



Arrowhead

VOLUME #3

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Pres. Jack Curran
 V. P. Bob Miles
 Sec. Bob Carbray
 Treas. Tim Smith

HIGHLIGHTS OF NOVEMBER'S ANNUAL MEETING

Vice President Bob Miles is the only new officer having assumed the position upon majority vote of the membership in attendance. The dues structure remains the same with the initial family member paying \$2.00 and .50¢ for each additional family member. The \$2.00 is reduced to \$1.00 after August 31st. All dues expire January 1st. A Constitutional change allowing the annual meeting to be held in November rather than January was adopted. Don Pirie presented an update on the Road Runners Club of America citing its accomplishments and benefits. The Club agreed that the RRCA's offerings were, at best, minimal and that the Club would not involve itself at this time.

The various committees, their chairmen, and telephone numbers:

Women's Running: Kevin Crowley 887-8662; Chris Portelance 889-6941.

Race Committee: Jim Butler 443-7437.

Social Committee: Bill Marshall 822-6175.

All committees are in need of Club support. Please direct your energies where they would be most beneficial.

Clearly the Club has outgrown its family atmosphere as evidenced by the 52 members in attendance and the varying opinions and criticisms voiced. The Club must now bear the true test of its worth if it is to sustain. That test is the discord and disagreement that typically arises in any large democratic association. The only solution, and its not a simple one, is that everyone give and take a little. Let's support those committees and make 1979 a good year.

WITH THE RUNNER IN MIND

Two new races on the local schedule which are designed with the runner in mind: the Seaside Recreation 5-mile in late October and the Al Morrison 7.8-mile run in mid-November. The Seaside cruise, beginning and ending in scenic Harkness Memorial Park, was a classic effort of outstanding cooperation from a number of sources, particularly the Seaside staff. The prompt processing of well over 400 race finishers is a tribute to a most energetic group. The park also allows a relaxed, Sunday afternoon for the entire family.

The Al Morrison race also went off without a hitch, primarily because the important aspects of the race were overseen by someone involved on the local scene either as coach, official, and/or runner. Many of Al's friends turned out to help in this one. Almost everyone received some prize or token of the race. For the Striders the race was truly a family affair beginning with the honored Al Morrison to the individual winner, Jim Uhrig. The team trophy was captured by Uhrig, Wayne Jacob, and Tim Smith. Shawn Bennett grabbed the top spot among junior men as did Michelle Carbray in the junior women's division. Kathy Murphy in the high school division and Sally Smith and Caroline Lentz in the senior women's division earned medals for their efforts. The masters division, where the Club is continually tough, saw Gene McMerriman 2nd, George Maine 3rd, and Mike Law 4th. Billy Wilson's Ageing Still rocked into the wee hours of the night saluting Al and catering to the runners and friends who caravanned to Norwich after the race.

FOR 1979: "Keep running. Persist. Adapt. Absorb.
 Only by stopping and not wanting to start
 again can you fall." Joe Henderson

TIME WILL NOT ERASE BURFOOT'S MARK

Another Manchester is past us, one that presented a startling difference from the norm. Amby did not win. For those truly knowledgeable though, in the running sport, the real startling fact is that Amby was able to put together the record he's left behind. One, generally, is not tended to absolute statements, but in today's competitive arena it is safe to say that Manchester will never in all its time witness a repeat of Amby's string of outstanding finishes. Some of the finishers and approximate times: Amby 22:44, Jim Uhrig 24:19, Joe Portelance 24:50, Ernie Dumas 25:00, Bill Marshall 25:15, Bill Shea 26:11, George Maine 26:19, Bill Billings 26:26, Mike Law 26:45, Jack Fields 31:20, Doug Sharples 32:00, Charlie Whitty 32:30, Ken Rawn 32:30, Jeff Morin 32:30, Sally Smith 36:00. Everett Stone hit a sharp 26:45.

CONNECTICUT A.A.U.

Its a new year. Renewal of dues and procurement of a 1979 race schedule are priorities for most. The Connecticut Long Distance Running chairman is Vin Fandetti, 100 Ox Bow Drive, Apartment C-1, Glastonbury, Ct. 06033. Send Vin a stamped, self-addressed envelope and he'll get the schedule to you when its ready.

CLUB'S TOP PRIORITY

Not so many years ago the Club committed itself to the Norwich Rose Arts Race and since then the responsibility has grown ever so quickly. The Race Committee under the direction of Jim Butler has been meeting regularly to assure a top-rate race in June of 1979. The race will be held Sunday, June 24th. There will be a \$2.00 entry fee. All entries must be postmarked no later than June 18th, absolutely no post entries. There is hope for a new starting point in front of N.F.A., allowing a straight out route in the early going. There will be thirty prizes for men and ten prizes for women with medals going to the top three finishers in each of six divisions. The divisions, for both men and women, are Junior, Open, and Master. The first Norwich gent and lady will receive a trophy. There are tentative plans for a 2.6-mile development run which will be open to anyone. Any thoughts or suggestions please direct to the Race Committee.

SHORTS

... Jack Curran now handles the shirt and shorts supply for your purchase. ... Bill Marshall ran a nifty 2:44 in Newport and then bounded back within a week to record a sub-30 minute clocking in the Tarzan Brown 5.5-mile run. ... Also in Newport Jack Curran hit 3:00, Mike Hutchinson 3:14, and George Rice 3:46. ... Chris Portelance also handled Newport nicely and returned the next weekend to finish New York also.

NEWSLETTER IMPROVEMENT

The Arrowhead editor is not competing nor travelling as much as a few years ago, therefore results are no longer readily attainable first hand. There are two solutions to the problem: #1 is the call for a new editor to shoulder the burden for a while; one who has an interest to relate the activities of the Club and the running world in general. The individual should also be pursuing the race schedule on a regular basis. Solution #2, one which is continually encouraged by the editor, is that WRITTEN stats and/or personal interest stories be submitted. The editor retains the position that he is obligated to print only that which is submitted in writing. Send any articles to Tim Smith, 43 Beech Street, Norwich 06360. Occasional questions arise as to the potential enhancement of the newsletter. Fine, let's enhance it. But first need would be a new energetic overseer to pursue such a plan.

DUES

Dues are payable to Secretary Bob Carbray, 8 Sunset Avenue, Ledyard, Ct. 06339.