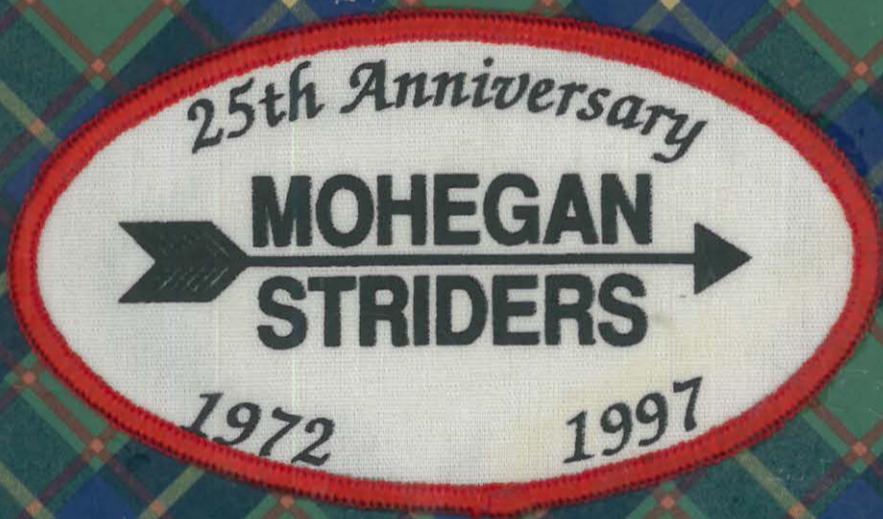


1989-1997

Part 1



*I support the  
World's #1  
Track & Field  
Team*





1989

# Merrill wins with purpose

5/89

## Swift beats Jacob in Festival 5K race

By TOM BOLAND

Bulletin Sports Writer

DANIELSON — Perspective has done wonders for Jan Merrill-Morin.

In 1987, Merrill-Morin finished second to Sue Faber in the Springtime Festival 5-kilometer road race in 16:33, her best Festival time. But as she clutched her right hamstring crossing the finish line, she knew she was in trouble.

"I don't know that I've ever felt worse," said Merrill-Morin, of Waterford. "I couldn't be sure that I would run well again."

Yesterday, in 91-degree weather, she won the race in 16:55, defeating Carla Brown by 1:39, and talked of a training process that she hopes will land her in the 1992 U.S. Olympic trials.

In the men's race, Middletown's Joe Swift passed Wayne Jacob with one-half mile remaining and won in 14:59. Jacob was second in 15:06.

"I'm at the point where I'm healthy, able to train and running well," said Merrill-Morin, 32. "My training is focused, concentrated now. Every day I train, every race I run has a purpose. My ultimate goal is the 1992 trials."

Merrill-Morin served notice that this could be a very good season when she won the 2-mile women's title at the Trevira Twosome in New York two weeks ago.

"I'm happy with how everything is going right now," she said. "My training will require more time in the future, and I'm not sure how I'm going to work that. But for now, the work I'm putting in is getting towards where I know I can be."

**Springtime Festival 5K**  
At Danielson  
5/89  
Men's results  
Joe Swift 14:59, Wayne Jacob 15:06, Pete Pasik 15:20, Paul Balick 15:26, Kevin Grant 15:30, Keith Pigeon 15:41, Sean Delaney 15:43, Mark Paparella 15:45, Mike Zadara 15:51, Ed Zubritsky 15:51.  
Women's results  
Jan Merrill-Morin 16:55, Carla Brown 18:34, Pat Swim 18:45, Kris-Anne Pardo 19:45, Holly Franklin 20:15, Pam Romberg 20:38, Denise Daviau 20:42, Virginia Ereshena 21:04, Geraldine Palonen 21:38, Dot Herlihy 22:09.

Defending women's champion Faber didn't run and neither did last year's men's winner, Gary Nixon, opening up a hole for Swift.

"I'm not a good heat runner," said Swift, 26. "If (Nixon) was here I'm sure the pace would have been quicker. I don't know if I would have been up to that."

Swift trailed Jacob at the first mile by 10 seconds but caught him on the last hill.

"This is probably the first good race I've run since Thanksgiving," said Swift, a former Xavier standout and now a student at Central Connecticut. "I've been in a rut and today it felt like I was ready to crawl out. I missed a couple of training days this week because of classes so maybe the rest was good."

Neither the heat nor his quick first mile (4:40) worked for Jacob.

"Maybe I went out too fast," he said. "But you just go with what feels good at the time. The first mile was comfortable, but I started to slow after two miles. When Joe passed me, I knew he had it."

## Running 4/23/89

### Daffodil 15K

At Meriden  
MEN

Mike Cotton 47:00 (course record; old record Gerry Vannasse 47:11 in 1986); Wayne Jacob 48:21; Pat Swift 48:38; Kevin Grant 48:45; Gary Nixon 49:26; Joe Swift 49:38; Pat O'Neill 49:46; Rodney LaFlamme 50:49; Pete Poes 50:55; Joe Banas 51:43.

#### Other Mohegan Striders results

11. Darrin Eisman 52:27, 12. Sean Delaney 52:34, 16. Mike Fusaro 53:39, 21. Walt Smolenski 55:01, 52. Dave Lathrop 1:00:27, 71. Tom Wadecki 1:01:55, 128. Pete Volkmar 1:09:42, 151. Tom Swim 1:12:52.

#### Team results

1. Mohegan Striders (P. Swift, Nixon, J. Swift, Banas, Eisman), 2. Yale Co-op, 3. Willimantic AC.

#### WOMEN

##### Individual

Sue Faber 53:57 (course record; old record Faber 55:02 in 1988), Julie Foster 54:09, Barbara Matthewson 1:00:40, Debbie Riley 1:00:59, Donna Key 1:01:14.

#### Mohegan Striders results

88. Janice Boyes 1:04:28, 103. Mickey Levin 1:05:53, 127. Kris-Anne Pardo 1:09:41.

### Goldenbells TAC

At Hamden

5 miles

#### Connecticut masters

##### Women's division

Geraldine Palonen, Canterbury (99) 36:27; Rose Buckingham, North Stonington (102) 36:45; Michaelaen Hoessler, Canterbury (116) 37:41; Judy McGrath, Colchester (133) 38:59.

Note: Running for the Mohegan Striders the four placed first in 1:10:13. Converse Running Club was second at 1:13:30.

## Profile

6/89

... of a sports newsmaker



Bulletin photo

### PHIL DOYLE

■ **Occupation:** Phil Doyle, of Norwich, is a dentist in the Norwich area. He is director of the Rose Arts Festival road race, which will be held on June 18.

■ **Background:** Doyle, 32, was an All-Westchester County (N.Y.) cross country runner in high school and continued to run at the State College of New York at Albany. He has been a member of the Mohegan Striders for four years and has directed Norwich's summer recreation running program for two years.

■ **In the news:** Directing the 23rd annual Rose Arts race hasn't been that much of a problem, says Doyle: "This race is really a well-oiled machine. We get great support from the town, the police and the fire department. Everyone knows what has to be done to have the race succeed. All I have to watch for are some small organizational matters. The rest pretty much takes care of itself."

■ **Quotable:** "There are a couple of improvements we're working on. First, we are going to have more water stops later in the race. It's not an easy race and runners have complained because they couldn't get water late. This year we want to have stops at the 7-, 8- and 9-mile marks. We also weren't happy with the focus on teams last year. The participation just wasn't there, so this year we're concentrating on individual runners."

■ **Spotlight:** In a move that could attract more quality runners, Doyle has increased a prize money package that will pay \$500 to the winning male and female runners. There will also be bonus money for record times.

■ TOM BOLAND



# History of the Rose Arts Festival Road Race

Year	Winner	Hometown	Affiliation	Time	Runnerup	Team winner	First female	Time	Entries	Finishers
1967	Amby Burfoot	Groton	Central Conn. Athletic Association	54:41	Johnny Kelley	CCAA			40	37
1968	Jim Keefe	Middlefield	Central Conn. State College	54:47	Johnny Kelley	CCSC			55	51
1969	Amby Burfoot	Groton	CCAA	55:52	John Vitale	CCAA			92	85
1970	Dan Moynihan	Malden, Mass.	Wesleyan University	55:30	Amby Burfoot	Boston Athletic Association			160	143
1971	John Vitale	Cromwell	None	53:20	Amby Burfoot	BAA			125	122
1972	Amby Burfoot	Groton	CCAA	56:32	Johnny Kelley	CCAA		93:07	175	142
1973	Dan Moynihan	Malden, Mass.	Tufts University	55:49	John Vitale	New Haven Track Club	Toby Lenner	143	143	135
1974	John Vitale	Cromwell	NHTA	52:33	Tom Hollander	Mohegan Striders	Sue Hoagland	176	176	167
1975	Amby Burfoot	New London	Mohegan Striders	53:43	Larry Olson	Mohegan Striders	Kathy Glenn	74:45	178	170
1976	Amby Burfoot	New London	Mohegan Striders	53:14	John Vitale	Mohegan Striders	Cherry Bridges	76:45	169	165
1977	John Vitale	Rocky Hill	Hartford Track Club	54:21	Jack Mahurin	Mohegan Striders	Robin Graff	79:39	229	223
1978	John Vitale	Rocky Hill	Hartford Track Club	54:07	John Vitale	Mohegan Striders	Carolyn Bravakis	65:58	438	418
1979	John Flora	Leoyard	Northeastern U. Track Club	52:11	John Vitale	Thames River RR	Carolyn Bravakis	65:26	560	411
1980	Jim Uhrig	Groton	Johnson and Wales	53:37	Bill Marshall	Mohegan Striders	Robin Snyder	66:39	540	511
1981	John Vitale	Rocky Hill	Hartford Track Club	53:17	Mike Murphy	Thames River RR	Carolyn Bravakis	63:13	855	731
1982	Bobby Doyle	Seekonk, Mass.	Johnson and Wales	52:59	Mike Murphy	Johnson and Wales	Sally Zimmer	66:27	748	593
1983	Jay O'Keefe	Mansfield	Mohegan Striders	52:36	Dave Raunig	Mohegan Striders	Carla Brown	65:31	641	525
1984	Dave Raunig	Groton	Mohegan Striders	52:48	Phil Garland	Mohegan Striders	Carla Brown	67:16	538	441
1985	Wayne Jacob	Mystic	C. Mass. Striders	53:46	Fran Houle	Mohegan Striders	Carla Brown	65:01	553	443
1986	Ron Cozcan	Moodus	Mohegan Striders	55:06	Bill Rogers	Mohegan Striders	Carla Brown	66:54	442	370
1987	Bart Petracca	Norwood, Mass.	C. Mass. Striders	53:18	Joe Swift	Mohegan Striders	Carla Brown	69:01	473	410
1988	Scott Mason	Warwick, R.I.	Amtrol Industries	53:11	Joe Swift	Mohegan Striders	Carla Brown			

## Swiftest in the Rose Arts field?



Randy Flaum/Norwich Bulletin

Joe Swift, left, one of the Rose Arts favorites, on a training run with brothers Greg, Pat and David. All six Swift brothers have run for Xavier High in Middletown. "They're all hard workers," says Xavier coach Bob Michalski.

## Two-time runnerup, Swift could hit stride in '89 race

By JIM KONRAD  
Norwich Bulletin

**CROMWELL** — Joe Swift Sr. never did much serious running, but he used to like to jog with his oldest son and namesake.

"The only running I did was in the infantry during the Korean war," Swift jokes. "But when Joseph was a sixth- or seventh-grader, I'd jog and he'd come along. But by the time he was a ninth-grader I wouldn't jog with him anymore. He made me look too bad."

His dad was just the first. Joe Swift Jr., now 26, has made a lot of runners look bad over the years, and he keeps looking better. Now one of the top young distance runners in Connecticut, Swift, of Cromwell, is one of the favorites for this morning's 10.47-mile Norwich Rose Arts Festival Road Race, starting at 9:30 from Chelsea Parade.

"He can win the race," veteran runner Gary Nixon says of Swift. "But it's question of who wants it the most. Physically, he's as prepared as anyone."

It's been a long road to this point, a lot of

100-mile weeks that began with recreation department races and jogs with his father.

But the early training consisted mainly of running a few miles when he felt like it, then going out and playing basketball and baseball.

Until he got to Xavier High School. He ran every day once he got to Xavier, and thrived. He was the first of six Swift boys — Pat is now 24, Chris 20, Steve 18, David 17 and Greg 15 — to run for the Falcons. There are also four girls in the family.

"They're all hard workers," Xavier coach Bob Michalski says of the Swifts. "They're dedicated and mentally tough. The Swifts are just competitors."

As a freshman in 1977, Joe figures he was "30th man" on the cross country team, but after about 900 miles in the summer he was between Nos. 8 and 10 the following season. He even broke into the top seven for the state meets. The Falcons won the first of three consecutive State Open titles that year.

"That was an honor," he says. "As a sophomore, being in the top seven at Xavier



Randy Flaum/Norwich Bulletin

The Swifts at the training table: Joe, David, Liz, Greg and Pat. Says mom Maria: "Some of Joe's friends think all I can cook is pasta."

## Swift

From CI  
was prestigious. It was a big step up."

Swift and Ron Cozean, the 1986 Rose Arts winner, teamed up as juniors and seniors to lead the Falcons again. Swift was 35th in the Open as a junior, 11th as a senior.

His biggest high school accomplishment was setting the school record for 5000 meters as a junior — 15:12.12 It stood for nine years, until brother Steve ran 15:10.6 this spring.

Swift got serious offers from colleges he didn't like, was ignored by ones he did, and finally accepted a partial scholarship to Rhode Island. There, he earned his degree in mechanical engineering and was baptized into the world of New England distance running, going against the the strong and established Irish contingent.

A

B  
miles a week early in the season, but has cut back to 80 miles with more speed work.

"I think I can run faster than I have," Swift says of the Rose Arts. "If I put my mind to it, I could run faster than I've ever run before."

But Swift also has higher goals. He has run four marathons, his best in 2 hours, 29 minutes. He figures with a year of hard training he could be ready for the 1992 Olympic trials.

"By then I'd be at my peak," he says. "After a solid year of training

I'll give it my best up there. After that, we'll see what happens."

### Top prizes

#### MEN'S, WOMEN'S OPEN

- First: \$500
- Second: \$100
- Third: \$75
- Fourth: \$25
- Fifth-eighth: \$20

#### MEN'S, WOMEN'S MASTERS

- First: \$50
- Second: \$35
- Third: \$25

A "Distance running in New England was as competitive as anywhere in the country," says Swift, who got his 5000 time down to about 14:20 in college. "There were a lot of Irish guys, guys you're just starting to hear about now like (1989 Litchfield Hills Road Race winner) Andy Ronan."

Swift, who has returned to college to get a teaching degree, is starting to come into his own. Locally, he has been second the past two Rose Arts races, and this year won the Killingly/Brooklyn Springtime Festival 5K.

In this year's Rose Arts, Swift, New Haven's Mike Cotton and defending champion Scott Mason of Warwick, R.I., figure to lead the pack.

"He's been training really hard," says Swift's running partner, Mike Murphy of Cromwell. "On a given day Joe can run with the best of them. Joe's tough on the hills, and on this course that's to his liking."

Training with Murphy includes 20-mile weekly runs through five towns and a ferry across the Connecticut River. Swift ran about 100

B

**DIVISION WINNERS**  
**MEN** 6/89  
 Junior: Mike Zadora, George Jennings, John Burse;  
 Open: Scott Mason, Mike Cotton, Wayne Jacob; **Masters:** Tim Smith, Grant Ritter, Dennis Crowe; **Grand Masters:** Jay Sturdevant, Jan Slonski, Jim Wight; **Team:** Mohegan Striders (Joe Swift, Gary Nixon, Joe Banos, Sean Delaney, Ed Zubritski).  
**WOMEN**  
 Junior: Kristen Smith, Michelle Podraza; **Open:** Sally Zimmer, Noel Arnold, Gail Case; **Masters:** Kathy Barry, Jodi van der Veen, Jane Carlin; **Team:** Mohegan Striders (Carla Brown, Michelle Levin, Kris-Anne Pardo, Michelle Keegan, Geri Palonen).

# Mason coasts to Rose Arts title

By JIM KONRAD  
 Norwich Bulletin

6/89

NORWICH — Earlier in the week, Scott Mason promised he would be an animal on the Canterbury Turnpike hills if he had to. Yesterday, he was anyway.

Mason left Mike Cotton two miles into the 23rd annual Norwich Rose Arts Festival Road Race and cruised to his second consecutive title. Mason covered the 10.47-mile course in 52 minutes, 50 seconds. Cotton ran 54:40.

Mason, of Warwick, R.I., is the first repeat winner since John Vitale in 1977-78.

Sally Zimmer of Windsor won the women's race in 1:04:47, unseating six-time champion Carla Brown of Norwich.

"I like this course. That's part of the reason I came back. That and the money," said Mason, who won \$500. "This isn't an easy course by any means, but I like a challenge."

The only one he got was from Cotton, of New Haven, and that didn't last long.

From the start it was a fast two-man race (the first mile was run in 4:35), but Mason had a 10-yard lead 1½ miles in. He led by 35 yards after two miles — in a time of 9:31 — at the beginning of the monstrous hills on Canterbury Turnpike.

And that is when Cotton knew he was a goner.

"I was off today," he said. "I could tell after two miles. I don't think I rested enough (after running the Litchfield Hills Road Race last Sunday). I ran 90 miles this week. But

even if I was on today I don't know if I could have run with him. It was a very impressive run."

Said Mason: "I saw (Cotton) was breathing harder at about a mile and a half. If I sense that I'll turn it up a little bit."

By the time Mason crested the hill he led Cotton by 150 yards, with Joe Swift and Wayne Jacob 300 yards behind. The only opponent left was the clock.

Mason finished five miles in 25:02 in the rapidly increasing heat and seven in 35:10 after losing time on the Boswell Avenue hill. But he did the next three miles in splits of 40:03, 45:21 and 50:46 with a half-mile left in search of breaking John Flora's 1979 mark of 52:11.

The humid conditions and the ability to coast to victory left him 39 seconds short.

"I knew Flora's record was a good one," Mason said. "It would have been nice to break, but very tough under these conditions. It would have been interesting if it had been 10-to-15 degrees cooler and cloudy."

Jacob, of Mystic, overtook Cromwell's Swift near the midpoint of the race and coasted into third at 54:54. Swift finished in 56:23, followed by Spyros Barres of Mystic (56:36) and Norwich's Tim Kane (56:47).

"The heat did me in," said Swift, who had been second here the previous two years. "Everybody slowed because of it, but I just didn't have enough to come back."

## Fairfield Half Marathon, #2 Grand Prix Race

6/25/89

CT TAC's Grand Prix Racing continued at the Fairfield Half Marathon on June 25. The race, the first-ever National Championship in Connecticut, sported some mighty fine running off the front. Diane Brewer of Nashville, TN, was the Women's National Champion in 1:13:01, a course record. Men's winner was repeat winner Bill Reifsnnyder, also in a course record 1:01:32.

CT TAC's team champs were Mohegan Striders and Converse/Athlete's Foot, for men and women, respectively. These wins kept their winning streaks from 1988 intact. Scoring in these races is based on 4 for first, 3 for 2nd, 2 for 3rd, and 1 for fielding a team. The Grand Prix consists of six Championship Road Races. Prizes from \$150 to \$50 are awarded to the top five teams at the conclusion of the series.

### CT TAC Champions: Individuals

- | Men              |         | Women          |         |
|------------------|---------|----------------|---------|
| 1. Mike cotton   | 1:07:25 | Linda Begley   |         |
| 2. Darrin Eisman | 1:11:11 | Julie Foster   | 1:16:32 |
| 3. Chris Hansen  | 1:12:03 | Paula Brunetto | 1:19:39 |

- Teams: Men**
- Mohegan Striders  
 (Eisman, Hansen, Someone, Silva, Swift)  
 (1:11:11, 1:12:03, 1:13:07, 1:15:18, 1:15:56)
  - Kelley's Pace  
 (Kotecki, Stack, Murphy, Silva, Isbister)  
 (1:13:39, 1:15:12, 1:17:38, 1:18:47, 1:24:58)
  - Yale Coop  
 Hood, Anziano, Bershtein, Magnus, Korby)  
 (1:15:17, 1:19:18, 1:22:46, 1:25:13, 1:17:40)

Also, Willimantic AC and Eaton Consolidated fielded teams.

- Women**
- Converse Athlete's Foot  
 (Foster, Brunetto, Pastizzo)  
 (1:16:28, 1:19:39, 1:22:36)
  - Groton Track Club  
 (Swim, Dohman, Johannessan)  
 (1:26:55, 1:33:00, 1:33:50)
  - Mohegan Striders  
 (Pardo, Palonen, Colgan)  
 (1:35:16, 1:41:47, 1:42:40)



## Faber outduels Merrill; Striders men triumph

Bulletin Staff Reports 7/89

PROSPECT — Sue Faber pulled away from Jan Merrill-Morin at the 4-mile mark and won the women's Connecticut TAC 5-mile championship yesterday.

Faber (28:40) and Merrill-Morin (28:48) each broke the course record of 29:06 set last year.

The Mohegan Striders women's team finished second behind the Converse Running Team from Prospect.

New London's Dennis Crowe set a men's masters record in winning that division. Crowe finished 18th overall in 27:29.

Kevin Grant was first in 25:30. Joe Swift (25:39) led the winning Mohegan Striders men's team with a second-place finish.

Kelley's Pace, led by Crowe, was third among men's teams behind Yale Co-op.

### State 5-mile championship

7/89

At Prospect  
**MEN**  
**Team results**  
 (five best times)  
Mohegan Striders 2:11.31, Yale Co-op 2:18.03, Kelly's Pace 2:27.44.  
**Individual results**  
 Kevin Grant 25:30, Joe Swift 25:39, Rodney LaFlamme 25:41, Dan Cavanaugh 25:42, Pat Swift 26:07.  
**Local results**  
 7. Darrin Eisman 26:34, 9. Sean Delaney 26:38, 10. Chris Hansen 26:43, 13. Ed Zubritski 26:54, 18. Dennis Crowe 27:29 (1st Master, new masters course record), 22. Steve Swift 27:43, 23. Bob Stack 27:48, 39. Chris Morrison 29:19, 51. Jeff Morin 30:11, 64. Eric Eisbester 30:56, 87. Ron Gravel 32:12.  
**WOMEN**  
**Team results**  
 Converse Running Team 1:27.34, Mohegan Striders 1:46.47.  
**Individual results**  
 Sue Faber 28:40 (course record, old record 29:06), Jan Merrill-Morin 28:48.  
**Mohegan Striders results**  
 Kris-Anne Pardo 34:20, Michelle Keegan 35:29, Gail Popelka 35:45, Geri Palonen 36:59, Kathy Smolenski 41:06, Judy McGrath 41:20.

# Mueller, Green, Johnson shine at Hershey meet

Bulletin Staff Reports

July 8, 1989

NEW BRITAIN — Three local athletes won events yesterday at the state meet of the Hershey Track and Field championships at Willow Brook Park.

In the age 13-14 800 meters, Waterford's Liz Mueller won in 2:17.16 and was second in the 200 (26.6). Franklin's Chad Johnson won the 13-14 1600 in 5:00.9 and Griswold's Karen Green won the 9-10 softball throw (102 feet, 8 inches).

# Running together makes the work seem easier 7/89

## Mohegan Striders still meet weekly

By TOD RIGGIO  
Assistant Sports Editor

With nothing but one's own thoughts, the pounding of feet on the pavement and perhaps a portable stereo to pass the time, running can be one of the lonelier athletic activities to pursue. Dragging the body out of bed at the crack of dawn or lacing up a pair of running shoes after a long day at work makes self-motivation difficult.

All of the above makes joining a running club an attractive alternative. Running clubs have been around a number of years, becoming popular at the height of the running boom in the late 60s and early 70s. There's no hidden meaning to a running club, its group of individuals who get together to huff and puff, piling up the miles with folks who share the common interest of staying fit.

QUITE OFTEN, clubs compete against other clubs in races, compiling team points and team victories based on order of finish in various divisions that may be determined by age or sex.

"A lot of people join to have someone to run with," said Tim Smith, a founding member of the Mohegan Striders. "There's the safety aspect as far as women running is concerned but it's also for people with common interests to meet in a social setting."

"When we first started, during the running boom in New London County during the early 70s, a lot of people joined because it was the chic thing to do," said Smith. "But as the boom faded the serious people stuck around."

Smith said the Mohegan Striders were founded in April of 1972 with 38 members. Membership has grown to as many as 450, though Smith said the present level stands at about 300.

"WE WERE pretty rag-tag in the beginning but now we have uniforms with common colors, we put on clinics, assist Norwich Recreation runs and have had some say in how running has been governed," Smith said.

The Striders meet once a week (Tuesday) at the Norwich Free Academy track



Photos by Rob MacDonnell  
TIM SMITH (above) and fellow club member Dennis Tetreault often run the same races and train together with the Mohegan Striders.

where a variety of workouts (depending on what the individual is interested in) are conducted. The club's administration also meets four times a year and puts out a newsletter, called the Aroubead, which informs the membership on what the administration is doing.

"THE CLUB'S PUPPOSE is to not necessarily make someone a better runner," said Smith. "A lot of times I choose to run on my own but the general feeling

is that it can spark some people. If someone throws pebbles at my bedroom window at six in the morning I'm likely to get up and go running with them."

According to Smith, the Mohegan Striders are an offshoot of the Central Connecticut Athletic Association. The Thames River Road Runners based in New London was started by former Strider Amby Burfoot once Mohegan got a little too large.

"It's made things interesting," said

Smith. "I'm sure the clubs have fostered running interest and although the numbers have gone down a bit in recent years, the races have become much more competitive."

For more information about joining the Mohegan Striders, contact Membership Secretary Ken Rawn at 889-6497 or write him at 105 Roath Street, Norwich, CT, 06360.

### TAC Open 7/16/89

At Southington  
(12 kilometers)

#### Team results

##### Men

Club Connecticut, 3:10:31; Mohegan Striders, 3:12:49 (Joe Swift 38:04, Pat Swift 38:04, Sean Delaney 38:31, Darrin Elman 38:57, Ed Zubritsky 39:13); Kelley's Pace, 3:28:27 (Jeff Kotecki 39:51, Dennis Crowe 40:26, Bob Stock 40:53, Chris Morrison 42:33, Jim Butler 44:44).

##### Women

Converse Running Club, 2:11:40; Mohegan Striders, 2:31:17 (Kris-Anne Pardo, 48:47, Michelle Keegan 48:55, Geraldine Palonen, 53:35, Rose Buckingham 56:25); Libra 2:36:24.

#### Individual results

##### Men's open

1. Jerry Lawson 36:05 (course record), 2. Bob Winn 36:48, 3. Mike Cotton 37:13, 4. Tim Wunsch 37:36, 11. Kevin Grant (Club Connecticut) 38:38.

##### Men's masters

1. Dennis Crowe (Kelley's Pace) 40:26.

##### Men's grandmasters

1. Jerry Lavasseur (Mohegan Striders), 46:03.

### Montville Masters 10K

#### MEN

40-44: Tim Smith 34:39, Bert Allen 35:11, Bill Marshall 35:24; 45-49: Ernie Dumas 34:58, Dave Johnson 36:52, Lance Magnuson 41:05; 50-54: Eddie Framm 37:35, Fred Zueger 40:47, Charles Bowen 47:17; 55-59: Roger Smith 45:52, Lewis Free 47:34, Bill Bublitz 49:15; 60-64: Phil Mangillo 44:29, Bill Gorman 47:14, Chester Creamer 53:01; Over 70: Anthony Campo 57:40.

#### WOMEN

40-44: Pat Phillips 53:27; 60-64: Alice Campo 78:28.



# You Tough It Out repeats

By JOHN C. TURNER  
Norwich Bulletin

7/15/89

## Ledyard 5-Person Relay

LEDYARD — While the competition plodded its way across Long Pond as family and friends cheered encouragement from the shore, Jim Leigh and Dan Charleston were already packing their gear and talking about the future.

It was business as usual yesterday for Leigh and Charleston, who paddled the 6.2-mile second leg of the Ledyard 5-Person Relay in 42:28 to lead You Tough It Out to its third consecutive victory.

You Tough It Out finished in 2:11.25, nearly 10 minutes ahead of Terbo Tri Sports of East Longmeadow, Mass. (2:21.12), and Lane Construction (2:21.19).

Leigh of Noank and Charleston of Mystic were novice canoeists five years ago but dominated the field yesterday.

Charleston, who races professionally and has competed in Canada, was initiated in the 1984 Ledyard Relay after Leigh invited him.

"It's a sport you don't hear about that often," said Charleston. "I like it because I like the workout and I like the feeling you get on the water."

Leigh competes in the Connecticut Canoe Racing Association Series and has raced in national amateur competitions.

While they have developed into expert paddlers, Leigh has organized star-studded lineups for the Relay.

This year was no exception.

Mohegan Strider Joe Swift put the team in front by completing the six-mile run in 30:10.

## In love with the Kelley

8/89



Carol Phelps/Norwich Bulletin

Joe Banas, left, is defending champion in the race named for Johnny Kelley.

## Race, sport special to Banas

By TOM BOLAND  
Norwich Bulletin

NORWICH — When Joe Banas needs a common ground, a constant he can fall back on, he knows where to look — running.

"Running has been a constant companion," he says. "There are too many things in life that you can't expect or prepare for. Running is simple and you do it if you want to do it. So far it's been very good to me."

Banas, 32, will defend his men's open title at the John J. Kelley-Ocean Beach 11.6-mile road race in New London next Saturday. He has had five top-five finishes the last five years.

The success is especially sweet because if Banas has one hero, it is Kelley. They first met when Kelley spoke at Banas' cross country banquet at Norwich Tech.

"I was in awe," Banas says. "Here was a Boston Marathon winner coming to talk to us. I found out I was a decent runner in high school, but after hearing (Kelley) speak, I knew I wanted to try to get better."

Banas met — and roomed with — Wayne Jacob at Johnson & Wales College. Jacob, two years older, led the cross country team and Banas soon was running third.

"I made the transition from 3-mile races in high school to 5-mile races in college pretty easily," Banas says. "I was always better at longer distances. Plus I was training with Wayne and that could never hurt."

Banas and Jacob would come back on breaks from school and spend time training and relaxing at Kelley's house. For Jacob, who lived nearby, it was nothing new. For Banas, it

was something special.

"I've spent many nights on a couch at the Kelleys' house," Banas says. "They took Wayne and I in and were great to us. We almost redid their basement and lived there."

Says Kelley: "Joe's a survivor. That's what I liked about him from the beginning. You watch him run and you see someone who wouldn't quit at anything. We had nothing but good times."

Banas left Johnson & Wales after one year. The only thing he knew for sure was that running wasn't going to pay any bills.

After he and Jacob spent some time running and working in Gainesville, Fla., Banas came back to Connecticut and got a job with Southern New England Telephone. That was 10½ years ago. He has

been through a marriage, a divorce, three operations on his left foot and a job transfer.

"It's kept me looking for something solid," he says. "Something to rely on, to know that it's always going to be there. So far, except for when my foot was hurt, it's been running."

Banas, who belongs to the Mohegan Striders, is bound to show up at any race — as an entrant or an unofficial runner.

In June he went to the Fairfield Half-Marathon to see some friends and maybe get in a good training run. He ended up helping pace another runner to a personal-best time.

"Races are such a social event," he says. "Running is not an easy thing to understand if you don't do it. Runners know what other runners go through. They know why

you need to run. Why you love to run. They don't say, 'It's either running or me.'"

Banas, who lives in Norwich, sometimes works more than 60 hours a week for SNET. He accepts that his running will suffer.

"I'm 32. If it looked like I was going to make a living at running, I would know it by now," he says. "But I'm really happy at work. Working near home and having a good job are my top priorities. Running is close, but it's not as important."

Except for the Kelley race. If Banas could excel in only one race, it would be the Kelley.

"John's a legend and it means so much to do well there," Banas says. "I can take or leave most of the other races around, but I love the Kelley."



John Shishmanian/Norwich Bulletin

**Running for peace** — Mike Smith of Norwich, center with torch, joins Sri Chinmoy Oneness-Home Peace Run '89 runner Steve Upchurch, right, and other local runners on Route 165 in Norwich yesterday. Upchurch and other runners covered all 48 states in 11,000 miles to promote world peace.

As the race traveled through Norwich, City Council President Bonnie Hong carried the torch from Franklin Square to the steps of City Hall, where she proclaimed yesterday Peace Run Day. The race finishes tomorrow with a celebration in New York City.



John Shishmanian/Norwich Bulletin

Joe Swift

# New Yorker wins 5K race; Striders close in on title

By JOHN C. TURNER  
Norwich Bulletin

**WILLIMANTIC** — An unfamiliar face won yesterday's Connecticut TAC 5-kilometer championship. But the red-shirted team winner was no stranger.

The **Mohegan Striders** virtually clinched the TAC Grand Prix Road Race Series men's title with a top-five combined time of 1:17:05. Kelley's Pace (1:19:45) was second.

Robert Anastasio of Melville, N.Y., won in 14:57 — one second off the record set two years ago by Rodney Laflamme. 1988 champion Gary Nixon was 15th in 15:41.

Bantam's Paula Brunetto, a former All-America at Southern Connecticut, won the women's division in 17:11, 1:08 ahead of second-place Susan Cooper of Darien. Brunetto led Converse Athlete's Foot to the women's team title.

The **Mohegan Striders**, men's Grand Prix leaders with 19 points — eight more than Yale Coop — need only field a team for the final two Grand Prix events (the Old Saybrook 10K and Guilford 10-mile) to win the championship.

The Grand Prix point system awards four for a win, three for second, two for third and one for fielding a team.

Brothers Pat and Joe Swift of Cromwell led the Striders to victory

yesterday by going 3-4 behind Anastasio and New Milford's Jose Martinez (15:06).

"We run well together," said Joe Swift, whose time was 15:13 to Pat's 15:11.

Running 3-5 for the Striders were Colchester's Darrin Eisman (15:31), Norwich's Chris Hansen (15:32) and Old Saybrook's Sean Delaney (15:36).

"There's tremendous cohesion and depth," said veteran Strider Tim Smith, fourth in the 40-49 division. "That allows the masters runners to go off and do their own thing. The core group is very close. That makes it worthwhile to win (the TAC) championship."

Converse Athlete's Foot is closing in on the women's title with 20 points — seven more than the Striders.

Anastasio was ineligible for the \$125 first-place purse because he is not a Connecticut TAC member, but could have won a \$100 bonus for setting a race record.

"My brother (Joe Anastasio of Hartford) asked me if I wanted to run here," the former Cornell runner said. "I thought I had a chance of getting the record."

He was slowed by a turn-filled course that was slickened by a shower 10 minutes before the race.

## Conn. TAC 5K

**At Willimantic**  
Robert Anastasio (Melville, N.Y.) 14:57; Jose Martinez (New Milford) 15:06; Pat Swift (Cromwell) 15:11; Joe Swift (Cromwell) 15:13; Edward Sparkowski (Glastonbury) 15:13; Don Cavanaugh (Waterbury) 15:14; Dave Raunig (New London) 15:15; John Bysiewicz (New Haven) 15:25; Rich Anziano (Madison) 15:30; Darrin Eisman (Colchester) 15:31; Dave Litoff (Delmar, N.Y.) 15:32; Chris Hansen (Norwich) 15:32; Sean Delaney (Old Saybrook) 15:36; John Bell (New Britain) 15:40; Gary Nixon (Higginum) 15:41; Michael Palladino (Cheshire) 15:42; Russell Blatt (unavailable) 15:43; Joseph Cardin (Tolland) 15:46; Ed Zubritsky (Norwich) 15:48; David Galloway (Somers) 15:49; Joseph Anastasio (Hartford) 15:52; David Reik (Hartford) 15:52; Pedro Cobos (unavailable) 15:54; Jeff Kotecki (New London) 15:54; James Wadsworth (unavailable) 15:56.

### WOMEN

Paula Brunetto (Bantam) 17:11; Susan Cooper (Darien) 18:19; Julie Litoff (Delmar, N.Y.) 18:52; Kris Anne Pardo (Preston) 19:08; Pamela Moore (Windsor Locks) 19:14; Michelle Keegan (Norwich) 19:22; Valerie Johansson (North Stonington) 19:30; Hollis Franklin (Niantic) 19:40; Jan McKeown (Prospect) 19:42; Brenda O'Connell (Mystic) 19:44; Leslie Brown (Prospect) 19:58; Jen Devine (Windham) 19:59; Linda Flavell (Andover) 20:03; Carol Hervey (Westley, R.I.) 20:04; Ann Dohmann (Groton) 20:08; Mary Ann Doss (Farmington) 20:10; Joann DeMicco (East Lyme) 20:11; Gail Popelka (Newport, R.I.) 20:12; Sofia Turasz (Hartford) 20:15; Heather Cross (Lebanon) 20:23.

### Men's division leaders

**Under 14**  
Chad Johnson 18:09, Eric Daupern 20:28, Brandon Cochrane 22:57.

**14-19**  
Joseph Cardin 15:46, Craig Hempstead 15:57, Bill Gill 16:16.

**20-29**  
Pat Swift 15:11, Joe Swift 15:13, Don Cavanaugh 15:14.

**30-39**  
Robert Anastasio 14:57, Jose Martinez 15:06, Ed Sparkowski 15:13, 81.

**40-49**  
Dennis Crowe 16:03, Bill Marshall 16:13, Ed Cadman 16:25.

**50-59**  
Hank Golef 17:09, John Dugdale 18:09, Jerry Levasseur 18:32.

**60-69**  
Geoffrey Etherington 18:58, Frank DiMarco 20:18, Phil Mangillo 21:17.

**70-over**  
Steve Daly 26:42, Paul Koplitz 38:27, Felix Gremmo 38:52.

**Women's division leaders**

**Under 14**  
Gabrielle Keegan 23:45, Darren Gilman 28:15, Deanna Piscatello 29:37.

**14-19**  
Brenda O'Connell 19:44, Jen Devine 19:59, Heather Cross 20:23.

**20-29**  
Paula Brunetto 17:11, Susan Cooper 18:19, Julie Litoff 18:52.

**30-39**  
Michelle Keegan 19:22, Hollis Franklin 19:40, Leslie Brown 19:58.

**40-49**  
Jan McKeown 19:42, Geraldine Palonen 21:35, Virginia Eresheno 22:07.

**50-59**  
Sofia Turasz 20:15, Elizabeth Sparkowski 25:02, Barbara Miller 27:08.

**60-69**  
Adeline Kearney 24:31.

**Men's team leaders**

**(Top 3 combined time)**  
Mohegan Striders 1:17:05, Kelley's Pace 1:19:45, Yale Coop 1:20:45.

**Women's team leaders**

**(Top 3 combined time)**  
Converse Athlete's Foot 55:31, Willimantic Athletic Club 58:07, Mohegan Striders 58:12.

## Moosup V-J Day 5K

Keith Pigeon 15:51, S. Jackson 16:01, F. Houle 16:07, P. McNulty 16:33, K. Connor 16:35, D. Tetreault 16:37, E. Dumas 16:39, W. Wardyga 16:41, N. Manuzzi 17:05, A. Rondeau 17:06.

D. Hodges 17:24, J. Gotherau 18:10, N. Ingertson 18:19, S. Murallo 18:23, D. Lang 18:25, D. Caron 18:31, F. Russell 18:44, J. McKean 18:53, G. Walker 18:59, L. Magnuson 19:08.

T. Ducat 19:09, T. Burek Sr. 19:25, C. Droppa 19:29, J. Wedge 19:30, H. Hull 19:32.

**Men's division leaders**

**12-under**  
J. D'Andrea 24:46, Noah Dion 27:02, D. Constantine 29:22.

**13-18**  
Nick Ingertson 18:19, Todd Ducat 19:09, Mark Irons 20:26.

**19-34**  
Keith Pigeon 15:51, S. Jackson 16:01, Fran Houle 16:07.

**35-39**  
Dennis Tetreault 16:37, Alan Rondeau 17:06, Dave Lang 18:25.

**40-49**  
Ernie Dumas 16:39, Sam Murallo 18:23, Dave Caron 18:31.

**50-59**  
Peter McDevitt 20:44, Dan Jacobs 20:53, Gary Delea 21:20.

**60-over**  
Glen Stacy 22:28, Larry Larkin 22:53, Roy Packer 26:44.

**Oldest runner**

Max Wibberly 30:32.

**Women's division leaders**

**12-under**  
Tayana Burek (time unavailable).

**13-18**  
Tine Tetreault 22:35, Milisa Wagner 25:21.

**19-34**  
Carla Droppa 19:29, Tina Goettel 19:42, M. Butcher 20:50.

**40-49**  
Ellie Lowell 21:15, Bonnie O'Brien 25:01, Jan Settle 26:27.

**50-59**  
Bettine Delea 25:54.

## Team scores:

### Men:

1. **Mohegan Striders** 77:06
2. Kelley's Pace R.T. 80:25
3. Yale Coop 80:46
4. Hartford Track Club 80:52
5. Willimantic A.C. 81:10

Others: Top Gun R.C., Libra A.A., Runners of Bikila, Eaton Consolidated R.C.

### Women:

1. Converse-Athlete's Foot 55:31
2. Willimantic A.C. 58:07
3. **Mohegan Striders** 58:13
4. Groton T.C. 59:20

Others: Prospect R.C., Runners of Bikila

## CT TAC Grand Prix after 5 races

### Men:

1. **Mohegan** 19
2. Yale 11
3. KPRT 10
4. WAC 6
5. Eaton 5
6. Club CT 4
7. R. of Bik. 3
8. TGRC 2
9. HTC, LAA 1

### Women:

1. C.-A.F. 20
2. **Mohegan** 13
3. WAC 8
4. GTC 5
5. PRC 3
6. R. of Bik. LAA 2
8. TGRC 1

# Profile

9/89

of a sports newsmaker



Bulletin photo

## LINDA GRANT-SMITH

**Occupation:** Linda Grant-Smith, 22, sells insurance in the New Haven area. She lives in Lisbon with her husband, Norwich police officer Scott Smith.

**Background:** Grant-Smith was a two-time all-state cross country runner at Norwich Free Academy. She graduated in 1987 from Wesleyan, where she was captain of the women's cross country team.

**In the news:** Grant-Smith is in her first year as director of the Lisbon Fall Festival 3.5-Mile Foot Race, which is this morning at 10 at town hall. Grant-Smith took over from Judy Poprosky, who was director for the race's first eight years.

**Quotable:** "I feel helping out with this race is a way to give something back to the town. The townspeople of Lisbon supported me in whatever I did in my running career, now I can do something to support them."

**Spotlight:** Grant-Smith has run the Lisbon race three times and holds the women's record for a Lisbon resident, 23:26. She says her goal as race director is to make it an enjoyable event for the runners. "You want it to be organized. You want people to be pleased. Most of all, you want it to be a good time."



### PAST

Only two months before race day, Peter Webster agreed to have the Old Saybrook 10 K serve as CT TAC's championship for both open and masters competition. The race is a decade-old, family-style event, with a 6 K run along with the 10 K. Pie-plate flat along the Long Island Sound shore, this year the race was hit with bright sun and 80 degree temperatures, slowing the times, but not diminishing the competition.

OLD SAYBROOK: CT TAC 10 K CHAMPIONSHIP: ONE TEAM UPSET, ANOTHER CLEANS UP

Only two months before race day, Peter Webster agreed to have the Old Saybrook 10 K serve as CT TAC's championship for both open and masters competition. The race is a decade-old, family-style event, with a 6 K run along with the 10 K. Pie-plate flat along the Long Island Sound shore, this year the race was hit with bright sun and 80 degree temperatures, slowing the times, competition.

Masters champions were Bill Marshall and Kathy Barry, with Hank Golet and Wen Shi Yu take the 50's and Herb Silander ruling the 60's. This was only the second masters competition in the CT TAC venue, yet team support was strong, with fairly close finishes. Mohegan Striders took the men in 104:49 over Kelley's Pace (107:48) and Wolfpit (113:48). Wolfpit ruled the women, though, in 140:46 over Mohegan (144:09) and Prospect (309:13).

close finishes. Mohegan Striders took the men in 104:49 over Kelley's Pace (107:48) and Wolfpit (113:48). Wolfpit ruled the women, though, in 140:46 over Mohegan (144:09)

The upset of the day occurred in the women's open competition, as Converse - Athlete's Foot was defeated for the first time in two years. Doing the winning was Groton Track Club, definitively in 120:34, with C./A.F. following in 125:15. Mohegan Striders also placed here, in 137:03. Meanwhile, Mohegan men made it into the money for all four divisions, winning in 164:22, over Kelley's Pace (172:07) and Yale Coop (179:02).

10 Miler on September 17. Masters will hold their third race of the year there. Open Grand Prix standings are follow below. (Scoring is 4 points for 1st, 3 for 3rd, 2 for 2nd, and 1 for fielding a team.)

Men:	1. Mohegan Striders	23	Women:	1. Converse/Athlete's Foot	23
	2. tie Kelley's Pace	13		2. Mohegan Striders	15
	tie Yale Coop	13		3. Groton Track Club	9
	4. tie Eaton Cons.	6		4. Willimantic A. C.	8
	tie Willimantic A. C.	6		5. Prospect R. C.	3

## THE ATHLETICS CONGRESS OF THE USA CONNECTICUT ASSOCIATION

PETER LEEDS  
LONG DISTANCE RUNNING CHAIRMAN  
POST OFFICE BOX 342  
WILLIMANTIC, CT 06226

9/2/89

**TAC State 10K**  
At Old Saybrook

**WOMEN**

Open division  
Team results  
Groton Track Club 1:19:04, Converse Athletic Club (time unavailable), Mohegan Striders 1:36:03

Striders' results  
Gail Popelka 43:23, Lynne Valorie 45:32, Pat Lathrop 47:48

Over-40 division  
Team results  
Wolfpit Running Club (Ridgefield) 1:40:06, Mohegan Striders 1:44:09, Prospect Running Club (time unavailable)

Striders' results  
Gerry Polanen 45:07, Rose Buckingham 48:39, Judy McGrath 50:23

cticut Ekiden member, and Jan Merritt took the 50's and Jan Merritt took the 60's. This was only the second masters competition in the CT TAC venue, yet team support was strong, with fairly close finishes. Mohegan Striders took the men in 104:49 over Kelley's Pace (107:48) and Wolfpit (113:48). Wolfpit ruled the women, though, in 140:46 over Mohegan (144:09) and Prospect (309:13).

Mohegan Striders took the men in 104:49 over Kelley's Pace (107:48) and Wolfpit (113:48). Wolfpit ruled the women, though, in 140:46 over Mohegan (144:09)

urred in the women's open competition, as Converse/Athlete's Foot was defeated for the first time in two years. Doing the winning was Groton Track Club, definitively in 120:34, with C./A.F. following in 125:15. Mohegan Striders also placed here, in 137:03. Meanwhile, Mohegan men made it into the money for all four divisions, winning in 164:22, over Kelley's Pace (172:07) and Yale Coop (179:02).

TAC Open Championship Grand Prix will be the Guilford

Nov 5, 1989

**Raunig, Keegan win:** New London's Dave Raunig and Michelle Keegan of Norwich were winners at the 14th annual Tarzan Brown Road Race at Mystic. Raunig covered 5.5 miles in 27:10 and Keegan finished in 33:27. There were 545 runners competing and records were set in men's grandmasters (Henry Golet ran 30:19) and women's masters (Jane McKeown in 34:13).

# Mohegan Striders

9/89

**Guilford** — The Mohegan Striders were honored twice Sunday. The Norwich-based running club won the team title of the 10-mile TAC championship here and finished the season by capturing the 1989 seven-race Grand Prix TAC title.

Joe Swift led the Striders with a second place finish to John Bysiewicz of New Haven. Bysiewicz paced 250 entrants across the line in 51 minutes, 56 seconds, well off Swift's 50:16 course record. Swift finished in 52:57.

The Kelley's Pace Racing Team, led by Jeff Kotecki's sixth place and personal best (54:16), took second in Sunday's team competition as well as the Grand Prix contest. Yale Co-op was third in the both day's and year's competition.

Mary Pastizzo was the first women. The Converse/Athlete's Foot team member finished 38th overall in 62:37. Pam Moore took second and Montville's Kelley Pinkney third in 64:44.

Tim Smith of Norwich was the first master (55:33) and Jerry LaVasseur the first grandmaster (65:33).

Results with name, team, hometown and time: 1. Bysiewicz, Club Connecticut, New Haven, 51:56; 2. Swift, Striders, Cromwell, 52:57; 3. Gary Nixon, Striders, Middletown, 52:57; 4. George Romanink, Club Connecticut, New Haven, 53:28; 5. Sean Delaney, Striders, Old Saybrook, 53:55; 6. Jeff Kotecki, Kelley's Pace, New London, 54:16; 7. Joe Banas, Striders, Norwich, 54:55; 8. John Shanley, New Haven, Yale Co-op, 55:11; 9. Tim Smith, Striders, Norwich, 55:33; 10. Kevin Pidgeon, Striders, Danielson, 56:00.

11. James Baker, New Haven, Yale Co-op, 56:08; 12. Spyros Barres, Mystic, Kelley's Pace, 56:36; 13. Bob Stack, New London, Kelley's Pace, 56:47; 15. John Bell, Norwich, Striders, 57:23; 16. Walt Smolenski, Norwich, Striders, 57:44; 18. Peter Silva, Quaker Hill, Kelley's Pace, 58:22; 20. Jim Butler, New London, Kelley's Pace, 58:57.

34. Tom Lee, Norwich, Striders, 61:49; 36. Ted Phillips, Niantic, Kelley's Pace, 62:20; 38. Mary Pastizzo; 44. Dave Jacobs, Norwich, Striders, 63:05; 48. Pam Moore, 63:48; 52. Pinkney, 64:44; 58. Sam Murallo, Striders, 65:08; 67. Jerry LaVasseur, Norwich, Striders, 65:33.

## State TAC 10-mile

At Guilford

Men

John Bysiewicz (New Haven) 51:56, Joe Swift (Cromwell) 52:57, Gary Nixon (Higginum) 52:57, George Romanink (New Haven) 53:28, Sean Delaney (Old Saybrook) 53:55, Jeff Kotecki (New London) 54:16, Joe Banas (Norwich) 54:55, John Shanley (New Haven) 55:11, Tim Smith (Norwich) 55:33, Kevin Pigeon (Danielson) 56:00.

### Division winners

**Open:** John Bysiewicz 51:56; **Submaster:** Gary Nixon 52:57; **Masters:** Tim Smith 55:33; **Grandmaster:** Jerry LaVasseur (Norwich) 65:33; **Veteran:** Phil Mongillo (Norwich).

### Team results

**Open:** Mohegan Striders (Joe Swift, Gary Nixon, Sean Delaney, Joe Banas, Kevin Pigeon), Kelley's Pace, Yale Co-op; **Masters:** Mohegan Striders (Tim Smith, Tom Lee 61:49, Dave Jacobs 63:05, Sam Murrillo 65:00, Jerry LaVasseur 65:33).

### Women

**Overall**  
Mary Pastizzo (Prospect) 62:37, Pam Moore 63:48, Kelly Pinkney (Montville) 64:44.

## Conn. TAC cross country

At Mansfield

MEN

### Open (5000 meters)

Ed Sparkowski (Hartford TC) 15:34, Dave Raunig (Kelley's Pace) 15:42, Joe Swift (Mohegan Striders) 15:42, Other Mohegan Striders: 5, Darrin Eisman 15:49, 11, Kevin Pigeon 16:15, 12, Ed Zubriisky 16:20, 14, Sean Delaney 16:27, 15, Chris Hansen 16:31. Teams: Hartford TC 31 points, Mohegan Striders 45, Kelley's Pace 121.

### Masters (5000 meters)

Grant Ritter (Kelley's Pace) 16:57, David Mills (Mohegan Striders) 18:01, Henry Golei (Hartford TC) 18:06. Teams: Mohegan Striders 14, Willimantic AC 17.

### 10-under (3000 meters)

Todd Lavoie 13:02, Andrew Mocariski 13:33, Tyson Schoelzel (Litchfield TC) 14:00.

### 11-12 (3000 meters)

Chris Case (Willimantic AC) 12:11, Eric Doppert (Litchfield TC) 12:33, Andy Tonant (Litchfield TC) 12:37.

### 13-14 (4000 meters)

Chad Johnson (Litchfield TC) 14:20, Chris Essick (Litchfield TC) 14:45, Michael Brouillet (Litchfield TC) 14:47.

### 15-16 (5000 meters)

Michael Judenis 17:14, Russell Harriman (Griswold Striders) 17:16, Michael Riley 17:31.

### 17-18 (5000 meters)

Don Martin (Willimantic AC) 16:44, Dan Sgrug (Willimantic AC) 17:15, Ed Jensen 17:16.

### WOMEN

### Open (5000 meters)

Pam Moore (Willimantic AC) 19:32, Michelle Keegan (Mohegan Striders) 20:07, Laurie Bartnicki (Mohegan Striders) 20:47, Other Mohegan Striders: 4, Sue Makowicki 21:07, 6, Lynne Valorie 22:15, 12, Kathy Smolenski 23:34. Teams: Mohegan Striders 29, Willimantic AC 54.

## Masters (3000 meters)

Kitty Montana 22:10, Mary Sharky 22:32, Virginia Ereshena (Mohegan Striders) 23:31. Teams: Mohegan Striders.

### 10-under (3000 meters)

Heather Lambert (Litchfield TC) 13:26, Gabrielle Keegan 13:40, Emily Hansen (Griswold Striders) 15:05. Teams: Griswold A 38, Griswold B 60.

### 11-12 (3000 meters)

Jennifer Almeida (Litchfield TC) 12:56, Rebecca Schettler (Litchfield TC) 12:59, Mary Bressette (Griswold Striders) 14:02. Teams: Litchfield TC 27, Griswold Striders 45.

### 13-14 (4000 meters)

Shira Springer 16:04, Leslie Almeida (Litchfield TC) 16:32, Kimberly Landry (Litchfield TC) 16:44. Teams: Litchfield TC 22, Willimantic AC 43, Griswold Striders 104.

### 15-16 (5000 meters)

Amy DesRosiers (Willimantic AC) 21:11, Jennifer Maloon (Willimantic AC) 21:31, Jessica Martin (Willimantic AC) 21:50. Teams: Willimantic AC 15.

### 17-18 (5000 meters)

Kimberly Borst (Willimantic AC) 20:56, Jen Davine (Willimantic AC) 21:20, Lynn Aguiro 22:15.

## Conn. TAC masters

At Norwalk

5000 meters

### Overall finishers

Jeff Monganti 15:42, Michael Smith 15:43, Tim Smith 16:28 (1st masters), Bill Marshall 16:41 (2nd masters).

### Other Mohegan finishers

14, Gianni Ficarra 17:32, 19, Tom Lee 17:52 (3rd masters), 22, Steve Hancock 18:01 (5th masters), 49, Dean Festa 19:15.

### Masters team results

Mohegan Striders, 51:00, Wolfpit Running Club 54:05, Brookfield Chiropractic Running Club 56:33.

## Profile

... of a sports newsmaker



Bulletin photo

DON SIKORSKI

**Position:** Don Sikorski of Jewett City last week was elected to a one-year term as president of the Mohegan Striders running club.

**Background:** Sikorski, 23, has been a member of the Striders for eight years, serving as vice president with president Walt Smolenski the past two years. A 1984 graduate of St. Bernard High, Sikorski ran on two state title teams and also ran at Southern Connecticut State University. He is an accountant with Martin Gottesdiener and Co., in New London.

**In the news:** Sikorski's duties now as Striders president are mainly working on the 1990 budget, a task that is helped by his accounting experience. He also is preparing the racing teams — he is a member of the men's open team. Other Mohegan Striders officers: Sue Makowicki, vice president; Don Lewis, treasurer; Kris-Anne Pardo, recording secretary.

**Quotable:** "I'd like us to increase membership. We're up to about 250, but I'd like to see more. We're not striving for big numbers, but we'd like to see active people out there."

**Spotlight:** Smolenski was instrumental in securing sponsors, uniforms and creating a racing team. "Right now I'm just trying to keep everything going in the right direction," Sikorski says. "It's going in a positive direction now. We have older members but there's good new blood too."

**Next:** The Striders have excelled in local and state races. Now Sikorski thinks it might be time to go to some larger races outside the region.

— J. J.

## East Lyme Marathon

Individual Results

1. Spyros Barres, 2:31:35; 2. Tim Smith, 2:34:20; 3. Ken Cox, 2:37:53; 4. Rene Charland, 2:38:51; 5. Harry Lepp, 2:39:05; 6. Jeff Kotecki, 2:39:50; 7. Jeff Scheeler, 2:45:48; 8. Ed Gorecki, 2:46:43; 9. Paul Toth, 2:46:47; 10. Nicholas Gallucci, 2:46:58; 11. Kurt McCord, 2:47:48; 12. Dave Walecka, 2:49:19; 13. Mark Wilkman, 2:49:20; 14. name unavailable; 15. Bob Stack, 2:52:06; 16. Mike Smith, 2:52:54; 17. Jim Sumler, 2:53:16; 18. David Norega, 2:53:55; 19. James A. McKee, 2:56:59; 20. Jeffrey McClosky, 2:59:41; 21. Chris Montross, 2:59:53; 22. Nelson Azevedo, 3:00:51; 23. Andrew Kolutski, 3:01:26; 24. Kelly Pinkney, 3:01:27; 25. name unavailable; 26. Bob Simon, 3:02:22; 27. name unavailable; 28. Jim Murphy, Greg Johnson, 3:02:58; 29. Jim Murphy, 3:05:13; 29. David Caron, 3:06:32; 30. John Flaherty, 3:06:43; 31. Ernest Mossiah, 3:07:16; 32. Barb Deubel, 3:07:30; 33. Steve Cock, 3:08:32; 34. Dennis White, 3:10:59; 35. Bob Pokorny, 3:11:30; 36. Mike Freeman, 3:11:38; 37. Dave Douglas, 3:11:52; 38. Tom Lee, 3:13:11; 39. Dan Lukens, 3:13:19; 40. Peter Thompson, 3:13:59; 41. Michelle Keegan, 3:14:10; 42. Bob Orgovani, 3:14:17; 43. Mark Dean, 3:15:00; 44. Linda Sprague, 3:15:35; 45. Robert Girothi, 3:15:47; 46. Mark Muto, 3:17:02; 47. Andrew Bartczak, 3:19:46; 48. David Battif, 3:20:00; 49. Ron Killinski, 3:20:15; 50. Eric Sortland, 3:20:28; 51. Fred Church, 3:21:54; 52. George Walker, 3:23:12; 53. Timothy Driscoll, 3:24:10; 54. Janet Hancock, 3:24:16; 55. Mark Sheeran, 3:24:23; 56. Bob Knowles, 3:24:45; 57. Ed Root, 3:25:20; 58. Barry Erickson, 3:26:36; 59. Jeff Curtiss, 3:26:48; 60. Phil Schena, 3:28:12; 61. Dave Creamer, 3:29:10; 62. Irvin Landry, 3:29:57; 63. Thomas Freeman, 3:30:05; 64. Jim Eskra, 3:31:18; 65. Joann Demicco, 3:31:44; 66. Edmund Tamborra, 3:32:15; 67. Robert Wolmer, 3:33:58; 68. Dick Hoch, 3:34:54; 69. Michael Rubinfeld, 3:37:00; 70. Joe Visco, 3:37:09; 71. Peter Pantelis, 3:37:19; 72. Pete Colonis, 3:39:44; 73. Walker Smith, 3:40:22; 74. Denise Swiatek, 3:40:54; 75. Dave Nicholas, 3:40:56; 76. Mal McMillen, 3:43:09; 77. Jim Raymond, 3:45:29; 78. Don Burnham, 3:45:57; 79. Gerry Beagar, 3:46:46; 80. Randy Scott, 3:46:50; 81. John Cohoon, 3:47:31; 82. Dick Roberts, 3:48:07; 83. Mike Parulis, 3:48:25; 84. Tom Burek, 3:50:13; 85. Robert Johnson, 3:51:07; 86. Donald Tyszkiewicz, 3:53:55; 87. Bill Hatfield, 3:54:25; 88. Lee Chisolm, 3:54:49; 89. Germaine Boucher, 3:54:51; 90. Stan Juny, 3:54:51; 91. Ron Dombrowski, 3:57:11; 92. Scott Killinski, 3:57:16; 93. Craig Dobrinat, 3:57:37; 94. Paul DeAngelis, 3:59:35; 95. Frank Wilcox, 3:59:57; 96. N. Benson, 4:01:11; 97. Carmen Danforth, 4:01:11; 98. name unavailable, 4:02:13; 99. Matt Shafter, 4:07:32; 100. Michael Shomin, 4:07:41; 101. Linda Shomin, 4:07:42; 102. Bridgett Baird, 4:08:02; 103. Kris Rottler, 4:10:05; 104. Jay Klein, 4:12:58; 105. Ken Coe, 4:13:53; 106. Gary Dixon, 4:13:54; 107. name unavailable, 4:19:23; 108. Lewis Hinman, 4:19:36; 109. Tony Medair, 4:21:38; 110. Bob Christina, 4:22:09; 111. Merrill Marks, 4:24:16; 112. Rand Flaum, 4:24:17; 113. A.J. DeRoo, 4:24:32; 114. Richard Canavan, 4:28:26; 115. Bruce Christie, 4:29:32; 116. Peter Joyce, 4:33:15; 117. Joel Pallingre, 4:33:26; 118. Noe Penison, 4:33:54; 119. Joy Gauthier, 4:34:47; 120. Richard James, 4:42:58; 121. Len Wood, 4:47:10; 122. Ben Eskra, 4:51:36; 123. Harold Sumption, 4:51:58; 124. Bill Bublitz, 4:52:16; 125. William McGuire, 4:55:49; 126. Lloyd Whillman Sr., 5:06:06; 127. John McGuire, 5:08:00; 128. Don Orman, 5:22:06; 129. Dan VanDuser, 5:23:14; 130. Katherine Klein, 6:03:11.

### Results by Division

**Mens' Open**  
1. Spyros Barres, 2:31:35; 2. Chris Montross, 2:59:53; 3. Greg Johnson 3:02:58.  
**Mens' Submaster**  
1. Ken Cox, 2:37:53; 2. Rene Charland, 2:38:51; 3. Harry Lepp, 2:39:05.  
**Mens' Master**  
1. Tim Smith, 2:56:59; 2. James McKee 2:56:59; 3. Jeff McCluskey, 2:59:41.  
**Mens' Grandmaster**  
1. Irvin Landry, 3:29:57; 2. Walker Smith, 3:40:22; 3. Dick Roberts, 3:48:07.  
**Womens' Open**  
1. Kelly Pinkney, 3:01:27; 2. Joann Demicco, 3:31:34; 3. A.J. DeRoo, time unavailable.  
**Womens' Submaster**  
1. Barb Deubel, 3:07:30; 2. Michelle Keegan, 3:14:10; 3. Linda Sprague, 3:15:35.  
**Womens' Master**  
1. Janet Hancock, 3:24:16; 2. Bridgett Baird, 4:08:02; 3. Joy Gauthier, 5:10:00.

John Bysiewicz and Mary Pastizzo ran a minute in front of every one else at the hilly Guilford 10 Mile Road Race, held on September 17, but Pastizzo won bigger because of her team. The race was the final of seven CT TAC Open Championship Races that comprised the Grand Prix.

Bysiewicz, competing for the one-race team of Club Connecticut, ran 51:57 on the certified course, a little more than a minute in front of Mohegan Striders teammates Joe Swift and Gary Nixon. Pastizzo paced her Converse-Athlete's Foot mates with her 62:37, more than a minute ahead of Willimantic A. C.'s Pam Moore.

In the masters competition Tim Smith and Kathy Barry led their respective teams, the Mohegan Striders and Wolfpit R. C., to team wins. Smith's Striders ran 3:00:29 over Willimantic A. C. (#17:24) and Brookfield Chiropractic (3:28:11). Wolfpit ran 3:42:01 over Mohegan's 3:50:35.

The Mohegan Striders also paced the men's open competition, sealing their Grand Prix win.

contested. Also, because the reporting was scattered, these results are obviously incomplete. However, we know that on the same day in November, the Mohegan men's team won the Norwalk 5 K and the Cross Country Championships in Mansfield. Also in Norwalk, the Converse-Athlete's Foot women's team ruled the roads.



Wayland "Blues Brother" Hedding

Michelle Keegan is the women's winner of the Strides for the Handicapped road race. D3

Gordon Alexander/The Day

■ Early pace-setters: Way Hedding (black hat), Jeff Kotecki (735), winner Darrin Eisman (220) and Dennis Crowe (130)

# Eisman, Keegans own Strides races

By **BILL TOSCANO**  
Day Sports Writer

**Waterford** — Darrin Eisman didn't plan on winning both men's races in Sunday's annual Strides for the Handicapped.

He planned to run in only one of them.

But after breezing to an easy victory in the 3-mile race, Eisman discovered he'd have to wait for his first-place award before he could leave for Mansfield, where he planned to jog the course for the upcoming state TAC championship.

"I couldn't make it to Mansfield on time, so I figured I'd run the 5-miler, too," said Eisman, who followed his 15-minute, 11-second 3-miler with a 25:48 victory in the 5-miler.

Michelle Keegan didn't really plan to have a pair of first-place awards to take back to Norwich, but it happened, in a way far different from Eisman's double win.

Keegan didn't run the 3-miler, instead watching her 10-year-old daughter, Gabriele, come across as the first female finisher, covering the distance in 21:16. Donna Pelish, the women's open winner, finished in 21:39.

In the 5-miler, Michelle Keegan got her

chance for a victory and made the most of it, finishing in 30:57, 32 seconds ahead of Carla Brown of Norwich and 44 seconds in front of Karla Geiser.

"They both kept the pressure on me out there," Keegan said of Brown and Geiser. "But I thought it was a good race for me. I was happy because it was my first short race since running the (East Lyme) marathon."

Keegan, who was the third woman to finish at East Lyme, will join Eisman — and her daughter — in the state TAC 5-kilometer race at Mansfield Hollow State Park in two weeks. Next week, she'll be at the Tarzan Brown Run in Mystic.

"I race a lot," Keegan said.

So does Eisman, although he's been cooling things off a little since finishing 17th at the Montreal Marathon Sept. 25.

"I was fifth with three miles to go, and I really blew up," said Eisman, who turned a 9:31 at the Hartford 2-miler a week later but says he has pared his training down to 30 miles a week since then.

Sunday, he had planned to compete in a race at Mansfield following the Strides 3-miler. "I've raced the course a couple times, and I just wanted to jog over it again. But it

took a while to get my award, so I figured I'd stay for the second race."

Despite running hard in the 3-miler, Eisman right out in in the 5-miler, taking Ed Zubritsky and Dennis Crowe with him.

"I started to push at two miles, and Dennis dropped off," said Eisman, a Bacon Academy graduate who still lives in Colchester. "Zubritsky went with me, then I hammered the last mile."

Zubritsky finished in 25:58, followed by Crowe (26:17), Guy Cain (26:55) and Walt Smolenski (27:10).

"It was a pretty good race for me, and a really good race for Darrin," said Zubritsky, who lives in Norwich. "We were even until four miles, then he picked it up. I just couldn't stay with him. He's too strong."

Crowe was the first men's masters finisher and also took home the award for the first Waterford resident to finish. Larry Levasseur was the first men's grandmaster (30:19), Mary Hayden was the first women's master (38:13), and Anne Bing of Old Lyme won the women's grandmasters (37:44).

Jeff Kotecki was second to Eisman in the 3-miler in 15:51, and was seventh in the 5-miler in 27:17, two seconds behind Dan Sikorski.

Thank You  
Mr. + Mrs. Hansen!



12/15/89



Jeff Evans/Norwich Bulletin

**Santa send-off** — Bob Miles, dressed as Santa, leads a pack of runners up Franklin Street in Norwich as the seventh annual Tommy Toy Fund Fun Run gets under way last night. Runners donated toys to the Toy Fund as their entry fee to the race. Donation list, B2.

## All letters to Santa should be answered

Dear Santa,  
I have tried to be very good. For Christmas I would like...

Every Christmas parents watch their children dutifully writing to Santa so they can get a hint about what would make their children happy.

Parents carefully listen as their children sit on Santa's lap, telling him their heart's desire.

On Christmas day they delight in watching their children's faces light up as wishes are unwrapped.

Unfortunately, many parents will not be able to share that joy because they can not afford to buy toys for their children.

Tommy Toy Fund can make a difference. More than 1,500 parents have asked for help, but more donations are needed.

You can help them give their children a special Christmas. Send donations to The Tommy Toy Fund c/o the Norwich Bulletin, 66 Franklin St., Norwich, CT 06360. Call 887-9211 for information.

The annual Tommy Toy Fund Road Race will be Dec. 15 at 7 p.m. in front of Billy Wilson's Ageing Still. The entry fee is a toy, which will be donated to a needy family. The five-mile event is sponsored by the Mohegan Striders.



## 'Marty's Run' boasts a record turnout

GROTON — The annual New Year's Day plunge at Groton Long Point boasted its largest turnout ever yesterday — about 175 people, according to event organizers.

A few costumed participants, including Father Time, a Ninja turtle, a clown and a "New Year's Eve celebrant," joined the more standardly attired crowd in running the five miles from Mystic to the main beach. There they dramatically did the traditional triple dip into the chilly Fishers Island Sound to the enthusiastic tune of red plastic holiday horn blowing, some even donning party hats and favors.

The hearty, mostly local, runners then returned to the Pequot Avenue home of former Boston Marathon winner John J. Kelley for hot soup and sandwiches contributed by his shop, Kelley's Pace Inc.

"It's just something they do because it's there to be done and it's different," said Kelley's wife, Jessie, who does most of the planning for the event. She said John, who was on the U.S. Olympic team in 1956 and 1960, didn't participate this year because he had to work.

The New Year's Run/Swim/Run event, often referred to as Marty's Run after one of its founders, was started in 1969 by Mystic residents Andy Burfoot, Leland Burbank and the late Martin Valentine.

## Profile

... of a sports figure



Bulletin photo

### GABRIELE KEEGAN

**Background:** Gabriele Keegan, 10, a fifth-grader at St. Joseph's Elementary School in Norwich, has been running competitively for two years. It runs in her family. Her mother, Michelle, is a member of the Mohegan Striders and track coach at Moriarty Elementary School. Gabriele's father, Peter, is the new men's and women's track coach at Eastern Connecticut State University. Peter's cousin is John Vitale, a third-place finisher in the 1971 Boston Marathon and five-time Norwich Rose Arts Race champion. Jack Curren, the Mohegan Striders' women's coach, also trains Gabriele, who prefers longer distances, using track to train for cross country.

**Eye-opening efforts:** Gabriele won the 1500 meters (for 9 and 10 year olds) at the Junior Olympic Northeast Regionals last summer. She finished eighth in the national competition. On Dec. 10, she finished third in the Junior Olympic Northeast Regional cross country meet. She had to miss the national meet because of tonsillitis. The Mohegan Striders voted her 1989 Runner of the Year for the 20-and-under age group.

**Quotable:** "I like to run because I'm gifted with the ability to run. I work hard at it and try to excel every time I run. One thing I really think is fun about running is the travel. You meet a lot of people."

**Next:** Gabriele would like to compete in the Olympics, but her immediate goals are to win the 3000 (in the 11-12 age group) in the Junior Olympic nationals, then capture the cross country title at the Junior Olympics this fall. Another long-range goal: To break the records set by Waterford freshman Liz Mueller, Gabriele's idol.



Randy Flaum/Norwich Bulletin

**Water revelers** — The New Year's Run/Swim/Run at Groton Long Point boasted its largest turnout ever yesterday — about 175 people. Way Hedding of Niantic, center, joins in the celebration. Story, B1.

## BOSTON 1990

### Top Local Finishers

- 124. Tim Smith, Norwich, 2:35.59
- 163. Richard Fargo, Plainville, 2:38.29
- 237. Patrick O'Neil, Sandy Hook, 2:42.25
- 253. William Priede, Waterbury, 2:43.09
- 345. Jeff Kotecki, New London, 2:46.27
- 385. Harry Lepp, Danielson, 2:47.42
- 426. Kevin Ruane, Prospect, 2:48.42
- 434. Dennis Tetreault, Lisbon, 2:48.49
- 497. Paul Toth, New London, 2:50.38
- 554. Steven Hancock, Bozrah, 2:51.34
- 754. David Mills, Ledyard, 2:55.53
- 1,018. Kevin Gallerani, Uncasville, 2:59.50
- 1,057. Jan McKeown, Prospect, 3:00.32
- 1,479. Mike Lawrence, New London, 3:07.40
- 1,651. Robert Wilkins, Stonington, 3:09.32
- 1,895. Jonathan Hillier, New London, 3:12.07

1990

**Running** 4/23/90

**Daffodil Festival**

At Meriden  
TAC championship race  
(15 kilometers)  
**WOMEN**  
Top individuals  
Sue Faber 54:26, Julie Foster 54:35,  
Michelle Keegan 1:01:14.  
Team results  
Converse (Faber, Foster, Gail Case  
1:03:18), Willimantic Athletic Club (Keegan,  
Kathy Manizza 1:07:30, Pam Riehl 1:10:20),  
Mohegan Striders (Kris-Anne Pardo  
1:06:54, Lynne Valorie 1:09:21, Linda Sham-  
in 1:15:50.

**Golden Bells**

At Hamden  
TAC masters race  
(5 miles)  
Top individual  
Rodney LaFramme (Libra AA, Waterbury)  
26:03.

**Mohegan Striders results**  
Bill Marshall (4) 27:14, Tim Smith (8)  
28:14, Dave Mills (11) 28:48, Sam Murallo  
(29) 30:49, Richard DeLorge (63) 33:18,  
Rennie Dombrowski (76) 34:02, Way Hed-  
ding (86) time unavailable.

**Team results**  
Mohegan Striders (Marshall, Smith, Mills),  
Libra AA, Kelly's Pace.



John Shishmanian/Norwich Bulletin  
Peter Pazik, right, gets set to pass Joe Swift, center, and Paul Bolik yesterday during the Springtime Festival Road Race.

**Kane, Pardo win in Reliance House races**

June 7, 1990

By JIM KONRAD  
Norwich Bulletin

NORWICH — Tim Kane wanted to see just how much Wayne Jacob had in the Run for Reliance House 5K race last night. As it turned out, Jacob didn't have nearly enough to defend his title.

Kane, who recently moved to Norwich, won the race in 15:35, easily ahead of Mystic's Jacob (16:08) and Norwich's Bill Marshall (16:21), the top masters runner.

Kris-Anne Pardo of Preston won the women's race in 19:21.

"I started pushing up at the mile mark," said Kane, who said his style is better suited to 10Ks. "I didn't know what kind of shape he was in. I just wanted to crank it for as long as I could."

The race was Jacob's first since January.

"He just beat me," Jacob said. "I didn't have it to keep up with him."

Pardo outdistanced Montville's Kelly Hawkes (19:42) for her first victory ever. Like Kane, she made her move at the first mile.

"Then I toughed it out," she said. "When the turn (onto Franklin Street at the finish) comes, the crowd gets you going. I've waited a long time to win a race."

**Run for Reliance House**

At Norwich

**MEN**

Tim Kane 15:35, Wayne Jacob 16:08, Bill Marshall 16:21, Gary Cain 16:22, Tim Smith 16:30, Don Sikorski 16:39, Jim Hirst 16:46, Mike Fusaro 16:47, Dennis Tetreault 16:52, Tom Lee 16:58, Chad Johnson 17:14, Kevin Galleran 17:15, Michael Giza 17:29, John Brown 17:31, David Mills 17:34, Don Albertson 17:36, Fran Houle 17:40, Mike Fisher 17:44, Carl Mailhot 17:45, Mike Smith 17:49.

**WOMEN**

Kris-Anne Pardo 19:21, Kelly Hawkes 19:42, Patricia Gallagher 20:25, Pat Swim 20:38, Virginia Greshenan 21:07, Michelle Podraza 21:36, Cindy Garland 21:43, Laura Preble 21:48, Terry Davey 22:17, Geraldine Palonen 22:31.

**Eisman holds off Kane to win Sub Base race**

By VICKIE FULKERSON  
Special to the Bulletin

GROTON — Not until he was well into his first Memorial Day race at the U.S. Naval Submarine Base yesterday, running stride for stride with second-place finisher Tim Kane, did eventual winner Darrin Eisman realize just how tough a 5-miler could be.

"I tried to lose him on every hill," Eisman said. "I looked back at the bottom of that last big hill and he was still there, so I pushed it the whole rest of the way. I didn't want him to catch me again."

That last big hill came as a surprise to many of the newcomers in the race. Known as Hospital Hill because of its location near the base hospital, the course has been labeled as a tough one by its runners, which totaled 254 yesterday.

"I didn't realize the course was this hilly," said Colchester's Eisman, a member of the Mohegan Striders.

Eisman finished in 25:53.8 after

leading throughout the first two miles. Kane briefly took the lead at the 3-mile mark, but by the time the 4-mile splits were announced, Eisman was in control.

Kane, running for Kelley's Pace in Mystic, was second at 26:05.9. New London's Jeff Kotecki finished third more than two minutes later.

Newcomer Jill Nye was the first women finisher. Nye, who recently moved to Niantic from Boston, edged Preston's Kris-Anne Pardo to break the tape in 33:13.7, nearly five seconds ahead of Pardo.

"I got her at the top of the final hill," Nye said. "I thought she was going to catch me again."

Nye ran as a member of the White Sands Beach Athletic Club in her first race following a broken leg suffered skiing last winter.

"The hills were tough," Nye added.

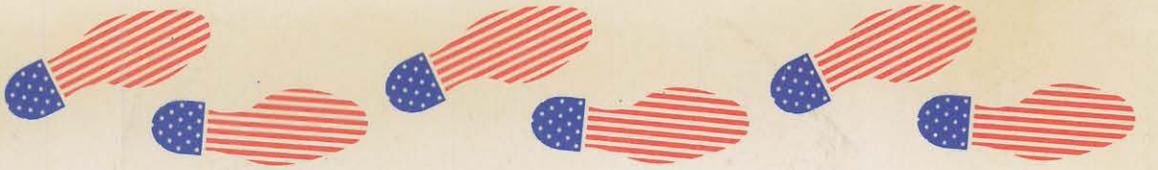
Pardo had taken the early lead, ahead after three miles with a split of 19:40, but also paid her dues on Hospital Hill. Lori Bartnicki finished third a minute later.



Carol Phelps/Norwich Bulletin

Darrin Eisman of Colchester won the 5-mile Sub Memorial Day Race yesterday in Groton. Jill Nye of was the first woman to finish. Story, D4.

Walk  
America



Mohegan Striders 1990

March of  
Dimes  
Preventing  
Birth Defects





John Shishmarian/Norwich Bulletin

Kevin Pigeon, right, figures to contend in the Rose Arts Race today, but Keith is catching up.

## Pigeon brothers are double trouble

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Kevin Pigeon and his brother Keith crossed the finish line side-by-side at the Rose Arts Festival Road Race last year.

It was appropriate — they are identical twins.

The Pigeon brothers, originally from Danielson, have taken similar paths throughout their lives, forming a solid 1-2 running punch at Central Connecticut State from 1985-89.

The 23-year-olds trained together the past month to prepare for today's 24th Rose Arts race, but Keith will understand if Kevin finishes ahead of him this time.

While Keith was finishing the semester at Central this spring, Kevin, a 1989 CCSU graduate, was busy training with road-race standout Joe Swift in New

Britain.

Kevin, enjoying his best season ever, won the G. Fox 10K Road Race in Hartford last month and is a top contender today. Keith, who ran track this spring, is still rounding into road-race shape.

"I'm not at the same level," says Keith, who plans on graduating from Central next year. "I don't mind when Kevin wins. If anyone is going to win, I hope it's him."

□□

The Pigeons' running careers started differently but began to parallel by their sophomore years at Central.

After playing soccer his junior year at Ellis Tech, Keith became a prolific runner as a senior. He finished 25th in the 1984 State Open cross country meet and then captured third in the 5000 and sixth in the 3200 at the State Open track meet the following spring.

Keith's victory in the Plainfield Invitational during the cross country season indirectly led to Kevin's running at Killingly High.

Recalls Kevin: "They told Keith, 'If you're that good, your brother should be able to run like that.'"

By the time they were sophomores on the Central track team, they were running 1-2.



**Father Casey Memorial**  
At Ledyard  
4.7 miles  
MEN  
Overall  
1. Jack Silva (Groton), 26:20; 2. John LaMattina (Ledyard), 27:11; 3. Mike Smith (Norwich), 27:29; 4. Al Chapman (Groton), 27:57; 5. Dave Jacobs (Niantic), 28:08; 6. Sam Murallo (Waterford), 28:16; 7. Mark Law (Salem), 28:28; 8. Connor Brosnahan (Norwich), 28:33; Andrew Walz (Groton), 28:42; 10. Phil Dean (unavailable), 28:48.  
Masters  
1. John LaMattina 27:11; 2. Al Chapman 27:57; 3. Dave Jacobs 28:08.  
WOMEN  
Overall  
1. Jill Nye (Niantic) 31:21; 2. Monica Smith 33:06; 3. Kristine Rafter 34:26.  
Masters  
1. Ellen Dunn 40:09.

6/3/90 Carol Phelps/Norwich Bulletin  
Jack Silva of Groton led early and often as he won the Father Casey Road Race in Gale's Ferry yesterday. Story, D3.

"We were 1-2 every race," Keith says. "If I wasn't first, he was. It wasn't that we planned it that way, we just happened to finish that way."

The twins ran together on the cross country team their junior years, but that winter Keith hyper-extended his knee trying to kick an over-zealous dog during a training run, forcing him to redshirt the upcoming track season.

The Pigeons' reunited in the fall of 1988 on the cross country team. Kevin wrapped up his CCSU running career the following spring. Keith finished last month.

□□

Identical twins can give strangers, even friends, trouble telling who's who. For the most part, the Pigeon brothers have relished the confusion.

"The (newspapers) usually write we both went to Killingly or we both went to Ellis Tech," Kevin says.

This past year, Keith met a girl in a bar near Central. Two weeks later, she met Kevin there and thought he was Keith. The unsuspecting girl? Kevin's girlfriend, Beth.

Another time, an official at a developmental meet at Yale's Coxé Cage mistook the twins. Keith lapped Kevin, but the official couldn't tell because they were wearing identical uniforms.

"The lady who was giving the gun laps — she was so confused," Kevin says. "She told Keith he had a lap to go and he was done."

## Silva wins Casey race

6/3/90 By TRACY KING  
Special to the Bulletin

LEDYARD — Jack Silva jumped to an early lead and cruised to a 51-second victory at the 4.7-mile Father Casey Memorial Road Race yesterday.

The Groton resident opened up a 50-yard lead after the first mile over John LaMattina and Mike Smith. Silva added 100 yards to the lead over the second mile of the 4.7 mile course. He finished in 26:20.

"I wanted to go out as fast as I could and see who could stay with me," said Silva. "I looked back a few times the first couple of miles, and I knew I had it."

LaMattina of Ledyard, who finished second overall, also took the master's title.

Last year he finished fourth, one place behind Silva.

"Jack has been running really well the last few weeks," LaMattina said. "Once he built a lead I knew I wasn't going to catch him."

Mike Smith of Norwich was in contention early, but couldn't stay with Silva. He finished third in 27:29.

Niantic's Jill Nye, who won the U.S. Naval Sub Base Memorial Day race, had little difficulty capturing the women's crown. Running in her first Father Casey race, Nye finished 25th overall and won by more than a minute over second-place finisher Monica Smith.

Said Nye: "I wanted to go out conservatively so I would have enough left for the hills."

The breezy, overcast conditions were favorable, but neither winner was able to challenge the course records.

Other local finishers: Al Chapman of Groton (fourth place), Dave Jacobs of Niantic (fifth) and Sam Murallo of Waterford (sixth).

□□  
Now that their college careers are over, the Pigeons plan to make their mark on the road racing circuit.

Kevin's running career has taken an abrupt upswing since he started training with Swift last winter.

Swift moved into Kevin's apartment in January and now they have a regular workout routine.

"It's benefited both of us," Swift says. "He's given me somebody to run with. I had really hoped to run with somebody on a day-to-day basis. That helps to keep you going. Now he's right there and we're pushing each other."

Ironically, Keith is following the footsteps of Kevin, who was the raw talent in high school.

"He's got a few months to go before he catches Kevin," Swift says, "but the ability is there."

# Feeling the heat



Carol Phelps/Norwich Bulletin



John Shishmanian/Norwich Bulletin

Joe Swift cools off after finishing second in the 24th Rose Arts Festival Road Race yesterday

Joe Swift, left, and Todd Pigeon are the favorites to win the Rose Arts race

## Barres applies finishing touch for Rose Arts title

### Overcomes Swift in final half-mile

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Spyros Barres lurked in Joe Swift's shadow during the 24th Rose Arts Festival Road Race yesterday — and waited.

Swift appeared on his way to his first Rose Arts title, but with about a half mile left in the 10.4-mile race, Barres went for the kill, surging past Swift for the victory.

Barres, of Mystic, won his first Rose Arts title in his initial road race this season. He finished in 54:21, 24 seconds ahead of Swift, and collected the \$500 purse.

"Part of my strategy was to let (Swift) lead," Barres said. "I'm not a frontrunner. I figured I'd follow him all the way. Depending on how I felt, I'd decide then (to pass Swift)."

"I thought I'd lose him," said Swift, a New Britain resident. "Normally I'm strong enough and I can pull away late in the race . . . I'm pleased with my time in this (mid-80 degree) heat. I can't expect to run much better in this heat."

Danielson's Keith Pigeon took the early lead but relinquished it to Hig-

ond mile. Over the ensuing two-mile climb on Canterbury Turnpike, Nixon, Swift, Barres and Norwich's Tim Kane formed the lead pack with Swift nosing ahead by the end of the hike.

Swift maintained the edge during the fifth mile, but as the pack — minus Kane — descended from School Street onto Providence Street, Kevin Pigeon burst ahead early into mile No. 6.

"I ran a slow first three miles and let them go up the hills," said Pigeon, who finished third in 55:15. "Between four and five, around there, I thought I could catch them downhill."

Momentarily.

Swift regained the lead, but Barres wouldn't back off. Swift offered the pace to Barres, but he wouldn't bite.

"Between six and eight (miles) I slowed down a bit," Swift said. "But he wouldn't take the pace, so I tried to out-run him."

Over the next three miles, Swift held on while Barres, showing little fatigue or expression, followed tightly — giving the leader little elbow room.

At the top of McKinley Avenue late in the ninth mile, Barres made his move — leaving Swift in his wake.

"I figured he'd make a move," Swift said, "but I'm surprised of how strong a move it was."

"Joe was slowing up on the hill," Barres said. "If I passed him on the hill, he wouldn't be able to follow."

### Top 10

1. Spyros Barres	54:21
2. Joe Swift	54:45
3. Kevin Pigeon	55:15
4. Tim Kane	55:52
5. Gary Nixon	56:34
6. Sean Delaney	57:30
7. Keith Pigeon	57:43
8. Joe Banas	57:50
9. Jeff Kotecki	57:59
10. Tim Smith	58:24

Marathon last September, has been nagged by knee injuries this year, but prepared for Rose Arts by upping his road work.

"This is the first time I'm running 90 miles a week," he said. "For the last four weeks I've been able to maintain it."

Kane (55:52) and Nixon (56:34) rounded out the top 5. Keith Pigeon finished seventh in 57:43.

### Striders roll again

The Mohegan Striders men's masters team took the second leg of the Connecticut TAC Grand Prix.

The Striders were led by Tim Smith, 10th in 58:24; Bill Marshall, 12th in 58:35; and Dennis Crowe, 13th in 59:21. Dave Mills helped out with a 23rd-place finish in 1:01:28.

The Striders also captured TAC titles in the men's and women's grandmasters divisions.

Led by Sue Faber, the top women's finisher, Athlete's Foot captured the women's masters TAC title.

# Mystic's Barres claims first win in 10-mile Rose Arts road race

By CHRISTIAN STONE

Norwich — Between the five- and ten-mile marks of Sunday's 24th 10.4-mile Rose Arts Race, Mystic's Spyros Barres and Joe Swift resembled hunter and hunted. Never did Barres relinquish his position two steps directly behind frontrunner Swift. Every time Swift sped up or slowed his pace, Barres did likewise. Where Swift crossed from one side of the street to the other, Barres followed.

Barres ended the suspense when he eased by a fading Swift about a half-mile from the finish line en route to a 24-second victory and his first Rose Arts championship.

Barres crossed the finish line in 54 minutes and 21 seconds. Swift, who finished as the runnerup for the second time in three years, finished in 54:45.

As expected, Guilford's Sue Faber won the women's race, crossing the finish line in 1:03:29, over four minutes in front of her closest competitor.

Barres and Faber both claimed the \$500 first

prizes.

The Mohegan Striders claimed the Connecticut TAC 10-mile men's master and grandmaster team championships while Athletes' Foot/Converse of Prospect claimed the 10-mile women's master title.

Sunday marked the Rose Arts Race inaugural year as the TAC 10-mile men's and women's master and grandmaster championships.

Norwich's Tim Smith captured his third straight master's division race, edging friendly rival Bill Marshall, also of Norwich, by 11 seconds; Barb Matthewson took the women's master title in 1:08:22 and Bob Seiller claimed the grandmaster's championship in 1:04:32.

The Mohegan Striders won the men's open team competition, taking five of the top seven places. Athletes' Foot easily captured the women's open title, claiming the top four places.

Barres has been beset by several leg injuries, including a knee injury incurred while surfing, since he won the East Lyme Marathon last

October. He ran his first race of the year Saturday, a one-miler in the Manchester Relays.

Whereas Barres appeared relatively fresh throughout the entire race, Swift's somewhat uncouth form, arms flapping and head wavering, suggested heavy fatigue and his eventual demise.

On several occasions during the second half of the race, Swift invited Barres to take the lead.

"I would slow down, pick up, slow down, pick up and see how he would respond," explained Swift. "But he never took the bait."

"Maybe, I should have just come to a dead stop."

## Stayed in second

By remaining in second place, Barres forced Swift into a position he himself prefers to avoid.

"I'm not a good frontrunner," said Barres. "I tried to run behind him to save energy. He was running at a good pace for me to keep up."

As the two approached the course's

*'I would slow down, pick up, slow down, pick up and see how he would respond. But he never took the bait. Maybe, I should have just come to a dead stop.'*

Joe Swift

final hill on McKinley Avenue, Swift appeared to fizzle.

"I was planning on waiting 'til Chelsea Parade before I made my move," said Barres. "But he appeared to slow a bit. It was a good time to pass him."

"I was surprised by how strong a move it was," said Barres.

In contrast to the two previous Rose Arts races in which Scott Mason blew

to insurmountable leads on the hilly Canterbury Turnpike, a four-runner logjam of Barres, Swift, Kevin Pigeon (third place) and Tim Kane (fourth) remained intact until the five-mile mark; at which point Swift and Barres made their break from the pack.

## Faber was favored

Faber, the pre-race favorite to win the women's competition, was aided by the absence of Waterford's Jan Merrill-Morin, a late scratch from the race due to a recurring hip injury.

"I was familiar with the competition," said Faber. "I was more concerned with how well I would hold up in the heat. That was the big factor."

"If Jan had been here, the pace would certainly have been faster. But I was happy with my run."

In other women's competition, Wen Shi-Yu copped the grandmaster title with a 1:18:16 finish and Michelle Padroza claimed the junior title in 1:21:55.

Justin Renz won the men's junior competition, finishing in 1:02:24.

# Smith-Marshall race is a special feature for locals

By CHRISTIAN STONE

Norwich — The crescendo of the cheering crowd along Chelsea Parade was unmistakable. Tim Smith had to be approaching the finish line.

This time, however, there was little time to acknowledge the applause.

"Billy (Marshall) was breathing down my neck," said Norwich's Smith, who won his third consecutive master division title Sunday. "We were neck and neck from the two-mile mark on. I got a little breathing room near the end of the race . . . It couldn't have been more than three sec-

onds though."

It was, in fact, 11 seconds which separated Smith from longtime friend and rival Bill Marshall.

It was undoubtedly the sternest test Smith has faced since moving into the master division.

"Billy and I have been friends for a long time, but in these local races, there's always this very competitive environment."

Amby Burfoot found himself besieged by a horde of old friends and acquaintances at seemingly every turn along the Rose Arts race course.

"They're terrific people up here," said Burfoot, who now lives in Emmaus, Pennsylvania. "They remembered me and we were talking and waving to each other as we went along. I felt tempted to just stop and chat with them."

"The thing about this race is you always see old faces around," said Burfoot. "I've been running against some of these people for years and years. I must have run against Timmy Smith for the first time thirty years ago."

Burfoot, a five-time winner of the Rose Arts Race, has not competed in South-eastern Connecticut since 1986. However,

he plans to race in the New London 11.6-mile John J. Kelley Road Race in August.

"Rose Arts and the Kelley . . . Those are the big ones, I'd like to make all of them if I could," said Burfoot, who has been beset by leg injuries the last couple of years.

And the East Lyme Marathon?

"No chance," said the 1968 Boston Marathon winner. "I'm afraid I'm a little beyond the marathon stage at this point."

Race director Phil Doyle will not direct next year's race. Doyle, who has been in charge of the last two races, will, however, remain on the race committee.

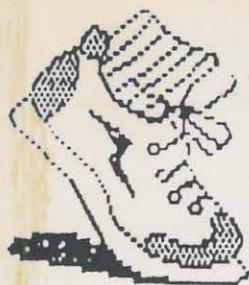
# Sail Fest road race

Waterford's Jan Merrill-Morin won her third straight Sail Fest women's title, finishing 25th overall in 17:06.8.

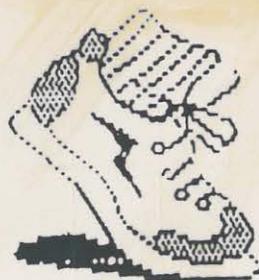
The closest woman didn't follow Merrill to the finish until the 18:48 mark, 44 runners later.

"I felt really, really strong," Merrill said. "I ran very even the whole way. I went for it, but I've run faster here and I've run slower here. This was mediocre for me."

Carla Brown and Kris-Anne Pardo, both of the Mohegan Striders, placed second and third in the women's division.



# MOHEGAN STRIDERS



TO: Mohegan Striders Racing Team

FROM: Kevin Crowley, Open Team Coordinator

1. STRIDERS WIN AT PROSPECT- Several teams (Top Gun, Yale Co-op, Kelley's) thought they had a shot at the STRIDERS, but they couldn't handle the outstanding STRIDER depth. The STRIDERS totalled 2:15:46, Top Gun-2:16:19 and Yale Coop-2:16:58. We killed 'em. The 33 second win (that's 6.8 seconds per man advantage for our top 5) shows our strength and the STRIDER tradition of not letting up until the line in these races that are scored on total team time. STRIDER results- In 5th place- Chris Hansen-26:30, 8. Ed Zubritsky-26:53, 12. newcomer Mike Whittlesey-27:13 (also voted STRIDER rookie of the week), 13. Jon Bell-27:25, 17. Don Sikorski-27:45, 22. Craig Eisman-28:02 and Walt Smolenski-29:58. Sean Delaney aggravated a calf muscle and had to pull out, but he said he would be ready for Southington.

2. "You guys were lucky we didn't have our top runner," a second place Top Gun runner commented to one of the first place STRIDERS shortly after the Prospect race. "Wait til we get you on our home course in Southington." We need to load up and take aim at Top Gun on their home course in Southington on July 15. We need everybody at Southington. Send your entry in immediately. Let's show them our strength.

3. TAC standings and schedule- In the TAC Grand Prix the STRIDERS are currently leading with 11 points. Kelley's Pace is in second with 6, but Top Gun is the team to worry about they are currently fifth with 3. July 15-Southington, August 12-Willimantic, September 1- Old Saybrook 10 K (tentative), Sept 3- New Haven 20 K (Tentatively a TAC race.) I'll follow up and let you know. Sept. 16-Guilford 10 miles. If both New Haven and Old Saybrook are TAC races on the same weekend, we have to decide how we are going to cover both races. Let me know if you are going to one or the other.

4. Jon Bell wants to know if anybody wants to run the Ft. Adams 10 K in Newport, RI in early August. There is a team Race. See Jon at Southington for details. We are always on the outlook for new members to increase our depth. Always bring your TAC card to any race so we can avoid any problems with scoring. The STRIDERS have not lost to a team with green uniforms in the nineties. STRIDER Picnic-Aug.25

Kevin Crowley  
33 Pearl St

06360



8/4/90  
**Kelley race**

Kelly Pinckney of Colchester captured the women's title in 1:14:08, beating Norwich's Michelle Keagan (1:15:22) by more than a minute. "I took a couple weeks off from racing because I started to feel tired. But I felt a lot fresher today," said Pinckney, who also finished second last year. Neither winner made a serious run at the course records in the 90-degree heat. Of the almost 400 entrants, 336 finished.

**Kelley road race**  
At New London  
11.6 miles

1. Spyros Barros 1:00:43; 2. Joe Malloy 1:01:03; 3. Wayne Jacob 1:03:33; 4. Joe Banas 1:04:25; 5. Jeff Kotecki 1:04:26; 6. Don Reardon 1:05:26; 7. Tim Smith 1:05:34; 8. Paul Toth 1:05:38; 9. Celia Hernandez 1:06:09; 10. Jack Silva 1:06:16; 11. Rich Fargo 1:06:27; 12. David Mills 1:07:05; 13. Tom Buckley 1:07:48; 14. Kurt Ogren 1:07:55; 15. Bob Stack 1:08:03; 16. Steve Virgadola 1:08:11; 17. Tom Lee 1:08:18; 18. Stephen Lamb 1:08:28; 19. Grant Ritter 1:08:42; 20. Carl Christiansen 1:08:59; 21. Peter Pazik 1:09:04; 22. Ernie Dumas 1:09:14; 23. John Ladd 1:09:25; 24. Pete Silva 1:09:28; 25. Kevin Gallerani 1:09:44.

**Masters**  
1. Tim Smith 1:05:34; 2. David Mills 1:07:05; 3. Tom Lee 1:08:18.

**Grandmasters**  
1. Dick Jamborsky 1:15:41; 2. Kirk Davies 1:15:58; 3. Fred Zuleger 1:17:14.

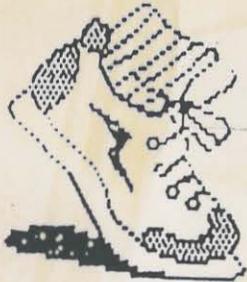
**Veterans**  
1. Herb Silander 1:35:41; 2. Bill Gorman 1:35:59; 3. Bill Bubblitz 1:36:36.

**Juniors**  
1. Stephen Paul 1:10:50; 2. Jim Bennett 1:21:18.

**WOMEN**  
**Overall**  
1. Kelly Pinckney 1:14:08; 2. Michelle Keagan 1:15:22; 3. Kathleen Airolti 1:17:18; 4. Carol Hervey 1:19:14; 5. Ann Dohmann 1:19:24; 6. Mary Lynn Pastizzo 1:20:24; 7. Edna Silva 1:21:24; 8. Linda Flavell 1:22:41; 9. Gale Jones 1:24:55; 10. Laurie Bartnicki 1:26:01.

**Masters**  
1. Kathleen Airolti 1:17:18; 2. Ellie Lowell 1:28:57; 3. Geraldine Palonen 1:39:19.

**Grandmasters**  
1. Wfu-Shi Yu 1:28:51; 2. Betty Kelly 1:40:22; 3. Betsy Page 2:09:44.



# MOHEGAN STRIDERS



TO: Mohegan Strider Racing Team

FROM: Kevin Crowley, Open Team Coordinator

1. STRIDERS BLAST TOP GUN ON THEIR HOME COURSE-There weren't any Top Gunners making any statements after the STRIDERS blew them away on their home course. The STRIDERS only statement was made on the road where they let everyone know who was the BEST TEAM in Connecticut. The STRIDERS totalled 198:17, Top Gun 200 minutes and the green team was third in 201 minutes. This nearly 2 minute victory represents an almost 400 % improvement over our victory margin (33 seconds at Prospect. Not bad! Leading the way for the STRIDERS was Joe Swift(5th overall) in 38:25, Pat Swift (12) 39:23, Ed Zubritsky (16) 39:41, Kevin Pigeon (22) 40:14, and Jon Bell (24) 40:24. Other STRIDERS contributing to our great victory were Mike Whittlesey, Sal Ulto, Sean Delaney, Mike Chasse, Walt Smolenski and President Don Sikorski. Great Job.

2. TAC NEWS- Old Saybrook is not a TAC Championship Race this year so the focus turns toward the Elm City, New Haven. The 20 K TAC Championship Race starts at 8:30 at the Green. Entries for all TAC team members must be received by Aug. 30, for this Labor Day race.

<sup>open</sup>end your entry in immediately. Bring e in case you get into the prize money. show the STRIDERS leading with 15 points, the green team in third with 7. up yet. However, if we show up at unday, Aug. 12 at 9:00 A.M., we can d year in a row. Let's show them at gap under a minute (it was 1:59 at the team victory

## Paskus leads start to finish to win 5K

By ROGER LEDUC  
Special to the Bulletin

WILLIMANTIC — All Terryville's Tom Paskus wanted from yesterday's Willimantic 5K Road Race was a good workout before Sunday's prestigious Falmouth (Mass.) Road Race.

He got that, plus a bonus of a state-record time of 14:39.

Paskus led the 251-runner field from start to finish.

"I took off right at the gun," he said. "I figured next week (at Falmouth) they'd get out that fast or faster."

He eclipsed the record of 14:56 held by Rodney Laflamme of Southbury.

Competing for Dartmouth College this past spring, Paskus, 23, ran a 5K in 13:55. He now runs for the Nike-Boston team and is bound for graduate school at the University of Virginia next month.

"This wasn't one of my best efforts," he said. "The course had a lot of turns, and there was one pretty good hill at about a mile and three quarters. The record was a surprise."

Carlos Oliveira of Danbury was a distant second, 42 seconds behind at 15:22. Stephen Swift of Cromwell was one second behind Oliveira, followed by Tim Kane of Norwich in 15:31.09.

Led by Stephen Swift, the Moh-

egan Striders placed four runners in the top 14 to clinch the men's championship of the Connecticut TAC Open Grand Prix with two races remaining in the seven-event circuit. The Striders had a combined five-man time of 79:30 for first place.

Joe Swift of Cromwell was eighth, Ed Zubritsky of Norwich 11th and Chris Hansen of Norwich 14th.

Top Gun of Southington was second at 80:13 and the Willimantic Athletic Club third in 82:49.

Dennis Crowe of Waterford was 20th in 16:16 to win the men's 40-49 division. Robert Stack of New London was 23rd, Don Sikorski of Jewett City 26th and Michael Fusaro of Norwich 27th.

Converse's Susan Faber of Oxford won the women's crown in 16:54, beating Kerry Arsenault of Guilford by more than a minute. Kelly Pinckney of Colchester (18:19) was the top local woman.

Faber's Converse-Athlete's Foot team clinched the team title with a three-woman time of 54:40. The Mohegan Striders (Pinckney, Kris-Anne Pardo, Carla Brown) were second at 56:54 and the Willimantic Athletic Club (Kathy Manizza, Jen Devine, Susanna Lennon) third at 61:58.

Preston's Gabrielle Keegan, 11, won the girls under-14 division 5000-meter race in 22:10.

RIDER PICNIC will be held on Sunday, million. The beer charcoals on the who want to cook. The man time y for the CH TEAM noon with all e'd like to

mile races c downtown  
at 6:15 and y at  
Kevin Cr 3662  
33 Pearl  
Norwich,

### RUNNING

#### Willimantic 5K Individual results Top 20

Tom Paskus (Terryville) 14:39.65, Carlos Oliveira (Danbury) 15:22.11, Stephen Swift (Cromwell) 15:23.26, Tim Kane (Norwich) 15:31.09, Joseph Cardin (Tolland) 15:33.00, Mark Groom (Wolcott) 15:35.96, Stephen Gates (Manchester) 15:37.54, Joe Swift (Cromwell) 15:41.11, David Cunningham (Newington) 15:50.26, Jeff Fengler (Wallingford) 15:50.90, Ed Zubritsky (Norwich) 15:54.59, Ron Lombardi (Naugatuck) 15:56.57, Todd Liscomb (Manchester) 15:58.90, Chris Hansen (Norwich) 15:59.26, Steven Powers (Plainville) 16:00.15, Steve Paul (Cheshire) 16:04.62, Ron Kirschbaum (Granby) 16:05.62, George Romaniuk (New Haven) 16:12.85, Jeffrey Cavilliere (Southington) 16:16.01, Dennis Crowe (Waterford) 16:16.87.

#### Division winners

Under 14: Chris Sheckley (no town); 18-19: Liscomb 19:29, Paskus; 30-39: Kane; 40-49: Crowe; 50-59: Hank Goleit (Old Lyme); 60-69: Geoff Etherington (Madison); 70-over: Paul Kaplitz (Willimantic).

#### WOMEN

Susan Faber (Oxford) 16:54.64, Kerry Arsenault (Guilford) 17:59.45, Kelly Pinckney (Colchester) 18:19.78, Anne Curi (New Haven) 18:30.23, Kris-Anne Pardo (Preston) 19:03.85, Danielle Benoit (no town listed) 19:16.58, Carla Brown (Preston) 19:31.43, Gail Case (Collinsville) 19:47.55, Kathy Manizza (Willimantic) 19:59.54, Heather Cross (Lebanon) 20:04.00.

#### Division winners

Under 14: Gabrielle Keegan (Preston); 14-18: Cross; 19-29: Faber; 30-39: Brown; 40-49: Virginia Ereshena (Willimantic); 50-59: Zofia Turasz (Hartford); 60-69: Aeline Kearney (Canton).

# Crowe wins masters title

Old Saybrook — Waterford's Dennis Crowe won the Connecticut Masters Championship Saturday in Old Saybrook, beating Tim Smith by a minute in the 10K race.

Crowe, who runs for Kelley's Pace in Mystic, finished second overall in the race to Hartford's Jason Sparkmaski, the men's open division champ.

Smith and Mohegan Strider teammates Bill Marshall and Tom Lee combined to win the men's team masters championship in 1:43.16. Crowe, Grant Ritter and Joe Light propelled Kelley's Pace to second for the team title in 1:44.14.

Jennifer Calber won the women's division in 39:56.

## RUNNING 9/1/90

### TAC Masters

At Old Saybrook (6.2 miles)

#### Team results

1. Mohegan Striders (Tim Smith 34:11, Bill Marshall 34:50, Tom Lee 34:55); 2. Kelly's Pace; 3. Wolf Pit Track Club.

#### Other Mohegan finishers

Dave Mills 34:57, Steve Hancock 37:04, Dave Jacobs 37:12, Sam Murallo 37:51, Don Roy 39:36, Kevin Crowley 45:52.

#### Individual results

1. Dennis Crowe (time unavailable).

1:43:56 / 1:44:14

## ROAD RACING

### TAC 10K Championship

At Old Saybrook

#### Results

##### Men

1. Jason Sparkmaski, 32:49; 2. Dennis Crowe, 33:11.

##### Women

1. Jennifer Calber, 39:56.

### Connecticut Masters Championship

1. Dennis Crowe, 33:11; 2. Tim Smith, 34:11; 3. Grant Ritter, 34:23; 4. Bill Marshall, 34:50; 5. Tom Lee, 34:55; 6. Dave Mills, 34:57; 7. Tom Durie, 35:18; 8. Joe Light, 36:40.

### Men's Masters Team Championship

1. Mohegan Striders (Tim Smith, Bill Marshall, Tom Lee), 1:43.16; Kelley's Pace (Dennis Crowe, Grant Ritter, Joe Light), 1:44.14.

# Jacob captures Norwich race

## Smith wins Masters division

By GREG REID

Norwich Bulletin

9/14/90

NORWICH — Tim Smith knows enough to act his age. But that didn't keep the 42-year-old from playing mind games during the 4-mile Greater Norwich road race yesterday.

"I was hanging with the pack of Don Sikorski, Mike Fusaro, and Dennis Tetreault," Smith said after finishing in 21:19 to win the master's division and place sixth overall. "Then Don and Mike started to break on me. I wanted to keep up; the guys behind me might have made a break after seeing me slow."

Wayne Jacob, 35, ran the hilly course in 19:33 to win the race and capture the Men's Open division. Jacob led the pack from start to finish, challenged only by Chris Hanson, who finished second in 20:01.

"I just wanted to take the lead and hold onto it," Jacob said. "Chris ran tough, I knew I was hurting, and I figured he was hurting but he was behind me. This race is tough because there's no true straightaway. You can't get into a rhythm."

Smith said he concentrated on winning his division, rather than challenge for the overall lead.

"I hung with some pretty competitive guys in the masters," Smith said, referring to his fellow Mohegan Striders. "It's all mind games. You have to stay mentally tough and not let fatigue set in. I figured I'd make a surge at the base of the hill at the Chelsea Bank and sprint the stretch if I had to."

Smith is not sure if he will run in the East Lyme Marathon in two weeks.

The topography of the Norwich course, and the amount of running he's scheduled between now — he'll run a leg of a 70-mile relay around Lake Winnepesaukee in New Hampshire tomorrow and a masters race in Guilford Sunday — and the East Lyme Marathon leaves him undecided.

"You can run a 10-12 mile race with little nagging injuries, or fighting a virus or something," Smith said. "You don't run a marathon like that. I have to get over this 19-mile hump this weekend first."

Other divisional winners: Jerry LeVassuer (24:37), Men's Grand Masters; Don Werling (27:33), Men's Seniors; John Wagner (33:28), Men's Juniors; Pat Swim (26:18), Women's Open; Virginia Ereshena (27:49), Women's Masters; Arlene Ligette (48:50), Women's Seniors.

Alden Minor (10:32) and Lynne Valorie (13:17) were the male and female winners of the 2-mile fun run, and Julian Callendar won the children's run.

# SCORE

## RUNNING 9/14/90

### Norwich Road Race

FOUR MILE

#### MEN

##### Open

1. Wayne Jacob 19:33, 2. Chris Hanson 20:01, 3. Ed Zubritsky 20:36.

##### Masters

1. Tim Smith 21:19, 2. Dennis Tetreault 21:25, 3. Tom Lee 21:35.

##### Grand masters

1. Jerry LeVasseur 24:37, Clem McGrath 24:59, Joe Riccio 25:40.

##### Seniors

1. Don Werling 27:33, 2. Bill Gorman 30:47, 3. Art McEvily 32:30.

##### Junior

1. John Wagner 33:28.

#### WOMEN

##### Open

1. Pat Swim 26:18, 2. Sarah Hatch-Wright 26:34, 3. Donna Polish 27:15.

##### Masters

1. Virginia Ereshena 27:49, 2. Rose Buckingham 29:19, 3. Geraldine Palonen 30:00.

##### Seniors

1. Arlene Liggett 48:50.

#### TWO MILE

##### Top 15

1. Alden Minor 10:32, 2. Kevin Gallerrani 10:41, 3. Lee Johnson 11:10, 4. Al Chapman 11:30, 5. Brian Lunde 11:47, 6. Michael Davidson 11:52, 7. Way Hedding 11:58, 8. Dean Festa 12:03, 9. Mark Ruffo 12:25, 10. Charlie Spellman 12:36, 11. Ron Dombrowski 12:40, 12. Bruce Christie 12:53, 13. Brian Bertioeki 12:59, 14. Jason Boah 13:08, 15. Robert Sullivan 13:09.

#### KIDDI RUN

1. Julian Callendar.

## RUNNING 9/23/90

### Lisbon Fall Festival

10th annual race  
3.5 miles

#### Top 10 overall finishers

1. Jason Sparkowski 17:41, 2. Ed Zubritsky 17:49, 3. Joe Banas 18:14, 4. Don Sikorski 18:24, 5. Alden Minor 18:28, 6. Dennis Tetreault 18:42, 7. Michael Fusaro 18:45, 8. Tim Smith 18:51, 9. Jack Silva 18:52, 10. Greg Kmiecik 18:54.

#### Division winners

##### Males

##### (12 and under)

1. Robbie Kampman (82) 30:24.

##### Junior (13-17)

1. Tim Beauchemin (83) 30:30.

##### Open (18-29)

1. Zubritsky (2), 2. Sikorski (4), Fusaro (7).

##### Sub-masters (30-39)

1. Sparkowski (1), 2. Banas (3), 3. Miner (5).

##### Masters (40-49)

1. Tetreault (6), 2. Smith (8), 3. Ernie Dumas (11) 19:03.

##### Grand-masters (50 and up)

1. Jerry Lavasseur (29) 21:48, 2. Jack Curran (32) 22:23, 3. Jan Slonski (35) 22:40.

#### First team

##### Mohegan Striders

##### Female

##### 12 and under

1. Danielle Whitman (91) 35:21.

##### Open (18-29)

1. Lynn Valorie (41) 23:13, 2. Tommy Ward (50) 24:43, 3. Spring Cole (77) 29:32.

##### Sub-masters (30-39)

1. Jan Merrill-Morin (15) 19:29 (course record, breaking record of 20:01 by Judy Fontaine, 1986), 2. Laurie Bartnicki ( ) 22:33, 3. Kathy Smolenski (61) 25:54.

##### Masters (40-49)

1. Virginia Ereshena (44) 23:41, 2. Rose Buckingham 25:21, 3. Geraldine Palonen (60) 25:44.

##### Grand-masters (50 and up)

1. Arlene Moore (66) 26:46, 2. Be Delea (75) 29:04, 3. Lois Seggelin (85) 30:58.

#### First team

##### Mohegan Striders

## EL MARATHON

### Top 50 finishers

1. Bob Stack, 2:38:18; 2. Tim Smith, 2:40:43; 3. Harry Lepo, 2:44:55; 4. Paul Toth, 2:45:14; 5. Jim Murphy, 2:46:00; 6. Jeff Scheeler, 2:46:00; 7. Toby Skinner, 2:48:16; 8. Al Lyman, 2:50:40; 9. Kevin Ruane, 2:51:21; 10. M. Castillo, 2:54:45.  
11. Jim Adams, 3:56:11; 12. Mike Ehrlich, 2:56:24; 13. Nick Manuzzi, 2:57:38; 14. Nelson Alzvedo, 2:57:44; 15. John Lafrenere, 2:58:23; 16. John Ladd, 2:59:33; 17. Edgar Schuebeler, 2:59:44; 18. Mike Smith, 3:01:12; 19. Jamie Wardwell, 3:01:29; 20. Mark Spaight, 3:02:46.  
21. Terri Martland, 3:03:26; 22. Stan Jung, 3:03:56; 23. Chris Smith, 3:04:08; 24. Jeffery F. McClosky, 3:05:40; 25. Anthony Zablocki, 3:06:23; 26. Greg Johnson, 3:06:49; 27. Ernest Mossiah, 3:07:31; 28. Dean Wilson, 3:08:29; 29. Bob Pokorny, 3:08:36; 30. Jerry Musco, 3:09:10.  
31. John Flahery, 3:09:43; 32. Leslie Becker, 3:10:00; 33. Rich Gruffadaurig, 3:11:50; 34. Paul Grogan, 3:11:51; 35. Leo Thomasoff, 3:12:10; 36. Steve Cook, 3:12:44; 37. David Caron, 3:13:06; 38. Bob Girofi, 3:13:08; 39. Tim Bannon, 3:13:26; 40. Peter Goodall, 3:14:24.  
41. Ken Festa, 3:14:53; 42. Richard Berndt, 3:15:46; 43. Robert Vogt, 3:15:51; 44. Bob Simons, 3:16:05; 45. Mike Lawrence, 3:16:25; 46. Nick Galussi, 3:16:28; 47. John Wardyga, 3:16:31; 48. Andrew Hull, 3:16:54; 49. Tony Strozzi, 3:17:27; 50. Geoffrey Akers, 3:17:32.

### Top 10 women

1. Martland, 3:03:20; 2. Becker, 3:10:00; 3. Valerie Raffle, 2:25:53; 4. Maura McDonald, 3:32:55; 5. Ellie Lowell, 3:45:43; 6. Linda Shomin, 3:54:15; 7. Pat Swin, 3:59:47; 8. Martha Yates, 4:03:09; 9. Bonnie Olsson, 4:06:22; 10. Jennifer Stevens, 4:32:04.

## Special award

Prior to the start, former race director George Maine was honored with a special award for his service to the marathon. "It was nice of them," said Maine, who was once one of the region's top grand masters runners. "I like working on the board. I just can't do it any more."

Said marathon board president Bob Carbray: "George really means a lot to us. He's done a lot for this race, and we wanted to do something for him."





GREG SWIFT  
MOHEGAN STRIDER



NFA's Chad Johnson won the New London County Championship cross country race yesterday in 17:23, a record time for the 3.1 mile course. Story, C3. Jeff Evans/Norwich Bulletin

WHAT IS THE GUIDO BROTHERS ESCORT SERVICE?

Two friends discovered that they got a kick out of measuring Road Race courses for TAC certification. They started doing measuring for hire and they needed a name. They could have called them selves "Pete and John Measuring" but that would have been boring. So they became The GUIDO BROTHERS ESCORT SERVICE. Since then they have measured 20 or so road race courses including the Stamford Marathon and Half Marathon in Stamford, The Rose Arts in Norwich, Shelton Sunset 10K in Shelton and Washington Trails 10K in Glastonbury.

They have also branched out into race directing and they are the race director for Sneekers Run in Groton, The Connecticut Corporate Challenge in Meriden, Rose Arts in Norwich, The GBES 5K Women's Classic in Mystic and others to be announced.

If that isn't enough, they are also the official Connecticut State Record Keeper for TACSTATS, the record keeping body of TAC.

The GBES Women's Classic is our way of returning something to the sport. Hopefully this will grow until we can no longer afford to sponsor it and somebody bigger than us becomes the sponsor.

So, if you want a race course measured, a race directed, information about state records or other Connecticut running or TAC information, call us. If you want a date, Don't call us; We'll call you!!!

GUIDO BROTHERS ESCORT SERVICE  
1037 SHEWVILLE ROAD  
LEDYARD, CT 06339  
886-2809

**ROAD RACING**  
10-7-90  
**Ridgefield Half-Marathon**  
At Ridgefield  
Overall winners  
Men: David Burke (Bethel) 1:08:49; Women: Ellen Wilkinson (White Plains, N.Y.) 1:23:55.  
Local runners  
5. Joe Banas (Kelley's Face) 1:13:06; 8. Grant Ritter (Kelley's) 1:14:43; 9. Tim Smith (Mohegan Strider) 1:15:23; 14. Dennis Tetreault (Mohegan) 1:16:28; 17. Dave Mills (Mohegan) 1:18:08; 20. Tom Lee (Mohegan) 1:19:38; 26. Steve Hancock (Mohegan) 1:21:41; 46. Sam Murallo (Mohegan) 1:26:38; 69. Don Roy (Mohegan) 1:28:53.  
Local Masters results  
1. Ritter, 2. Smith, 3. Tetreault, 4. Mills, 5. Lee, 7. Hancock.  
Masters team results  
Mohegan Striders (3:48:59), Wolfpit Running Club (4:20:00).

# Runners lacing up shoes to raise money for Tommy Toy

NORWICH — Good-hearted souls will take to the streets tomorrow to make merry — and money — for the Tommy Toy Fund.

The Mohegan Striders' Tommy Toy Fund Fun Run starts at 7 p.m. tomorrow on Franklin Street. Runners will meet at 6:30 p.m. at Billy Wilson's Ageing Still before heading up McKinley Street and back down Washington Street twice.

Bob Miles, a Strider who organizes the event, said the only entry fee is an unwrapped gift and that anyone is welcome to participate.

"It's not a race. We run as a group," Miles said. Some people even walk part of the way.

The Mohegan Striders, a club for runners of all ages and abilities, has been holding the run for about 10 years. The club has about 300 members, and Miles said he expects about 60 to run tomorrow.

"We kind of encourage costumes. We've had elves and reindeer and other characters as well," he said. "It's not required but it adds to the joviality."

Charlie Oat, owner of Billy Wilson's, which will hold a party for the runners after the run, said, "It's so relaxed. They just go jogging off, all in costume."

Oat said Billy Wilson's donates a percentage of its profits for the night to the Fund, and that in past years it has raised several hundred dollars. The southern rock band "Nite Shift" performs at the bar tomorrow.



Jeff Evans/Norwich Bulletin

**Festive fun run** — Santa leads the pack of more than 60 runners who participated in tonight's Tommy Toy Fund 10th annual Fun Run. The run, which circled downtown twice and ended at Billy Wilson's Ageing Still on Franklin Street drew runners from all over New London County. The entry fee was a new toy. Additional story and photos on local efforts to boost the Tommy Toy Fund, D6.



■ **Mr. and Mrs. C.M. Hansen Hansen/Valorie**

Lynne Marie Valorie and Christopher Michael Hansen, son of Mr. and Mrs. Arthur Hansen of Nemczuk Drive, Norwich, were wed at 1:30 p.m. June 1 at the Corpus Christi Church in Wethersfield by the Rev. John Campion.

The bride is the daughter of Mr. and Mrs. Robert Valorie of Newington.

Tracy Valorie was maid of honor for her sister. Bridesmaids were Hillary Ann Hansen, sister of the groom, and Phoebe Parker.

Donald Sikorski was best man. Ushers were Martin Fetherston Jr. and Robert Valorie II, brother of the bride.

Other attendants were Hillary Hansen and Michael Claydon, cousin of the bride.

Following a reception at the Wethersfield Country Club, the couple left on a trip to Florida. They live in Colchester.

Mrs. Hansen is a 1984 graduate of Newington High School and a 1988 graduate of the College of The Holy Cross. She is an actuarial analyst at The Travelers in Hartford.

Mr. Hansen is a 1983 graduate of St. Bernard High School and a 1987 graduate of Holy Cross.

He is a physicist at DDL Omni Engineering in New London and the leader of a local rock band, "Last Summer".

Both Mr. and Mrs. Hansen are members of Mohegan Striders.



1991

# PROFILE

OF A SPORTS NEWSMAKER

2-17-91



Norwich Bulletin

## Pete Volkmar

**Occupation:** Pete Volkmar, 47, is an engineer at Electric Boat and is co-owner of the Southern New England Road Race Officials, a company that provides organization and timing services for local road races.

**Getting started:** Along with partners Way and Melinda Hedding, Volkmar of Ledyard bought the business from Jack Dempsey and Tony Sabilia in 1986. SNERRO has been in business for 30 years.

**Out of the money:** The company makes on average "about 200 bucks a year," Volkmar said. "Fifty percent of the races are done for free. We don't intend it to be that way, but that is how it is." The biggest race SNERRO handles is the Chester Four on the Fourth 4-miler which usually has about 650 runners.

**Quotable:** "When (Dempsey and Sabilia) were looking to sell, I talked with (Way) Hedding. We're not stupid; we've been running and racing for 20 years and we said they're not making money. But we know of a lot of little races around the area. Those races would go out of business if we weren't around because our prices are ridiculously low. We do races for as little as people rent a clock for."

**Next:** Volkmar sent questionnaires to race directors to develop a yearly racing schedule. He's also a partner in another company that will provide the public relations and organization of the 1991 Rose Arts Festival Road Race.

Herb Everett

Gary

# Makowicki

By DAVE DAVIS  
Norwich Bulletin

Veteran Norwich Free Academy track coach Gary Makowicki was named girls Coach of the Year by the Connecticut Interscholastic Track Coaches Association.

Makowicki, the Wildcats' coach for the past 10 seasons, has had four undefeated seasons and a 94-13-1 record. Last year's team won the CIAC Class LL title and finished second in the State Open.

Makowicki is coaching the girls freshman basketball team and has been the assistant director of athletics at NFA for the past three years. He formerly served as boys junior varsity basketball coach.

## TAC Masters 4-28-91

Connecticut Championship  
At Hamden  
5 miles

**Men**  
Local finishers with overall place, name, town, time and masters' finish (x-denotes Mohegan Striders finishers):  
6. Dennis Crowe (Waterford) 26:39 (1); 8. Grant Ritter (Uncasville) 26:46 (2); 9. x-Bill Marshall (Yantic) 27:00 (3); 14. x-Dennis Tetreault (Lisbon) 27:36 (6); 18. x-Tim Smith (Norwich) 27:53 (8); 20. x-Dave Mills (Ledyard) 29:06 (10); 32. x-John Ficarra (Ledyard) 30:20 (15); 42. x-Dave Jacobs (Niantic) 30:46 (23); 56. x-Don Roy (Lisbon) 31:43 (31).

**Overall winner:** Mike Nahom (Brookfield) 24:58.

**Team results**  
Mohegan Striders 82:29; Kelley's Pace 83:04; Millford RR 88:28.

**Women**  
Mohegan Striders finishers with name, time, overall place:  
Virginia Ereshena 36:28 (133); Rose Buckingham 38:04 (151); Michaelleen Haeseler 38:59 (174); Judy McGrath 40:32 (198); Ann LaFleur 44:20 (236).

**Overall winner:** Paula Brunetto 29:57 (25th).

**Team results**  
Libra AA 1:04:11; Mohegan Striders 1:13:31; Prospect AC 1:16:08.

**Grand Masters**  
**Team result**  
2. Mohegan Striders (John Thomas 32:37; Clem McGrath 33:10; Ron LaFleur 36:31).

BOSTON 1991

54. Carey Simons, Corona Del Mar, Calif., 2:27:01.  
55. Feliciano Sula, Guyana, 2:27:21.  
56. Kevin McGovern, W. Boylston, Mass., 2:27:32.  
57. David Petersen, Bend, Ore., 2:27:57.  
58. Christopher Norman, Kettering, Ohio, 2:28:01.  
59. Robert McOmber, Bowling Green, Ohio, 2:28:04.  
60. Joseph Straub, Chester, N.Y., 2:28:30.  
61. Richard Ferguson, Charlottesville, Va., 2:28:37.  
62. John Dowling, Warner, N.H., 2:28:37.  
63. James Rasch, Gainesville, Fla., 2:28:38.  
64. Miguel Gonzalez Soto, Mexico, 2:28:40.  
65. Bruce Robinson, Manassawan, N.J., 2:28:43.  
66. James Alexander, Boca Raton, Fla., 2:28:44.  
67. Nicholas Galasso, New York, 2:28:59.  
68. Carlos Del Castillo, Venezuela, 2:29:02.  
69. Craig Moore, Bellingham, Wash., 2:29:26.  
70. Ed Bruni, Remsen, N.Y., 2:29:26.  
71. Michael Whittlesey, Coventry, Conn., 2:29:43.  
72. Neil Wheaton, Medford, Mass., 2:29:47.  
73. Mark Meyers, Milwaukee, 2:29:48.  
74. Keelyn Wu, Roanoke, Va., 2:29:51.
- Local Finishers 2:57:11**  
1150 DAVE MILLS 2:57:11  
180. Robert Slack, New London, 2:36:51.  
291. Paul Toth, New London, 2:41:01.  
308. Timothy Smith, Norwich, 2:41:33.  
317. Michael Ehrlich, East Lyme, 2:42:09.  
648. Dennis Tetreault, Lisbon, 2:50:03.  
841. Jeff Kotecki, New London, 2:53:07.  
1,077. Michael Smith, Norwich, 2:56:21.  
1,327. Steven Hancock, Bozrah, 2:59:11.  
1,779. Jan McKeown, Prospect, 3:04:34.  
1,833. Dean Wilson, Groton, 3:05:01.  
1,872. Jonathan Hillier, Gales Ferry, 3:05:30.  
2,384. Ann Dohmann, Groton, 3:10:08.  
2,479. Warren Ruddlesden, Waterford, 3:11:02.
- 437 Jeff Green 2:46:03  
572 Jon Bell 2:48:35  
573 Sal Ulto 2:48:35  
595 Kevin Pigeon 2:49:05  
Tom Lee 3:13

1st MOHEGAN

Mr. and Mrs. Robert A. Valorie  
request the honour of your presence  
at the marriage of their daughter  
Lynne Marie  
to  
Christopher Michael  
son of  
Mr. and Mrs. Arthur C. Hansen, Jr.  
on Saturday, the first of June  
nineteen hundred and ninety-one  
at one-thirty in the afternoon  
Corpus Christi Church  
601 Silas Deane Highway  
Wethersfield, Connecticut

4/21/91  
STRIDERS WIN MERIDEN 15 K CHAMPIONSHIP: The STRIDERS started where they left off last year, showing that great STRIDER depth. A hard rain mixed with some sleet and snow made conditions uncomfortable and coooold, but eight STRIDERS in the top twenty was a winning combination. The STRIDERS totalled 4:28:18 with the green team at 4:42:12. That's a 13:54 STRIDER margin or 2:46 per man in the top five. The Brooks team was third at 4:48:42. Neither Top Gun noe Club Connecticut fielded teams. This year's scoring system is 10,8,6,5,4, 3,2,1 so we are off to a great team start. Leading the STRIDERS was Ed Zubritsky in 5th place at 53:12, Chris Hansen was 6th in 53:24, Craig Eisman (taller and thinner and faster) was 7th at 53:25, Mike Chasse was 11th in 53:01 and Don Sikorski was twelfth in 54:13. Our top five closed in 1:01. Our second pack came in at 18, 19 and 20. Rob Speers was at 56:22, Rich Riccio at 56:29 and Keith Pigeon was at 56:50. A great day for the STRIDERS. Speers and Riccio were named co-rookies of the week.

BOSTON MARATHON RESULTS: Mike Whittlesey was the top STRIDER finisher and the top Connecticut finisher in 77th place at 2:29:43. He looked great. Some other STRIDER finishers were Tim Smith 2:41:52, Jeff Green 2:46:03, Sal Ulto 2:48:35, Jon Bell 2:48:35 (same times), Kevin Pigeon 2:49:05, Dennis Tetreault 2:50:03, Mike Smith 2:56:21, Dave Mills 2:57:12, Steve Hancock 2:59:11, Jack Silva at 3:03:38 and Tom Lee at 3:13. Team results aren't in yet.



Gordon Alexander/The Day

■ Norwich's Ed Zubritsky, right, beats Waterford's Dennis Crowe to the finish line Sunday afternoon

June 2, 1991

## Zubritsky edges Crowe in spirited duel

By VICKIE FULKERSON  
Day Sports Writer

**Ledyard** — Dennis Crowe looked like he was in a hurry Sunday, staking a 10-second lead and holding on to it for the first four miles of the 12th Annual Father Casey Memorial Road Race.

But the last half-mile of the race belonged to Ed Zubritsky of Norwich, whose long stride shot him past Crowe, of Waterford, on the downhill stretch toward the finish line of the 4.7-mile race.

"He definitely set the pace," said Zubritsky, who finished in 25 minutes, 7 seconds. "I tried to run even and hoped he'd come back to me, but he stayed real strong on the hills and I couldn't catch him until the last half-mile. Five miles and hills, though, I knew that was my kind of race."

Crowe, 42, finished first in the men's masters division in 25:10. Tim Smith of Norwich was third overall and second in men's masters in 26:10. Germaine Boucher of Groton was the first women's finisher in 32:20.

"I wanted to go out strong and keep it

### FATHER CASEY RACE

strong, and I felt good today," said Crowe. "Around the three-mile mark, I knew he'd be coming after me. I stayed ahead, but he just took those long legs of his and stretched them out down the hill. I could hear him coming."

Crowe, who turned onto Route 12 in Gales Ferry about seven seconds before Zubritsky, saw his lead dissipate over the last mile, until the two were finally stride for stride. While Zubritsky looked, at times, to be losing his legs coming up the hills, he more than made up for it with his strides coming down them.

It was the first time Zubritsky, a member of the Norwich-based Mohegan Striders, had run the course.

"We've raced each other a lot of times and I've always come in second," said Crowe, running for Kelley's Pace in Mystic. We always have a good race."

Both competitors said the weather was perfect for running — hot, but a bit overcast. Each was helped by the shade on the winding, back roads of Gales Ferry, neither stopping for water along the way.

In the women's race, Boucher finished 39th overall in the field, followed by A.J. DeRoo of Montville, who crossed the line in 34:59, good for second place in the women's open division. DeRoo won the women's division of last week's 5-mile race at the Naval Submarine Base. In third place for the women was Kristine Rotter of Gales Ferry, who finished in 35:57.

Rounding out the top 10 overall were Greg Kmiecik, fourth in 26:32; Kevin Gallerani, fifth in 26:33 and Jeff Gross, sixth in 26:34. George Jennings of Norwich Free Academy was seventh in 26:47, followed by Don Bossardet, 27:14; Al Lyman, 27:31 and Mike Smith, 27:40.

Other divisional winners were Ignacio Heredia, boys' juniors; Jennings, boys' high school; Ted Phillips, men's seniors; Bill Gorman, men's veterans and Jeff Gross, men's parishioners for Our Lady of Lourdes Church.

Also, Diane Ely won the girls' junior race, Bonnie O'Brien was first in the women's masters division and Allene Liggett was the first in women's veterans. Rotter was the winner in the division for women's parishioners of Our Lady of Lords.

### Skinkle wins Sub Base race

conditions yesterday caused concern before the race, but any anxiety was quickly erased.

Said Skinkle: "We ran a 5:06 first mile, which was comfortable, but I felt good and decided to take off."

Skinkle pulled ahead of Gross and stretched his lead on Wahoo Avenue, a steep half-mile incline.

"I looked back at that hairpin turn (on Tang Avenue) after I came down the hill, but I didn't see anyone behind me. That allowed me to relax," Skinkle said.

Carla Dossset, running for the Mohegan Striders, won the women's title in 33:05, more than three minutes better than Pat Swin of New London (38:09).

Dossset, who hadn't run in the Submarine Base race since 1989, was surprised to discover the course route had been changed this year.

"I was getting myself ready to attack the hill and the next thing I knew, I was on it," she said. "That shook me up a little, but I managed to get through it."

### Washington Trail 10K

At Durham  
MEN  
5-27-91

#### Top 20

1. Michael Mahon 31:31, 2. David Burke 31:45, 3. Mark Hixson 32:00, 4. Jose Castro 32:07, 5. John Tolbert 32:28, 6. Joe Swift 32:36, 7. Carlos Oliveira 32:38, 8. John Bycewicz 32:49, 9. Sebastian Texiera 32:54, 10. Tim Kane 32:59, 11. Ed Zubritsky 33:03, 12. Mike Chasse 33:10, 13. Jon Bell 33:12, 14. Sean Delaney 33:13, 15. Craig Eisman 33:18, 16. Keith Pigeon 33:20, 17. Jeff Kotecki 33:21, 18. Jeff Fongler 33:44, 19. Mark Groom 33:52, 20. John Shanley 33:56.

#### Team results

1. Brookfield 160:55, 2. Mohegan Striders 164:14, 3. Kelley's Pace 169:05, 4. Top Gun 174:38, Willimantic AC 188:30.

#### WOMEN

##### Top 12

1. Ann Curi 36:51, 2. Kelly Pinckney 38:08, 3. Sue Mantle 38:27, 4. Diana Donovan 40:39, 5. Kris Anne Pardo 40:42, 6. Leslie Brown 40:57, 7. Jan McKeown 41:04, 8. Sonia Rodrigues 41:58, 9. Mary Haselkamp 42:06, 10. Kris Halroyd 42:57, 11. Cindy Garland 43:05, 12. Laura Southwick 43:17.

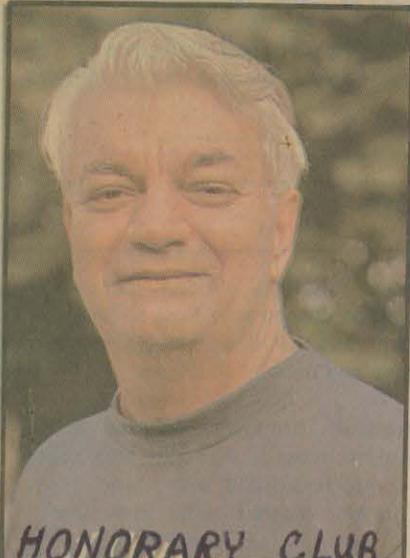
#### Team results

1. Mohegan Striders, 2. Yale, 3. Runners of Bikila.

# PROFILE

OF A NEWSMAKER

6/29/91



HONORARY CLUB

MEMBER 7/22/91

Joe Lonardelli

**Occupation:** Lonardelli, 58, is a retired Norwich public works department maintenance employee. He has been a volunteer with the Southern New England Championships tennis tournament the past 25 years.

**Background:** Lonardelli, of Norwich, does a great deal of volunteer work. Among his activities: Helping out the Mohegan Striders running team; working on developmental track meets for kids; and volunteering with the Reliance House 5K race. But his pride and joy is the SNE tournament.

**In the news:** This marks the 32nd year for the SNE tourney. Lonardelli can be found at the Armstrong Courts dragging the red clay between matches. His responsibilities also include making sure there are enough tennis balls and helping to find indoor courts in case of rain.

**Quotable:** "I get to meet a lot of people. I used to get a lot of satisfaction raking the courts. The guys would go out and play, then come back and say the courts were good; they never got bad bounces or the lines weren't drawn straight. That would make me happy."

**Next:** Lonardelli will help officiate upcoming road races, including the 28th annual John J. Kelly-Ocean Beach 11.6-mile race Aug. 3.

Herb Everett



# MOHEGAN STRIDERS

July 3, 1991  
**Keegan wins regional:** Gabrielle Keegan, 11, of Preston, won the 3000 meters in her age group at the TAC Junior Olympics last Saturday to become the Region I champion (New England and New York). Keegan, who ran a 12:23, qualified for the national championships later this month at North Carolina. Keegan also won the 800 at the Hershey regional championship to advance to the Hershey state championships July 13 in New Britain.

**TEAM STANDINGS UPDATE:** After 4 TAC Championship races, the STRIDERS are in first place with 34 points. The green team is second with 27 and Brooks is third with 20 and Yale Co-op is fourth with 18 points. Only the STRIDERS and the green team have fielded teams in all races. A tribute to the STRIDERS tremendous depth is the third at Fairfield backed up with a win at Prospect. (Not to mention beating the green team at the Rose Arts race). Hartford TC and Top Gun loaded up very strongly to beat us at Fairfield but neither finished a team in Prospect. We outscored HTC 16-10 and Top Gun 16-8 and the green team 16-13 in these two races. Nice job.

**SOUTHINGTON 12 K ROAD RACE HAS BEEN CANCELLED. IT WILL NOT BE RUN THIS YEAR. THE NEXT TAC CHAMPIONSHIP RACE WILL BE IN WILLIMANTIC ON SUNDAY, AUGUST 11. IT WILL DEFINITELY BE RUN AND IT WILL BE ON SUNDAY AUG. 11. ENTRY BLANKS WILL BE FORWARDED SOOOOOOOON.**

**FAIRFIELD UPDATE:** In his last STRIDER effort for a while Mike Chasse led the STRIDERS in at 11th place in 1:12:11. Shortly after the race Mike left for his Peace Corps assignment in Mongolia. When Mike Whittlesey led the STRIDERS in at Boston, he went to Colorado. I wonder where our leader in Willimantic will go? Rick Riccio was a strong second at 22nd in 1:14:13 and Jeff Green was third at 42nd at 1:17:22 giving the Owls a 1,2,3. The first Husky was Sal Ulto at 48 in 1:18:17 and Mike Smith came through as our 5th in 66th at 1:19:35. Mike also won the award as the first policeman to finish the race. Whenever we are short at a race and need a number 5, Mike Smith is always there.

**PROSPECT IS ANOTHER STRIDER WIN:** With other teams still hurting from Fairfield, the STRIDERS brought in a fresh team. The race got off to a SWIFT pace on the new but still downhill course. When the race finished, there were 6 STRIDERS in the top 25 and we had a 1:41 gap for our top 5. Joe Swift led the way with a 5th place finish in 26:50. Chris Hansen followed closely in 6th at 26:54 and Ed Zubritsky was 8th in 27:26. The President was 18th at 28:31 and Sal Ulto, doubling after Fairfield was 25th in 29:44. A solid performance by the 3 time TAC Grand Prix Champions and on the way to number 4. None of the other teams could put together those six days.

**NOTES:** At Fairfield Tim Smith won the national masters 1/2 marathon title and Bill Marshall won the 45-49 national title. The STRIDERS won the 40-49 and the 50-59 team titles. Hooray for the old guys. Let them know it when you see them. Rose Arts wins for the men's open and masters and women's open and masters teams. Big race for Craig Eisman in third in 56:41 for the 10.4 course...Tim Smith, big race at fifth in 58:01 and top tenner Mike Fusaro in 10th at 59:24...New Haven Sept. 2, Guilford Sept. 15 and Cross-country Nov. 9 remain on the schedule.. Let's have full teams at all 3 races and lock up the title...Let me know what races you plan to run...Strider Picnic- August 24, we can finalize plans...

Kevin Crowley 33 Pearl ST. Norwich, CT. 06360 887-8662

## Striders win TAC race

Bulletin Staff Reports

**PROSPECT — The Mohegan Striders finished first in the men's team division yesterday at the TAC 5-mile championship.**

The Striders were led by Cromwell's Joe Swift (fifth place, 26:50). Kelley's Pace of Mystic was second and Yale Co-op third. Other Striders runners were Chris Hansen (sixth place, 26:54), Ed Zubritsky (eighth, 27:26), Sean Delaney (27:39) and Don Sikorski (28:31).

The Striders were second in the women's team division, won by Athlete's Foot. Preston's Kris-Anne Pardo led the way with a sixth-place finish in 32:57. Cathy Cross (ninth, 34:07) and Lynne Hansen (35:50) were the Striders other finishers.

Individual winners were Jeff Fenger of Yale Co-op (26:23) and Sue Faber of Athlete's Foot (28:33).



Rose Arts Road Race directors Pete Volkmar, left, and John Ficarra with "Vito."

# Stretching out

## Directors, and their limo, add spice to Rose Arts race

By JOHN C. TURNER  
Norwich Bulletin

LEDYARD — The directors of Sunday's 25th Rose Arts Festival Road Race are, uh, a different breed.

They are the Guido Brothers — Pete Volkmar and John "Gianni" Ficarra — and they own a black Cadillac limousine named Vito that looks a little out of place in the yard of their quaint, rural Ledyard home.

But don't let their unusual business name and 1972 Fleetwood limo fool you. They are avid runners — both are members of the Mohegan Striders — and adept and experienced race organizers. They just like to have a little fun.

Volkmar, 47, and Ficarra, 40, became TAC course certifiers four years ago and for a catchy, funny business name they chose the Guido Brothers Escort Service.

The title stems from their relationship with two women friends — "We don't date them," Ficarra said. "They are just friends." — who sometimes needed escorts to various functions.

Ficarra and Volkmar gave the women the nickname "Guido Sisters" and before long, Ficarra and Volkmar were calling themselves the Guido Brothers.

"We needed a name for the business," Ficarra said. "We wanted something tongue-in-cheek."

Vito, which has been out of service for

a year in need of brake-line work, is a trademark of the Guido Brothers. "He's been out of commission for a year but he'll be back," Volkmar said.

They bought the limo to take out girlfriends, but really turned some heads by driving to road races and to certify courses.

"It's got a heater and air conditioner for the limo compartment," Volkmar said. "There's a window that slides up. We had a picture of the moon and Frank Sinatra on the (inside of the) window."

On New Years Eve two years ago they took the limo to New York City to a road race sponsored by Mcnet Champagne.

"It was always meant to be a fun

thing," Ficarra said.

Ficarra and Volkmar aren't always jokesters. Both are employed at Electric Boat, Ficarra as a senior designer and Volkmar as an engineer.

Although the Guido Brothers have mixed humor in their business, which they refer to as a low-paying hobby, they consider it serious, time-consuming work.

The Guido Brothers charge \$40 per mile of measurement, but a minimum of \$200 per course.

"We did a 10K course in Hartford," Volkmar said. "It took us eight hours on one day and five hours another day on the course, and then another six hours of paper work."

It's their first year directing the 10.4-mile Rose Arts Festival Road Race, but it won't be a new undertaking. They will direct four races this year, including the Connecticut Corporate Challenge in Meriden.

They also started the Sneaker's Run in Groton. But their big race is the Guido Brothers Escort Service 5K Women's Classic in Mystic in October, the lone women-only race in the state. Last year they had all male volunteers to help conduct the race, each dressed in black pants and white shirts. The tie was optional. Ficarra and Volkmar dressed in tuxedos, of course.

"We had 56 women compete," Volkmar said. "We had most of the good runners in this area. People have already called us about this year's race. We hope for 100 this year."

The Guido Brothers plan on instilling their unique style into the Rose Arts Race. They made their mark last year when they TAC-certified the course. They have plans to change the course to a more nationally-recognized distance that might attract more top-notch runners.

But they've already felt the tension of some of the traditionalists who don't want the course changed.

"We'd love to change the dis-

tance but we've gotten a lot of hassle," Ficarra said. "When we certified the course last year we moved the starting line 90 feet from where it was run the last five years. We got a lot of feedback. Like, 'You're ruining the course.'"

Said Volkmar: "A lot of people are hung up on the tradition of the race. What they don't realize is that there is a tradition, but it has to do with the heat and the hills and the spectators. The course has been run different ways. So where's the tradition? It's not in the distance."

One of new sidelights they are trying to establish is a post-race picnic in Norwich. In the past most of the competitors have gone their separate ways to parties.

"We'd like to keep them at the Rose Arts Festival," Volkmar said. "Maybe next year we can have the award ceremony at the American Wharf."

The two are trying to loosen the reins of the Rose Arts Committee, which Volkmar said has mistakenly viewed the race as a money-maker in the past.

"We feel we are good enough to handle the whole thing ourselves without having to check our ideas and expenditures through the Rose Arts Committee," Volkmar said.

The Guido Brothers also hope to break some running stereotypes.

"We'd like to see it well-organized," Volkmar said. "Second, we'd like to see it become a kind of event. Right now it has a reputation as a long, hot race. More and more these days we're kind of dividing the running community into runners and running snobs. We'd like to keep the race tough, but make it kind of an event."

With the Guido Brothers in charge, that shouldn't be too difficult. After all, they had a tradition of running the New York Marathon and stopped every few miles to have a beer in local bars.

"The most we ever had was 10," Volkmar said. "We were having fun but we didn't say it was going to be easy (to finish the race)."

# History of Rose Arts Festival Road Race

Year	Winner	Hometown	Affiliation	Time	Runnerup	Team winner	First female	Time
1967	Amby Burfoot	Groton	Central Conn. Athletic Association	54:41	Johnny Kelley	CCAA	—	—
1968	Jim Keefe	Middlefield	Central Conn. State College	54:47	Johnny Kelley	CCSC	—	—
1969	Amby Burfoot	Groton	CCAA	55:52	John Vitale	CCAA	—	—
1970	Dan Moynihan	Malden, Mass.	Wesleyan University	55:30	Amby Burfoot	Boston Athletic Association	—	—
1971	John Vitale	Cromwell	None	53:20	Amby Burfoot	BAA	—	—
1972	Amby Burfoot	Groton	CCAA	56:32	Johnny Kelley	CCAA	—	—
1973	Dan Moynihan	Malden, Mass.	Tufts University	55:49	John Vitale	New Haven Track Club	Toby Lenner	93:07
1974	John Vitale	Cromwell	NHTA	52:33	Tom Hollander	Mohegan Striders	Sue Hoagland	74:45
1975	Amby Burfoot	New London	Mohegan Striders	53:43	Larry Olson	Mohegan Striders	Kathy Glenny	76:45
1976	Amby Burfoot	New London	Mohegan Striders	53:14	John Vitale	Mohegan Striders	Robin Graff	79:59
1977	John Vitale	Rocky Hill	Hartford Track Club	54:21	Jack Mahurin	Mohegan Striders	Cherrie Bridges	65:58
1978	John Vitale	Rocky Hill	Hartford Track Club	54:07	Jack Mahurin	Mohegan Striders	Carolyn Bravakis	65:26
1979	John Flora	Ledyard	Northeastern U. Track Club	52:11	John Vitale	Thames River RR	Carolyn Bravakis	65:05
1980	Jim Uhrig	Groton	Johnson and Wales	55:37	Bill Marshall	Mohegan Striders	Robin Snyder	66:58
1981	John Vitale	Rocky Hill	Hartford Track Club	53:17	Jim Uhrig	Thames River RR	Carolyn Bravakis	66:39
1982	Bobby Doyle	Seekonk, Mass.	Johnson and Wales	52:59	Mike Murphy	Johnson and Wales	Sally Zimmer	63:13
1983	Jay O'Keefe	Mansfield	Mohegan Striders	52:36	Dave Raunig	Mohegan Striders	Carla Brown	66:27
1984	Dave Raunig	Groton	Mohegan Striders	52:48	Phil Garland	Mohegan Striders	Carla Brown	65:31
1985	Wayne Jacob	Mystic	C. Mass. Striders	53:46	Fran Houle	Mohegan Striders	Carla Brown	67:16
1986	Ron Cozean	Moodus	Mohegan Striders	55:06	Bill Rogers	Mohegan Striders	Carla Brown	65:01
1987	Bart Petracca	Norwood, Mass.	C. Mass. Striders	53:18	Joe Swift	Mohegan Striders	Carla Brown	66:54
1988	Scott Mason	Warwick, R.I.	Amtrol Industries	53:11	Joe Swift	Mohegan Striders	Carla Brown	69:01
1989	Scott Mason	Warwick, R.I.	Tuesday Night Turtles	53:50	Mike Cotton	Unaffiliated	Sally Zimmer	64:47
1990	Spyros Barres	Mystic	Kelley's Pace	54:21	Joe Swift	Mohegan Striders	Sue Faber	63:29

# Dossett returns as Rose Arts favorite

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — She's been through a divorce and has a challenging new job.

But Carla is back.

Carla Dossett, known the past few years by her married name Carla Brown, returns to the Rose Arts Festival Road Race on Sunday after a year absence caused by a rocky marriage separation and a tiring job commitment.

She won the race six consecutive times from 1983-88, but had the streak ended by Sally Zimmer in 1989.

"It's been a struggle to get back," said Dossett, a fifth-grade teacher at Sterling Memorial School. "Late last fall I started running but I kind of let it go for the winter. But I made up my mind

to get back into the racing circuit."

Judging by the pre-race entries, Dossett has to be considered the top woman in the 10.4-mile race.

Noticably absent are last year's champion Sue Faber and Zimmer, a two-time champion. Faber has chosen to focus on the Riverfest 5K Road Race in Hartford July 4th. Zimmer also is expected to be a no-show.

Niantic's Kris-Anne Pardo, one of the top local women, will miss the race because of her commitment to the Prospect five-miler tomorrow.

But Dossett isn't worried about her competition. She's more con-

See DOSSETT/D3

Bulletin file photo

Six-time winner Carla Dossett returns to the Norwich Rose Arts Festival Road Race after a year's absence.



cerned with regaining the form that led her to the past glory.

"I'm basically doing it for myself," she said. "I'm trying to see where I am at this point."

Dossett's proudest moment in the Rose Arts Race was in 1986, when she set a personal best with a 1:05.01.

"I came across smiling," she said, "where as I usually have my picture taken when I'm not looking so hot."

Setting a personal best is the farthest from her mind this year. Until recently, she had been training sporadically — sometimes fitting only 20 miles of roadwork into her schedule and peaking at 40 miles. Her teaching profession limited her running, but she expects to pick up the mileage now that school's out for the summer.

"My situation is not the best," she said. "It's not ideal for run-

ners. I just hope I feel good on race day. I've run the course in practice and had some pretty decent times."

Dossett returns as one of the race's most popular runners. She has always looked forward to Rose Arts because of the challenge posed by sweltering temperatures and the hilly course.

"I personally like the race," she said. "I guess it is kind of a tradition for me. Being out last year, it's nice to be back in it. I've always worked for this race every year. I knew I had to be tough to make it through. This is the one you really work for."

# Running veterans recall memories from Rose Arts

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Amby Burfoot was one of 40 people to enter the inaugural Rose Arts Festival Road Race in 1967.

But he admits now that his motives were a little tainted.

"I wasn't intending to run the race that year," Burfoot said. "It didn't fit into my long range plans. I went up to the race to see my friends run. We got there and we said, 'Holy mackerel,' when we saw there was a TV for first place. I don't think any of us heard of a prize as neat at that time. I immediately, and greedily, decided to join the race to win that TV."

A lot has changed since Burfoot overwhelmed the field that day.

Televisions have been replaced by monetary awards; runners like Burfoot — a five-time champion — are a distant memory; and over 400 runners will compete today compared to the 40 in '67.

But one thing has remained the same as the race celebrates its 25th anniversary — the addictive

aura of the hot, hilly 10.4-mile course and the traditional outpouring of community support.

Well before the national running boom of the early 1980s, there was Rose Arts with its unusual distance, rolling hills and sometimes unbearable heat. There were no corporate sponsors nor one-time prima donnas coming in to take the money and run.

"Rose Arts became a very important New England fixture very quickly," Burfoot said. "It was an annual fixture for all of us and Connecticut. Word of mouth was the best advertiser. Many runners considered it a tough course."

Said John Flora, who set the course record (52:11) in 1979: "It's really respected a lot more on the national level than people think. When we thought of tough races we thought of Litchfield, Falmouth (Mass.) and Rose Arts."

The challenging course has

See MEMORIES/C8

- Rose Arts entries, C8.
- Past winners, C8.

scared people away and there is talk of shortening the distance to make it more attractive to big-name runners, but the traditionalists are happy the way it is.

A glance at some of the Rose Arts history tells why.

## Burfoot-Vitale dominance

During its first decade, Rose Arts featured two of the most prolific runners ever: Burfoot and John Vitale.

Burfoot, the 1968 Boston Marathon champion and 15K star, and Vitale, a national 30K road race titlist, combined to win nine of the first 12 titles. Burfoot won in 1967, 1969, 1972, 1975 and 1976. Vitale was victorious in 1971, 1974, 1977 and 1978. He got a fifth title in 1981.

Vitale still owns three of the top 10 fastest times.

"Me and Amby were swimming at a beach," Flora said. "We had the cooler of beers. So we sat down and I said, 'What do you think, who was the best?' He's like, 'OK, hot shot, you're lucky you beat me.' But I said, 'Who are we kidding? Johnny Vitale was the best.' He broke 54 minutes four times. Nobody is better. Amby gave me second unofficially and he was third."

Said Burfoot: "Johnny and I had some battles in the mid-70s. He got me a few times. That's for sure."

Vitale owns Run-In in Rocky Hill now and is too hobbled to run competitively, but he still has fond memories of the Rose Arts.

"I always looked forward to that race," he said. "Not only to race against the course but against the people. I liked the people who put it on, like (director) J. Roger Marien. I had some good races with Amby and Jim Keefe and young Johnny Kelley. I can't run it any more but my heart will be there forever."

The Burfoot-Vitale dominance was broken only by Dan Moynihan, a hot-shot from Massachusetts, who won in 1970 and 1972, and Keefe, the 1968 champ.

## Flora's flash

Flora was one of the top roadacers in the country when he converged on Rose Arts in 1979. The Northeastern University star, who had set a national record in the 20K, was at the starting line with one purpose — bury Vitale.

"I wanted to see how I compared to Vitale," Flora said. "Amby told me to get him early. I said, 'I'm going to take this sucker out and we're going to run.'"

But through three miles, Vitale was still in sight. Flora was amazed.

"I thought I'd be all alone," Flora said. "I tried to bleed him a little bit (by running through the water stops) but this guy was still there."

Said Vitale: "I knew he intended to run hard and it was going to be a hard race. But I enjoy that. That's the character of Norwich."

In the end, however, Flora pulled

away to a comfortable win — and the record.

## Carla's reign

It took seven years until Rose Arts had its first woman finisher — Toby Lenner of New York City, who finished in 1:33.07.

But as the running boom gripped the nation, more and more women appeared at Rose Arts — highlighted by Sally Zimmer's record-setting win in 1982 (1:03.13).

The following year, Carla Dossett, a 23-year-old from Norwich, stole the spotlight with her 1:06.27 win. It was the first of six consecutive victories by Dossett, who had taken 1:24 to finish her first Rose Arts two years earlier.

Dossett would rather recall her win in 1985, when she set a personal-best 1:05.01. "I was smiling when I crossed that year," she said. "Usually I don't look so good."

## Old reliable Tim Smith

Tim Smith, 43, of Norwich, has never missed a Rose Arts race. Along the way he has many memories, but most have overlapped now — just one big blur of running through the dense heat.

"The heat fatigue that you see often imprints in my mind," said Smith, whose best finish was third in 1972.

Smith vividly recalls a race in the early 70s when Moynihan went out very fast and wound up succumbing to the heat.

"I remember it was 'Oh my God, he's down,'" Smith recalled. "He hit the deck and (Johnny) Kelley came alive. When Moynihan went down my heart picked up a beat."

# Just like old times for Jacob

## Veteran cruises to his second Rose Arts win

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Wayne Jacob turned back time yesterday in the 25th Rose Arts Festival Road Race.

Jacob, 36, looked and ran like he did in 1985 when he won his first Rose Arts title — a tanned, slender figure in perfect stride on his way to a one-sided victory.

In uncharacteristically good running conditions for 10.4-mile Rose Arts — overcast skies with rain near the end — Jacob, of Mystic, finished in 54:13, two minutes and four seconds faster than New Haven's John Bysewicz.

Craig Eisman of Rocky Hill was third in 56:41, followed by Ivoryton's Daniel MacAlpine (57:26) and Tim Smith of Norwich (58:01), a masters runner who has never missed a Rose Arts race.

Unflappable during the race, Jacob finished with a raised fist. Although he said his legs became a little weary in the final mile, he showed no signs of fatigue.

Six years older than when he captured his first Rose Arts title and coming off an injury-plagued 1990 (he missed Rose Arts last year), Jacob savored his effort yesterday.

"This is probably better (than 1985)," Jacob said. "I'm older now. When you can get goals like this, you take 'em.

"I was hurt (last year). I just didn't have it. After last year this was rewarding."

Bysewicz, 28, who has beaten Jacob in the past, entered the race with first place in mind. After they broke away from a small pack in the first mile, Bysewicz was on Jacob's heels for about four miles.

But the long trek up Canterbury Turnpike at the beginning of the end for Bysewicz.

See JACOB/D6



Conan D. Owen/Norwich Bulletin

Wayne Jacob, right, was shadowed by John Bysewicz for the first four miles, but pulled away on School Street and easily won the 25th annual Rose Arts Festival Road Race. Jacob also won the race in 1985.

## Merrill-Morin shatters record

By TRACY KING  
Special to the Bulletin

NORWICH — Jan Merrill-Morin's resume of running accomplishments is nearly endless. But for all her past glory, the 35-year-old New London resident had never run the Rose Arts Festival Road Race — until yesterday.

A post entrant to the race, Merrill-Morin cruised to victory in 1:01:34, shattering the course record set in 1982 by Sally Zimmer (1:03:13). Carla Dossett (1:06:23) of Norwich was a distant second.

Merrill-Morin, a 1500-meter finalist at the 1976 Summer Olympics in Montreal, is

noted more for her success in shorter races. Before yesterday she had never run a local event longer than five miles.

Last year she pre-registered for the race, but was forced to withdraw because of an injury.

"I've always wanted to (compete in the Rose Arts) but I knew I had to be healthy to do it," said the former two-time gold medalist in the Pan Am Games.

"This is the type of sport where you can't have any real problem, because if you have a bad knee, or hamstring like I did, you can really hurt it more. But this year I was in condition to do it."

The presence of Merrill-Morin forced

## Fastest times at Rose Arts

### MEN

1. John Flora, 1979 ..... 52:11
2. John Vitale, 1974 ..... 52:32
3. Jay O'Keefe, 1983 ..... 52:36
4. Dave Raunig, 1984 ..... 52:48
5. Scott Mason, 1989 ..... 52:50

### WOMEN

1. Jan Merrill-Morin, 1991 1:01:34
2. Sally Zimmer, 1982 ..... 1:03:13
3. Sue Faber, 1990 ..... 1:03:29
4. Sally Zimmer, 1989 ..... 1:04:47
5. Carla Brown, 1986 ..... 1:05:01

## Striders claim Masters title

Aug 18 1991

SHELTON — Dennis Tetreault won in 34:24 as the Mohegan Striders claimed the Masters TAC Championship title at the Shelton 10K yesterday.

Tim Smith of the Striders was second in 34:32 as the team finished in 1:05:06, followed by the Milford Roadrunners (1:15:09) and New England Track and Trail (1:15:28). Bill Marshall was fourth (36:10) and Dave Mills (36:50) was fifth.

Tom Harding was the overall winner in 31:35.

The Mohegan Striders' women's masters team was third in 1:50:06. The winner was Athlete's Foot (1:39.44), followed by Libra Athletic Club (1:40.46).

The top Strider was Virginia Ereshena, who finished sixth in 48:27. The winner was Barbara Mathewson of Athlete's Foot, who finished in 40:20.

Sue Faber was the women's overall winner in 38:20.

## Keeping in stride

The Mohegan Striders swept all four team titles.

The men's open team consisted of Craig Eisman, Walt Smolenski, Mike Fusaro, Sal Ulto and Kevin Gallerani. The men's masters was Smith, Marshall, Dave Mills, Dennis Tetreault and Tom Lee.

The women's open team consisted of Carla Dossett, Janice Boyes and Laurie Bartnicki, while the women's masters was Virginia Ereshena, Michaelaen Haeseler and Rose Buckingham.

■ Merrill-Morin is heading out to California in two weeks to coach the East women's distance teams in the National Sports Festival.

■ The St. Bernard High girls running teams were well-represented with Kristen Smith, Kathy Smith, Jill DiFrancesca, Heather Hurlburt, Rebecca Kostek and cross country coach Bob Mondani. Former St. Bernard runners Justin Renz and Rob Swercewski ran exceptionally well. Renz finished 14th in 1:00:13 and Swercewski was 22nd in 1:01:22.

## TAC 5-mile championship

### At Prospect

#### MEN

##### Individual results

1. Jeff Fengler 26:23
2. Mark Groom 26:26
3. Jose Martinez 26:34
4. Rodney LaFlamme 26:43
5. Joe Swift 26:50
6. Chris Hansen 26:54
7. Tim Kane 27:03
8. Ed Zubrisky 27:26
9. Yri Romanick 27:33
10. Bob McCusker 27:38

##### Team results

1. Mohegan Striders (Swift, Hansen, Zubrisky, Sean Delaney 27:39, Dan Sikorski 28:31)
2. Kelley's Pace
3. Yale Co-op

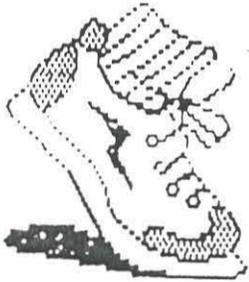
#### WOMEN

##### Individual results

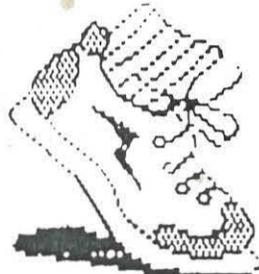
1. Sue Faber 28:33
2. Paula Brunetta 31:16
3. Sue Mantle 31:32
4. Ellen Restivo 32:51
5. Holly Dixon 32:33
6. Kris Anne Pardo 32:57
7. Janice McKewan 33:07
8. Melissa Grasso 33:14
9. Cathy Cross 34:07
10. Jo Marchetti 35:21

##### Team results

1. Athlete's Foot
2. Mohegan Striders (Pardo, Cross, Lynne Hansen 35:50)
3. Wolfpit



# MOHEGAN STRIDERS



STRIDERS DOMINATE THE WILLI 5 K: It was a time to show everybody who had the best team, and the STRIDERS took care of all the details. It was the greatest showing of depth we have ever had. 5 in the top 10. 10 in the top 25. 15 in the top 42 and nineteen in the top 50. Team standings emphasize our strength even more. We were 77:45 for an average of 15:33 per man. The top 5 had only a 13 second gap. Brooks Notheast Track and Trail was second in 80:56. That's 3:11 or figure it as 38 second per man over a 5K course. NOT BAD. HTC was third in 81:04. The fourth to finish was the STRIDER "second five" in 81:11. They had a 40 second gap and our STRIDER top 10 finished with a 1:02 gap. The next team to finish, which actually was fourth in the official scoring was the green team with 81:45. Our third five was next at 82:36 and they had a gap of only 29 seconds. Our top 15 was in with a 2:00 gap. Our top 19 finishers were in with a 2:00 gap. Our top 15 had an average of 16:09. the green team's top 5 averaged 16:16 WOW. Sean Delaney was second place last year with a cast on his leg proved he was all the way back to first place finish at 15:27. He just edged Steve Swift who also had a cast on his leg. Ed Zubritsky in 15:36 and Steve Swift in 15:37. Craig Eisman was 7th in 16:07, The President in 16:33, Rick Riccio in 16:36, Walt in 16:46, Sal Ulto in 17:10, performance by a great team.

## RUNNING

### Willimantic 5K

At Willimantic  
Yesterday's results

#### Top 25

1. Craig Hempstead (Manchester) 15:11.59, 2. Mark Groom (Wolcott) 15:18.57, 3. Sean Delaney (Old Saybrook) 15:27.54, 4. Steve Swift (Cromwell) 15:27.9, 5. David Raunig (New London) 15:28.89, 6. John Bysiewicz (New Haven) 15:31.4, 7. Joe Swift (Cromwell) 15:35.44, 8. Ed Zubritsky (Norwich) 15:36.44, 9. Stephen Gates (East Hartford) 15:37.78, 10. Chris Hansen (Colchester) 15:40.44, 11. Sebastiao Teixeira (Brookhaven) 15:48.75, 12. Craig Eisman (Colchester) 15:49.96, 13. Jose Martinez (New Milford) 15:57.73, 14. John Talbert (New Haven) 16:00.25, 15. Kevin Pigeon (Cromwell) 16:00.65, 16. Kevin McCaffrey (Marlborough) 16:00.86, 17. Thomas Wimler (Old Saybrook) 16:07.62, 18. Kevin Hill (West Hartford) 16:10.06, 19. Carlos Oliveira (Brookhaven) 16:12.73, 20. Dan Sikorski (Norwich) 16:13.35, 21. Tony Martin (Lebanon) 16:13.79, 22. John Shanley (Hamden) 16:15.15, 23. Grant Ritter (Quaker Hill) 16:19.34, 24. Robert Stack (Mew London) 16:25.83, 25. Alden Miner (North Franklin) 16:29.21.

#### MEN

**Under age 14:** Bobby Kaufman (East Hartford) 25:23.16, Liam Fitzgerald (Mansfield) 25:27.2, Eric Blake (Lebanon) 26:22.36. **Age 14-18:** Martin, Rob Johnson (Willington) 17:31.82, Rich Wertheim (Meriden) 17:52.61. **Age 19-29:** Hempstead, Groom, S. Swift. **Age 30-39:** Delaney, Raunig, Gates. **Age 40-49:** Ritter, Mark Goodwin (Bethel) 16:33.19, Dennis Tetreault (Lisbon) 16:42.99. **Age 50-59:** Jerry Leveseur (Madison) 18:26.31, Clem McGrath (Colchester) 19:26.6, Dick Hines (Coventry) 20:36.25. **Age 60-69:** Phil Mongillo (Westbrook) 21:44.77, Edouard Paradis (Manchester) 23:20.42, Art McEvily (Mansfield Center) 24:40.71. **Age 70-up:** Ed Sweeney (Groton) 34:48.5, Paul Kaplitz (Willimantic) 37:15.92, Felix Gremmo (Manchester) 37:32.6.

Teams: Mohegan Striders, Northeast Track and Trail, Hartford Track Club.

#### WOMEN

##### Top 10

1. Susan Faber (Oxford) 17:16.44, 2. Kelly Pinckney (Colchester) 17:55.19, 3. Alexis Fife (Stamford) 18:19.28, 4. Carla Dossett (Norwich) 18:28.65, 5. Carole Lavigne (no town listed) 19:06.1, 6. Christina Rolleri (Skaneateles, N.Y.) 19:28.48, 7. Jennichelle Devine (South Windham) 19:28.48, 8. Liz Swift (Cromwell) 19:44.4, 9. Maureen Turner (no town listed) 19:46.9, 10. Sonia Rodrigues (Willimantic) 19:51.9.

**Under age 14:** Gabrielle Keegan (Prescott) 21:36.43. **Age 14-18:** Rolleri, Swift, Amy Macione (Ellington) 21:08.57. **Age 19-29:** Faber, Pinckney, Fife. **Age 30-39:** Dossett, Cindy Garland (Ledyard) 20:12.46, Dot Neely-Guerra (Mansfield Center) 21:18.99. **Age 40-49:** Jan McKeown (Prospect) 20:15.58, Virginia Ereshena (Willimantic) 21:38.55, Susanna Lennon (Storrs) 21:47.47. **Age 50-59:** Zofia Turasz (Hartford) 20:09.01, Wen-Shi Yu (Kew Gardens, N.Y.) 22:06.34, Audrey Cappelletto (Danbury) 28:03.07. **Age 60-69:** Marie Lohr (Ossining, N.Y.) 47:13.62. **Age 70-up:** Allene Liggett (Groton) 37:11.9.

Teams: Athlete's Foot, Mohegan Striders, Willimantic Athletic Club.

## Hempstead, Faber take titles in 5K

8-11-91

By ROGER LEDUC

Special to the Bulletin

**WILLIMANTIC** — All Craig Hempstead wanted from yesterday's Willimantic 5K Road Race was a good workout.

Instead, he wound up with the championship.

Hempstead, a 20-year-old from Manchester who runs at Colgate University, won his first road race ever in 15:11.59, eight seconds better than his top 5K track time.

He beat Mark Groom of Wolcott (15:18.57) and Mohegan Striders runner Sean Delaney of Old Saybrook (15:27.54).

"My last race was May 2. I haven't really done any speed all summer," said Hempstead, who will be a junior at Colgate this fall. "I came in thinking if I did a 15:45 I'd be happy. I just wanted to go out and see how I felt."

But when no one broke from the pack, Hempstead decided to set the pace himself.

"To be honest, they just let me go," he said.

"When they stayed back, I figured what the heck, I have to go for it. But I was definitely worried that I had gone out too hard and they were saving something to come back with."

It was Hempstead's fifth entry in the Willimantic 5K. He said he's never broke the top 25.

The Striders, the men's team champion, placed five runners in the top 10, including Cromwell's Steve Swift (fourth) and Joe Swift (seventh), Ed Zubritsky of Norwich (eighth) and Craig Hansen of Colchester (10th). David Raunig of New London, running with the Kelley Athletic Club, placed fifth.

Susan Faber of Oxford kept her Willimantic streak alive — four races, four women's titles. Faber, 29, finished 47th overall at 17:16.44 in her final tuneup for Sunday's prestigious seven-miler at Falmouth, Mass.

"It seems like I always get out quick here, but I don't look back because I know there's a lot of good women behind me," she said. "You can't see too far back anyway because the course has so many turns, and that makes it a little tougher."

Kelly Pinckney of Colchester was the women's runnerup in 17:55.19.

Ed Zubritsky in 15:36 and Steve Swift in 15:37. Craig Eisman was 7th in 16:07, The President in 16:33, Rick Riccio in 16:36, Walt in 16:46, Sal Ulto in 17:10, performance by a great team.

44 points the green team of the Guilford Track Club is fourth with 19. The team's last race was Sept. 15 and the Cross-Country team scoring schedule. The team will be strong for Guilford.

The team's last race was August 21 at the Mohegan Sun. The team's strategy. Sean Delaney will be a volleyball game too...

The team's last race was Thursday, Sept. 12 and they may be strong for Guilford.

Singing may be our best event.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

The team's last race was Sept. 12 and they may be strong for Guilford.

887-8662

ember

# Kiteflier, 85, far from a tailspin

*Honorary Club Member*  
**John DeGange still dealing from the top**

If I mentioned the name John DeGange, most of our readers would immediately think "sports and The Day."

The other day, I visited this 85-year-old at The Bacon & Hinkley Home Inc. and was amazed at his keen memory and his unusual hobbies.

Certificates on his walls show that he is an active member of the American Kitefliers Association (AKA) and the American Contract Bridge League (ACBL).

In his room was a basket filled with Christmas wrapping paper, plastic and brown paper bags, bamboo porch screens, straight bittersweet vines, slender dowels and rolls of adhesive tape.

Also a variety of flying line material ranging from sewing machine thread to mason's cord. I hadn't realized that he made his own colorful kites from this assortment of materials.

Some are no larger than a sheet of typewriting paper and others have frames made from three-foot dowels. They are in various shapes: square, triangular, six-pointed star, the hexagonal Levitor, the diamond kite, a cylindrical windsock, Dutch kites with pleated framework and the unique butterfly kite.



**Senior News**  
**Verna Skinner**

A few years ago I was at Harkness Memorial State Park with our Christian Widows Group and we watched him fly a train of 18 kites. All of a sudden the string broke and we knew he needed help. We rushed over and helped him gather them up.

Nowadays, DeGange flies his handmade kites on the spacious lawn of the The Bacon & Hinkley Home at 581 Pequot Ave.

He explained that they have to stay away from overhead wires, trees, power lines, buildings and antennas, and cannot fly them within five miles of an airport.

I had heard from his card-playing partners about John's skill and dedication in duplicate bridge. He first learned of the game during his early years at The Day from then-Managing Editor George Grout who conducted bridge games as a member of the Winthrop Club in New

London.

In the 1930s, surrounding towns had men's groups that met each week. Later, he played at the former Faire Harbour Club where he met his late wife, Mary Crofoot, who was assistant registrar at Connecticut College for years. Currently he plays with the Whalers, a duplicate bridge club in Waterford, and in games at Bacon & Hinkley.

Cele Seeley, one of the Whalers card players, commented: "We enjoy playing with John. He's such a gentleman and a real good sport."

## Started as sports writer

DeGange started his career as a sports writer while a student at the former Chapman Technical High School in New London where he was a correspondent for The Day, covering contests in the Interscholastic Athletic Council of Eastern Connecticut and Western Rhode Island.

The 1924 Chapman grad's main sports were track and cross country. He and Dannie Noonan, a four-letter athlete at Chapman Tech, trained by running from Blackhall Street to Ocean Beach Park and back.

After high school, DeGange became the Groton reporter for The Day. And from 1926 until his retirement in 1971, he served as sports editor, keeping sports enthusiasts up to date on games,

scores and players in leagues throughout the United States.

In his 47 years at The Day, he had short interludes as wire editor and as city editor during World War II. When the Yale-Harvard Crew races were rowed on a permanent basis on the Thames River, he became a close friend with Frank Valentine Chappell, the local regatta chairman and Ed Leader and Ned Brown, head coaches for the two crews.

His 100th anniversary serial of the boat races, published by The Day in 1952, has become a collector's item for race enthusiasts. For years, after retirement, DeGange would visit the crews and coaches on the riverfront and recall old races.

A Day photograph taken in 1988 shows him and former Yale University crew coach Tony Johnson discussing the races.

After breaking his hip in the fall of that year, he recuperated at the Nutmeg Pavilion convalescent home before moving into Bacon & Hinkley, a home for men and women 65 and older.

DeGange often drives to the New London Senior Center and enjoys table games with his old cronies, and attends all the meetings of the Chapman Tech Alumni Association. He has a son who lives in Charlotte, N.C., a daughter in Mystic and three grandchildren.

# John DeGange: Honorary Member



John Ligos/The Day

■ Former Yale crew coach Tony Johnson and DeGange in 1988

**K**  
Honor  
John  
dealing

If I m  
DeGang  
would i  
and The

The o  
year-old  
Home I  
keen m  
hobbies

Certif  
that he  
America  
(AKA)  
tract Br

In his  
with Ch  
plastic  
bamboo  
bittersw  
and rolls

Also  
material  
machine  
hadn't r  
own col  
sortmen

Some  
of typev  
have fra  
foot dov  
shapes:  
pointed  
tor, the  
cal win  
pleated  
unique k

# PROFILE

OF A SPORTS NEWSMAKER



Bulletin photo

## Beth Litwin

■ **Occupation:** Beth Litwin, 34, is a collections representative at the Bureau of Business Practice in Waterford. The Uncasville resident has also been the race director of the Montville Recreation Summer Runs at Fort Shantok the past four years.

■ **Background:** Beth was offered the race director post by Montville Recreation Department director Jim Butler, taking the place of Art Zigler. The eight-week Summer Run program has been going on the past 19 years.

■ **Meshing the masses:** Runners' ages range from 2 to 60 years old, Beth said. "I've had children that started with me four years ago that are still here now." Up to 70 people participate during the once-a-week cross country races. Distances begin at 500 meters for the younger runners and end at 5,000 for the open and masters competitors.

■ **Quotable:** "My main focus is the children. The first time I saw them run I wanted to cry because they run their hearts out. I tell all my little runners if you don't feel good to just walk or stop — don't kill yourselves. Kids are really what I focus on."

■ **A look back:** Beth says she used to be an avid runner and belonged to the Mohegan Striders running club. But "major surgery" forced her to curtail competing. She says she's back at it now for fun, running up to five miles three times a week.

# Striders dominate the field

It's a 1-2-3 finish for club members

By BILL TOSCANO  
Day Sports Writer

**New London** — This time, it was Sean Delaney's turn.

Delaney and Tom Wimler both live in Old Saybrook, and they often run together, both for training and racing.

Sunday morning, they raced the Sailfest 5-kilometer road race for the first time and Delaney came away the winner, finishing in 15:24 with Wimler second in 15:33. Ed Zubritsky was third in 15:41.

It was the second time in 10 days that the three Mohegan Striders' runners produced a 1-2-3 finish.

"On the 4th of July, Tom, Ed and I all ran in Chester," Delaney said. "This was just like that one all over again."

Well not exactly. In the 4-mile Chester race, Wimler was the winner, Zubritsky second and Delaney third.

"I got him last week, and he got me this week," Wimler said.

Another local runners' club, Kelley's Pace, also put three runners across in a pack. Jeff Kotecki was sixth in 15:59, followed by masters winner Dennis Crowe of Waterford in 16:00 and Robert Stack of New London in 16:02.

"It's a good field," said Wimler. "You know any one of five or six guys could have won it."

Most of the faces were familiar to Delaney and Wimler, but one that wasn't was Waterford's Aaron Curry, who will be a sophomore at Haverford College in Pennsylvania this fall.

Curry took off quickly, passing Kotecki to take the early lead and leading until the 1½-mile mark.

"I went out too hard. I just didn't play my cards right," said Curry, who wound up fourth in 15:45, seven seconds ahead of Pat O'Neill. "They got me at about a mile-and-half. I tried to stay with them, but I couldn't."

Delaney said he wasn't sure what to do when Curry took the lead.

"You don't want to let someone steal the race," Delaney said. "We were sitting in a pack of four or

See MEN page C3

five, but I didn't know him. So we all pushed him and went through."

Said Wimler: "In a short race like this, you want to see what's going to happen, but you don't want anyone to get too far ahead."

The short distance made strategy simple.

"In a 5K, I just go all out," Stack said. "I don't hold anything back."

Said Kotecki: "It makes you run a lot faster. It hurts a lot more. You go out as hard as you can for as long as you can."

Wimler was the men's open winner and O'Neill was the top men's submaster (other than Delaney).

Crowe won the men's masters division, 38 seconds ahead of Bill Marshall, and Bryan Zadora of Killingly won the men's junior in 16:20 with Fitch's Justin Gregory second in 17:24. Ernie Dumas, who was 12th overall in 16:24, was the top men's grandmaster, and Pete Pantelis was the top men's veteran runner, finishing in 23:10.



C12 THE HARTFORD COURANT: Sunday, July 14, 1991

## The gun won't sound for Southington 12K

By LORI RILEY  
Courant Staff Writer

For the past three years, Jerry Lawson packed his running shoes, ran a comb through his bright orange hair and hopped on a plane from Florida for the Southington 12K Distance Classic.

Lawson, who has qualified for the Olympic Marathon Trials, won twice. Last year, he was beaten by a local, Tom Paskus of Terryville, who went on to finish 10th in the Falmouth (Mass.) Road Race.



Running notebook

Neither runner will be back this year, because the race is no more. The 12K, which drew 392 runners and served as the state TAC 12K championships, was cancelled because of lack of organization, Top Gun running club members said.

Former Top Gun president Mark Kopec, who ran the race for four years, wasn't interested in doing it again, citing business interests. He resigned as director last year and the club couldn't find a replacement.

## CONGRATULATIONS To SENIOR OLYMPIAN Gold Medal Winner DON WERLING

Don Werling, a 61 year old retired Navy Lieutenant and elementary school teacher from Stonington won two gold medals at the National Senior Olympics in Syracuse, N.Y. June 28th-July 3rd.

Mr. Werling took 1st place in the 10 and 20 kilometer bicycling events - setting national marks by more than a minute for the 60-64 age group in both races. He also won silver medals in the one mile biking event and the Triathlon, and a bronze in the 5K.

## Jan cruises the neighborhood in winning time

By BILL TOSCANO  
Day Sports Writer

**New London** — Jan Merrill-Morin needed three minutes to get to the race course and 16 minutes and 54 seconds to easily defend her Sailfest 5-kilometer road race title Sunday morning.

"It's neat to run a race three minutes from home. It's better than having to drive a long way," said Merrill-Morin, a former Olympian who knows all about long trips to races.

In fact, Merrill-Morin and her husband Jeff Morin leave this morning for a two-week trip to California during which she will coach the

East team's distance runners in the U.S. Olympic Festival in Los Angeles.

Merrill-Morin, who set a record in winning the Rose Arts 10.6-miler two weeks ago, finished 22nd overall, exactly one minute ahead of former Montville High School standout Kelly Pinckney. Carla Dossett was third, 30 seconds behind Pinckney.

Kris-Anne Pardo was the <sup>fourth</sup> women's runner, finishing 63rd overall in 18:51, followed by Joan Lawrence in 19:24 and Linda Flavell in 19:30.

Pinckney took honors in the women's open division, Dossett was the top submaster (other than Merrill-Morin) and Kathy Smith of St. Bernard won the junior division in

22:05 with teammate Deb James second in 23:17. Jan McKeown was the top women's masters runner, finishing in 20:00.

... Tim Smith of Norwich bested a field of 56 masters runners to win his fourth consecutive Montville Masters 10K Sunday. Smith's time was 34:35. Jan McKeown of Prospect finished 20th overall to win the women's race in 41:27. ... As of June 30, John Tolbert led the individual state TAC men's road race standings with 22 points, one point ahead of Jeff Fengler. Kelly Pinckney led the women's standings with 27 points, followed by Sue Faber and Ann Curi (20 each). Among teams, Mohegan Striders lead the men's open standings (34) and the women's standings (36).

Boe  
FO  
ICO  
PP  
WV  
Joi  
FH  
For  
Vel  
Saf  
SH  
SH  
Goi  
Lai  
Ge  
Pai  
SE  
R4  
Foi  
En  
EH  
DJ  
Spi  
Sir  
Ka  
NI  
Sai  
Kc  
Du  
SH

# Late-bloomer harvests the gold

July 1991

## Senior Olympian Don Werling sets national marks

By VICKIE FULKERSON  
Day Sports Writer

**Stonington** — Don Werling didn't start running until he was nearly 50 years old. He did it to burn a few calories after one particularly filling Thanksgiving dinner.

He began biking when he injured himself training for the 1983 East Lyme Marathon and was unable to run. And he learned how to swim a few years later, when he was 54 or 55. By then, his objective was to run a triathlon.

Now, Werling, a 61-year-old retired Navy lieutenant and elementary school teacher from Stonington, has taken on the title of gold medal winner, having won two events at the National Senior Olympics in Syracuse, N.Y., June 28 to July 3.

His golds came in the 10- and 20-kilometer bicycling events. He set standards by more than a minute for the 60-64 age group in both races. He also took home a second place in the one-mile biking event, third in the 5K and second in the



Skip Weisenburger/The Day

### Senior athlete Don Werling

triathlon.

Werling even ran in the 400 meters and qualified for the 1,500, 800 and 5-kilometer road race, but withdrew because "they passed me like I was standing still and I really wasn't," he said.

His medals hang near the front door of his mobile home at Wheeler Brook Park, strung peg-by-peg from a coat rack. "We never used it for a coat rack anyway," said Werling.

He's looking forward to the next Senior Olympics, to be held in Baton Rouge, La., in 1993, but insists he's going to

take up something less taxing — like shuffleboard. Werling's wife, Grace, says he will do no such thing.

"We do a lot of traveling and we get up at 3 and 4 o'clock in the morning, but I'm in a no-lose situation," said Werling, who competes weekly in bicycle time trials in Charlestown, R.I., and in Preston. "I compete in a 45-over category at these time trials, so when I win it makes me feel real good. When I lose, I can always say I did the best I could against younger guys."

### 5,200 competitors

"I guess if I came in last, though, I wouldn't want to get up at 4 a.m.," he said.

In Syracuse, 5,200 men and women, 55 and over, competed in 18 events. There were more than 900 swimmers, and 1,110 tennis matches were played to determine divisional champions.

The cycling events were held at Onondaga Lake Park, and it was there that Werling took a minute apiece off the 10- and 20-kilometer records, finishing the shorter course in 15 minutes, 43 seconds, and the longer in 31:48.

In the one-mile cycling event he was second in 2:14, averaging 26.90 mph. He was third in the 5-kilometer in 7:56. Werling

See WERLING page A8



Conan D. Owen/Norwich Bulletin

**Road runners** — Participants in the 3.3-mile Bozrah Moose run break out from the starting line yesterday. Chris Hansen of Colchester won the race with a time of 16:38.

From A1

keeps a list in his files of things he did wrong in those races for correction the next time.

"Well, in the triathlon it took me 3:09 to make the transition from swim to bike," Werling said, checking his notes. "And it only took me :27 from bike to run. So I know I could save some time there the next time."

The triathlon, which consisted of a 400-yard swim, 20-kilometer bike ride and 5-kilometer run, was held at Green Lakes State Park. There were 36 people in Werling's age group for that event, 50 for the cycling.

"I prefer the biathlons, or run-bike-runs," said Werling, who is still a bit hesitant around the water. "I've done six of those so far this year, winning five firsts and a second. I'm a poor swimmer and when I come out of the water there are already too many ahead of me, too much time to make up."

Werling ran his first race, he said, when he turned 50, and just wanted to be able to breathe after running a half-mile.

His progression in running brought him to bicycling, as he injured himself in 1983 while learning to run a new, faster way.

"Somebody told me if I got up on my toes, I would run faster," said Werling, who had run the 1982 East Lyme Marathon. "But I wound up with a stress fracture in the middle of my leg. I had thought I was getting into the new style slow enough, but evidently not."

"After that I promised God that if I was able to run again, I would never run anything longer than eight miles. I haven't broken it and he hasn't broken my leg."

Werling said, however, that the injury was probably the best thing which could have happened to him, as he mastered the bicycle and — well, almost — the swim.

"I hadn't been on a bike in 30-40 years, so I went out and got one with the wide handles for leverage," Werling said. "Swimming, I couldn't swim right from the beginning before I took lessons at the Norwich YMCA. It was well worth it."

### Long ocean swim

His most harrowing swimming experience came in a Bud Light triathlon in Hilton Head, S.C., for which the first leg was an ocean swim. It took him an hour and a half to swim the mile.

"The water was so bad, you couldn't see shore. It was hard to get your bearings," Werling said. "I had absolutely no right to be out there. That was the worst swim I ever had."

"You just have to take it easy and you get there," Werling said of swimming. "When I first started, my own kids said, 'We didn't know you couldn't swim.' I was always in the water when they were young, just not over my head."

Werling, who retired from the Navy in 1972 after 25 years, went to high school in Ramsey, N.J., where serving as sports editor on the school newspaper was the only sports-related thing he did.

After the Navy, Werling attended



Donald Werling never rides his bicycle without his helmet.

Mohegan Community College in Norwich and later received his master's degree from Eastern Connecticut State University in Willimantic. He taught elementary school for five years at Preston City School.

Of his five children, two live in Florida and one each in Groton, Danielson and West Hartford.

Werling is competing in a five-race biathlon series in New York City, having already completed races in the Bronx, Queens and Staten Island. The races in Brooklyn and Manhattan's Central Park are scheduled for later this summer.

"It's not really \$500,000, but we do OK," Werling said of his prizes. "We've taken turns getting the shoes I win, we've each had quite a

few new pairs, and I get some nice outfits and medals and that type of thing. We have a table where we keep the one-year supply of trinkets and then we clear it off and start over."

### Local road races

Werling said he runs the local road races when they don't interfere with his biathlon schedule.

"I'm definitely better in the bike than in the run," Werling said. "In Syracuse I ran the equivalent of a five-minute mile and the other guy ran the equivalent of a four-minute mile. To beat the record in the 400, I would have to wait 15 years and keep the same speed. I don't know if I'll still be doing this when I'm that old."

But Werling's wife assures him that he probably will.

## RUNNING

### New Haven 20K

At New Haven  
Mohegan Striders results  
Individual finishers

**Men**  
Joe Swift, 32nd overall, 1:06:10; Jon Bell, 34th, 1:06:50; Sean Delaney, 39th, 1:07:23; Ed Zubritsky, 41st, 1:07:39; Don Sikorski, 48th, 1:09:50; Craig Eisman, 62nd, 1:10:02; Mark Millitello, 67th, 1:10:43; Al Lyman, 76th, 1:11:32; Kevin Pigeon, 79th, 1:11:48; Mike Whittlesley, 81st, 1:12:03; Walt Smolenski, 85th, 1:12:13; Steve Virgadulo, 91st, 1:12:43; Mike Smith, 118th, 1:14:40; Don Lawis, 157th, 1:16:58; Dave Mills, 214th, 1:19:18.

**Women**  
Kelly Pinckney, 149th, 1:16:40; Lynn Hansen, 551st, 1:28:13; Cindy Garland, 558th, 1:28:28; Lori Bartnicki, 571st, 1:28:48.

**Team scores**  
**Men**  
1. Mohegan Striders 5:37:53; 2. Top Gun 5:47:14; 3. Yale Co-op, 5:47:24; 4. Hartford Track Club 5:54:02; 5. Kelly's Pace 6:01:56.

**Women**  
1. Athlete's Foot 3:43:53; 2. Wallpit Track Club 4:04:23; 3. Mohegan Striders 4:13:21; 4. Yale Co-op 4:35:11.

**TAC Grand Prix standings**  
**Men**  
1. Mohegan Striders 54 points; 2. Kelly's Pace 36; 3. (tie) Yale Co-op, Hartford Track Club 24; 5. Top Gun 22.

**Women**  
1. Mohegan Striders 50; 2. Athlete's Foot 30; 3. Yale Co-op 27; 4. Wolfpit 14.

# Johnson sets mark at Invite

By ROGER LEDUC  
Special to the Bulletin

**WILLIMANTIC** — Eastern Connecticut teams and individuals distinguished themselves yesterday at the Windham Invitational cross country meet.

For individual honors, Norwich Free Academy's Chad Johnson, topped the list with a meet-record time of 15:21.1 on the 3.1-mile course.

The best team showing of the day was by the St. Bernard girls, who placed six runners in the top 18 of the third varsity race, beating their nearest competitors by 91 points. It was the fifth straight Invite title for the Saints.

Johnson, who eclipsed the 15:44 mark set in 1987 by Evan Grayer of Staples, surprised even himself. His personal best had been 15:57, his time at Windham last year.

Johnson trailed New Britain's Simon McKeon and Carlos Navedo until an uphill climb with half a mile to go.

"When we hit the hill, I knew I had to go," he said. "I made a move and I heard them wheezing. I felt good, so I just kept driving." Johnson finished seven seconds ahead of McKeon.

Yvonne Barnes led St. Bernard, placing

fourth in 15:30 on the 2.4-mile course. She was followed by Jill Difrancesca (eighth), Lisa Venditto (12th), Kathy Smith (13th), Chris Keating (17th) and Heather Hurlburt (18th).

"This was a total team effort. I'm very pleased with the job we did today," coach Bob Mondani said.

Three-time state champion Fran Spalding of Griswold won for the first time in four tries at Windham. Spalding cruised in the second varsity race in 16:07.5, 33 seconds ahead of Rebekah Dahlborg of Montville. Janis Varni of Lyman Memorial was third, leading the Bulldogs to a team victory.

Tony Martin of Lyman, the defending Class S and QVC champion, won the second varsity race in 16:16.9. He gave all the credit to his friend and training partner, Steve Labranche of Montville, who was second in 16:36.9. Labranche won at Windham last year.

"I trained with him all summer, so I knew how good he is, and that gave me a lot of doubts," Martin said. "But last night he called me and we talked strategy, and then he calmed me down a lot in the middle part of the race."

**HIGH SCHOOL CROSS-COUNTRY:** Congratulations go out to STRIDERS Chad Johnson of NFA and Elizabeth Swift of Mercy High for their wins in the Class "LL" State Meets. They will be joining Steve Swift of Xavier and Randy Collins of St. Bernard at the Open Meet on Friday, Nov. 1 at 1:00 at Wickham Park. The New England High School Meet is Saturday, Nov. 9 also at Wickham Park. These meets are great spectator events and let's cheer for our future racing team members.

Kevin Crowley

33 Pearl St.

Norwich, CT 06360

887-8662

## Leaders of the pack



John Shishmanian/Norwich Bulletin

Norwich Free Academy's Chad Johnson holds off Lyman Memorial's Tony Martin during yesterday's New London County Invitational cross country meet at Fort Shantok. Johnson won the race. Waterford's Liz Mueller captured the girls race. Story, C5.

BULLETIN: September 22, 1991

F5



MICHELE LACCONE  
CHARLES D. SPELLMAN

Mr. and Mrs. Michael Laccone of Waterford announce the engagement of their daughter, Michele, to Charles D. Spellman. Mr. Spellman is the son of Mr. and Mrs. Nicholas Spellman of Norwich.

Miss Laccone is a 1977 graduate of Waterford High School and a 1979 graduate of New London School of Business. She is employed by the Naval Underwater Systems Center in New London. She is also a member of the Mohegan Striders.

Mr. Spellman is a 1980 graduate of Norwich Free Academy and a 1984 graduate of Manhattan College with a bachelor's degree in electrical engineering. He is employed by the Naval Underwater Systems Center in New London. He is a member of the Mohegan Striders. A spring 1993 wedding is planned.

## RUNNING

### Guilford Road Race

At Guilford

10-mile TAC championship

Top 10 overall men

1. Yuri Romanick 52:04; 2. Dave Raunig 52:10; 3. Jeff Fengler 52:32; 4. Pat Swift 53:25; 5. John Tolbert 53:32; 6. John Bycewicz 53:47; 7. Philip Schuckert 53:50; 8. Chris Hansen 54:39; 9. Ed Zubritsky 54:52; 10. Jeff Kotecki 54:54.

Other Mohegan Striders finishers

13. Sean Delaney 55:24; 14. Sal Ullo 56:09; 15. Tim Smith 56:37; 16. Dennis Tetrauli 57:45; 25. Jeff Green 54:02; 30. Steve Virgadola 59:46; 32. Bill Marshall 60:10; 36. Dave Mills 60:50; 47. Mike Smith 62:10; 50. Steve Hancock 62:28; 60. Tom Lee 63:33.

Men's Open team results

1. Mohegan Striders 4:34:29; 2. Kelley's Pace 4:42:52; 3. Yale Co-op 4:44:39.

Men's masters

1. Mohegan Striders

Top 5 Mohegan Striders finishers

1. Tim Smith 56:37; 2. Dennis Tetrauli 57:45; 3. Bill Marshall 60:10; 4. Dave Mills 60:50; 5. Steve Hancock 62:28.

Top 10 overall women

1. Sue Faber 61:25; 2. Mary Lynn Pastizzo 63:21; 3. Diana Donovan 64:57; 4. Barb Matheson 65:48; 5. Jan McKeown 67:04; 6. Susan Weihl 69:01; 7. Lynn Hansen 70:01; 8. Laurie Bartnicki 70:19; 9. Maureen Turner 71:51; 10. Christine Halroyd 72:19.

Women's Open team results

1. Converse (Sue Faber, Mary Lynn Pastizzo, Maureen Turner) 3:16:37; 2. Mohegan Striders (Diana Donovan, Lynn Hansen, Laurie Bartnicki) 3:25:17.

Women's Open top 5

1. Sue Faber 61:25; 2. Mary Lynn Pastizzo 63:21; 3. Diana Donovan 64:57; 4. Lynn Hansen 70:01; 5. Laurie Bartnicki 70:19.

Women's Masters team results

1. Athlete's Foot 3:52:30; 2. Mohegan Striders (Rose Buckingham 78:17, Virginia Ereshana 78:24, (tie) Judy McGrath, Michaelleen Haeferer 87:34) 4:04:15; 3. Willimantic AC 4:23:03; 4. Prospect RC unavailable.

## Running

## East Lyme marathon title grabbed by the Swift-est

By NICK CHECKER  
Staff Correspondent

"The Wall is real..." said Ed Zubritsky of Norwich after finishing 12th in the East Lyme Marathon last Sunday. Racing in his first 26.2 miler, Zubritsky, an elite runner for the Mohegan Striders, found the spectre of The Wall, the forcible fatigue that paralyzes marathoners somewhere around the 20-mile mark, to be every bit the waking nightmare it is cracked up to be. So did a lot of others, in particular one Mike Murphy of Cromwell, who led the pack for 18 miles, but yielded eventually to Joe Swift, also of Cromwell, who went on to win the race and the free trip for two to Bermuda.

"I felt a steady tightness creeping up in my shoulders around the 10th mile and it gradually got worse," said Murphy, who eventually dropped out in the 21st mile. "By the time Joe (Swift) caught up to me, it was difficult to keep stride. I would have had to crawl in to the finish."

For the first 15 miles of the race, Murphy was virtually a solitary figure on the rural roads of East Lyme. Gliding gracefully over the early hills, he never broke stride as he maintained a blistering pace through the scenic woodland route, conjuring up romantic images of the very first marathoner soaring across the plains of ancient Greece. But as Murphy wound his way out of Rocky Neck State Park, the pleasant fantasy faded with the stealthy advance of a tightly knit pack of elite runners hot in pursuit.

Swift, Bob Stack of New London (the 1990 winner), Tim Smith of Norwich (the course record holder and 1990 runner-up) and Craig Eisman of Colchester, had narrowed the gap to within a



Robert Patterson/The Day

Joe Swift takes a well-deserved break

The Mohegan Striders won the TAC masters championship as Smith, Hank Giulian and Jeff Akers posted a composite 9:15:23. Kelley's Pace was second in 9:43:00.

thousand meters. Murphy responded with a burst of speed that gave him some breathing room, but once out of Rocky Neck and onto the hills of Route 1, Swift closed rapidly. Turning into Black Point and approaching mile 18, Swift trailed Murphy by less than 50 meters, while a tiny pack of speedsters duelled about a tenth-mile behind.

Just shy of the 18th mile, Swift pulled even with Murphy. The two shared water and even talked briefly as they ran at a dead heat for the next mile or so. The dramatic switch came at The Wall. With renewed energy mustered from his perfectly orchestrated pursuit, Swift turned up the heat, but Murphy could no longer respond. The gallant strides that had powered him far ahead of the field earlier were gone and with little left in the tank but fumes, Murphy pulled out once Swift was well out of sight and other runners began to glide by him.

For Joe Swift, the final 10-kilometers of the race was simply a matter of using his reserves strategically, which he did as he strode down West Main Street amidst cheers from spectators and finally down the grueling three-mile stretch of Pennsylvania Avenue.

Surrounded by a phalanx of cyclists (race volunteers who escorted him along the heavily trafficked route), Swift bounded onto the East Lyme High School track, where he crossed the finish line at 2:32.08, over two minutes ahead of runner-up Smith, the Masters winner

for the day. In third was Eisman, whose surprising finish gave him the Kelley Triple Crown award Smith had won a year ago. All three represent the Mohegan Striders racing team.

"This was definitely one of my better marathons, certainly a satisfying one," said Swift. "It was an exciting race to say the least. I paced myself very well. It helped to stay with the small pack that was chasing Mike (Murphy). After I found myself in second place at eight miles, I started working on closing the gap."

In response to his one on one duel with Murphy, Swift said, "At first I really couldn't tell if I had him or not. I train with Mike a lot and he's really tough. I couldn't believe it when I actually started pulling away from him."

Equally surprised and elated at what turned out to be an optimal performance for himself, was third place finisher Eisman. "I never really expected to do this well today," he said. "I knocked 15 minutes off my best marathon time and I think a lot of that had to do with my trying to stay with Tim Smith. I knew I had a good shot at the Triple Crown if I could do that."

The Triple Crown award is determined by the best combined times of the Rose Arts, Kelley Road Race and East Lyme Marathon. Going into the marathon, Eisman had a three minutes spread on the 43-year old Smith and the

two finished only 34 seconds apart.

"Coming into the 25th mile, I thought I had second place all to myself and then Tim just blew right by me," said Eisman. "Now I know why he's considered such a threat in marathons. You just can't count him out."

In the women's race, the story was all Sally Zimmer-Knight, course record holder for that division. Zimmer-Knight's winning time of 2:52.26 put her well ahead of runner-up Deirdre Beck of Fairfield, who crossed the line at 3:08 flat.

"I felt very good throughout the race," said Zimmer-Knight. "We all started out pretty much together. We talked and encouraged one another on for awhile, then eventually I began increasing the pace. Mentally and physically I felt fantastic, even though I was a good seven minutes off my best time. More important is that I got the most out of my body that it could give today."

Zimmer-Knight can now get the most out of Bermuda, as both the men's and women's winner copped free trips for two to the island paradise, courtesy of the combined sponsorship of the Muscular Dystrophy Association and Citgo.

Another point of note is sixth place finisher Jeffrey Scheeler, who crossed the line in 2:39.01 and remains the fastest amongst East Lyme residents, again winning the annual Gregory Mistretta Award.

Race Director Way Hedding was aglow afterwards with the outcome of the 1991 event. "This was by far the best East Lyme Marathon we've put on," he said. "Everything ran smoothly. There were absolutely no rough edges. And I can't say enough about our race volunteers. Marie Gavell put together a tremendous program. I can't count the number of local businesses that took out ads in it to help the marathon. We had Jessie Kelley down here from Kelley's Place handling one of the water stops. Don Sikorski had a large group of the Mohegan Striders stationed along the course. We had tremendous support everywhere and this year we had a lot more spectators out there lending a hand. There was even a banjo player somewhere out around the three-mile mark. That was fantastic! This is what the hometown marathon is all about."

As far as the spectre of the Black Point Wall is concerned, it lies dormant now, waiting for the day next year when others will return to challenge it. Straight advice on that might be sought from New London's Rob Ventura, who ran his first-ever marathon in a time of 4:16. Taking up a suggestion offered to him prior to the race, Ventura said, "I met the Wall and I ran right through it. I wasn't about to quit."

For Ventura, Zubritsky, Swift, Zimmer-Knight, Murphy and all the rest who may return to take on East Lyme next year, the Wall is waiting.

## RUNNING 9/29/91

## East Lyme Marathon

At East Lyme

26.2 miles

## Top 25 finishers

1. Joe Swift (Middletown) 2:32:08, 2. Tim Smith (Norwich) 2:34:25, 3. Craig Eisman (Colchester) 2:34:59, 4. Peter Carnes (Bloomfield) 2:38:19, 5. Paul Toth (New London) 2:38:23, 6. Jeff Scheeler (East Lyme) 2:39:01, 7. Bob Stack (New London) 2:39:35, 8. Al Lyman (Uncasville) 2:40:49, 9. Harry Lepp (Danielson) 2:43:16, 10. Jeff Kotecki (New London) 2:43:39, 11. Kevin Ruane (Prospect) 2:43:49, 12. Ed Zubritsky (Norwich) 2:45:23, 13. Miguel Castillo (Ridgefield) 2:45:40, 14. Mike Ehrlich (East Lyme) 2:47:43, 15. Nick Manuzzi (Montville) 2:48:50, 16. Todd Randak (Essex) 2:49:09, 17. Kevin Gallerani (Uncasville) 2:49:44, 18. Sally Zimmer-Knight (Windsor) 2:52:26, 19. Stephen Flynn (Groton) 2:53:03, 20. Dan Lukens (New London) 2:53:50, 21. Steve Markesich (South Weymouth, Mass.) 2:53:58, 22. Terence Crean (Waterford) 2:54:17, 23. Spyros Barros (Mystic) 2:54:43, 24. David Buddington (Glastonbury) 2:55:17, 25. Steve Hancock (Bozrah) 2:55:59.

## MEN

Age 19 and under: 1. Thomas Giard (Jewett City) 4:33:27; 20-29: 1. Eisman, 2. Zubritsky, 30-39: 1. Toth, 2. Scheeler, 3. Stack; 40-49: 1. Smith, 2. Carnes, 3. Hancock; 50-59: 1. Buddington, 2. Leo Tomassetti (Johnston, R.I.) 2:58:00, 3. Peter Madden (Bethany) 3:04:58; 60-69: 1. Mike Dutco (Hartford) 3:27:54, 2. Dick Roberts (Waterford) 3:36:39, 3. Pete Pontelis (Waterford) 4:04:56.

## WOMEN

## Overall

1. Zimmer-Knight, 2. Deirdre Beck (Fairfield) 3:08:00, 3. Valerie Raffle (New York City) 3:13:57.

Ages 20-29: 1. Beck, 2. Paula Kulpa (Bloomfield) 3:27:03, 3. Liz Abbott (Rocky Hill) 3:27:04; 30-39: 1. Zimmer-Knight, 2. Raffle, 3. Lori Vernier (Bolton) 3:16:33; 40-49: 1. Kathy Coogan (Stonington) 4:14:27, 2. Mary Boylan (Berlin) 4:40:20.

# CROSS COUNTRY

## Chronicle's TAC

At Mansfield  
5000 meters  
MEN  
Open top 15  
1. Dave Raunig 15:47; 2. Mike Wh  
15:52; 3. Steven Gates 15:57; 4. C  
Hanson 16:05; 5. Robert Davenport 16  
6. Jeffrey Sanborn 16:13; 7. Ed Zubri  
16:22; 8. Jon Bell 16:25; 9. Sean Dela  
16:33; 10. Jeff Fengler 16:35; 11. Tim Ki  
16:43; 12. Uri Ramanuk 16:47; 13. J  
Green 16:48; 14. Bob Stack 16:51;  
Patrick Morrisey 16:57.

Masters top 10  
1. Tim Smith 17:17; 2. Dennis Tetreau  
17:37; 3. Dave Mills 17:45; 4. Bill Marsh  
17:54; 5. Gianni Ficarra 18:25; 6. W  
Hedding 19:51; 7. Jerry Lavasseur 20:02; 8  
Jack Castner 20:12; 9. Henry Almeida  
20:25; 10. Clem McGrath 21:08.

Team top 3  
1. Mohegan Striders; 2. Kelly's Pace; 3.  
Yale Co-op.

WOMEN  
Open top 10  
1. Allison Lapinski 17:44; 2. Ann Curl  
18:23; 3. Kelly Pinckney 19:00; 4. Kris-Anne  
Pardo 20:14; 5. Adrienne Davis 20:27; 6.  
Lynne Hanson 20:35; 7. Kathy Manizza  
20:45; 8. Cathy Cross 20:51; 9. Maureen  
Turner 21:18; 10. Laura Southwick 21:36.

Masters top 3  
1. Virginia Ereshena 23:30; 2. Rose Buck-  
ingham 24:02; 3. Judy McGrath 25:56.

Team top 3  
1. Mohegan Striders; 2. Yale Co-op; 3.  
Willimantic AC.

## CONNECTICUT TAC TEAM RESULTS 1991

### MASTERS

MEN		WOMEN	
MOHEGAN STRIDERS	20	MOHEGAN STRIDERS	11
MILFORD RR	11	ATHLETES FOOT	10
KELLEYS PACE	8	LIBRA AA	9
LIBRA AA	4	PROSPECT RC	5
NORTHEAST T&T	3	WILLIMANTIC AC	3
WARREN STREET	1		

### GRANDMASTERS (SENIORS)

MOHEGAN STRIDERS	12
HARTFORD TC	10
WOLFPIT RC	10
WARREN STREET	8
KELLEYS PACE	6
WILLIMANTIC AC	1

The year although short was competitive. Mohegan Strider teams took all three grand-prix titles. The masters men won all the races while the women came from behind to go ahead at Guilford (the next to last race). The seniors also came from behind going ahead at the East Lyme Marathon (the last race). Athletes Foot had two wins while Libra AA had one for the women. The seniors saw Wolfpit RC winning the first two races and the Hartford TC taking the last two. Scoring for the Mohegan masters were Tim Smith, Bill Marshall, Dennis Tetreault, Dave Mills, Tom Lee and Steve Hancock. Leading the Strider women were Virginia Ereshena, Rose Buckingham, Michaela Haesler, Judy McGrath and Geraldine Palonis. The Strider seniors consisted of Otto Schaefer, Jerry LeVasseur, Clem McGrath, John Thomas, Jim Latourette and Jack Curran.

At the National TAC Fairfield half-marathon the Mohegan Strider master and senior men won the team titles. Libra AA lead by Jan McKeown, Judy Savitt and Laura Bradshaw took the womens masters title.

At the Lake Winnepesaukee relay the previously unbeaten Connecticut Nifty Fifties were beaten by a well deserving and organized Maine team by nine seconds. Bob Sieller ran the last leg starting some six minutes behind and after a valiant effort ran out of real estate. The team had won at Winnepesaukee the previous year beating the Maine team and had won at Block Island the past two years. Running at least twice for the Nifties have been John Dugdale, Bob Sieller, Jay Sturdevant, Otto Schaefer, Jerry LeVasseur, Pat Kennedy, Tom Butterfield and Hank Gollet. Connecticut TAC is planning seven races for the grand-prix in 92 starting in April and ending in October. The individual championship will also include the East Lyme Marathon. The best five of the eight races will score for individuals.

*Heh - Knock it off!*

## Some take the extra step

By JIM SHEA  
Courant Staff Writer

Ficarra and Pete Volkmar of Ledyard are serious runners who are members of the Mohegan Striders. But for the past six years, every Thanksgiving Day, they have donned loud plaid sports jackets and bow ties, and billed themselves after the 1950s and '60s singing group, The Plaiders.

The Plaiders' theme song, of course, is "Only You," which they will break into at the slightest provocation. "We have regular places along the route where we stop and sing with bands," Volkmar said. "We also will stop and sing anywhere someone will offer us refreshments."

Brace Christie of Groton, who runs the Manchester race under the name of "The Rabbi," accompanied The Plaiders, wearing a tuexdo and black hat. His function? "I bless all the refreshments."

Seated in folding chairs in a back room at the Army-Navy Club, the elite runners looked tense an hour before the start of the 55th Manchester Road Race Thursday morning. Competing at the highest level has its rewards, but fun isn't one of them.

For the less-than-elite, however, having a good time is precisely what running Manchester on Thanksgiving Day is all about.

And just as some top runners are more driven than others toward winning, fun runners also come wrapped — in some cases, loosely wrapped — in varying degrees of commitment.

At one end of the spectrum are those who race wearing funny hats, wacky sunglasses or humorous T-shirts. At the other are those to whom pursuing the good times is a full-time endeavor.

Take "The Plaiders."  
Most of the year, Tom Lee of Norwich, Dean Festa of New London, Steve Hancock of Bozrah and Gianni



1992

1991 CONNECTICUT TAC INDIVIDUAL RESULTS

MASTERS

MEN

Tim Smith	<u>Mohegan Striders</u>	42
Tom Hitten	Milford TC	31
Dennis Tetreat	<u>Mohegan Striders</u>	30
Bill Marshall	<u>Mohegan Striders</u>	21
Grant Ritter	Kelleys Pace	18
Ed Cadman	Hartford TC	13
Dave Mills	<u>Mohegan Striders</u>	12
Raefael Torres	Libra AA	10
Mick Midkiff	Wolfpit RC	3

WOMEN

Barbara Mathewson	Athletes Foot	39
Jan Mckeown	Libra AA	26
Laura Bradshaw	Libra AA	18
Barbara Kream	Athletes Foot	17
Virginia Ershema	<u>Mohegan S</u>	16
Nancy Schuler	Libra AA	16
Janice Barabas	Libra AA	12
Rose Buckingham	<u>Mohegan S</u>	11

GRANDMASTERS(SENIORS)

Bob Sieller	Libra AA	39
John Dugdale	Wolfpit RC	27
Jerry LeVasseur	<u>Mohegan Striders</u>	26
Dick Ashley	Hartford TC	25
Pete Madden	Hartford TC	15
John Thomas	<u>Mohegan Striders</u>	12
Otto Schaefer	<u>Mohegan Striders</u>	12
Clem McGrath	<u>Mohegan Striders</u>	9
Jim Latourette	Mohegan Striders	9
Joe Riccio	Warren Street AC	8

Judy Savitt	Libra AA	29
Jane Podiak		25
Carolyn Sunderman		17
Marcia Hewitt	Prospect RC	10

VETERANS

Jay Sturdevant	Wolfpit RC	20*
Joe Madden		19
Bill Taylor		17
Woody Lunsford		16
Phil Mongillo		13
Ron Vichiola		13
Herman Bershtein		8
Gerald Bousquet		2

June Gravener Vyse 19

Based On Two Or More Races



PROFILE

OF A NEWSMAKER

1-6-92



Bulletin photo

Steven Hancock

■ **Occupation:** Steven Hancock is an industrial radiographer at Electric Boat in Groton. He is also president of Local 106, Office and Professional Employees International Union, one of 10 unions that compose the Metal Trades Council.

■ **In the news:** Mr. Hancock sang the National Anthem to open the launching of the attack submarine Springfield at EB Saturday.

■ **Background:** A native of New London, Mr. Hancock has worked for EB for 19 years. He served in the U.S. Marine Corps, including a tour of duty as a combat soldier in Vietnam from 1967 to '69. Mr. Hancock has sung the National Anthem at several road races and at EB's Desert Storm Rally in February.

■ **Quotable:** "I like to sing patriotic songs; I believe in spreading the National Anthem around. I've noticed not too many people sing it at public events, so I feel if I can get others to sing it will give people a good feeling about the National Anthem."

■ **Special:** Mr. Hancock not only got to sing the Star Spangled Banner at the launching, but he also had the chance to show his wife, Brenda, and their two children, 7-year-old Michelle and 9-year-old Stephen, what goes on under the submarine when it is launched.



# Jacob, Dossett stride away

By VICKIE FULKERSON  
Day Sports Writer

**Waterford** — Dennis Crowe of Waterford, the fourth overall finisher in Saturday's 5-mile race, knew he couldn't stay with winner Wayne Jacob for long.

"About three-quarters of a mile and that's it," said Crowe, the first masters finisher in 26 minutes, 23.56 seconds. "But I have fun trying. I knew the pace was a little fast for me, but you just go. His time after a mile was 4:40, mine was 4:45."

Jacob, of Mystic, won the 14th annual Strides for the Handicapped/Jack O'Keefe Memorial Road Race in 24:50, beating runner-up Don Sikorski across the finish line at Camp Harkness by more than a minute. Ed Zubritsky was third in 26:15.93.

"I was working hard, but in control," Jacob said. "Dennis went out quick and I was 99.9 percent sure he couldn't keep that pace. After that, nobody really pushed me."

Carla Dossett of Norwich was the women's winner in 29:48.27, edging out Kris-Anne Pardo and Lori Cote for her second straight Strides win. Ellen Bellicchi was the women's masters winner in 40:03.06.

Brown also went out too fast, but she did it for a reason.

"This was my day to break 30 minutes," Dossett said. "It was a perfect day. I love this course. But my adrenaline shot me out way too fast. I'm finally getting back in shape, though. Last year I was racing real competitively."



Gordon Alexander/The Day

■ *Carla Dossett was an easy winner of the women's race*

Marathon next November, something he has run several times over the past 10 years. The New York Marathon includes a special race-walking category.

"I'm glad you asked," said Light, whose time of 48:00 is still about 16 minutes off a national caliber pace. "I don't want my friends to see my time and wonder why I ran so slow. Racewalking is actually the toughest category around."

## And more

Way Hedding of Niantic ran the race in

usual costumed fashion, this year as a devil — complete with a mask, horns and pitchfork. He finished the race 45th in 31:47.23, although he admitted being a little sweaty inside the mask. Last year's costume was a full tux with top hat. . . . Jeff Kotecki won the men's division of the three-mile Fun Run, which preceded the five-miler, for the second straight year. His time was 15:48.07. Mary Olenik won the women's division of the Fun Run, also for the second straight year, in 20:14.66. There were 271 Fun Run finishers.

1991 CONNECTICUT TAC INDIVIDUAL GRAND PRIX RESULTS

OPEN

MEN			WOMEN		
Jeff Fengler	Yale Co-op	35	Kelly Pinckney	Mohegan Striders	52
John Tolbert	Hartford T.C.	35	Susan Faber	Athlete's Foot	50
Mark Groom	Top Gun R.C.	33	Ann Curi	Yale Co-op	29
Uri Romaniuk	Yale Co-op	26	Kris-Anne Pardo	Mohegan Striders	26
Dave Raunig	Kelley's Pace	25	Jan McKeown	Libra A.A.	23
Chris Hansen	Mohegan Striders	21	Holly Dixon	Wolfpit R.C.	17
Joe Swift	Mohegan Striders	19	Paula Brunetto	Athlete's Foot	17
Ed Zubritsky	Mohegan Striders	18	Diana Donovan	Mohegan Striders	16
Tom Harding	Unattached	18	Mary-Lynn Pastizzo	Athlete's Foot	16
Mark Hixson	Hartford T.C.	17	Susan Mantie	Athlete's Foot	15

1991 CT - TAC GRAND PRIX TEAM

Points scored as of 11 November 1991, FINAL



# MOHEGAN STRIDERS



MEN

Mohegan Striders	74
Kelley's Pace	52
Yale Co-op	41
Northeast Track & Trail	28
HTC	27
Runners of Bikila	20
Top Gun	20
WAC	17
Libra	9
Milford RR	4
WSAC	2

WOMEN

Mohegan Striders	68
Athlete's Foot	50
Yale Co-op	32
Runners of Bikila	18
WAC	15
Wolfpit RC	14
HTC	6
Top Gun	3

STRIDERS FOUR-PEAT IN TAC GRAND PRIX: With a twenty point lead and only the cross-country race (Nov. 10) remaining, the BEST RACING TEAM IN CONNECTICUT has done it again. By having strong runners with a strong team commitment to get to the races, the STRIDERS have much to be proud of. The women's team, the masters team, and the grand-masters are also on the verge of locking up titles also.

I congratulate you all on your personal gains and successes and I thank you for your commitment, enthusiasm, and dedication to the team effort. Your cooperation helped make it a n easy task for me to coordinate and communicate the race information. I'm looking forward to next year (and another title) already. What I would like to see for next year is more team comraderie and hanging out in the same area after the races. This will help make us a stronger team.

STRIDERS STRONG IN ELM CITY: The hometown Yale CO-OP was supposed to have a strong team loaded up for the hometown race. They were second to the BEST team on this Labor Day. Our top 5 finished 32,34,39,41,and 48 with a gap of only 2:55. Tough to beat over 20 K. Joe Swift led the way in32nd at 66:10, Jon Bell was 34 at 66:50, Sean Delaney 39 at 67:23, Ed Zubritsky 41 in 67:39, The Prez was 48 in 69:05. Yes, our front four had a gap of only 1:29. Craig Eisman was 6th finisher for us in 62nd at 70:02. Next was Mark Millitello 67 at 70:43, Al Lyman 76 at 71:32, Kevin Pigeon 79 at 71:48, Mike Whittlesey 81 at 72:03, Walt Smolenski 85 at 72:13, Steve Virgadula 91 at 72:43 and Mike Smith 118 at 74:40. Depth. Depth. Depth. It always wins.

GUILFORD LOCKS UP TITLE FOR THE STRIDERS: We always win when we have a Swift showing us the way to the finish line. It doesn't matter which one. We always win. At Guilford it was Pat who led the STRIDERS out on a 10 mile jaunt. Pat moved from 4th to third in the last 400 and finished in 53:25. Chris Hansen was 8th in 54:39, Ed Zubritsky 9th in 54:52 and he stuck around after this race, and Sean Delaney 13th in 55:24 and Sal Ulto was our 5th in 56:09. We had an 8:28 advantage (that's 1:41 per man) over the second place green team. Tim Smith was 15 at 56:37, Dennis Tetreault 18 in 57:45, Jeff Green26 in 59:07, Steve Virgadula 30 in 59:46, Bill Marshall 32 in 60:10, Dave mills 36 in 60:50, Mike Smith 47 in 62:10, Steve Hancock 50 in 62:28 and Tom Lee 60 in 63:33. Depth. Depth. Depth. It always wins. STRIDER PRIDE

NOTES: Cross-country Championship is Nov. 10. We'll have some of our depth there. I'll get entry info to you as sooooooon as I get it...Providence 5K on Sun. Oct 20. STRIDER bus will leave Norwich Sheraton Commuter Parking lot at 8:00 A.M. and will return at 8:00 P.M. Cost will be 15.00 for the bus. Contact Don Sikorski at 886-4959 for details...STRIDER BANQUET-From what I remember, it was one of the best events of the year last year. Recognition, awards, stories, sing-a-longs and TAC money earnings are presented here. It's a good event. Thames Yacht Club, 396 Pequot Ave. New London. 6:45-meeting, 8:00 Banquet. Beer and food provided. Tickets-10.00 in advance from thePrez or 12.00 at the door....

# 1992 BOSTON MARATHON

## Lyman does his best

Albert Lyman's former personal best for a marathon was a 2:56:00. Monday, the 32-year-old resident of Montville's Uncasville section ran 2:39:37 to finish 214th overall and third among Connecticut runners.

He was surprised, mainly because 2½ months ago his wife had a baby and he hadn't been training regularly.

"I was just a little more organized training this time," he said. "You try to get the most out of the least."

He ran only about 50 miles a week, which hurt him at the end of the race. But he still passed some familiar people — Kevin Pigeon of New Britain (319th, 2:44:56) and Bob Stack of New London (336th, 2:45:34).

Lyman never claimed to be a runner in high school. Instead, he concentrated on music, and now is a percussionist in the Coast Guard Academy band.

## Norwich Sports Hall of Fame awards night banquet



Conan D. Owen/Norwich Bulletin

Eight new members were inducted into the Norwich Sports Hall of Fame last night at its annual banquet at the Sheraton Norwich. Sitting, from left, are: Edward Butkiewicz; Walter Navick; and Mrs. Carrie Peay, who accepted the award for her late husband George Peay. Standing, from left, are: Clement McGrath; William Wendt; Gerard Rousseau; Leon Plante, who accepted for his late brother Russell Plate; and Harold "Snooks" Lacey.

## State finishers

## 1992 BOSTON MARATHON

Including overall finish, time, and hometown:

**E:** Elizabeth Abbott, 4375, 3:36:19, Fairfield; Adams, 356, 2:46:29, Bolton; Chip Apfel, 1276, 3:04:29, Wethersfield; Alan Arel, 3079, 3:23:10, Danbury.

**F:** Katherine Barry, 2423, 3:16:58, Ridgefield; Martha Beennison, 3345, 3:25:51, Madison; Laurie Bartnicki, 4595, 3:36:54, Danbury; **Jon Bell**, 341, 2:45:48, Cheshire; Spyros Barton, 314, 2:59:01, Mystic; David Buddington, 3, 3:16:11, Glastonbury; Harvey Black, 0, 3:16:46, Darien; Roderick Brush, 2505, 3:37, Stamford; Dean Bolt, 2678, 3:19:12, Hartford; Michael Berman, 2980, 3:56, Stamford; Jeery Benson, 3186, 12, New Milford.

**C:** Pamela Connelly, 3:20:06, South Windsor; Barbara Carpenter, 4305, 3:34:14, West Hartford; Yarence Crean, 709, 2:55:06, West Hartford; Phillip Crosby, 1192, 3:03:18, Meriden; Eugene Charon, 1680, 3:09:18, South Windsor; Chuck Cornell, 1699, 3:09:30, Simsbury; Wayne Churyk, 2175, 3:14:24, New Preston; William Comeau, 2232, 3:14:57, Mystic; James Carper, 2560, 3:18:06, Norwich; David Coperthwait, 2569, 3:18:10, Danielson; Marc Cotnoir, 2992, 3:22:09, Brooklyn; Frank Cackowski, 3083, 3:23:15, New Milford; Jack Coutts, 3183, 3:24:12, Milford; Larry Colee, 3311, 3:25:24, Wallingford; Albert Carbaugh, 3372, 3:26:05, Glastonbury.

**D:** Ann Dohmann, 3191, 3:24:13, Groton; Steven Dauch, 1335, 3:05:19, Manchester; Kenneth Dolan, 3051, 3:22:50, Stamford.

**E:** Jill Edgerston, 2696, 3:19:15, Stonington; Ronald Evans, 897, 2:58:45, New Haveeen; Richard Ely, 1462, 3:07:04, Stonington; Alan Eckbreth, 1836, 3:10:57, Glastonbury.

**F:** Julie Foster, 577, 2:52:37, Bethel; Christopher Fleming, 460, 2:49:09, Vernon; Charles Foley, 606, 2:53:15, New Haven; Stephen Flynn, 3:04:10, Groton; Ray Fair, 2025, 3:13:24, New Haven; Robin Fryer, 2269, 3:15:22, New Canaan; Michael Fulks, 3362, 3:26:00, Somers; Ronald Falco, 3409, 3:26:27, Stratford.

**G:** Trish Gerhart, 3224, 3:24:31, West Hartford; Meredith Gordon, 4126, 3:32:37, Farmington; Kevin Gallerani, 502, 2:50:28, Uncasville; Michael R. Groff, 835, 2:57:47, Tolland; Edward Gorecki, 942, 2:59:21, Farmington; Alan Graham, 1465, 3:07:05, Hamden; Robert Graham, 2082, 3:13:35, Ledyard; Mike Giuliah, 2140, 3:14:05, Torrington; Peter Gursky, 2259, 3:15:14, Easton; Brett Galvin, 2325, 3:15:57, Waterbury; Steve Fagin, 2874, 3:20:52, Ledyard; Douglas Glowacki, 2942, 3:21:37, Avon; Bruce Gouliart, 3270, 3:24:56, Newton.

**H:** Kristine Holroyd, 3813, 3:29:44, Wallingford; Stephen Hancock, 778, 2:56:44, Bozrah; David Hogrefe, 1489, 3:07:22, Wolcott; David Harvey, 1497, 3:07:22, Bridgewater; Scott Hayes, 2133, 3:14:02, Meriden; George Hayden, 3467, 3:26:59, Newe Fairfield.

**I:** Eric Isbister, 2745, 3:19:37, Pawcatuck.

**J:** Wallie Jahn, 1788, 3:10:23, New Milford.

**K:** Michelle Keegan, 3499, 3:27:14, Preston; George Kominos, 446, 2:48:43, Southington; Edward Kostak, 557, 2:52:05, New Hartford; Jeff Koteci, 679, 2:54:45, New London; Rick Konon, 1146, 3:02:34, Colchester; Michael Kennedy, 1392, 3:06:07, Wethersfield; Edward Kefor, 3552, 3:27:42, Windsor.

**L:** Albert Lyman, 214, 2:39:37, Uncasville; Harry Lepp, 292, 2:43:49, Danielson; John Lafrenier, 2:53:31, Bristol; John Ladd, 1369, 3:05:48, New Britain; Thomas Lyndon, 1944, 3:12:14, New Haven; Jeff Lancaster, 2025, 3:13:10, Coventry.

**M:** Jose Martinez, 196, 2:38:51, New Milford; Geoffrey Marchant, 295, 2:43:59, Lakeville; Paul Morrissey, 807, 2:57:26, Branford; Christopher Melo, 823, 2:57:37, Suffield; David Mills, 1026, 3:00:04, Ledyard; James Martha, 1456, 3:07:01, Cheshire; Jsha, Murphy, 1549, 3:08:06, Cromwell; Mick Midkiff, 1755, 3:10:05, Riverside; Thomas Mcguire, 1893, 3:11:35, Hamden; Jeffrey Morin, 2114, 3:13:49, New London; Kevin Mazzu 2447, 3:17:09, Avon; Doulass Mulcany, 3413, 3:26:29, Oakville.

**N:** Algis Nakas, 2885, 3:21:01, Weston; Gerald, Nahley, 2926, 3:21:24, Gaylordsville; Julian Nichols, 3101, 3:23:28, Winsted.

**O:** Kurt Ogren, 2:58:11, Hamden; Ed O'Connell, 2125, 3:13:57, Hamden; Kazumasa Oda 2950, 3:21:43, Darien.

**P:** Kevin Pigeon, 319, 2:44:56, New Britain; Joseph Puopillo, 795, 2:56:58, Shelton; Robert Pawloski, 3132, 3:23:44, Farmington; Keith Panzer, 3290, 3:25:10, Stamford.

**R:** Laura Roman, 1059, 3:00:59, East Haven; Susan Rosenberg, 4238, 3:33:43, Shelton; Kevin Ruane, 328, 2:45:12, Prospect; Kenneth Royal, 615, 2:53:27, New Milford; Andrew Rarus, 621, 2:53:36, Suffield; Richard Robinson, 1205, 3:03:28, Bridgeport; John Remy 2517, 3:17:46, Meriden; Donald Roy, 2733 3:19:32, Lisbon; Edward Root, 2980, 3:22:01 Old Saybrook; Aldo Reti, 3243, 3:24:40, Milford.

**S:** Emmy Stocker, 2727, 3:19:29, Greenwich; Judy Savitt, 4011, 3:31:38, Woodbridge; Zbigniew Siemaszkow, 48, 2:24:12, New Haven; Robert Stack, 336, 2:45:34, New London; Dan Schiesel, 656, 2:54:17, South Kent; Stephen Scier, 816, 2:57:30, Greenwich; Jay Sturdevant, 1013, 2:59:55, Ridgefield; Gary Scranton, 1438, 3:06:45, South Windsor; Ed Sandifer, 1623, 3:08:40, Newton; Jack Sirothnik, 1627, 3:08:42, Milford; Larry Spires, 1709, 3:09:34, Unionville; Michael Smith, 1821, 3:10:45, Norwich; Morgan Shipway, 2422, 3:17:07, Avon; Brad Seaward, 2548, 3:18:00, Pomfret; William Schaeffer, 2702, 3:19:18, Guilford; Geoffrey Scott, 3456, 3:26:50, Darien; Chuck Sekinger, 3472, 3:27:02, Salem.

**T:** James Tebo, 668, 2:54:31, Southington; Paul Toth, 1108, 3:01:52, New London; William Terry, 2245, 3:15:04, Simsbury; William Tribou, 3292, 3:25:11, Canton.

**V:** Robetr Vogt, 3150, 3:23:55, Southport.

**W:** Inga-Lill Wik, 3851, 3:30:13, West Redding; Brian Wake, 355, 2:46:29, Portland; Mark Wilkman 449m 2:48:46; Charles Whynach, 1141, 3:02:; John Wertsching, 1221, 3:; James Wardwell, 1746, 3:; James Wood, 1779, 3:10:18, Wirt, 2794, 3:20:08, Uncasville.

**Z:** Susan Zuckerman, 3758, 3:29:22, Fairfield

## CONGRATULATIONS

To the following 1991 Norwich Sports Hall of Fame Inductees... William Wendt, Gerard Reusseau, Walter Mavick, Clement McGrath, Harold Snooks Lacey, Edward Butkiewicz, George Peay, Russell Plante Sports persons of the Year for 1991 are Ellen Mahoney and Sherry Way 4th Awards Night Banquet on Sunday, May 17, 1992 at the Sheraton Norwich. Social Hour 6:00 pm 7:00 pm Donation \$15.00 for information call 889-8132

**CLEM McGRATH:** McGrath was an outstanding cross country and track athlete at NFA. He was undefeated in the mile in 1957, winning the state title in a record time. He was also the first NFA runner to win a CIAC cross country title (13:32 in 1956). He set a freshman record in cross country at UConn in 1957.

After a 14-year break, McGrath resumed competitive running in 1972 and has gained honors in the masters and grand masters divisions, competing for the Mohegan Striders.

## RUNNING 5/3/92

**Golden Bells 5-miler**  
At Hamden  
250 finishers  
Overall winner: John Bysiewicz 26:27  
Men's masters winner: Albin Swenson 26:59  
Men's masters team championship: 1. Mohegan Striders (Tim Smith, Dave Mills, John Ficarra) 86:11; 2. Kelley's Pace 88:15; 3. Yale Co-op 89:39  
Mohegan masters finishers: 2. Smith 27:03 (4th overall); 8. Mills 29:30 (18th); 10. Ficarra 29:38 (20th); 12. Bill Marshall 30:14 (22nd); 15. Don Roy 30:40 (29th); Tom Lee 30:48 (30th)  
Men's grand masters team championship: 1. Hartford Track Club 92:39; 2. Mohegan Striders (Hal Bennett 30:21; Jerry LeVasseur 31:41; Otto Schaefer 31:51) 93:53; 3. Wolfpit Running Club 97:02.

**Striders champs:** The Mohegan Striders took the men's masters team championship yesterday in the Golden Bells 5-mile Masters TAC Championship in Hamden. Tim Smith led the Striders with a second-place finish in 27:03. The team of Smith, Dave Mills (29:30) and John Ficarra (29:38) combined for an overall time of 86:11. The race's overall winner was John Bysiewicz in 26:27. Albin Swenson was the masters winner in 26:59.

## Grant wins Springtime race

Margaret Koontz, 35, of Manhattan — running her first Springtime Festival race — captured the women's title in 17:59, six seconds ahead of Carla Dossett of Norwich.

Race director Glenn Stacy, who, with his wife, Marge, supervised their final race, said two age group records were set. Koontz set a new standard for the women's age 35-39 group and Judith McGrath set a new mark for the women's over 50 in 23:12.

# Kay, Zubritsky win in Westerly

Westerly — Donna Kay of Stonington and Norwich's Ed Zubritsky were the respective women's and men's winners Sunday at the Westerly Track and Athletic Club/Westerly Recreation Board Clamdigger 5K Road Race.

Zubritsky, who won in 26 minutes, 12 seconds, edged Chris Hansen, a finisher in 26:27. Kay won in 30:14, just ahead of Madalina Boudreau, who finished in 31:16.

## POTPOURRI

Zubritsky and Kay were the men's and women's open division winners as well.

Division results were: Men's Open — 1. Ed Zubritsky, 26:12; 2. Chris Hansen, 26:27; 3. Eric Ness, 28:12; Men's Submaster — 1. Don McFarlin, 28:30; 2. Frank Balantic, 28:46; 3. Jeff Kiplinger, 29:27. Men's Master — 1. Kark Sylvia, 28:34; 2. Gianni Ficcarra, 29:02; 3. Peter Silva, 29:29; Men's Grandmaster — 1. Jerry Levasseur, 31:06; 2. Fred Zuleger, 32:20; 3. Clem McGrath, 33:30; Men's Senior — 1. Art Mcevilly, 39:30; 2. Fred Ward, 39:55; 3. Chuck Carey, 40:13; Women's Open — 1. Donna Kay, 30:04; 2. Lynn Hansen, 33:29; 3. Cynthia Heinze, 36:27.

Women's Submaster — 1. Madalina Boudreau, 31:16; 2. Kate Paddon, 33:18; 3. Joanne DeMico, 34:11; Women's Master — 1. Michaelaean Haesler, 39:20; 2. Lesize Jacobs, 40:41; 3. Marcie Madsen, 40:43; Women's Grandmaster — 1. Mary Macauley, 38:13; 2. Judy McGrath, 33:26; 3. Agnes Hall, 44:43; Racewalk — 1. Joe Light, 41:15; 2. Lou Free, 47:59; 3. Bill Banks, 52:52.



Gordon Alexander/The Day

And the winners are ... — Ed Zubritsky of Norwich crosses the finish line first in the Clamdigger Road race. Donna Kay of Stonington is the women's winner.



John Shishmanian/Norwich Bulletin

Couple honored — Marge and Glen Stacy of Danielson are this year's Springtime Festival Outstanding Citizens.

## It's last hurrah for road race couple

By SUSAN HAIGH  
Norwich Bulletin

KILLINGLY — Glen and Marge Stacey have decided to pass the baton, after two decades on the job.

The Danielson couple will head their last Springtime Festival Road Race today — an event the Staceys started from the ground up.

The couple has also been honored as the Springtime Festival's Outstanding Citizens. A brunch honoring the Staceys will be held tomorrow at noon in the Killingly Intermediate School cafeteria.

"It's just time," Mr. Stacey said recently, sitting with his wife in their newly built solarium. "It's kind of just time for someone else to take over."

Although relieved they will soon be discharged from the massive job of organizing the 5 kilometer race — a task which includes everything from ordering T-shirts to collecting sponsors — it is obvious the road race is a labor of love for the pair.

"We wouldn't do it if it wasn't fun," Mrs. Stacey said.

For Mr. Stacey, the race is an opportunity for him to share something he enjoys with the entire community. In fact, it could be said the 68-year-old avid runner not only brought the race to town, but also the sport of

running.

While working in the engineering department at Rogers Corporation about 25 years ago, Mr. Stacey took up road running as a way to lose weight.

A co-worker had suggested he try the Canadian Air Force basic exercise program which included periods of running in place.

But he eventually became bored with that and decided to branch out.

"I ran around in circles in my back yard for about three months," Mr. Stacey chuckled. "It did take a lot of courage to run in the street."

At that time it was quite unusual to see someone jogging down the street, compared to today.

"When I first started running around the neighborhood, people were looking at me strangely," he said. "They would be out on their lawns and sort of turn their backs, thinking 'there's that crazy guy again.'"

His first competitive race was during the 1970 Brooklyn Fair. After that, he was hooked.

So was his wife — but more as a spectator.

"The first race he ran, I followed him in the station wagon," Mrs. Stacey said. "I was afraid he would drop in his tracks."

Although she has attended most of her husband's races,

including four Boston Marathons, Mrs. Stacey said she didn't catch the running bug.

"I tried a few times but never competed in a race. I found it difficult to find enough time," she said. "You've got to be dedicated. I would say to anybody it's a fantastic thing. All I have to do is see what it has done for him."

When the festival road race came to life, there was no question Mrs. Stacey would help out. In fact, the homemaker works almost full-time organizing the race, compiling the list of runners and keeping track of times, among other duties.

The couple start the process in January by listing the race in national running magazines. After soliciting sponsors, ordering T-shirts and sending registration forms to past runners, the Staceys have to organize about 100 volunteers for the race day.

When the Staceys first started the race 20 years ago, there were about 75 runners. This year they have received 450 entries.

Mrs. Stacey takes pride in the fact many runners rave about the annual Danielson race.

"That's the difference between a race and road race designed by a runner," she said. "It's a good physical setting. I think the family can come to Danielson and have a fun day. Everybody gets a good feeling out of it."

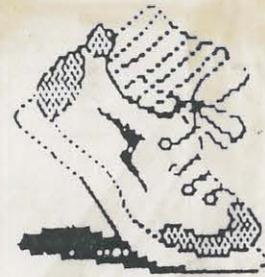
# Striders take Masters title in Durham race

Bulletin Staff Reports

DURHAM — Tim Smith of Norwich led the Mohegan Striders to the team masters division title yesterday at the Washington Trail 10K road race.

Smith was the top masters finisher (20th overall) with a time of 33:58. Peter Pazik was the overall winner in 31:43.

The Striders also won team titles in men's open and grandmasters.



## Washington Trail

At Durham  
10 kilometers

Overall

1. Peter Pazik 31:43, 2. Greg Bonauto 31:52, 3. Mike Whittlesey 32:21, 4. Jeff Fehgler 32:27, 5. Robert Davenport 32:29, 6. Ed Zubritsky 32:32, 7. Mark Groom 32:34, 8. Kevin Pigeon 32:41, 9. Bob McCauley 32:47, 10. Pat Swift 32:58, 11. Tom Wimler 33:07, 12. Joe Swift 33:19, 13. Jeff Kotecki 33:21, 14. Sean Delaney 33:25, 15. Joe Stanley 33:29, 16. Don Sikorski 33:36, 17. Chris Hansen 33:37, 18. Steve Powers 33:37, 19. George Kompos 33:58, 20. Tim Smith 33:58.

Women

1. Mary DeGeorge 38:26, 2. Kerry Arsenault 38:39, 3. Laura Roman 39:35, 4. Laurie Bartnicki 40:27, 5. Cathy Parbst 40:29, 6. Kris-Anne Pardo 40:43, 7. Sue Wehl 41:12, 8. Gail Case 41:34, 9. Kris Overstrum 41:57, 10. Kim Stopper 42:15.

Team competition

Men's Open

1. Mohegan Striders 2:43:28, 2. Team Xavier 2:45:58, 3. Yale Co-Op 3:13.

Women's Open

1. Athlete's Foot 1:58:43, 2. Mohegan Striders 2:03:35, 3. Yale Co-Op 2:10:40.

Men's Masters

1. Mohegan Striders 106:43, 2. Yale Co-Op 109:03, 3. Wall Pit RC 112:56.

Striders results

Tim Smith (1st masters, 20th overall) 33:58, John Ficerra (8, 50) 36:14, David Mills (10, 56) 36:31, Don Roy (26, 116) 39:09, Randy Baah (37, 160) 40:57, Bob Knowles (55, 226) 43:33, Ed Root (56, 229) 43:37.

Men's Grandmasters

1. Mohegan Striders 114:51, 2. Hartford Track Club 115:22.

Striders results

Hal Bennett (2 grandmasters) 37:36, Jerry LeVasseur (4) 38:25, Otto Schaefer (6) 38:50.

STRIDERS OPEN 1992 SEASON WITH A BIG "W" : When the STRIDERS arrived at Durham, the worst-kept secret of the winter was confirmed. There was a newly formed Xavier Racing Team which consisted of some former STRIDERS. This will make team racing in Connecticut more interesting and more competitive. I think it will also make the STRIDERS dig in a little more in our pursuit of the team title the STRIDERS have won for the last 3 years.

WASHINGTON TRAILS REVIEW: The STRIDERS showed up in full force this year and pulled off a 2:30 victory (30 seconds per man) over Team X, 2:43:28 to 2:45:58. Yale Coop was third in 3:13:00. The green team did not place. We had 1:04 gap for our top 5 and 1:16 for our top seven. Depth does it everytime. The STRIDERS were led by Mike Whittlesey in (3) at 32:21, Bob Davenport (5) 32:29, Ed Zubritsky (6) 32:32, Kevin Pigeon (8) 32:41, and Sean Delaney (14) 33:25. Our second 5 also beat yale. The y were The Prez (16) 33:36, Chris Hansen (17) 33:37, Walt Smolenski (31) 34:53, Mike Fusaro (34) 35:06, Jeff Green (35) 35:29, Jim Martinson (57) 36:39, Keith Pigeon (60) 36:45 and Mike Smith (67) 37:03. Godd job by all.

THE BIG WEEKEND: June 27, Prospect 5 miles, June 28 Fairfield Half-marathon. TAC team scoring is 10 for first, 9 for second, etc. I would like to come out of this weekend with more points than the other teams, but you know I would accept 20 big ones. I would

## Torch run

JUNE 10, 1992



Jeff Evans/Norwich Bulletin

'Flame of Hope' — Surrounded by police and other volunteers, Trooper William Bowyer of Troop E in Montville carries the Special Olympics torch north from Lyme toward Foxwoods casino in Ledyard, where the contingent met another from Putnam. Statewide, nearly 3,000 people will participate in the run before the torch reaches New Haven, site of a Special Olympics.

# Papuga starts quick, wins Sub Base Race

## Dossett takes women's title

By JOHN C. TURNER  
Norwich Bulletin

GROTON — Matt Papuga made a fast getaway and never looked back yesterday in the 5.2-mile Sub Base Memorial Day Road Race.

In cruise control from the start, the 16-year-old from Griswold won the race in 29:19.5, 16.9 seconds faster than Lee Pic.

Carla Dossett of Norwich was the first woman to finish, finishing 14th in 32:56.4.

"I wanted to get out fast and maintain the lead," said Papuga, a sophomore who ran cross country for Griswold last fall.

Papuga got off slow in the 4.7-mile Manchester Road Race last fall and never recovered. Although yesterday's field of 168 wasn't particularly strong, Papuga didn't want to play the waiting game.

"At Manchester the start was really brutal," he said. "I had to wait two minutes to make a move."

Papuga plays shortstop for the Griswold baseball team, but likes running better. Last fall, he finished second in the QVC meet and Class S meet. Tony Martin of Lyman Memorial won both races but he graduates next month.

"I'm going to train harder this summer," said Papuga, 24th in the State Open last fall. "Last year I

really didn't train."

Dossett used the race as a training run to prepare for the Rose Arts Festival Road Race on June 21.

Although much of her time is devoted to two jobs — she's a teacher at Sterling Memorial School and a bartender on the weekends — Dossett has logged many miles this spring.

"I'm trying to get geared up," she said. "It's tough to work two jobs and get ready but this is important too, so you get it in."

Dossett plans on running in one or two more road races and to up her training before Rose Arts.

"I'm in good shape," she said. "I hope to run well at Rose Arts."

Mike Kavelski, who recently finished his freshman year at Central Connecticut State, won the early-morning two-mile race in 10:51.0.

Kavelski, of Bristol, competed for the first time in two weeks.

"My breathing was off," he said. "I hadn't done speed work in a while. This was a fun race. It feels good to get recognized."

Yesterday's 13th annual event failed to draw much top-notch talent partly because it conflicted with the 10K Washington Trail TAC team championship in Durham.

Others feel the race has lost its party atmosphere.

"They used to have bands playing and it was such a good time," Dossett said. "Everyone enjoyed that. It's lost some of that feel."

# Delaney wins Reliance race

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Sean Delaney developed a talent for running downhill when he was on the cross country team at Hamilton College in central New York.

Yesterday he put that talent to use, winning the 3.1-mile Run for Reliance House road race in 15:56 — seven seconds faster than Jeff Kotecki.

Two miles into the race, while descending Reynolds Road, Delaney broke away from Mohegan Striders teammate Don Sikorski and rolled to the victory. Tim Smith was third (16:09), followed by Sikorski (16:26) and Mike Fusaro (16:45).

Carla Dossett was the first woman to finish, placing 24th with a time of 18:26.

"I figured I knew all these guys and we have pretty similar ability," Delaney said. "I figured I'd stay with them at the top of the hill. I was catching my wind coming back down the hill and building up to take off."

Delaney said he used to "bomb on the hills" but got better at Hamilton under coach Gene Long, who made his team run down hills at a golf course near the college. Delaney graduated in 1981.

Delaney, Kotecki, Smith and Sikorski ran in a pack until they got to the top of Reynolds Road. Sikorski edged ahead, but knew his lead wasn't safe with Delaney nearby.

"Because we're teammates I knew if he was close at the top of the hill he was going to win on the downhill," Sikorski said.

Said Smith: "He ran at Durham (in the Washington Trail 10K TAC championship race) on Memorial Day and I noticed he really runs a level



John Shishmanian/Norwich Bulletin

Sean Delaney found the Run for Reliance House course to his liking yesterday.

race. He doesn't go out real hard. As soon as I heard that strange breathing, I knew Sean was going to be in the race."

The next big race Delaney will run in is the Prospect five-miler, a Connecticut TAC Open championship, on June 27th. On the next day he plans on running in the Fairfield Half-Marathon, also a TAC championship race.

His commitment to those races will force him to miss the grueling Rose Arts Festival Road Race on June 21.

## RUNNING

### Run for Reliance House

At Norwich

3.1 miles

Top 25

1. Sean Delaney 15:56, 2. Jeff Kotecki 16:03, 3. Tim Smith 16:09, 4. Don Sikorski 16:26, 5. Mike Fusaro 16:45, 6. John Anthony 16:54, 7. Walt Smolenski 16:59, 8. Ed Grace 17:19, 9. Don Lewis 17:28, 10. Stephen Flynn 17:30, 11. Curtiss Thompson 17:39, 12. John Schultz 17:44, 13. Tom Lee 17:46, 14. Jim Tierney 17:50, 15. Leszek Wojciechowski 17:51, 16. Jim Carper 17:53, 17. Bobby Clark 17:57, 18. John LaMottina 17:58, 19. Mike Smith 18:00, 20. Jack Barnett 18:05, 21. Gui Ramos 18:06, 22. Brian Lundie 18:12, 23. Hal Bennett 18:13, 24. Carla Dossett 18:26, 25. Steve Hancock 18:27.



# Newest Mohegan Strider wins St. Catherine's race

By JOHN C. TURNER  
Norwich Bulletin

PRESTON — Tony Martin made his first race for the Mohegan Striders a memorable one.

An hour after joining the running club, Martin went out and won the 3.8-mile St. Catherine's Summer Festival Country Run in a course-record 19:17.8.

Chris Hanson was second in 19:26.8, followed by Tim Smith (20:53.4). Both are Striders.

"I see them all the time," Martin said of the Striders. "At every race I see tons of Striders, so I thought I'd join up."

Martin, who graduated from

Lyman Memorial last week and is headed to Southern Connecticut State in the fall, made a good first impression last night.

Hanson ran close to Martin until the three-mile mark, when Martin sprinted for the finish.

"He goes down hills better but he was getting tired," Martin said. "I worked the hills until I got him. With .8 (miles) left I started my kick. I wanted to see if he would follow."

Mary Lynn Pastizzo, who recently moved to Preston, was the first woman, finishing 17th in 22:38.7. Kris-Anne Pardo was the second woman in 23:43.8, good for 22nd.

## A NOTE OF THANKS TO:

EASTERN SAVINGS and LOAN  
MOHEGAN STRIDERS  
KELLEY'S PACE  
SNERRO  
CAMP INSURANCE AGENCY  
MATHIEU INSURANCE AGENCY  
BUCKLEY INSURANCE AGENCY  
MVP SPORTS PUB

As you may have guessed, the Rose Arts Road Race is affected by the Rose Arts Festival, which is dependent on the City of Norwich for the various services which we don't always notice; police, medical, sanitary, utilities, etc. With the current budget condition which is lean and uncertain at best, it has been impossible to proceed with Festival or Road Race plans.

The good news is that thanks to the patrons above, we have been able to buy numbers, insurance, applications and stamps to get this year's race started. Their support will allow us to have the 26th annual Rose Arts Road Race even if the Festival forced to postpone or scale down.

Runners, we owe these people a THANK YOU for caring enough about our race to lend their support.

Pete & Gianni  
Guido Brothers Escort Service  
Race Director - Rose Arts Road Race

## Rose Arts run is worthy of continued support

### Editor:

At the April 23 Mohegan Strider Running Club meeting, we were informed by Peter Volkman, co-chairman of the Rose Arts Festival Road Race, that there would be no race this year unless "in-kind" services were donated by the City of Norwich to cover the cost of police support. The City Council vote on providing these services will be taken May 4.

After 25 years and thousands of participants and enthusiasts taking part in the Rose Arts Race, this event should be funded by the council. Under the present climate of budget restrictions, it would be easy to dismiss further help to run

the race.

If we are to try to promote our city and draw tourism to this region, however, the Rose Arts Road Race has been one of the few positive drawing cards for athletes from all over New England. Rated as one of the top 25 road races in the USA by Runner's World Magazine, this race has drawn from 400 to 800 participants in the last 10 years, along with their families and supporters, making it a very special and exciting event.

In fact, the race has consistently been one of the most heavily supported and money-making events of the entire festival. With the gener-

ous support of Eastern Savings and Loan to underwrite the cost of T-shirts and provide much appreciated assistance, the race has been and should be a highly praised and enjoyable event for the runners and the town.

Although I recognize the logistics of this 10.4 mile race can be difficult to police and control traffic, the beauty and challenge of this event lie in its demanding route through city neighborhoods. Not unlike the New York marathon, each area is on display to runners and gives all a unique view of the greater Norwich area.

If we are to get behind our city and extoll its beauty, this is one event that bears supporting.

I urge the Norwich City Council and residents to support this event by providing the necessary services to sustain its success. Let's not let yet another positive, healthy and promotional event which benefits all city residents slip out of our grasp.

CARL R. MAILHOT  
Norwich

# The show will go on

## Race directors remain optimistic about future

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Two months ago, the future looked bleak for the Rose Arts Festival Road Race.

But as race directors John Ficarra and Peter Volkmar prepare for today's 26th annual event, they are already looking to next year.

### ROSE ARTS ROAD RACE

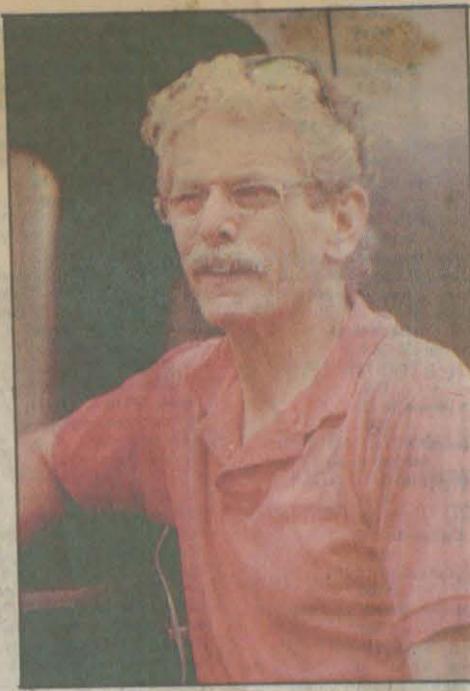
"The future looks bright," Volkmar said. "We're looking forward to starting on next

year's race. We're looking forward to planning on the 1993 race."

The 10.4-mile race begins today at 9 a.m. from Chelsea Parade. The first-place prize is \$250 each for the top male and female finisher.

While this year's race was set back by the long wait for city support — in-kind services for the festival weren't given the OK in the fiscal budget until early May — the 1993 event appears to be alive and well. Eastern Savings and Loan returns as sponsor and the Bulletin has offered support as well.

Although the directors expect the city to support the race again next year, they aren't counting on it. They have already scheduled the race for June 13 and hope the Rose Arts Festival can be pushed up, too.



John Shishmanian/Norwich Bulletin

Co-race director Peter Volkmar is already making plans for next year's Rose Arts event.

"I've already talked to John Mereen (president of the Rose Arts Festival Committee) and made it clear to him with what we are doing," Volkmar said. "In no way are we trying to steal any thunder from the festival or do anything in competition with the festival."

"He understands that we have to start early and know a date for the race. We are going to plan on doing the race entirely separate from the festival. That way, if the town comes through with in-kind services

## ROSE ARTS RUNNERS !!!

and were forced to make some changes but the 1992 Race is on!! support.

Don't forget those who voluntarily helped out this year:

Sponsor EASTERN SAVINGS and LOAN. We could not have this support! If they care for money like they care for the Rose Arts Road Race, they have good hands.

Thanks to the financial support. We owe them thanks as well.

AMERICAN

AMBULANCE

CLUB

of Norwich

help with expenses.

Those who sent their entry fee as a donation even though they are not runners who paid the race day entry fee even though they registered.

PEQUOT SPRINGS RUNNING CLUB paid for the Race insurance and KELLEY'S PACE for the applications.

Support of COCA COLA of New London and the continued support of

we have a new water company who will supply the very important

water stop water; Welcome PEQUOT SPRINGS of Glastonbury! These businesses provide their products as an extension of good will. Please remember them on your next trip to the store.

You may not know it but there are 25 volunteer firemen from the Taftville Station and the Yantic Station as well as 20 Norwich Police on the course helping with traffic control (Please run on the right side of all roads). Rita Frechette of Norwich Civil Preparedness provides coordination of the medical support team with help from Tom Leclair from AMERICAN AMBULANCE. The water stops are manned by Boy Scouts from TROOP 10 and TROOP 80, KELLEY'S PACE, The Norwich ELKS CLUB, The TROY LAUNDRY and the LUCIER FAMILY. They all deserve our thanks. Please feel free to let them know that we appreciate their help!

The mile splits are provided by a motley nameless crew, but we thank all them as well.

Race Directors thank you, the runners for 26 years of support of the Rose Arts

### GOOD LUCK ON RACE DAY

The Guido Brothers Escort Service  
Race Director - 26th Annual Rose Arts Road Race

## Show

From C1

and there is a festival, and if they have a tent, fine, then it all comes together perfectly. If they don't, there will still be a road race."

Assured of financial support now, the directors can plan on sending out applications and advertising for the race in February. If there is a surplus — something they never thought possible two months ago — the directors may increase the prize money, which was scaled down this year.

"If we have a surplus the first thing we do is look at improving the other things we are doing," Ficarra said. "What else can we do to make the race better? Advertise, more food. If there is still a big lump of money left, maybe we can add to the purse."

Adding to the purse could attract top-notch runners from throughout New England, but it could also scare top state runners from competing. Today's pre-race favorite, Bill Krohn, an international 5000-meter standout, may have that effect on the field today.

"In our prize structure, second prize is \$100," Volkmar said. "If the guy is not local, he is not going to drive three hours for a chance at

\$100. Getting the big-name runners is a double-edged sword."

What the directors want to emphasize is the community atmosphere pervading the event. Fifty to 60 people throughout the area have helped out with the volunteer effort, Volkmar said. Flying elite class runners in from all over the country is not something the directors foresee happening in the near future.

"You want to be careful that you don't lose the 400 or so people that run this every year," Volkmar said. "When you're talking big names, you're talking a big budget."

Instead, they are talking about organizing a picnic after the race on Chelsea Parade with recreational games like volleyball and horseshoes. They'd like the people who participate in the race to stay at the race site rather than go to private functions.

That becomes more of a possibility with the race moved from Father's Day to June 13. Moving the race up also avoids the conflict with the Fairfield half-marathon, usually held the last weekend of June. Several top runners said this week that they were avoiding the Rose Arts to prepare for Fairfield, a TAC championship race.

# Dossett restless as she searches for old form

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Carla Dossett usually doesn't sleep well the night before the Rose Arts Festival Road Race.

This year shouldn't be any different.

Once again, the Norwich runner is in the spotlight as the pre-race favorite for the 26th Rose Arts. The 10.4-mile race begins at 9 a.m. Sunday at Chelsea Parade. Center stage is a place Dossett

would rather not be, even though the notoriety is an ego boost.

"The thing about Rose Arts is there always is a lot of pressure and I don't like that," said Dossett, a six-time women's champion from 1983-88. "I like going out of state where people don't know me. I can't sleep the night before, you're wondering how you're going to feel and who is going to be out there."

After missing the 1990 race for personal reasons, including work commitments, Dossett came back last year. But Merrill showed up on race day (late entries were acceptable) and shattered the course record in 1:01.34, while Dossett finished second.

"I always wonder who is going to be there," Dossett said, "but you can't do anything about it. Whoever shows, shows. You try to run your best race."

Running her best race eluded her in 1989 and 1991. Last year she tried to stay close to Merrill early and wound up paying for the unwise strategy.

"I ran too fast at the beginning," Dossett said. "That's always going to hurt you on the middle miles. I was able to pull it back together, which salvaged my time (1:03.13)."

Dossett emphasized that she isn't in the race to win it. She is there to honor tradition, while trying to recapture her old form. Her personal best was 1:05.1 in 1986.

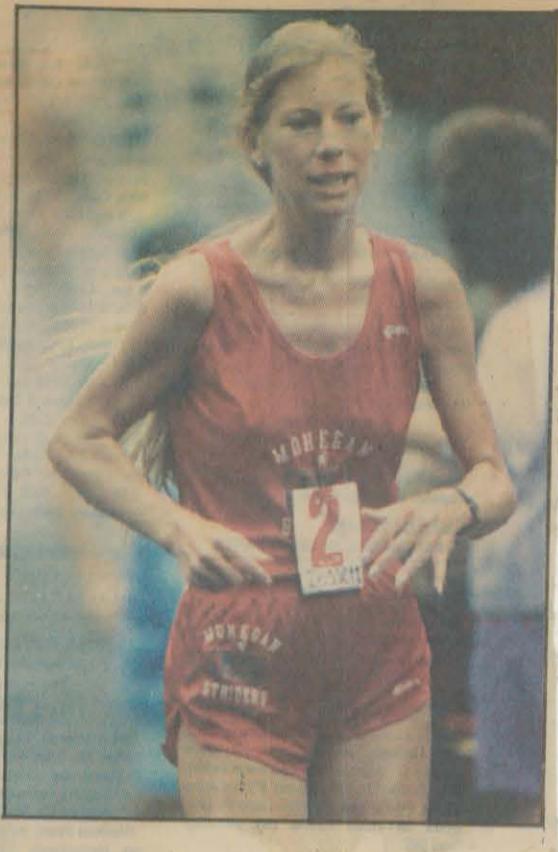
After taking most of 1990 off and gradually getting into the racing groove last year, Dossett feels she is regaining some of her edge.

"I'm still working to get to that peak level," she said. "After two years of very limited racing you need a year of solid racing to get back to that fitness level."

"I'm going for myself (Sunday). I'm shooting to get back to that level. My best is 65:01. I'd like to try and break 66."

But most of all, she wants to give her best on the course she always looks forward to running on. Like Tim Smith of Norwich, who has never missed a Rose Arts race, Dossett revels in the race tradition.

"I feel real excited about it," she said. "You get excited, just knowing that the people are behind me and knowing the people in the race. But it's always scary. You get nervous . . . You hope you can pull everything together on that day."



# Rose Arts title

1992

## Polish marathoner outlasts Krohn

By JOHN C. TURNER  
Norwich Bulletin

NORWICH — Foreign intrigue took center stage yesterday at the 26th Rose Arts Festival Road Race.

Tomasz Gnabel, a native of Poznan, Poland, made a triumphant debut here, winning the 10.4-mile race in 54:02. His performance upstaged the homecoming of Bill Krohn, second in 55:14.

John Bysewicz was third (56:01) with Spyros Barres (56:20), the 1990 Rose Arts champ, fourth.

Mary Lynn Pastizzo, who recently moved from West Hartford to Griswold, was the top woman in 1:07:09 — 1:18 faster than Carla Dossett of Norwich.

Krohn, a school teacher now residing in White Plains, N.Y., is a former Norwich Free Academy and Manhattan College runner whose forte is the 5000 meters. Although he was running the race competitively for the first time, he was the favorite.

Gnabel entered yesterday after a friend told him about the race, and then he stole the show. Gnabel, who has been training the past year in Alamosa, Colo., competed in the Mt. Washington 7.6-mile run in New Hampshire on Saturday and finished sixth.

Although he felt the grind up Mt. Washington slowed him yesterday, Gnabel was rewarded with the \$250 first-place prize.

"It was not fast," said Gnabel, who said his best accomplishment was a third-place finish in the San Diego Mara-

thon last December. "I didn't want to push myself after (Saturday). I didn't want to kill myself. That's 18 hard miles all in 24 hours and I had the five-hour drive from New Hampshire."

Gnabel made his presence felt early, running in a pack for the first mile with Krohn, Barres, Bysewicz and Kenneth Drufey.

During the second mile, Krohn and Gnabel began to pull away from the pack and ran side by side into the fifth mile, when Gnabel burst ahead as the two descended School Street for Merchants Avenue. By the six-mile mark, Gnabel's lead was 100 yards and the race was virtually over.

"I decided to make a move," Gnabel said. "It seemed like I did OK."

Krohn said the long grind was too much to overcome.

"I train 10 miles every day," he said. "I'm very comfortable on a training run but when you go out and race it, and hammer up and down hills, it's a different story. By

six miles it started taking its toll. I started not relaxing and he kept opening the gap."

Basically, the matchup was a mismatch. Although Krohn is outstanding over three miles — he won the Bislett Games 3000 meters in Oslo, Norway, in 1986 — he doesn't command the staying power of Gnabel, a true distance runner who finished seventh in the Pittsburgh Marathon in May.

"I'm more of a track runner," Krohn said. "This is a little over my head. I figured 55 minutes. I thought that's what I would run, whether I had competition or not. Maybe with a little training I could chop a couple minutes off, but this is something I do very rarely."

Krohn said he ran the race more for enjoyment and nostalgia, and as a prelude to Father's Day.

"This type of stuff is fun," he said. "This is not high-pressure stuff. For me, it's something I thought I'd never do again, but to come back and go through the motions is fun."

## Team title changes hands

1992

While Gnabel commanded most of the attention for his win, Kelley's Pace quietly captured the Men's Open team title over the Mohegan Striders.

Led by Spyros Barres' 56:20, Kelley's top five runners posted a combined 5:12:04. Bob Stack (1:00:57), Jim Butler (1:03:14), Don Tyszkiewicz (1:05:27) and Charlie Wustman (1:06:06) completed the top five.

The Striders had never lost to Kelley's at the Rose Arts.

"This is their own race," Barres said. "We had a good showing today."

Said Stack: "It's a fun rivalry. It's real nice to win here."

Both clubs were missing runners because of they are preparing for the Prospect 5-miler and Fairfield Half-Marathon next weekend. Both are TAC championships.

"Four years ago was the last time we had a full Open team," Mohegan Striders president Don Sikorski said. "With the race Saturday and Sunday, our Open team was divided up."

Ken Drufey led the Striders with a fifth-place time of 57:16.

Sikorski said the Striders don't emphasize winning when recruiting runners.

"We have 350 members and a lot don't run at all," he said. "We don't look just for frontrunners. We use (the family atmosphere) as a motivating tool to participate."

Stack said Kelley's Pace has had trouble recruiting young runners, although a win like yesterday's could help.

"It's hard to find people to commit to running," he said.

# Martin surges to win in Plainfield 5K

By ROGER LEDUC  
Special to the Bulletin

PLAINFIELD — Tony Martin says he's taking a laid-back approach to running this summer. Imagine how he'd do if he were going all-out.

The Lebanon resident, who recently graduated from Lyman Memorial High, won his second 5K race in eight days last night, taking the Plainfield Festival Road Race in 16:00. Martin also won last year's inaugural Plainfield event in 16:37.

Martin, the Class S champion in the 5000 meters, dueled 43-year-old Dennis Crowe of Waterford before taking command in the last half-mile.

Crowe, director of athletics at Williams School, finished four seconds behind Martin. Craig Eisman

of Colchester was third in 16:18 and Bill Wardyga of Pawtucket, R.I., fourth (16:38).

"I didn't feel comfortable taking control, probably because I haven't been running every day," Martin said. "So I just stayed on (Crowe's) shoulder, and then I did a surge to see if he'd go, and luckily he didn't."

Martin, who will run for Southern Connecticut State this fall, recently joined the Mohegan Striders and won the St. Catherine's 5K in Preston last week. But he doesn't plan to compete again until the New London Sailfest race next month.

"I'm just doing a couple of road races this summer to keep competitive," he said. "I don't want to lose touch, but I'm taking some time off. I'm looking forward to starting my college training sometime

around July 1."

Martin said he's had no trouble with a pulled calf muscle, first suffered during the 1600 at the QVC meet, which hobbled him at the State Open.

"This is the first time we met up," Crowe said. "He knew I was here, and I knew he had won last year, so it was a good mental battle. I think I ran a good tactical race, and he's still learning. When he works on his speed and his power runs, he's going to be a good college runner."

Eileen Riley of Westboro, Mass., won the women's crown, finishing 58th overall in 19:33.

The race, operated in conjunction with the St. John's Parish Community Festival, drew 160 runners, up from 98 last year, according to race chairman Tom Burek.



Jeff Evans/Norwich Bulletin

Former Lyman Memorial standout Tony Martin breaks the tape to win the Plainfield Festival 5K road race yesterday in 16:00. Story, D4.

## Plainfield Festival 5K

At Plainfield

Top 25 finishers

1. Tony Martin (Lebanon) 16:00; 2. Dennis Crowe (Waterford) 16:04; 3. Craig Eisman (Colchester) 16:18; 4. Bill Wardyga (Pawtucket, R.I.) 16:38; 5. Michael Giza (Colchester) 16:46; 6. Gregg Gustafson (Stonington) 17:03; 7. John Anthony (Canterbury) 17:11; 8. Eric Dziola (Lebanon) 17:29; 9. Jim Tierney (Manchester) 17:39; 10. Frank Balantic (Niantic) 17:39; 11. Mike Smith (Norwich) 17:51; 12. M.R. Sherriff (Waterford) 17:58; 13. Lance Cook (Danielson) 18:00; 14. Chip Carney (Plainfield) 18:01; 15. Martin Fey (Putnam) 18:06; 16. Brian Lundie (Ledyard) 18:07; 17. Ray Moran (Westerly, R.I.) 18:12; 18. Matthew Beck (Ledyard) 18:18; 19. Mark Spaight (Barrington, R.I.) 18:28; 20. Richard Gagan (Putnam) 18:30; 21. Doug Mack (Canterbury) 18:31; 22. Darrell Cook (Danielson) 18:43; 23. Webster Barrett (Greenville, R.I.) 18:46; 24. Art Hernandez (Grafton) 18:52; 25. Scott Davidson (Gales Ferry) 18:52.

Division winners

MEN

Junior: Joshua Welch (Brooklyn) 19:00. High school: Anthony 17:11. Open: Gustafson 17:03. Sub-master: Wardyga 16:38. Master: Sherriff 17:58. Veteran: Fred Zuleger (Coventry, R.I.) 19:25. Grandmaster: Herb Silander (Voluntown) 22:56. Team: Mohegan Striders (Martin, Eisman, Smith, Lundie, Tom Burek).

WOMEN

1. Ellen Riley (Westboro, Mass.) 19:33; 2. Amanda Blackburn (Willington) 20:56; 3. Joy Moran (Westerly, R.I.) 21:28.

Division winners

Junior: Courtney Balick (Danielson) 24:36. High school: Lauren Desrochers (Plainfield) 23:45. Open: Spring Cole (Danielson) 21:42. Sub-master: Laura Scott (Waterford) 21:54. Master: Michelle Hoessler (Canterbury) 23:21. Veteran: Ann Wright (Old Lyme) 32:06. Grandmaster: Pat Carpenter (Plainfield) 48:04. Team: Mohegan Striders (Moran, Tonya Burek, Geraldine Palonen).

CHALLENGE AWARDS

Military: Balantic 17:39. Police: Smith 17:51. Firefighters: George Brown (East Woodstock) 21:52. EMS/Medical: Tom Burek (Plainfield) 19:44. Plainfield resident: Carney 18:01.

6-28-92  
**Spence wins race:** Steve Spence, a member of the U.S. Olympic men's marathon team, won the Fairfield Half Marathon in a course record 1:04.15. Tomasz Gnabel, who won the Rose Arts Festival Road Race in Norwich June 21, was third in 1:07.38. Norwich's Tim Smith won the masters division in 1:13.29. Lisa Brady won the women's race in 1:18.05.

## Fairfield Half Marathon

6-28-92 At Fairfield

MEN

1. Steve Spence (Chambersburg, Pa.) 1:04.15 (course record); 2. Bob Kempainen (Minnetonka, Minn.) 1:05.58; 3. Tomasz Gnabel (Poznan, Poland) 1:07.38.

WOMEN

1. Lisa Brady (Brookline, Mass.) 1:18.05; 2. Julie Foster (Bethel); 3. Mary DeGeorge (Cheshire) 1:23.37.

MEN'S MASTERS

Team results

1. Yale Co-op 3:51.57; 2. Mohegan Striders 3:58.42. **HTC 4:00.30**

Individual results

Overall finish in parentheses  
1. Tim Smith (Mohegan Striders) 1:13.29 (16); 2. Grant Ritter 1:14.29 (Kelley's Pace) (19).

Other Mohegan Striders results

John Ficarra (1:21.26) (85); Dave Mills 1:23.47 (116); Tom Lee 1:25.27 (142); Eric Isbister 1:29.40 (233); Don Roy 1:30.03 (244); Lance Magnuson 1:31.46 (305); Ed Root 1:35.08 (408); Randy Boah 1:43.15 (711).



Jeff Evans/Norwich Bulletin

Rob Swerzewski won the Liz Harris-Cannonball Run in Preston yesterday, finishing the 1-mile race in 4:36. Results, D2.

## RUNNING

### Liz Harris-Cannonball Run

At Preston

1 Mile

1. Rob Swerzewski 4:36; 2. Brian Mullins 4:38; 3. Mike Giza 4:39; 4. Tim Smith 4:47; 5. John Anthony 4:49; 6. John Schultz 4:52; 7. Jason Thayer 4:56; 8. Hal Bennett 4:58; 9. Jim Carper 4:59; 10. Tom Lee 5:01; 11. Jesse Arnold 5:03; 12. Wayne Hansen 5:05; 13. Dennis Muench 5:06; 14. Shawn Bennett 5:12; 15. Art Hernandez 5:14; 16. Jim Cawley 5:14; 17. Mike Smith 5:15; 18. Kris-Anne Pardo 5:16; 19. Ray Moran 5:17; 20. Alan Muench 5:19; 21. Mike Swerzewski 5:20; 22. B. Lundie 5:20; 23. Rick Urban 5:25; 24. Tom Burek 5:26; 25. Rich Fowler 5:27.

Division winners

Men

Junior: Anthony; Open: Rob Swerzewski; Submasters: Mullins; Masters: Smith; Grandmasters: Hal Bennett.

Women

Junior: Rebecca Kostek; Open: Pardo; Submasters: Joy Moran; Masters: Ellie Lowell; Grandmaster: Arlene Liggitt.

## Prospect TAC 5-Mile

Championship

6/27/92

At Prospect

Men's results

1. Steve Swift 26:23; 2. Rodney LaFlamme 26:35; 3. Tom Wimler 26:46; 4. Chris Hansen 26:51; 5. Bob Davenport 26:52; 6. Jim Urhig 26:57; 7. Dan Macalpine 27:08; 8. Ed Zubritsky 27:19; 9. Ken Clark 27:24; 10. Chris Dickerson 27:25.

Women's results

1. Kerry Arsenault 31:15; 2. Holly Dixon 32:25; 3. Kris-Anne Pardo 33:02; 4. Sue Wiehl 33:40; 5. Cathy Cross 34:11; 6. Lynne Hansen 34:39; 7. Chris Overstrum 34:49; 8. Jan McKeowan 34:58; 9. Amy-Louise Pfeiffer 35:18; 10. Alisa Colopy 35:58.

## RUNNING

### NL Sailfest Road Race At New London 3.1 miles

#### Top 25

1. Sean Delaney 5:15; 2. Eric Woronick 15:20; 3. Ed Zubritsky 15:30; 4. Uri Romanick 15:46; 5. Jeff Kotlecki 15:49; 6. Dennis Crowe 15:54; 7. Tom Hiten 16:16; 8. Jim Murphy 16:24; 9. Bob Stack 16:32; 10. Eric Salerno 16:40; 11. George Jennings 16:42; 12. Craig Morrison 16:49; 13. Kevin Gallorani 16:51; 14. Charlie Wustman 16:54; 15. Don Lewis 16:59; 16. Al Lyman 17:01; 17. Jim Butler 17:04; 18. Stephen Flynn 17:08; 19. Gui Ramos 17:09; 20. Michael Giza 17:11; 21. Bill Marshall 17:14; 22. Don Roy 17:22; 23. John LaMattina 17:32; 24. Curtis Thompson 17:39; 25. Frank Balantic 17:40.

#### WOMEN

1. Mary-Lynn Pastizzo 17:44; 2. Carla Dossett 17:52; 3. Kelly Pinckney 18:16.

# Delaney defends Sailfest title

By JOHN C. TURNER  
Norwich Bulletin

NEW LONDON — It's been over 10 years since Sean Delaney ran for Hamilton College in upstate New York.

But the 34-year-old from Old Saybrook turned back time yesterday as he won the 3.1-mile New London Sailfest Road Race for the second straight year with a sparkling effort in hot and humid conditions.

Exhibiting a strong kick, Delaney finished in 15:15 — nine seconds faster than his first-place time last year and five seconds faster than second-place finisher Eric Woronick of Ivoryton.

Ed Zubritsky of Norwich was third in 15:30.

Mary-Lynn Pastizzo of Griswold was the first woman to finish, posting a time of 17:44 — eight seconds faster than Carla Dossett of Norwich.

As the years have passed, Delaney has focused on strong efforts, not winning.

"It was more important to run well," he said of his pre-race mindset. "If somebody shows up and runs 14:30, I'm not going to compete with them. Today was about the fastest I've ever run on the roads for 5K. I'm 34 now, so it's tougher. I had an injury a couple years ago and I'm coming back from that."

Delaney was pushed to the limit by young-gun Woronick, who runs for George Washington University.

Woronick, who won a four-miler in Chester July 4 with a course-record 20:03, was cruising in first for about 1½ miles, but he was forced to slow down momentarily after nearly taking a wrong turn.

Woronick said he was confused when the motorcyclist leading the way for the runners didn't make it clear which way to go.

"He was beeping or whatever for the cars to stop and I looked at both sides of him and said, 'Where do I go?'" Woronick said. "I had to slow down my pace. I'd rather have him 20 yards in front of me."

Delaney, who had a similar problem last year, empathized with Woronick.

"Last year I was coming up the hill (later in the race) and (the motorcyclist) points this way and I

thought he said to go right. Actually, he was telling a car to stop and I turned right and everybody yelled, 'No, no.'"

Woronick's near gaffe aided Delaney, who gradually caught Woronick on the downgrade over the last mile and powered his way to the finish.

"I figured if I could stick with him I'd be in good shape because I run really well downhill," Delaney said, "and then I'd try and put the hammer down."

Pastizzo's win was less dramatic but equally rewarding.

Despite getting only three hours of sleep because of an asthma condition, Pastizzo posted her best time "in years."

Pastizzo, who has been the top woman in the last five road races she's competed, said her asthma was so bad she had to use her inhalator much more than she usually does.

"I finished one last night," she said. "I'm not supposed to take that much but I had to."

But yesterday she came out hard, keeping pace early with frontrunner Kelly Pinckney, the former Montville standout and last year's top woman at the John Kelley Road Race.

"I was hanging in there with Kelly," Pastizzo said. "I was letting her set the pace and I figured if she died out I'd pass her, and if I didn't, well, I gave it my best shot."

Pastizzo did pass her by the mile mark. As Pinckney fell off the pace, Dossett methodically made up ground and made it close by the finish.

Dossett, who was extremely happy with her effort, toed the line with intentions of being the first woman. "The three of us stood on the front line and I don't usually stand on the very front line but I figured, hey, I'm going to go for this," she said. "I'm not going to say, 'They've got it.'"

By pacing herself for a sub-18:00, Dossett said she ran her best 5K in a few years.

"I just tried to hang in there for the last mile," she said. "I was watching (Pastizzo) and I was gaining on her toward the finish, but she hung on. I never gave up the win until I crossed the finish line."

## It's always John's day

By BILL TOSCANO  
Day Sports Writer

New London — John Kelley doesn't really have much choice.

At Friday's "Meet the Runners' Night" which preceded each John J. Kelley Road Race, race director Way Hedding proudly presented Kelley with his race number — No. 1 — needless to say.

"John will also be No. 1 to us," a smiling Hedding told the crowd of about 50 people at the Sandbar Lounge at Ocean Beach Park.

That left Kelley to answer the question as to whether he would be at the starting line at 9 a.m. for the race that bears his name.

"If I wake up right, I'll run," Kelley said with a grin. "I guess

that means if I wake up at all."

After an absence of several years, Kelley returned to the Kelley Race last year, and this past spring he ran the Boston Marathon for the first time in several years.

### Good-sized field

When Kelley does line up this morning at Ocean Beach, he'll be at the head of a field that could number between 400 and 500.

Hedding said Friday that pre-entries were near the 400-mark and added that he expected a rush of post entries this morning.

That's a pretty good turnout considering that a number of the region's top runners are holding out for the TAC 5-kilometer state championship, which is being held in Willimantic Sunday. Among top runners not competing are Sean Delaney, who would have been one of the favorites in

the men's field, and Kris-Anne Pardo, who was been one of the region's top female runners so far this year.

Friday's rainstorm had runners hopeful that today would be cool enough so someone could challenge the course record of 57 minutes, 33.5 seconds set in 1985 by Gary Nixon.

### A little ribbing

Robert Stack of New London and Norwich's Tim Smith were each honored Friday for their contributions to running in the region, and Stack came in for a little humor from presenter Jim Butler.

Stack was a founder of the Kelley's Pace racing team and is its captain, and Butler thanked Stack for combining with Kelley's wife Jessie to create this team.

"At least this way, the Mohegan Striders have somebody to beat," Butler said, leaving little doubt about his feelings.

### Run to Santa Fe

Kelley's Pace and the Mohegan Striders will have teams entered today, as will the submarine Santa Fe, which is under construction at Electric Boat.

The Santa Fe Road Runners compete in many local races, and are also plotting a unique course of their own. Each crew member who runs is keeping track of his miles, and the boat is trying to run enough miles to make up a trip from Groton to Santa Fe, N.M.

"Right now we're somewhere in the middle of Pennsylvania," Robert Brown, the chief of the boat, said. "We had some pretty tough mountains in there."

## History of Rose Arts

Year	Winner	Hometown	Affiliation	Time	Runnerup
1967	Amby Burfoot	Groton	Central Conn. Athletic Association	54:41	Johnny Kelley
1968	Jim Keefe	Middlefield	Central Conn. State College	54:47	Johnny Kelley
1969	Amby Burfoot	Groton	CCAA	55:52	John Vitale
1970	Dan Moynihan	Malden, Mass.	Wesleyan University	55:30	Amby Burfoot
1971	John Vitale	Cromwell	None	53:20	Amby Burfoot
1972	Amby Burfoot	Groton	CCAA	56:32	Johnny Kelley
1973	Dan Moynihan	Malden, Mass.	Tufts University	55:49	John Vitale
1974	John Vitale	Cromwell	NHTA	52:33	Tom Hollander
1975	Amby Burfoot	New London	Mohegan Striders	53:43	Larry Olson
1976	Amby Burfoot	New London	Mohegan Striders	53:14	John Vitale
1977	John Vitale	Rocky Hill	Hartford Track Club	54:21	Jack Mahurin
1978	John Vitale	Rocky Hill	Hartford Track Club	54:07	Jack Mahurin
1979	John Flora	Ledyard	Northeastern U. Track Club	52:11	John Vitale
1980	Jim Uhrig	Groton	Johnson and Wales	55:37	Bill Marshall
1981	John Vitale	Rocky Hill	Hartford Track Club	53:17	Jim Uhrig
1982	Bobby Doyle	Seekonk, Mass.	Johnson and Wales	52:59	Mike Murphy
1983	Jay O'Keefe	Mansfield	Mohegan Striders	52:36	Dave Raunig
1984	Dave Raunig	Groton	Mohegan Striders	52:48	Phil Garland
1985	Wayne Jacob	Mystic	C. Mass. Striders	53:46	Fran Houle
1986	Ron Cozean	Moodus	Mohegan Striders	55:06	Bill Rogers
1987	Bart Petracca	Norwood, Mass.	C. Mass. Striders	53:18	Joe Swift
1988	Scott Mason	Warwick, R.I.	Amtrrol Industries	53:11	Joe Swift
1989	Scott Mason	Warwick, R.I.	Tuesday Night Turtles	53:50	Mike Cotton
1990	Spyros Barres	Mystic	Kelley's Pace	54:21	Joe Swift
1991	Wayne Jacob	Mystic	C. Mass Striders	54:13	John Bysewicz



Bulletin photo

**John Fleming and Roger Zotti**

**Occupations:** Roger Zotti, 54, is an adult education instructor at Ragdowski Correction Center in Montville. John Fleming, 56, recently retired from Mystic Oral School, where he was a maintenance worker. Both men live in Preston.

**In the news:** Zotti and Fleming have been the organizers of the annual Preston City Road Race since its inception. Zotti, an avid runner who covers 30-plus miles per week, handles registration and race results. Fleming is responsible for logistics, including water stops and police and medical support.

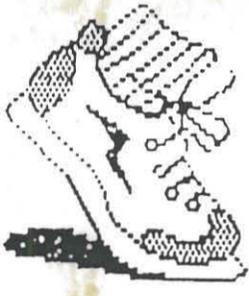
**12th annual event:** This year's race starts at 9 a.m. Aug. 22, with the starting and finish lines at the Preston City Fairgrounds in the center of Preston. The challenging 7.2-mile course attracts some of the area's elite, including Tim Smith, Joe Banas, Jeff Kotecki and Jan Merrill-Morin.

The first 50 registrants receive free tank tops. Prizes, awarded in several men's and women's age groups, are in keeping with the flavor of the Preston City Fair, which runs through the weekend: fresh fruit and vegetable baskets from LoPresti Farms. Fleming's Feed and Hardware also sponsors the race.

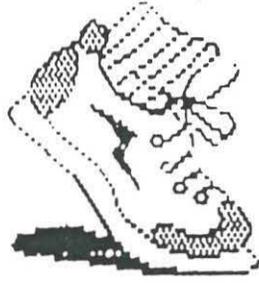
**Quotable:** "You could call it a runner's race. The people who run it usually have some experience," Zotti said. "It starts out downhill, which is fun at first, but then reality sets in with some pretty good-sized hills after the first mile."

**Signing up:** Registration at \$3 per person will be held before the race, or in advance by calling Zotti at 889-3029.

— Roger Leduc



# MOHEGAN STRIDERS



**STRIDERS HAVE STRONG WEEKEND:** The Striders grabbed a first at the Prospect 5-miler and a second at the Fairfield half-marathon. The STRIDERS scored 18 team points on the weekend compared to 10 for top gun and the green team. Teeam X had 8 points. The current standings for the TAC Grand Prix are: MOHEGAN STRIDERS-28, X-16, YaleCo-op-11, Top Gun-10 and the green team -10. The Willimantic 5-K is on August 2 at 9:00 A.M. I expect this will be a hot battle. We will have everybody there forcing the pace. The New Haven 20-K is again on Labor Day at 8:30 A.M. If you are planning to run New Haven, Let me know so I can make sure we have a strong team there. If we finish a team at these two race, we can have the Grand Prix title wrapped up. After these two races only Guilford and the cross-country races will be left.

**PROSPECT:** A fine STRIDER performance with STRIDER secret weapon and downhill racer Jim Uhrig leading it out to a fast pace. Our top five finished with a gap of only 47 seconds, our top four was 28 seconds. Chris Hansen led it in at 4th with a time 26:51, Bob Davenport was 5th at 26:52 Jim Uhrig 6th at 26:57, Ed Zubritsky 8th at 27:19, Sean Delaney 11th (a place in front of Joe Swift) at 27:38, and the prez Don Sikorski 16th at 28:47. Our total team time was 2:15:37. Team X was 2:20:14 (Pat showed up late because he thought the 9:00 race started at 10:00.) The green team was this in 2:23:04. A nice day for the STRIDERS

**FAIRFIELD:** A very hot morning that saw Olympian STEVE Spence set a course record, the STRIDERS finished second to Top Gun 6:16:14 to 6:18:26. Hartford Track Club was third in 6:18:57, Yale 4th in 6:32:05 and the green team 5th in 6:36:58. Mike Whittlesey was 11th in 1:11:53, and Ken Drurey was 28th in 1:15:47. Kevin Pigeon was 29th in 1:16:01 and Sean Delaney was 39th in 1:17:21 and Al Lyman was 40th in 1:17:24. Dave Williams was 46st 1:17:54, Jim Martinsson was 80th in 1:21:11 and John Ficarra was 83 at 1:21:23. A great two days for the STRIDERS. We are the best team. It was a year ago that Mike Chasse finished 11th in 1:12:11 at Fairfield in his last STRIDER race before heading for Mongolia with the Peace Cprps. He has run some track meets wearing his STRIDER colors so he can stay in shape when he gets back.

Downtown Norwich 4-mile race in ... at 6:15 and the ... in Willi.

## Festival Road Race

Team winner	First female	Time	Entries*	Finishers
CCAA	—	—	40	37
CCSC	—	—	55	51
CCAA	—	—	92	85
Boston Athletic Association	—	—	160	143
BAA	—	—	125	122
CCAA	—	—	175	142
New Haven Track Club	Toby Lenner	93:07	143	135
Mohegan Striders	Sue Hoagland	74:45	176	167
Mohegan Striders	Kathy Glenny	76:45	178	170
Mohegan Striders	Robin Graff	79:59	169	165
Mohegan Striders	Cherrie Bridges	65:58	229	223
Mohegan Striders	Carolyn Bravakis	65:26	438	418
Thames River RR	Carolyn Bravakis	65:05	560	411
Mohegan Striders	Robin Snyder	66:58	540	511
Thames River RR	Carolyn Bravakis	66:39	738	603
Johnson and Wales	Sally Zimmer	63:13	855	731
Mohegan Striders	Carla Brown	66:27	748	593
Mohegan Striders	Carla Brown	65:31	641	525
Mohegan Striders	Carla Brown	67:16	538	441
Mohegan Striders	Carla Brown	65:01	553	443
Mohegan Striders	Carla Brown	66:54	442	370
Mohegan Striders	Carla Brown	69:01	473	410
Unaffiliated	Sally Zimmer	64:47	414	363
Mohegan Striders	Sue Faber	63:29	402	412
Mohegan Striders	Jan Merrill-Morin	61:34	430	485

887-8662

# Barres honors Kelley

Sets winning  
pace: 1:02:21

By BILL TOSCANO  
Day Sports Writer

New London — John Kelley's name was everywhere Saturday morning at Ocean Beach Park.

Of course, the 11.6-mile John J. Kelley Road Race bore his name as it has for more than half of its 30-year history, but his presence went beyond that.

There, when Spyros Barres of Mystic crossed the finish line first in 1 hour, 2 minutes, 21 seconds,

all could see Kelley's name emblazoned on his shirt — Kelley's Pace racing team.

And when Jeff Kotecki of New London glided across in fourth place in 63:46, there it was again — Kelley's Pace —

and when Robert Stack of New London crossed 61 seconds after Kotecki, he too was wearing a Kelley's Pace team shirt.

"We wanted to dedicate this one to John," said Barres, who won for the second time in three years. "It's his race, and it's the 30th anniversary, so the guys on the team wanted to do something for him and (his wife) Jessie. They're great to us as a team and to runners, so we wanted to pay them back."

They did just that, easily winning the team title over the defending champion Mohegan Striders and carrying the name of Kelley's running shop over every mile of the course and up and down the boardwalk at Ocean Beach.

The Striders did produce the third-place finishers as their founding father, Tim Smith, left age behind and finished in 1:02:56 to easily capture the men's masters title. Smith, who has run in nearly every Kelley Race, matched his best finish and was a factor throughout most of the race.

Zbigniew Simaszko of Poland, who is running as many races as he can during the year he is spending in the U.S. as a student of English, outlasted Sally down Montauk Avenue and wound up second in 1:02:53.

"I expected hot weather," Simaszko said. "I expected hot weather."

As did most of the field of more than 400. Instead, the runners got a cool, windy morning that made for comfortable running.

One of those who took the most advantage of that was Mary-Lynn Pastizzo of Griswold who won the women's title for the third time in four years, finishing in a personal best of 1:10:59, nearly seven minutes ahead of second-place finisher Leslie Brown. Michelle Keegan was third in 1:09:28.

"I felt great today," said Pastizzo, whose



Barres

## Swift takes 5K title

Bulletin Staff Reports 8/2/92

WILLIMANTIC — Steve Swift of Cromwell nipped Marlborough's Kevin McCaffrey to win the Willimantic 5K Race and the Connecticut TAC championship yesterday.

Swift finished in 15:10, just ahead of McCaffrey (15:12) and Sean Delaney of Old Saybrook (15:17).

Kerry Arsenault of Guilford won the women's title in 17:40, beating out 1991 champ Kelly Pinckney of Colchester (18:24).

# MOHEGAN STRIDERS

## SPORTS UPDATE 8/29/92

**Striders take title:** The Mohegan Striders won the men's masters division yesterday at the MADD Dash at Short Beach in Stratford. Norwich's Tim Smith of the Striders was the overall masters winner, completing the 3.1-mile course in 16:29. Mike Nahom of Brookfield was the overall winner in 15:08. The Striders lead the Grand Prix for the masters division with one race remaining (at Guilford, Sept. 20). Other Striders' masters runners included: Dennis Tetreault (16:54), John Ficarra (17:14), Don Roy (17:29), Randy Baah (19:12) and Way Hedding (19:50).

## ONE SECOND OF STRIDER PRIDE

In one of the all-time great showings of STRIDER PRIDE, one second was the difference between the STRIDERS and Team Xavier after our team had duked it out for 3.1 miles over the streets of Willimantic. It was a real donnybrook, a slugfest, the two heavyweights of Connecticut road racing trading punches. If it was a boxing match, the referee would have stopped it. But nobody was going to stop our STRIDERS on this day. Nobody. Our 77:59 was actually slower than our 77:45 winner in '91 but the effort was far superior. The field was larger. The first mile was outrageously fast. And the temperature was as hot as the pace. One second. When you win by one second, everybody contributes. It is .2 seconds per man in the top five. It is .0645 seconds per man per mile over 5 K. That means running the hill, working the downhill, digging all the way, and kicking it in like a madman. We did all that with STRIDER PRIDE. All to gain that ONE SECOND somewhere on the course. We can talk about this second at the STRIDER picnic and see if STRIDER historian Tim Smith knows of another STRIDER victory as impressive as this incredible effort. One second.

Sean Delaney lead it in at 17:17 in third, 7 seconds off the lead. Mike Whittlesey 6th in 15:22, Tony Martin (the Rookie of the Week this week) was 10th in 15:34, Jim Uhrig 15th in 15:46, and the Prez Don Sikorski running like he was running for re-election at 16:00, his best time ever on the course. He's got my vote. Five had a gap of 43 seconds. X gap was 58. Ed Zubrits man at 26th in 16:15 followed by Chris Hansen in 28th at 16:32, Kevin Pigeon 34 at 16:42 and Swercewski 40 in 17:07 and Mike Fusaro 42 in 17:19.

The team standings were STRIDERS 77:59, X 78:00, green WAC 87:24, and Runners of Bikila 94:37. The overall Grand Prix standings are: STRIDERS- 38, X-24, green team-16.

STRIDER PICNIC: Saturday August 22 Mohegan Park Pavilion talk about what portion of that ONE SECOND each of us can contribute and we can plan our New Haven and Guilford races. Our team also won at Willi and leads 38-26 over Athlete's Foot. Try to stop your watch at ONE SECOND to get a peek at our great victory...See you at the picnic or the Downtown

Kevin Crowley 33 Pearl St. Norwich, Ct. 063

### Willimantic 5K

#### Top 25 finishers

1. Steve Swift (Cromwell) 15:10
2. Kevin McCaffrey (Marlborough) 15:12
3. Sean Delaney (Old Saybrook) 15:17
4. John Bysiehirz (New Haven) 15:19
5. Gary Nixon (Higganum) 15:20
6. Michael Whittlesey (Storrs) 15:22
7. Mark Groom (Wolcott) 15:22
8. Spiras Barres (Mystic) 15:24
9. John Geier (Bethel) 15:32
10. Tony Martin (Lebanon) 15:34
11. Eric Woronick (Ivoryton) 15:38
12. Steven Gates (Manchester) 15:42
13. Pat Swift (New Haven) 15:44
14. Todd Kennedy (Avon) 15:45
15. Jim Uhrig (Meriden) 15:46
16. Steve Powers (Plainville) 15:47
17. Uri Romaniuk (New Haven) 15:47
18. Jeffrey Fenylor (Wallingford) 15:50
19. John Talbert (New Haven) 15:52
20. Craig Hempstead (Manchester) 15:59
21. John Sikorski (Norwich) 16:00
22. Tim Kane (Preston) 16:01
23. Dennis Crowe (Waterford) 16:04
24. Joseph Swift (Middletown) 16:08
25. Bob McCusker (Simsbury) 16:11

#### WOMEN

- Open: 1. Kerry Arsenault (Guilford) 17:40
2. Kelly Pinckney (Colchester) 18:24
3. Shannon Lennan (Storrs) 18:35
4. Kris Ann Pardo (Lentox) 18:35
5. Carol Lavigne (New Britain) 19:09
6. Laurie Bartrucki (Danbury) 19:20
7. Elizabeth Swift (Cromwell) 19:23
8. Carrie Kalinowski (Durham) 19:37
9. Amy Louise Pfeiffer (New Haven) 19:38
10. Mickie Levin (Colchester) 19:50

good

his wife Anna, who acts as an interpreter. "I expected hot weather."

As did most of the field of more than 400. Instead, the runners got a cool, windy morning that made for comfortable running.

One of those who took the most advantage of that was Mary-Lynn Pastizzo of Griswold who won the women's title for the third time in four years, finishing in a personal best of 1:10:59, nearly seven minutes ahead of second-place finisher Leslie Brown. Michelle Keegan was third in 1:09:28.

"I felt great today," said Pastizzo, whose

Norwich Rose Arts Road Race, the Sailfest Road Race and the St. Mary's Parish Festival Road Race. "The weather cooperated, too. The low humidity helped."

Jackie Shettle of Hartford won the women's masters title in 1:04:37, Varolyn Sunderman was the women's grandmasters winner in 1:33:43, and Doris Beland was the women's veterans winner in 2:06:49. Kristine Eslami won the women's junior title in 1:51:41.

Tom Foran of West Hartford, the only wheelchair entrant, finished in 47:08.

While the margin in the women's race was reminiscent of Kevin Grant's easy overall victory last year, the men's race featured a pack that ran together for most of the race.

The pack started as a group of eight to 10 as the race wound through its first two miles, but started to string out a little as it turned through the third mile at Great Neck and Shore roads. Barres and Siemaszko set the pace, but Stack, Kotecki and Smith were close behind.

Barres, who wears a nifty digital watch that allows him to view his split for every mile in the race, had the group at a comfortable pace, going through the first mile in 5:14, the second in 5:27 and the third in 5:11.

"I felt that 'Spy' was just loping along," Smith said.

Stack agreed, and said he knew at the mile mark that the race belonged to Barres.

"When we went through that first mile

at 5:15, and I knew he had the talent to go sub-five, I knew he had it," said Stack, who like Smith has never won the Kelley Race.

As the race continued through its middle stages in Waterford, Stack faded back a little and it settled down to Barres and Siemaszko running together with Smith and Kotecki just behind. The group went through the five-mile mark in 26:45.

As the race passed the six-mile mark, the four suddenly pulled together as a pack again, but as the group passed Waterford High School and headed up Boston Post Road, Kotecki began to fade.

MOHEGAN STRIDERS  
HONORARY MEMBERS

John DeGange, honored January 19, 1973. Sports writer

John DeGange, former sports writer for the New London Day, was recognized as an honorary life member of the Club. John's interested presence at many of the local races has earned him this honor.

Harold Tantaquidgeon, honored July 14, 1974. Mohegan Indian

A clear, bright Sunday morning in Uncasville was the setting for the induction of only the second honored member to the Club. Chief Harold Tantaquidgeon, direct descendent of Uncas, Chief of the powerful Mohegan Nation, joined retired sports writer John DeGange in this unique honor. A group of about thirty friends and Club members witnessed the ceremony conducted by Walt Thoma, John Martin, and Bob Carbray. The Chief offered a brief, interesting look in to the history of the Mohegan Indian. He wryly commented that striding or "streaking" began with the indians, and cited Chief Running Bear (Bare?) as the prime example. While claiming not to be a top runner the fact remains that not once was Harold apprehended in the apple orchards in his younger days. We are pleased Harold that you have become a part of us. Harold Tantaquidgeon died April 4, 1989.

Al Morrison, honored January 16, 1976. Lover of the sport

Only the third life member in the Club's four-year history, Al joins former sports writer John DeGange and Harold Tantaquidgeon, noted Mohegan-Pequot Indian. Unlike the prior two life-time members whose professional background had much to do with their induction, Al's background is simply one of love for the sport and the Club, along with his enthusiastic desire to aid the cause whenever possible. Al has served as chute master, timer, placer, statistician, trainer, and coach. Hence, the Club also unanimously voted him as honorary coach of the Mohegan Strider Association.

Don Pirie explained it best when he compared Al's influence on him to that of Johnny Kelley's. The same sentiment was expressed by Bob Dempsey. Those who really know Al can appreciate the comment offered by Wil Zinser, the proverbial "Last of the Mohegans"; "Al even waits for me at the finish". Enough said? Congratulations, Al!

John Martin, honored November 18, 1983. Pioneer, volunteer, philanthropist

John Martin was voted in as the fourth honorary member of our Club, joining John DeGange, Harold Tantaquidgeon, and Al Morrison. John retired (not from running) and lives part of the year in Florida. He has sold his lovely home in Uncasville but he will still be in the area. He began running in the thirty's and can boast of completing a full marathon at age sixty-four. He ran with the likes of Tarzan Brown and Les Pawson. He served as the Club's first Treasurer and opened his home as the Club's initial meeting place. His donation of \$100.00 started the "John P. Martin Fund", a trust to aid Olympic hopefuls running for the Mohegan Striders.

Joe Lonardelli, honored July 22, 1991. Coach, volunteer

Joe Lonardelli's affiliation with the Club began in the summer of 1981 when Bob Carbray asked him to come watch and help with the Norwich Rec Run. His participation has been one of supportive service ever since. Joe assists SNERRO in many local road races. He is the right-hand man to Youth Track and X-C Director Kevin Crowley who states, "Without Joe much of what goes on would not take place." Joe retired from the City of Norwich Public Works Department after thirty years of service. Many thanks Joe, and enjoy your membership.

# PROFILE

OF A NEWSMAKER *Sep 19, 1992*



Bulletin photo

## Judy Poprosky

■ **Running fancy:** Judy Poprosky, 40, is the director of the 12th annual Lisbon Fall Festival 3.5-mile Road Race today. She is a full-time office manager at Norwich Business Machines.

■ **In the news:** Poprosky has directed today's road race for 10 years. Geri Sylvestri is the founder of the festival. Poprosky is responsible for the overall operation of the race, including a thorough review of the applications and overseeing the race-day operation.

Following the advice of Linda Grant-Smith, who directed the race for one year and still assists in its operation, Poprosky has looked to attract local businesses to the race for more diversity and to increase the purse. Norwich Business Machines, which Poprosky co-owns with her husband, Daniel, has entered a team. Poprosky also will receive volunteer help from local Boy Scouts. The race will feature some local talent, including Jan Merrill-Morin, a former Olympian, and longtime road-race veteran Tim Smith.

■ **Social event:** The race is special for its hometown feel. It traditionally draws about 100 runners primarily from southeastern Connecticut and is a byproduct of the festival. The three-day event includes golf tournaments and a field day for children. Poprosky organized the chowder-and-fritters meal last night. "It's hectic," she said. "There are a lot of potatoes to peel. We use fresh potatoes. We want quality."

■ **Quotable:** "It's a lot of work but it's worth it. You see people here who you only see once or twice a year. We used to keep it small so everybody would come."

— John C. Turner



John Shishmanian/Norwich Bulletin  
 NFA's Chad Johnson, center, is sandwiched by New Britain's Simon McKeon, left, and Jim Barbleri during yesterday's Class LL race. McKeon and Barbleri finished second and third, respectively, behind Johnson.

# MOHEGAN STRIDERS



STRIDER strength comes through thin 3:29. Our total was 5:35:37. Top Gun was third in 5:50:24 and Team X was 5th in 5:54:13. in at 26th place in 64:50 good for Devenport (37) was at 66:37, Pigeon (48) 68:17 and Ed Zubritsky ster overall in this national 18, and Ken Druery (85) in 71:46, Mike Smith (186) in 77:59. A solid, the kind of days we like.

## NFA's Johnson plans to reach higher level

By JOHN C. TURNER  
 Norwich Bulletin

WILLIMANTIC — For the past three years, Norwich Free Academy senior Chad Johnson has watched Liz Mueller of Waterford reach great heights by running each race like it was her last. Johnson intends to use that strategy this season in hopes of finishing his high school career with national recognition. "I have to go for it," said Johnson, who won the Varsity IV 3.1-mile race at the Windham Invitational yesterday with a time of 15:33 — six seconds off the meet record he set last year. "Liz Mueller, last year, went hard. The first race she ran, she won by five minutes, I think. She crushed (NFA). I ran against guys who weren't really close to me but I beat them by 20 seconds.

"This year I'm going for (victories of) three minutes. I'm not going to go all out, but I'm going to go hard. I'm not going to slack off. If I can do that, there will be no doubt I can make the nationals."

Mueller was the Kinney national champion last winter. The Waterford girls were not at the meet yesterday.

In Mueller-like fashion, Johnson started yesterday's race at full speed but settled into a comfortable pace once he realized his lead wasn't in jeopardy. He finished 42 seconds ahead of John Hammond of South Windsor.

"I can't go all-out all the time," he said, "but I want to post some impressive times. Last year I kind of rested up and then went hard at the end (of the season). But I feel like the base that I put on (is good), and I'm a senior now, and I think I can go pretty hard through every race, and keep that momentum going all the way through." Johnson's senior teammate, John Anthony, was fourth in 16:21.

GUILFORD: With the green team adding Mike Cotton to their roster, they only got closer to the STRIDERS. Striders in the top 10 was tooooooo tough to match for any team. STRIDERS totalled 4:34:53, the green team 4:37:17 and Yale Coop 4:00:05. The current team standings are: STRIDERS-58, green team-29, Team X-28, Yale Coop-25. With only cross-country remaining we have the Grand Prix for the fourth (4) year in a row. Congratulations to the STRIDER RACING TEAM. The best TAC team in Connecticut. Davenport led us in at Guilford in 3rd place in 53:29 and Sean Doney was 4th in 53:35. Jim Uhrig was 7th in 54:18 and Ed Zubritsky was 9th in 54:49. Dave Williams was our fifth man at 23rd in 58:42. Mike Smith was 39th at 62:11. Tim Smith won the masters title in 10th place in 55:27.

STRIDER NOTES: The annual STRIDER banquet will be held at the Montville Polish Club on Dec. 14. Directions- From Rte. 395, take rte. 163 south go to rte. 32, go right for 100 yards and go right onto Maple Ave. The Polish Club is a half-mile on the right. For Polish directions tickets (15.00 in advance and 17.50 at the door) contact Don Gorski at 886-4959. Tickets include food, beer, wine and soda...and the other fun that goes on at this Strider event...STRIDER MEETING- day Nov. 6 at the Greenville VFW (on the Rose Arts course) starting 7:30. Yes, Sean the same bar maid will be working...Also, on the 11th will be the State Open Cross-country Meet at Wickham Park and STRIDER Chad Johnson gets the nod as our pick to repeat his win again this year...The Tommy Toy Fund Run will be held from Billy Wilson's Dec. 18 at around 6:00. Bring a toy to enter. This is a STRIDER community event and we want it to grow to be a big event. Put it on your calendar and bring some friends.

in Crowley 33 Pearl Street NORWICH, CT 06360

### SPORTS UPDATE

**Striders are champs:** The Mohegan Striders wrapped up the men's masters division of the state TAC with a win at the TAC Guilford 10-miler. Tim Smith of Norwich was the top masters finisher (10th overall) and led the Striders with a time of 55:27. Mary Lynn Pastizzo of Preston was the top women's finisher with a time of 1:00:13.

### Stephanie Johnson NFA

Freshman. Won the Class LL race and led the Wildcats to the team title. Also second in the ECC meet, fifth in the State Open and 13th in the New England meet. A former Hershey state champion and Burger King champion. Will also run indoor and outdoor track.



### TAC Guilford

- At Guilford 10 miles  
**WOMEN**  
 Overall  
 1. Mary Lynn Pastizzo 1:00:13 2. Kerry Arsenault 1:02:56 3. Laura Roman 1:04:54 4. Amy Louise Pfeiffer 1:05:08 5. Alison Lapinski 1:07:39 6. Barbara Mathewson 1:07:43 7. Gail Case 1:08:30 8. Terwilliger 1:08:38 9. Laurie Bartnicki 1:09:24 10. Julie Hoggerty 1:09:33  
**Open division**  
 1. Pastizzo 2. Arsenault 3. Pfeiffer  
**Submasters division**  
 1. Roman 2. Case 3. Bartnicki  
**Open team division**  
 1. Converse-Athletes Foot 3:08:03 2. Mohegan Striders 3:32:14  
**Striders results**  
 9. Bartnicki, 12. Lynn Hansen 1:10:51, 13. Kris-Ann Pardo 1:11:59, 14. Cindy Garland 1:11:59.  
**MEN**  
**Masters team division**  
 1. Mohegan Striders 2:53:27 2. Yale Coop 3:30:01 3. Kelley's Pace 3:03:00  
**Final masters team standings**  
 1. Mohegan Striders 24 points, 2. Yale Coop 20 3. Kelley's Pace 17  
**Striders results**  
 10. (1st masters) Tim Smith 55:27 22. John Ficarra 58:41 29. Dennis Tetreault 59:59 54. Dave Jacobs 1:03:30 70. Don Roy 1:05:32 90. Randy Lantz 1:08:06 Ed Roof 1:09:51 120. Eric Isbister 1:10:52

### RUNNING 10/18/92

- Downtown 5K**  
 At Providence  
**Top 10 men**  
 1. John Doherty (course record) 13:41 2. Frank O'Mara 13:45 3. John Gregorak 13:45 4. Aaron Ramirez 13:45 5. Mark Coogan 13:45 6. Richard O'Flynn 13:56 7. Scott Bagley 13:57 8. Tim Gannon 13:58 9. Brad Schlopek 14:06 10. John Knox 14:11  
**Mohegan Striders results**  
 32. Sean Delaney 15:13 46. Don Sikorski 15:45 60. Mike Fusara 16:12 74. Kevin Gallerani 16:32 81. Paul Mosca 16:41 88. Gui Ramos 16:51 107. Don Roy 17:02 113. Jim Martinson 17:10 119. Don Lewis 17:17 123. Dave Mills 17:20 124. Steve Hancock 17:21 125. Charlie Stavros 17:22 138. Wayne Hanson 17:33 148. Jack Silva 17:44 177. Marshall Collins 18:06 260. Rich Friedrich 19:12 413. Todd Guertin 20:04 441. George Williamson 20:15  
**Women's results**  
 1. Lynn Jennings 15:14 (course record) 2. Judy St. Hilaire 15:22 3. Ann Marie Letko 15:44