

The Meandering Thoughts of a Wandering
Strider – Bob Buckingham

It's September and we did not have a summer, did we? There were a few hot days but they were very few compared to a normal summer. Not that I am complaining. I would rather have cool to cold weather with an occasional warm day thrown in. That pretty much sums up our spring and summer along with a very fair amount of rain. Summer still has a bit to go, but I do not believe the weather will change too much. With autumn coming up, everyone seems to be busy getting ready for one race or another. While I personally would like to be doing an ultra distance or two, I will be sticking to some shorter distances so that some nagging injuries will hopefully go and stay away. I am going to try Mystic Places Marathon again, maybe attempt to get a new PR. We will have to see how things shape up.

- I was very disappointed in both the New London Days' and the Norwich Bulletins' non-coverage of the New Haven 20K. One of the major road races in the state and neither one of our local papers had any kind of coverage. There were quite a few local runners who participated in either the 20K or the 5K. It would have been nice if their local paper recognized their efforts.
- Mystic Places Marathon has added a new distance race, 10 miles, for those runners who are not ready or just would rather not go for 26.2 miles. The race is very well run and the course is a good one. The ten-miler should help the race increase its visibility.
- I tried my first triathlon this past month and I had a problem where I always knew that I would have one. The swim. I participated in the Pfizer triathlon- 600-yard swim, 15-mile bike ride and 3.5 mile run. I did pretty respectable on the bike and in the run but getting to those two disciplines meant struggling thru the Sound's waters. And for me, it was a struggle. I was the last person out of the water, almost a

minute behind the 2nd to last person. I now have quite a lot of respect for the tri-athlete who do the longer distances! I would rather run 50-100 miles than attempt a longer triathlon (although I may do one sometime in the future). I will have to really work on my swimming and do more, much more than I did for this one (which was practically nothing).

- Congratulations to Sue McCarthy for finishing the Vermont 100 and to Michelle Wolfe for attempting it. I expect to see Michelle crossing the finish line at next years run.
- The Strider picnic was held this past month (August) and it was a good time. There was plenty of food and drink but we really could have used some more Striders. Here is the same old lament: We do not see enough Striders attending the functions that the club puts on and most of the Striders who do attend are the ones who do things to help the club. Come on people, help out our club, show some support for the people who work hard to bring these events to fruition. Your dues and the monies raised by the club fundraisers pay for the events. Speaking of fundraisers.....
- Strider Night at Dodd Stadium was okay. Had a blast, although it would have been even better if I had known that the Navigators were playing a double-header and that they had changed the starting time of the first game.
- Where has Coach's Corner gone to? Beats me, but maybe it is just that everyone out there has all the running knowledge they need. Yeah, that's it.