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PRES - WALT THOMA
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V.P. - JOHN LESLIE
TRES - TIM SMITH

OH, WHAT SWEET VICTORY!

Gather together one of America's premier distance runners, the 1975 Conn. A.A.U. Marathon champion, and the 1975 Conn. A.A.U. Fifty-Mile champion and State record holder; next supplement them with a host of solid, fun-loving runners; and then firmly unite them under the name "Mohegan Striders." The result is the winning club of the Ninth Annual Rose Arts Road Race. Amby Burfoot (1), Tim Smith (9), and Rory Suomi (10) chalked up 20 points to outclass a highly rated Greater Boston Track Club with 35 points. The Hartford Track Club finished 3rd with 62 points. Other Mohegan prize winners in a truly classic field of 180 competitors were Larry Rice 19th, Julio Rodrigues 22nd, and Joe Banas 25th. Not to be outdone by the men, our Lady Mohegans commanded the limelight in the women's awards as Kathy Glenney won that race while Sue Hoegland finished third.

CLUB PICNIC

To be held after the Ledyard Fair race on Sunday, Sept. 7th. The location, Highlands Park, is located off Iron Street and Shewville Road past the Highlands Apts. Further directions can be obtained at the race. Al Williams has been able to procure this beautiful facility for us. There is ample beach and swimming. Bring your own food and drink.

THE CLUB

Currently the club has 97 paid members in good standing. Sixteen of these members are women who, too, love the sport of running. The Club Constitution reads: "The purposes of the organization are the promotion and encouragement of track and field athletics, racewalking, and jogging with an emphasis on long distance running as a competitive sport and as a means of healthful exercise." We surely fit this statement to a tee as 99 percent of our activity and effort points towards long distance running. The club anxiously awaits leaders and organizers in track and field endeavors and racewalking. Without new blood and new interest we will continue primarily as a road club. If this be our wish then so be it.

PRE

That we may remember Steve Prefontains as the dynamic, interested young man that he was; may he rest in peace.

THE GRANDDAD OF REC RUNS

The Norwich recreation runs will begin their eleventh summer season in early July. As this popular event enters its second decade a brief reflection seems appropriate. In July of 1965 club member Don Pirie originated the program. Tim Smith, N.F.A. senior-to-be, clocked a 12:05 to open the record books on a course that to this day remains unchanged. Smith's record was short-lived, however, as Amby Burfoot lowered the mark that next week and has continued to command the record ever since. The following list of the top twenty personal bests speaks for itself of the tradition, talent, and competitiveness that this race has cultivated over the years.

1. Amby Burfoot	11:20	1972	11. D. Borak	11:52	1974
2. Wayne Jacob	11:24	1974	12. Mike Moore	11:53	1974
3. Steve Flanagan	11:27	1973	13. Roy Ingraham	11:55	1967
4. Tim Smith	11:32	1974	14. Bob Beardslee	11:58	1965
5. Bruce Clark	11:34	1973	15. Ross Huntington	11:58	1974
6. Norm Higgins	11:36	1970	16. John Valentine	11:59	1970
7. Jim Euell	11:44	1970	17. Rob Huntington	12:00	1972
8. Rory Suomi	11:45	1974	18. Manny Rivera	12:01	1971
9. Bruce MacMahon	11:47	1966	19. Ray Crothers	12:03	1965
10. Larry Rice	11:50	1974	20. Everett Watson	12:04	1970

BERKSHIRES INDUSTRIES TEN MILE MASTERS RUN

May 4th at Westfield, Mass. George Maine, 60:05 placed 10th in the 40 - 45 age group. (The weekend before George placed 3rd in the Naugatuck 6.2 road run in 36:36). In the 45 - 49 group John Leslie hit 65:50 for 14th. Ray Roberge ran 72:56 for 24th spot in the 50 - 54 bracket. John Martin grabbed 11th in the 55 - 59 age group with a 74:50.

CONN. A.A.U. TRACK CHAMPIONSHIPS

June 15th. In the 3,000 Meter Steeplechase Penn's Bruce Fiori (9:36) held off a game Gerry Chester (9:42) for top honors in that event. In the women's events Vivian Volovar tossed the shot far enough to earn 2nd place. In the running events Sue Hoagland raced to a 5:39 mile and an 11:47 in the two mile for 5th and 4th place respectively. Earlier in the Spring Susan placed 57th out of over 300 women in the 4th annual 10,000 meter mini-marathon in Central Park. Her time was a sparkling 43:39.

DANIELSON SPRINGTIME FESTIVAL FIVE MILE RUN

May 17th. Steve Flanagan's return to the area was short-lived but his hometown will not soon forget his 23:11 winning performance. Flans cockily went for the lead and almost effortlessly ran away from the field. Bobby Day, a Suffield boy and now a 13:40 three-miler at the University of South Carolina placed 2nd. Then Amby Burfoot jaunted in to lead the Mohegan Strider onslaught. Suomi was 6th, Smith 7th, Gerry Chester 9th, and Julio Rodriguez 11th to wrap up an easy win. A 15:15 clocking won the three mile for Rob Huntington.

LAKE WARAMAUG ULTRAMARATHON

May 10th. What does one do the day after a five mile road race? Well, how about taking on a 50 mile race. Team mates Rory Suomi and John Brady did just that and Suomi won that 50 mile and set a state record 5:54:40 in the process. Brady placed 11th in 9:37:45. That's perseverance. Out of 22 starters 12 finished 50 miles and 2 managed a full 100 kilos, approximately 62 miles. Suomi was quite a ways in front of the famed ultramarathoner Park Barner (6:12:50) at the 50 mile mark but decided to forego the extra 12 miles because of a blister. Barner won the big one in 7:53:28. These hours of running are just incredible!

HEBRON FIVE MILES

Burfoot number one in 24:47. Again an easy win with Suomi 4th, Rice 9th, and the rejuvenated Don Pirie 21st. Don chased in Gerry Chester (13th), Joe Banas (15th), and Mark Leslie (17th). George Maine took a trophy in his division.

BIG "M" PETITION

There is a petition afloat nationally with suggestions that may be able to keep Boston an "open" race. Basically, the petition seeks to remove the qualifying standard; make all entrants write for applications; require all entrants to provide a medical certificate beforehand; use a series of chutes at the finish to accommodate the maddening crowd; and probably most importantly have the BAA officials compare notes with the "Bay to Breakers" 7-mile run which annually hosts upwards of 4,000 runners.

1975 ROSTER ADDITIONS

K. C. Burns
5 Marguy St., Quaker Hill
06375 442-3338

Robert Chamberland
145 Hebron Rd., Bolton
06040 646-0346

Paul and Mike Dempsy
5 Alien Av., Ledyard
06339 464-9006

Jack Fields
Box #1, Hitchville
06334 887-6393

Ben Hull
334 Scotland Rd., Nor.
06360 889-0465

Florence Huntington
60 Lorenzo St., Nor.
06360 887-0343

Jon Kornacki
66 Eleventh St., Nor.
06360 889-0839

Phil Ludlow
105 Baltic St. Nor.
06360 887-0240

Kevin McMahon
74 Chestnut Hill Rd., Grot.
06340 445-0304

Mike Moore
8 Brook St., Nor.
06360 887-8826

Fred Perkins, son Fred, Jr.
42 Dock Rd., Uncsville.
06382 848-8661

Diane Portelance
21 Briar Hill Rd., Nor.
06360 889-8748

Joe Portelance III
403 Boswell Av., Nor.
06360 887-2070

Ed Reynolds
62 Elm St., Willi.
06226

Ray Roberge
Town House Rd., Lisbon
06351 376-2686

Vivian Volovar
RFD #2, Ledyard
06339 536-6553

ADDRESS CHANGES

The Carbrays'
8 Sunset Av. Led.
06339 464-9022

The Dempskys'
5 Alien Av., Led.
06339 464-9006

Gene McGrath
5 Jaffe Terrace, Cal c.
06415 537-1209

Walt and Sandy Thoma
78 Allyn Av., Nor.
06360 889-5184

SHORTS

Comment by Bob Giegengack, coach of U.S. track team to China: "Some have said track athletes object less to self-inflicted pain than the average person. Perhaps this is true. I don't know. But it does seem to me that more friendships come out of track, both with teammates and opponents, than in any other sport." . . . The ax has fallen: Boston qualifying has dropped to three hours for those men under 40. . . . John Martin is selling club uniforms at 848-9761. . . . The Rose Arts Race had three Providence College graduates in the top 10: Larry Olsen (2) Class of '68, Tommy Smith (6) Class of '75, Tim Smith (9) Class of '70. . . Go Friars!

TO THE RACES

July 6th, Grotton 5-miles. July 13th, North Stonington Fair 6.5-miles.
July 26th, VOLUNTOWN 10,000 METERS. July 26th, New Milford 8-miles.
Aug. 2, New London 12-miles. Aug. 3, Warren, R. I. N.E. 10,000 Meters
Championships. Sept. 7th, Ledyard 8.8-miles.

NEW BALANCE SHOES

A worthy American shoe is finally a success in the runner's market. The name is "New Balance" and actually has been around for years, but recently some real thought has gone into their workmanship and this has led to their popularity among the big runners. Local distributor is Amby Burfoot, Jefferson Av., New London, telephone 447-2303. He offers a generous club discount and a moderate price to start from. These will be a success! Its NEW BALANCE.

READ FRONT PAGE FOR LEDYARD FAIR PICNIC: GREAT CLUB EVENT.