUB MEETING

Orderly and productive best describe the club's annual meeting attended by over 40 members. Highlights included the dissolution of the inactive social and race committees established in the prior year's meeting. Reason for dissolution: lack of progress. Dues remain at \$2.00 with an additional benefit for families: any additional family member residing in the same dwelling with the initial family member need only pay .50¢. Also affecting dues is a reduced rate of 50 percent to those members registering after August 31. Leading The Striders administratively for another term will be President Walt Thoma and Secretary Bob Carbray, his fourth term. John Leslie will fill the new Vice-President slot and Tim Smith will oversee the finances as John Martin, having served energetically as Treasurer for three years, chose to step down and take a well earned rest. Looks as though our new entertainment committee of Jim Rowan, Larry Rice, and John Leslie sports the energy and interest to get us together for some fun. The group is open to suggestions and some help to formulate plans.

THIS IS THE LAST NEWSLETTER FOR NON-MEMBERS: DUES ARE PAYABLE TO SECRETARY BOB CARBRAY, RFD #4 SUNSET AV., LEDYARD, CT. 06339

CONN. AAU MARATHON: STRIDERS MAKE IT LOOK EASY

For the second consecutive year the Striders ran away with first place in both the individual and team standings and boasted twelve team finishers for the long trek. Tim Smith duplicated Ray Crother's 1974 first place finish, and the winning team of Smith (2:31:33), Amby Burfoot (5th) and Rory Suomi (7th) topped last year's winning score of 17 (Crothers, Smith, Suomi) by 4 points. Marc Gottesdiener provided added assurance of victory by placing 9th in 2:42:29. Julio Rodriguez (29th), George Maine (44th), and Tom Greene (53rd) all got in under 3:10. Hal Bennett (87th), Walt Thoma (89th), and Al Williams (90th) came blowing in together at about 3:24. John Barry (99th) and John Leslie (106th) managed to keep many of the 178 starters behind them as they finished in 3:27 and 3:32 respectively. Don Pirie also took in much of the Middletown - Middlefield scenery as he floated through 17 miles before returning to Wesleyan to view the finish. Ray Crothers was a marathoner's delight as he continually bicycled the route with oranges, E.R.G. and accurate reports as the race developed.

MOHEGAN STRIDER CORRESPONDENCE

Any and all correspondence pertaining to the club must be channelled through the club secretary and the executive board before any action may be taken.

WALT'S SALTS "Comparative times give every runner meaningful and personal standards. He doesn't have to beat anyone to reach them; only to control himself. No matter how many other runners finish before him, he has won if he has met his own standards." The Complete Runner 1974

NEW ENGLAND 20-KILOMETER MASTERS RUN George Maine's 80:50 paced the Striders over a cold rugged UConn course in Storrs, Ct. John Leslie, Len Kimsey, John Martin, and Jack Riley also showed strong finishes. The overall masters of the Masters were John Kelley and Charlie Dyson finishing one, two in 71:06 and 74:38. John Martin placed 5th in the 55 - 60 age group.

NEW JERSEY 12-MILE

The men burned up this flat, measured 12-mile jaunt. 1. Neil Cusack (58:30), 2. Bill Rodgers (58:45), 3. Amby Burfoot (59:45) 4. Carl Hatfield, 10. Scott Graham, 13. Rick Bayko.

FROM AN EXPOSITORY WRITING BY BRIAN HEIDTMAN

"Cardiologist Thomas Bassler states that it takes ten minutes of sustained exercise before any measurable training effect is noticed. . . Running does not require any other runner to run with, any special facility to run on, nor any special weather to run in. . . In addition running requires a good deal less time than other sports. Running conveniently begins and ends at home. These benefits make running by far the most efficient physical exercise to fill your valuable time. You need run only ten minutes before you have reached Dr. Bassler's limit, in contrast to almost any other sport during which varying amounts of time are spent at rest, so that it takes longer to reach that ten minute limit. . . Running is a rewarding experience, because it is a singular and individual undertaking. It can be compared to Sir Edmund Hillary's motivation for climbing mountains: "Because it is there." It is a personal ego trip for each runner because he is out there running for his own reasons and he needs no other encouragement from any outside source. . . Man has walked the earth for the past 1.5 million years; in this time he has proven beyond reasonable doubt that he is the most adaptable creature that has ever lived. Man can adapt to anything within the realm of physical limits. That is to say, that if Ted Corbitt, 23 year old super-marathoner, can train himself to run in excess of 150 miles per week, then surely the average man (and woman) can train himself to run four miles per day, six days per week, in the interest of better health and longer life. With a minimum of training, anyone can run four miles at a ten minute per mile pace. This is only slightly faster than a fast walk. That means that the daily exercise period need take no longer than forty minutes. It can't be that difficult to come up with forty extra minutes for the sake of your own health."

SHORTS Thanks to Norm Higgins for his AGAA Track Classic. His efforts are to be admired in the excellent administration and the collection of outstanding talent. . . John Martin has shirts and shorts on hand. . . Address corrections may be forwarded to Tim Smith. . . New members will be on the next roster. . . John Vitale has joined the Hartford Track Club. . . A club number must be entered on the AAU application form; the Striders are number 051. . . Al Williams is pictured in the October issue of "Sports Medicine Magazine" doing his thing in the 1974 Boston Marathon. The related article was concerned with muscular exhaustion during distance running. . . Wish to receive the Conn. AAU Long Distance Digest? Merely send a self-addressed stamped envelope to Leo Pelkey, 40 Pierce Street, Bristol, Ct. 06010.

TO THE RACES Mar. 29th Vernon Rabbit Run, 5 miles. Apr. 6th Conn. AAU 15-KILO Championships, Southport (Shall we go after this one?) Apr. 21st The Big "M". Apr. 27 Hebron 5 miles. May 4th Conn. AAU 25-Kilometer Championships, Middletown (We've won this the past two years).

Its another year; let's have a fun one, O. K. Tim Smith is already plotting and planning for a post Rose Arts Race Recovery Session. Don't miss it!

## 1975 Mohegan Striders

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Legend: w (wife), s (son), d (daughter), b (brother), si (sister).

John Barry, s Jamie  
8 Sycamore Road, Nor.  
06360 887-1277

John Brady  
21 Ventura Dr., Dan.  
06239 774-9105

Gerry Browning  
72 Elm St., Ston.  
06378 445-2348

Amby Burfoot  
13 Alger St., N. L.  
06320 447-2303

Jodi Canova  
RFD #2, Old Salem Rd., Nor.  
06360 889-6698

Bob Carbray, w Sheila, d Michelle  
s Robbie and Kevin  
RFD Sunset Av., Led.  
06339 464-6400

Rich Cook  
45 Boath St., Nor.  
06360 887-7493

Steve Crouch  
6 Simpson Av., Willi.  
06226 423-4074

John Curran  
71 Fanning Av., Nor.  
06360 889-0874

John Degange: Honor., Life  
95 Oneco Av., N. L.  
06320 442-1019

Bob Dempsy  
RFD #4, Led.  
06339 464-6416

Pete Fox  
217 West Shore Av., G. L. P.  
06340 536-8601

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06320

Tom Harding  
11 Huntington Ln., Nor.  
06360 887-0881

Vin Hoagland, s Mike, d Susan  
36 Perkins Av., Nor.  
06360 889-6480

Dr. Len Kimsey, d Holly  
122 Rockwell St., Nor.  
06360 887-4551

Steve Kornacki  
61 Eleventh St., Nor.  
06360 889-3407

Mark Krodel, b Tim  
Box 22, Fitchville  
06334 887-6935

John Leslie, s Mark  
5 Deborah St., Wtrfd.  
06385 443-2260

George Maine, d Jennifer and  
Christine. RFD #3, Box 282., Lis.  
06351 376-0054

John Martin  
7 Edwards St., Uncasvll.  
06382 848-0304

Ralph May  
111 Oneco Av., N. L.  
06320 443-2906

Clem McGrath  
32 Broadway, Apt. #1., Colch.  
06415 537-5592

Don Pirie, s Don Jr. and John  
8 Jacop Dr., Uncasvll.  
06382 848-0964

Ray Portelance  
16 Canterbury Rd., Mystic  
06355 536-8262

Larry Rice  
44 Silver St., Nor.  
889-8558 06360

John Riley Sr.  
10 Autumn Way, Nor.  
06360 889-8648

Rennie Robinson  
25 Autumn Way, Nor.  
06360 887-9608

Julio Rodriguez  
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06320 447-2303

James Rowan, w Virginia, d Patricia  
6 Valerie St., Wtrfd.  
06385 442-5576

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79 Skyline Dr., Groton  
06340 536-1260

Tim Smith  
43 Beech St., Nor.  
06360 887-1518

Rory Suomi  
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Harold Tantaquidgen: Honor., Life  
1819 Nor.-N. L. Tpk., Uncasvll.  
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Walt Thoma, b Roy  
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06360 887-5469

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06339 536-8797

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