

STEVE FLANAGAN MAKES GOOD

Did you Runner's World subscribers note former club member Steve Flanagan's great success in the April copy, on pg. 34 Classified Ads? Steve is organizer and administrator of a summer cross-country training camp. Facilities are at the University of Colorado, with participants being Frank Shorter, Ken Swenson, and U.C. coach Don Meyers.

ITS HERE: NEW ENGLAND RUNNING RESULTS

RAG TWO is flooding the running scene. Its editor and publisher is Rick Bayko. Business address is 19 Grove St., Merrimac, Ma. 01860. \$3.00 per year for 18 issues. Circulation at 2/11/75 is 550. Its goal is to achieve the best possible magazine on New England running, including Conn. results and schedules. Its here: its RAG TWO.

NIKE: Nike shoes, sweats, running apparel, etc. Great prices. Marc Gottesdeiner, 92 Glenwood Av., New London, Ct. 06320 Tel. 442-2005.

A NOTE OF THANKS from Walt Thoma for his stag party

"I would like to express my heartfelt appreciation to all those who partook in the party held in my honor the 11th of April. Special thanks go to Tim Smith, Mark Krodel, and Steve Crouch who all worked hard to make it the success it was. Thanks again."

INTERNATIONAL 12-KILO (7.4mi.) RABAT, MOROCCO, MARCH 16th

Ian Stewart of Scotland (35:20), Mariano Haro of Spain (35:21), Bill Rodgers of U.S.A. (35:27). Shorter was 20th, Gary Tuttle 29th, Jeff Galloway 65th. New Zealand took the team laurels. John Tracey of Ireland and Providence College placed 3rd in the Juniors 4.3 mi. with a (21:23). Billy Rodgers really found himself in this race.

EXAMPLE OF RAG TWO CONTENT

January 21st issue of Rag Two scored the countries' standings for the top 50 marathon times of 1974, basing it on three man teams. The results: Great Britain - 28 points, Japan - 36, Belgium - 50, U.S.A. - 50, Finland - 55, East Germany - 71, Russia - 110. These were the only countries to have at least three men in the top 50 times. A most interesting statistic is that Japan had ten runners in that top 50. They were 10th, 12th, 14th, 17th, 19th, 29th, 30th, 32nd, 40th, 50th. We ought to study their diets and life style. But we must also remember that their big marathon is reputed to be the "pancake course." The U.S.A. had four in that 50. They are: Frank Shorter 4th in 2:11:32, Tom Fleming 18th in 2:14:27, Dennis Williams 28th in 2:15:18 and Ron Wayne 48th in 2:16:16.

TO THE RACES: May 17th Danielson 3 & 5 mi.; May 25th Granby, Ct. 6.5 mi.; May 31 Glastonbury 10 mi.; June 8th Middletown AMBY BURFOOT 2.7 & 4.2 mi.; June 22 Norwich Rose Arts 10.5 mi.

CLUB UNIFORMS

Remember, John Martin has in stock chocolate brown nylon shorts and Strider nylon running shirts. Contact him at 848-0304.

SHORTS

Bob Carbray's little notice of dues expiration to unpaid members has proved worthwhile as our membership increases rapidly with re-uppers. . . Steve Flanagan will be home mid-May for about three weeks. . . Ross Huntington will be home for the Rose Arts race. . . The Burfoot/Rodgers interview tape recording should quickly pass the Watergate tapes on the popularity charts. . . Al Fecteau says its easier to pay the \$2.00 dues than to have to scrape the Mohegan Strider decals off the car. . . Tim Smith has loads of decals for sale at .25 apiece, make great gifts. . . Remember last year's club scorers in the Rose Arts? They were Crothers, Burfoot, and Flanagan. . . Would you believe that last year was the first year that we were able to win that race.

IMPORTANT

It is important to the very existence and strength of the club that we socialize together on occasion. Hope to see everyone June 14th at the 77 Club in Montville at about 7p.m.

1975 Mohegan Strider Additions

Harvey Alpert
73 Boretz Rd., Colc.
06415 537-1200

Joe Banas
58 Lake St., Nor.
06360 887-8074

Hal Bennett
RFD #2, Rte. 169, Cntby.
06331 546-6047

Dan Brown
RFD #3, Nor.
06360 889-8258

Gerry Chester
Box 60, Sheldon Rd., Vlntn.
06384 376-4692

Bob Esquire
36 Glenwood Av., N. L.
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Al Fecteau
101 Scotland Rd., Nor.
06360

Dr. Chris Glenney, d Judy & Kathy
16 Huntington Lane, Nor.
06360

Tom Greens
601 Broad St., Meriden
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Brian Heidtman
27 Melrose Park Rd., Nor.
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Ed Kobaica, s Tom & Steve
13 Heath St., Mystic
06355 536-6012

Bob A. Huntington & dad Bob
60 Lorenzo St., Nor.
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John McGuire
1 North St., Nor.
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Bob Miles
15 Green Valley Dr., RFD #2
Norwich
06360 889-5842

Al Morrison
1 North St., Nor.

Jim Olson
50 School St., Nor. (Taftville)
06360 887-8467

Mike Plaisted
81 Gallup Lane, Wtrfrd.
06385 442-8475

Chris Portelance, w Judi
12 Cedar Lane, RFD #2, Nor.
06360 889-6941

DON'T LET YOURSELF GO by Jim Rowan

To the commercial world, the most important things are youth and beautiful women. What really hurts us all is that we accept this untrue facet of our lives.

The real beauty and strength of this world is endurance, wisdom, and good judgement and this comes only with time. We don't all look at it in that vein although some of us feel that when a woman or a man reaches 37 or somewhere close to that age, he or she is inclined to say "Well, this is it; I've reached the top of the hills and I'm going down," so they eat and drink too much; the stomach protrudes; the hips spread; and a multiple number of chins appear.

It just doesn't have to be that way! Those advertisements and T.V. commercials shouldn't command our style of living. Nor should any of us be exploited by the cigarette commercials. In 1969 I was a pack-a-day smoker. Along with determination and some persuasion from my wife, I finally broke the yoke of slavery to those cancer sticks! In 1970, when I was 51 years old, I started a jogging program which has really turned my life around. Now at the age of 50, I try to run anywhere from six to ten miles every other day or at a minimum of three days a week. I have a physical examination including an electrocardiogram at least once a year and, as unlikely as it sounds, every year since I have been running, my heart beat has slowed progressively. You don't have to be competitive or break any records, although you do have a small feeling of triumph when you break one of your own such as moving up to two miles a day from one mile and a half, or cutting your time for two miles from twenty to eighteen minutes.

Get the idea? I'm not a speed demon. You can't realize the feeling of fulfillment; the closeness to nature and to God. Don't get me wrong; I don't mean to sound like I'm closer to God than you are because I run. I mean that when you're running down a beautiful lane or road, a rabbit may run across your path; a bird will scold you for startling her young; or you may just smell the sweet scent of berries in the nearby bushes. I've put the brakes somewhat on my aging process. I'm getting older, but at a slower and healthier pace than society expects of me. So whatever your age, see your doctor for a physical, throw away those cigarettes, and start running - easy.