Get 'Em Before They're GONE!

Dear Throws Enthusiast,

Please allow me to take a moment of your time to introduce you to the *Long & Strong Throwers Journal (LSTJ)*. Since its inception in 1998, ***LSTJ*** has grown to 48 semi-gloss pages and is now mailed in an envelope to protect your valuable reading material. Year-by-year, issue-by-issue, I strive to improve the final product. Visit ***www.longandstrong.com*** to get a pdf version of a sample issue.

LSTJ continues to be the only publication in the world dedicated to the throwing events in track and field. ***LSTJ*** is about more than technique and training. ***LSTJ*** focuses on the personal side as elite athletes and coaches give insight on the keys to success and the personalities behind their achievements. ***LSTJ*** provides throws coverage and photos from major competitions that you won't find anywhere else. ***LSTJ*** touches on the issues that affect the throws community. ***LSTJ***'s interviews with top name throwers such as Adam Nelson, Aretha Hill, Erin Gilreath and Breaux Greer as well as with legends such as Al Oerter, Kate Schmidt and Michael Carter are invaluable. Whether you are a coach, athlete, official, or a high school, Open or Masters competitor, it is crucial you never stop learning!

Enclosed in this mailing is a listing of all the issues published through August, 2006, and their contents. Please take a moment or two to peruse what you might have missed. Perhaps you would like to start a subscription, or just order some back issues. All you have to do is use the order form below, it's that simple!

Looking forward to having you aboard!

Glenn Thompson
Publisher- LSTJ (www.longandstrong.com)

LSTJ is the official publication of the *National Throws Coaches Association* (http://www.nationalthrowscoachesassociation.com)

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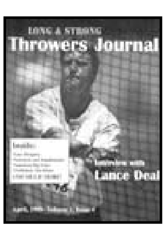

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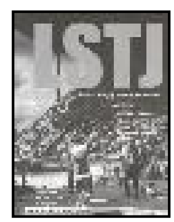

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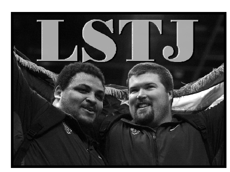

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Memoir excerpt from Harold Connolly
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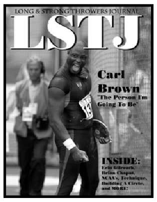

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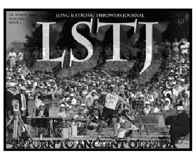

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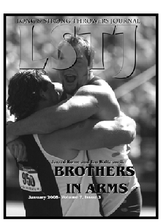

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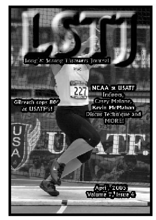

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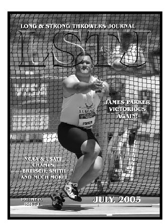

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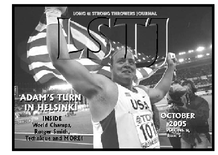

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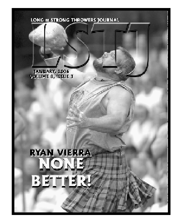

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Ryan Vierra could be the best Highland athlete ever
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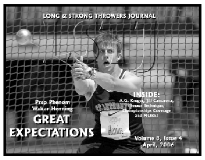

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August 2006
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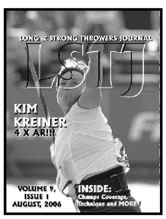

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NO BARRIERS…HOW GOOD WILL HE BE?
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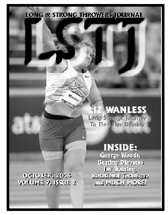
October 2006
(Vol. 9, Issue 2)



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It's really not rocket science
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A GENTLEMAN THROWER
The career of a great Master

January 2007
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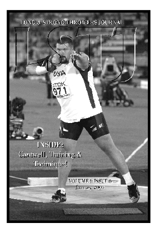

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