



First Annual New Haven

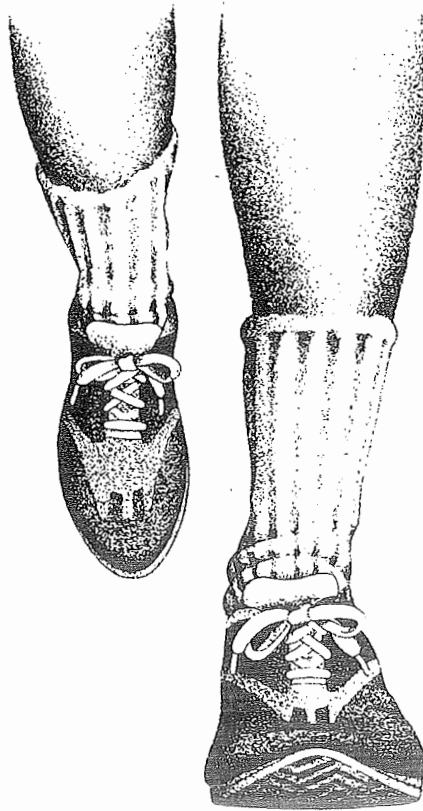
20 km ROADRACE

Labor Day, September 4, 1978

ONE DOLLAR

RUN FOR LIFE

Connecticut
Mutual Life



THE NEW HAVEN AGENCY

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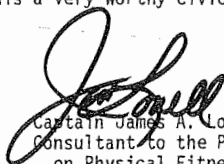
THE WHITE HOUSE
WASHINGTON

September 4, 1978

President Carter is happy to note that almost every day on race courses throughout the nation Americans are running for their lives and improving their health and physical fitness.

The first Annual New Haven 20 Kilometer Roadrace is just such an occasion for the thousands of entries in this outstanding event in which all of the proceeds are being donated to the Greater New Haven United Way.

On behalf of the President I'd like to welcome this fine field to what promises to be a highly challenging race, and also to offer my congratulations to the many people whose cooperation made this a very worthy civic effort.



Captain James A. Lovell, USN (Ret.)
Consultant to the President
on Physical Fitness and Sports

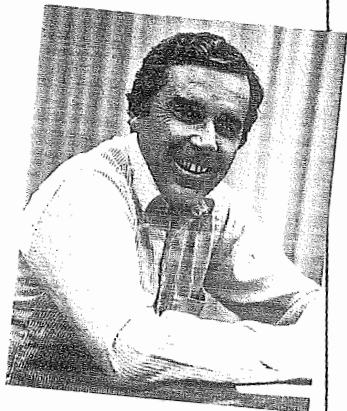


FRANK LOGUE
MAYOR

OFFICE OF THE MAYOR

CITY OF NEW HAVEN
CONNECTICUT 06508

August 11, 1978



Fellow citizens,

I am very pleased with the fine response we have received for the first annual New Haven Road Race. An excellent group of runners will participate in this event which covers twenty kilometers of New Haven's historic and picturesque scenery.

Running is good exercise and good fun. Moreover, this race will benefit a worthy cause. All of the net proceeds from the race will be donated to the United Way of Greater New Haven.

There has been excellent cooperation in organizing this event, which has shown what can be done when there is substantial community involvement.

Whether you are running or watching, enjoy the race! We hope to see you next year.

Warmest regards,

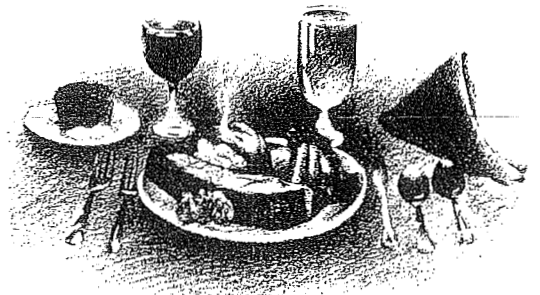


Frank Logue
Mayor of New Haven

Hotel for all Reasons.



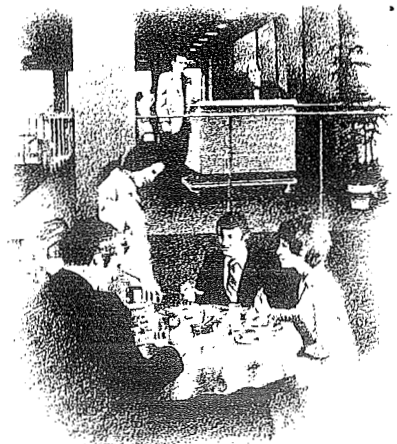
Dining. Absolutely exquisite dining and lunching atmosphere with delicious American and European Cuisine. "The Top of the Park" — Connecticut's only roof-top restaurant.



Sleeping. Designer-decorated guest rooms. King sized beds. Most rooms with sweeping views of Yale, historic New Haven Green, the Sleeping Giant and the rolling Connecticut countryside.

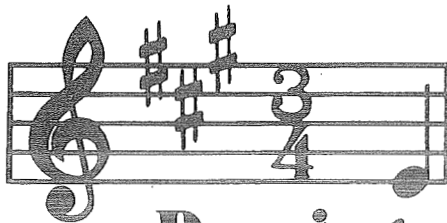
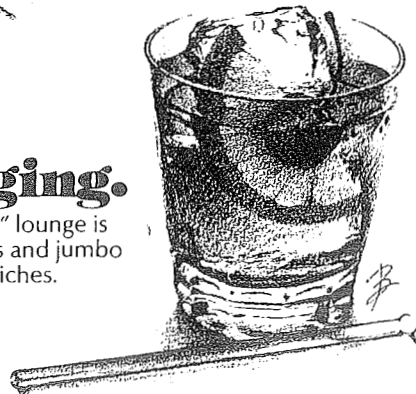
Meeting.

Banquets, weddings, sales meetings, reunions. For groups to 1,400.



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"The Port of Call" lounge is calling. Cocktails and jumbo deli-style sandwiches.



Dancing.

Dance high above New Haven to top entertainment on Friday and Saturday night.

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The Pride of Running a Good Race

Many of today's contestants, we know, have little expectation of qualifying for racing honors—but do take immense pride in being part of an historic community event and matching their speed and endurance against world-famous racers.

Michaels Jewelers takes pleasure in saluting them, as well as all the other determined runners who are in the race.

The Pride of Preserving a Good Name

In its own "marathon" of 77 years of operation, Michaels too has placed the utmost importance on associating itself with events of local stature, and on maintaining the highest business standards—here in New Haven, and in the other twelve Connecticut and Rhode Island towns where Michaels Jewelry Stores are located.

That's why it is such an added pleasure to serve as the consultant jeweler for trophy awards, going to winners in New Haven's First Annual Roadrace.

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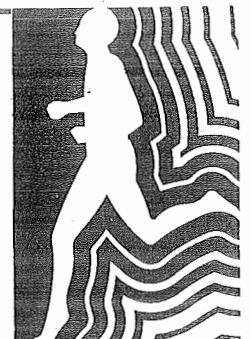
TABLE OF CONTENTS

OFFICIAL MESSAGES	1
ABOUT NEW HAVEN	4
M.D.'S & PODIATRISTS HELP	6
DO'S AND DON'TS FOR RUNNERS	7
RUNNERS & THEIR RECORDS	9
TOP COMPETITORS HERE FOR RACE	10
CITY'S HISTORY	13
THE CONN. CONNECTION	14
URNS, TIDES, TEMPS	15
ROADRACE MAP	16
SCHEDULE & OTHER VITAL FACTS	17
A WOMAN RUNNER'S VIEW	19
ROAD RACE DIVISIONS	20
HARRY CHAPIN, MUSICIAN & MESSENGER	21
HAM RADIO LINK	23
ACKNOWLEDGEMENTS	24
FEEDING THE FLEETFOOTED	25
TIPS FOR SPECTATORS	25
RACE TID BITS	25
JIM FIXX ON TACTICS & STRATEGY	26
CONN. NATIVE SON	29
ORGANIZERS "HATCH" ROADRACE	30
SENIOR DIVISION ATTRACTS RUNNERS	32
FIRST MARATHON: 490 B.C.	32

OFFICIAL PROGRAM

First Annual New Haven
20 km ROADRACE
Labor Day, September 4, 1978

COPY AND LAYOUT CONSULTANTS,
STERLING ASSOCIATES





New Haven's historic Green, where runners will conclude their race, is seen in the foreground of this impressive aerial view.

PANORAMA OF NEW HAVEN UNFOLDS FOR RUNNERS

From the tree-lined roadways of East Rock Park to the ethnic melting pot of Fair Haven, the entrants in today's roadrace will have a unique opportunity to view the charming panorama of New Haven.

The 20 kilometer, 12.4-mile single loop begins just west of the historic Green and finishes adjacent to the Center Church in the heart of the Green.

The course was devised primarily by John Cavallero, the city's traffic and parking director. It contains few inclines and many long straightaways, expected to help the participants post fast times and enjoy the scenery.

YALE LANDMARKS

Runners will heed the starter's gun on Elm Street, located in the heart of Yale University's attractive campus. From there, they will head up to Broadway and past several small Yale-oriented shops, men's stores and the Yale Co-op, the city's third largest department store.

From Broadway, the runners will move up Dixwell Avenue, an inner-city neighborhood that in recent years has been the scene of extensive rehabilitation and construction.

A turn onto Munson Street will take the run-



An inspiring look at Yale's Harkness Memorial Tower, a stone's throw from the race's starting point.

ners past Hillhouse High School and Bowen Field, a city athletic facility used also by teams from nearby Southern Connecticut State College.

Following a short run along attractive Crescent Street, with the Southern Connecticut State College Campus directly in front of them, the runners will turn left onto Boulevard. Then, after negotiating the steepest grade along the entire race course, they will coast downhill past many distinctive homes.

LONG ISLAND SOUND

Runners will follow Boulevard all the way to the harborfront, passing popular Edgewood and West River parks en route. They also will have crossed the Boulevard bridge spanning the tracks of New Haven Division Conrail, which seems to have been completed just in time for the race. (It opened earlier this year after more than 10 years in the planning stage.)

Once at the harbor, runners will turn left, after a breath-taking glimpse of Long Island Sound, where boats sail into and out of a nearby marina, and houses nestle atop hills overlooking the water.

After a shore-hugging run along Sea Street,



A run through East Rock Park will give racers a refreshing change of scenery.

beachfront park, and the recently completed United Illuminating power generating plant.

To their left will be the unique New Haven skyline, a blend of modern buildings and colonial church steeples. Directly across busy Interstate I-95, runners will see the national headquarters for Sargent Architectural Hardware and Armstrong Rubber, and the site of Long Wharf Theater, which earned recognition at this year's Emmy Awards as the outstanding regional theatre in the country.

Before turning onto East Street, participants will run past the construction site of the nation's first tele-track, where spectators will wager while watching horse races live on a giant screen.

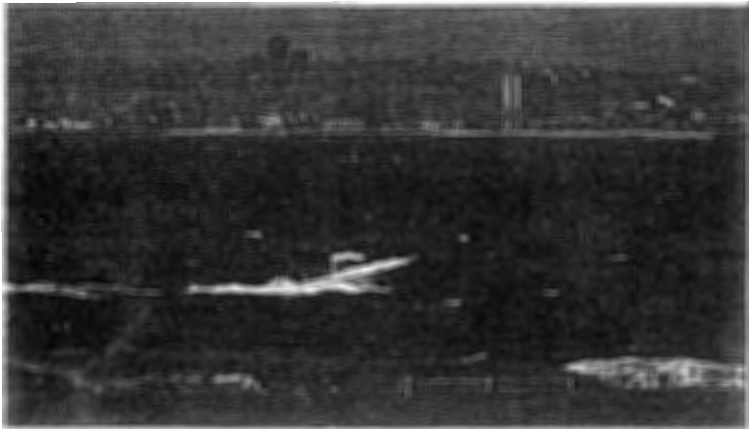
FAIR HAVEN

From East Street, runners will sprint up Lombard Street into the heart of Fair Haven, an ethnically unique area of the city. With a turn onto Ferry Street, the contestants will head toward East Rock Park.

Once in the park, runners could easily forget they are in a city, much less in a competitive roadrace. They might be inclined to slow down and take in the serenity of the verdant scenery as they move along gently sloping, tree-lined roadways below East Rock, which rises 360 feet.

Then it's the homestretch, a straight-as-an-arrow run down handsome Whitney Avenue past blocks of sedately impressive homes. On their right will be the Yale Klein biology tower, Gibbs laboratory, and the Peabody Museum of Natural History.

Lastly, runners will veer onto Temple Street and pass a massive vault-like building, one of Yale's secret honor societies. Their final strides will take them past some of Yale's attractive residential colleges and the New Haven Library to the finish line on the tree-shaded New Haven Green, from which they started their 12.4-mile run.



The Roadrace course includes a section of New Haven's busy harbor front.

runners will turn onto Howard Avenue and then Sargent Drive, the main thoroughfare in the Long Wharf development area.

They will move past the Albie Booth Memorial Boys Club, named after a local athlete who went on to "make it big" at Yale, despite his small size. The building was erected in part with funds raised by professional football exhibition games in the 70,000-seat Yale Bowl, in cooperation with the United Way.

LONG WHARF AREA

After passing the Boys Club, runners will sweep past the Gant shirt factory and turn onto Long Wharf Drive, where they will once again skirt the waterfront. Across busy New Haven Harbor, they will see the Coast Guard station, the bluffs that mark Nathan Hale Park, the white lighthouse that pinpoints the locations of the city's most popular

PHYSICIANS, PODIATRISTS

CADRE OF HEALTH PROFESSIONALS ON DUTY TO CARE FOR RUNNERS

If Dr. Richard J. Mangi were not serving as official race physician, he definitely would be competing in today's First Annual New Haven 20 Kilometer Roadrace.

And despite the fact that he will be in charge of a contingent of ten physicians, Dr. Mangi, who is chief of the infectious disease department at St. Raphael's Hospital, hopes to be able to don his running shoes and join the other runners on the scenic 12.4-mile route.

The Long Island native and Woodbridge resident is no stranger to long distance running. He manages to log an average of 75 miles of road work a week and has competed in several marathons. Few other 36-year-olds have been able to beat Dr. Mangi in Connecticut road races.

Dr. Mangi is currently co-authoring a book on medical problems associated with athletics, along with Yale's Dr. Peter Jokl and Bill Dayton, a highly respected Yale trainer who recently retired.

DOCTORS RUNNING

Several physician-runners—Doctors Joseph Bloomer, William Lavin and Alan Radoff—will be on the lookout for medical problems while they participate in the road race. Bloomer's specialty is internal medicine, while Radoff's is cardiology and Lavin's is pulmonary medicine.

Strategically positioned along the race route at aide stations and at the finish line will be orthopedists Peter Jokl, Kevin Lynch, Robert Margolis and John Aversa, plus cardiologists Steven Wolfson, Steven Mason and Vasant Khachane.

Also offering assistance: Bill Dayton.

Dr. Mangi believes that having doctors "on duty" while actually running the race will be beneficial to all participants because the M.D.s will know where all of the aide stations are located and how to handle problems that might arise between stations.

A tournament-caliber tennis player before taking up distance running, Dr. Mangi is a graduate of the Yale Medical School, where he is now on the faculty.

OFFICIAL PODIATRIST

His high school-aged son can run circles around him, but today's official race podiatrist, Dr. Frederick L. Caminear, still manages to run more than three miles every day "for fitness and not for competition."

Dr. Caminear is no stranger to local running enthusiasts. He has lectured to the New Haven Running Club on a number of topics, ranging from injuries and fitness to foot problem prevention. And

his Hamden office is a frequent way station for runners between races.

The Orange resident, who attended New Haven public schools, the University of Connecticut and the Ohio College of Podiatric Medicine, believes that anyone participating in the First Annual New Haven 20 Kilometer Roadrace should be aware of the basic requirements—conditioning and good running shoes.

While most of today's entrants should not experience many leg and foot problems over the first five miles of the 12.4 miles course, it is in the 5-to-8 mile range where problems—and pains—begin to emerge, Dr. Caminear says.

COMMON PROBLEMS

The most common problems are strained achilles tendons, flat feet, heel spurs and shin splints. It will be the duty of Dr. Caminear and other podiatrists and physicians volunteering their services for today's race to be on the lookout for these, plus other runner's injuries.

Dr. Caminear was a member of the cross-country team while a student at the University of Connecticut.

NEW SPECIALTY

Dr. Jeffrey Yale likes athletes' feet.

That's not to be confused with athlete's foot, that stealthy fungus which seems to lurk in locker rooms and between toes.

Rather, the Ansonia-based podiatrist's affinity for the terminal part of the leg is more specialized. He helps athletes—particularly runners—deal with both the symptoms and causes of their sore legs and feet.

As a specialist in sports podiatry, Dr. Yale is a rare bird. There are just a handful of such specialists in Connecticut, or, for that matter, in New England.

"Podiatrists always treated athletes, but a subspecialty in sports podiatry didn't exist until about six years ago," Dr. Yale said. "It is geared to helping athletes, with rehabilitation and/or control of the extremities during a particular event. A foot orthosis—an insert in the shoe to correct any imbalance that may exist—is often helpful, as are stretching and flexing."

RUNNERS NEEDED HELP

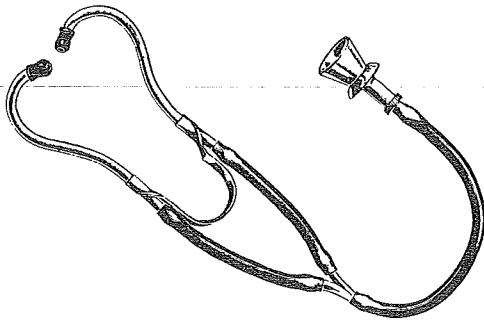
Dr. Yale, who is currently chairman of the credentials committee of the 550-member American Academy of Podiatric Sports Medicine, added his

new specialty to his previous one, podiatric surgery, about five years ago.

Dr. George Sheehan, well-known author of *Running and Being* and medical editor of *Runner's World* magazine, urged him to become active in the field because "no one in Connecticut was doing anything to take care of runners with lower extremity problems."

Dr. Yale now treats more than 20 members of the Hartford Track Club as well as patient-athletes from as far away as upper Maine.

He is a member of the surgical staff at Griffin Hospital in Derby, and a graduate of the Illinois College of Podiatry. A half-miler in high school and college, he still runs regularly and is an avid swimmer.



ADVICE TO RUNNERS

DO'S AND DON'TS FOR RUNNERS

1. Don't run in this event unless you are in condition to do so. Says Dr. Yale, "A person has to have been running on an organized, scheduled basis and to have run that number of miles before he participates. Certainly a person who has not run more than four miles should not enter the event. If he or she wants a fun run, all right. If not, the person is asking for trouble."
2. Do appropriate stretching and flexing exercises prior to and after the event.
3. Because city streets are sloped toward the sides, try to run on the flat center of the road.
4. Have footgear that is both comfortable and functional.

OXFORD ALE HOUSE

44 WHITNEY AVE. NEW HAVEN

the Official Roadrace Watering Hole!!!

RUNNERS: SHOW YOUR RACE NUMBERS FOR FREE ADMISSION TO THE OXFORD ALE HOUSE ALL DAY & EVENING ON RACE DAY.

FOR YOUR MUSICAL ENJOYMENT MONDAY AFTERNOON AND EVENING:

** * * Fountainhead * * **

LUNCHEONS FROM OUR REGULAR SANDWICH MENU WILL BE SERVED ALONG WITH MANY ROADRACE SPECIALS.

A PERCENTAGE OF ALL PROCEEDS FROM THIS SPECIAL CELEBRATION WILL BE DONATED TO THE UNITED WAY.

JIM SHELLY
KOPPEL & HINKEL
P R E S E N T

IN ASSOCIATION WITH WPLR AND WOMN

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Bruce Springsteen
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SATURDAY, SEPTEMBER 16, 1978

NEW HAVEN COLISEUM

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TOP CONNECTICUT FINISHERS 1978 BOSTON MARATHON

Name	Place	Time
John Vitale, Rocky Hill	15	2:16:17
Mike Murphy, Cromwell	27	2:18:44
Bob Hensley, Milford	41	2:21:33
Mark MacIntyre, New Haven	80	2:25:44
George Pieffer, Stratford	89	2:26:11
Ed Gorecki, New Britain	90	2:26:12
Dan Larson, Cromwell	112	2:27:42
Roger Moffat, Stamford	140	2:29:10
Jim Uhrig, New London	146	2:29:21
William Sanders, New Britain	157	2:29:56

Records in Connecticut Marathon:

Men: John Vitale 2:19:01
1972 (J. W. English)

Women: Kathy Gervasi 2:57:38
1976 (J. W. English)

1978 CONNECTICUT ROADRACE RESULTS

Name of Race	Date	Winner	Time
J. W. English Marathon (Middletown)	March 5	Men's	
		George Straznitskas	2:34:30
		2. William Sanders	2:35:46
		3. Richard Fargo (Mystic-Groton)	2:38:21
		Women's	
		Kiki Sweigart	3:20:43
Washington Trail 10 Kilometer (Durham)	May 29	Master's	
		George McMerriman (Norwich)	2:48:49
		Men's	
		Jack Mahurin	31:02
		Women's	
		Carolyn Bravakis	37:56
		Master's	
		Bruce Patterum	39:44

Top 15 All-Time U.S. Male Marathoners (through 1977)

Name	Time	Year
Bill Rodgers	2:09:55	1975
Frank Shorter	2:10:30	1972
E. O'Reilly	2:11:12	1970
Don Kardong	2:11:15	1976
Ken Moore	2:11:35	1970
Steve Hoag	2:11:54	1975
Tom Fleming	2:12:05	1975
Jeff Wells	2:13:15	1977
G. Bjorklund	2:13:46	1977
Ed Mendoza	2:14:13	1975
Bud Edelen	2:14:28	1963
Amby Burfoot	2:14:28	1968
Chuck Smead	2:14:39	1977
B. Maxwell	2:14:43	1977
John Bramley	2:14:46	1977

Top 10 All-Time World Male Marathoners (through 1977)

Name	Time	Year
D. Clayton (Australia)	2:08:33.6	1969
I. Thompson (Great Britain)	2:09:12.2	1974
Ron Hill (Great Britain)	2:09:28.0	1970
Bill Rodgers (U.S.)	2:09:55.0	1975
W. Cierpinski (East Germany)	2:09:55.0	1976
J. Drayton (Canada)	2:10:08.4	1975
D. Chettle (Australia)	2:10:20.0	1975
Frank Shorter (U.S.)	2:10:30.0	1972
A. Usami (Japan)	2:10:37.8	1970
B. Adcocks (Great Britain)	2:10:47.8	1968

Top 10 All-Time U.S. Women Marathoners (through 1977)

Name	Time	Year
Kim Merritt	2:37:57	1977
Jackie Hansen	2:38:19	1975
Miki Gorman	2:39:11	1976
Julie Brown	2:45:32	1976
Diane Barrett	2:46:23	1976
L. Reinhart	2:46:34	1977
Sue Kinsey	2:46:54	1977
Pat Latora	2:47:20	1977
Doris Heritage	2:47:34	1976
Gayle Brown	2:47:43	1976

Top 10 Women Finishers L'Eggs 1978 10,000 Meter Mini-Marathon, Central Park

Name	Time
Martha White	33:29.7
Kathy Mills	33:53
Marty Cooksey	34:00
Ellison Goodall	34:17
Julie Shea	34:46
Kristen Bankes	34:55
Susan Schafer	34:56
Mary Shea	34:58
Heather Tolford	35:27
Valerie Ford	35:35

Good luck, Bill Rodgers

NATION'S TOP COMPETITORS VIE FOR TODAY'S HONORS

The undisputed kingfish of the U.S. marathoners will head today's field in the First Annual New Haven 20 Kilometer Roadrace.

Bill Rodgers, the 1978 Boston Marathon and New York City Marathon champion, will be among the several hundred runners who will stride through 12.5 miles of New Haven scenery.

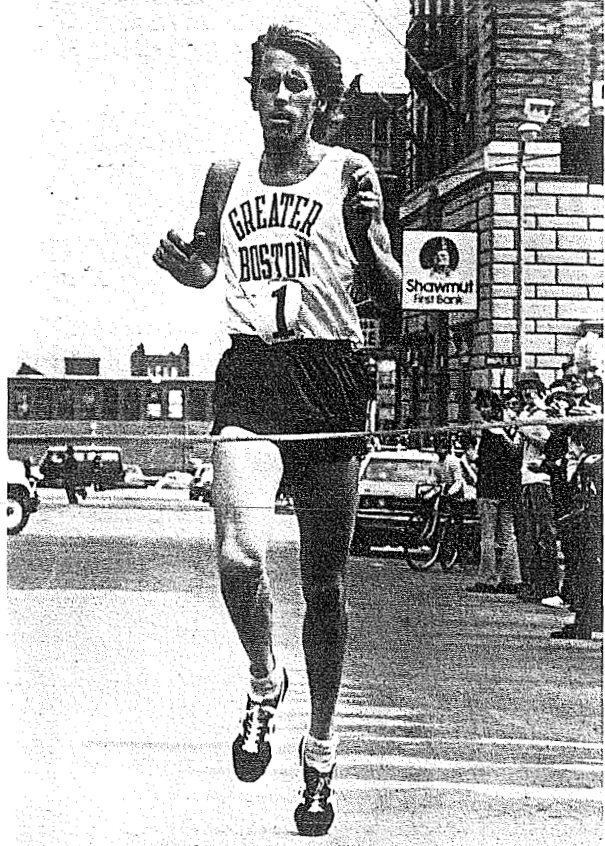
Rodgers, a native of Newington, Conn., holds the Boston Marathon course record of 2:09:55, which he set when he won the event in 1975. He also won the New York championship in 1976 and 1977.

WORLD CHAMPION

The slim Massachusetts resident owns the title to the 1977 World Championship, a race held in Fukuoka, Japan. Bill also was a member of the 1976 U.S. Olympic team. He has been featured in many national publications, including Sports Illustrated and Runner's World.

Rodgers, a graduate of Wesleyan University in nearby Middletown, is the proprietor of "Bill Rodgers Running Store" in Brighton, Mass. He holds a master's degree in special education from Boston College and has taught in the Everett, Mass., public school system.

Expected to challenge Rodgers for the race lead are three other nationally recognized marathoners: Ron Wayne of Alameda, Calif., John Bramley of Fort Collins, Col., and Russ Pate of Columbia, S.C.



Bill Rodgers, World Champion

CHALLENGERS

Wayne was the 1974 National Amateur Athletic Union marathon champion and has run 11 sub 2:20 marathons since last year. He was ranked sixth in the U.S., in the marathon, in 1977 by Track and Field News and was fourth in the 1977 Boston Marathon the highest American finisher. He ran five sub 2:20 marathons in 1977, an American record accomplished by only one other runner in the world. His best time in the marathon has been 2:15:04.

Bramley won the U.S. Track and Field Federation championship in 1975 and registered a first place finish in the Mt. Evans, Col., 14.2 Mile Hill Race in 1977. His second-place finish in the Trail' End Marathon in February of 1977 resulted in a personal best time of 2:14:46. He finished third in the Trail's End Marathon in 1976, and his time of 2:19:47 qualified him for the 1976 U.S. Olympic trials in Eugene, Ore. He finished seventh during the trial with a 2:17:16 time.

Pate, an assistant professor at the University of South Carolina's College of Health and Physical Education, holds a best marathon time of 2:15:20 which he accomplished during the 1975 Boston Marathon. He turned in a 2:16:39 time in the 1977 Boston event.

Pate holds a Ph.D. from the University of Oregon and received his undergraduate degree in



Ron Wayne, fourth at Boston, 1977

Springfield, Mass. College. He was the winner of the Skylon International Marathon in Buffalo, N.Y. in 1974 and the 1972 Trail's End Marathon.

Also expected to challenge the leaders is local favorite Amby Burfoot. A Wesleyan University graduate who won the 1968 Boston Marathon, he is the East Coast Editor for Runner's World. Burfoot also has won the five-mile annual Manchester road-race nine out of the last ten years and finished second in the 10,000 meter mini-marathon in Hartford in 1977.



John Bramley, Mt. Evans winner, 1977



Russ Pate, professor-runner



Penny DeMoss, world champion in 50KM race (center)

Carolyn Bravakis, 7th in Boston, women's division



WOMEN RUNNERS

Heading the women competitors will be Penny DeMoss, who will be flying in for the race from Los Altos, Calif.

A nationally acclaimed marathoner, Penny holds the world record for women at the 50 kilometer distance with a time of 3:48:20 and turned in a 2:45:36 in the Boston Marathon this year, a personal best. She has run in 21 marathons over the past three years and has finished nine times under the 3-hour plateau.

Penny, who began running five years ago as a means of staying in shape, is a commercial artist. She does freelance work for Track and Field News.

Penny's most serious challenge could come from a Connecticut woman, Carolyn Bravakis of Windsor Locks.

Carolyn turned in a 2:54 time in the 1978 Boston Marathon, the best time ever recorded in that event by a state woman. She finished seventh in the women's division. She has also won divisional honors in races this year in Groton, Durham and Norwich.

Lynn Robinson

Microsel LCD Wrist Chronograph



Seagull Inc.

Night Light



Switch to Standard Time
to Stop Watch

Command Button—
• Standard Watch
Mode—alternates
date and seconds
• Stop Watch Mode—
split or reset

Set Button

Start/Stop for
Stop Watch

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Specifications

Official timing clock of the New Haven Roadrace

Standard Watch Mode

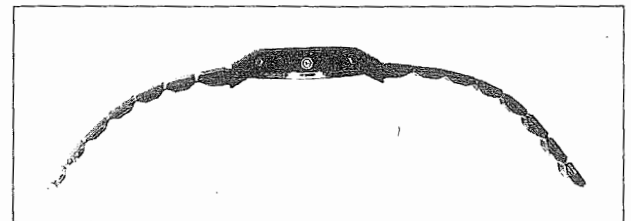
1. Continuous display of hours, minutes and seconds. Alternatively, by push of the command button, the date can be continuously displayed in place of the seconds in the upper right corner of the display screen.
2. Time can be set to the exact second, and will be maintained by quartz crystal to an accuracy of ± 3 minutes per year.
3. Days of the week are indicated directly by two letters—not with pointers against a calendar matrix.
4. During display of date, colons blink to indicate running time.
5. For time zone change, the hours can be reset without disruption of minutes or seconds.

Stopwatch Mode

1. Switching between standard watch and stopwatch modes takes ONE push of a button. The two modes work independently—you can be timing an event even while the display is showing time-of-day.
2. For ballgames or interrupted timing a "time-out" function allows stopping, then resuming without reset.
3. Cumulative splits (intermediate times), can be obtained by pressing the split button without disruption of total time. During the display of a split, the word "LAP" appears and the colons will blink to indicate clock is still running.
4. After timing to 59 minutes 59.99 seconds, the Microsel will "rollover" and continue counting with no interruption.
5. Final times of two competitors or events can be obtained by pressing split button and stop button. The first time is displayed. The second is

stored internally until the split button is pushed again causing the second time to appear on the display.

6. Accuracy of stopwatch: $\pm .00057\%$ (approximately $3\frac{1}{2}$ times more accurate than the top selling digital stopwatch and over 50 times more accurate than mechanicals).



Physical Characteristics

1. **Weight:** One ounce including bracelet
2. **Thickness:** 8mm (5/16 in.)
3. **Material:** Case: Hi impact plastic; Bracelet: Modular-flex Nylon; Buttons, Buckle and backplate: stainless steel.
4. **Construction:** Buttons O-ring sealed; backplate rubber gasketed; lens waterproof gasketed; module shock resistant.
5. **Battery type:** Silver oxide 38 mah, Union Carbide 392, Mallory 10L125 or Ray-O-Vac RW47
6. **Battery life:** Without night light: 10.8 months (Night light: 15 ma draw)

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Temple Street, New Haven, circa 1860

ROADRACE BECOMES PART OF CITY'S RICH HISTORY

One would have to go far to find a city with New Haven's pleasing diversity of scenery, culture, commerce, historical interest—and educational prominence, particularly as embodied in world-renowned Yale University.

Much of the city's and Yale's centuries-old history is closely intertwined, inasmuch as the two have been good neighbors and "partners" since 1716.

The city's own special history dates back to 1638, when it was founded as both a town and a British royal colony.

By 1644, New Haven had spread its jurisdiction over the newly formed towns of Guilford, Milford, Stamford, Branford and Southold, Long Island, operating autonomously from the Connecticut colony. It wasn't until 1664 that New Haven Colony, with the exception of Southold, became part of Connecticut. From 1701 through 1873, New Haven and Hartford were the state capitals.

THE GREEN

The town was originally laid out in a nine-block grid, making it one of the first planned communities in the nation. The center grids, today known as The Green, total about 16 acres. They remain a public

ground for community events such as the start and finish of today's Roadrace and are officially designated as a national historic site.

Within the Green are three churches—Trinity, United and Center churches—powerful reminders of the city's earlier days. The city's skyline looms around them.

New Haven also was the birthplace or home of many famous Americans, including Eli Whitney, Eli Whitney Blake, Charles Goodyear, Benedict Arnold, Samuel F. B. Morse and Noah Webster.

The city, like so many others along the East Coast, became a melting pot during the late 19th and early 20th centuries for persons of Irish, Italian, Polish and Russian ancestry. Each brought a distinctive culture to the city and enhanced its cosmopolitan atmosphere.

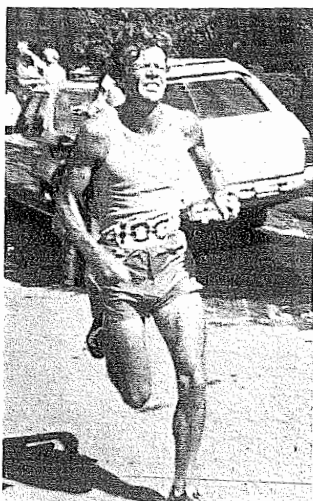
NATIONAL RECOGNITION

In the 1960's, the city gained national recognition for its model cities program. During that time, New Haven received more dollars per capita in federal development funds than any other city in the country. Many decaying tenements were replaced by office buildings and schools. Some crowded streets gave way to modern highways and new housing.

Now New Haven is the state's third largest city, with one of the busiest harbors in New England. It also is a key rail center in the Northeast.

Today, a new event in the city's history begins as the community plays host to thousands—both runners and spectators—participating in the First Annual New Haven 20 Kilometer Roadrace.

CONNECTICUT'S LONG DISTANCE CONNECTION



by
John Kelley,
Winner of Boston
Marathon, 1957;
Five-time 2nd
place finisher

Shortly after Billy Rodgers' first Boston Marathon victory, *Runner's World* identified the "Connecticut Connection." The "Connecticut Connection" was a historical skein stronger than circumstance, of Connecticut-bred post-World War II Boston Marathon winners. From John J. Kelley, 1957, to Amby Burfoot, 1968, to Bill Rodgers, 1975 and 1978, the network of Nutmeg State Boston triumphs stretches, strongly supported by numerous impressive non-winning performances by Connecticut runners.

Indeed, several of these non-winning runs surpass in quality or drama the better-known winning efforts. The American marathon faithful still remember Norm Higgins' gallant fifth place, "First American" finish in the Japanese invasion Boston of 1966. Norm's time of 2:18.26 was the fastest to that date by an American in Boston.

Not long after Higgins exchanged his competition shoes for his present coach's watch, a talented University of Connecticut senior turned eyes toward Boston; and John Vitale has been a bright star in the variable Boston constellation since 1970. Although he has yet to catch the laurel wreath, John's consistently fine races in Boston and elsewhere place him in the front line of United States distance runners. He has twice finished second in the AAU championship; he represented the United States in the Japanese Invitational Marathon in 1975, where he put up his personal best mark of 2 hours, 15 minutes. In 1978 John toured the Boston course in 2:16.17 to place 15th in the record field of 5,000.

Connecticut evidently isn't going to be left standing when distance running goes bionic. Consider the new breed represented by New Milford's Bob Hensley and Cromwell's Mike Murphy. Hensley's college running success at the University of Oregon prepped him for a brilliant 2:16.54 in the 1977 Nike Marathon at Eugene. Twenty-year-old Mike Murphy wedged himself among the rocket men of the marathon at Boston this year as he scorched into 27th spot in the hot time of 2:18.

Frank Shorter now lives in Colorado, and he

has spent considerable time in Florida; but his ascent to the pinnacle of Olympic competition began in Connecticut when he was a member of Yale coach Bob Giegengack's track and cross country teams.

Given a longer look, the "Connecticut Connection" will be seen to predate 1957. Some powerful athletic chemistry has been working in Connecticut since the birth of the modern Olympics in 1896. The cheering had hardly died in Athens when a group of American devotees of the marathon race decided to transport that ordeal to these shores. The first American marathon started on Connecticut soil. A gargantuan thirty-five miles long, it ran from Stamford, Connecticut, to New York City. That was the fall of 1896. The Boston Marathon would not be born until April of the following year.

Since, Connecticut soil has remained uncommonly fertile for the nurturing of both running and running personalities. Although the Stamford-New York race died after a single running, Connecticut picked up the fallen torch. Myriad cross country-style road races became familiar countryside attractions during ensuing decades.

Most of these events endure for several years, pass away, and are replaced by others. Most Connecticut communities have staged road races from time to time. Some few of these colorful competitions survive to become fixtures. By all odds the most venerable of these Connecticut races is the half-century-old Manchester Thanksgiving Day Five Mile Run.

The Manchester "Turkey Trot" has been the great magnet of Connecticut racing, attracting a well as spawning, many of the nation's premier runners. During the 1930's the race was dominated by Manchester native Joe McCluskey, Fordham's "Iro Duke" who won international fame as an AAU title and Olympic steeple chaser. The 1940's saw Charli Robbins of nearby Bolton Notch win at Manchester on his way to national titles from fifteen kilometers to the marathon. As fields grew through the fifties Manchester drew hordes of aspiring Olympic runners, including Johnny Kelley, Nick Costes, Dick Hart, and Pete Close. All but Costes were Connecticut residents. The sixties brought Jim Keefe, R Crothers, Amby Burfoot, and John Vitale to Manchester, and as modern distance running came to know, the careers of Crothers, Burfoot, and Vitale are still flourishing.

As hardy as the runners who flock to it in the harsh early March weather is Bernie O'Rourke's annual Middletown Recreation Department Marathon, run first in 1972 as a means of enabling Connecticut marathoners to make the new time qualifications for the Boston Marathon. The Middletown Marathon has developed a personal character during the intervening years. For hundreds of Connecticut's winterbound racers, Middletown is the place you go to shame Connecticut's tardy spring into a jog.

Is there a special trait in Connecticut's runners that has secured a large share of modern running glory for a small state? This writer has found something almost parabolic in the exploits of three Connecticut runners:

The first, Clayton Farrar of Waterford, while on special duty for the United States Coast Guard in 1945, ran in the Boston Marathon, far beyond his best competitive distance. Farrar set a daring pace to lead for almost twenty-two miles before faltering and being forced to a walk. John A. Kelley, who won that race, later called Farrar's run "heroic."

The second, George Terry of New London, started the 1956 Boston Marathon a favorite on the basis of his having won IC4A cross country and two-mile titles. Like Farrar, Terry set a bold pace, shattering every checkpoint record until Auburndale (16 miles), at which point he, too, was forced to quit. The winner, Finnish Antii Viskari, pronounced Terry's willingness to break away the deciding factor in the new record set that day.

The third, Julia Chase of Groton, in 1961 was the first female to compete in an "open" five-mile road race, completing the Manchester race in 33 minutes, despite official protests. Of her run, one official declaimed, "It was foolhardy. A woman might seriously injure herself running five miles."

Farrar, Terry, and Chase are surely part of the "Connecticut Connection," a connection with the idea that human limits are expandable. And maybe that is what the "Connecticut Connection" is all about!

National Marathon championship (Yonkers, N.Y.) first place 1956, 57, 58, 59, 60, 61, 62, and 63.

United States Olympic marathon 1956, 1960

Pan American Games marathon, 1955, 1959

"GOOCH" WILL BE WEARING HIS FAVORITE NO. 13

You'd think that any veteran runner would try to avoid getting stuck with No. 13. Not Italo Guicciardini, better known as Gooch in racing circles. He wrote a letter, requesting that identification. In fact, Gooch noted in his letter to the Roadrace Committee, that it's the only number he's had when running in an important race.

A Milford resident, Gooch has a Guinness Book of World Record's listing of 216,212 miles as an accredited lifetime mark. Those were accumulated in over 40 years of running by the 61-year-old competitor. In his earlier years, the avid racer shared this phase of his life with a career in boxing, reaching the Golden Gloves finals in 1938.

An A.A.U. member for over 40 years, Gooch is busily training for the 24-hour Endurance Run which currently is listed at 164 miles.



Church Street in the late 1850's.

URNS, TIDES, TEMPS AND OTHER INFO

by John P. Cavallero, Jr., Director, Traffic & Parking, City of New Haven

The New Haven 20 km route has been designed to start and end at our historic Center Green. The route's 12.4274 miles (65,616.67 ft.) is laid out entirely within the City of New Haven. The Boulevard hill is the steepest climb to be encountered—a 600-ft. sector at a 6.5 gradient. All streets on the route are paved with asphalt and most have sidewalks. Runners will be moving counter-clockwise around the City, with our downtown and Center Green always to the left of the runner.

At the end of the Boulevard's 3.6 miles, runners will move along Long Wharf Drive. Here the road is flat and at an elevation of 6.5 ft. above sea level.

Other facts of interest to runners and spectators:

- Temperature expected—low 70's
- Tide at harbor September 4—incoming, high at noon

- Number of intersections along route-140

- Mileage marks:

- 2—Boulevard hill
- 4—Boulevard at West River Park
- 6—Albie Booth Boy's Club
- 8—East Street and Grand Avenue
- 10—Base of East Rock near Orange Street
- 12—Whitney/Trumbull

(the above are approximate — mile sign markers will be correct)

- Turns—12 left, 3 right (all turns will be marked by signs and arrows)
- *Emergency Assistance*—red boxes on corners (just pick up receiver)
- Route maps—copies available from Race Committee and at New Haven Traffic Department office



New Haven 20 KILOMETER ROAD RACE

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PLANIMETRIC MAP
CITY OF NEW HAVEN, CONNECTICUT

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ROADRACE FACTS

Date: Monday, September 4, 1978 (Labor Day)

Starting time: 9 a.m.

Distance: 20 kilometers (12.4 miles)

Route: Single loop on New Haven streets

Starting line: Elm Street near College Street

Finishing Line: Temple Street on New Haven Green

Sanction: United States Amateur Athletic Union (AAU)

Participation: Open to all runners

Divisions: 11 total; 5 male, 5 female, one team

Awards: Top three finishers in each division

Anticipated duration: from 2 to 3 hours

Anticipated entries: 1,000 to 2,000

Sponsor: City of New Haven

Net proceeds recipient: United Way



BENEFIT CONCERT "The Harry Chapin Show"

Date: Monday, September 4, 1978 (Labor Day)

Time: 7 p.m.

Location: Woolsey Hall, College and Grove streets

Ticket prices: \$7.50 advance, \$8.50 at the door

Sponsor: New Haven Roadrace, Inc.

Net proceeds recipients: Split between United Way and World Hunger Year

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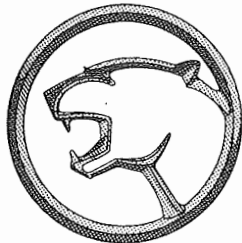
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REFRACTIONS by Carolyn Bravakis

CAROLYN RAN BOSTON MARATHON IN BEST TIME EVER BY A CONN. WOMAN (2:54 IN 1978)

"Do you know your brother's race is tomorrow night?" "Gee, Daddy, I'm awfully sick. I have such a cold. I can't decide whether to stay at home or jog through it."

"Well, if you can't. Oh, well . . . Come down anyway."

(Bring forth men children only: Macbeth)

As I approach the driveway of Snow School for the 9th Annual Dr. Robert McCarthy 6.7 mile Portland-Middletown Run, I am awed by the number of runners already waiting to board the buses. The day, a "cool" 84°, contrasts sharply to the usual, the infernally expected 95° for this unique point-to-point race, which offers no downs, only uphill with a few flats. The proliferation of running is most apparent. Running has gone from a small subculture to a popular fad, finally exploding into a national phenomena.

"I'm here under protest. I can't even breathe." (Frailty, thy name is woman: Hamlet) "My father called last night. How many 34 year olds do you know who are afraid of their fathers?" "Your brother said he'd kill you if you didn't come."

(I shall take some savage woman/, she shall rear my dusky race: Tennyson)

Yet this race, my *raison d'être* for Sport, serves as a microcosm. I reflect upon my running during the past three years. In 1975, I, an eventual dropout, was the sole woman to undertake the challenge with 26 males. In 1978, 197 will finish, 27 of them female. (You must sometimes suffer the rivalry of man: Addison) In 1976, 1351 men and 85 women registered with the Ct. A.A.U. In 1978, 3700 men and 300 women (8%) carry cards. The growth of the Hartford Track Club, with 400 men and 36 women (8%), has been proportional. Women have given a sense of dignity to races in which men run. Showers and locker facilities, once rare, are now commonplace. Race categories are more clearly defined. Ct. runners may choose from over 110 races for a run where the psychological advantages outweigh what the body has to endure.

"Go in, sign up."

"I can't. I'll disgrace the club. I just ran 8 minutes. I'm sweating like a pig. I'm lucky if I can finish."

"No, no. None of this unofficial business. Go in and sign up."

"I can't."

"Here's the money. Go in and sign up."

She is 34. He is 70.

(I have the body of a weak and feeble woman, but I have the heart and stomach of a king: Elizabeth I)

According to the World and fashion magazines, Running is *de rigueur*. Until recently, no women's running shoes were available. I recall wearing two pair of thick socks inside men's shoes. Now each male slash, swoosh, stripe and zigzag has a female counterpart. Observe the Tigress, the Lady Waffle Trainer, The Lady Roadrunner, the Women's Street Fighter, the Dove. Because women are different, "(not necessarily better)," firms such as Moving Comfort produce apparel exclusively for the female runner. Shorts drape, rather than merely fit, yielding fluidity of movement, a Wordsworthian "phantom of Delight."

"Come on, Carolyn." My in-laws greet me as I cross the bridge. How did they know I would be here? I didn't know I was coming myself until 3:30 this afternoon.

(A fickle and changeable thing is woman: Virgil)

Statistics show the gap between the sexes has dropped dramatically, with women's record times dropping faster than men's. In the '78 BAA Marathon, 29 women broke 3 hours, while in the L'Eggs Mini, the top 30 broke 39 minutes. In the '75 Bristol Mum-a-thon, I averaged a 7:15 for third place. In '77, I averaged a 6:07 for second place. Women are making long strides toward achieving their physical potential (All women are ambitious naturally: Marlow)

I look at my watch as I round the corner of infamous Church St. 26:30. Not bad . . . I've reached the top. One mile to go. I'm still alive. Such a contrast to last year! Those two hill workouts with Gary must have helped.

(There is no animal more invincible than a woman . . . nor any wildcat so ruthless: Aristophanes)

Few women in the past have found the pursuit of athletic excellence socially acceptable. Now, with liberalized AAU rules, women can run almost as freely as men—at all levels. They are limited only by ambition and natural talents. The phenomenal growth of women's running represents nothing less than a revolution in women's attitudes about themselves—about their physical capacities, their appetites for adventure, their responsiveness to challenge. (I expect that Woman will be the last thing civilized by Man: George Meredith)

"Nice run."

"Thank you. I knocked 3:12 off last year's time. All Bobby said was, 'It's the weather.' "

(I am no lover of pompous title but only desire that my name be recorded in a line or two: Elizabeth I)

"Oh, that's just him. He's really proud of you. Only he'll never admit it."

RACE DIVISIONS

The following lists the names of those who are supporting the Roadrace effort by serving as sponsors for Divisional groups in the competition.

MEN

- Men 13 & under—Roadrace Committee
- Men Teen—Michael's Jewelers
- Men Open—St. Pauli Girl
- Men Masters—Connecticut Mutual Life
- Men Grand Masters—Sheraton Park Plaza

WOMEN

- Women 13 & under—Roadrace Committee
- Women Teen—Roadrace Committee
- Women Open—Yale Co-op
- Women Masters—Connecticut Mutual Life
- Women Grand Masters—Roadrace Committee

TEAM DIVISION—WPLR/WOMN



The emblem above is the logo of the U.S. Amateur Athletic Union, which has given its official sanction to the First Annual New Haven Roadrace.

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CLUB	00.00	50.00	00.00	00.00	00.00	500.00

DATE	CHECKING ACTIVITY	BALANCE
SEP 15	25.00TOR	875.00
SEP 16	.75.00	494.95
SEP 17	10.00TOR	459.95
SEP 18	33.00	399.45
SEP 22	40.30	359.15
SEP 24	125.00DEP	474.15
SEP 29	65.00	409.15
OCT 1		399.15
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OCT 13		338.85
OCT 15		328.85
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SEP 30		923.29
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SEP 17	10.00TCR	20.00

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HARRY CHAPIN — MUSICIAN AND MESSENGER

As a kid growing up in Greenwich Village down by the Hudson River docks and later in the shadow of the Brooklyn Bridge, Harry Chapin learned to do without many things.

And as a man in his 30's, surrounded by fame and fortune, Harry Chapin helps millions of people who suffer from a shortage of the first necessity—food.

With his songs and a guitar, Harry has become a traveling hunger-awareness messenger. Since forming World Hunger Year with Father Bill Ayres, Chapin has raised millions of dollars to develop an ongoing educational process which highlights priorities for eliminating hunger at home and abroad.

His concert tonight in Woolsey Hall is one of about 200 benefit concerts that Harry gives in a typical year.—Net proceeds from the concert will also assist New Haven United Way programs.

Earlier this year, Chapin was appointed by President Carter to a Presidential Commission on World Hunger.

"If we in the music industry function like the dance band on the Titanic, then truly we are another part of the problem," Chapin said. "I do believe success brings responsibility. It also does not bring immunity to consequences. The Titanic analogy is apt here. All the first-class passengers, as well as the others, faced the icy realities of the North Atlantic that night. All of us should be involved in our own futures, especially if we have or want to have children."

Chapin, born December 7, 1942, first began to develop an affinity for the guitar and folk music in 1957, thanks to "The Weavers at Carnegie Hall" album, which he played constantly.

Soon brothers Steve and Tom and Uncle Mike caught the folk fever, and by 1958, the first version of the Chapin Brothers Band emerged.

Harry entered the Air Force Academy after high school and later attended Cornell University's School of Architecture. Meanwhile, he kept his interest in music and songwriting alive.

After a brief resurrection of the Chapin Brothers Band in 1965, Harry landed a job with a film studio. By 1967, he had put together a theatrical documentary entitled "Legendary Champions," a compilation of the 50 greatest boxing matches of the century. In 1969, his work earned him gold prizes at the New York and Atlanta film festivals and an Academy Award nomination. He later used his experience with documentaries in composing music in a narrative form. In 1971, the group Harry had formed made its first album, "Heads and Tales." Then came the hit "Taxi," then "Cat's Cradle," which skyrocketed to the top of the record charts.

While on a concert tour Harry met Father Bill Ayers, with whom he later formed World Hunger Year.

Chapin enjoys his grueling concert schedule because "I believe in what I'm doing. Over the past four years of fun, millions of dollars have been raised to help ease the pain and suffering caused by hunger around the world."


New Haven Roadrace,
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Harry Chapin

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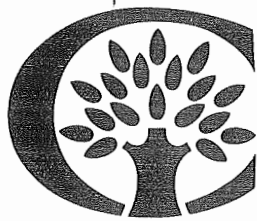


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AMATEUR RADIO OPERATORS PROVIDE VITAL AUDIO LINK

You won't hear any "10-4's" or "Breaker, breaker good buddies" from the volunteers toting walkie-talkies along today's race route.

Rather, you will hear the voices of amateur radio operators providing vital communications services for the organizers of the First Annual New Haven 20 Kilometer Roadrace.

AUDIO NETWORK

More than 30 members of SCARA, which stands for Southcentral Connecticut Amateur Radio Association, will be keeping an eye on the race through direct contact with each other and a base station on the New Haven Green. They also will be in touch with race officials, who will be following the event's progress from a suite in the Sheraton-Park Plaza Hotel.

Jerry Trichter, the president of the 175-member group, said that his volunteers will be communicating on the 2-meter ham band and, with the aid of two repeaters situated atop the Veterans Administration Hospital in West Haven, will have interference-free conversations.

During the race, the mobile base station on the Green will raise its 40-foot, three element antenna and volunteers will show spectators how a flick of a switch can result in rewarding communications with other amateur radio operators from around the world.



A specially-equipped trailer with antenna, located on The Green, will serve as the mobile base station for Roadrace communications.



Audio equipment at the base station will enable SCARA members to maintain contact with walkie-talkie toting volunteers along the race route, with race officials at the Sheraton-Park Plaza—and with the whole world.

WORLD-WIDE REACH

At a fair celebrating the 30th Anniversary of Israel's Independence in May in Hamden, the group maintained continuous radio contact with hams in Israel for several hours, Trichter said. And with the aid of a switching device, persons at the fair were able to talk directly with their friends and relatives in Tel Aviv or Haifa over the telephone. And with no toll charge!

SCARA, which is based in the Red Cross building on Whitney Avenue in Hamden, is the sixth oldest amateur radio club in the country. It dates back to the early 1920's.

It is a federally tax exempt organization that willingly offers its communications expertise to various organizations, including the Red Cross, in times of emergency. It also has served to aid persons participating in walk-a-thons and bike-a-thons by keeping track of traffic and safety hazards and relaying them to the proper authorities.

The club is affiliated with the American Radio Relay League.


WE ACKNOWLEDGE... WITH APPRECIATION

The following is a list of the many community sources whose conscientious efforts went into the comprehensive planning that made the first New Haven Annual Roadrace a reality. Many thanks to you all, from the directors of Roadrace.

Amarante's Catering
 American Red Cross
 Beth Borland
 City of New Haven
 Civil Air Patrol
 Robert DeFeo
 Kathi Drummy
 Joel Evans
 Flanagan Ambulance
 Bob Friedler
 Greater New Haven United Way
 Lender's Restaurant
 Judy Mauer
 Michaels Jewelers
 New Haven Chamber of Commerce
 New Haven Fire Department
 New Haven Jaycees
 New Haven Park and Rec.
 New Haven Police Department
 New Haven
 Redevelopment Agency
 New Haven Register
 New Haven Rotary
 New Haven Traffic and
 Parking Authority
 New Haven Travel
 New Haven YMCA
 Phidippides of Milford
 Sheraton Park Plaza Hotel
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FOR TIRED RUNNERS

FISH CHOWDER WILL PROVIDE PICK-ME-UP AT END OF RACE

What contains 20 bushels of clams, 500 pounds of potatoes, 200 pounds of onions, three cases of celery, 30 gallons of fresh cream, a pinch of seasoning and some haddock and scallops thrown in for good measure?

Each of the entrants in today's First Annual New Haven 20 Kilometer Roadrace will have the opportunity to find out—as soon as he or she finishes running.

NEW ENGLAND SPECIALTY

Andy Amarante, a well-known local caterer, has been engaged by the roadrace committee to concoct a New England fish chowder of mammoth proportions—enough for 3,000 hungry athletes.

How does one go about creating such a chowder?

First, you get the clams and begin working on the stock. Then, you saute the celery, onions and

potatoes for a base and blend the two. Add some seasoning and a light-flavored fish, like tasty scallops and fresh haddock flakes, and you have all of the key ingredients—except one.

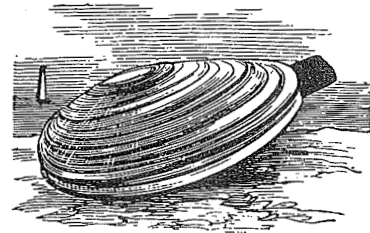
The cream. That comes just before serving.

The stock is placed in five gallon containers and frozen until it is ready on race day to be defrosted and restored to its original state. Only then is the fresh cream added.

FINISH-LINE TREAT

As race participants cross the finish line, servers will ladle out to them healthful, rejuvenating portions of the tasty blend, compliments of New Haven Roadrace, Inc.

What a fine conclusion to an outstanding sporting event: sitting with a fellow runner under a sprawling shade tree on The New Haven Green eating chowder, and reflecting on the art and joy of running.



TIPS FOR SPECTATORS

ENJOY THE RACE

1. Be vocal. Urge the participants on to victory.
2. Be considerate. If you live along the route, keep your garden hose ready. Runners may want a soothing spray as they go past. A cup of water might also be offered.
3. Keep your pet in the house. Nothing is as bothersome to a runner as a dog nipping at his heels. The runner could be seriously injured.
4. Keep bicycles away from the race route. They are a nightmare for a runner because they hamper his or her style and pace, and can cause injuries.
5. If you live along the route, try to avoid backing your car out of your driveway and into the runners' path. You're going to need your car on Labor Day? Try to park it near your house but off the race course.
6. Don't litter. Bring a plastic bag so you can take your refuse home with you if waste receptacles are not available.
7. Appreciate the efforts of those who brought New Haven a nationally recognized roadrace and contributed the net proceeds to charitable organizations.
8. Don't hesitate to send a note, expressing your reaction to this initial roadrace, to the director of the project.



Here's what the intersection of Whalley, Goffe, and Dixwell looked like to joggers a hundred years ago.

9-YEAR-OLD IS YOUNGEST OF ROADRACE COMPETITORS

The honor of being the youngest runner in the race belongs to 9-year-old Stephen Skowronek of Peru, New York. Stephen will be joined by his 12-year-old sister, Beth and his dad Earnest, 37. The family team trains by running six miles a day, together. Beth placed first in the Pre-teen Division, in the recent Lake George, 10-mile race. Stephen came in second.

Official Roadrace awards on display, after the event, in window of Michaels Jewelers, at Chapel and Temple Streets.

STRATEGY AND TACTICS OF RACING

The following article was excerpted, with permission, from Jim Fixx's best-selling book, "The Complete Book of Running."

The strategy and tactics of racing are complex, and depend on such factors as distance, rain, weather, opponents, and your own strengths and weaknesses. Millions of words have been written on the subject. Your first decision is where in the pack to start. If you're too far forward, the runners behind you may jostle you or even knock you down as they pass. Too far back and you'll have to snake your way forward through the crowd. When you're new at the sport, you'll find it easiest to start toward the rear. You can always pass other runners later on. As you gain experience, you'll be able to pick the right spot by looking for runners of approximately your own ability.

FIND YOUR PACE

Once underway, your most important task is to find the right pace and stick to it. Starting too fast

is a common mistake. At the beginning you should feel as if you are going a bit too slowly. If your pace is too quick, fatigue will force you to slow down later. The body is parsimonious with its energy supply; there's only so much available.

As you search for the right pace, also establish a comfortable rhythm. Most runners can settle into an efficient rhythm only by giving full attention to it; when their minds wander they run jerkily. So keep your mind on your running: remind yourself to relax, stay loose and run easily. Since excess motion consumes oxygen and energy, try not to flail your arms, bounce up or down, or let your head bob any more than it must.

If it's a hot day or a long race, drink a cup or so of water just before you start. At the water stations along the way, take water early and often. Even if you don't feel thirsty, you're already sweating. By the time thirst signals you that it's time to drink, it's too late to catch up.

YOUR PLACE IN THE PACK

When you've found your proper place in the

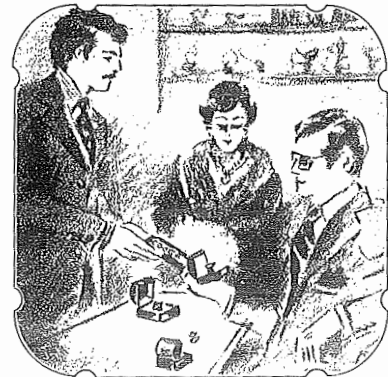


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pack, your main job thereafter is to make the most of your advantages. To do this you must acknowledge your strengths and weaknesses. Some runners are best downhill, others uphill and still others on the flat. Put extra effort into your strength; the advantage you'll gain will discourage opponents.

In road races you won't vary your stride much except in going up and down hills. Cross-country races are different. Here it's important to adapt to varying terrain—to take short choppy steps in mud or sand, or to lengthen your stride during flat stretches.

Finishing is equally tricky in a road race. You need to know exactly what you are capable of. If you have a weak kick, you'll want to put lots of distance between yourself and your competition. With a strong one, you can afford to wait until later. Once you begin your kick, however, don't slow it. Often another runner, seeing you begin it, will try to stay with you. If you relax, no matter how slightly, he's likely to beat you.

FINISHING

Finally, as you approach the finish line,

keep pushing. Resist the supplications of your aching muscles; run at top speed across the line. More than one race has been lost a foot from the finish line.

JIM FIXX, the author of the best-selling "The Complete Book of Running," is a resident of Riverside, Conn., and a former Connecticut 10,000-meter champion in his age category. He also has competed in—and finished—six Boston Marathons.

Fixx, who is married and has four children, is a former Managing Editor of Horizon, senior editor of Life and editor of McCall's. He runs ten miles every day.

"New Haven has been making history for three centuries," says Fixx. "I have high hopes that the First Annual New Haven 20 Kilometer Roadrace will write a new chapter in running history on Labor Day, Sept. 4. This is a race no one in the New Haven area can afford to miss."

Visit the Co-op Marathon Shop!

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Jim Fixx, author of
THE COMPLETE BOOK OF RUNNING and **THE COMPLETE RUNNER'S DAY-by-DAY LOG AND CALENDAR, 1979**

After the race, Monday night, the Yale Co-op presents the women's divisions 1st, 2nd and 3rd place trophies at Woolsey Hall.

YALE CO-OP

77 Broadway, New Haven



SPECIAL DEVICES ASSURE ACCURATE TIMING

Participants in today's Roadrace can be assured their times will be accurately kept and readily available as they cross the finish line, thanks to a number of specially designed timing devices and the assistance of several area track and cross country coaches.

While the race is in progress, split times will be visible to runners as they pass the numerous check points along the route.

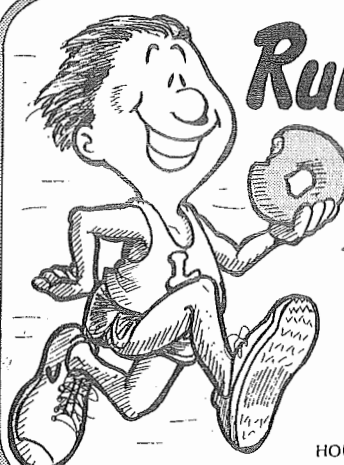
500 PRINTOUTS

At the finish line, the first 500 finishers will receive recorded times from the Chronomix All-Sports Printing Timer made available to New Haven Roadrace by St. Anthony's High School of Smithtown, N.Y. Operated by Brother Neri Fulton, the device prints place and times with the press of a button and stores results in case several runners finish at the same time.

The remaining finishers will be responsible for noting their own times as they cross the line. A large digital readout timing device hung above the finish line will give the runners an accurate count on the time elapsed from start to finish.

COACHES ASSISTING

Carl Nastri, Director of the New Haven Parks and Recreation Department, will conduct all operations at the finish line, assisted by area high school and college coaches.



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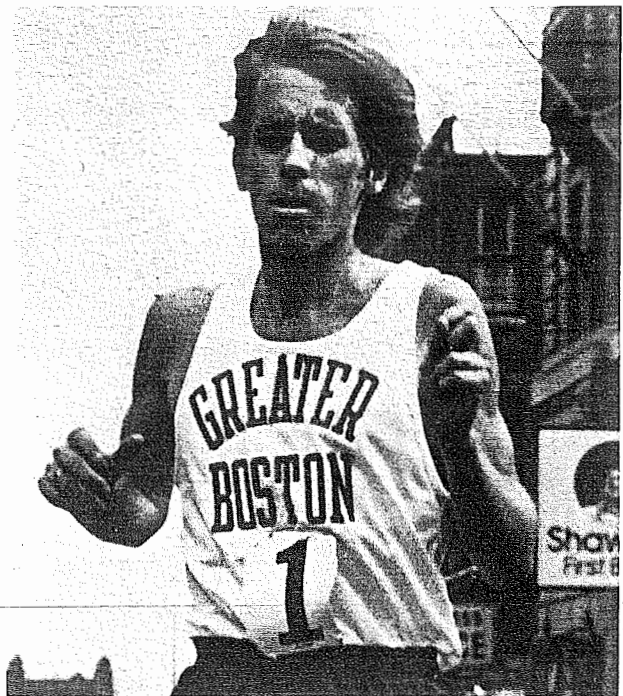
A Connecticut native is coming home as an internationally acclaimed marathoner.

Bill Rodgers, the 1978 Boston and New York City marathon champion, will be the big attraction in today's First Annual New Haven 20 Kilometer Roadrace.

Rodgers, who grew up in Newington and attended Wesleyan University in Middletown, is the owner of the best time ever run by an American marathoner—a record-shattering 2:09:55 in the 1975 Boston Marathon. And through 1977, Rodgers had the fourth best time ever recorded in organized world competition and the best ever since 1975.

PROFESSIONAL EDUCATOR

Rodgers, who between training sessions found time to obtain a master's degree in Special Education from Boston College, was the 1977 winner of the World Championship, held in Fukuoka, Japan and a member of the 1976 U.S. Olympic team. He also won the New York City Marathon Championship in 1976 and 1977.



Even when he's not on the road, Bill is involved with running. He is the proprietor of "Bill Rodgers Running Store", a compact and well-stocked haven for running enthusiasts in Brighton, Mass.

Recently, Rodgers has been featured in both Sports Illustrated and Runner's World magazines.

RUNNERS HERE FROM CANADA AND HAWAII

More than 20 States are represented by participants in the First Annual New Haven 20-Kilometer Roadrace.

The event even has a cosmopolitan flavor, with Hawaii and Canada represented.

The U.S. contestants come from as far west as Hawaii and as far south as Texas and Florida. At the last count, a total of 1,508 runners were entered in the contest.

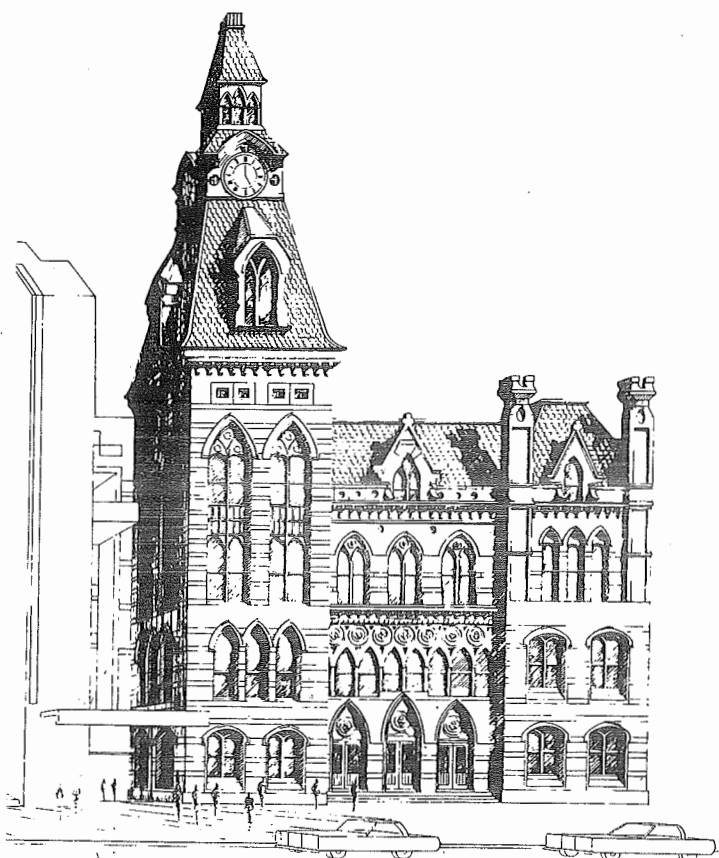
Of that number, 143 were women ranging in age from 12 to 51. Women runners come from 12 different states and one competitor, Donna Leclerc, hails from Quebec, Canada.

Male division participants begin with age 9 and the oldest is 66-year-old Jay E. Rubinow of Manchester.

In several instances there is more than one individual from the same family competing.

LIST OF STATES

The following is the complete list of states that have at least one resident competing for honors in the event: California, Colorado, Connecticut, Florida, Hawaii, Illinois, Kentucky, Maine, Maryland, Massachusetts, Michigan, Missouri, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, South Carolina, Tennessee, Texas, Vermont and Virginia.



The City's enduring landmark, New Haven City Hall. Artist's sketch, above, shows recent Tower and facade restoration.

ORGANIZERS "HATCH" FIRST ROAD RACE

You could say that the idea for a New Haven roadrace was hatched out of an Easter egg.

In October, 1977, members of the New Haven Chamber of Commerce retail promotion committee began discussing plans for the annual Easter egg hunt.

At that meeting, S. Richard Kalt, vice president and assistant general manager for radio station WPLR, suggested that the Chamber consider an additional event—a city-sponsored marathon.

The idea stimulated a great deal of immediate interest.



S. Richard Kalt

"TURNED ON"

Following the meeting, Chamber members were so "turned on" by the recommendation that they asked Kalt if he would put together a short proposal. The presentation that followed suggested a full-fledged, 26-mile, 385-yard marathon to be held on Labor Day.

Most of the committee members agreed with Kalt's reasoning for holding the event on Labor Day: minimal downtown parking and traffic problems and no conflict with church traffic. Also suggested was that the race be tied in with a concert of some kind to highlight the event, in order to reach a broader audience, and help to defray the expected costs of staging the roadrace.

Kalt figured that his best bet for a concert "name" would be Harry Chapin, the popular humanitarian singer-song-writer. Chapin had appeared recently with the Hartford Symphony Orchestra and raised about \$90,000 for charity.

Chapin agreed to donate his talents for the concert, with the proceeds being split between the United Way and World Hunger Year. The later organization had been formed by Chapin and Father William Ayers, with the intent of educating people about the seriousness of the world hunger situation.



William Donohue



Robert Hensley

BENEFIT CONCERT

So dedicated is the singer to the cause, half of Chapin's concerts are performed for the benefit of World Hunger Year.

Chamber of Commerce members agreed with Kalt that, unlike roadraces in other communities, the one in New Haven should be city sponsored, with the proceeds to be distributed to United Way member agencies. City participation, they hoped, would generate more support from residents than a "show" put on by a commercial promoter.

To coordinate the roadrace and handle the funds, a non-profit corporation, New Haven Roadrace, Inc. was formed in May. Its directors include Kalt as president; Robert Hensley, a nationally-ranked runner from Milford as vice president; New Haven Attorney M. Mitchell Morse as secretary; New Haven Redevelopment Director William Donohue as treasurer; Paulette Hotton of the New Haven Chamber of Commerce; and John Cavallaro,



Paulette Motton



M. Mitchell Morse

New Haven director of traffic and parking. Glenn Hansen of WPLR serves as race director. Mayor Frank Logue serves as honorary chairman of the event.

Many residents of the Greater New Haven area agreed to donate their time to help procure goods or provide services to insure the success of the event. A subcommittee of media people has promoted the Roadrace throughout the state.



John Cavallaro



Glenn Hansen

SHORTER COURSE

The roadrace route, drawn up by Cavallaro, was originally designed for the full marathon distance, and would have contained two loops. But at Hensley's suggestion, Roadrace planners adopted a shorter route—a 20 kilometer, 12.4-mile event—that would be unique and still a challenge to runners.

A full marathon, aside from being the same as many other events held across the country, would limit the number of available runners from the New

Haven area. Since the primary purpose of the event is to generate as much local participation as possible, the shorter distance was adopted, and the official measurement sent to the United States Amateur Athletic Union for certification.

The enthusiastic response of runners and the public to the First Annual New Haven Roadrace confirms the committee's good judgment in opting for the shorter course.

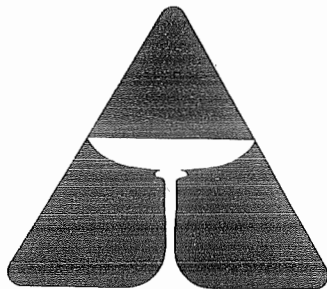
Proceeds from entry fees, the concert, and program advertising are expected to cover costs and yield a substantial sum for United Way agencies.

LOOKING AHEAD

All in all, the planning effort behind New Haven's first roadrace has served as a source of pride for everyone directly involved in launching the event. It is the planners' hope that the New Haven Roadrace will have a prestigious, annual place on the city's calendar of events, every Labor Day.

Right now the current committee is looking forward to New Haven Roadrace '79!

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SENIOR DIVISIONS ATTRACT 'ALSO RUNS'

Ever hear of a person racing with no hope of winning?

Many in today's event see no chance of besting Rodgers or other top runners—barring a surge of "bionic" power. They are in the race for the joy of running, for the privilege of being an "also ran" with the greats, and for the challenge of finishing the course.

Broad participation is invited under ten divisions, five each for men and women—13 and under, 14 through 17, 18 through 39, 40 through 49, and 50-plus.

Among those in the Senior Division is Lou Trantales, 57-year-old Milford restaurateur who began running only about a year ago.



STARTED WALKING

Wanting to "get a taste of the weather," Lou began walking from his house in Orange to work,

four miles away, starting at 4 a.m. He wanted to be at Maxine's Restaurant on Pond Point at 5 a.m. Before long, Lou was starting to jog a little, and after about six months, he would run the entire four-miles distance without stopping.

"I had never run before in my life," says Lou, "but the first time I did it, I felt so happy I've done it almost every day since. I used to wake up tired, but now I have built up my endurance and developed a more tolerant mental attitude."

15-MILE COURSE

On a free day, Lou heads out the front door and just runs. On last Memorial Day he headed north and didn't stop to call for his wife to pick him up until he was in the Mt. Carmel section of Hamden, 15 miles away as measured by their car's odometer.

Despite his running achievements, Lou knows he's not a serious challenger.

"I listen to the dictates of my body," he explains. "I'll run at my pace and let the others go by."

"I do want to finish though," he says with his broad smile. "That would make me happy."

HOW IT ALL BEGAN

THE FIRST MARATHON: 490 B.C.

Competitive creatures that they are, human beings probably have engaged in foot races since before the dawn of recorded history.

But "Marathon" as a special kind of race goes back to ancient Greece and the famous battle at Marathon in 490 B.C. The survival of Athens hung in the balance.

CHAMPION RUNNER

Darius, who had become master of Asia, summoned various Persian tribes and set sail over the Aegean Sea to conquer all the Greek states, starting with Athens. In desperate need for aid from Sparta, 120 miles to the south, Athenian leaders meeting in the Acropolis sent for Pheidippides, their champion runner, who had won for Athens the myrtle crown at the famed Olympic Games.

For two days and nights Pheidippides ran, swimming the rivers and climbing the mountains in his path. The Spartans sent him back over the same 120 miles with word that they would come—later, at the onset of the full moon.

26 MILES

Meanwhile, the Persians and Medes had landed. Seeing that Athens would have to do battle alone, Pheidippides, weary but dauntless, took his long spear and heavy shield and marched with 10,000 picked warriors to meet the foe at the battleground, Marathon.

The battle won, the Greeks—one more time—called on Pheidippides to sprint with the news to Athens, 26 miles away.

The gallant runner completed his final course, then gasping the words, "Rejoice, we conquer!", he died.



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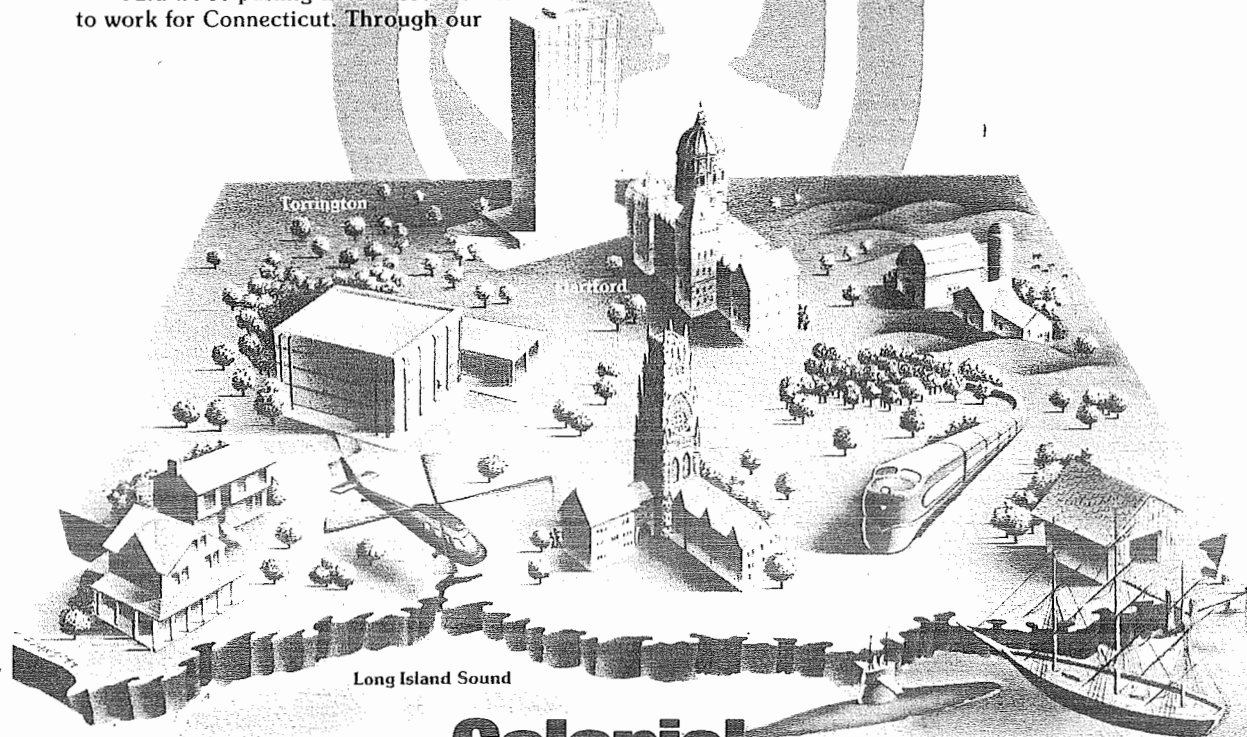
And we're putting those assets back to work for Connecticut. Through our

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