

A Holmgren Marathon Publication

Volume 6 Number 5 - Sept., 1980

President: Bob Miller
Vice-Presidents: Gordon Brown & Jim
Secretaries: Bob Garbony
Treasurer: Tim Smith

Tim's Grins When things go wrong as they usually will,
and your daily road seems all up-hill,
When funds are low and debts are high,
When you try to laugh but can't only cry,
When you really feel you'd like to quit,
Don't run to me, 'cause I don't give a ...

News from Bob Huntington The Harlingtons of K.C. are expected in December. Bob has run some respectable marathons this year, including a 2:30 in Arkansas. However, he has been slowed by foot problems. Bob has extended an invitation to anyone who would like to run the K.C. Marathon on Nov. 2 to stay with him.

East Lynn Marathon Race director Bill Donovan requested that George Meins assist with organization of the race. Although reluctant at first to take the responsibility, George did accept and served proudly. He wore the number 1. Along with Don Pirie and Ben Carroll, George toured the proposed course, measured it forwards and backwards, and made recommendations that were accepted. The course was well laid out. The race itself was extremely well handled from start to finish. This was truly a race designed with the runners in mind. The spectators were superb. One can easily envision a swelling of applicants for 1981 as a result of the committee's superlative effort. Congratulations to Bob Stack, the winner, and Tim Smith, the runner-up. Agnes Basse was the women's victor and Gene Hoffmann took the master's crown.

Team Registration ... A Club Misnomer The list of user vans grows longer and longer. Discussions of post-race results occasionally raise the same question: if only Joe Jorg were listed on the pre-race team roster, or if Jim Jorg had paid his dues the Holmgrens would have copped low score.

For a handful of dedicated club members the normal pre-race desire to rest and psyche up for the individual effort is easily replaced with the chore of submitting a team entry for the club. This chore understandably is burdensome, especially as the club grows. What isn't quite understandable is the laxity and disinterest of club members to be currently paid. By the time April rolls around there is some question of a former member's interest in the organization if dues have not yet been paid. It is an embarrassment for a race captain to ask a lax member if his dues are paid, and if not, good he here to pay them.

It has been suggested that race day is not a day for collecting dues from a late runner, especially to secure a team. Those members who are truly interested in the club will pay their dues early and will not have to be badgered. There are the members who should represent the club. The Holmgrens have passed up a team title in the past and will do so again in order to maintain the integrity of the club. DON'T BE A LAX!

Steve Golson, a Waterford podiatrist, wrote the following article for the Arrowhead. If we have any club talks, he would be happy to attend and answer questions on running with foot and/or leg problems.

Shin Splints Syndrome

The Cause: The syndrome is usually initiated by excessive repeated use in an unaccustomed activity or a stressful change that you have been participating in. The condition, however, is usually found in the new runner. The muscle groups are just not strong enough to withstand the constant pounding. One may avoid this problem by adopting slowly to his new training; running on a pliant but firm surface such as turf, earth or cinders; remaining consistent in training surface from season to season; wearing shoes that have good rear and fore foot supports; and particularly when covering long distance over a hard surface, running with the heel of your foot striking the ground first. Shin splints may also result from inflexibility of the lower leg muscles, arch disruption, and the second toe being longer than the great toe, which creates an imbalance of the weight distribution placed on the foot.

The Symptoms: Shin splints, whichever the cause, will result in chronic pain being felt along the front and outside of the lower leg; walking and climbing stairs becomes laborious. One may feel numbness or needle-point sensations along the length of the shin; the lower leg will probably be swollen, discolored, and the shin will feel warm to the touch. An individual should be alert to pain felt on the outside bone of the lower leg, three to four inches above the ankle bone; it may be a warning sign of a stress fracture.

Treatment: Ice, compression, elevation. Apply ice for at least 20-25 minutes; cover the lower leg with a wet washcloth to prevent ice burn. Compress the ice by using ace-wrap or towel to secure the pressure. Elevate the leg on a chair or bench to facilitate less swelling. Remove the ice after 25 minutes but leave the legs elevated. This treatment should be repeated three or four times daily for two or three days.

After the initial 48-72 hours of ice treatment, heat therapy should be applied in the form of ultrasound, diathermy, or hot packs before activity, and cold through a medium of ice massage of 50 degrees whirlpool following activity. Included in the prognosis may be biomechanical foot correction, which implements foot orthotics. A reconditioning program involving weight training to strengthen the anterior and posterior calf muscles and the flexor and extensor muscles of the frontal leg, and careful stretching of the legs should become a mechanical habit before and after exercise.

Mail for Brian Reichman: Brian, an original Strider, now lives in Maryland, an area that does not have plethora of road races, but the existing races do not require AAU affiliation. Brian hopes one day to be able to run Boston, as do so many others. He invites visitors but will not persist in his invitation; he is working and traveling for Charlie Pizer.

Wanted: Coaches Marshall and support personnel: Kevin Crowley, cross country coach at Rockville High School, has requested assistance from Striders for upcoming events, specifically the RUC Meet on Oct. 30. Contact: Kevin Crowley, 21-2507, or Jerry 210-1216.

President's Message: Running, and especially racing, was not always a pleasurable event this summer with the hot temperatures and the high humidity. Hopefully, the changing season will brighten things up. Kevin Crowley has rejoined our club. Kevin is willing to promote various events on the track but he must have support. Kevin has proven himself as a fine organizer and we are fortunate to have him back with us. As a club, we need to more actively promote running and its development. If you have an idea, let it be known. East Lyme was a superb event. Bill Donovan staged an exemplary race. In November a group of runners will be representing the club in the National Junior Cross Country Championships in North Carolina. Tentative plans are afoot to put on a Poker Run to help finance the trip. Cash prizes will be awarded. Further details will follow.

Editorial: Where are the Mohogan Striders going? It is near the time for the club's annual meeting (Nov. 7). It is now time to give some thought to what you, as an individual club member want from the club. It is also time to give some thought to what you're willing to give to the club. You have to take into consideration what you, as an individual, expect or can give, as opposed to what you expect others to give to the club. The club, in my opinion, is probably the best club in the area; but, there is substantial room for improvement. We must progress with the times and grow with age. The club needs events such as the post Rene Arts bust at Tim Smith's house, races, and just plain promotion for the younger set, and even the older persons. The field is wide open. There are people in the club who are willing to give time, money and whatever needs to be done. Gather up your ideas and thoughts and be ready for a long siege during our annual meeting. Think seriously about serving actively on a race committee, on an event, such as a timer and lap ~~counter~~ counter at a 24 hour race, as an officer in the club or first volunteering at a race in the local area.

It is very gratifying to be injured and know that everyone has that certain feeling that is conveyed to you as "I know how I would feel and you have my sentiment" - at Voluntown and New London I twisted my ankle and could not have felt worse. I was sad, angry, and humiliated, but, you runners came through and I was able to get through until I healed enough to run again. Gene Hildecriman and I strained especially to have a good day at New London. Gene did have that. I was denied; but, I found something very valuable and precious to me. I found that undesirable feeling from, not one or two but almost every runner who spoke to me after the New London race; and since, I am back to running and extremely happy for the fact that I've been able to get back to the type of running that will enable me to run the East Lyme Marathon. I do want to inform the runners that the true runner is a complete person. I was moved by the compassion in a way my critic will never even come near to giving me credit for being so moved. It makes all the time I give the "Arrowhead" more than worth our effort. I put out to give the runners some return and my form of expression to them.