



Arrowhead

VOLUME #3

NUMBER 2

March 1, 1979

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 V. P. Bob Miles
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 Treas. Tim Smith

AAU'S GRIP SERIOUSLY WEAKENED

The AAU's recent policy change on the need for an AAU card raises great hope, but also many questions. The liberalization of the rules appears to mean that a long distance runner (AAU sport classification LDR) no longer be required to purchase an AAU card unless said runner wishes to participate in CLOSED AAU championship races. To the average ham-and-egger and even the journeyman runner this interpretation seems to mean that the runner can pursue basically the same racing schedule as in the past without regard to AAU control; i. e. possession of a card.

Why has AAU broken its hellish cycle requiring runners to register with AAU before they could participate in AAU races, while at the same time sponsors were compelled to sanction their races before the AAU runner could participate? The answer is that no choice remained for the aging organization. Here in Connecticut the unjustified increase in the dues coupled with the lack of creative support and quality AAU sponsored programs have dampened the long distance runner's need and enthusiasm for the AAU. A total disregard for the organization's suppressive authority has developed. The easiest and most gracious move for the AAU can only be to release its grip on the LDR.

Is AAU out of the roadrunning picture? Not by a long-shot. In the absence of a clear interpretation of the new ruling (which probably won't be broadly publicized until most of the 1979 dues are in) here are some thoughts: Some AAU die-hard administrators will argue the issue to the end, knowing only too well that the new ruling puts a major dent in their association's income. The economic crunch will cause a tightening of the overall AAU operation.

Right now, although the AAU people locally are aware of the ruling, some administrators are still trying to control the LDR. The January newsletter of the greater Springfield area's running club states that the Boston AAU office will deny anyone without an AAU card the right to run in an AAU sanctioned race this year. Also recently, Will Cloney, the BAA Marathon director, commented that a runner will need an AAU card to participate in the race. Under the new AAU ruling the question is whether the Boston Marathon is a CLOSED AAU championship. The presence of the many foreign and Canadian athletes would seem to indicate that there is, in fact, an open division. Hence, anyone with the qualifying time should be allowed.

Some LDR athletes wish to pursue the AAU championship runs, notably the national titles; hence they will retain AAU membership, but by choice not by force. Also some running clubs, as an obligation to its membership, may continue to enroll with the AAU for the benefit of their "team championship" runners who wish to have the clubs recognized in the various AAU local championships. Because of these continued AAU memberships, local race sponsors still should seek AAU sanctions to make the race "legal" for the AAU runner, especially the quality runner who may hesitate to participate in a non-sanctioned event.

Perhaps this potential dent in the AAU'S treasury will make the organization come alive; make them strive to win back the runner's membership; but again, it will be by choice, and only if something is returned for the dues paid.

The battle for freedom is not yet won. Challenge your AAU reps. Ask them for an interpretation of the new ruling. Go non-AAU.

FOR THE SPORTS STATISTICIAN

Who was the first American to run a sub-four minute mile? Answer at end of newsletter.

TEAM DISCOUNT

Kenny Mueller in Bellingham offering New Balance 320's, 5 pair or more: \$25.75/pr. Trail 355, 5 or more: \$27.75/pr. Call Todd Pomazon at 442-2261. He'll coordinate orders.

PIRIE RUNS AROUND THE WORLD

Don Pirie made it around the world (24,902 miles) He started on 8/6/62 and 5,822 days later (1/17/79) his trip was complete. This was a weekly average of just over 29 miles. Nothing special but consistent. The running was enjoyable but keeping track was a pain. As of now he no longer keeps a daily log.

HUTCHINSON'S ON INTERNATIONAL CIRCUIT

Mike and Joanne Hutchinson gave the Club some international publicity by competing in two talent-packed races in Bermuda January 27th and 28th. That weekend Bermuda was experiencing gale winds with gusts of 50-mph at times. But the races went on! Joanne was the top women's masters in the 10K (6.2-mi.) with a 52:55. The international marathon included Mike's 3:13 over a rugged, hilly course.

TIME THE BATON by Don Pirie

It continues to amaze me that many track nuts and coaches still don't know how to time splits in a relay race correctly. Time and time again I observe these people taking splits as the baton is handed off to the next runner and later thinking that one of the runners has run a super leg, when in fact the time can be as much as 2 seconds off. To take splits at the hand-off is WRONG. Hand-off zones are 20-meters wide (10-meters each side of the line) so if runner B gets the baton at the end of the zone and hands off to runner C at the beginning of the zone, he is running 20-meters short of the distance. Runner A has run 10-meters longer and runner C runs anywhere from the correct distance to 20-meters longer depending where he hands off. So now you see the reason for fast or slow splits. Now for the correct way. In a 4 x 400-meter relay, split number 1 is taken as the baton passes the start/finish line no matter who (runner A or B) has it in their possession. The same for split 2, 3, 4. Remember - time the baton, not the runner.

MARYLAND MARATHON Dec. 3rd, 1978

They're talking about putting steps in Satyr Hill; its that steep! 2,267 starters. Wayne Jacob (180th) in 2:50:29 and Tom Harding (184th) in 2:50:56.

STRIDERS B.A.A. TEAMS

Team rosters need be submitted in writing by April 10th. No more than five men per squad. Club hopes to enter a few teams. Jim Butler will coordinate roster. Please contact Jim either at home (443-7437) or work (889-2324). All individual race entries close Monday, March 19th. So get your individual entry in. Fee is \$5.00.

CLUB ROSTER CORRECTIONS

George & Pat Rice, 601 Kitemaug Road, Uncasville, Ct, Mike Plaisted, 7 Moreland Avenue Apt. #27, Pacific Grove, Calif. 93950.

SHORTS

Connecticut AAU membership fee is \$4.00 and the Club's # is 051 . . . contact Bob Carbray for Mohegan Strider membership at 8 Sunset Avenue, Ledyard, Ct. 06339 . . . the Club will have new decals shortly thanks to Chris and Judy Portelance . . . Rob and Lois Huntington are making a gradual move to Kansas City, should be settled by June . . .

TO THE RACES

4/1 Old Mystick Village, 5-miles, contact NL YMCA 443-5368
4/8 New London, 5-miles, contact Attorney Shasha 442-4428
4/22 Bolton 5-miles, application attached.
6/2 Plainfield, 5 1/2-miles, 12 noon.
6/24 Norwich Rose Arts, 10-miles, 11 a.m.

OUT OF THE SAD; MISTAKEN BELIEF THAT AS A MAN I MUST BEHAVE AS ALL MEN DO, I'VE TURNED MY BACK A TIME TOO OFTEN. from Rod McKuen