

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 (L&S)*. Since its inception in 1998, *L&S* has grown to 52 pages and is 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.

L&S continues to be the only publication in the world dedicated to the throwing events in track and field. *L&S* is about more than technique and training. *L&S* focuses on the personal side as elite athletes and coaches give insight on the keys to success and the personalities behind their achievements. *L&S* provides throws coverage and photos from major competitions that you won't find anywhere else. *L&S* touches on the issues that affect the throws community. *L&S* interviews with top name throwers such as Christian Cantwell, Stephanie Brown-Trafton, A.G. Kruger and Kara Patterson 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 January, 2009, 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>)

September, 1998

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WELTKLASSE

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An update on the Washington HS hammer

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Memoir excerpt from Harold Connolly

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October, 2004

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NATIONAL THROWS COACHES ASSOCIATION

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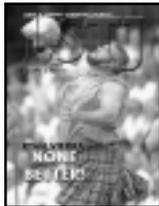
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THE MIRACULOUS MIDLES
 First family of the Washington hammer



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January 2009

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 Rachel Yurkovich stayed in-state to pursue her dream

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