

## Part 2

25th Anniversary
MOHEGAN

MOHEGAN

1972

1997



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

# Local runners like the way they spent their

By VICKIE FULKERSON Day Sports Writer

They come to Boston with their stories to tell. Jeff Kotecki was recovering from athroscopic knee surgery. Amby Burfoot was celebrating the 25th anniversary of his big victory there. Spyros Barres had run to the Boston Marathon.

They are drawn there like magnets. This race is their first love as New London's Jim Butler will tell you. You are a marathon runner in New England and this is the only place you can think about spending your Patriots Day.

No matter what.

"The bottom fell out early. I folded up like a two-dollar suitease around 13 miles or so," said Kevin Gallerani, 38, of Montville, who ran along with several other local runners in the 97th Boston Marathon,

"I wanted to break 2:50 and I

didn't. It's like you do your home-work all winter and then this. But a lot of people popped a good one today, so I can't complain."

Gallerani finished the race in 2 hours, 56 minutes, 2 seconds, one of only a handful of locals to break the three-hour mark in the 26.2mile test of endurance.

Cosmas N'Deti of Kenya was the overall winner of the race in 2:09:33, Olga Markova of Russia the women's winner in 2:25.27, on a day in which the field of 8,925 runners struggled a bit with temperatures hovering around 70 degrees.

### Region's first

Tim Smith of Norwich, 45, had the distinction of being the first local finisher in 2:41:29. Burfoot, formerly of Groton, didn't fare as well, suffering from a sore calf muscle and finishing in 3:24.

Burfoot was accompanied by Butler of New London, a longtime

RUNNING 5/16

Mory Lynn Currier (Norwich) 22:32.
 Masters
 Al Swenson (Wolcott) 20:21.

Mid May Classic

1. Tom Harding (Norwalk) WOMEN

friend and training partner, who said running with Burfoot was an enjoyable experience.

"He had a little bit of difficulty, but we kept him going," Butler said. "By the end, we just wanted him to finish without walking and he did it. It was just amazing how many people came up and said

"It was an honor to run with him. He's one of my best pals in the whole world. It was great that he invited myself and John (Valentine of Vermont) to run with him.

In addition to Smith and Gallerani, Steve Flynn of Groton (2:48:33), Bob Stack of New London (2:52.33), Harry Lepp of Danielson (2:54.35) and Don Lewis of New London (2:57.10) all finished in under three hours.

Kotecki of New London, who had his surgery April 6, finished in 3:00:14, running solely to keep his streak of 14 straight marathons in

Barres, who ran with a large knapsack on his back — the one that had sustained him during his run to Boston, finished in 3:34 as did Ledyard's Steve Fagin, who called the weather "really horren-dous, the worst marathon I've ever

Said New London's Lewis: "It was very warm and I think a lot of people ran conservatively because of that. I bombed off my pace my three or four minutes after about 18 miles. But I hadn't run it in nine

"The heat affected a lot of people. After the race there were a lot of people in the first aid tent. I was in there because I had a blister, but they were giving IVs to some peo-

"A lot more people were walking in the race than you'd normally expect. There was a tailwind, but it was right at your back and it didn't do a lot to cool you. There very few clouds and there really any shady points course.

"But it's just such a grea What a great day for spec There aren't 50 yards on the without people there to ch

Among other local fivere: Robert Graham of Lin 3:01, Paul Mosca of Water in 3:01, Paul Mosca of Water 3:02, Steve Hancock of Bo 3:03:24, Michael Smith of Min 3:05:47, Mark Davis of Gr 3:08:33, Jim Carper of Nor 3:22:52, Tom Lee of Nor 3:23:52 and Bill Billing of M 3:59.



KRIS-ANNE M. PARDO TIMOTHY K. KANE

Mr. and Mrs. J. Richard Pardo of Preston announce the engagement of their daughter, Kris-Anne, to Timothy K. Kane. Mr. Kane is the son of Mr. and Mrs. Robert Kane of Southington.

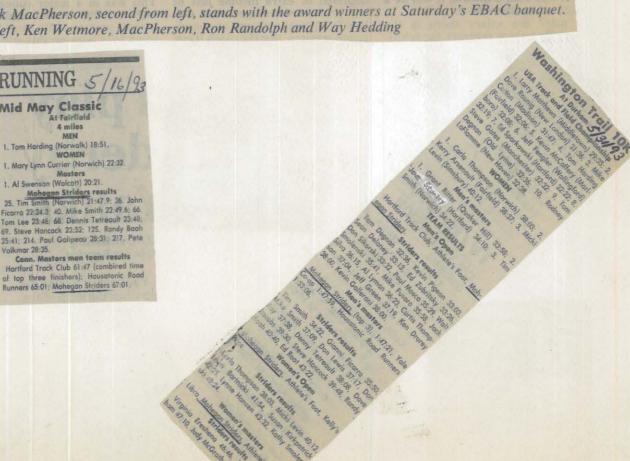
Miss Pardo is a 1982 graduate of St. Bernard High School and a 1986 graduate of the University of Connecticut School of Agriculture and Natural Resources with a bachelor's degree. She is employed by the state Department of Corrections as a counselor. She is a member of the Mohegan Striders Running Club.

Mr. Kane is a 1975 graduate of Southington High School, and a 1980 graduate of the UConn School of Agriculture and Natural Resources with a bachelor's degree. He is employed by Holdridge Farm & Nursery as a manager. He is a member of Kelley's Pace Racing

A September 1993 wedding is planned.



■ Dick MacPherson, second from left, stands with the award winners at Saturday's EBAC banquet. From left, Ken Wetmore, MacPherson, Ron Randolph and Way Hedding



## Johnson second in Keebler meet Mueller places 6th in 800

**Bulletin Staff Reports** 

ELMHURST, III. - Chad Johnson didn't win his race at the Keebler International yesterday, but he left with a big smile on his face.

Johnson, who will graduate from Norwich Free Academy on Tuesday and run cross country and track at UConn, was second in the two-mile race at the prestigious invitation-only race. Johnson finished in 9:04.4, second to the 9:04.1 by J.J. White of Dublin,

The time, Johnson figured, was his personal record by about 10 seconds based on his 3200 times

"It would have been nice to win, that's what I came out here for," Johnson said. 'But the time's what's important.'

Running in 90-degree, humid conditions wasn't ideal, but it didn't distract Johnson.

"When I was in the race I wasn't thinking about the weather, I was really focused, Johnson said. "I made sure the race started fast and was going along well. I settled into fifth or sixth and with two laps to go I said, 'I can win this thing,' and I went after it. I had a 10-yard lead down the last 100 meters then (White) caught me."

■ Waterford's Liz Mueller finished sixth in the girls 800 with a time of 2:18.2, almost seven seconds behind Charmaine Howell of Jamaica (2:11.4). Ironically, Mueller's time TRACK (2:10.2) at the New England meet on June Hershey state meet 12 was faster than yesterday's winning time.

At New Britain Local finishers

### TRACK

At Willimantic
BOYS
13-14 years old1600
Colleger (Narwich) 4:55

1. Julian Callendar (Norwich) 4:55: 800 1. Callendar 2:10.

1. Callendar 2:10.
200
2. Dan Geiger (Montville) 26.1
11-12
800

2. Chris Andrew (Sprague) 2:38.
200
1. Bowman Geer (Griswold) 27.9; 2.
Vouise Fonfille (Montville) 36.3.
100

1. Gary Upton (Griswold) 13.6,

4x100 relay

1. Upton, Geer, Keith Keane, Joe Lecara
(Griswold) 55.2: 2. Aaron-Meredith, Doug
Geiger, Chris McCormack, Fonfille (Montville) 59.5.

1. Larkin Campbell (Norwich) 1:16.3.

1. Mike Dodge (Montville) 8:07.

1. Dodge 14.9.

Dodge 14.9.

4x100 relay

Brandon Messier, Greg Lemarre, Ryan
eehan, Cassy Wilds (Griswold) 1:05.
GIRLS
13-14
1600
Gehrielle Keange (Paston) 5:48: 2. IIII

1. Gabrielle Keegan (Preston) 5:48; 2. Jill Akus (Norwich) 6:25. 800

Erin Mondleburg (Norwich) 2:49.2.
200
 Koren Greene (Griswold) 29.4.

1. Karen Greene (Griswold) 29.4.
100
1. Faye Holden (Griswold) 13.8.
4x100 relay
1. Carley Stroich, Amy Valentine, Jen
Yonts, Greene (Griswold) 56.1.
11-12

11-12 800 1. Megan Coombs (Griswold) 2:42: 2. Amanda Devana (Mantville) 3:02. 4x100 relay 1. King, Landry, Iovino, Mandleburg (Nor-wich) 1:00.9:

2 Ainslie Osga (Griswold) 1:20.

200
2. Saroh Ibbison (Griswold) 35.5.
4x100 relay
1. Stephanie Grillo, Olga, Kristen Rollins,
Brittany Bonchuk (Griswold) 1:07: 2.
Crouich, Majewski, Mailhot, Weed (Nor-

## Johnson will run for UConn in fall

Norwich Bulletin

EAST HARTFORD - OK, Chad Johnson was cruising during the 3200 yesterday.
What of it? He had a rough

weekend.

Not only did he spend Memorial Day preparing for yesterday's Class LL meet, he also had to weigh invitations to national meets and choose a college.

Besides, how many athletes can cruise through a race and still win easily. "I just had a four-day weekend to think about where I'm going," said Johnson, the NFA who also won the 1600. "It was definitely the toughest decision of my life."

Johnson, who repeatedly stated his plans to attend West Virginia, said yesterday he will trade in his NFA uniform for the blue and white of UConn.

"I had my heart set on going to West Virginia," he said. "But the

coach isn't coming back, so I decided to stick around here and run for Connecticut.'

Before running for Connecticut, however, Johnson will showcase his skills outside the state. The senior said he has been offered and has accepted invitations to a pair of national postseason meets this month - the Golden West Invitational in Sacramento, Calif., and the Keebler International in Chicago.

Johnson's final appearance in Connecticut will be at Tuesday's State Open at East Hartford. He will run only the 3200 at the Open; he's hoping to imrove on his personal best of 9:12.7 he ran at last week's ECC meet

Ironically, national meet organizers didn't pay much heed to Johnson until he blazed past the ECC field. Now he can showcase his talent firsthand.

"I'd like to go where the strong competition is," Johnson said. "I'd like to run out there with the best."

John Shishmanian/Norwich Bi

NFA's Chad Johnson won the 1600 and 3200 yesterday at the Class LL track meet.

Local finishers
BOYS
Ages 13-14
200: 1. Dan Geiger (Montville) 25.1; 800:
1. Julian Calendar (Norwich) 2:14.5; 1600:
1. Calendar (Norwich) 2:14.5; 200:
1. Calendar (Norwille) 7-11, 3. John Wilds (Griswold) 7-10.
2. Bowman Geer (Griswold) 13.5; 200:
2. Bowman Geer (Griswold) 27.6, 5.
Vouise Fonville (Montville) 32.0; Standing long jump: 3. Upton (Griswold) 7-4; Softball throw: 3. Geer (Griswold) 7-4; Softball throw: 3. Geer (Griswold) 7-4; Softball throw: 3. Geer (Griswold) 7-4; Softball throw: 3. Montville (Fonville, Aaron Meredith, Geiger, Chris McCormick) 59.5.
Ages 9-10
50: 2. Mike Dodge (Montville) 7-6; 100:
5. Dodge (Montville) 17-6; 400: 3. Larkin Campbell (Norwich) 1:16.3; Softball throw: 3. Chris Gresh (Griswold) 128-10; 4x100: 4. Griswold (Brendan Messier, Greg LeMar, Ryan Sheehan, Casey Wilds) 1:05.4.
GIRLS
Anse 13.16

Greg LeMar, Ryan Sheehan, Casey Wilas)
1:05.4.

GIRLS
Ages 13-14

100: 4. Faye Holden (Griswold) 13.7:
200: 2. Karen Green (Griswold) 29.5; 800:
1. Erin Mandleburg (Norwich) 2:37.3:
1600: 3. Jill Akus (Norwich) 5:45; Standling long jump: 2. Jen Yonts (Griswold) 7-4; Softbell throw: 1. Green (Griswold) 139-2; 4x100: 3. Griswold (Green, Yonts, Holden, Amy Valentine) 55.5.
Ages 11-12

800: 1. Megan Coombs (Griswold) 2:43.7,
3. Amanda Devona (Montville) 2:55.1:
4x100: 2. Norwich (Megan King, Melissa Landry, Kelly Jovino, Sarah Mondleburg) 1:00.8.

1:00.8.

Ages 9-10

200: 2. Sarah Ibbison (Griswold) 39.5:
400: 3. Ainslie Osga (Griswold) 1:20.8;
Standing long lump: 4. Osga (Griswold)
6-1: 4x100: 3. Griswold (Siephanie Grillo,
Osga, Kristen Rollins, Brittany Bonchuk)
1:07.1, 5. Norwich (A. Crouch, R. Majewski, M. Mailhot, J. Weed) 1:12.0.

## RUNNING 5/15/33

## Springtime Festival Race

Springtime Festival Race
At Danielson
3.1 miles
Top 25 finishers

1. Mike Catton (Madison) 15:13, 2. Kevin
McCaffrey (Marlborough) 15:24, 3. Kevin
McCaffrey (Marlborough) 15:24, 3. Kevin
Pigeon (Naw Britain) 15:25, 4. Sean Delaney (Old Saybrook) 15:39, 5. Ed Zubritsky
(Norwich) 15:48, 6. Don Sikorski (Norwich)
15:54, 8. Al. Swenson (Wolcott) 15:59, 9.
Joe Livorsi (Old Lyme) 16:02, 10. Tom
Degnan (Old Lyme) 16:07, 11. Aquinalos
Ramos (Norwich) 16:31, 12. Marc Heilemann (Brooklyn) 16:34, 13. Mike Fusaro
(Norwich) 16:56, 15. Jason Thayer (Dayville)
16:58, 16. Walter Smolenski (Calchester)
17:04, 17. Ed Grace (Norwich) 17:05, 18.
Jon Perischenko (Brooklyn) 17:08, 19. Ernie
Dumas (Danielson) 17:14, 20. Andy Baird
(Foster, R.I.) 17:17, 21. M. Bosco (Greenwille, R.I.) 17:172, 22, Lim Gathreau (Putnam) 17:24, 23. Bryan Zadora (Rogers)
17:36, 24. Curtiss Thompson (Norwich)
17:44.

MEN
19-under: Heilemann 16:34: gae 20-24.

MEN 19-under: Heilemann 16:34; age 20-24, 8aird 17:17: 23-29: Pigeon 15:25; 30-34: Cotton 15:13; 33-39: McCaffrey 15:24; 40-44: Dan Roy (Lisbon) 17:50: 43-49: Swenson 15:59; 50-54; Dumos 17:14; 53-59: Fromm 17:44; 40-over: Glenn Stacy (Danielson) 24:51:

WOMEN

Fromm 17:44; 30-over: Glenn Stacy (Danielson) 24:51

WOMEN

1. Kim Goff (Greenville, R.I.) 17:46; 2.
Carla Dassett-Thompson (Norwich) 18:03;
3. Cathy Cross (Vernon) 20:03; 4. Mary
Sharkey (Thompson) 20:05; 5. Courtney
Bellows (Asthord) 20:15; 6. Sue Kirkpatrick
(Waterford) 20:44; 7. S. Cole (Danielson)
21:28; 9. Lauren Desrochers (Plainfield)
21:44; 10. P. Botton (Danielson) 22:16.
19-under: Bellows 20:15; 20:24: Ellen
Cox (no town listed) 26:42; 25-29: Cross
20:03; 30-34; Goff 17:46; 35-39; Kirkpatrick 20:41; 40-44; Sharkey 20:05; 50over: Geraldine Palonen (Canterbury)
23:33.



Playwright Nick Checkers of Mystic prepares for his role as no-nonsense warrior Uncas the Mohegan.

GENE MC GRATH

NORWICH SPORTS HALL OF FAME

The "COACH" is getting inducted into the Norwich S
Hall of Fame. A good time to share stories of all
wins, the bus rides, the speeches (motivational and
otherwise), and the good times. A lot of races, a lot of
kids, and a lot of wildcat pride will be represented on this
great evening. It would be a bitter pill to
miss seeing some old friends and honoring the "COACH."

## 25th Awards Night Banquet

OF

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NORWICH SPORTS HALL OF FAME SUNDAY, MAY 16, 1993 AT 6:00 P.M.

THE RAMADA

(FORMERLY SHERATON NORWICH)
10 Laura Blvd. Norwich, Conn.

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DONATION \$15.00

I have tickets available to those who can make it to the Ramada Inn on May 16.



## Ramos back on his feet

Takes Woodstock Memorial Day 10K

> By ROGER LEDUC Norwich Bulletin

WOODSTOCK - Aquinaldo Ramos of New London figured he was through as a runner when he underwent corrective surgery on both feet 21/2 years ago.

But less than a year after taking up the sport again, Ramos emerged yesterday as champion of the Woodstock Memorial Day Race in his first attempt at a 10K (6.2mile) course.

"I'm back again," he said. "I feel pretty good."

Ramos finished in 35:16, 24 seconds ahead of Marc Heilemann of Brooklyn, who overtook George Jennings of Preston (35:52) for second place in the final mile.

Lori Vernier, 32, of Bolton won the women's crown for the second straight year. Her time was 39:51, well ahead of Karen Saunders of Manchester (42:42) and Terry Moylan of Pomfret (45:09).

The 13th annual event drew a record 201 registrants, 30 more than last year. There were 189 fin-

Ramos, 26, grew up in Norwich and attended Norwich Tech, where he qualified for the State Open as a senior on the Warriors' QVC champion cross country team in 1985

Nagging foot injuries forced him into surgery in late 1990. He started a a tentative jogging program last summer to stay in shape, and eventually felt confident enough to compete, he said.

Ramos wasn't troubled by what Vernier termed "Gutbreak Hill," the one-mile climb up Child Hill Road that closes the race. Runners gain 300 vertical feet before crossing the finish line atop Woodstock

'I think a lot of the runners were a little tentative about that hill," Ramos said. "It seemed like the start was a little slow, but I didn't cut back. When I got to that hill I just bore down.

Ramos, who is 6-foot-4, said his long strides helped him take advantage of the downhill stretch that opens the race.

"That helped me get a pretty good lead after the first mile, and I never looked back," he said.

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Woodstock Memorial Day Race

Woodstock Memorial Day Race
6.2 miles
1. Aquinaldo Ramos (New London) 35:16:
2. Marc Heilemann (Brooklyn) 35:41; 3.
2. George Jennings (Preston) 35:52: 4. Bob Bonadies (Vernon) 36:00; 5. Ernie Dumos (Danielson) 36:08; 6. Andrew Baird (Foster, R.I.) 36:15; 7. Andy Barnes (Cranston, R.I.) 36:21; 8. John Matthews (Westlield, Mass.) 36:24; 9. Teadorot Mernandez (Southbridge, Mass.) 36:59; 10. John Augusto (Southbridge, Mass.) 36:59; 10. John Augusto (Southbridge, Mass.) 37:05; 11. Jim Gothreau (Putnam) 37:06; 12. Martin Fey (Putnam) 37:56; 13. Richard Prigodich (West Hartord) 38:06; 16. Arthur Syrice (Woodstock) 38:07; 17. Bill Griffin (Somers) 38:08; 18. Doug Kenellek (Danielson) 38:16; 19. Christian Teja (Woodstock) 38:21; 20. Tim Brown (Somers) 38:22; 21. Chris Stockdole (Putnam) 38:42; 22. Thirs Stockdole (Putnam) 38:42; 23. Thirs Stockdole (Putnam) 38:42; 24. Peter Orni (Fitchburg, Mass.) 38:42; 25. Brad Seaward (Pomfret) 38:41; 24. Peter Orni (Fitchburg, Mass.) 38:42; 25. Brad Seaward (Pomfret) 38:41; 24. Peter Orni (Fitchburg, Mass.) 38:42; 25. Brad Seaward (Pomfret) 38:41; 24. Peter Orni (Fitchburg, Mass.) 38:42; 25. Brad Seaward (Pomfret) 38:41; 25. The Mattin (Woodstock) 50:33; 2. Ben Hutten (Woodstock) 51:16; 3. Mart Chouland (Woodstock) 56:38. 13-19
1. Heilemann 35:16; 2. Reutlinger 38:41; 3. Darrell Cook (Danielson) 38:55. 20:29
1. Ramos 35:16; 2. Jennings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55; 24. Spenings 35:52; 3. Braid 38:41; 3. Darrell Cook (Danielson) 38:55

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20-29 1. Ramos 35:16; 2. Jennings 35:52; 3. Baird 36:14. e-J

30-39 1, Bonadies 36:00; 2, Barnes 36:21; 3, Baird 36:14. is to

or t 1. Ducharme 37:56: 2. Prigodich 38:05; 3.

Omes Griffin 38:07.

YO 1. Dumos 36:08: 2. Kenefick 38:15: 3.
Bennett 38:34.

1. Dumas 36:08: 2. Kenetick 38:15: 3. Bennett 38:34.

WOMEN
1. Lori Vernier (Baltan) 39:51: 2. Karen Saunders (Manchester) 42:42: 3. Terry Moylan (Pamfret) 45:09: 4. Ann-Beth Ducharme (Farmington) 45:29: 5. Spring Cole (Danielson) 47:33: 6. Cabrielle Keegan (Preston) 48:06: 7. Karen Goyette (Danielson) 48:16: 8. Jane Wolak (Putnam) 48:18: 9. Ellie Lowell (Willington) 48:22: 10. Sylvia Kemp-Orino (Rutland, Mass.) 48:43.

FEMALES
1. Becky Grasek (Abington) 61:50.

1. Keegan 48:06: 2. Colleen Egan (Woodstock) 52:32: 3. Jessica Tappin (Woodstock) 54:39.

20-29

20-29
1. Cole 47:32: 2. Francine Picco (Wood-stock) 51:12: 3. Jo-Ann Moylan-Daigle (Pomfret) 51:22.
30-39

:10 s first attempt a smith 963 in 3:0 55. When the tea

AILS 10-K: It sou e season opener. We do not need t off-season.

n the racingteam

R dues must be r so, send 8.00 to: 06320...Let n Prospect. My ans i ran a 1:56.65 f rlier this month. meet. Tony came Eastern Champion unication within

33 Pearl St.

in and I'm sure the STRIDERS are tle. I have enclosed entry blanks NOTE NOTE: The Prospect Race It is not back-to-back with is makes the schedule : Durham 10-K weeks to Fairfield, then a week to we need to have a definite count ekend where there are many things nd let me know your status for

**Festival** for Cotton

> By ROGER LEDUC Norwich Bulletin

DANIELSON - Two times now. Mike Cotton has entered the Springtime Festival 5K race more or less by coincidence.

Not coincidentally, he's won both times, including yesterday with a time of 15:13,

Cotton, 34, a former college track coach at Virginia and Louisville, first won the race in 1987. He was vacationing at his parents' Madison home and signed up to get in a workout.

Cotton, who moved to Madison last year, didn't hear about yesterday's race until Friday night.

"I had been planning to race on Wednesday, and I had already run hard (Friday) morning," Cotton said. "But this is such a nice setup with the parade and the festival that it was perfect for my wife and our 3-year-old to come along."

Cotton, who grew up in New Canaan, broke from the pack just before the mile mark and ran hard the second mile, which is mostly downhill. Second-place finisher Kevin McCaffrey of Marlborough (15:24) made up some time down the stretch, but not enough.

"I just held on that last mile." Cotton said. "I don't normally like to look back, but I was really beat that last three-quarters of a mile, and I looked back a lot. I didn't feel safe until the last hundred yards."

McCaffrey had worries of his own, nipping Kevin Pigeon of New Britain (formerly of Danielson) by two seconds. The two, training partners who work together at Connecticut Mutual Insurance, had challenged each other to run their respective hometown races.

"Kevin's the reason I kept going, because I wanted to beat him,' Pigeon said. "He looked comfortable and I thought I could catch RUNNING 6/3/93

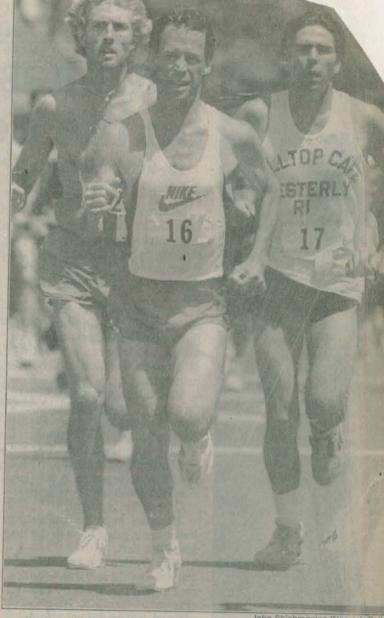
At Norwich

At Norwich MEN

1. Sean Delaney 15:42, 2. Greg Quint 15:44, 3. Dan Sikorski 16:02, 4. Chris Hanson 16:14, 5. William Wuyke 16:22, 6. Aquinaldo Ramos 16:25, 7. Tim Smith 16:34, 8. John Anthony 16:45, 9. Walter Smolenski 16:49, 10. Stephen Flynn 16:52, 11. Michael Fusoro 17:01, 12, Paul Mosca 17:08, 13. Ed Grace 17:11, 14. Frank Bolantic 17:21, 15. Jack Silva 17:25, 16. Curliss Thompson 17:39, 17. Don Ray 17:42, 18. Mike Smith 17:52, 19. Mark Holmes 17:57, 20. Brian Lundie 17:59, 21. L. Wojciechowski 18:04, 22. Jack Barrett 18:10, 23. Glenn Costello 18:13, 24. Gerry Palmer 18:17, 25. Carla Thompson 18:29. Division winners: Open, Quint: Submaster, Delaney: Moster, Smith: Senior, Clam McGrath 19:44. Vateron, Don Werling 22:26: Junior, Anthony. WOMEN

1. Carla Thompson 18:29, 2. Laurie Bartnicki 19:24, 3. Susan Kirkpotrick 20:49, 4. Spring Cole 21:23, 5. Jill Alus 21:28, 6. Donne Pelish 21:41, 7. Virginia Ereshena 22:11, 8. Erin-Kate Mandelberg 22:22, 9. Bonnie Crandall 22:31, 10. Karen Geyette 22:39. Division winners: Open, Cole: Sub-master, Thompson: Moster, Ereshemo; Senior,

22:39 **Division winners:** Open, Cole: Sub-mos-ter, Thompson: Moster, Ereshemo; Senior, Jerri Palanen 23:56; Veteran, none: Junior,



Tom Degnan, left, Mike Cotton, 16, and Ken Drury vie for the lead a the mile mark during yesterday's Springtime Festival Road Race.

him, but he turned it on at the end."

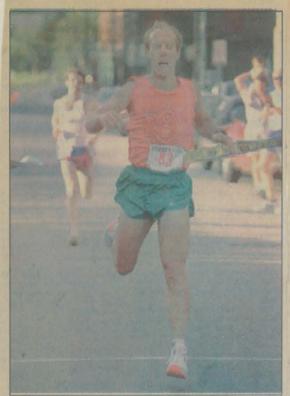
Ed Zubritsky (15:48) and Don Sikorski (15:54) of Norwich were the top finishers from eastern Connecticut, placing fifth and sixth. They should be seeing a lot of Cotton in other local races.

"I raced a couple times (last year), but I'm really trying to get back into it now," Cotton said. "Hopefully I'll run a good 10-mile this summer and then a marathon in the fall."

Kim Goff of Greenville, R.I., rur ning the Springtime Festival fo the first time, was the top wome finisher in 17:46. She passed sec ond-place finisher Carla Dossett Thompson (18:03) of Norwich nea the half-mile mark.

"The heat definitely played or my time today," said Goff, 32. "My time wasn't near what I hoped for."

The 23rd annual event attract ed 388 runners. Pfizer Inc. beat ou Tourtellotte High for team honors



Sean Delaney edged Greg Quint in the 3.1-mile Run for Reliance House in Norwich for the second straight year last evening. Page D2.

## Early kick pays off for Delaney

Norwich Bulletin

NORWICH — Sean Delaney went into his finishing sprint a little earlier than he intended yesterday, but he still had enough to win the 3.1-mile Run for Reliance House for the second straight year

Delaney, 35, of Old Saybrook nipped Greg Quint of Middletown by two seconds to win in 15:42

The two were running shoulder-to-shoulder with

300 yards to go when Delaney turned it on. "I saw a white banner for something else, and I thought that was the finish, so I started to sprint for that. I had already started, so I just kept going," Delaney said. "Once I got a little jump on him, he wasn't getting any further behind, but he wasn't catching

me either. Delaney and Quint joined their Mohegan Striders teammates, Don Sikorski of Norwich and Chris Hanson of Colchester, in a front-running pack for the first half of the race before the two pulled away on the downhill stretch on Reynolds Street.

"I run really well downhill," Delaney said. "I figured if I could get to the top of the hill near the front of the pack, I'd have a good chance of winning."

Delaney bettered last year's winning time by 15 seconds. Sikorski was third in 16:02 and Hanson fourth (16:14).

Carla Thompson, 33, of Norwich won the women's crown, finishing 25th overall in 18:29, pulling away from second-place Laurie Bartnicki of Norwich (19:24) in the early going.

"My time was a little slow, but I just wanted to have a good hard run tonight," Thompson said. "I had just run Monday (a 10K in Durham), and I don't usually

It was the eighth annual fundraiser for Reliance House, the Norwich-based support center for people recovering from mental illness. Executive director Dave Burnett said the race raises more than \$2,000 each year for the agency from entry fees and spon-

# Gnabel does it again

## Defends crown with late surge

By BILL TAVARES Norwich Bulletin

NORWICH - Tomasz Gnabel and Mike Cotton may not have known each other before yesterday.

Rest assured, they know each other now

Under cool, cloudless conditions, the two waged a memorable duel through the streets of Norwich during the 10.4-mile Rose Arts Festival Road Race.

Gnabel was the survivor, pulling away in the final mile to win his second straight Rose Arts title in a time of 54:18. Cotton was second in

Kevin Pigeon of Windsor was third (56:13) while Mark Militello of Pelham, N.Y., finished fourth

While Cotton and Gnabel were battling for first place, Pigeon felt he ran a "perfect" race to finish third.

Pigeon, a Danielson native, sat in seventh place for much of the race before making his move in the latter stages of the race. He eventually picked off everyone but the two frontrunners.

"I have trouble running the uphills and I'm a great downhill runner," Pigeon said. "So I knew they would come back to me.'

## Fine time had at Rose Arts Festival

As both a runner and a Mohegan Strider, I would like to extend a thank you to the Rose Arts Race Directors John Ficarra and Pete Volkmar for putting on another great race. Thank you also to Eastern Savings and Loan and to the Norwich Bulletin for sponsoring this great event, and to all the volunteers who help make it happen. Great job all.

What disappointed me about the event this year was the community interest and support ... or should I say lack of community interest and support.

For the first time ever, the Rose Arts festival president, John Mereen, arranged for entertainment on the parade grounds following the awards ceremony of the race. John had several bands performing under a beautiful summer sky. Those of us who stayed got to hear some very good music for free.

It seems that every year after the Rose Arts Festival is over, there are always some outspoken Norwich citizens complaining that this costs too much and that costs too much. Well, I hope they don't complain this year because this show didn't cost anything and they weren't there to take advantage of it. This was a wonderful opportunity for a family event but it just didn't happen that way.

NORWICH - For Mary-Lynn Currier of Griswold, the big news yesterday wasn't the fact that she won her second straight women's title at the Rose Arts Festival Road

Nor was she overly excited that her time of 61:16 over the 10.4 miles broke the women's course record of 61:34, established in 1991 by Jan Merrill-Morin of Waterford.

What really had Currier smiling was the fact that she slashed almost six minutes from her 1992 time of 67:09 - one of a series of personal records that she hopes will lead to a spot in the marathon field at the 1996 Olympics in At-

"It was a lot easier (than last year)," she said. "I'm in better shape than I was. I've been getting PRs all year.'

Currier, 29, took the lead at the outset and was never challenged. Heather Dawson of Glastonbury was more than three minutes back

I hope that John Mereen is not discouraged about the lack of turnout because those few of us who were there had a great time. I feel confident that there will be a better turnout next year -word travels fast about good music being played for free on a beautiful sum-

You can count on us being there and we don't even live in Norwich.

> TOM LEE Vice President Mohegan Striders, June 26

> > Striders win again

The Mohegan Striders regained the team title from Kelley's Pace in the Men's Open division and also captured the Women's Open crown. Westerly Hospital won the team competition in the Men's Masters division.

Last year, Kelley's Pace beat the Mohegan Striders for the first time at the Rose Arts. This year, the Striders' depth proved too much.

"It's a fun rivalry," Kelley's Pace team coordinator Bob Stack said. "It's not a hate rivalry.

### The envelopes please

This year's winner of the Harry Ogulnick Award -given to the runner whose finishing spot matches the age of the award's namesake - went to Donald Pagani of Coventry. He finished 83rd.

The Bartnicki Award -\$100 to the runner who finished 100th — went to Terry Taylor of New London.

The Ronzoni Award, handed out by Ficarra and Volkmar, was given to Ficarra's wife, Sharon, and Volkmar's wife,

"For putting up with everything this week," Ficarra said with a smile.

Six-time Rose Arts champion Carla Thompson of Norwich was third (66:16).

## at 64:21. in 5K event

By BILL TAVARES Norwich Bulletin

NORWICH - Remember the name Erin-Kate Mandelburg.

You will be hearing from her in the future.

For now, take note of the fact that at age 13 she was the first female finisher in yesterday's inaugural Rose Arts Festival 5K Road Race.

Mandelburg, who will enter Norwich Free Academy in September, won the race in a time of 21:07. Linda Jaynes of Mystic was the Female Open champ (22:33).

Tom Degnan of Old Lyme won in a time of 16:09. Charles Westman (16:49) and Andy Baird (17:01) were

second and third, respectively. "I thought I was going to place," Mandelburg said, "but I didn't think I had a chance to win."

Mandelburg began running in the seventh grade at the urging of a friend at Teacher's Memorial Junior High. Coached by Jack Fields, she took to it immediately

"At first, my dad thought I was nuts for doing it," she said. "He thought I was crazy. But once I started doing it, he started running with me because (her parents) wouldn't let me run in downtown Norwich by myself."

Mandelburg's interest in running has rubbed off on the rest of

the family. Yesterday, her sister Shauna-Beth, 12, won the 1K Fun Run, outdistancing 10-year-old Cassie-Ryan. Jon-Paul also ran in the 1K

Fun Run while Gary, the father

who thought all of this was crazy,

ran in the 10.4-mile race.
"He likes it now," Erin-Kate said

Mandelburg has worked with Age Group Athletic Association coaches Kevin Crowley and Mike

She plans to compete in track and cross country for NFA.

The 26-year-old Degnan ran track and cross country at UMass and is still trying to work himself into shape. He runs 60 miles a week, mostly with the Mohegan

Striders.
Five kilometers is his specialty. "I like the short five K, five-mile stuff," he explained. "I don't do a lot of high mileage. Ten miles is a long way to go on the workouts I

## Hartford Track Club is pulling together

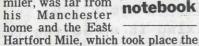
Courant Staff Writer

Most members of the Hartford Track Club have a favorite race. They also have races they dislike.

The Washington Trail 10K road race in Durham was one the club didn't like. Too hilly. Too far away.

Tough course. "Bru-HTC member Ed Sparkowski said.

Until this year. No fewer than five HTC members were in the top 25 finishers last Monday. Stephen Gates, a Running miler, was far from his Manchester



same day practically in his back yard. Why Durham?

"We got tired of reading about the Mohegan Striders [an eastern Con-necticut club] killing everybody," said Sparkowski of Simsbury, who finished seventh at Washington Trail in 32 minutes, 22 seconds. HTC won the men's open team title.

"And [the Striders are] happy because there's somebody else out there challenging them," he said.

Team running is growing, and Washington Trail was the first in the state USA Track and Field (formerly TAC) Grand Prix series. There are seven races in the Grand Prix: Fairfield Half-Marathon, June 27; Prospect 5-miler, July 3; Willimantic 5K, Aug. 1; New Haven 20K, Sept. 6; Guilford 10-miler, Sept. 19; the Mansfield Cross Country meet, Nov. 7. The Hartford Track Club plans to be represented in all.

The Mohegan Striders have won the state men's open team title for a number of years. The HTC men never focused on winning until this year. Kevin McCaffrey, a Vernon resident who just returned to competitive running after a few years off, and Rick Konon, the HTC's former newsletter editor who lives in Colchester, talked about getting a serious team

"We never ran the same races," Konon said. "There's so many in our club, we could put together teams the day of race usually.

Or Konon would organize teams to go to his favorite races, such as the

Lake Winnipesaukee Relay and the Mount Washington Road Race in New Hampshire.

But since many of the HTC runners train together at Trinity College Tuesday nights, they decided

they might as well race together.
"We probably have 12 to 15 guys
who are pretty good," Sparkowski said. "None of us are great, but we're all OK.'

One of their competitors, Kevin Pigeon of Windsor, trains with them. Pigeon, who grew up in eastern Con-

necticut, is a Mohegan Strider.
"We give him a little grief about not joining us," Sparkowski said.

NL Sailfest 5K

NL Sailfest 5K

At New London
3.1 miles

1. Ed Zubritsky 15:45, 2. William Wuyke
15:56, 3. Steve Dasco 16:09, 4. Dennis
Crowe 16:16, 5. Charlie Wustman 16:28,
6. Bob Stack 16:40, 9. Steve Flynn 16:50,
10. Jeff Kotecki 16:56, 11, Jim Butler 16:59,
12. Wall Smolensky 17:02, 13. Eric Salerno
17:04, 14. Jack Silva 17:16, 15. Lew Wint
17:20, 16. Michael Baucher 17:21, 17. Jeff
Novak 17:28, 18. Don Lewis 17:30, 19. Mike
Fritz 17:31, 20. Ernie Dumas 17:33, 21.
Heather Dawson 17:34, 22. Scott Capezza
17:36, 23. John LaMattina 17:38, 24. Don
Roy 17:43, 25. John Brown 17:45.

MEN
Division winners

Division winners

Juniors
1. Novak 17:28, 2. Capezza 17:36, 3. Matt
Brown 18:53.

18-29 1. Romos 16:37, 2. Morrison 16:39, 3. Salerno 17:04.

30-39 1. Zubritsky 15:45, 2. Wuyke 15:56, 3. Dosco 16:09,

1. Crowe 16:16, 2. Lewis 17:30, 3. LaMattina 17:38.

LoMattina 17:38.

50-59

1. Dumas 17:33, 2. Jerry Lavasseur 19:22, 3. Carl Fuller 19:50.

60 and older

1. Anthony Pecorara 21:02, 2. Don Werling 22:25, 3. Herb Silander 24:56.

WOMEN

1. Heather Dawson 17:34, 2. Carla Thompson 17:53, 3. Mickie Levin 18:34, 4. Kris Anne Pardo 19:14, 5. Mary Comire 19:29, 6. Laurie Bartinicki 19:35, 7. Sara Lussier 19:40, 8. Linda Flavell 19:45, 9. Susan Kirkpatrick 20:26, 10. Gale Balavender 20:37.

Division winners
Juniors
1. Jennifer Swift 24:48, 2. Carrie Hanson
26:12, 3. Shelby Brown 26:20.
18-29
1. Levin 18:34, 2. Pardo 19:14, 3. Lussier
19:40.

30-39 1. Dawson 17:34, 2. Thompson 17:53, 3. Camire 19:29.

40-49
1. Balavender 20:37, 2. Elila Lowell 21:40,
3. Jan McKeown 21:42,
50-59

1. Geraldine Palonen 23:43, 2. Grace Werling 29:32, 3. Mickey Bowdy 30:25.





Fairfield Half Marathon

Mohegan Striders results

19. Sean Delaney 70:45; 22. Jim Uhrig
71:44; 31. Kevin Pigeon 73:05; 42. Don
Sikorski 74:06; 45. Ed Zubritsky 74:28; 72.
Al Lymon 77:01; 77. Paul Mosca 77:23; 88.
Jack Silva 78:16; 267. Don Lukens 68:00;
366. Mark Ruffe 91:30.
Team results
Athlete's Foot, Mohegan Striders, Hartford Track Club.

WOMEN

Elaine Van Blunk (Philadelphia) 72:03
(course record).

Mohegan Striders results
329. Laurie Bartnicki 90:08; 368. Suson
Kirkpatrick 91:43.

Kirkpatrick 91:43.

MEN'S MASTERS

Doug Kuris (Michigan) 1:07.16.

Mohegan Striders results

35. (fifth in masters) Tim Smith 1:13:24;
119. Don Lewis 1:20:35; 121. Mike Smith 1:20:43; 186. Steve Hancock 1:24:28; 204.

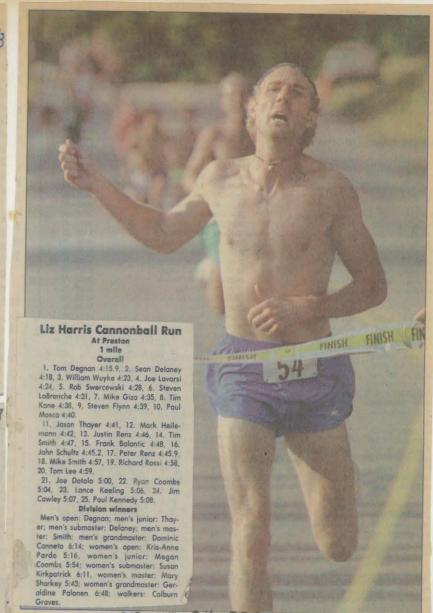
Otto Schaeler 1:25:24; Jerry LeVasseur 1:31:20; Ed Root 1:34:30; John Thomas 1:36:10; Ron LaFleur 1:43:15.

Prospect 5-mile 7/2/93
At Prospect
(Connecticut TAC championship race)
MEN

1. Tom Degnan (Mohegan Striders) 25:43.
Other Mohegan Striders results
8. Mike Whitisly 26:16: 9. Sean Delaney
26:18: 11. Greg Quint 26:28: 16. Chris
Hansen 26:52: 21. Ed Zubritski 27:02.
WOMEN

1. Donna Smeyers 31:10.

Donna Smeyers 31:10.
 Mahegan Striders results
 Micki Levin 32:33: 6. Laurie Bartnicki 33:13; 7. Kris Anne Parda 33:30; 13. Lynn Hansen 35:02; 14. Gale Balavender 35:15.
 Team results
 Men's Open
 Mohegan Striders, Hartlard Track Club.
Athlete's Foot.



Tom Degnan breaks the tape to win the Liz Harris Cannonball Run yesterday in Preston. Degnan covered the course in 4:15.9. Results D2

## It's hardly a breeze Zubritsky overcomes heat to win Sailfest Road Race

By ROGER LEDUC Norwich Bulletin

NEW LONDON - As the East Coast heat wave dragged on, what better place for the finish line of the New London Sailfest Road Race than Water Street?

About 50 pre-registered runners were no-shows, but 292 others completed the 3.1-mile course, which ended near a cool spray of water from a New London Fire Department pumper.

Ed Zubritsky of Norwich, who finished third in the event the last two years, won the race in 15:45.

"It's pretty hot out there," Zubritsky said. "You just train every day in the heat and get acclimated to it. That's about all you can do."

Zubritsky, 30, ran alongside Mohegan Strider team-mate William Wuyke for virtually the entire race. Wuyke, of Groton, pulled ahead as the pair approached the three-mile mark, but Zubritsky's kick over the last quarter mile gave him an 11-second margin of victo-

"We just met recently, so I really didn't know what kind of kick (Wuyke) had. I just tried staying with him until the end," Zubritsky said.

Wuyke, the Conn College track coach, thought he had the race in hand.

"I just blew it. I don't know what happened," he said. "I'm kind of new running in these road races. I don't want to give excuses, but I'm trying to stay tough mentally on the road, because I've been running on the track almost all my life.

Steve Dasco placed third in 16:09 and Waterford's Dennis Crowe was fourth (16:16).

Heather Dawson of Stonington, second at the Rose Arts Festival Race last month, took the women's crown in 17:34. Carla Thompson of Norwich was sec-

Dawson, 30, who moved from St. Petersburg, Fla., in January, said she's used to dealing with hot weath-

"This is like a Florida day today," she said. "I ran tons of races there, and you have to be careful because of the heat, but I'm used to it. Last summer I had a 17 flat in this kind of heat."

Wuyke, who grew up in Venezuela and lived in Alabama and Tennessee before coming north three years ago, also shrugged off the weather.

'People talk about New England being so hot and humid, but in the South, that humidity can kill you," he said. "Sometimes I had to practice at 6 in the morning. By 7 o'clock, forget it.'

Race director Marie Gravell reported no heat-related problems among the runners

She said an extra water stop was added to the course after some runners complained about the heat after last year's race

## Montville Masters 10K

Montville Masters 10K

At Ockdale
6.2 miles
1. Bob McCusker (Simsbury) 33:31, 2, Don
Lewis Jr. (New London) 37:37, 3. Bob
Seiller (Canaan) 37:42, 4. Robert Graham
(Ledyard) 37:50, 5. Mike Smith (Norwich)
37:52, 6. Bruce Ducharme (Formington)
38:32, 7. Gary Pulino (Moodus) 38:39, 8.
Dove Jacobs (Niantic) 39:10, 9. Tim Smith
(Norwich) 39:40, 10. Stephen Brown (Niantic) 40:18, 11. Lance Magnuson (Lebanon)
40:24, 12. Steve Hancock (Bozrah) 40:30,
13. Sam Murallo (Quoker Hill) 40:35, 14.
Dennis Tetreault (Lisbon) 40:56, 15. Don
Roy (Lisbon) 40:57, 16. Randy Boah (Lisbon)
40:58, 17. Jerry Levasseur (no town listed)
41:25, 18. Daniel Lukens (Ockdale) 41:36,
19. Ted Phillips (Niantic) 41:55, 20. Dennis
Zajehowski (Jewett City) 42:22, 21. Carl
Fuller (East Haddam) 42:35, 22. Marshall
Callins (Salem) 42:43, 23. Ranald Dombrowski (Norwich) 43:07, 24. Ed Root (Old
Saybrook) 43:26, 25. Gale Balavender
(Salem) 44:13.

MEN.
Division winners
Age 40-44: 1. McCusker 33:31, 2. Lewis
37:37, 3. M., Smith 38:32,
43-49: 1. Grohem 37:50, 2. Pulino 38:39,

45-49: 1. Graham 37:50, 2. Pulino 38:39, 3. Jacobs 39:10. 30-54: 1. Seiller 37:42, 2. Phillips 41:55, 3. Zojehowski 42:22. 35-59: 1. Levasseur 41:25, 2. Joe Riccio (Branford). 44:26, 3. Daniel Jacobs (New York City) 45:18. 60-64: 1. Patrick McKeown (Prospect) 53:34, 2. Chaster Creamer (Oakdale). 100:29, 3. Louis Free (Uncasville). 1:02:09. 65-69: 1. Larry Larkin (Southington) 51:44, 2. Hazen McDonald (Uncasville). 1:04:57.

Division winners
Age 40-44: Balavender 44:13; 45-49,
McKeawn 45:13; 50-54: Palonen 49:49.

## E16 THE HARTFORD COURANT: Sunday, July 4, 1993 It's uphill for this team

Hartford track club drops men's championships

July, 1993

By LORI RILEY Courant Staff Writer

PROSPECT - Hartford Track Club members may be the most reluctant running team assembled.

After the state USA Track & Field Grand Prix men's open championship Saturday, the men, clad in blue USATAF UPDATE: After and white, complained good-na-Track Club all have turedly about the big hills at the end of the Prospect 5-Mile road race a three-way tie at thecourse.

New Haven 20K on Sept. "Terrible," Ed Sparkowski of schedule. We need eveSimsbury said. "Why aren't we

for the second half. What playing golf or something?"

"I needed a rope tow," said Steve by 1 second and it is Gates, a miler from Manchester. I have enclosed entry "I'm getting a little surly about this in as soon as possible team stuff."

To make things worse HTC fine

To make things worse, HTC finished second. Mohegan Strider
Tom Degnan of Old Lyme won the this year, finishing srace in 25 minutes, 43 seconds, and Last year we were secchis five-man team won the champi-The 4th place team thionship (2:11:38). Hartford finished five average for this

five average for this ers.

for 11th place in '91 Led by first-place finisher Donna in '92 ran better than Smyers (31:10), Karen Saunders race, 11th place was 1 (eighth, 33:39) and Cathi Koehler-Cote (10th, 33:54), HTC beat Mohe-

> 119) 1:20; 3 cently finished fifth at the Mount 1) 1:20:43. Washington Road Race. "This is the

to record flatter courses.

37, good fo watched the other faster this year. Let'

33Pearl St.

Zuby Letting the woman do all the work!

### **Road racing**

for good with about a quarter-mile

"I went out real conservative," said Degnan, 26. "You just start reeling people in on the hills. I felt really good."

Mike Whittlesey (eighth, 26:16), ord Sean Delaney (ninth, 26:19), Greg Quint (11th, 26:28) and Chris Hansen (16th, 26:52) made up the rest of 1, the Striders.

The men and women Striders ad have dominated state TAC (now r USAT&F) standings for years. Deg-nan, in his first year with the Mohegan Striders, is glad another team is hem competing for the title.

"It's good competition," he said. "That's what makes it interesting. I rfield

o:00:38 to 6:03:01. '91 we were third in 6:21:38. as 6:13:52. Our top 5 ly Mike Chassé with 1:12:11 ith a 1:11:53 for 11th place For a perpective on this years faster on the Grand Prix Circuit was our 6th finisher in 1:14:36,

lain on the

like running for the team. I haven'

done it since high school. I've run by

myself and for myself, and this is a good motivational factor, running on a team with a bunch of guys."

McCusker masters

nishers weregan by 22 seconds in the women's

vin Pigeon open.

1:10:45, Jim Uhrig (22) in

ith (35) in 1:13:26, and Don

to races and they kept saying, 'Why

at this yea don't you guys get together?' said

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2) 1:17:09, Smyers, 35, of Manchester, who re
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in a long time and also

MEN FAIRFIELD 1:04:30 1:05:17 2. Larry Matthews 3. Tomasz Gnabel M1. Doug Kurtis 1:07:16 WOMEN 1. Elaine Van Blunl 1:14:05 1:14:59 3. Gordon Bakoulis M1. Nancy Grayso

Norwich Bulletin

MONTVILLE - Youth (relatively speaking) won MILES: A ST in previous years the out at yesterday's Montville Masters road race for ce was hot HTCers tended to stick to shorter, Tom Degnanforced the pace on runners 40 and older.

Bob McCusker of Simsbury, who turns 41 this month, finished the 6.2-mile Oakdale course in a record 33:31, breaking Gary Nixon's 1992 mark of record 33:31, breaking Gary Nixon's 1992 m

record 33:31, breaking Gary Nixon's 1992 mark of 33:53.

Another youngster, 40-year-old Don Lewis Jr. of New London, was second in 37:37. Gale Balavender of Salem, also 40, won the women's crown (44:13).

"I broke the record, but 80 percent of that is in 26:28 (A bell you're going to get me to Durance of the task of the week of the week of the work of the work of the week of the week of the week of the work of the work of the week of the week of the work of the work of the work of the week of the week of the week of the work of the week of

"I broke the record, but 80 percent of that is obably because it's so beautiful out today," cCusker said. "I don't know what it was like last ear, but if it was hotter or more humid, those hills of the week for the rockie of the week ham.' And I'm like, 'Geez, we ritsky (21) in 27:02. On haven't even started yet.'"

[A hell you're going to get me to Dur- 1 the rockie of the week ham.' And I'm like, 'Geez, we ritsky (21) in 27:02. On haven't even started yet.'"

[A hell you're going to get me to Dur- 1 the rockie of the week ham.' And I'm like, 'Geez, we ritsky (21) in 27:02. On haven't even started yet.'"

[A hell you're going to get me to Dur- 1 the rockie of the week ham.' And I'm like, 'Geez, we ritsky (21) in 27:02. On haven't even started yet.'" probably because it's so beautiful out today," McCusker said. "I don't know what it was like last year, but if it was hotter or more humid, those hills would wipe you out."

McCusker opened up an early lead over Tim Smith, 45, of Norwich. But Smith, who outran McCusker at this year's Fairfield Half Marathon, made a wrong turn at about the three-mile mark, leaving no one within striking distance of the leaving no one within striking distance of the

"When I got around a corner onto a straight, I knew I should have seen Bob and the (lead) car again, but I didn't. So I knew," said Smith, who returned to the course and placed ninth (39:40). "I don't know if I could have beaten him today. He's looking really strong."

Jerry Levasseur set a record (41:25) for the 55-59 age group, breaking Joe Riccio's mark of 44:33. Riccio (44:26) bettered his previous mark.

The race drew 77 runners, three fewer than last year. But McCusker predicted the race and others like it will become increasing popular.

"Running really took off in the 1970s, especially after 1972, when (marathoner Frank) Shorter won in the Olympics," McCusker said. "Now all those

guys are my age, and we all love it."
Said Lewis: "The whole next wave of good local runners are in their 30s now, and a lot of them are going to become masters in the next five years. So the masters division is going to boom."

## Willimantic 5K

Willimentic 3.1 miles
Overall

1. Tom Harding (Norwalk) 15:10.17, 2. Thomas Degnan (Old Lyme) 15:17.57, 3. Ken Matiskella (Wallingford) 15:22.09, 5. Steve Swift (Cromwell) 15:24.02, 6. John Bysiewicz (Stony Creek) 15:30.45, 7. Edward Sparkowski (Simsbury) 15:32.02, 8. Kevin Pigeon (Windsor) 15:33.33, 9. Mark Groom (Wolcott) 15:33.98, 10. Bruce Westring (Westport) 15:34.49.
11. Chad Johnson (North Franklin) 15:34.74, 12. Joseph Anastasia (Hartford) 15:34.74, 17. The Greg Quint (Enfield) 15:41.34, 15. Kevin - McCaffrey (Marlborough) 15:44.49, 16. Ed Zubritsky (Norwich) 15:53.49, 17. Steve Gates (Manchester) 15:57.84, 19. Tony Martin (Mansfield) 15:58.39, 20. Al Swenson (Wolcott) 15:59.02.
21. Vic Romaniuk (Cheshire) 16:04.60, 22. Jim Nugent (Litchfield) 16:06.77, 23. Patrick Hambrick (New Orleans) 16:07.05, 24. Jerome Strum-Bucket (Cromwell) 16:09.04, 25. Don Sikorski (Norwich) 16:09.64.

\*\*WOMEN\*\*
1. Susan Faber (Oxford) 18:34.70, 2. Elizabeth Swith (Cromwell) 18:57.22, 3. Onna Smyers (Manchester) 19:29.89, 6. Cathy Parbst (Manchester) 19:29.89, 6. Cathy Parbst (Manchester) 19:29.89, 6. Cathy Cross (Vernan) 19:36.42, 7. Lourie Bartnicki (Norwich) 19:37.45, 8. Susan Julin (Noank) 19:37.94, 9. Theresa Steffen (Storrs) 19:49.82, 11. Susan Weihl (Modison) 19:49.25, 12.

19:33,97, 10, Kris-Anne Pardo (Preston) 19:43,82. 11, Susan Weihl (Madison) 19:49,25, 12. Beth Lebel (Bristol) 20:05.11, 13, Kathy Manizza (Willimantic) 20:10.42, 14, Mary Camire (Mystic) 20:10.67, 15, Leslie Brown (Prospect) 20:10.98. DIVISION WINNERS

MEN Under 14: 1. James Mileski IV (Uncasville)

MEN
Under 14: 1. James Mileski IV (Uncasville)
23:05,15.
14-19: 1. Johnson 15:34,74, 2. John Anthony III (Canterbury) 16:53,45, 3. Clint Santoro (Stafford Springs) 16:54,20, 4. John Hammond (South Windsor) 16:54,52, 5. Rob Johnson (Willington) 16:54,84.
20:29: 1. Harding 15:10.17, 2. Degnan 15:17.57, 3. Matiskella 15:20,96, 4. Swift 15:24,02, 5. Pigeon 15:33,33.
30:39: 1. Cotton 15:22,09, 2. Bysiewicz 15:30,45, 3. Sparkowski 15:32,02, 4. Groom 15:33,98, 5. Anastosio 15:39,43.
40:49: 1. Swenson 15:59,02, 2. Hambrick 16:07.05, 3. Doug Hood (Hamden) 17:32,44, 4. Mike Smith (Norwich) 17:57,76, 5. Hector Rodriguez (Tolland) 18:22,63.
50:59: Ernie Dumos (Danielson) 17:20,77, 2. Jerry Levasseur (Madison) 18:58,85, 3. Dennis Zajehowski (Jewett City) 19:56.09, 4. Ken Wright (Storrs) 21:44,27, 5. Daniel Jacobs (New York City) 21:54,84, 60:69: 1. James Horan (Wethersfield) 22:54,19, 2. Larry Larkin (Southington) 24:30,24, 3. Jack Coleman (Manchester) 27:11.40, 4. Thomas Roberts (Mansfield Center) 33:05.12, 5. Al Cappiello (Danbury) 36:50,52, 70-up: 1. Harold Luetien (Rockville)

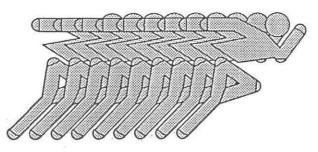
1. Harold Luetjen (Rockville) 1, 2. Paul Kaplitz (Willimantic)

26:09.11, 2, Paul Kaplitz (Willimantic)
43:26.40.
Teams: 1, Mohegan Striders, 2. The
Athlete's Foot, 3. Hartford Track Club.
Striders team results
2. Degnan, 8. Pigean, 11, Johnson 15:34,
13. Delaney 15:41, 14. Quint 15:41, 16.
Subritsky 15:53, 18. Hansen 15:57, 19.
Martin 15:58, 25. Sikorsky 16:09, 39. Guil
Ramas (New London) 16:39, 52. Walt
Smolenski (Colchester) 17:02, 72. Mike
Smith (Norwich) 17:57.

WOMEN
Age 14:19: 1. Swift 18:57.22, 2. Mary
Fagan (Middletown) 20:18:70, 3. Erin-Kate
Mandelburg (Norwich) 20:33.39, 4. Katy
Harding Glastenbury) 22:09:29, 5. Megan
Wertheim (Meriden) 24:50.07.
20:29: 1. Parbst 19:19:00, 2. Levin

Harding (Glastonbury) 22:09.29, 5. Megan Wertheim (Meriden) 24:50.07.
20:29: 1. Parbst 19:19:00, 2. Levin 19:38.89, 3. Cross 19:36:42, 4. Steffen 19:39.97, 5. Pardo 19:43.82.
30:39: 1. Faber 18:34.70, 2. Smyers 19:07.95, 3. Bartnicki 19:37.45, 4. Julin 19:37.94, 5. Manizza 20:10.42.
40:49: 1. Weihl 19:49.25, 2. Judith Lohman (West Hartford) 24:39:43, 3. Eleanor Lucas (Tolland) 25:16.08, 4. Mariette Johnson (Lebanon) 25:17.54, 5. Sharon Powers (Wallinglord) 26:03.41, 50:59: 1. Turosz Zofia (Hartford) 20:16.08, 2. Geraldine Palanen (Canterbury) 24:12.38.
60:69: 1. Cynthia Peterson (Middle Haddom) 33:40.67, 2. Audrey Cappiello (Danbury) 47:35.83, 70-up: 1. Mary Haines (Newington) 37:15.88.
Teams: 1. The Athlete's Foot, 2. Mohegan

37:15.88,
Teams: 1, The Athlete's Foot, 2, Mohegan Striders, 3, Williamontic Athletic Club.
Striders team results
98. Levin 19:28, 101. Cross 19:36, 102. Bartnicki 19:37, 106. Pardo 19:43, 141. Sue Mosca (Waterford) 21:06, 142. Lynne Hansen (Colchester) 21:06, 147. Spring Cole (Danielson) 21:37, 181. Kathy Smolenski (Colchester) 23:16.



## MOHEGAN STRIDERS

August, 1993

STRIDER PRIDE SHOWS ITSELF AT WILLIMANTIC AGAIN: The STRIDERS rode into Willimantic for the big showdown and took the lead in the overall Grand Prix standings with a convincing 45 second victory over second place Athletes Foot and a 1:03 margin over 3rd place HTC. The STRIDERS were in a 77:46. Athletes foot-78:31 and HTC at 78:49. The STRIDER second five was the next team to finish in 80:36, then Middletown-81:21, Yale-82:14 and the green team-83:52. Team commitment, Team racing, we showed it all with 8 people finishing under the 16 minute barrier. AF had 3 and HTC had 5. The best team won. STRIDER PRIDE. Our top five had a gap of 24 seconds, down from 43 last year, our top 8 was just 41 seconds apart and the top 10 was 1:22. Our 5th was inside HTC's 3rd man and AF's 4th. We had 8 inside htc's fith and 9 in front of AF's 5th. DEpth. Tom Degnan led the STRIDERS with a 15:17, equaling Sean Delaney's time from last year as the fastest STRIDER on this course. Kevin Pigeon was in 8th place at 15:33 and was named most-improved and comeback runner of the week. Kevin was 34th at 16;42 last year. Chad Johnson was 11th in 15:34 showing a ferocious kick and winning the 13-19 divisionChad was named rookie of the week in his first venture on the PACING TEAM. Sean Delaney was 13th in15:41.

eek voting for the 2nd race in a row, but de common that title for New by holding up Sean Delaney in the chute.

By ROGER LEDUC Norwich Bulletin

**WILLIMANTIC** — Since giving birth to her first child six months ago, Susan Faber has had other things on her mind besides road races.

But yesterday, competing for the first time in 13 months, Faber shook off self-doubt about her readiness and won the women's crown at the Willimantic Athletic Club 5K for the fourth time.

"I wanted to race sooner, but I never thought I was ready," said Faber, 30. "I probably won't get back to my fastest times in a hurry, but I'll just set goals along the way.

Faber's time of 18:35 was well off her 1987 course record of 16:51. But she still outdistanced her nearest competitor, Elizabeth Swift of Cromwell, by 221/2

Tom Harding of Norwalk, running for the Stamford-based Athlete's Foot team, won the men's title, covering the USA Track and Field-certified course in 15:10. Thomas Degnan of Old Lyme was second (15:18) and Ken Matiskella of Wallingford third (15:21).

Saturday.

eight-mile race competitively.

Instead, Faber spent part of run, then decided that night to argin of victory in a 5-K race. take the plunge and run at Willimantic.

"If I had known I was going to race, I would have gone short er (on Saturday)," she said "I just said, 'Well, I have to start somewhere.'

Faber, a former collegiate runner at Tennessee, is a twotime champion of the seven-mile Litchfield Hills Road Race. She was named Connecticut's top female runner in 1988.

In the men's race, Harding, 27, took an early lead before Degnan made it close approaching the finish.

See FABER, D3

Results, D2.

Faber's layoff sh. Sean has been 3rd in the race the last 2 yea finisher in 14th also at 15:41. Greg finished 2n eek voting for the 2nd race in a row, but don't ee has already given you that title for New Haven

by Ed Zubritsky in 16th at 15:53, down from Faber, from Oxford, said she le of our top five dropped out, we would have has been squeezing in training ! as our fifth. Chris Hansen was 18th in runs between the demands of tyear. Tony Martin was 19th in 15:58. Tony motherhood and her part-time tyear in this race. If Chris or Tony was job as a nurse at a convalescent e also won the team title. DEPTH. Don center. She had intended to launch her comeback in an at 25th in 16:09 and Gui Ramos was 39th eight-mile race in New Milford nd to Chad in the junior division) was 45th ki (the inventor of the racing team) was "I had my heart set on New 7:02 was 40th. The Grand Prix circuit is Milford," she said, "but I realized r with all the teams taking a run at the there was no way I could run an e showed them who the best team is, who o has the strongest commitment to winning. Saturday on a nine-mile training ar of Willimantic in impressive fashion.

"I don't really race. I run at my own ability level," Harding said. "I just wanted to run 4:40 per mile. They weren't with me that much, but I could hear them back there. They were coming.

Harding, who ran at Virginia Tech, estimated that the many turns on the course knocked 15 seconds off

The top finishers from eastern Connecticut were 17-year-old Chad Johnson of North Franklin (11th, 15:35) and Ed Zubritsky of Norwich (16th, 15:53). Mickie Levin of Colchester was the fifth woman across

Ernie Dumas, 52, of Danielson won the men's 50-59 age group in 17:21, placing 59th in the field of 229. The Mohegan Striders won the men's team crown and The Athlete's Foot took the women's title.

## PROFILE

OF A NEWSMAKER



Bulletin Photo

### **Larry Rice** and John Tedeschi

What they accomplished: Larry Rice, 39, a 16-year police veteran, and John Tedeschi, 58, head of maintenance at the police department, raised \$1,300 for Connecticut Special Olympics this year.

In the news: Rice and Tedeschi, both Norwich natives, solicited local businesses for donations for this year's Special Olympics, sponsored in the area by Southern New England Telephone and police departments. Departments that raised at least \$1,000 received an honorary plaque with the Special Olympics torch attached. Rice, Capt. Al Fecteau and maintenance employee Mike Smith carried the torch during the traditional run through the city. State law enforcement agencies raised \$82,000 in a threemonth period for the charity.

Always lending a hand: Rice and Tedeschi are active in charity fund-raisers. Rice has working with the the Special Olympics the last three years and helped raise \$1,900 for the police department's **Drug Abuse Resistance Education** program the last two years. Tedeschi's involvement with the Special Olympics began in the late 1960s when former Seaside Regional Center Recreation Director Jack O'Keefe asked him to be a celebrity

Quoting Rice: "I like to do things for charities. I went down to the opening ceremonies (for the Special Olympics) in New London. It was a good experience.

Quoting Tedeschi: "They are

gifted kid ticipants) al thrill t what the watching or better never se see som

day. I hope so."

Both Callender and Alt finished in 4:33.87. J.B. Hedges of Decatur, Ill. (4:39.83) was third.

To put Callender's time of 4:33.87 in perspective, Norwich Free Academy's Chad Johnson won the Class LL title in 4:21.76. Callender will be an eighth-grad-

crash to receive his awards for the year, not knowing that these would be the last awards he would re-The memories of that night are

sports banquet the evening of the

When justice for all fell short

7/30/93

sports banquet the evening of t

This is the from the victim im-

Mr. Cropper caused the alcohol-

pact statement I read in court the

day of sentencing for Todd Crop-

related crash that permanently in-

I am here to speak for my son Nicholas who is the victim of a vi-

Tomorrow will be 18 months

since Mr. Cropper caused the crash that violently and permanently in-

jured my son Nicholas on Nov. 8,

Nicholas was attending Mohegan Community College and work-

He was on the cross-country team and track teams at NFA and

He has received many awards

Nicholas was on his way to a

in school for track and five varsity

a member of Mohegan Striders.

ing full time at a dairy farm.

letter and many trophies.

Callender wins 800

to complete double

FAIRFAX, Va. - Norwich's Julian Cal-

lender capped a perfect weekend by winning

the 13-14 boys 800 meters in record time yes-

terday at the East Coast Invitational age

group track meet at George Mason Univer-

was more impressive yesterday. Despite

running in the slower heat, Callender fin-

ished in 2:02.17, and then sat back and

watched as the faster heat couldn't keep

first 400, so when the second heat came

said Callender, an eighth grader at Kelly

Middle School. "Once I got in front I just set-

"Julian went out in 56 (seconds) for the

Callender, 14, won the 1500 on Friday, but

Bulletin Staff Reports 7/25/93

jured my son, Nicholas Kelo.

"Your Honor:

olent crime.

burned in my mind forever - to go to the emergency room to find my child lying there suffering multiple trauma injuries.

Mr. Croper needs to be held responsible for what he has done. have not asked this court to punish someone that it does not think is

I have not asked this court to punish someone without evidence am asking that Mr. Cropper be punished severely, for he has ru ined my son's life.

This, Your Honor, is justice." I went to court 24 times in 1 months — more times than Mr Cropper. In the end, r. Cropper re ceived six months suspended afte two days served, a year probation and 250 hours of community ser vices, and \$1,800 in fines and cour

The two-day sentence falls fa short of the \$20,000 in medical bill and the lifetime of pain my son ha to endure.

inal and the hell with the victin

SUSETTE KE

Wave

The Pledge of Allegiance sta and justice for all...." Bu

## should read "... justice for the ca Norwich duo on fast track to succes

By BILL TAVARES Norwich Bulletin

NORWICH — They may be on school vacation, but neither Erin-Kate Mandelburg or Julian Callender have done much relaxing this summer.

The two young Norwich runners have been too busy collecting trophies.

Mandelburg, 13, was the top female finisher at last month's Rose Arts Festival 5K Road Race, winning in 21:07 - more than a minute quicker than the female Open champion.

Less than a month later, she capped off her first season of Hershey Track competition, winning the 13-14 800 meters state title in a time of 2:37.3.

"I feel pretty good about it," said Mandelburg of her summer accomplishments. "It's kind of neat because I never had any intentions of running the Rose Arts or Hersheys and I ended up winning both of them.'

Callender, 14, has been no less impressive.

Two weeks ago he set a record in the 1600 (4:49) at the Hershey state meet and also won the 800 (2:14.5).

Then this past weekend, he

traveled to Fairfax, Va., to cor pete in the East Coast Invit tional age group track meet George Mason University. After winning the 1500 on Friday, h turned in a record-setting pe formance in the 800, winning 2:02.17.

"Every time I ran, it was nic and cool," Callender said with laugh. "It would be all hot an sunny, but when I ran, the cloud would come out and it would b cool. I had it good."

So do the track and cros country coaches at Norwic Free Academy who will inher these two in the near future Mandelburg enters NFA this fa while Callender arrives nex year with the Class of '98.

"Erin-Kate is planning to ru cross country (at NFA) and think she will be very successfu because she has a very goo work ethic," said Kevin Crowley who coaches runners with th Norwich Recreation Depart ment. "The higher you go, th more work you have to do, and think she knows that and will d the work.'

### around in 61, I knew they weren't coming back," said Kevin Crowley, Callender's coach with the Norwich Recreation Department team. "He put it all together this weekend." The second-place finisher was more than five seconds back and Callender's time broke the record of 2:02.55 set last year by Trinity Gray of Philadelphia. I started way on the outside lane, so I wanted to sprint out in front of everyone,

tled in.'

# ender wins national 1600 title

**Bulletin Staff Reports** 

HERSHEY, Pa. - Norwich's Julian Callender earned a personal best, a national championship and some high praise at yesterday's Hershey National Age Group track meet

Callender, 14, leaned past Anthony Alt of Waverly, Neb., at the tape to win the 1600 meters. He drew the praise of Rafer Johnson, the 1960 Olympic decathlon gold

"(Johnson) said I looked just like him

when he was a kid," Callender said. "He told me I could be as good as him some-

er at Kelly Middle School this fall.

Callender's time would have been good enough for seventh at this year's

"(The race) went just the way I wanted it to," Callender said. "They all went out very fast.'

Callender ran with the pack for the first three laps, then broke with Alt, Hedges and Oregon's Daniel Kemp in the final 400. Callender took the lead from Alt with 200 meters to go ("We hammered each other down the stretch," he said), then won the race with a lean at the line he had practiced.

'We worked on everything," said his

coach, Kevin Crowley.

Callender qualified for the nationals with a time of 4:49 at the state meet.

Stratford 5K MADD dash

Stratford 5K MADD dash
At Stratford
Division winners
Overall: Mike Chasse 15:26; Women:
Sofia Wieciarkowska 17:37; men's masters:
Pike O'Malley 16:04.
Mohegan Striders results
1. Chasse, 11. Tim Smith 16:36, 21. John
Ficarra 17:13, 22. Dennis Tetreault 17:20,
25. Don Lewis 17:26, 30. Bob Graham
17:38, 35. Don Roy 17:46, 49. Jerry LeVasseur 18:18, 69. Randy Bach 19:03, 76. Ed
O'Connell 19:17, 116. Way Hedding 20:19,
130. Ed Root 20:41, 126. Ron Dombrowski
20:34.

Men's masters team results

20:34.

Men's masters team results

1. Housatonic Road Runners 50:29, 2.

Mohegan Striders 51:09, 3. Libra AA 52:40.

Men's grandmasters team results

1. Hartford Track Club 53:20, 2. Mohegan

Striders 55:11, 3. Housatonic Road Runners

Chasse of Striders wins Mike Chasse of Bridgeport and the Mohegan Striders won the Stratford 5K MADD dash yesterdaywith a time of 15:26. Chasse won the Preston City Road Race last Saturday. Tim Smith of Norwich was fourth in the men's masters division (11th overall) in 16:36. Pam Goldstein was the fourth women's finisher in 19:50.

## urrier third in New Haven

Staff and Wire Reports
9/6/9.3
NEW HAVEN — Simon Karori of Kenya
won the 20-kilometer New Haven Labor Day Road Race yesterday, beating Keith Brantly by 43 seconds.

Karori won in 59:12, beating 2,500 others. Brantly, of Ormond Beach, Fla., finished in 59:55. Because the race was the men's national 20K championship, Brantly won

Mary Lynn Currier of Preston was the third woman to finish, in 1:12:31 to earn \$1,000. Gordon Bakoulis of New York was the top woman in 1:10:37. Bakoulis was second here last year and in 1990. Lorraine Hochella of Williamsburg, Va., was second

The top local runner was Norwich's Ed Zubritsky, who was 49th overall in 1:08:55. Norwich's Tim Smith (1:10:20) was the top local master and the fifth overall.

New York City Marathon race director Fred Lebow, recovering from brain cancer, came in 2,000th overall, in 2:13:34. This was Lebow's second marathon since he was diagnosed with cancer in 1990 and underwent three years of chemotherapy.

New Haven 20K
At New Haven
Men
Overall

1. Simon Karori, Kenya, 59:12; 2. Keith
Brantly, Ormand Beach, Flo., 59:55; 3. Jose
Luis Molina, Ethiopia, 1:00:23; 4. Paul
Pilkington, Roy, Utah, 1:00:45; 5. Tom
Ansberry, Portland, Ore., 1:01:14; 6. Tessaye Bekele, Chicago, 1:01:23; 7. Don
Janicki, Louisville, Colorado, 1:01:57; 8.
John Gregorek, Seekonk, Mass., 1:01:57;
9. Sammy Nyangincha, Kenya, 1:01:20; 10.
Alem Kasay, Addisababa, Ethiopia,
1:02:26.

1:02:26.

Masters

1. Lourence Olsen, Millis, Mass., 1:05:42.

Mobegen Striders mesters

5. Tim Smith 1:10:20; 14. John Ficarra
1:14:45: 19. Mike Smith 1:15:50; 27. Dennis
Tefreauti 1:18:09; 29. Steve Hancack
1:18:44: 37. Guy Pulina 1:19:54; 51. Don
Roy 1:22:41; 92. Ed Root 1:27:23; 102.
Randy Bach 1:28:02; 126. Carl Fuller
1:30:06: 134. Sam Murallo 1:31:14; 200. Bob
Knowles 1:43:42.

Masters teams

Masters teams

1. Hartford Track Club 3:31:00; 2. Mohegan Striders 3:40:55; 3. Yale Co-op 3:46:00.

gan Striders 3:40:55; 3, Yale Co-op 3:46:00.

Women
Overall

1. Gordon Bakoulis, New York, 1:10:37; 2.
Lorraine Hochella, Williamsburg, Va., 1:10:56; 3. Mary Lynn Currier, Preston, 1:12:31; 4. Cindy Girard, Red Bank, N.J., 1:13:20; 5. Anna Rios, Jamaica, N.Y., 1:14:15; 6. Barbara Filutze, Erle, Pa., 1:14:27; 7. Ellen Rochefort, Quebec, 1:14:33; 8. Sandy Lovejoy, Winchester, Mass., 1:15:09; 9. Donna Smyers, Manchester, 1:18:36; 10. Allison Suchenski, Trumbull 1:18:59

Top Striders finishers

19. Kelly Perkins, 1:24:27; 34. Laurie Bartnicki, 1:28:36; 36. Lynne Hansen, 1:29:19.

## Johnson coasts in Deary

**Bulletin Staff Reports** PUTNAM - With three races

to choose from this weekend, Chad Johnson had a tough decision to

Johnson, the former Norwich Free Academy all-stater, picked the fourth annual Cathy Deary Memorial 5-mile road race, and coasted to a victory in 26 minutes, 28 seconds — beating defending champion Geary Daniels of Dudley, Mass., by 40 seconds.

Johnson, who starts his freshman cross country season at UConn next Sunday, used the race as a final tuneup for his collegiate career. He also got to spend part of the day with his good friend Bryan Zadora, the Killingly High all-stater who left for his freshman year at Virginia Commonwealth after the

"I was thinking about running the Waterford Week 5-miler (today)," Johnson said. "But we got to say our goodbyes and we spent some time together."

Johnson didn't spend much time with the other 148 finishers yesterday, running the last three miles by himself.

"I went for he win," Johnson said. "I didn't know what the competition would be like. With the Preston City race, I thought the competition might be divided out."

Johnson, the two-time CIAC State Open cross country champion, was running competitively for the second time since coming in second in the two-mile race at the prestigious Keebler International at Elmhurst, Ill. He was 11th in the Willimantic 5K (3.1 miles) on Aug.

Zadora was third yesterday at 27:37, Cliff Matthews (27:43) took fourth and Craig Fischberg fifth at

Mary Lammi of Spencer, Mass., was the top women's finisher at 29:56 (23rd overall). The Central Massachusetts Striders won the men's and women's team titles.

**Chasse wins at Preston** 

PRESTON - Mike Chasse won the 7.2-mile Preston City road race in 37:15, 24 seconds ahead of defending champion Jeff Kotecki.

Kotecki, of New London, set the course record last year at 36:37. Rounding out the top five this year were Ed Zubritsky (37:43), Tim Smith (40:30) and Steve Flynn (40:42).

Kris-Anne Pardo of Preston was the top women's finisher at 48:10, followed by Janice Boyes (51:43) and Lynne Hansen (56:37), Todd Adams (44:39) and Pardo were the top Preston finishers in their divi-

**Deary Membrial** 

Deary Memorial

At Putnam
5 miles
Fourth ennual
Overall

1. Chad Johnson 26:28, 2. Geary Daniels
27:08, 3. Bryan Zadora 27:37, 4. Cliff
Matthews 27:43, 5. Craig Fischberg 27:57, 4.
Cliff Motthews 27:43, 5. Craig Fischberg 27:57, 4.
Cliff Motthews 27:43, 5. Craig Fischberg 27:57, 4.
Cliff Motthews 28:31, 10. Brug Willour 28:48.
11. Mike Darigan 28:34, 12. Bob Oulschlager 28:56, 13. Ernie Dumas 29:05, 14. Doug Meek 29:24, 15. Doug Kenefick 29:31, 16.
Mike Wosiuk 29:37, 17. John Hixon 29:38, 18. John Carey 29:46, 19. Martin Fey 29:50, 20. Jesse Arnold 29:51.
21. Scot Deslongchamps 29:52, 22. Chris Stockdale 29:53, 23. Mary Lammi 29:56, 24.
D. Kendall RePass 30:10, 25. Daniel Boutin 30:19, 26. Aivar Angelspock 30:49, 27.
James Wedge 30:58, 28, Brad Seaward 31:14, 29. Alan Rendeau 31:29, 30. Shawn Johnston 31:32.

Divisions
Men

Divisions
Men
12 and under: Daniel Williamson 42:08,
13-17: Johnson (division record): 18-29:
Zadora; 30-39: Daniels; 40-49: C. Matthews; 50-59: Dumos (division record): 60
and over: Tom Hessian Jr., 38:07.

Dombroski 48:49, 25. Ed Root 49:32.

Divisions
Men
Open: Chasse, Flynn, Martin; Submasters: T.
Smith, M. Smith, Muralla; Grandmasters: LeVasseur, Zajehowski, McGrath; Seniors: Don Werling 56:08, Herb Silander 57:42; Junior: Adams, Cioffi.

First Preston finisher

Adams.

Women

Open: Pardo, Janice Bayes 51:43, Lynne
Hansen 56:37; Submasters: Carol Hervey
50:08, Jon Prastek 60:05; Masters: Gale
Balavender 49:40, Rose Buckingham 56:45,
Micheleen Haesseler 57:24; Grandmasters:
Judy McGrath 56:37, Geri Palonen 57:06;
Junior: Sharon Neborsky 59:41.

First Preston finisher

## Guillemette dusts Kelley Race field

## Dawson claims women's crown

By ANDREW DAS Norwich Bulletin

NEW LONDON - After two miles of yesterday's John J. Kel-ley Road Race, Glen Guillemette's only worries were loneliness and safety.

Racing only himself and dodging city traffic, Guillemette cruised to a surprisingly easy victory in the 31st annual Kelley race at Ocean Beach Park.

Guillemette, of West Warwick R.I., circled the 11.6-mile course in 59 minutes, 46 seconds. He was nearly three minutes - or more than one-half mile - ahead of second-place finisher Bob Hensley of Milford (1:02:12). Sean Delaney of Old Saybrook was third (1:02:41).

"I ran the same pace I ran two years ago (when he finished sec-Kevin Grant),"

John J. Kelley race

At New Londo 11.6 miles MEN

MEN
Open

1. Glen Guillemette 59:46; 2. 8ob Hensley
1:02:12; 3. Seon Delaney 1:02:41; 4. Jeff
Kotecki 1:03:41; 5. Joe Puopolo 1:03:44; 6.
Patrick O'Neill 1:04:10; 7. Joe Banas
1:04:39; 8. Bob Stock 1:05:26; 9. Paul
Mosca 1:05:40; 10. Aguinalde Ramos
1:06:38; 11. Stephen Flynn 1:06:40; 12.
James Butler 1:07:33; 13. John Ficarra
1:07:50; 14. Charlie Wustman 1:07:59; 15.
Aldo Patruno 1:08:01; 16. Mike Darigan
1:08:07; 17. Kar Christianson 1:08:09; 18.
Lowell Ladd 1:08:19; 19. Kevin Gallerani
1:08:25; 20. Nick Manuzzi 1:08:29; 21. Gary
Debenian 1:08:30; 22. Don Lewis 1:08:45;
23. Anthony Ryba 1:08:52; 24. Paul Toth
1:09:08; 25. Brian Foley 1:09:13.
High school
Lowell Ladd 1:08:19; Jeff Novak 1:10:56;
Mike Grenier 1:103:17.
Masters
Lehe Eigens 1:07:50; Mike Darigan

Lowell tadd 1:08:19; Jeff Novak 1:10:56; Mike Grenier 1:13:17.

Masters
John Ficarra 1:07:50; Mike Darigan 1:08:07; Gary Debenian 1:08:30.

Grand masters
Bob Sieller 1:10:28; Peter Madden 1:10:38; Bill Boardman 1:12:08.

Veterans
John Kelley 1:19:10; Phil Mogillo 1:25:43; Al Chameides 1:34:46.

WOMEN
Open
1. Heather Dawson 1:10:55; 2. Carla Thompson 1:11:19; 3. Mickie Levin 1:15:18; 4. Catherine Shannon 1:16:45; 5. Leslie Brown 1:16:48; 6. Tamsen Schurman 1:17:22; 7. Mary Camire 1:17:42; 8. Kris-Anne Pardo 1:19:13; 9. Susie Mosca 1:20:34; 10. Lindo Flavell 1:27:01.

Masters
Gele Balavenda 1:22:16; Ellie Lowell 1:27:39; Jan McKeown 1:27:40.

Grand masters
Geroldine Palonen 1:36:41; Jeannette Cyr 1:37:55; Judith Anderson 1:41:46.

Veterans
Betsy Page 2:07:38.

RUNNING

Guillemette said. "I didn't really ever make a move.

He never had to. Guillemette, 33, chased down early leader Joe Puopolo in the first mile and was well clear of him after the second. From that point on, the question was not whether he would win, but whether any of the other runners would see him win.

"He looked great," Delaney said. "I've run in races with him before. I knew that if he was here,

he would win.'

Stonington's Heather Dawson (1:10:55) led from start to finish to take the women's crown. Carla Thompson (1:11:19) was a relatively close second, but never really challenged for the win.

Dawson, predominantly a shorter distance runner, was

See KELLEY, C6

Race results, C2.

running the 11.6-mile distance for the first time. She is beginning to train longer distances in preparation for October's Marine Corps marathon in Washington. As usual, Dawson said she had to fight the urge to go out fast.

"I always want to just dart out at the start," the 30-year-old said. "I was trying to play games with myself, watching my watch, to try

and run slower.'

Thompson ran the first five miles with third-place finisher Mickie Levin ("She actually went out faster than I wanted," Thompson said), but soon set her sights on Dawson.

"I started watching her on the hills," Thompson said. "If I could have closed the gap a little more, maybe I could have made a move.'

Guillemette's huge lead was as surprising as it was unplanned; he said he no intention of setting the pace yesterday.

"I was kind of hoping to tuck into a pack and finish in the top five," he said.

When told he was the only runner in sight for the last five miles, Guillemette's eyes widened. He had never bothered to look behind

"You should have told me that during the race." he said. "I could have backed off a little."

## **Delaney wins** Merchants' race

By BILL TAVARES 9/9/93 Norwich Bulletin

NORWICH - Sean Delaney wasn't sure how much he had in his legs when he showed up last night for the 13th annual Greater Norwich Merchants' Road Race.

He had plenty.

After running with the lead pack through much of the demanding four-mile course, the Old Saybrook native pulled away on the way up the Cliff St. hill and sailed home in 20:38.8.

Norwich's Tim Smith, the top male master, finished second in 21:10.8 while Aquinaldo Ramos was third in 21:17.1.

Kris-Anne Pardo of Preston City was the female winner, finishing 14th at 24:46.5.

"I just wanted to stay with the lead and work hard and then run as hard as I could the last mile and a half to see what happened," said Delaney, a 35-year-old environmental lawyer who runs for the Mohegan Striders. "I really didn't know how my legs would respond after New Haven."

Delaney, Smith, Ramos and Joe Stanley -who was also in the lead pack - all ran the New Haven 20K on Monday.

"We like that race," Smith said of New Haven "But we're not going to miss this one."

Smith led briefly as did Mike Smith and Stanley. But Delaney began to churn late in the race, cober, 1993

At Norwich 4 miles 13th Annual

13th Annuel
Overall

1. Sean Delaney 20:38, 2. Tim Smith
21:10, 3. Aquinaldo Ramos 21:17, 4. Joe
Stanley 21:27, 5, Steve Flynn 21:48, 6. Jim
Gothreau 22:08, 7. Wall Smolenski 22:12,
8. John Brown 22:26, 9. Martin Fey 22:33,
10. Mike Smith 23:16, 11. Steven Hancock
23:50, 12. Gary Krapp 24:22, 13. Jerry
LeVasseaur 24:35, 14. Kris-Anne Pardo
24:46, 15. Fred Zuleger 25:16.

Divisions
Men

24:46, 15, Fred Zuleger 25:16.

Divisions

Men

Junior: Jimmy Mileski 27:41: Open: Romos 21:17, Flynn 21:48, Lesez Wojcie-chowski 25:21, Erik Fey 25:26, Tom Giard 26:10: Submasters: Sean Delaney 20:38, Jim Gothreau 22:08, Smolenski 22:12.

Brown 22:26, Fey 22:33; Masters: T. Smith 21:10, Stanley 21:27, M. Smith 23:16, Hancock 23:50, Kropp 24:22; Grandmasters: LeVasseaur 24:35, Zuleger 25:16, Dennis Zajehowski 25:20, Joe Riccia 26:21.
Clem McGrath 26:50; Seniors: Don Wearling 29:37, Hazen McDanald 31:44.

Open: Pardo 24:46, Spring Cale 28:15.
Robin Willett: Submasters: Susan Mosca 25:30, Karen Short 30:11, Ellen Chu 30:13, Sue Gorden 32:03; Masters: Marsha Zimmerman 34:25; Grand Master: Geraldine Palanen 31:27.

meman 34:25: Grand Master: Geraldine Palanen 31:27.

2 miles
Divisions
Men
Juniors: Doryl Geiord 11:15, Tim
Simkowski 11:49, Chris Andrew 12:11,
Mike Flynn 12:24, Tim Shortoff 13:50:
Open: Rich Friedrich 12:20, Bill Craig 15:29;
Submasters: Paul Mosca 10:07, Glenn Castello 10:46, Carl Mailhart 10:54, Mark Ruffo
11:39, Todd Guertin 12:13: Mosters: Wayne
Hanson 11:14, Randy Boah 13:39, John
Anthony Jr. 16:24, Mark Stepanik 16:53,
Daryll Ceccorelli 17:06: Grandmasters: Ron
Dombroswski 12:19, Mike Koozmitch 16:06;
Seniors: Ed Sweeney 36:01.

Women
Juniors: Molly Burnett 13:29, Lindsey Boah
13:39: Open: Elizabeth Jeffy 15:59, Submasters: Kothy Smalenski 13:19, Donnachongi 15:18, Lynn Kultzik 16:20, Karen
Duggan 16:59: Mastersi Virginia Ereshena
13:48, Janet Moore 15:32, Lynn Wisniewich
21:00.

Merchant's Race



Sean Delaney crosses the finish line last night.

hitting a gear nobody else could find.

So did most of the female runners chasing Pardo, who was never seriously challenged.

"I've been running a lot, but I haven't been up to the track or doing hill workouts as I should, said Pardo, who won the 7.2-mile Preston City Fair on August 21.

"Last year I had a good year, but this year it seems I'm just not focused really on racing too much. I'm getting married in two weeks, I think that may have something to do with it.'

### Pardo - Kane

Kris-Anne Marie Pardo and Timothy Kevin Kane were married Sept. 25, 1993, in St. James Episcopal Church, Preston. Father David C. Cannon officiated.

The bride is the daughter of Mr. and Mrs. J. Richard Pardo of Preston. The bridegroom is the son of Mr. and Mrs. Robert A. Kane of Southington.

Given in marriage by her father, the bride wore her mother's gown (circa 1961) of white chantilly lace, fashioned with a Sabrina neckline, long tapered lace sleeves, fitted bodice and very bouffant skirt. The gown had several tiers of wide scalloped chantilly lace from the front and back of her skirt, which terminated in a long chapel train. Iridescent sequins and little beads trimmed the neckline and the ruffles on the skirt of her gown. She carried a bouquet of lavender roses and phaelenopsis orchids.

Matron of honor was Karen Kondratowicz of Griswold. Bridesmaids were Cindy Garland of Ledyard, Kevin Lang of Gales Ferry, Stephanie Sawyer-Ames of Brookline, Mass., and Karen Short of New London.

Best man was Jim Ames of Brookline. Ushering were Phil Garland of Ledyard, Gary Lehner of Gales Ferry, Michael Kane of Sturbridge, Mass., brother of the bride-

groom, and Gregory Pardo of Ster-ling, brother of the bride.

After a reception at St. Sophia's Hellenic Church in New London, the couple left on a wedding trip to Ireland. They are living in Preston.

The bride is a 1982 graduate of St. Bernard High School in Uncasville and received a bachelor of science degree from the University of Connecticut in 1986. She is employed as a counselor with the State of Connecticut Department of Corrections at the New London Parole Office.

The bridegroom is a 1975 grad-uate of Southington High School and received a bachelor of science degree from the University of Connecticut in 1980. He is employed at Holdridge Farm Nursery as a man-

Everybody knows the story. The the Grand Prix lead and it all comes down to the cross-country championship race on NOVEMBER 14. NOTE THE DATE. IT IS ONE WEEK LATER THAN WHAT PUT OUT EARLIER. NOVEMBER 14. NOVEMBER 14. We need everybody there for a classic cross-country race with lead runners and blockers in the pack. The more we have, the stronger our team is. We need you there. It is going to take a BIG team effort with everybody healthy on the same day. If you can't be there, you have to send me a doctor's note or a note from your wife or mother explaining why. I know you'll be there.

NEW HAVEN: HTC ran 5:37:21 and the STRIDERS were second in 5:39:52 We had 5 in before their 5th but they beat us at the 2,3,4 spots but it was a solid effort by both teams. Tom Degnan 1ed us in at 1:06:10, Sean Delaney, Mike Chassé, and Kevin Pigeon were grouped at 1:08:09, 1.08:15 and 1:08:23 and Ed Zubritsky was our 5th at 1:08:55

GUILFORD: HTC ran 4:29:15 and the STRIDERS were close behind in 4:30:42. A great effort by both teams with HTC having a 16 second per man advantage . Of the first 17 places in the race, 16 were STRIDERS or HTC showing what type of competitive race it was. Tom Degnan once again led the STRIDERS with a third place in 52:54. He was followed by Joe Litersi (0)

Se

## Si Norwich Needs... The Team That Will Make USATE UPDATE: The STRIDERS are tied with The Difference!

Athletes Foot is third with 43. the green If the green team takes the first four te finish a team, they could beat us. If we HTC, we win the grand prix title. Tom  $\Gamma$ leading the individual standings with 3 Kevin Crowley second with 36 and Mike Cotton is third with 34. It is 10-9-8--7-6 scoring dow Precinct 8 team is currently in second place, 10 p I have enclosed an entry blank for the on NOVEMBER 14 and entry information for course...See you in Willimantic (actual believes the focus of the City Council show be on tourism and economic development

Kevin Crowley

33 Pearl St.

Your Best Choice For A Brighter Tomorrow!

A strong advocate of volunteerisim, Kevin wants to be a part of the community effort to believes the focus of the City Council should with a strong emphasis on revitalizing N downtown. Improving the quality of life in Norwich is his number one priority.



Great job in Providence. 5 in the top to. 111 top Jo. 11 we would have won the team title. Tom Degnan led the way at !5:04 and also got the best massage.

### **SPORTS**UPDATE

Smith, Striders win: Tim Smith of Norwich won the masters division and led the Mohegan Striders to the masters title at the Guilford 10-mile race. Smith won in 56:12. The Striders, which won the team title by 4:20, also clinched the 1993 masters state championship with 21 points . . . Chris Hansen won the Shoreline Biathlon in Westerly in 1:08:19. The women's winner was Donna Pelish in 1:17:49.

## RUNNING 9/19/93

**Guilford Road Race** At Guilford 10 miles

Mohegan Striders masters results
Williamsters division place:
1. Tim Smith 56:12, 8. Don Lewis 60:08, 9.
Dennis Tetracult 60:14, 10. Mike Smith 60:43, 13. John Ficarra 63:22, 15. Dave Jacobs 63:51, 16. Guy Pulino 63:58, 24. Don Roy 66:37, 29, Randy Bach 69:01, 30. Ed Root 69:11, 230. Andy Shusta 90:07.
Team results
1. Mohegan Striders 2:56:34, 2. Libra 3:01:14, 3. Yale Co-Op 3:03:10, 4. Hartford 3:19:21, 5. Williamstric 3:34:00.
WOMEN
1. Kerry Arsenault 64:07; 2. Susan Julin 65:01; 3. Lestie Brown 67:31; 4. Laurie Bartnicki 68:29; 5. Jennifer Colder 68:29; 6. Allyce Raboy 68:31; 7. Susan Weihl 69:15; 8. Susan Mosca 69:36; 9. Mary Camire 69:53; 10. Theresa Furr 70:01.
Mohegan Striders finishers
4. Bartnicki: 8. Mosca; 11. Kris-Anne Pardo 70:17; 12. Cathy Cross 70:18.

### BIATHLON

**Shoreline Biathlon** 

1. Chris Hansen 1:08.19, 2. Mark Looney 1:08.33, 3. Peter Chapman 1:09.03, 4. Dick Korby 1:10:06, 5. Siu Colter 1:10:16, 6. Craig Fischberg 1:12:00, 7. Scott Roth 1:12:02, 8. John Scanlon 1:12:15, 9. Steven Nugent 1:14:11, 10. David Carchedi 1:15:17.

Nugent 1:14:11, 10. David Carchedi 1:15:17.

Top 10 women

1. Donna Pelish 1:17:49, 2. Adrienne David 1:18:45, 3. Cheryl Ronsdell 1:19:08, 4. Suzanne Stoddard 1:20:00, 5. Mary Lynne Donahue 1:26:21, 6. Beth Harnson 1:26:39, 7. Maura Woodward 1:27:14, 8. Susan Jefferson 1:28:34, 9. Piper Faulkner 1:28:54, 10. Susan Gordon 1:30:01.

Division finishers

Men

15-18: Brian Haddad 1:42:31; 19-26: Fischberg, Kenneth Osborn 1:18:49, Jonathan Lusk 1:20:18; 27:34: Hansen, Looney, Peter Chopman 1:09:05; 35-42: Roth. Nugent, Carchedi; 43-50: Jeff Morin 1:15:43, Brad Safford 1:16:16, Michael Cruise 1:20:12; 51-58: Bill Balocki 1:20:32, Henry Grills 1:22:34. Clem McGrath 1:22:40: 59 and over: Hans Hunziker 1:24:58, Dan Werling 1:29:12, Patrick Reynolds 1:41:19.

Women

19-26: Nancy Hooszu 1:35:17, Carol Ann Gray 1:43:52, Margo Letellier 1:50:05; 27-34: David, Ransdell, Stoddard; 35:42: Pelish, Harnson, Jefferson; 43-50: Jan McKdown 1:32:50, Jeanne Abate 1:37:55, Shirley Iselin 1:38:49; 51-58: Judy McGrath 1:40:50, Joyce Cantilena 1:48:21.

Westerly Triple Crown results Age group winners
30:39: Joe Pizza, Westely Athletic Sports Promotions; 20:29: Richard Rossi, Charlestown, R.1. 50-59: Jerry LeVasseur, Mohegon Striders.
Note: Triple crown includes Miracle Mile, Eliza 2: Striders.

gan Striders.
Note: Triple crown includes Miracle Mile,
Elks 3-mile race and Shoreline Biathlan.

### RUNNING

**East Lyme Marathon** 

Coveral Top 25

1. Mike Cotton 2:27.34, 2. Stephen Warren 2:30, 3. Mike Chasse 2:43, 4. Tim Smith 2:45, 5. Jeffery Scheeler 2:48.01, 6. Stephen Flynn 2:48.01, 7. Kevin Ruane 2:49, 6. Celia Hernendez 2:50.50, 9. Mike Smith 2:51.03, 10. Kevin Gallerani 2:51.47, 11. Steve Virgadavia 2:53.17, 12. Bob Lamothe 2:53.43, 13. Bill Boardman 2:53.51, 14. Tris Carta 2:55, 15. Richard Schulten 2:58.13, 16. Steve Casolino 2:58.77, 17. Ralph Morelli 3:02, 18. Rob Graham 3:04, 19. Richard Hoopes 3:05.07, 20. Peter Modden 3:05.53, 21. Karl Christiansen 3:06.22, 22. Chris McNeil 3:07.01, 23. Gerry Pánuczak 3:08, 24. Barry Lewis 3:09, 25. Steve Schiller 3:10.16.

Division winners

3:08, 24. Barry Lewis 3:09, 25. Steve Schiller 3:10.16. Division winners MEN

Open: Chasse 2:43, Flynn 2:48.01, McNeil 3:07.01; Submasters: Cotton 2:27.34, Warren 2:30, Gollerani 2:51.47; Masters: Smith 2:45, Scheeler 2:48.01, Ruane 2:49; Grand Masters: Boardman 2:53.51, Graham 3:04, Madden 3:05.53. WOMEN

Open: Debra Barry 3:16.26, Mickie Levin 3:19, Allison Page 3:53.49; Submasters: Marybeth Dadora 3:25.44, Ellen Foley 3:26.10, Lourie Bartnicki 3:26.18, Masters: Pot Agnoli 4:10.19, Shoon Mordorski 4:11.43, Dianne Zdankiewicz 4:28.55.

Top 10

1. Dave Raunig 15:47, 2. Ed Zubritsky 16:37, 3. Steve Pascoe 16:42, 4. William Gill 17:03, 5. Romos Aguinaldo 17:16, 6. John Brown 18:02, 7. Brian Lundie 18:38, 8. Gary Krapp 18:59, 9. Steve Hancock 19:11, 10. Dave Jacob 19:30.

DIVISIONS

DIVISIONS
MEN

Open: Gill 17:03, Aguinaldo 17:16, Bill
Gognon 20:36; Submessters: Rounig 15:47,
Zubritisky 16:37, Poscoe 16:42; Messters:
Kropp 18:59, Hancock 19:11, Jacob 19:30;
Grand Masster: Ron Dombrowski 21:21,
Charile Tenick 21:33, Jim Wight 21:51;
Veterens: jon MacKey 26:17, John Martin
32:18, Colburn Graves 27:11.

WOMEN

Open: Danielle Gordon 24:51, Julie Dimmack 26:43, Mary Isbister 30:48; Submesster: Robbie McCoy 22:22, Sophie King
24:59, Ann Marie Pagan 27:03; Massters:
Betsy Graham 23:07, Paula Torgerson
24:47, Pat Phillips 26:10.



October's popular Server of the Month is Rose Buckingham of North Stonington, a waitress at the Holiday Inn in New London

She is personable, fast and friendly," writes Rob Girotti of Quaker Hill, one of those voting for Rose in The Resident's monthly contest.

"I like to make people's visit enjoyable and entertaining," says Rose, who is studying civil engineering. "I like to help people relax."

Rose, a native of Mystic, finds meeting new people is one of the nicest parts of her work. She's



Rose Buckingham

worked at Holiday Inn for seven

Rose and her husband, Steven, have a son, Michael.

Congratulations To Rose Buckingham of North Stonington Who Works At the Holiday Inn In New London On Your Selection As The Resident's Server of the Month For October

Striders place 10th 11/20/93

Boston — The Mohegan Striders of Norwich were the top local team Saturday in the USA Track and Field National Masters Cross Country Championships at Frank-lin Park in Boston, finishing 10th in the 8,000-meter race in a combined 2 hours, 30 minutes, 24 seconds.

Kelley's Pace of Mystic was 11th as a team in 2:32.08. The first-place team was the Greater Lowell Track Club, which finished with a combined time of 2:16:35. The individual winner was Charlie McMullen of the Rochester Track Club in 26:08 and second was Bill Rogers in 26:30.

Local finishers in the 40-49-year-Docar Infisher's in the 40-45-year-old division of the race were: 33. Tim Smith (Striders), 28:08; 60. Jim Butler (Kelley's), 29:06; 62. Mike Smith (S), 29:14; 68. Grant Ritter (K), 29:36; 79. Pete Silva (K), 30:01.

Also, 87. Dennis Tetreault (S), 30:27; 98. Don Roy (S), 30:51; 108. Marv Sherriff (K), 31:20; 111. Don Lewis (S), 31:44; 117. Jeff Morin (K), 32:05; 152. Bill Billing (K), 36:12; 153. Steve Arbuckle (K), 26:17 36:17.

In the 50-plus division, local finishers, all members of the Mohegan Striders, were: 10. Bill Borlan, 30:09; 19. Jerry Levessaeur, 30:52; 22. Hal Bennett, 30:59; 23. Bob Graham, 31:02; 70. Dick Hines, 25:52

## Cotton wins in a splash

By BILL TAVARES Norwich Bulletin

**EAST LYME** — The breakup occurred on Lovers

That's where Mike Cotton ditched defending champion Stephen Warren on the way to winning the East Lyme Marathon Sunday in a chilly down-

Cotton, a regional sales manager from Madison, finished in 2:27.34. Warren (2:30) and Mike Chasse (2:43) rounded out the top three finishers.

"I really wasn't planning to run as hard as I did here," said Cotton, a runnerup at the Rose Arts Festival Road Race in June. "I was hoping to come up here and run about 2:35. I don't know why I didn't think Steve would be here.'

For about six miles, the two veteran marathoners ran together in a driving rain, dodging huge puddles while quickly pulling away from the rest of the field.

But as they made their way up a series of hills, Cotton began to open a gap. He took his last look back at Warren as he rounded the turn onto Dean Road, and just kept pulling away.

"The first two miles after six, I said, 'Ah, we'll run this thing together and it will be a good thing for both of us," Warren said. "Then, I didn't see him afterward."

Warren, a computer program analyst from Stoughton, Mass., set a torrid pace at the outset. Three of the first six miles were run in 5:14.

Running his first East Lyme Marathon, Cotton found himself scrambling to keep pace.

"We were running awfully fast the first six miles," Cotton said. "I did not want to run that fast."

But after surviving Warren's quick start, Cotton settled into a steady pace, averaging 5:40s through the middle miles. Warren, who is recovering from bursitis in his right heel that kept him sidelined all of July, could not keep up.

"I know he almost tripped in puddles and I almost tripped," Warren said of the conditions. "It was slippery, and then you're stepping in the puddles, your shoes are waterlogged, your toes are killing you . .

Once Warren dropped away, Cotton's only challenger was Mother Nature. Although the rain stopped, winds blew with near-gale force down on Black Point, where the course swings out along Niantic Bay.

But Cotton, who ran a 2:16 under similar conditions in Pittsburgh in 1989, survived both the elements and fatigue.

Norwich's Tim Smith won his sixth straight East Lyme master's title, finishing fourth in 2:45. That win also earned him the United States Track and Field Connecticut Masters Championship.

Debra Barry of Ashby, Mass. was the first female finisher, clocking in at 3:16.26.

A former track and cross country runner at Westfield State College, she was also running her first East Lyme Marathon.

"I ran pretty inconsistent the first six or seven (miles), actually up until 10 (miles)," Barry said. 'Then I ran with a guy, probably from 15 to 20 and he really helped. We just kind of talked. After that, I just kind of hung in."

WILLIMANTIC REVIEW: Anyway you counted it, we won. It was 27-30 with dual meet scoring (we had 7 inside their 5th), 41-47 (12 of the first 15 were Hartford or STRIDERS) with big meet scoring and most importantly on the time front, we beat them by 11 seconds (2.2 seconds per man for the top 5, .44 seconds per man per mile in the top 5). It was close and it was our team commitment (and finishing kick) that carried us. This race was more exciting that our 1 second win at the Willi 5-K two years ago because it also wrapped up the championship for the STRIDERS. We were tough all the way to the line with our STRIDER PRIDE.

The STRIDERS were led in by Tom Degnan in third place in 26:38. Tom 'also won the Grand Prix individual title. Greg Quint (7) in 27:05 earned STRIDER Rookie of the Week Honors (finally). Mike Whittlesey, who drove back from Virginia with the UConn Cross-country team the night before the race, was 9th in 27:09 and Jim Uhrig, back from a stress fracture he suffered at Fairfield, was 10th in27:10. Bob Davenport was 12th in 27:21, Sean Delaney was 13th 27:23 and Joe Livorsi was 14th in 27:26 and they closed the door on Hartford's #5 who was 15th. Ed Zubritsky was 20th in 27:49, Chris Hansen 28th in 28:18, Kevin Pigeon, finally thawed out from the Chicago Marathon, was 34th in 28:47, Jeff Green was 39th in 29:40 and Al Lyman was 42nd in 29:45. The team results were STRIDERS- 2:15:23, Hartford-2:15:34, STRIDERS second five - 2:19:43, Athletes Foot - 2:19:52, thegreenteam-2:23:05, WAC - 2:37:17. We are the best team, the strongest team and the deepest team. Great Job.

I am stepping down after 3 1/2 years as racing team coordinator. It has been fun at the races watching all of you race hard every time and particularly delightful this year beating HTC and AF (and, of course, thegreenteam) when they put the challenge out there for us. I really think they both thought they could beat us, but they forgot "it always takes a team" and we didn't...Sean Delaney will be taking over as racing team coordinator and he is planning a meeting at the Tommy Toy. Fund run at Billy Wilson's on Dec. 17. The run starts at 7:00. Warm-ups start when you get there. Bring an unwrapped toy.

*		MOH	HTC		
Degnan .	3	24:38	26:48	_5 .	McCaffrey -
Quint	7	27:05	26:53	6	Gates
Whittlesey	9	27:09	27:08	8	Tolbert
Uhrig	10	27:10	27:16	11	Zetterlund
Davenport	12	27:21	27:29	15	Anastasio
		2:15:23	2:15:34		

NORWICH BULLETIN LOCAL SATURDAY, DECEMBER 18, 1993



Joe Przekop Bei Miles Kris-fina Berde-Kone Kores Valkmar-Short Scort of Mortinson Demica. Jeff Evans/Norwich Bulletin Dressed in their traditional holiday running outfits, participants in the Tommy Toy Fund fun run jump off the starting line in front of Billy Wilson's in Norwich Friday. A fun run entry fee of a gift or donation benefits the fund.

# 

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	7
	70

PLACE	1							PLACE 7 TOTAL TIME 2:23: 2						
	GTR LOWELL ROAR RUNNERS							VICTORY ATHLETIC CLUB						
		PLACE	TIME	BIB#	NAME					PLACE	TIME	BIB#	NAME	
		8	26:44	271	VLADAMIR	KRIVOY				16	27:30	12	JIM	HOLZMAN
		9	26:54	23	PHILIP	RILEY				36	28:15	46	BOB	ULLRICH
		12	27:22	21	ROBERT	COLANTUONO				46	28:41	44	TERRY	REED
		19	27:42	24	BOB	HALL				57	28:58	94	KEITH	MEIKLEREID
		30	27:53	22	STODDARD	MELHADO				72	29:38	215	LARRY	LEGRAND
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		10	27:04	169	DANNY	PAUL				34	28:11	325	GARY	WALLACE
		14	27:25	90	RALPH	FLETCHER				76	29:47	321	THOM	GILLIGAN
		20	27:44	161	RON	NEWBURY				77	29:50	318	CHRIS	METCALFE
		28	27:52	148	KEVIN	MCDONALD				81	30:03	252	BOB	MCNAUGHT
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G	ro		DI IIC GENERAL		oint We	lcomes	1994	TELEP		Carren				

Groton Long Point Welcomes 1994

by William DuBovik writer and running enthusiast celebrate...great for the mental Nick Checker, says of the an- spirit."

nual New Year's Day Run and "It's a happening," Mystic Plunge. "It's an exciting way to

> 71 29:38 207 BEN

Mystic writer Nick Checker and Nancy Hoffman find some comfor from the cold in each other's arms.

And celebrate they did-about ACE 300 participants, from nine to 70, 68 braved the cold weather and wa- 73 ters as they started their five-mile 122 run in Mystic at the home of John 130 33:01 Kelley, winner of the 1957 Bos- 134 33:14 ton Marathon, and continued to Groton Long Point where about 100 took the plunge.

TOTAL TIME 2:37:59 MINE "B" MASTERS

BIB#

41

38

281

11 CRAIG

JAMES

KENNETH

SUMNER

TIME

29:34

29:40

32:30

The event was organized in 1969 by Amby Burfoot, Leland Burbank and the late Marty Valentine.

Amby, editor of Running World and winner of the Boston Marathon in 1968, who now lives in Pennsylvania, and Leland of Mystic, who gave up his auto for a bicycle several years ago, were among the participants. Another running enthusiast Way Hedding of East Lyme set the pace for the run, which takes a "leisurely" one hour, according to Nick.

Revelers came from throughout the region to take part in the fun event. Well represented was the Mohegan Striders, a Norwich-based running club.

At the end of the run, about 100 participants took the plunge-three Point waters.

night before," Nick says, "when you Village. think of what's ahead."

A sobering thought indeed.

WILSON

STRICKLAND

THOMPSON

WEEKS JR

times in and out of the Groton Long Toss me a towel, Piero Forilino, better known as Mino, may have said as he tries his best to keep warm. The Danielson resident was "You don't celebrate as much, the in his first run. He works for Petrowsky Real Estate Co. in Central

MEN MASTERS 50+

England Sled Dog Championships,

said he competes in Voluntown

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					NAME	
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		19	30:52	147	JERRY	LEVASSOUR
		22	30:59	108	HAL	BENNETT
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139

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TOTAL TIME 2:46:47 PLACE 7 GATE CITY STRIDERS BIB# PLACE TIME SPRINGER 346 BILL 25 31:21 SPENCER 92 BILL 33 31:43 WILLIAMS 177 DAVID 33:33 54 CHURCH 233 WARREN 57 33:50 HENDERSON 73 36:20 345 ERNIE TOTAL TIME 2:47: 2 PLACE 8 MAINE MASTERS PLACE TIME BIB# 13 BOB PAYNE 31:31 30 MACDONALD 110 ERV 53 33:31 287 PHIL PIERCE 33:46 56 GAGNON 242 PETER 59 34:06 PINKHAM 164 BILL 60 34:08 2:50:40 TOTAL TIME PLACE 9 GTR FRAMINGHAM TRACK CLUB BIB# PLACE TIME LEE . TONY 129 40 32:16 ROBERT SMITH 112 33:04 50 CITARELLA 61 34:10 86 S THAMHAIN 35:34 116 HANS PRICE 334 NED 35:36



Hampshire, and Maine. By then, snow is plentiful and racers replace carriages with sleds

"The big races come when it snows," said LeVasseur.

Even without snow, LeVasseur said the weather Sunday, with temperatures in the 40s, was ideal for



## Dog sled race opens season in Pauchaug

By SHAWN MAWHINEY Special to the Bulletin

VOLUNTOWN - Seventy-two dog sled teams from throughout New England competed Sunday in sprint dog sled races at Pachaug State Forest in Voluntown.

The races varied in length, from six-tenths of a mile to 31/2 miles, depending on the number of dogs

There were categories for pee wee racers 6 to 9 years old, junior racers 10 to 15 years old and adult racers 16 years old and up.

Teams started at one-minute intervals, with the fastest three times in each class winning trophies and bags of dog food.

Siberian, Canadian, and Alaskan huskies pulled three-wheeled carriages instead of sleds around an oval-shaped course.

Competitors often use the chariot-like carriages instead of sleds because of the lack of snow in eastern Connecticut, said Lloyd Wyatt, a member of the Connecticut Valley Siberian Husky Club, Inc. Wyatt and his wife, Joanne, sold hot food at Sun-

day's competition for the 11th consecutive year.

"It's a real good turnout," said Wyatt. "The first race of the season was canceled last week, so essentially this is the first one of the season.

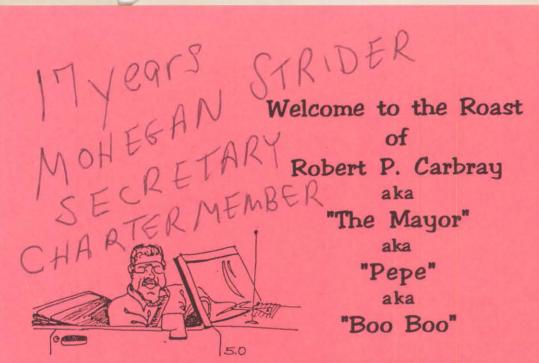
Jerry Levasseur of Madison, winner of six New

dehydrated competing temperatures over 55 degrees.



New Year's 1994
Taking the plunge

Celebrating 1994 with an icy plunge into Long Island Sound off Groton Long Point Beach Saturday are above, from the left, John Cohoon of Ledyard, Dean Festa of Groton and Wav Hedding of Niantic.



March 26, 1994

## AGENDA

Take it away Doc!!!!!!!

Special Guest Introduction - Harold Goldberg

Poker Time! - Doc Sweeney, Don Berkel, Michael Ladd

Blessing - Reverend Johnson

Chow Time!

A Time to Reminisce - Kathy Ladd and anyone else who wants to join in!!!!!!!

Mohegan Strider - Tim Smith (Contrary to popular belief Bob really was a runner!)

A Personal Roast - David Scott

A True Friend - Ann Johnson

A Serious Moment (Seriously!) - Kathy Ladd
Anything else from the crowd?????

Final Presentation - Doc Sweeney

Thanks for coming! Hope you had fun and remember - Bob is substituting so you can still make fun of him even after

Dog owners must be responsible till!

Editor

This letter is going to be like a slap in the face to some people, but if it changes a few people's views on dog owner responsibility, it's worth the flak.

3/11/94

A dog is a people-oriented animal and needs and loves the companionship of its owners. I am not advocating chaining your dog outside and just bringing him food and

But no dog should be loose at any time — even when you're outside with him. Can you really stop him from chasing something or someone across the road? Do you know how absolutely foolish you look and sound when you try to scream your dog or dogs back to you as they chase me down the road as I run by? They pay no at-

tention to you.

There are too many fast-moving cars to be letting a dog run loose.

There are too many weird people out there who could abuse your dog to death.

If your dog needs to go to the bathroom, take him out on a leash. If you feel he needs exercise (and chances are you do, too) take him for a walk on a leash. We spend thousands of dollars on exercise equipment when the best little incentive is wagging his tail at us.

A lady wrote about a hit-and-run driver of a 4-month-old puppy. Maybe that was the lesser of two evils. If I had been the driver she would be paying for my injuries or funeral sustained while swerving to avoid that little puppy. You see, I love dogs — just not lloose ones.

So if you really love your dog, don't expose it to the unknown. It's tons of work to be a responsible dog owner.

> GERALDINE PALONEN Canterbury, March 4

## Mystery plower

Editor:

On Friday, Feb. 11 at 9:50 p.m. someone was kind enough to plow our driveway. Since I have no idea who did this, I want to use this letter to thank this person from the bottom of my heart.

It's so nice to know that there are still people in the world who are willing to help other people out, whether they know them or not! So, again, I thank you (whoever you are) for taking the time to plow my driveway, it is very much appreciated.

JANICE BOYES Griswold, Feb. 16



rites



■ Eighty-eightyear-old John DeGange flew his homemade kite Wednesday outside his residence at the Bacon Hinckley Home in New London. He made the kite from newspaper and wraps his string -around an empty coffee can. Robert Patterson The Day

## MOGEBAU STRIBERS RACING TEAM UPDAT

There's no logical case for smokers

Editor:

R. Frechette has obviously not been able to or doesn't want to quit smoking. She feels smoking bans are discrimination and against her equal rights. What about my rights and all of us who aren't smoking? We don't want to inhale her smoke because it's just as bad for our health as if we did light up. If she is lighting up among her own family members she is forcing all the hazards of second hand smoke upon them. I hope she's not that selfish and you do go outside.

Today our younger generation is suffering from many upper respiratory (asthma, bronchitis, etc.) infections, to the point of it seeming like an epidemic. In many cases it's mom and dads lighting up that hurts them, and, or people who smoke around them in public

If people think that second-hand smoke isn't harmful, let me share this with you. About 25 years ago, before it was really known how harmful second-hand smoke was, I heard a lady say that she went to the doctor because she was getting very short of breath. The doctor took X-rays of her lungs. They were black and he told her she would have to quit smoking.

You can imagine the shock the doctor had, to find out she didn't smoke at all and never did. But she was married for 25 years to a two-pack-a-day husband.

GERALDINE PALONEN Canterbury, March 25

On Saturday March 26 the 1994 Connecticut USATF Grand Prix series began with the 5 mile race in New Haven -the Legs Not Arms Race to the top of East Rock Park and back down.

The Striders managed to pull together an able team and take a surprising second place behind a loaded Athletes Foot squad and a mere 13 seconds ahead of Hartford Track Club. Once again our depth and pride got us off to a strong start on defending our Grand Prix title

The Striders were led by another in a series of outstanding new-comers as Todd Washburn of Groton and the Navel Academy placed a strong 4th over all (24:55), behind only Harding, Pazik, and Groom (results attached). Mike Cotton (now running with Athletes Foot and 6th overall) was seen after the race walking with Todd asking the "who are you and where did you come from" questions. Rookie of the Month.

Todd was followed by Jim Uhrig (10th, 25:26) (another big lift for the team from Jim), and Strider stalwart Ed Zubritsky (11th, 25:29). Chris Hansen, a former Strider stalwart, climbed down off his bicycle and showed us he can still run with the big boys, taking 17th in 25:51. Sean Delaney survived (almost respectably) and took 22nd (26:05), outlasting Sparkowski and Feder (Hartford's 4th and 5th) on the down hill finish. Delaney clearly needs more training.

Al Lyman was our 6th man (35th, 27:33), running a PR for five miles (congrats Al). [Note: The course was measured, but not certified, due to changes to avoid ice on the back side of East Rock.] Paul Mosca was 7th for the Striders (28:50). We also had appearances by Jeff Green, Don Sikorski, and Mike Fusaro (they asked that their times not be revealed - Don thought that bringing Todd to the race would make it alright for him to run on cruise-control, and I'm going to have to give him this one).

Athlete's Foot took places 1, 5, 6, 9, and 13 for a total time of 2:05:14. They crushed us. The Striders (4, 10, 11, 17, and 22) for 2:07:46, edged Hartford's (2, 7, 19, 23, and 25) total of 2:07:59. That's 13 seconds. That's 2.6 seconds per man, .52 per mile per man. (The Greenteam was a distant 2:15:07.) Again, as Crowley often told us, Strider Pride at the end of the race continues to make a difference - every second counts, right through the finish line. As was the case in Mansfield last November (11 seconds) and Williamntic in 92 (1 second) the team race is hotly contested and often comes down to sucking it up and finishing hard. On the same note, congratulations to the Striders Womans team finishing second to AF - less than 20 seconds seperated the top three teams!

Our gap of 1:10 between 1st and 5th (:39 from 2nd to 5th) bettered Hartford's (1:50) and AF's (1:36), but AF still would have beaten us without Harding (they also had 14th, 15th and 18th). And AF can be stronger still with Andrew Cleary (again a mysterious no-show) and race director John Bysiewicz. Hartford also should be stronger with the addition of Pazik, and L.J. Briggs probably will run better than 45th next time (what was that all about?). Kevin "the defector" Pigeon (19th) left the Striders to join his Hartford training mates and provides them with needed depth. We wish him well (but be sure to give him a hard time anyway when you see him). Also, Al Zetterlund was a no-show for Hartford and rumor has it that Kevin McCaffery is taking a maternity leave.

Of course, we can also field a stronger team. Many of us think this is too early to start racing again (yes, me included). Last year's MVP and individual Grand Prix champion Tom Degnan was vacationing in

Mexico and claims he's not too old to still run fast. Bob Davenport (also on vacation recovered from last year's injuries and is said to be regaining the form that brought hi MVP and individual Grand Prix title. Mike Whittlesey was in Florida with the Ucon (vacationing?) and is rumored to be on a quest to break 30 minutes for 10k. Greg Qu embarrassing beatings by Jeff Fengler, will probably start training soon. (Reliance Holoe "Kramer" Lavorsi may convince Loren to let him run a few races with us again the

## Women's health doesn't suffer

Editor:

This is in response to Chris Matthews' column "Women traditionally slighted in health research" that appeared in the Jan. 29 Bulletin.

Item: In 1920 the life expectancy for men was 53.6 years; for women 54.6. In 1990 women's life expectancy soared to 78.8 years, men's to 72 years. Men die earlier than women from all 15 of the leading causes of death. And 40 percent of girls live to 85; 21 percent of boys live to 85.

Item: In absolute numbers prostate cancer killed about 32,000 men in 1991; and breast cancer killed about 44,500 women. Breast cancer killed 39 percent more women than men, yet received 660 percent more funding. The death funding ratio is 47-1 in favor of women. 1991 funding for breast cancer was \$92 million; for prostate cancer \$14 million.

Item: Almost three quarters of the women who die of heart attacks are 75 or older. By this time the average man has been dead for

three years.
Item: In a search of more than 3,000 medical journals listed in the "Index Medicus," 23 articles were written on women's health for each one written on men's.

If male power is defined in terms of the benefits cited above then I gladly abdicate the throne. My suspicion is, however, that we men are as powerless as women, but in ways that are not readily evident. Violent crime seems to be a male proclivity, but it comes not from a position of power, but one of powerlessness. Men's inability to connect with their feelings, women's common complaint, again, comes not from a position of power, but of powerlessness.

There have been abuses on both sides of the gender fence, but to hurl epithets at one side only ultimately heightens the fence that separates us.

BILL MARSHALL
Yantic, Jan. 28
YORWICH SPORT LIALL OF FRME



Donald Pirie. author of "National Park Vacations -The West," stands amid the Rocky Mountains.

DONALD PIRIE

# Prowling the Parks

Montville author's new guidebook promises adventurous travelers the best of the West

MOHEGAN STRIDER CHARTER MEMBER

Soon Pirie's notes became

Norwich Bulletin

There is no way to prepare for the emotional impact of gazing into the Grand Canyon for the first time, Donald

"Many people just stand and stare, speechless. Nowhere on earth is there anything to compare to its size, depth or breadth," the Montville author and outdoor lover writes in his first book, "National Park Vacations — The West," pub. lished last month by Cool Hand Com-munications of Boca Raton, Florida.

While staring into the famous chasm for the first time is certainly an overwhelming experience, it's not the only thing to do at Arizona's 1,904 square mile Grand Canyon National Park

Options abound for both the casual tourist and experienced hiker, but you might not know that from reading most travel books, Pirie said.

There are a lot of nice travel books out there, but they don't tell you specifi-cally what to do," he said.

Pirie said he saw a need on the mar-ket a how-to book on making the most of a visit to the great national parks.

Each chapter covers a different park, and addresses such practical concerns as, how to get there, where to eat and sleep, how many days you should stay, what you'll do while you're there, and whether you should take kids.

"Unfortunately, you can't just show up at a national park and expect things to happen," Pirie says in his introduction. "But with just a little research, you can turn a routine tour into a spectacular experience.



Pirie sits in the famed "Natural Chair" in Capitol Reef National Park, Utah

Pirie gained his expertise on summer vacations during his 35 years as a technician at Pfizer in Groton. He and wife Jan traveled to the parks many times. Eventually he started taking notes on their adventures, and his suggestions became popular among co-workers planning vacations out west.

They were well accepted and I got to be known at work as a national park guru," Pirie said. "People would come back, having followed my suggestions, and say they had a terrific time

chapter outlines, and he began compiling those into book form, along with the striking photographs he and Jan had taken on their trips.

He spent about five years writing the book, and another two or so trying to get it pub-

Banas wins Granby 10K: Norwich's Joe Banas won his second straight race Sunday, capturing the Granby 10K in 34:36. Banas, running for Kelley's Pace, is rounding back into form after missing 2½ years of competitive racing because of recurring hamstring problems. He won the Westerly Clamdigger 5-mile the week before. Norwich's Gui Ramos, running for the Mohegan Striders, was fifth in Sunday's race in 36:50. Other Striders results: Guy Pulino (12th, 39:38), Jerry Augustine (20th, 41:59), Carl Fuller (41st, 45:59) and Vic Hadam (85th, 56:05).

# Raunig takes break, wins race

By BILL TAVARES Norwich Bulletin

**NEW LONDON** — For most people, taking a study break means running out for a cup of coffee or flipping on the television.

Then there's Dave Raunig. His idea of escaping the books is to run.

On Saturday, the 39-year-old New London resident pried himself away from the monotony for exactly 17:38.46 - just long enough to win the seventh annual 3.5-mile Lawrence & Memorial Hospital Spring Stride.

Ed Zubritsky was second in 17:53 while Kevin Pigeon was third

Waterford's Dennis Crowe (fifth in 18:23) won the masters division while Westerly's Mary Janiszewski (42nd in 20:54.6) was the top female finisher.

"This is about what I felt I could run today," said Raunig, who set

### **SPRING STRIDE**

the course record of 17:06 while winning the inaugural race in 1988. "On a good day, I thought I could break the course record.'

Raunig, a scientist for Analysis and Technology Inc., is in the midst of final exams at UConn, where he's pursuing a doctorate in electrical engineering.

With two exams and two projects due shortly, he's found it difficult to run his usual 70 to 80 miles

But because it's so therapeutic, Raunig makes a point of squeezing in a few miles whenever possible.

"I've run three times in the last week and it really helps take the pressure off," Raunig said.

Raunig, who lives on Montauk Ave., where the race starts and finishes, couldn't have asked for a more relaxing outing. He led from wire to wire and was never pressured after pulling away from a group of seven runners one mile into the race.

"The race actually went very well for me," he said. "I was very stiff at the start. Steve Pascoe, the No. 4 finisher, stayed with me for a while and helped pace me through about the first three quarters. And then he dropped back and I wasn't challenged for the rest of the race."

Zubritsky gave chase over the last mile, but was never able to make a dent in Raunig's 15-second

"We were keeping about the same distance the last half-mile,' Zubritsky said. "I really couldn't gain on him. I tried to, but he was a little too far ahead."

While Zubritsky fell short in his pursuit of Raunig, Crowe continued a torrid early season stretch, piling up his fourth masters title in as many weekends.

athletic director Williams, Crowe won a 5K race in Warren, R.I., last weekend and was the masters titlist the weekend before at a 5K race in Barrington, R.I.

His winning streak is all the more impressive considering he is recovering from cartilage problems in his left knee that sidelined him from October through Janu-

"I've been coming back strong," said Crowe, 45. "I felt a little tired, but OK. I'm very pleased."

Janiszewski, 36, is on the comeback trail herself after having two children within 15 months one year

A track coach at Westerly High, she was struggling over the last mile when a pair of Mohegan Striders paced her to the finish line.

"I was breathing like a train, she said with a laugh. "I was making a lot of noise and they were really helpful to get me in.'

## Springtime winner must take a break

By ROGER LEDUC Norwich Bulletin

DANIELSON - After winning Killingly-Brooklyn Saturday's Springtime Festival road race, odd Washburn is putting his runing career on hold for a few years.

That's because it's hard to chedule practice runs aboard a ubmarine.

Washburn, 23, a two-time Allmerica in the 5,000 meters for the l.S. Naval Academy, leaves Friday r San Diego and a two-year tour f duty at sea. He's completing a ree-month course at the Navy's

abmarine school in Groton. "We're not out all the time, so l run whenever I can, and I'll use e exercise bike and Nautilus juipment on the boat," he said. But I know I won't get to run a lot ter I get to San Diego, so I'm do-

g all I can now." The ensign from Portland, Ore., oke from the pack on the Maple reet uphill at about the threearter-mile mark.

He led by as much as 100 yards fore finishing the 3.1-mile course 15:24, 11 seconds ahead of Grisld High senior Matt Papuga of nterbury, the defending State en cross country and 5,000-mechampion.

"I got far enough ahead that I s able to hold it," Washburn said. vas hurting a little bit starting

about 21/2 (miles), but luckily the finish was downhill."

Papuga, 18, who entered the Springtime Festival race for the first time, ran in a pack with seven others before pulling away at about the two-mile mark.

'I'm not in full shape yet, so I was just using this as a training race," he said. "I wanted to get some good competition under my belt and get used to the pace.'

The runners had to contend with smoke from a brush fire along North Street. Those at the tail end of the race had to avoid Danielson Fire Department trucks arriving at the scene.

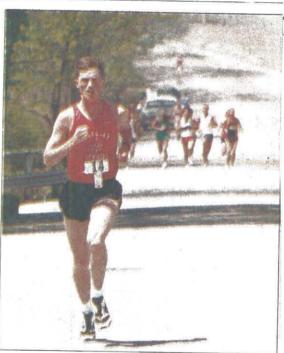
"We got through it, but it was tough breathing, and a lot of us had burning throats after the race," said women's champion Kim Goff of Greenville, R.I.

"I don't know if that's because the pollen count is high or if it's a combination of the smoke and the pollen.

Goff, 33, whose time of 17:55 made her a winner for the second straight year, outran Norwich's Carla Thompson, who was second

"Carla and I ran for about half a mile together," Goff said. "I started to pull away, but she hung in behind me. I wasn't too confident till I saw the finish line.'

Several local runners finished strong, including Chris Hansen of



Todd Washburn leads the field during the Killingly-Brooklyn Springtime Festival road race Saturday. Washburn finished first, covering the 3.1-mile course in 15:24. Story, C3.

Colchester (sixth, 15:45), Don Sikorski of Norwich (10th, 16:26), Gui Ramos of New London (11th, 16:33) and Marc Heilemann of Brooklyn (13th, 16:39).

Among the women, Susan Mosca of Waterford was fourth (20:18) and Mary Sharkey of Grosvenordale fifth (20:36).

Glenn Stacy of Danielson did not register, leaving John Brady of Sterling and Ken Rawn of Canterbury as the only people to have run all 22 Springtime Festival races.

Tues, 4-19-94 DAY

## Currier, Smith top the list of local runners

Tim Smith and Mary Lynn Currier, both of Norwich, were the top local men's and women's finishers at Monday's 98th Boston Marathon.

Currier was the top local finisher, 168th, in 2 hours, 37.01 minutes. She was the 14th women's finisher overall.

Smith, 199th overall, was the top men's finisher in

"I enjoyed it, but it was a little too cold for me," Smith said Monday night. "I haven't run under 2:40 in three years, I think. I had some energy down the stretch which is unusual for me."

Smith was unaware of his exact finishing spot, and when he learned it was 199, he said, "I thought with my time I was in the top 200. Last year, I was three minutes slower, and 135th. You never know."

Smith saw an old friend of his along the way, Bill Rogers, formerly of the Thames River Road Club. Rogers, living in Williamsburg, Va., made the trip up to run the race.

"I saw Bill about the seven-mile mark, and I said 'What do you want to do?' He was about 2:35. I saw him up until the last six miles."

Rogers finished in 2:35.01.

Top 1,000

According to the Associated Press, there were 10

local finishers in the top 1,000.

After Currier and Smith, at 254 was Stephen Flynn of Groton, in 2:41:21; 338. Al Lyman of Uncasville, 2:44:14; 536. Harry Lepp of Danielson, 2:49:24; 611. John Hallberg of Westerly, 2:50:50; 649. Jeff Kotecki of New London, 2:51:35; 680. Jim Butler, Connecticut College's cross country coach of New London, 2:52:21; and 916. Bob Graham of Ledyard, 2:56:39

Other local finishers included Kevin Gallewrani of Uncasville in 3:01, Steve Hancock of Bozrah in 3:04, Don Lewis of New London in 3:05, and Marv Sherriff of Waterford in 3:12:50.

Norwich Hall to induct eight

**Bulletin Staff Reports** 

NORWICH - Eight people will be inducted into the Norwich Sports Hall of Fame at its 26th annual dinner on May 15 at 6 p.m. at the Ramada Hotel.

The inductees include Bill Marshall, John Jakubowski, Cas Grygorcewicz, Dr. Robert Bundy, Leon Howard, Dave Galligan, Edmund J. Burke (posthumously) and Edward Donat (posthumously). NFA wrestler Tony Gizio and NFA runner Jill Akus will be honored as male and female athletes of the year, respectively.

A look at the inductees:

Marshall has been an outstanding runner for more than 30 years, earning All-State and All-Capital District Conference honors while at NFA. He was co-captain of the Wildcats' CDC and state championship teams in 1962.

Competing in the over-40 masters division, Marshall has won the Rose Arts and New Haven 20K Labor Day races, and he was undefeated for three years in Connecticut masters competition.

He was voted the state's top master in 1986, and was the national champion in the 45-50 age group half-marathon.

Jakubowski played on five City League Fastpitch Softball championship teams during a twodecade career, earning the league's batting title in 1953.

He also was an umpire in the Norwich City League and excelled in duckpin and ten-pin bowling.

Grygorcewicz, Montville High's girls basketball coach, lettered three years in basketball at NFA and was a member of St. Thomas More's 1969 New England championship team. He also played two years at Quinnipiac.

Grygorcewicz has been a player-coach in the Norwich City basketball league since 1972, and was a member of the Wonder Bar team that won nine straight league crowns. He is also an active runner who has competed in more than 25

1994 MARCH 7 DIMES WALKATHON







5/15/94

The Norwich Sports Hall of Fame held its 26th annual induction dinner Sunday night at the Norwich Ramada. The inductees are pictured above. Front row, left to right: Leon Howard, Edward Donat Jr. (accepting for the late Edward Donat) and Edmund Burke Jr. (accepting for the late Edmund Burke). Back row (left to right): Dr. Robert Bundy, Cas Grygorcewicz, Bill Marshall, John Jakubowski and David Galligan. In photo at right, NFA's Tony Gizlo, left, and Jill Akus, right, were honored as sports persons of the year while Johnny London, center, received the service-to-community award.





## MOGEGAM STRIBERS RACIMO TEAM MODATE

May 1994

The next Connecticut USTAF Championship race is:

### Washington Trail 10K in Durham Monday May 30th, 11 am.

Sign up, train smart, and let's surprise Athlete's Foot and Hartford. The Foot has Harding, Cotton, Bysiewicz and more. Hartford will have Pazik, Tolbert, Pigeon and the usual cast of blue shirts. The Striders will need a big effort from everyone to stay in the race. You know the drill - every second counts...

The rest of the Connecticut USTAF Grand Prix schedule is attached. Let me know which races you can run, will run, might run or whatever. Our depth is our strength, but we need everyone's help.

Sorry for the typo in the last Racing Team Report. My phone number is 458-1029.

### Some Recent Race results:

Striders took nine of the top twenty place\$ at Danielson May 14th, including Todd Washburn (1st), Chris Hansen (6th), Don Sikorski (10th), Gui Ramos (11th), Ed Zubritsky (14th), Paul Mosca (17th), Ken Drurey (18th), Jack Silva (19th), and Mike Fusaro (20th). This is Todd's last race around here for a while. Hopefully he'll be in port again soon - big thanks for the help at Legs Not Arms, Todd!

In an effort to have his nickname changed from "the traitor", Kevin Pigeon signed up with the Striders as a social member and ran with us against thegreenteam in the L&M Hospital race on May 7. With Zubby 2nd, Pigeon 3rd and Don Sikorski 5th, the Striders edged out thegreenteam's Raunig (1st), Crowe (4th) and Kotecki (new dad) 6th.

At the Boston Marathon, Tim Smith (2:38) continues to amaze. Finishing first in the long-sleeve shirt category ("I was cold the whole day"), Smith lead a large group of Striders who enjoyed the tailwinds and 50 degree temperatures. Top Striders included Honorary member Geoffrey Smith (2:37), Al Lyman (2:44), Steve Virgadaula (2:53), Ken "the early leader" Drurey (3:00), Kevin Galerini (3:02), Steve Hancock (3:03), and Don Lewis (?). Also from CT: Harding (2:21), Groom (2:27), Currier (2:37), Priebe (2:38), Briggs (2:41), Geier (2:41), Bartlett (2:43).

Rumors: The Striders expect some surprise help at Durham from the college ranks. Please show up if you can!!...Joe "Dimetri" Swift was spotted toeing the line at a local road race...Other Swifts are running swiftly...RUN DURHAM...Tom "Michael Jordan" Degnan has switched sports, trading in his racing shoes for a weight-lifting belt...Tom claims he can lift Jordan's batting average...Joe "the Hulk" Lavorsi can lift Tom and Michael at the same time...but can they still run???

### CALL ME AND LEAVE A MESSAGE IF YOU PLAN TO RUN DURHAM!

Sean Delaney, Striders Open Racing Team Coordinator 365 Durham Road Guilford, CT 06437 (203) 458-1029

1. Gui Ramos (New London) 35:35.7, Marc Heilemann (Brooklyn) 35:45.0, 3. Charl Sperazzo (Norwalk) 35:59.2, 4. Teodoro He nandaz (Southbridge, Mass.) 36:12.9, 5. Err Dumas (Danielson) 37:02.1, 6. Martin Fey (P. Dumas (Danielson) 37:02.1, 6. Martin Fey (Put-nam) 37:50.6, 7. Jim Gothreau (Putnam) 38:02.5, 8. Bruce Ducharme (Farmington) 38:09.5, 9. Brad Seaward (Pomfret) 38:32.6, 10. Doug Kenefick (Brookklyn) 38:44.6, 12. Nathaniel Cabot (Somerville, Mass.) 38:51.4, 13. Nick Popiak (Thompson) 38:59.7, 14. John Quevil-lon (West Brookfield, Mass.) 39:00.3, 15. Bruce Marvoneck (Stafford Springs) 39:08.9, 16. Mark Keenan (Manchester) 39:16.3, 17. Frank Mita (Oxford, Mass.) 39:41.5, 18. Mark Ruffo (Gris-wold) 39:57.6, 19. Michael Collins (Salem) 40:00.3, 20. Bob Simons (Brooklyn), time un-40:00.3, 20, Bob Simons (Brookly

**Memorial Day 10K** 

available.

Division winners: 12-and-under: John
Martin (Woodstock) 51:35.2; 13-19: Darrell
Cook (Danielson) 41:10.7; 20-29: Ramos; 3039: Sperazzo; 40-49: Fey; 50-and-older: Dumas; Wheelchair: Tom Aromin (Moosup)
55:58.7; Woodstock resident: Christian Teja 40:07.4.

Women

3. 40:07.4.

Women

1. Lorl Vernier (Bolton) 40:13.6, 2. Mary Sharkey (North Grosvenordale) 44:08.1, 3. Francine Picco (Woodstock) 45:10.7, 4. Spring Cole (Danielson) 45:30.6, 5. Collean Taylor (Vernon) 47:21.5, 6. Janice Boyes (Griswold) 47:23.3, 7. Sylvia Kemp-Orino (Butland, Mass.) 47:44.9, 8. Jill Patrone (Manchester, Mass.) 47:44.9, 8. Karen Goyette (Danielson) 50:06.8, 10. Deboráh Kirkconnell (Dayville) 50:22.3 Division winners: 13-19: Taylor; 20-29: Cole; 30-39: Vernier; 40-49: Sharkey; Woodstock resident: Picco.

Washington Trail 10K
At Durham
Top Individuals
Male: Peter Pazik (Wallingford), 31:06;
Female: Alison Lapinski (Dorby), 36:55; Men's
master: Mike O'Malley (Shelton), 34:12
Mohegan Striders results

Masters team results

1. Housatonic Road Runners, 1:47:24; 2.

Mohegan Striders, 1:47:47; 3. Hartford Track
Club, 1:50:53

# Ramos captures Woodstock 10K

By ROGER LEDUC Norwich Bulletin

WOODSTOCK - Gui Ramos of New London enjoyed a homecoming of sorts Monday as he won the Woodstock Memorial Day 10K road race

One year ago, Ramos earned his first victory since returning to competitive running on the grueling Woodstock course. After leading from start to finish Monday for his second title, he said he's come

"It's been a good, competitive year," he said. "I've been working out with the (Mohegan) Striders, and those guys have helped me learn a lot."

Ramos, 27, was a standout runner for Norwich Tech. But nagging injuries required corrective surgery on both feet three years ago, followed by rehabilitation and a long road back to competition.

Ramos' time of 35:36 was nine seconds better than 20-year-old Marc Heilemann of Brooklyn. Norwalk's Charles Sperazzo was third (35:59).

Fourth-place Teodoro Hernandez of Southbridge, Mass., pressured Ramos over the first five miles. But Ramos proved stronger on Child Hill Road, the steep 1.2mile ascent to the finish line atop Woodstock Hill.

"The hill was tough, but it's good for me," Ramos said. "The (Norwich) Rose Arts has big hills too, and I wanted to get some good training in for that

## ROAD RACING

Tommy's Mid May Classic

Men's masters team results Hartford Track Club 64:58; Housatonic Road Runners 65:00; Moheran Striders 66:22

JUNE 5, 1994 Striders win state title: The Mohegan Striders won the Connecticut USA Track and Field women's masters team championship Sunday during the Ridgefield P.R. five-mile road race. Sue Mosca, who finished 76th overall (32.52), was third in the masters division to lead the Striders and was joined on the winning team by Gale Balavender (33:42), Betsy Graham (37:06), Rose Buckingham (38:21) and Michaeleen Haeseler (41:03). In the men's race, the Striders finished third in the masters division behind Tim Smith, who placed fifth overall (26:58) and third in the masters division. . . . Portland's Tom Wimler, a member of the Striders, was the overall winner Saturday in the Deacon's Den 6.4-mile road race in West Dover, Vermont. Wimler's time was 35:35. In the three-mile race, Way Hedding was the top Striders' finisher in 18:01, good enough for third overall and first in the masters division.

Striders results

RIDGEFIELD P.R. s-MILE
Conn. USATF Masters Championship
Men
Tim Smith (6th overall) 26-58, John Figarra (11) 27-51, Dennis Tetreault (17) 28:41,
Mike Smith (22) 29:36, Jim Carper (30) 29-57,
Guy Pulino (39) 30:27, Joe Balavender (68)
32:33, Ed Root (99) 34:33.
Chean wildner Root Fillsworth (Torripo-

Open winner: Rod Ellsworth (Torring-

ton) 25.02. Masters winner: Al Swenson (Stamford)

hegan Striders.

Women

Sue Mosca (76th overall) 32:52, Gale Balavender (87) 33:42, Betsy Graham (138) 37:06,
Rose Buckingham (154) 38:21, Michaeleen
Haeseler (184) 41:03.

Open winner: Renee Idone (Southbury) DEACON'S DEN ROAD RACE

DEACON'S DEN ROAD RACE At West Dover, Vt. 6.4 mile race 1. Tom Wimler 35:35; 3. Scooch Martin-son 38:40; 5. Don Lewis 39:18; 6. Wayne Jol-ley 39:42: 10. Eric Isbister 41:01; 15. Jerry Au-gustine 41:47; 16. Jerry LeVasseura 41:58; 35. Pat Swim 48:10; 43. Jeff Noga 51:10; 45. John Mazarowski 51:53; 49. Bill Sheek 52:51; 50. Judy McCrath 53:04; 52. Nick Checker 53:33; 72. Mary Isbister 62:02

Judy McGrath 53.04; 52. Nick Checker 53:33; 72. Mary labister 62:02. Men's open: 1. Wimler, 2. Martinson. Men's masters: 2. Lewis, 3. Jolley. Men's voteran: 2. LeVasseura. Women's veteran: 1. Swim. Women's veteran: 1. Swim. Women's senior: 1. McGrath. 3-mile race 3. Way Hedding 18:01; 8. Charlie Spellman 19:39; 33. Tom Swim 23:36; 38. Merrill Swim 24:22; 39. Todd Swim 24:23; 51. Molly Hyde 25:28; 85. George Williamson 31:11; 86. Sandra Williamson 31:11; 93. Alissa Lewis 32:61; 95. Rosemary Lewis 33:06. Men's open: 3. Spellman. Men's masters: 1. Hedding. Girls child: 3. Merrill Swim.

## **Rose Arts race** losing sponsor

Eastern S&L pulling out

By BILL TAVARES 6/194 Norwich Bulletin

**NORWICH** — On the surface, not much has changed for Sunday's 28th-annual 10.4-mile Rose Arts Festival Road Race.

Pete Volkmar and John Ficarra are still directing the event.

Runners will still start at Chelsea Parade. Norwich's Tim Smith is still the man to beat in the masters competition.

Behind the scenes, however, change is definitely on the horizon.

Longtime sponsor Eastern Savings and Loan is pulling out after this year, taking with it a dependable source of cash flow and manpower.

Volkmar, who learned of the decision earlier this year, understands the reasoning.

'They have to spend their advertising dollars elsewhere," he said. "They've been a very good sponsor. There would be no Rose Arts Race without Eastern Savings and Loan and they'll go out with our deepest regrets."

In the past, the bank has contributed as much

## Hansen climbs to top

By ROGER LEDUC Norwich Bulletin 6/94

NORWICH — Chris Hansen has been running on Norwich's hills since his high school years at St. Bernard. That experience might have been the deciding factor in his victory in the ninth annual Run for Reliance House Thursday

Hansen, 28, covered the 3.1 miles in 15:57, 26 seconds faster than Don Sikorski of Norwich. Mary Janiszewski of Westerly won the women's crown in 18:36.

Hansen, of Colchester, led from about the three-quarter-mile mark. He said his style is to make all the time he can on uphill climbs.

With his size - "5-foot-6 on a good day," he said - he doesn't have the stride to cruise on the downhills.

"I used to run these hills every day before I got married," said Hansen, who ran the Reliance House race for the seventh time. "Whoever got to the top of that hill first always had it won.

He had a 70-yard lead when he topped the last hill and turned downhill from NFA to the finish line on Franklin Street. Behind him, Sikorski ran neck-and-neck with Joe Banas of Norwich, who finally fell to third in 16:25, two seconds behind Sikorski.

"It would have been a great finish if Chris hadn't come," Banas laughed afterward.

Janiszewski, 36, is Westerly High's girls track coach. She moved to the area from Syracuse, N.Y., 11/2 years ago and is getting back into running shape after having her second child last year.

"I was going to go for time, but a couple of people warned me about the hills, and they were



day. Hansen outdistanced Don Sikorski and Joe Banas for the victory. Page D6.

**Run for Reliance House** 

Goyette 22:58.

Division winners

Men

Age 18 and under: Daryl Giard 19:48;
19:29: Sikoraki; 30-39: Banas; 40-49: Smith:
50-59: Bennett, 50-up: Chuck Corey 24:43.

Women

Age 18 and under: Michelle McGillicuddy 35:29: 19-29: Hansen; 30-39: Van Ness;
40-49: Buckingham; 50-59: Judy McGrath
24:27.

Youth race (0.8 miles)

Boys: Chris Andrew 4:44; Girls: Paula
Canning 5:11.

right," she said. "It wasn't a course where you think about time. One of the Mohegan (Strider) runners really helped me up that last one."

About 250 runners took part and raised about \$1,500 for Reliance House, according to Stacey Lion-Lee of Ledyard, director of administrative support. Reliance House provides several support services for people with mental illness in southeastern Connecticut.

Tim Smith, 46, of Norwich ran with the pack in the early going and came in fourth in 16:27 to win the masters division.

But he got a bigger prize 1988 Nissan — when his name

drawn in a raffle for all runners.

"We've always lived pretty close to the earth," Smith said. "We've always been a one-car family. Even my lawn mower is an old push

Smith said he'd convene a family meeting to decide what to do with the used car, donated by Courtesy Nissan Dodge. But, he said, one factor may weigh heavily in the decision: His son Matt turns 16 this summer.

Winners of the youth race, a 0.8-mile prelude to the main event,



as \$3,500 to the event as well as Tshirts, banners and volunteers.

That will be hard to replace, although Volkmar says he has a new sponsor lined up to take over next

"We'll have a surprise announcement on race day," he said, declining to name names. "It's a local person."

Another change this year will be in the distribution of prize money. The winner will get \$300, down from \$500 last year. Second place will earn \$200, up from \$100 last

That change should end complaints about the disparity of the payout between the top two finishers. But lowering the winner's payout could hurt the race's ability to draw a top quality field.

"This year we had to cut back on the prize money," Volkmar said.
"We revamped it a little bit more to try and make it a little more fair, but there's no way you're going to please everybody.

While cash may be in short supply this year, entries are not. About 400 runners are registered for the 10.4-mile race while another 100 have entered the 5K race.

Last year, 485 men and women finished the big race while 65 completed the inaugural 5K event.

Among the favorites who will be back this year are Madison's Mike Cotton in the men's open, Smith in the masters and Heather Dawson and Carla Thompson among the

Dawson and Thompson won't have to worry about two-time de-

# Pazik learns quickly

Norwich Bulletin

NORWICH - Peter Pazik found a pair of unlikely strategists during Sunday's 28th annual 10.4-mile Rose Arts Festival Road Race.

Fellow race leaders Mike Cotton and Dave Raunig.

Competing in the Rose Arts race for the first time, Pazik spent the opening mile picking the brains of both race veterans, asking for advice on how to run the course.

After learning what he needed, the 27-year-old accountant from Wallingford showed his thanks by dusting his companions 11/2 miles in, breezing home at 53:36 for a victory worth \$300.

Cotton (55:13) collected \$200 for second place while Raunig (55:42) earned \$100 for third.

Norwich's Tim Smith (eighth at 59:03) won his seventh straight masters title while Carla Thompson (50th at 65:52) won her seventh women's title.

A total of 422 runners finished the race, which was interrupted for the first time in history when a freight train held up half the field for between 30 seconds and a minute at the New London Turnpike railroad crossing.

While those unfortunate souls were jogging in place, Pazik was enjoying the comforting silence that comes from commanding leads.

"Usually, when I get way in front I try to listen to the crowd and hear what the interval is between them clapping for me and the guy behind me," said Pazik, who had never raced beyond 10 kilometers before Sunday. "I didn't hear anything so I knew I was pretty much on my own to do whatever I wanted.'

What he did was follow the advice of Raunig, a New London resident and 1984 Rose Arts champi-

"I told him to hit it hard on the hills," Raunig explained. "You find that people who run slower times run the hills conservatively and by the time they're on top, they're really tired anyway and you haven't made up any time.

# Wins race in first attempt Familiar finish By BILL TAVARES Normich Bulletin for Thompson

## Wins seventh women's title

By ROGER LEDUC Norwich Bulletin

NORWICH - You couldn't blame Carla Thompson if she thought she would never win the women's Rose Arts race again.

From 1983-88, Thompson owned the race, winning six consecutive titles.

After that, victory became elusive, then seemingly unreachable with the arrival of Griswold's Mary-Lynn Currier, who won the last two races and set a course record (61:16) in 1993.

But with Currier in training for the national women's marathon championship at Duluth, Minn., this Saturday, Thompson saw her opening — and made the most of it. She ran the 10.4 miles in 65:52 (24 seconds faster than last year) for her seventh Rose Arts title.

"The adrenaline was really flowing at first," said Thompson, who runs for the Mohegan Striders. "I ran sub-sixes for two miles, but I slowed down on the hills and ran as strong as I could at the end."

Thompson, 34, who recently moved from Norwich to Pawcatuck, finished 1:18 ahead of 31year-old Sue Julin of Pawcatuck.

Thompson said she almost went out too fast.

"After two miles, people told me there was no one right behind me," she said. "I was glad, because I was hurting.

She attributed her quick start to nervousness, something she rarely feels before shorter (and less hilly)

"This course is nothing to play around with," she said. "There's also the fact that I lived in Norwich so long and I know a lot of people here. But I do like the longer distances. There aren't many of them anymore."

Julin, running for Kelley's Pace, lost sight of Thompson in the early going and concentrated on improving her time. She cut 2:40 off her 1993 pace.

"(Thompson) got out really fast," she said. "I was a little more cautious in the beginning.'

Julin has been running competitively for only two years. Ironically, it was an injury that got her started.

"I tore ligaments in my knee playing beach volleyball," she said. 'I had surgery, and then the rehabilitation motivated me. I had done just a little bit of running before

Tara Engel was the third woman across, finishing in 71:20. Sue Mosca (71:48) was fourth and Leslie Ross (72:31) fifth.





Gordon Alexander/The Day Carla Thompson gets help at the end

Thompson couldn't remember exactly how long it had been since she'd won a Rose Arts Race, but the return to the winner's circle was sweet — once she could breathe again after

crossing the finish line, having been hit hard by the humidity.

"I don't remember the last time I won," Thompson said. "i know Mary-Lynn has won for two years and Jan (Merrill-Morin) won it the year before that. And the year before that I didn't even run. So it's been a while.'

Thompson was third last year behind Currier and Heather Dawson of Stonington, who also was not a part of the field Sunday. Julin, of Pawcatuck, was fourth last year behind that pack, and moved up two places as well.

"The humidity kind of sticks in your lungs a little bit," Thompson said. "I tried to finish as strong as I could, but I'm glad nobody was close to me. There was a lot of water, a lot of help and support out there for us. And that was good because I needed it."

Julin said she ran the race about three minutes faster than last year.

Ze Train, Ze Train'

MOHSTRIDE ED ROOT
GETS LOTS
OF INK Well 'trained'

It was coincidental that a newspaper article Sunday morning about former Rose Arts director Roger Marien mentioned one of his former duties, calling the railroad company to make sure no trains would be running through the course while runners were on it.

Apparently, no one took care of that this year. A train, on the tracks behind Benny's on New London Turnpike in Norwichtown, inter-rupted the race Sunday, causing more than half the field to wait for it to pass.

The interruption came at about

the 1½-mile mark.

"When I got there, the gate was already down," said Ed Root of Old Saybrook. "I took a peak around it, but there's a slight curve there are a lot of shrubbery. I didn't want to

ake a chance of getting flattened.

"It cost me about 35 seconds. I was more upset than anything beeause I had a certain pace I wanted o run and when I started again, I ouldn't get it back.

"When I first got to the gate here were three or four people here. When the train finally went by there were like 100."

### K race

A shorter race, covering 5 kiloneters (3.1 miles), was run Sunday. t was won by Phil Doyle, who was followed by Matt DeAngelis, Glenn Costello, Mike Mosca and Julian Callendar.

Doyle finished in 17:35 and the top women's finisher, Erin-Kate Mandelburg, finished 19th overall in 20:07. Mandelburg is a freshman at Norwich Free Academy.

Laurie Bartniki was second in the women's division and the first women's open finisher in 20:16. Molly Burnett was the third women's finisher in 20:57, competing in the junior division.

Other divisional winners in the 5K race were DeAngelis in the men's open division, Doyle in men's masters, Mosca in men's juniors and Lance Magnuson in men's grandmasters.

Jacqui Seltzar was the women's masters winner and Kathy Orr won the women's grandmasters divi-

Fifth-place finisher Dave William of Montville beat Jeff Kotecki of New London to the line by one second. William was the winner of the Sub Base Memorial Day 5-miler earlier this season. ... The miler earlier this season. ... The Rose Arts Race will be sponsored next year by A-Copy, which takes over for longtime sponsor Eastern Savings and Loan.

## Bits and pieces

Waterford's Sue Mosca had a special escort while racing to her first Rose Arts women's masters title (110th overall in 71:48). Her husband Paul ran with her all the way, finishing 111th at 71:49. "I have to thank my husband for my improvement this year," Mosca . The Mohegan Striders beat Kelley's Pace for the team title in the men's open division and also won the male masters competition. Kelley's Pace won the women's open division. Canning, 12, of Wethersfield led a pack of 50 youngsters in the 1K youth race, finishing in 3:22. Jon-Paul Mandelburg, 9, of Norwich was the boys champion (3:41)... Neil Warner passed on the youth race to run the 5K, where he finished 82nd out of 113 runners in 27:35. Warner is 7.

## ROAD RACING

## Cannonball Run

Cannonball Fun

At Preston
(1 mile)

Dave Williams 4:22.8, Kim Murphy 4:25.4,
Paul Mosca 4:26.7, Dave | Anderson 4:31.0,
Stephan Flynn 4:39.0, Mil-te Wagoner 4:42.5,
Bill Harriman 4:49.5, Tim Simkowski 4:59.6,
Jason Baah 5:04.8, Mike | Smith 5:06.0, Kris
Anne Kane 5:09.1, Rpy Indooran 5:12.4, Alan
Muench 5:16.0, Randy Bazah 5:20.7, John Maciejry 5:25.4, Chris Wood 5 | 28.8, Don LaPointe
5:29.9, Jessica Kane 5:44 | 0, Megan Coombs
5:41.7, Paul Galipeau 5:44:3.7.

Division with theres

Junior men: David | Anderson. Junior
women: Jessica Kane. O | pen men: Stephan
Flynn. Open women: Raichel Wheler. Submaster men: Dave Willi ams. Sub-master
women: Kris Anne Kane. | Master men: Mike
Smith. Master women: Susan Mosca. Grand
master men: Arthur Mue hch. Grand master

master men: Arthur Mue hch. Grand master

### St. John's Festival 5K At Plaintfield

At Plaint/field Men
Tony Martin 15:38 (n ew record, old record
16:00 by Martin in 1992), John Anthony III
16:32, Agwinaldo Ramore; 16:44, Lance Cook.
17:08, Brad Seaward 17:3/8, Doug Meek 17:38,
Vinny Cloffi 17:44, Martin Fey 17:47, Emile Dumas 17:51, Joshua Stockdale 17:57, Darrell
Cook 17:59, Nick Popiak 18:00, Doug Kenefick
18:18, Gerry Palmer 1 8:20, Mike Myshak
18:21.

18:21. Wom en
Spring Cole 21:31
Bonnie Crandall 22:10.
Division vwinners
Junior women: Courtrey Balick 22:37.
High school women: Kori Schafer 22:30.
Open women: Jamie 5 wift 27:53. Sub-master women: Deborah K irkconnell 23:10. Masters women: Karen Groyette 22:56. Team: 1-98 (67:53). Junior me in: Chris Mayer 18:54.
High school men: Lan ice Cook 17:99. Open men: Joshue Stockda'l e 17:57. Sub-master men: Brad Seaward 17:38. Gran id master men: Ernie Dumas 17:51. Veterran men: John Waller 27:41. Golden men: John Martin: 35:28.
Team: Mohegan Stridlers (time NA). Wheelerchalm: Tom Aromin: 24:00.

### Friendly persuasion

Norwich's Phil Doyle, a former director of the Rose Arts race, entered the 5K this year at the suggestion of friends.

They must have known something because Doyle emerged victorious, finishing in 17:35. NFA freshman Erin-Kate Mandelburg (19th in 20:07) was the top female

## Runners received unexpected break

By ROGER LEDUC and BILL TAVARES Norwich Bulletin

NORWICH - Old Saybrook's Ed Root was churning along through the early stages of Sunday's 28th annual Rose Arts Festival Road Race when he was stopped by an unexpected obstacle.

A freight train.

Root was the first of many runners delayed at the New London Turnpike crossing by a train, which separated the field of 423 almost in

"I was upset," he said. "I had a good pace going, and it threw me

Some runners scrambled across despite the flashing lights and a falling crossing gate. Those that didn't chance it jogged in place, waiting between 30 seconds and a minute for the train to pass.

"We got a breather, but it's better to just keep on going," Spring Cole of Danielson said. "You could get a cramped muscle and maybe a leg injury if you stop cold and then start again."

Karen Saunders of Manchester was one of the last to cross before

the gates dropped.

The lights were flashing but we went through anyway," she said. "We couldn't see the train, so we were safe. A lot of runners were talking about how lucky they were to get across in time.'

Said race co-director Pete Volkmar: "We send a request to have this race to the town police and the state traffic commission. Maybe we'll have to start sending it to the railroad commission."

### A masterly reign

Norwich's Tim Smith, 46, who finished eighth overall in 59:03, won his seventh consecutive masters division (age 40-49) title.

That streak might be in jeopardy, because Dave Raunig of New London, who placed third (55:42), will turn 40 before next year's race.

"It would be nice to win three more (masters titles) and complete the decade, but I'm realistic about it," said Smith, the only person to run all 28 Rose Arts races.

Raunig is already looking forward to competing in the masters division next year.

"I can't wait," he said with a smile. "Thirty-nine is such a hard

Smith's times have been remarkably consistent. He has finished the course in under an hour in 20 of the last 21 years. The exception was in 1985, when nagging injuries suffered at the Boston Marathon slowed him to 83:01.

Smith doesn't know when it will

"I did have a goal to run 25 years, and on my deathbed I'll be able to say I ran the Rose Arts for a quarter century," he said. "I have no illusions about 50 years or anything like that, but as long as I'm healthy enough, I feel I should

## **NOTEBOOK**

finisher for the second straight

"I use running more as relaxation than anything else," explained the 40-year-old Doyle, who had to borrow two dollars because he didn't have enough to pay the walk-up entry fee. "But I had some friends talk me into running so I put on a pair of shoes and away I went."

Doyle out-kicked Matt DeAngelis and Glenn Costello after catching them late in the race.

"If they hadn't faded, I would have been content to jog it in," he said. "But I saw them fading and something deep inside said, 'Go after these guys,' and I did."

Doyle, who handed his race director duties to Volkmar and John Ficarra, has found life more relax-

ing as a competitor.

One year that I did the race, we had water stops set up and the guy with the water didn't show up until five minutes before the race and I was having a heart attack," he said. "I don't know if Pete Volkmar or John Ficarra will tell you, but I know they work really hard and as a runner I certainly appreciate it."

### Eventful day off

St. Bernard cross country and track standout Evan Nicholas was expecting to work a full shift as a waiter at the Sunrise Resort in Moodus, but his boss told him he wasn't needed.

So, with some spare time on his hands, Nicholas entered the Rose Arts race for the first time. He finished as the top junior, placing 23rd overall in 62:20.

"I liked it a lot," said Nicholas, who had never raced more than five miles before. "It's a good course and it wasn't too hot."

### A-Copy new sponsor

Beginning next year, A-Copy will replace Eastern Savings and Loan as co-sponsor of the race.

Race directors Ficarra and Volkmar announced the new sponsorship at the post-race ceremonies while also bidding farewell to their former sponsor.

### Other awards

This year's Harry Ogulnick Award - \$100 to the runner whose finish matches the age of the award's namesake - went to Darrell Cook, who finished 84th.

The Bartnicki Award - \$100 to the 100th finisher - went to Scootch Martinson.

Rose Arts Festival chairman John P. Mereen received this year's Ronzoni Award (a box of pasta).

## MODEBAN STRIBERS RACING TEAM UPPATE

The next Grand Prix race is this weekend:

## Fairfield Half Marathon Sunday May 26, 8:30am

Please come down to run if can. The course is generally innocuous (no nasty hills) and the post-race party on the beach is always big fun! We have a few of our top runners ready to compete, but we need some more solid, Swift depth to challenge Athlete's Foot.

### **Road Race Report**

The 10k at Durham on Memorial Day brought out some of the great things about being a Strider: Pride, depth and tenacity. Although we did not beat AF, we showed them that we still have the most depth of any team in the state and that they need to run their best to beat us. Only one Strider has run in the top five for us in the first two Grand Prix races - of course that's our racing stalwart Ed Zubritsky.

In New Haven our top five was Washburn, Uhrig, Zubritsky, Hansen and Delaney. At Durham our top five was Pat Swift, Martin, Woronick, Zubritsky, and Davenport. Some stellar performances from old familiar faces and from the college ranks left us within 42

seconds of AF at Durham. Pat Swift (of the infamous Swift clan) showed up or 400s and saying only that he would do the best he could, and finished third ove Tremendous race Pat.

Tony Martin, fresh off the college track circuit (and a race the day bef Cotton all he could handle, finishing seventh overall, second Strider, and one t As Cotton said after the race, Tony was one tough s.o.b.

Not to be outdone by his former high school rival, Eric Woronick jogs spend Memorial Day with his family and make his Strider debut (a new second dinner soon). Eric was third Strider, ninth overall, and earned his red jersey and men some

Fourth Strider was Zubby, 12th overall. Zubby has an unbroken string of solid races for the Striders dating back to Way Hedding's first beer. That's one tough s.o.b.

Fifth Strider was Bob Davenport, 14th overall, making his return to the Grand Prix circuit after a year of injuries. I know Bob-dog feels he is capable of better (and he is), but this was a solid effort for the Team, finishing three places and sixteen seconds ahead of AF's fifth man. Bob was doing his Alberto Salazar imitation in training the week before, and was probably a bit dogged out. He's cut back to only 199 miles this week and should be ready for Fairfield.

Chris Hansen (20th), Don Sikorski (21st), Tim Smith (25th), and Jerome Strum-bucket Swift (28th), brought depth to the Strider effort at Durham, along with Jack Silva, Tom Wimler, Steve Virgaduala, John Ficarra, and Jeff Green....The Striders ran well, with a smaller time gap than AF, and our fifth man was in ahead of AF's, but we needed a bit more (a 32:40 would have done it). Our fouth was ahead of AF's, and our fifth was ahead of AF's....We had a 1:34 gap between 1 and 5; AF's gap was 2:23....Scored as a dual meet we lost 26 to 29; 42 to 45 as a big meet. We're very close...

Let's get it done at Fairfield. We have the talent to run with AF, let's put it together before the Grand Prix gets out of reach. Show up and run hard if you're able - we need a solid fifth man Sunday! Your long hard Sunday run could make the difference for us in a close race. The course is mostly flat and shaded through the nice parts of town, and there's lots of food fun and music on the beach after the race, an annual Strider party!

Call me if you need more info, transporation, or encouragement. 458-1029...Sean Delaney.



By NANCY HALL Norwich Bulletin

NORWICH — How lifelike are the sculptures of Mohegan Indians installed in Mohegan Park Friday?

Chief Ralph Sturges took one look and exclaimed, "That's Melissa when she was three!"

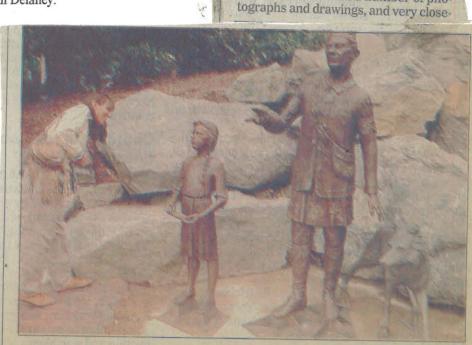
Tribal Historian Melissa Fawcett thought it looked more like her daughter Rachel.

And the elder who holds out one hand toward the girl and her brother, bears a strong resemblance to Sturges' predecessor, Chief Harold Tantaquidgeon.

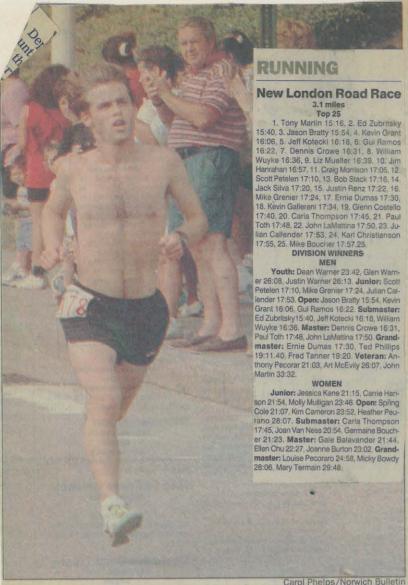
Sharon and Don Gale, sculptors from Old Salein, N.Y., stood in the cool morning breeze and enjoyed viewers' initial reactions. They'd just removed protective quilts from each piece and carefully arranged them.

"We worked with a number of photographs and drawings, and very close.





Melissa Fawcett, Mohegan Indian tribal historian, admires memorial bronze Mohegan statues unveiled in Mohegan Park in Norwich Friday.



Tony Martin nears the finish line Sunday en route to winning the 3.1-mile New London Road Race. It was Martin's fifth victory of the summer.

# Breaking out

## Martin cruises in New London road race

By BILL TAVARES
Norwich Bulletin

**NEW LONDON** — Apparently, the ties that bind Southern Connecticut State cross country runners are pretty deep.

Just ask SCSU junior Tony Martin, who used a piece of advice from former Owls runner Kevin Grant to break open Sunday's 3.1-mile New London Road Race.

With Grant beginning to fade in the sweltering heat as the two neared the top of the Willets Avenue hill — about a mile into the race — he urged Martin to pick up his pace.

"When I got to the top, he told me to slam it down the hill and that really helped because I'm not a downhill runner and he must have known that," said Martin, 21, who finished in a time of 15:16 to win his fifth road race of the summer. "When I started moving, he told me what to do to get away from everybody else and it seemed to work."

It did indeed.

Martin, a Lyman Memorial graduate now living in Mansfield, cruised home 24 seconds ahead of Ed Zubritsky. Jason Bratty (15:54) was third.

Former Waterford High cross country and track standout Liz Mueller — now competing at Central Connecticut State — won the women's division, placing ninth overall in 16:39.

"This one feels really good," said Martin, who won a pair of QVC and Class S cross country titles at Lyman. "I thought about it for a couple of days before and I thought there was no way I was going to win it. I just wanted to hang with

everybody and hope that I could get in the fifteen flat range."

Martin, who uses shorter summer races as strength and speed workouts for the cross country season, lost his race with the clock.

But thanks to Grant, who set a strong pace for Martin during the first mile, it was his only setback of the day.

"I knew he was in shape and when someone's in shape, they're going to run well so it doesn't really matter what their style is," said Grant, a 1989 SCSU graduate who got to know Martin while occasionally working out with the Owls. "I figured once he got up the hill, he could go down the hill and get the time he really wanted."

Pawcatuck's Carla Thompson — this year's Norwich Rose Arts Festival Road Race champion — got the time she wanted and figured it was enough to give her the victory.

Until she neared the finish line that is. Then she found out otherwise.

"I did (think I was winning) until I hit the corner and somebody said, 'Second women,' " said Thompson, a former New London Road Race champion. "I was kind of surprised. I thought, 'Heck, I'm running good, what do you mean second women?' "

What Thompson didn't know was that Mueller was in the race. Neither did anyone else. After cruising to victory, she trotted off on her warm-down run and never returned.

The first-ever youth race was dominated by the Warner brothers of Norwich. Dean, 10, won in a time of 23:42 while 9-year-old Glen (26:08) and 12-year-old Justin (26:13) rounded out the top three.

D4\*

NORWICH BULLETIN SPORTS MONDAY, JULY 25, 1994

## Martin outduels Papuga

## Former Lyman runner wins St. Mary's Festival race

By ROGER LEDUC Norwich Bulletin

JEWETT CITY — Tony Martin of Mansfield and Matt Papuga of Canterbury, former high school running stars looking to excel in college, staged a rematch of their memorable confrontations from 1992 at the St. Mary's Festival road race Sunday.

Papuga, who begins his freshman year at Rhode Island this fall, took the lead on the uphill stretch which began the 3.1-mile course.

But Martin, who will be a junior at Southern Connecticut State, overhauled Papuga at about the two-mile mark to win in 14:34. Papuga was nine seconds behind and Norwich's Ed Zubritsky finished third (15:12).

Susan Mosca of Waterford, the

Connecticut TAC masters leader, won the women's crown in 19:13.

"My first two years (in college) were about learning, but I'm really looking forward to this year," Martin said. The former Lyman Memorial star capped his sophomore season with a second-place finish in the 10,000 meters at the New England regionals.

Papuga, a Griswold High graduate who won State Open titles in cross country and the 5000, has yet to compete over the longer college distances. But he thinks he's prepared after a summer routine of three 11-mile runs per week.

"If this had been six miles, I think I would've caught him," Papuga said. "But as long as I ran 14-something, I'm happy."

In 1992, Martin, then a high school senior, edged sophomore Papuga in the 5000 at both the QVC and CIAC Class S championships.

For Mosca, who just turned 40 and moved into the masters division, the only competition was the oppressive humidity.

"This can be a fast course, as long as you can make it up those first two hills at a good pace," she said. "But that wasn't easy on a day like this."

Megan Coombs, just 13 years old, surprised everyone — including herself — by finishing second in 20:18, her personal best for the distance. Coombs, entering the eighth grade at Griswold Junior High, was the regional champion for New England and New York in Junior Olympic competition (1.8 miles) last December.

Spring Cole of Danielson was



Carol Phelps/Norwich Bulletin

Susan Mosca of Waterford was the first female finisher in the St. Mary's Festival road race, covering the 3.1-mile course in 19:13.

## St. Mary's Festival At Jewett City 3.1 miles

14.43, 3. Ed Zubritsky 15.12, 4. Dan Sikorsk 15:44, 5. Dennis Crowe 15:47, 6. Steve Her rera 15:53, 7. Steve Harding 16:01, 8. Kevi Larkin 16:02, 9. Luke McCarthy 16:03, 10. Mike Grenier 16:40, 11. Steven LaBranche 16:45 12. Ernie Dumas 16:50, 13. Doug Meek 16:54 14. Alan Rondeau 16:55, 15. Mike Papuga 16:56, 16. Glenn Costello 17:01, 17. Bob Gra ham 17:03, 18. Barry Lewis 17:14, 19. Jes-Arnold 17:20, 20. Wayng Jolley 17:22, 21. Bret Weymouth 17:23, 22. Bill Harriman 17:29, 23 Shawn Stamper 17:33, 24. Jeff Urbarsto 17:37 25. Mike Smith 17:44.

and under: Larkin 16:02: 18

17 and under: Larkin 16:02; 18-29; Martin 14:34; 30-39; Zubritsky 15:12; 40-49; Crowe 15:47; 50-59; Dumas 16:50; 60 and over; Larry Larkin 22:53.

WOMEN

Coombs 20:18, 3. Spring Cole 20:38, 4. Mary Bonwille 20:57, 5. Michelle Martowska 21:17, 6. Catherine Barber 21:25, 7. Donna Pellish 21:34, 8. Bonnie Crandall 21:35, 9. Karen Goyette 21:52, 10. Beth Murphy 22:13,

17 and under: Coombs 20:18; 18-29 ole 20:38; 30-39: Bonville 20:57; 40-49 losca 19:13; 50-59: Geraldine Palonen 26:18

## MODEGAN STRIDERS RACING TEAM UPDATE

The next Grand Prix race is next week:

## THE HARTFORD CORPORATE 5K, WEDNESDAY AUGUST 10 @ 6:25 pm

I hope you all have this marked on your calendars, and have been training like mad in this lovely weather. THIS IS OUR SHOWDOWN WITH ATHLETES FOOT! Over 1000 runners will be in Hartford for this fast 5k and excellent post race festivities in the park.

I am tempted to resort to clichés to describe our dire straits (backs and walls come to mind), but I will instead just say that WE NEED TO WIN IN HARTFORD!

# The Hartford Counaut: Surday July 10, 1994

By DAVID HEUSCHKEL Courant Staff Writer

Dean Festa, Tom Lee and Steve Hancock have been singing and running together for several years. All are Vietnam veterans, but may

be better known as three of The Plaiders, a group of impromptu singing runners.



Running notebook That may seem a bit weird, but it's nothing compared to the eerie feeling the trio experi-enced at the 16th Four on the Fourth road race Monday

in Chester. doubt.' Festa said. "It was so bizarre."

About a half-hour before the 4mile race, Festa, Lee and Hancock Davenp were approached by a stranger who said he was a veteran. He handed Festa a plastic envelope and asked

for a favor.

The three runners were shocked to find the envelope contained 16 rubbings from the Vietnam Veterans Memorial in Washington. Still, they said they were honored when the person asked if one of them could carry the envelope during the

"This guy came out of the woodwork," said Festa, 41, of Montville. "He said he normally runs [with the names, transferred from the memorial onto a piece of paper] but couldn't due to an injury. After the race, he knew every detail of each name, the name of the incident, their status [missing of killed in ac-

In the past four years, Festa, Lee and Hancock were used to carrying flags. Hancock, of Bozrah, ran with the American flag and Lee. of Ledyard, ran with the POW-MIA flag at the end of the pack Monday. Festa had the envelope.

"It was like running with part of the wall in my hand," Festa said. "After the race we all embraced, shed a few tears and said 'See you I was totally blown next year

The trio's reason for running race was to represent Vietnam veterans. All three wore POW-MIA T-shirts. They have also run the Memorial Day race at the submarine base in e one, with probably less than 5 id place team.

20k (Labor Day), Guilford 10-mile

"These days are not just holidays," Festa said. "It has a special meaning. We do this to keep people alive. There's a sacrifice to have these kinds of freedoms."

ace finishes behind AF.

20k (Labor Day), Guilfor x-c (11/13). So we still and always are not just holidays, "Festa said." and show that Strider Pride! ARATHON, Sunday June 26: Despite some excellent efforts by

b is healthy to show up and run 5k team than AF, or anyone else in

e Striders trail Athlete's Foot 24 to

x-c (11/13). So we still have time

Currier places 2nd in Healthcare race

8/10/94 Bulletin Staff Reports

HARTFORD — Griswold's Mary-Lynn Currier finished second Wednesday in the women's division of the U.S. Healthcare Corporate Classic 5K.

Currier, the defending champion, completed the course in 17:09. Allison Lapinski of Derby won the race in 16:56, beating Currier's race record by three sec-

onds. Heather Dawson of Stonington was third in 17:21,
A pair of Algerians, Abioi Bouzza and Eric
Muswaswas, tied for overall honors in a course-record 14:45. Michael Wittlesley of Storrs was third in 14:56.

Several other eastern Connecticut runners fared well in the race. More than 1,500 runners raised \$6,000 for Connecticut Special Olympics.

North Franklin's Chad Johnson (15:20) was seventh overall and won the men's age 13-19 division. Montville's Ed Zubritsky (15:42) and fourth in the age 30-39 division, and Jewett City's Dennis Tetreault (17:16) was fifth and Groton's Michael Boucher (17:48) was eighth in the age 40-49 division.

Among local women, North Franklin's Lorrie Hanson was seventh in the age 13-19 group in 21:58. Brenda O'Connell of Groton (fourth in 19:26), Michelle Levin (eighth in 20:01) and Lynn Hansen of Colchester (ninth in 20:09) placed in the age 20-29 division.

Kris Anne Kane of Preston was 10th in the age 30-39 division (19:13). Stonington's Janice Logan (third in 21:33) and Groton's Pat Swim (fourth in 21:45) placed in the 40-49 age group.



## SPORTSUPDATE

Pazik wins in Stratford: Rose Arts Festival Road Race winner Pete Pazik of Wallingford won the 3.1-mile Stratford Madd Dash at 15:04 while Derby's Alison Lapinski (16:49) was the top female finisher. Both times were course records. Shelton's Mike O'Malley (16:01) won the masters. Lisbon's Dennis Tetreault (16:59), Norwich's Tim Smith (17:18) and Lisbon's Don Roy (17;34) were the top three local masters. Houselonic 50

had lost his mind o overall, 1st America mile course with tra also ran very well, f the night before (20 Strider showing.

NCAA Division 1, 10th in the 10,000

Four on the Fourth continue their dom know, all the days I time). Wimler joine winners in Chester. Nixon (yes, Gary wa Ron Cozean, Greg I

Milford Independe way to a 15:22 5k v in Hartford on Wed

Mongolia, plans to be back in Connecticut this rain to help out the striders, and he sends his best to all the boys. Mike mentioned "an unfortunate encounter with a vicious countryside canine" that has slowed his training. My question is, were you dining on the canine or was he dining on you?.... And I'm sorry Mike, but I'm in charge of guarding the post-race beer - we'll have to find another job for you.

CALL IF YOU HAVE QUESTIONS ABOUT HARTFORD OR NEED A RIDE. SHOW UP, RUN FAST, BEAT AF!
Sean Delaney 458-1029

## 9-5-94 RUNNING

## New Haven road race

20K MEN

1. Jackson Kipngok (Kenya) 58:44; 2. Gilbert Rutto (Kenya) 58:45; 3. John Kagwe (Kenya) 58:48; 4. Ed Eyestone (Layton, Utah) 59:17.

### USATF Masters Championship Mohegan Striders results

18. Dennis Tetreault 1:16:30; 31. Jim Carper 1:18:28; 41. Don Roy 1:19:24; 45. Roland Roy 1:20:01; 54. Guy Pulino 1:21:05; 86. John Ficarra 1:24:36.

2. Robert Graham (Ledyard) 77:22. WOMEN

1. Nancy Tinari (Canada) 68:58; Susan Stankov (Flushing, N.Y.) 69:09; 9. Mary-Lynn Currier (Norwich) 72:22. 5K

Open
5. Kris-Anne Kane (Preston) 18:42.

## **RUNNING 9-18-94**

## **Great Guilford road race**

At Guilford Distance: 10 miles Division winners

Men: John Bysiewicz (New Haven) 54:17; Women: Alison Lapinsky (Derby) 61:48; Masters: Mike O'Malley (Shelton) 55:59; Grandmasters: Bill Borla (town unavailable) 60:37.

Mohegan Striders results
Masters: 34. Dennis Tetreault (Lisbon)
60:22; 37. Tim Smith (Norwich) 60:46; 54. Don
Roy (Lisbon) 62:54; 70. Dave Jacobs (Niantic)
65:38; 76. Guy Pulino (Moodus) 66:09; 94. Joe
Balavender (Salem) 68:12; 109. Jerry Augustine (Middletown) 69:59; 215. Paul DeAngelis
(Uncasville) 81:44; 232. Andy Shusta (Norwich)
84:14; Grandmasters: Bob Graham 62:26;
Otto Schaefer 67:18; Jerry LeVasseur 67:18.
Masters teams

1. Housatonic Road Runners; 2. Hartford Track Club; 3. Mohegan Striders; 4. Libra Athletic Association.

Grandmasters teams

1. Mohegan Striders: 2. Runners of Bikila; 3. Hartford Track Club; 4. Wolfpit Running

### MOREGAN STRIBERS RACING TEAM UPDATE

## STRUM-BUCKET!!

## Striders Bury Athlete's Foot in Hartford Showdown

Where do I begin???!!!

Once again the Striders stood up big in the Connecticut USAT&F 5K Championships. After years of unparalleled success in Willimantic, the 5k Grand Prix race moved to Hartford and the Striders showed up in force to take down Athelet's Foot in a romp. My apologies for the mistake in the last Racing Team Update - this one wasn't close at all! The top SIX:

Mike Whittlesey, third overall (14:56) (behind the two Algerians), first American (matching his Litchfield performance), tied the previous Hartford 5k record, and showed again the kind of toughness and ability that has sponsors at his door. This may have been Whitt's last official race with the Striders - he has been wooed away by the B.A.A.

**Steve Swift**, 5th overall (15:17), after issuing a pre-race disclaimer that his training hadn't been going well and he probably wouldn't run too fast. Sleeve's off days are still better than the best days of most. This was Sleeve's second stellar impromptu performance this summer for the Striders, but it may be his last as he heads out to grad school in Illinois soon. (Maybe he'll be back on vacation for the Nov. 13th x-c race?)

Chad Johnson, 7th overall (15:20), came flying off the start and never let up, leaving the likes of Mike Cotton and Bill Rogers behind him. First in the bandanna category, first under 20, and the Striders' next big star. Great run! (Chad hopes to run with us at the Trumbell 4-miler Oct. 23rd and in the x-c finale Nov. 13th.)

Jerome Strum-Bucket, 8th overall (15:23), also ahead of Cotton and Rogers, and right on Chad's heals the whole race. An astounding performance! It's great to see another Swift runner stepping to the forefront of the Connecticut road racing scene. Following in the large footsteps of his older brothers (literally and figuratively in this race), chasing Sleeve and Tom Harding, Strum was by far the biggest surprise of the race.

Ed Zubritsky, 13th overall (15:42), and fifth Strider, keeping his string alive as the only Strider to score in all four Grand Prix events this year. Has Zubby ever not scored for us?

Pat Swift, 15th overall (15:45), 3rd among Swifts. If any of our top five had not raced, Pat's performance would have still been more than enough for the Striders to win. Pat was 6th man for the Striders, ahead of AF's 4th. The best 6th man performance for any team this year. Third among Swifts, Pat may have expected better, but it was a big boost for the team, especially with Whitt's uncertain status until one minute before the gun.

We had 4 in the top ten, six in the top fifteen, and beat AF by 1:10, a huge margin in a 5k team race. Last year we beat AF by 45 seconds in Willy, and in 1992 we had a 1 second win over Team X (and the Swift brothers). Our total time of 76:38 this year would have beaten our team from last year (77:46) by over a minute! Our 1-5 gap this year was 46 seconds, compared to AF's gap of 43 seconds, but AF only had 3 in the top 15 and we had 4 runners in ahead of their second man. The competition is getting faster on the Grand Prix circuit every year (our last year's team would have beaten this AF team by only 2 seconds, courses being equal).

## MOGEBAN STRIDERS RACING TEAM

The next Grand Prix race is next week:

## THE GREAT GUILFORD 10 MILE RACE SUNDAY SEPTEMBER 18 @ 10:00 am

The New Haven 20k turned out to be an eminently forgettable perf Striders. We got trounced by Athlete's Foot and by Hartford Track annual event Sunday. It was the first marathon for the minutes. The damage: AF 5:36:31; Hartford 5:36:54; Striders 5: he broke a bone in his left foot on a training run for

Unfortunately, Hartford was nipped by AF by only 23 seconds. A leg muscle while training for Boston, but he complethave kept us in the hunt for a tie for the overall Grand Prix Team ti ed his comeback with a win (2:26) at East Lyme in Sepneed some help (perhaps from Hartford) or a collapse by AF to mo tember. In 1993, Warren was perfectly healthy and ran to defend our title [The Score: AF - 48 points; Striders - 40 points; There's still hope, but it's slim. Now we'll really see what STRIDEI another marathon, I would have said no," said Warren, We can still make this Grand Prix season interesting, and make AF ever team title. We have to make a stand at Guilford, and we have runners already committed to run, but we need a few more top leve at about 12 miles. That left Warren to battle nothing want to knock that chip off Tom Harding's shoulder.

New Haven 20k highlights (yes, there were some):

Ed Zubritsky: Of course, Zubby had another excellent run for the this as a gauge for the (Ocean State Marathon) in Oclocked up Strider of the Year honors. Zubby ran 67:51, only 8 second man (Mike Cotton). Zubby ran 67:51, only 8 second man (Mike Cotton). second man (Mike Cotton).

Jim Uhrig: Jim has been right behind Zubby in contributions to the ran 68:16, sandwiched between AF's 3rd and 4th men. Another soli team pride.

Steve Virgadaula 71:52, Justin Renz 72:06, Jeff Green 73:05, Ja Christoff said. "I'll do it again, but not anytime real soon." rounded out the Strider effort. Thanks to these guys we remained it Green finally succeeded in his quest to score for the team. Great jol this kind of depth to keep from falling off the map.

The New Haven low-lights: Mike Whittlesey (who may be running anyway) did not race (he is rumored to have an injury - hope you're again soon Whitt. Call me if you want to commiserate). Pat Swift v won the women's USATF masters crown. race at the 5 mile mark with abdominal pain - hope that's nothing ser Toth of New London fifth and Mike Smith of Norwich redeem yourself at Guilford. Ken Drurey was a mysterious no-show sixth. Gina Raheb of Wakefield, R.I. was the third looking around for the early leader, but Ken was apparently swallow washer accident. Maybe you can get washed off and show the way Davenport remains sidelined with a heal spur injury.

### **Lisbon Fall Festival** 3.5 miles 10/1/9

12 and under: Flynn 22:29; Thomas owitz 25:57; Mathew Auger 30:49. 13-17: Cook 19:37; Chris LaCasse 23:59 Open: Hansen 18:52: Sikorski 19:11

Sub-masters: Silva 19:32; Mosca 20:37;

Masters: Smith 19:13; Tetreault 19:40;

Grand masters: Zajehowski 22:35; Mag-on 22:59; McGrath 23:35. Great grand masters: James Latourette

m: Mohegan Striders, WOMEN

12 and under: Elizabeth Auger 33:09. 13-17: Coombs 22:31. Open: Linda Grant Smith 24:10; Cathy

is 24:27; Spring Cole 26:21.
Sub-masters: Mary Howe 24:06; Kathylenski 27:13; Mariann LaPolinte 30:09.
Masters: Gall Balavenda 24:56.
Grand masters: Judy McGrath 28:41.

# Warren returns to form again

Norwich Bulletin

EAST LYME — One of these years, Steve Warren is going to win an East Lyme Marathon without having to injure himself first.

Warren's time of 2 hours, 32 minutes won the 14th April's Boston Marathon.

In 1992, the same thing happened: Warren tore a 2:30, but placed second to Mike Cotton.

'If you had asked me last February if I'd ever run . 33, who led virtually from start to finish on the 26.2-mile

Jeff Kotecki kept him in sight early, but dropped out but a few cramps over the final two miles.

Second was Dave Williams, 35, of Uncasville, a Mohegan Strider who entered just his second marathon and appeared to be more surprised than anyone at his time (2:45:57).

'I wanted to go a lot slower than I did. I was using and see how long it takes before your body falls apart.

The women's champion had even less experience. Sherry Christoff, 33, of Meriden was running her first marathon. She battled a sore left knee over the last 12 miles but finished in 3:10:26, more than 20 minutes ahead of Ellie Foley of New York City.

"I started running about three years ago, and just in the last year I really decided I wanted to do this,"

Christoff had worked her training runs up to 24 miles over the summer. But lately she hasn't run much because she started physical training for her new job as a Middletown firefighter.

Kevin Ruane of Prospect was third in 2:47:11, and as the first man 40 or older to finish, he claimed the Connecticut masters title from USA Track and Field. Ellen Bellicchi of Waterford (seventh woman overall)

Harry Lepp of Danielson was fourth overall, Paul woman across.

■ In the second annual 5K run, which went off 10 minutes after the marathon, Ed Zubritsky of Norwich (16:33) and Pat Swim of New London (22:21) won the laurels.

Race director Way Heddig said the marathon field didn't seem affected by next Sunday's inaugural Hartford Marathon. East Lyme had 210 finishers with 33 states represented, he said.

"I think it's absurd for (the Hartford Marathon) to run the week after us. I'd like to run Hartford myself, but maybe in the springtime, so we could spread it out," he said. "But they're doing their own thing. It doesn't seem to be hurting us.'

### Downtown 5K











### MOHEGAN STRIDERS OLD GUYS RESULTS 1994

The Mohegan Striders Seniors can be proud of their excellent performance this year. The Grandmaster team won the Connecticut USAt&f Grand Prix with 28 points out of 30. The teams leading runner, Bob Graham, won the Grandmaster individual Connecticut USAT&F Grandprix with 49 of 50 points.

The Veterans consisting of Jim Latourette, Phil Mongillo and Pete Pantelis won the team title for 60+ at the Fairfield National Half Marathon Championship. Phil Mongillo also won the Veteran individual Connecticut USAT&F Grand Prix.

Running on the team for the first time this year at Guilford was Bill Borla one of the best in the state. Bill, better known as a shorter distance runner, won at the ten miller with one of the best times for a 50 year old on the course. Bill ran on the Striders team that placed 4th at the National 8k Cross Country Championshipsbin Boston last year. The team will go again this year.

Thanks to the senior participation, the team had more than the required number at each race.

By his participation, Carl Fuller placed 3rd in the team standings following Bob Graham and Jerry LeVasseur. In September Carl came back from a down year to win at the Norwich 4 mile and to win the Gaylord 5 mile, beating Jerry.

Dennis Zajehowski placed in 3 races assuring the team of a first place finish. Dennis is a runner you think you have beaten, only to look back and see him right behind you. Dennis is leading the 50 year olds in the club standings.

Another good runner and new Strider, Don Smith, ran in 2 races placing for the team in Strattford. One of our best seniors getting closer to 60 is Otto Schaefer who placed 2nd in 3 races and 3rd in the other.

Hal Bennett placed 2nd at Ridgefield and 2nd Grandmaster just behind Bob Graham. Other team members were Dan & Jon Jacobs, John Thomas and Jerry Brown.

Several of the Striders also run for the Nifty Fifties, a team with many wins and a few 2nd places. The team of Bob Graham, Vito Bonaiuto (Non-strider, but working on it) and Jerry LeVasseur beat a good Rhode Island team at the Block Island 15K this year. Bob, Jerry, Hal and Bill also ran on the relay team at Lake Winnepesaukee last year beating an excallent Greater Lowell team. Neither team participated this year.

Next year several good masters will turn 50 including Jerry Augustine, Dave Jacobs and Guy Pulino, who placed 3rd on the masters team because of his participation, and Dave Jacobs. We welcome these runners on our team.

We also hope that Lance Magnuson another good runner will be recovered from his injury and be able to run with us next year.

Thanks to all who participated and congratulations for the excellent results.



## Community scrapbook

Taking part in the recent American **Cancer Society Jail** and Ball at the Norwichtown Mall are, from the left, Dr. Peter Shea, Dr. Anthony Alessi and Dr. Carl Mailhot. The Norwich/Quinebaug unit of the organization raised more than \$10,000 with \$1,500 of it coming from these three Norwich doctors.

Photo contributed

## MOGEBAN STRIDERS RACING TEAM UPDATE

For the first time in seven years, dating back to the beginning of the Grand Prix Racing Circuit, the Striders did not end the season as Champions. We've had close calls in the past, edging out Hartford Track Club last year by 11 seconds in the final race, but always finished on top. This year Athletes Foot ran solidly for most of the season and finished with 74 points to 64 for the Striders, and 54 for Hartford. We had a lot of injuries and strange races, but that's part of the game, and we also had our moments of dominance (in Hartford) and stuck two gether to hold off Hartford for the runner-up spot. We had a lot of new contributors this year, and some of the usual, incredible, stalwart performances by Zubby (scoring in every race again), Pat Swift, and Jim Uhrig. Thanks to everyone who raced with the Strider Pride that made us 7-time defending Champs!

FALL RECAP (I know it's late, but I've been I This Update will be known as the "year-ending!

Mansfield X-C (Nov. 13th). The Sriders pulled 8. Bill Boria 30:27; 11. Bob Granam 31:00; 25. Jerry Levasseur 32:36; 26. Otto of the season, edging out the 1994 Champion A Schaefer 32:39; 30. Don Smith 32:49; 33. Swift blazed to a new course record (by over a providing the Striders with enough breathing ro was a distant 2+ minutes behind.

- 1. Pat Swift (25:37)
- 2. Bysiewicz (27:03)
- 3. Cotton (27:09)
- 4. Gates (27:14)
- 5. Jim Uhrig (27:23)

**Grand Masters 8K National Championship** At Franklin Park, Boston Mohegan Striders results

8. Bill Borla 30:27; 11. Bob Graham Dennis Zajenowski 33:26; 40. Alex Ittin 34:53. Team results

1. Greater Boston Track Club 2:38:28; 2. Mohegan Striders 2:39:31; 3. Syracuse

> **Up Against the Wall** At New London 5K

1. Martin Lund 15:31; 2. Don Sikorski

// - 20-94 15:40; 3. Lachcan Campbell 15:48; 4. Gui Ramos 15:53; 5. William Wuyke 15:56; 6. Jeff Kotecki 16:11; 7. Frank Balantic 16:34; 8. Jack Silva 16:46; 9. Justin Renz 16:55; 10. Doug Meek 16:58.

**Division winners** 

Men's junior: Hans Zimmerman 17:49; women's Junior: Mia Falck 23:08: men's open: Lund; women's open: Cathy Cross 19:16; men's submaster: Wuyke; women's submaster: Sue Griffin 18:47; men's master: Dennis Tetreault 17:15: women's master: Jeanne Tucker 19:55: men's grandmaster: Carl Fuller 18:29; women's grandmaster: Susan Renz 32:08.

## Jacob, Thompson dominate again

By ROGER LEDUC Norwich Bulletin

MYSTIC - There were hundreds of newcomers in Sunday's Tarzan Brown Mystic River Run, but two familiar faces brought home the laurels.

Wayne Jacob of Mystic and Carla Thompson of Pawcatuck were the winners over the rain-soaked 51/2 miles. The two now own a combined 12 Tarzan Brown titles.

The 19th annual race was the biggest ever, with 1,186 finishers almost double the 640 who completed the course in 1993.

"There was an increase the past few years anyway, but then there was an article in Runner's World magazine about the race in October," race director Bill Billing said. That story, which also featured Mystic's scenic and historic attractions, apparently enticed many runners to sign up.

The only thing missing was good weather. A drizzle that started shortly after the starting gun had become a steady downpour by the time the leaders reached the

"Mystic's a fun place to be, but not today," said women's runnerup Maureen Bolyea-Eaton of Windsor, who ran the course along the Mystic River for the first time.

Bolyea-Eaton was eight seconds behind Thompson (32:19), who won for the third straight year and the fifth time overall. Despite the poor conditions, Thompson ran just seven seconds slower than last year.

## TARZAN BROWN

"When it started drizzling, I was glad, because it felt pretty good," Thompson said. "I look forward to these fall races because it's usually nice and cool, but it's been hot the past few days. That wind got a little tough, though."

Thompson pulled ahead by about 25 yards early in the course and maintained that lead over Bulyea-Eaton, who couldn't make it

"I didn't see her but I knew she was there," Thompson said. "She was hanging on pretty strong, so I had to tough it out.'

Jacob, who finished in 28:07, had a more comfortable 47-second margin on runner-up Geary Daniels of Dudley, Mass. He edged away from the pack at about the 11/2-mile mark and led by 30 meters after two

The wind was at the runners' backs for the first half of the course. but after the turn-around point in Old Mystic, they had to struggle against it. As the leader, Jacob bore the brunt of it.

"When we turned around, the wind and rain were right in our faces," said Jacob, who won his seventh Tarzan Brown title and his first since 1990. "I was struggling like everyone else, but I had no one to block it for me. I was out there by myself."

Ken Drury of Westerly, R.I. was third across in 28:58. Others who finished under 30 minutes were



Pawcatuck's Carle Thompson won her third straight Tarzan Brown title and fifth overall.

Kevin Pigeon of Windsor (29:05), Don Sikorsky of Norwich (29:11), Lachlin Campbell of Groton (29:57), Dennis Crowe of Waterford (29:55) and Sean Delaney of Old Saybrook

The race is named for the late Tarzan Brown of Westerly, a twotime winner of the Boston Marathon. He died after being struck by an automobile in Westerly in 1975.

aturday's EBAC ich tougher than the In't help Hartford enough

hird place finish In the e two races kept us in Champion, Athletes

umors of appearances by in "Kiss of the Spider The Strider's race team e the race (what's the

Still, the Striders fielded a strong enough squad to challange Athletes Foot (Hartford barely showed up). But talent sometimes isn't enough, and the gods were not on our side this day. A large lead pack cruised together through six miles, and then Pat Swift began to stretch things out. By seven miles Pat had gapped the field and had his head down and nothing in front but open road. Unfortunately the lead car had turned left. Pat, determined and clearly the strongest runner on the day, quickly caught up to the mutes and again took over the lead, opening a 50 yard gap by eight miles. Now pat was concentrating on following the lead car and burying the field. But the lead car took a wrong turn, up a hill! Pat bushwacked through the woods and caught the mutes again, but he had already run ten miles and there was still a mile to go.

Jim Uhrig, with the leaders all along, took over for the Striders and was battling John Bysiewicz in the last mile when he pulled a calf muscle and finished 5th.

The Striders team hung on for second place, as AF swept the top 4 spots.

Zubby, Jeff Green and Delaney finished the scoring for the Striders with Steve Virguduala close behind.

In a reversal of recent trends, Guilford was slower (by a lot) than previous years. JB's winning time (54:17) would have gotten him no better than 10th in 1993, and Joe Swift would have already showered and finished half of the keg the year he set the course record at 50:15.

Trumbell (Oct. 23) again featured Pat Swift leading the Striders, finishing 5th behindPaul Mbugua, Kieran Stack, Peter Pazik, and Tom Harding. This was not the Striders' day either, as Zubby (16), Hansen (19), Drurey, Green and Delaney finished the scoring for the Striders a distant 3rd behind upset winner Hartford.

Providence Downtown 5k (Oct 16th): Zubby 38th (15:46); Hansen 40th (15:51); Sikorski 56th (16:14).

Manchester Thanksgiving Day: Steve Swift, Pat Swift finished 16th and 17th.

National X-C (USATF) in Portland, Oregon, (December 4th): Steve Swift was 78th (31:32 for 6.4 miles), only 1:30 behind Reuben Reina, Pat Porter, Todd Williams, Brad Barquist and Keith Brantley.

Pat Swift also won the Trumbell 5k Jingle Bell Run (Dec 3rd) (15:14) and the Christophers Martins 5k in New Haven (Dec. 11) (14:58).





Santa and about 50 of his friends charge toward the finish line during a fun run Friday in Norwich to benefit the Tommy Toy Fund. Entrants were asked to bring a toy as an entry fee for the run. Billy Wilson's Ageing Still pub on Franklin Street provided refreshments and entertainment after the run. See B3 for an updated list of donations to the fund and a look at an upcoming fund activity.

start the Eighth Annual Spring Stride.

#### MOHEGAN STRIDERS MENS OPEN RACING TEAM

1994 Grand Prix Results (in Order of Finish)

#### Legs Not Arms/New Haven

Todd Washburn Jim Uhrig Zubby Chris Hansen Delanev Al Lyman Paul Mosca

#### Washington Trails, Durham

Pat Swift Tony Martin Eric Woronick Zubby Bob Davenport Chris Hansen Don Sikorski Dave Swift (Strumbucket)

Jack Silva Delaney Wimler Virgadaula Green

#### Fairfield Half Marathon

Steve Swift Bob Davenport Uhrig Ken Drurey Zubby Steve Virgalaula Delaney

#### Hartford Health 5K

CI CI CI ALCONICAL CIAM	
Mike Whittlesey	
Steve Swift	
Chad Johnson	
Strumbucket	

Jack Silva

New Have Zubby Uhrig Steve Virg Justin Ren Jeff Green Jack Silva Pat Swift (

#### Great Gui

Jim Uhrig Pat Swift Zubby Jeff Green Delaney Steve Virg

Trumbell Pat Swift Zubby

Chris Hans Drurey Jeff Green

Delaney

#### Mansfield X-C

Pat Swift Jim Uhrig Zubby Chris Hansen Ken Drurey Delaney Jeff Green

	5m	10k	1/2m	5k	20k	10m	4m	xc	tota
1. AF		10	10	8	10	10	8.	8	74
2. MS		8	8	10	6	8	6	10	64
3. HT	6	6	6	6	8	6	10	6	54

#### Zubby Pat Swift Don Sikor Bryan Zad Jeff Green

walkers and runners had registered for the 3.5 mile walk/run that has evolved over the years into a family event. Last year, proceeds from the event were donated to the Community Cancer Center and Race Director Don Lewis anticipates donating \$1,000 to the Center this year.

At the finish line, participants and their family members were entertained by a three-piece band and munched on fresh fruit, cookies, soda and juice donated by our produce vendors. Bob Morgan and the staff of food and nutrition services prepared more than 75 gallons of clam chowder.

Saturday, May 6, was a beautiful sunny morning and 665

"I think one of the major reasons that this race is so popular is because it gives so much to the entrants," said Lewis. "The food and prizes for the runners and walkers and the random raffle prizes all contribute to the fun-filled festivities." Lewis especially thanked employees and their children who volunteer each year to prepare registration bags, coordinate the activities, post results, act as crossing guards, serve food and help clean up. "They are the reason that the race runs so smoothly and is such a success year-after-year."



#### RESIDENT FUN AND SHENANIGANS

Hundreds Appear For The Annual Groton New Year's Day Run And Dunk



Jan. 11 - 24, 1995 The RESIDENT (20"

Picture on Left

From L: Harry Tobiassen, of Ledyard, Lachlan Campbell, of Montrose, Scotland, Mike Fritz, of Ledyard, Steve Cordero, from Salem, Swen Tharsen (with oar), of Ledyard, and Speliwell, also of Ledyard, carried their canoe 5 miles but the water was just too rough for boating



#### MOGEGAN STRIDERS RACING TEAM UPDATE

The Grand Prix 5 mile race has been changed. The new CT USATF 5 mile championship

#### THE GUILFORD SAVINGS BANK 5 mile RUN, Sunday April 9th, 1pm

The course is mostly flat around the center of Guilford. For more info. call me or race director John Bysiewicz at 481-5933. This gives us more time to prepare to regain the

Grand Prix title from Athlete's Foot. Also, this running the Boston Marathon April 17th. (The East Rock 5 mile race is still scheduled for a USATF Grand Prix race.)

NEW UNIFORMS WILL BE HERE IN AP haven't already. We have some new sponsors a new uniforms. Some of you have "earned" you performance. We hope to have them in time for least by Boston.

Scattered Strider Racing Rumors: Joe Swift in January. Rumors are rampant that Joe is plan

distance over the winter, hoping to peak in June and again win the Fairfield half Pat Swift has been winning races all winter, and recently he broke away from Davenport, Bysiewicz, Gary Nixon, and brother Joe to win some five miler CT. Ken Drurey placed 9th North Carolina Charlotte-Observer Marathon, on a hilly course (the '96 Olympic Trials course). Eric Woronick won the E Maryland 20k in 66:27. Eric is also planning to run Boston. Sophomore Jul Callender placed 5th at the New England High School Indoor Championship in 2:36.35. Mike Whit torched the field at the Bridgeport 5 mile in 24:50.

Recommended: On Sunday April 30th (11am) the James Joyce Ramble in D Massachusetts (south suburban Boston) will be the New England USATF 10 Championships. This has always been a tremendously fun race, with a nice co competition, lots of refreshments (enough Sams to satisfy Way!), and some o shirts around. Anyone interested can contact me for info. or call (617) 461-1

Fill Em Out!! Attached are Strider membership forms and USATF forms race entry fees and reimbursements, and shares of Grand Prix winnings will be at the year end banquet. Sign up early, and come to the April 9th race (even i took the lead almost from the startin great shape yet, not many are) and let's start off the season with a win! NEXT STRIDER MEETING: April 27th, 7pm, Norwich Otis Library

Sean Delaney, 40 Seacrest Road, Old Saybrook, CT 06475. (203) 388-64

## RUNNING 6/25/95

#### Fairfield half-marathon

At Fairfield 13.1 miles MEN

Overall: Gilbert Rutto, Kenya, 1:04:14 (course record); masters: Dave Reik (26th overall), 1:15:21; Mohegan striders masters: Tim Smith (54), Norwich, 1:18:16; Dennis Tetreault (95), Lisbon, 1:22:32; Curtiss Thompson (107), Stonington, 1:23:09; Don Roy (353), Lisbon, 1:34:11.

WOMEN Overall: Lori Hewig, 1:16:02. TEAM

1. Hartford Track Club, 2. Libra AA, 3. Mohegan Striders, 4. Housatonic Road Runners.

#### **RUNNING** 5/7/95

#### **Home Depot Classic**

Four miles At Fairfield 1. Joe LeMay (Danbury) 18:39. MEN Masters

1. Desmond O'Connor (New Orleans) 20:10.

Mohegan Striders results 32. Kevin Gallerani (Montville) 22:19; 46. Dennis Tetreault (Lisbon) 23:12; 51. Tim Smith (Norwich) 23:19; 58. Don Roy (Lisbon) 23:34. Masters team championship 1. Hartford Track Club; 2. Libra AA; 3. Housatonic Road Runners; 4. Mohegan Strid-

NORWICH BULLETIN SPORTS MONDAY, MAY 22, 1995

ers; 5. Milford Road Runners.

#### Norwich Sports Hall of Fame

The Norwich Sports Hall of Fame held its induction dinner Sunday night at the Norwich Ramada, Inductees were (bot-Anthony Lonardelli Jr., Bob Potter, Joseph Lonardelll and Matt Way were honored. Potter and Way were sports persons of the year while Anthony and Joseph Lonardelli were given the Kapteina Award for service to athletics.



#### SPRINGTIME FESTIVAL ROAD RACE

# done in

By ROGER LEDUC Norwich Bulletin

DANIELSON — Steve Swift lived up to his name at the Springtime Festival road race Saturday, when 321 runners competed in summerlike weather.

The 24-year-old from Cromwell ing gun and completed the 3.1-mile course in 14:55, leaving secondplace runner Kevin McCaffrey of Marlborough 40 seconds back.

Kelly Perkins, 27, of Colchester was the women's champion with a time of 18:44.

"I didn't know what kind of 5K shape I'd be in, but 14:55 is about what I'd hoped to run," said Swift, who competed for Xavier High and William & Mary. "This is just my second race in '95. I knew I could run a 4:40 mile, but I wasn't sure what kind of pace I could keep up after that."

Actually, Swift ran the first mile in 4:43, including an uphill stretch on Maple Street, and was just four seconds slower over the second mile. By then, the race was effectively over.

Swift said he came to Danielson at the urging of his brother Joe, who placed fourth (15:49) and won the 30-34 age group.

Geary Daniels of Dudley, Mass. was third. Local runners took places 6 through 10: Ed Zubritsky of Uncasville (16:07), Gui Ramos of Norwich (16:23), Fran Houle of Lisbon (16:25), Bryan Zadora of Rogers (16:34) and Keith Pigeon of Danielson (16:35).

Perkins was pleasantly surprised at her victory. She didn't know where the other women were in the mostly male field, and she dislikes timing herself.

"I'm always glad when I come through a split fast, but I don't look at my watch a lot. That tends to psych you out," she said. "Td rather push as hard as I can and take what

It was the second Danielson win for Perkins. As a Montville High student over 10 years ago - then known as Kelly Pinckney - she won the discontinued 5-mile Springtime Festival event.

Catherine Cross of Vernon was the second woman across (19:53). Third was Denise LePage (21:09), the 1992 QVC cross country champion from Plainfield High, who now competes at Southern Connecticut State. Spring Cole of Danielson placed fourth (21:40).

Despite a turnout that was about 25 below last year's, race director Tom Singleton was pleased. He attributed the dropoff to races in Noank and New London, which coincided with Danielson's for the first time.

"We would have topped last year easily, but a lot of the Mohegan Striders weren't part of our race today," he said.

John Brady of Sterling and Ken Rawn of Canterbury ran once again. They're the only two to compete in all 23 Springtime Festival races.

#### Run for Reliance House

At Norwich Five kilometers Top 20

At Richards

Five kilometers

Top 20

1. Guy Ramos 16:29, 2. Andrew White

16:43, 3. Keith Pigeon 16:55, 4. Kevin Gallerani

17:17, 5. Frank Balanilo 17:19, 6. Brian Foley

17:23, 7. Michael Fusaro 17:27, 8. Tim Smith

17:32, 9. Curtiss Thompson 17:38, 10. Don

Roy 18:03, 11. Glenn Costelio 18:09, 12. Tim
othy Simkowski 18:14, 13. David Burnett 18:21,

14. Brian Wright 18:24, 15. Mark Ruffo 18:25,

16. Tim Marshall 18:25, 17. Jack Donahue

18:29, 18: Brian Lundie 18:37, 19. Brett Wey
mouth 18:46, 20. Jim Mileski 18:47.

Top female finishers

1. (25th overall) Ketly Perkins 19:08, 2. Kris-Anne Kane (35) 19:28, 3. Laurie Lillienthal,

(38) 19:36, 4. Laurie Bartnicki (53) 20:36, 5. Megan Coombs (78) 21:53, 6. Mary Howe (83)

22:13, 7. Mary Jane Ruffo (88) 22:36, 8. Kelly

Crouch (93) 23:00, 9. Sandy Baldyga (97)

23:09, 10. Pamela Cote (100) 23:24,

Division winners

MEN

Open (19-29): Ramos 16:29; Junior (under-18): Simkowski 18:14; Submaster (30-39): White 16:49; Master (40-49): Bartnicki 20:36; Salidrani 17:17; Senior (50-59): Burnett 18:21; Veteran (60-ever) Joe Riccio 21:16; Kids one mile fun run Carlos Cardoza, 5:08.

WOMEN

Open: Perkins 19:08; Junior (under
18): Coombs 21:53; Submaster (30-39): Kane 19:28; Master (40-49): Bartnicki 20:36; Senior (50-59): Judy McGrath 25:25; Kids one mile fun run Heather Patierson 5:37.

## Ramos keys on hill to win

#### Perkins returns, is first female finisher

By KENNETH PETERS Norwich Bulletin

NORWICH - Maybe he was in a hurry. Maybe he didn't have any pockets. Or maybe he was the designated driver for the post-race

In any case, Norwich's Guy Ramos was the first to cross the finish line in the Run for Reliance House and he ran all five kilometers with his car keys in his hand.

"I always run with them. I feel naked without them," Ramos said after finishing in 16:08.

Andrew White of Norwich was second in 16:43 and Keith Pigeon of Danielson was third in 16:55. Colchester's Kelly Perkins won the women's race, finishing in 19:08, followed by Kris-Anne Kane of Preston (19:28) and Laurie Lilienthal

### RUN FOR RELIANCE HOUSE 6/1/95

of East Haddam (19:36).

The hot weather made it a slower race than in past years for the approximately 200 runners. The race began in front of the Norwich YMCA and finished on Franklin Street, but as usual it was decided on the hill going up into Mohegan Park. Ramos pulled away from White and the rest of the lead pack just after the crest of the hill.

"I had no idea there was a hill," said White, who recently moved to Norwich. "I thought the top of the hill was right around the corner, but it wasn't."

Ramos grew up in Norwich and ran cross country at Norwich Tech, but said he didn't expect to win.

"Usually there's guys who are faster than me. I know most of them and know who to be wary of," he said. "I never thought I'd win this. A good time here is just under 16 minutes, but it was slow because

of the heat."

Perkins, who ran track and cross country at Montville High and the University of Rhode Island, won the Reliance race in 1991, but ran a Memorial Day weekend 10K the past three years and skipped the downtown Norwich race.

Although her time was more than a minute slower than her personal best, Perkins was in control most of the way.

"I don't really look around at the other runners," she said. "If someone passes me, fine."

The race is run to benefit Reliance House, a center which provides support for mentally ill adults, but race and Reliance House director David Burnett said beyond the money the event is designed to raise awareness.

"We want to get people out to erase the stigma (of mental illness)," he said.





Norwich Police Capt. Al Fecteau carries the Special Olympics torch after a brief stop for lunch at ShopRite in Norwich Friday.

## Fecteau gets new view for Rose Arts

By BILL TAVARES Norwich Bulletin

NORWICH - In the last quarter century, Norwich Police Capt. Al Fecteau has watched the Rose Arts Festival Road Race from just about every conceivable vantage point.

Except one.

Today, he'll sample the viewing as a participant, joining the field as it takes off from Chelsea Parade at 9 a.m. for a 10.4mile tour of greater Norwich.

"I'll have a first-hand view of how the back of the race runs," Fecteau, 48, joked. "I'm not going to be competing with (seven-time masters champ) Tim Smith."

Fecteau, who will run with his 25-year-

old son Scott, is just getting back into running. He enjoyed the sport for years before a series of nagging injuries sidelined

Numerous visits to a chiropractor and a variety of sports therapists helped Fecteau learn about proper stretching techniques.

He resumed running about five months ago and competed in the Reliance House Road Race on June 1. He is looking forward to today's race.

'There's good camaraderie among the runners," Fecteau said. "It's not competitive. There's competition among the front-runners trying to win the race, but otherwise, everybody is cheering each other on.'

In preparation for his first Rose Arts race, Fecteau ran the course last week. It's as demanding as he remembered.

"I ran it just to make sure I could do it," Fecteau said. "There's a lot of hills and it's a long distance. Four miles is about what I like to do and six is a little long. Ten miles is getting a little ridiculous.

A captain for two years, Fecteau has always believed in the importance of conditioning. Norwich officers routinely ride bicycles or walk their beats and Fecteau acknowledges that his participation today sets a good example.

'Certainly it's very important for officers to be in good physical condition and I have always tried to stay in condition, Fecteau said. "It's something we've always emphasized."

Although he is running, Fecteau w still be responsible for coordinating th police response in what is always a he tic day. He will arrive on the scene about 5 a.m.

"It's a very busy day and this yea they're combining the race with the ar and crafts (show) so it will be even mor congested," Fecteau said. "We have make sure that every intersection of ar size is controlled so we have 60 some odd intersections that need to be pos

Fecteau plans on getting a good loc at every one of them.

And, they're off

10.4 miles

1. Steve O'Connell 54:55, 2. Eric Niles 55:47, 3. Ed Zubritsky, 57:07, 4. Greg Boninto 57:19, 5. Fran Houle 57:57, 6. Jeff Kotecki 59:03, 7. Grant Ritter 59:06, 8. Keith Pigeon 59:28, 9: Aguinaldo Ramos 59:33, 10. Even Nicholas 59:43, 11. Andy White 59:57, 12. Ken Clark 1:00:10, 13. Scott Fisher 1:00:23, 14. Tim Smith 1:00:32, 15. Kevin Gallerani 1:00:47, 16. Jack Silva 1:00:59, 17. Frank Balantic 1:01:13, 18. Mary Lynn Currier 1:01:28, 19. Dave Tyler 1:01:36, 20. Jim Hanrahan 1:01:42, 21. Steve Flynn 1:01:53, 22. Mike Fusaro 1:01:57, 23. Paul Toth 1:02:14, 24. Robert Stack 1:02:17, 25. Evan Hawkins 1:02:26.

28. Albert Lyman 1:02:30, 27. Martin Fey 1:02:41,

Hawkins 1:02:26.
26. Albert Lyman 1:02:30, 27. Martin Fey 1:02:41,
26. Albert Lyman 1:02:30, 27. Martin Fey 1:02:41,
26. Albert Lyman 1:02:52, 29. Jesse Arnold 1:03:08, 30.
Michael Fritz 1:03:30, 31. Brian Foley 1:03:31, 32. Bobby Clark 1:03:33, 33. Sherry Christoff 1:03:36, 34. Barry Lewis 1:04:01, 35. Thomas Gilbert 1:04:02, 36. Peta Silva 1:04:14, 37. Stephen Bissette 1:04:18, 38. Kurtis Thompson 1:04:25, 39. Charles Augu 1:04:32, 40. Ed Grace 1:04:50, 41. Dana Goldfarb 1:04:53, 42. Vincent Hey 1:05:07, 43. Madelena Boudreau 1:05:09, 44. Heather Bessette 1:05:49, 45. Tom Conboy 1:05:50, 46. Jack Barrett 1:05:52, 47. Brian Lundie 1:05:54, 48. Sue Julian 1:05:56, 49. Jim Gothreau 1:06:04, 50. Bob Graham 1:06:05.

ham 1:06:05.
51. Andy Hallberg 1:06:26, 52. Jack Donahue 1:06:51, 53. Mike Mosca 1:06:58, 54. Don Roy 1:06:59, 55. Dereek Albertson 1:07:04, 56. Bob Payne 1:07:13, 57. Dave Converse 1:07:16, 58. Brett Weymouth 1:07:17, 59. Mark Ruffo 1:07:19, 60. Bill Harrisman 1:07:22, 61. Jeff Cinciripino 1:07:37, 62. Dave Brunett 1:07:48, 63. Losi Vernier 1:07:58, 64. Glenn Costello 1:08:03, 65. Peter Madden 1:08:14, 66. William Malinowski 1:08:15, 67. Dave Jacobs 1:08:23, 68. David Magario 1:08:49, 71. Tim Simkowski 1:09:09, 72. John Bochain 1:09:11, 73. Eric Bogdani 1:09:12, 74. Conrad Cote 1:09:13, 75. Dean Starkman 1:09:03.



## O'Connell takes it easy

Army sergeant uses early jump for surprise victory

> By BILL TAVARES Norwich Bulletin

NORWICH — He was in town to mow a lawn. He wound up mowing down a field.

Taking charge in the first half mile, Steve

O'Connell of Dover, N.H., cruised to victory in the 29th Rose Arts Festival Road Race on a cool, overcast Sunday that was ideal for running.

O'Connell, a 37-year-old Army sergeant, finished the 10.4-mile race in 54:55. He was followed by Eric Niles of West Springfield, Mass., (55:47) and Uncasville's Ed Zubritsky (57:07).

"Nobody was with me so I just tried to run an even pace," said O'Connell, who posted the slowest winning time since 1986. "Really, it wasn't hard because the people were cheering me on."

O'Connell, who has run the Rose Arts twice before, was in Uncasville to cut the lawn of an old fishing buddy who was out of town. He planned to run the race, but had no idea he would end up pocketing the \$400 first-place prize.

"The last thing I expected was to win this race," he admitted. "This is my longest race of the year so far.'

O'Connell was part of a three-man pack with Niles and Norwich's Guy Ramos that quickly pulled away from the field.

Soon enough, he was leaving them behind as he bolted through the first mile in 4:50. He had a 100-yard lead on the field after that first mile and relied on his stopwatch to pace himself the rest of the way

"I was hoping to run 5:10 per mile. I'm not sure, but I think I might have been closer to 5:14," said O'Connell, who used the crowd's applause as a gauge to measure his lead. "I had no idea how far back the second place guy was or

who he was.' "I have no excuses. He beat me," Niles said. "In another month I'll be faster.

Niles felt he was closing on O'Connell in the last mile, but had neither the time nor the kick to complete his comeback.

I definitely wanted to run faster," Niles said. "That definitely wasn't fast for me.

While Niles may have been



Steve O'Connell, of Dover, N.H., ran his third Rose Arts race and earned his first victory.

It was Niles, a 25-year-old former track and cross country standout from the University of

Currently pursuing a graduate degree in exercise physiology at Springfield College, Niles is also hoping to qualify for the Olympic marathon trials next April in Charlotte, N.C.

See O'CONNELL, D5

second-guessing himself afterward, Zubritsky had no regrets about his day, posting both his best time and finish ever at the Rose Arts.

"I was real happy," said Zubrit-sky, 32, who broke away from Greg Boninto in the last mile after the two paced each other from the "It was an excellent day to start.

## Ritter masters Smith this time

By BILL TAVARES and ROGER LEDUC Norwich Bulletin

NORWICH - Tim Smith could feel his reign slipping away in the latter stages of Sunday's 29th Rose Arts Road Race.

Watching Quaker Hill's Grant Ritter churn through the 10.4-mile course, Smith knew he was in trouble.

After a seven-year run as masters champion, he yielded his crown to Ritter, who finished seventh overall at 59:06.

Smith was 14th in 60:32

"What he was doing was stepping up to the next runner and I found myself running by myself," Smith said. "I knew with that kind of energy, he would probably hold

Ritter, 46, has run against Smith a number of times over the years and specializes in shorter distances. He downplayed the win, pointing out that Smith is still recovering from a recent hernia operation

"I feel like I'm sort of taking advantage because of his operation," Ritter said. "I'm glad I'm the one that beat him, though. I was afraid I would get too old and some of the other 40-year-olds would come up."

Shrugged Smith, who has run all 29 Rose Arts races: "Nothing lasts forever."

#### Up and coming

St. Bernard graduate Evan Nicholas and NFA's Corrie Hanson were the top juniors in this year's 10.4-mile race

Nicholas, who ran last year for the first time on a whim, finished 10th in 59:43.

"It seemed like there were more hills than I remembered," said Nicholas, who will compete in track and cross country at the University of Rhode Island this fall. "It's a great race. They really do a good job. I hope to win it in a few years."

Hanson, who will be a junior in the fall, ran for the first time after working a water stop last year. She is training to run her first marathon later this year.

"It wasn't really that bad because we run parts of (the course) all the time in practice," said Hanson, who finished 249th overall in 82:46. "After the fifth mile, it felt like it was never-ending."

#### A different view

Seven-time Rose Arts women's champion Carla Thompson had an unusual perspective on Sunday's race: from the sidewalk.

With her first child due Sept. 8, Thompson, 35, worked at the fourmile checkpoint. She won six straight titles from 1983-88 and repeated last year.

#### **NOTES**

"I do miss it, but there are other things to look forward to in life," she said. "I know I'll be back."

Thompson said that after running so many races in hot weather, Sunday's cool and breezy conditions made her a little envious.

'It was the most ideal day I've seen for Rose Arts," she said.

#### On the air

Century Communications went on the air with live coverage of the Rose Arts race 12 minutes before the starting gun, and producer Dean Sfikas reported no problems. The broadcast will be replayed tonight at 6 p.m.

Century provided coverage with two cameras near the finish line: one atop a cable company bucket truck for a bird's-eye view, and another at ground level, covering the finish line and interviews by host Jeff Blinderman.

A staff of eight, including four volunteers trained in Century's public access program, worked the broadcast.

Sfikas, who ran the Rose Arts several times before he developed back trouble, said it was Century's first broadcast of a live sports event

#### Odds and ends

Five female runners broke 1:06, making it one of the stronger fields in the history of the race.

"The women's field was pretty deep," race co-organizer Pete Volkmar said. "We had five women around 65 minutes. That's been a

winning time in the past."

■ Two 10-year-olds from Norwich won the one-kilometer youth run, sponsored by the Norwich Recreation Department's track

Chad Burgess of Moriarty School completed the course in 3:21, and Mary Mailhot of St. Patrick School won the girls title in

■ Mary Camire of Wakefield, R.I. was the top female master, finishing 90th overall in 1:11:17. "I've run about the same time every year, right around that time," said Camire, who works for Kelley's Pace in Mystic. "The weather certainly helped. It made it a little eas-.. The idea of running a relay event, with teams of three breaking the 10.4-mile course into shorter segments, died a quiet death. There was only one entry this year.

The Bartnicki Award - \$100 to the 100th place finisher — went to Richard McGrath. The Ronzoni Award was given to the Reiter family of Norwich. No Harry Ogulnick Award was given out this year. . A Rose Arts Race record of \$2,650 was awarded.

## Akus outdistances Renz for 5K title

#### Metzger sets women's course record

By BILL TAVARES Norwich Bulletin

NORWICH - Two years ago, Marc Akus ran the torturous 10.4mile Rose Arts Road Race.

That convinced him to concentrate on shorter distances. For the time being at least.

On Sunday, his decision paid off as he easily won the 5K event with a time of 16:29.

Justin Renz, the top open finisher, was second in 17:24 while Robert Hecker Jr. was third in

"I didn't know what to expect," said Akus, who will be a senior at NFA in the fall. "This is the first time I've run it."

Akus, who finished third in the 1600 meter race at the Class LL championship this spring, was pushed in the first mile before losing the field as he climbed a hill near the YMCA. He sailed from there.

"When we got through the first mile, I felt really confident," Akus said. "There was some guy behind

me in the first mile but then when we got up the YMCA hill, I wasn't looking behind me, but I didn't hear

The women's race was won by Lorna Metzger of Pleasant Valley, N.Y., who set a course record with a time of 19:16. The old record (20:07) was held by two-time race winner Erin-Kate Mandelburg, who will be a junior at NFA in the fall. She finished second in 19:55.

"She took off very fast," said Mandelburg, the top junior for the third straight year. "I knew if I took off that fast, I wouldn't be able to finish. I just ran my race.'

Metzger, the varsity track coach at Arlington (N.Y.) High, had seen an advertisement for the race in Runner's World. She was going to be in Mystic for a relative's 75th birthday anyway, so she decided to get in an early-morning run.

"I don't usually run five Ks," Metzger said. "I really kind of approached this as a training run. It was a good course, a challenging 5K results

5K results

1. Marc Akus 16:29, 2. Justin Renz 17:24, 3. Robert Hecker Jr. 18:03, 4. Jim Murphy 18:10, 5. C. Mayer 18:23, 6. Lawrence Gore 18:36, 7. Bill Beckwith 18:42, 8. Dexter Goyette 18:50, 9. Drew Enamait 18:54, 10. James Thompson 18:56, 11. Richard Gogan 18:58, 12. J. Link-inhoker 19:10, 13. Christopher Andrew 19:13, 14. G. Akers 19:14, 15. Lorna Metzger 19:16, 16. J. Augustin 19:32, 17. L. Magnuson 19:40, 18. J. Wallace 19:45, 19. J. Montemerio 19:48, 20. Steve Middel 19:52, 21. M. Maruscsak 19:52, 22. Erin-Kate Mandelburg 19:55, 23. Corey Mayer 19:57, 24. Amy Montemerio 20:29, 25. Peter Ceppores 20:45.

26. Jim Cook 20:57, 27. Don Smith 21:12, 28. Wayne Millas 21:14, 29. Bill Welnschenker 21:14, 30. Mike Affulfis 21:15, 31. Athan Tasoulas 21:31, 32. Gary Roberts 21:36, 33. Bill Lunt 21:48, 34. Phil Kimbro 21:53, 35. Linda James 21:53, 36. Gene Renz 22:09, 37. Frad O'Neil 22:34, 38. Dan Dunn 22:35, 39. Bob Nowijchik 22:37, 40. Mary Jane Ruffo 22:45, 41. Mark Metzger 22:53, 42. Kevin Murphy 22:59, 43. Paul Gallipo 23:02, 44. Mike Augustine 23:07, 45. Beth Murphy 29:09, 46. Chris Haggerty 23:13, 47. Michelle Podraza 23:14, 48. Margaret Voland 23:24, 49. Glen Wilkie 23:29, 50. Ala Norris 23:30.

51. Herb Bilven 23:31, 52. Mike Rossi 23:33, 53. Clint

Chris Haggerty 23:13, 47. Michelle Podraza 23:14, 48. Margaret Voland 23:24, 49. Glen Wilkie 23:29, 50. Ala Norris 23:30.

51. Herb Bliven 23:31, 52. Mike Rossi 23:33, 53. Clint Hubber 23:38, 54. Diana Meirnam 23:48, 55. Kathy Golek 23:58, 56. Dean Warner 24:02, 57. Adam Berman 24:03, 58. Bruce Danielson 24:12, 59. Wally Slepanski 24:15, 60. Mark Chemerynski 24:17, 61. John Way 24:21, 62. Karen Goyette 24:24, 63. Amy Blakeslee 24:49, 64. Anna Warzecka 24:50, 35. Jeff Songco 24:51, 66. Beth Cohen 24:52, 67. Tracy Montoya 24:53, 68. Chuck Doyle 24:56, 69. Deb Schena 25:02, 70. David Bingham 25:09, 71. Bill Maine 25:14, 72. Justin Warner 25:16, 73. Michael Fulara 25:30, 74. Jessice Mirer 25:31, 75. Scott Schaifant 25:34. 76. Sherie Hogan 25:35, 77. Patrick Haggerty 25:39, 78. Susan Haggerty 25:40, 79. John Ridyard 25:45, 80. David Schena 25:54, 81. Joshua Kreamer 25:58, 82. Bill Sheek 25:59, 83. Khris Kimbro 26:03, 84. Malcolm McCoulough 26:10, 85. Tim Quellet 26:12, 86. Danielle Beliveau 26:18, 87. Jacob Leonard 26:31, 88. Maryann Jackson 26:36, 89. Paul Palazzo 26:49, 90. Dan Labreque 26:57, 91. Alan Roessler 26:58, 92. Mary Ann LaPointe 27:04, 93. Eric Winn 27:12, 94. Susan Creamer 27:15, 95. Kayla Lathrop 27:23, 96. Kathleen Thompson 27:30, 97. Earl Thompson 27:31, 98. Carl Bender 27:32, 99. Glen Warner 27:33, 100. Neil Warner 27:39. 101. Cheryl King 27:\*2, 102. Mary Schantz 27:47, 103. Jessica Vocaturo 27:48, 104. Jerry Skipwith 27:49, 105. Tiffany Schultu 27:55, 106. Kim Mrowak 28:00, 107. Robin Damien 28:01, 108. Denise Muggleston 28:20, 109. Paula Grillo 28:33, 110. Joyce Shultz 28:40, 111. Mary Varhoesen 28:46, 112. Shannon Merrithew 29:14, 111. Mary Varhoesen 28:46, 112. Shannon Merrithew 29:14, 113. Sarah Howard 29:43, 114. Sue Sweet 29:52, 115. Sue Pilkus 29:55, 116. Robin Willett 29:54, 117. Sue Milles 29:55, 118. Zack Mahoney 29:56, 119. Mark Grill 30:04, 120. Karen Schena 30:29, 121. Beth McCracken 30:30, 122, Edwina Callaghan 30:31, 123. Doreen Dambel 30:32, 124. Jessica Blais 30:40, 125. Michelel

126. Edith Cuellet 30:48, 127. Doug Ridyard 32:52, 128. Kris Ridyard 32:53, 129. Sheri Robtoy-Haggerty 33:14, 130. Stephanie Pazienza 36:21, 131. Paul Kaplitz

**Deary Memorial** 

At Putnam
5 milles
Top 25
1. Chad Johnson 25:53, 2. Geary Daniels
26:30, 3. Eric Bonnette 27:11, 4. Craig Fischberg 27:29, 5. Aguinaldo Ramos 27:32, 6.
Bryan Zadora 27:33, 7. Tom Fitman 28:38, 8.
Keith Pigeon 29:04, 9. Jim Gothreau 29:39, 10.
Bert Allen 29:43, 11. Darrell Cook 29:46, 12.
Brad Seaward 29:47, 13. Martin Fey 29:48, 14.
Khan Fisk 29:51, 15. Doug Meek 30:19, 16.
Nick Popiak 30:38, 17. Ed Coleman 30:57, 18.
Sean Whelan 31:03, 19. Brad Herron 31:06.
20. Kris-Anne Kane 31:11, 21, Wayne Jolley
31:12, 22. Ernie Dumas 31:19, 23. Brett Weymouth 31:29, 24. Eddie Fromm 31:30, 25.
Stephen Pitley 31:46.
Women
1. Kane 31:11, 2. Christy Martin 32:01, 3.
Marties Thomen 33:59, 4. Maile Waldecker
36:19, 5. Cheryl Pikora 36:46, 6. Spring Cole
37:38, 7. Meghan Owen 37:41, 8. Catherine
Barber 39:01, 9. Kriste Ilewicz 39:31, 10. Rebecca Hoch 39:38.

Age group winners

becca Hoch 39;38.

Age group winners

Male: Age 12 and under, Ian Briggeman
39;48; 13-17, Bonnette 27;11; 18-29, Johnson
25;53; 30-39, Gothreau 29;39; 40-49, Danlets
26;30; 50-59, Allen 29;43; 60 and over, Tom
Hession 39;45.

Female: Age 12 and under, Owen 37;41;
13-17, Ilewicz 39;31; 18-29, Martin 32;01; 30-39, Kane 31;11; 40-49, Barber 39;01; 50-59,
Judy McGrath; 60 and over, Marilou Crohan
53:19.

TS FRIDAY, JUNE 23, 1995

## For first time, Martin second

#### Portugese tourist wins St. John's 5K

By ROGER LEDUC Norwich Bulletin

PLAINFIELD - It looked like they were going to have to name the St. John's Festival 5K road race after Tony Martin of Chaplin, who was trying Thursday night for his fifth title in the five-year history of the event.

But Amilcar Duarte, a visitor from Portugal, blew away the field of 126 runners with a time of 15:01 - 37 seconds faster than the course record Martin established last year.

"I went out like I normally do," Martin said. "I saw him up there and I said, 'He'll come back.' At two miles I said, 'He's not coming back.'"

Duarte, 36, who was nearly hit by a car at the corner of Babcock and Railroad avenues, led Martin by about 20 yards at the first milepost. At two miles, it was more like 100 yards.

"I took it as a training run after that," said Martin, 22, who finished second in 15:58. "Even if I'd caught him, he would've had a kick. Next year (the record) will be something

Rebecca Stockdale-Woolley, also of Chaplin and one of the nation's top female masters, took the women's title in 18:05.

Duarte, who does not speak English, is visiting his sister in Rahway, N.J., and playing tourist in the northeastern United States while competing to stay in shape.

"He is a veteran runner in Portugal," family friend Carlos Grilo said. "He makes a little money when he wins, but he works and runs too.'

Grilo said Duarte placed second to an Olympian from Nigeria at the Portugese Festival 10K in Newark, N.J., last week.

Martin, a Lyman Memorial graduate and a Division II All-America in cross country last fall at Southern Connecticut State, led the Mohegan Striders to a sweep of second through sixth place. John Anthony of Canterbury took third (16:11), followed by Derek Sheare of Salem (16:50), Frank Balantic of Niantic (16:59) and Paul Read of Norwich (17:22).

Stockdale-Woolley, 44, is ranked the No. 1 female master by USA Track and Field, No. 2 by Runner's World and No. 5 by Running Times. But the Putnam High graduate shrugged off her fame.

"It's not like you're the fastest," she said. "It means you did well consistently in a number of races that had elite people in it.'

Stockdale-Woolley's time of 18:05 was 2:07 faster than secondplace Katy Harding of Glastonbury (who, at 22, is half her age) and 1:42 better than the masters record she established at the inaugural St. John's race in 1991. She hadn't been back since.

"Each year Tom (Burek, the race director) sends me a flyer and asks me to come back and defend my record," she said. "I won it when I was just starting to run races, and every year I'd get this flyer and say, 'I'm faster than that now. I really should run it and change the time on the flyer.

### St. John's Festival

3.1 miles
TOP 25

1. Amilcar Duarte (Rahway, N.J.) 15:01,
2. Tony Martin (Chaplin) 15:58, 3. John Anthony (Canterbury) 16:11, 4. Derek Sheare
(Salem) 16:50, 5. Frank Balantic (Niantic)
16:59, 6. Paul Read (Norwich) 17:22, 7. Doug
Meek (Canterbury) 17:26, 8. Brad Seaward
(Pomfret) 17:28, 9. Jed Bosker (Plainfield)
17:32, 10. Darrell Cook (Danielson) 17:38,
11. Jesse Arnold (Mansfield) 17:40, 12. Chris
Barrette (Dayville) 18:03, 13. Rebecca Stock-dale-Woolley (Chaplin) 18:05, 14. Jack Don-ahue (Providence) 18:08, 15. Mark Holmes
(Waterford) 18:10, 16. Chris Mayer (Putnam)
18:11, 17. Robert Graham (Ledyard) 18:25,
18. Rich Gogan (Putnam) 18:30, 19. Peter
Dawson (Coventry, R.I.) 18:39, 20. Nelson
Santos (Newark, N.J.) 18:42, 21. James Duncan (Brooklyn) 18:44, 22. Nick Savole (Canterbury) 18:48, 23. Manny Arruda (Somerville,
Mass.) 18:57, 24. Erick Oleen (Danielson)
19:18, 25. Christopher Garrett (Plainfield)
19:23.

WOMEN

WOMEN

1. Stockdale-Woolley 18:05, 2. Katy Harding (Glastonbury) 20:12, 3. Mary Howe (Jewett City) 20:44, 4. Michelle Grilo (Newark, N.J.) 21:09, 5. Sharon Neborsky (Storrs) 22:02, 6. Bonnie Crandall (Westerly, R.I.) 22:27, 7. Betsy Graham (Ledyard) 22:34, 8. Liza Barber (Weekapaug, R.I.) 22:35, 9. Amy Blakestee (Lebanon) 23:00, 10. Deborah Kirkconnell (Davville) 23:02.

(Dayville) 23:02. (Top three overall male and female winners ineligible.)

ners ineligible.)

MEN

Age 13 and under: 1. Santos, 18:42, 2. Ryan Hanrahan (Dayville) 24:58, 3. Justin Forsyth (Plainfield) 26:36. 14-19: 1. Bosker 17:32, 2. Barrette 18:03, 3. Mayer 18:11. 20-29: 1. Read 17:22, 2. Cook 17:38, 3. Gogan 18:30. 30-39: 1. Sheare 18:50, 2. Balantic 16:59, 3. Meek 17:26, 40-49: 1. Seaward 17:28, 2. Donahue 18:08, 3. Holmes 18:10. 50-59: 1. Graham 18:25, 2. Fred Zuleger (Coventy, R.I.) 20:26. 60-up: 1. Tony Medeiros (South Windsor) 20:26.

WOMEN

13 and under: 1. Amanda Caron (Moosup) 30:14, 2. Tiffany Burek (Plainfield) 35:32. 14-19: 1. Grilo 21:09, 2. Sharon Neborsky (Storrs) 22:08, 3. Denise LePage (Plainfield) 25:14. 20-29: 1. Liza Barber (Weekapaug, R.I.) 22:35, 2. Pamela I.askarzewski (Plainfield) 25:45. 30-39: 1. Grandall 22:27, 2. Blakeslee 23:00, 3. Kirkconnell 23:02. 40-49: 1. Graham 22:34, 2. Karen Goyette (Danielson) 23:03, 3. Catherine Barber (Weekapaug, R.I.) 23:07.

TEAM AWARDS

TEAM AWARDS

TEAM AWARDS
Men. Mohegan Striders; women, WILIIFM (I-98 Radio).
CHALLENGE AWARDS
Plainfield resident, Bosker; St. John's
parishioner, Garrett, Frieghpiters, Arnuda; EMSNedical, R. Graham; Military, Balantic; Police,
Arnie Bartlett (Plainfield) 21:50.

#### St. Catherine's Festival

At Preston
3.8 miles
MEN
1. Tim Smith 20:52, 2. Kevin Gallerani
20:58, 3. Joe Pizza 21:30, 4. Walt Smotenski
21:42, 5. Ryan Coombs 22:04, 6. Mark Ruffo
22:25, 7. Glerin Costello 22:27, 6. Brian Lunde
22:29, 9. Dave Burnett 22:35, 10. Dexter
Goyette 22:42.

Gryette 22:42. WOMEN

1. Catherine Cross 23:32, 2. Kris-Anne Kane 23:33, 3. Malle Waldecker 25:49, 4. Kel-ly Crouch 27:12, 5. Rosemary Orciar 27:49, 6. Michelle Podrasza 27:52, 7. Mary Jane Ruffo 28:03, 8. Pamela Cote 28:39, 9. Mighaeleen Haleseler 29:17, 10. Julie Pickham 29:18.

#### RUNNING 7/23/95 St. Mary's Festival race

St. Mary's Festival race

At Jewett City
3.0 miles
Top 25

1. Ed Zubritsky 15:11, 2. John Barresi
15:24, 3. Chris Hansen 15:27, 4. Don Sikorski 15:29, 5. Fran Houle 15:37, 6. Dave Anderson 15:39, 7. Jeff Kotecki 15:45, 8. Mike Fritz
15:58, 9. Dennis Crowe 16:11, 10. Mike Mosca
16:22, 11. Keith Pigeon 16:28, 12. Alan Rondeau 16:30, 13. Charife Engle 16:42, 14. Bryan
Stadnicki 16:45, 15. Ernie Dumas 16:53, 16.
Bill Harriman 16:59, 17. Shawn Stamper 17:04,
18. George Lange 17:09, 19. Glenn Costello
17:13, 20. Darryl Glard 17:19, 21. Jack Donahue 17:26, 22. Robert Graham 17:27, 23. Brett
Weymouth 17:43, 24. Mark Ruffo 17:46, 25.
Mike Fitzgerald 17:48.

MEN MEN

MEN
Division winners
Age 19-under: Anderson 15:39, Mosca
16:22, Stadnicki 16:45; 20-29; Hansen 15:27,
Sikorski 15:29, Pigeon 16:28; 30-39; Zubitisky 15:11, Barresi 15:24, Houle 15:37; 40-49;
Crowe 16:11, Rondeau 16:30, Donahue 17:26;
50-59; Dumas 16:53, Graham 17:27, John
Courtemanche 17:50; 60-over: Larry Larkin
23:20, Joe White 23:55, John Wilds 23:59; St.
Mary parishloners: Stadnicki 16:45.
WOMEN

1. Catherine Cross 18:11, 2. Megan

Mary parishloners: Stadnicki 16:45.

WOMEN

1. Catherine Cross 18:11, 2. Megan
Coombs 18:48, 3. Maile Waldecker 20:01, 4.
Mary Howe 20:10, 5. Francine Yorkunas
21:22, 6. Kelly Crouch 21:29, 7. Mary Jane Ruffo 21:51, 8. Lindsey Baah 21:56, 9. Beth Murphy 22:14, 10. Deb Kirkconnell 22:16.

Division winners

19-under: Coombs 18:48, Baah 21:56,
Jessica Taylor 29:19; 20-29: Cross 18:11, Tricia Baron 24:32, Chantel Lowell 28:41; 30-39:
Waldecker 20:01, Howe 20:10, Yorkunas 21:22;
40-49: Karen Goyette 22:27, Jacquie Burzycki
23:31, Gayle Phoenix 26:59; 50-59: Geraldine
Palonen 24:36; 60-over: Diane Stuart 29:46;
St. Mary parishloners: Coombs 18:48.



## Zubritsky breaks through

Takes St. Mary's title; Cross is women's winner

> By ROGER LEDUC Norwich Bulletin

JEWETT CITY - Ed Zubritsky of Uncasville, who placed third in the St. Mary's Festival road race the last two years, broke through to victory in the fifth annual event Sunday.

Zubritsky, 32, pulled away from Colchester's Chris Hansen in the final mile to win the three-mile race in 15:11

"The first mile was kind of slow, but then Chris took off and set the pace the rest of the way," Zubritsky said. "A few other guys and I picked it up from there, and I just happened to hang on.'

Catherine Cross of Vernon won the women's title in 18:11, with de-fending champion Megan Coombs of Griswold second (18:48)

The past two years, Zubritsky had been beaten out by two local athletes now running in college -Tony Martin (Southern Connecticut State) and Matt Papuga (Rhode Island). Neither was among the 120 registered Sunday.

"Those guys are quick. They're a little out of my league," Zubritsky said. "If they had shown up, I'd have been trying to stay with them as long as I could."

John Barresi, running for the Hartford Track Club, was second in 15:24, followed closely by Hansen (15:27) and Don Sikorski of Norwich (15:29), Lisbon's Fran Houle was fifth (15:37) and Waterford High standout Dave Anderson sixth (15:39).



Catherine Cross of Vernon won the women's title in 18:11, easily defeating defending champion Megan Coombs of Griswold (18:48).

Cross, 27, was coming off a victory at the Kaiser Permanente 5K in East Hartford last week, but she found Sunday's conditions tougher.

The weather was awfully humid, and there's a couple of good hills on this course," she said. "I was just trying to stay consistent."

Cross, who won the inaugural St. Mary's race is 1991 and the St. Catherine's race in Preston twice, ran even with Coombs for one mile. But the incoming Griswold High freshman gradually fell back.

"I think she'll be really good in high school. She has a lot of potential," said Cross, who ran cross country and track at East Catholic and Southern Connecticut State.

Coombs will join two all-EConn cross country runners at Griswold: sophomore Carly Stroich, the defending QVC champion, and junior Sara Monahan.

"I'm hoping we have a good team (at Griswold)," Coombs said. "I think we need a couple more people, though."

## Kanes capture Cannon Ba

By KENNETH PETERS Norwich Bulletin

PRESTON - The organizers of the Liz Harris Cannon Ball Run try very hard to make it a family affair.

In fact two of the organizers, husband and wife Tim and Kris-Anne Kane, made sure it had a family-style feel by winning the men's and women's divisions of the fourth annual one-mile run down School House Road.

"I saw him up ahead and figured he was going to win so I thought it would be good for my scrapbook if I did too," Kris-Anne said.

Tim Kane was the first of the 86 runners across the line in 4 minutes, 40 seconds, with Kris-Anne taking 16th overall in 5:20.17. Fifteen-year old Josh Welch of Brooklyn was second (4:51.08) and Bill Harriman of Niantic third (4:51.97).

The Cannon Ball, which benefits youth programs at St. James Church and is named for a parishoner who died four years ago, is one of the few one-mile runs in the area, and forces runners accustomed to 5K and 10K races to pick up the pace.

"It's tough running that fast when you're not used to it," Tim Kane said. "You really have to get some muscles moving that you haven't moved in a few years. . . .Fortunately you only have to move them for a few min-

Kris-Anne, who also won the UConn Husky 5K in Hartford last month, won her fourth consecutive Cannon Ball championship. "There's not many of these one-mile races around, but I like them," she said. "You get the pain over with quick."

In addition to being co-champions and race organizers, the Kanes also make up half of the Executive Board for the Mohegan Striders. Tim is president and Kris-Anne is recording secretary.

"We always try do do stuff like this together and if we can both (win), that makes it even better," Kris-Anne said.



Ed Zubritsky pulled away from Chris Hansen in the final mile to win the three-mile St. Mary's Festival road race in Jewett City on Sunday in 15:11. Page D6.

## Johnson finds his old form

Wins New London Road Race

By BILL TAVARES Norwich Bulletin

NEW LONDON - Back when he was the best high school distance runner in the state, Franklin's Chad Johnson grew accustomed to breaking his opponents early in a race.

In winning two State Open cross country titles at NFA, Johnson often separated himself from the field

early and cruised.

Since moving on to UConn, however, Johnson has often labored to adjust to the new level of competition.

"It has been frustrating at times," Johnson said Sunday after winning the New London 5K Road Race. "It's a whole new mental game, a hard mental game and I've had to grow up a lot in the past two years."

Competing in his first New London Road Race,

Johnson was his old, dominating self.

After laying back in the opening mile, he picked it up on the first hill, sweeping past Uncasville's Ed Zubritsky and front-runner Brian Daugherty on his way to a time of 15:25.

"My strategy was just to sit back the first mile because it's all downhill," Johnson explained. "After the first mile, there's a hill and I knew I'd make it up there."

Zubritsky finished second in 15:44 while Daugherty was third (15:48). North Stonington's Heather Bessette (24th at 17:32) was the top female finisher.

"I like it, I never ran it before," Johnson said of the race. "The hills were both in the perfect spots for my type of running.'

They were in the wrong spot for the two leaders.

"I was in second place going up the hill and Chad just went by both of us," Zubritsky said. "He's tough. He looked nice and smooth on the hills. He wasn't even pushed.

Entering his third year at UConn, Johnson plans to compete in all three seasons for the first time. He redshirted the outdoor track season his freshman year and the cross country season as a sophomore.

In track, Johnson will also move from the mile to the 5,000 and 10,000 meters, distances he feels fit his

style more naturally.

He is looking forward to making more of an impact

"I realize what collegiate competition is all about, it's the best of the best," Johnson said. "When you're there can't be any running across running for a school, there can't be any running across the finish line and not falling to the ground. You have to be dead, there's no saving anything."

Bessette, in the middle of a break from marathon training, returned to a familiar distance Sunday

"Right now, I'm in my off stage," Bessette said. "This is just time for cross training. I love doing 5Ks."

Bessette will resume marathon training in August as she pursues her goal of qualifying for the U.S. Olympic Trials in February.

#### Ocean Beach-Kelley race At New London

At New London
Overall

1. Uri Romaniuk 1:03.05, 2. Pete Pazik
1:03.35, 3. Joe Banas 1:05.24, 4. Jeff Kotecki 1:05.52, 5. Norm Bouthillier 1:06.10, 6. Bob
Hensley 1:06.18, 7. Tim Smillir 1:06.37, 8. Grant
Ritter 1:06.54, 9. Brad Moraec 1:07.40, 10. Andrew White 1:07.46; 11. Sean Delaney 1:08.04,
12. Bob Stack 1:08.30, 13. Mark Paperella
1:08.42, 14. Thomas Buckley 1:09.10, 15. Keith Pigeon 1:09.21, 16. Bobby Clark 1:10.13,
17. Healther Bessette 1:10.22, 18. Aldo Patruno
1:10.38, 19. Stephen Bessette 1:10.54, 20.
Matt Santo 1:11.03, 21. Paul Toth 1:11.18, 22.
Rob Reale 1:11.30, 23. Martin J. Fey 1:11.38,
24. Bert Allen 1:11.47, 25. Barry Lewis 1:11.53.
Division results

MEN

High school: 1. Richard Zabbo 1:13.08,
2. Milice Mosca 1:17.47, 3. Nick Lynch 1:17.52;
Masters: 1. Hensley, 2. Smith, 3. Ritter,
Grandmasters: 1. Alen, 2. Robert Graham
1:13.57, 3. Guy Pulino 1:17.00; Veterans: 1.
Ray Pickell 1:27.13, 2. Phil Mongillo 1:32.12,
3. David Porter 1:37.57.

WOMEN

WOMEN
Open: 1. Bessette, 2. Goff, 3. Dube, 4.
Kris Anne Kane 1:18.54, 5. Deanna Stern
1:19.20; High school: 1. Ramya Chari
1:34.39; Masters: 1. Gale Balavender 1:24.23,
2. Louise Gingras 1:25.43, 3. Ellie Lowell
1:31.20; Grandmasters: 1. Judith Pierson
1:39.07.

#### RUNNING 8/95

#### U.S. Healthcare 5K

At Hartford MEN

Open
1. Paul Mbuga 13:48.
Local filnishers
13-19
6. Ben Pieluch (Hebron) 17:48; 9. Josh Hyde (Mystic) 17:55; 30-39

 Kevin McCaffrey (Marlborough) 15:17;
 Ed Zubritsky (Uncasville) 15:35. 40-49

1. Dave Raunig (New London) 15:45.

WOMEN
Open
8. Liz Mueller (Quaker Hill) 17:16.
20-29

8. Mickie Levin (Colchester) 1 30-39 6. Heather Bessette (Stoningt (ris-Anne Kane (Preston) 18:13 40-49

3. Mary Camire (Myslic) 20:19. 50-59

bron) 30:15. ne Terrier (Heb

Men's open
2. Electric Boat; 3. Pfizer.
Men's masters
3. Pfizer; 4. Electric Boat.
Women's open

## Romaniuk puts worries to rest Captures Kelley Road Race

By ANDREW DAS Norwich Bulletin

NEW LONDON - Uri Romaniuk said he worried all the way through Saturday's 33rd annual Ocean Beach-John J. Kelley Road Race, but let's be honest: It was probably safe to relax a little after he passed both the pace car and its police escort with less than three miles to

OK, both cars were stuck in traffic at the time, but Romaniuk's feat was an indication of his dominance. The 31-year-old New Haven native covered the course in 1:03:05, leading start to finish and beating fel-Wallingford resident Pete Pazik by 30 seconds. Joe Banas (1:05.24) was third, more than two minutes behind the winner.

This is the first time I've ever held on to a lead this long," Romaniuk said of the 11.6-mile race, though he added that he worried about a comeback by Pazik "all the time. I just wanted to hold him off."

Romaniuk was never threatened, however, forcing him to judge his lead by listening for roadside applause for the runners be hind him. "I never look back" he

said. "It hurts too much psychologically.'

Stonington's Heather Bessette. the 1993 Kelley women's champion, completed a race-packed week by winning the women's competition in 1:10.22. Defending champion Kim Goff (1:12.40) was well back in second, followed by Cheryl Dube (1:12.50)

Bessette's race was her fourth since Sunday, when an asthma attack forced her to walk part of the Fort Adams 10K. After a golf outing Monday, Bessette, 32, won a fun run in Westerly on Tuesday and the Pfizer Triathlon on Thursday.

"After all that, I came here not caring how I did," she said. "If I win, I win.

That Bessette did, leading throughout to beat Goff and Dube by more than two minutes and her husband Stephen by 32 seconds.

"The whole run I kept saying to myself, 'Man, I feel good today,'



New London's Jeff Kotecki won the Prest City Fair road race Saturday, covering t 7.2-mile course in 38:10. Results, C2.

#### **Preston City Fair race** 7.2 mile MEN

7.2 miles MEN

1. J. Kotecki 38:10, 2. J. Banas 38:30, 3. G. Ramos 38:41, 4. K. Pigeon 39:34, 5. J. Murphy 39:41, 6. T. Smith 40:03, 7. T. Kane 43:25, 2. Donahue 43:59, 11, G. Polino 44:20, 12. R. Girotti 44:38, 13. R. Sovercewski 44:40, 14. A. Zablocki 45:12, 15. D. Magario 45:13, 16. L. Barnett 45:21, 17. L. Barnett 45:21, 18. K.A. Kane 45:24, 19. M. Lackey 45:30, 20. R. Baah 45:34, 21. S. Henderson 45:40, 22. R. Buckengham 46:03, 23. J. Augstine 46:09, 24. C. Martin 46:19, 25. L. Magnuson 46:30.

1. (17th overall) Kane 45:24, 2. (39) M. Philbrick 49:43, 3. (41) M. Waldecker 50:08, 4. (42) G. Balavender 50:14, 5. (51) L. Huzzey 52:25, 6. (57) P. Swim 55:16, 7. (60) K. Richardson, 56:10, 8. (62) M. Haeseler 56:46. 9, (69) K. Smolenski 57:50, 10, J. Burzycki 59:03, 11, (75) G. Palonen 1:00:03, 12, (79) C. Rhatican 1:03:18, 13, (64) L. Jolley 1:12:28, 14, (85) B. Pratt 1:13:32.

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## Johnson makes it three straight By ROGER LEDUC DEARY MEMORIAL UConn's team. Landreth won the

New Haven 20K 9/

New Haven 20K
At New Haven
Sunday's results
Overall
1. Gilbert Rutto (Kenya) 58:29, 2. Sammy
Nyangincha (Kenya) 58:32, 3. Steve Nyamu
(Kenya) 58:70, 4. Joe Lemay (Danbury) 59:31,
5. Sarid Khairulin (New York) 60:30, 6. Keith
Braniley (Fort Lauderdale, Fla.) 60:35, 7. Simon Peter (Fort Lee, N.J.) 60:37, 8. Joe Leuchtmann (Baldwin, Mc.) 60:38, 9, John Tuttle
(Douglasville, Ga.) 60:41, 10. Don Janecki
(Louisville, Colo.) 60:44.
Mohegan Striders results

Mohegan Striders results
MEN

21. Steve Swift (New Haven) 1:02:33, 48.
Eric Woronick (Ivorytori) 1:08:00, 52. Ed Zubritsky (Uncasville) 1:08:45, 61. Don Sikorski (Norwich) 1:09:25, 63. Joe Swift (Middletown) 1:09:34, 71. Sean Defaney (Old Saybrook) 1:10:29, 74. Jeff Fengler (Wallingford) 1:10:46, 77. Gul Ramos (Norwich) 1:10:54, 156. Jeff Green (Hamden) 1:17:09, 157. Dennis Tetreault (Lisbon) 1:17:10, 176. John Ficarra (Westerly) 1:17:46, 180. Kevin Galletrani (Uncasville) 1:17:50, 241. Mike Fusaro (Norwich) 1:20:07.

WOMEN 263, Kris Anne Kane (Preston) 1:21:26, 364, Catherine Cross (Vernon) 1:24:16, 445. Micki Levin (Colchester) 1:26:15.

PUTNAM - Chad Johnson's goal is to be the No. 1 runner for the UConn cross country team this fall, and he didn't hurt his confidence by winning the Cathy Deary Memorial Road Race Saturday.

Norwich Bulletin

Johnson, a two-time State Open cross country champion for NFA, overcame stifling humidity to complete the five-mile course in 25:53 and win the event for the third straight year.

Kris-Anne Kane of Preston was the women's champion (31:11).

Johnson led from the starting gun, stretching his lead over Geary Daniels of Dudley, Mass., to 100 yards after two miles. That's about where it stayed, as Johnson struggled just to maintain a good pace.

"I took it out hard, and once I got out there I knew I was in trouble," he said. "On the first set of hills (Daniels) started to close on me a little bit. Usually the uphills are my strong point, but I was feeling the heat.

"I used the downhill after that to open it up a little bit. I figured everyone else in the race was as hot as I was and it would be hard to make up 100 yards," Johnson said.

Johnson, who will be a junior academically but a sophomore in terms of athletic eligibility, is contending with sophomore Travis Landreth for the top spot on national 5000-meter title last spring in 14:20.

"Right now he's faster than me, but we feed off each other and make each other better," Johnson said. "It'll help us get to the nationals as a team."

Daniels, 41, broke his own course record in the masters division by 19 seconds, finishing in

Eric Bonnette, 16, of New Jersey placed third (27:11). He is a cousin of the late Cathy Deary of Putnam, for whom the race was named after she died of cancer five years ago at age 23.

Craig Fischberg of Tolland was fourth (27:29), followed by Gui Ramos of Norwich (27:32) and Bryan Zadora of Killingly (27:33).

In the women's race, Kane, 31, trailed University of Massachusetts runner Christy Martin of Leicester, Mass., for half the race before turning it on.

"I was just going to run it as a workout, because I ran the Kelley race (in New London Aug. 5) and a hard 5K in Hartford on Wednesday," Kane said. "When I saw I was in striking distance, that \$200 first prize popped into my head. I told my legs 'OK, one more time this week.

Kane also won women's titles this year at Hartford's Bushnell Park-Husky 5K and the St. James one-mile race in Preston.

Martin finished 50 seconds back at 32:01, followed by Marlies Thomen of Brooklyn (33:59).

## Healthy Jacob passes test

#### Wins Norwich Downtown Merchants Road Race

By BILL TAVARES Norwich Bulletin

NORWICH - When Mystic's Wayne Jacob started his kick midway through Thursday's fourmile Greater Norwich Downtown Merchants Road Race, Don Sikorski knew he had no answer.

So instead of panicking, the Norwich runner relied on Jacob to carry him away from a competitive pack that included Gui Ramos.

When it was over, Jacob was celebrating his sixth Merchants win with a time of 20:28. Sikorski, meanwhile, satisfied himself with a secondplace time of 20:53, comfortably ahead of Ramos

"I had to decide whether to go with (Jacob), but I wanted to get away from Gui," Sikorski explained. "I was in never-never land after that. I think the most strenuous thing he did was turn his head to look back."

Jacob, 40, paced the field from the outset, leading a pack that included Sikorski, Ramos and Tim Smith (fourth at 21:29). They stayed with him through the first two miles, but when Jacob picked up the pace as the lead pack approached the hill just past Franklin Square, it was over

They were with me but they never really wanted to push me," Jacob said. "The only thing

Warren wins

**EL Marathon** 

By ROGER LEDUC

Norwich Bulletin
SEP 24/995

EAST LYME — Stephen Warren and Sher-

Christoff repeated as East Lyme

Warren won the 15th annual marathon in

2:30:11 after a time of 2:32 last year. The 32-

year-old from Sharon, Mass,, who won his first

East Lyme appearance in 1992 and took sec-

ond in 1993, plans to continue making the trip.

"It's nice to do the big ones, but in Boston and New York, you're basically a bib num-

ber," Warren said. "Here everybody treats

you so nice. Even the police are yelling 'Way

feet that kept him out of the Boston

Marathon in 1992 and 1994, and he hopes

what he calls his even-year jinx is over. He

wants to run the 100th Boston event in April

after placing 69th (2:31:23) in this year's race.

marathon Sunday. Her first was last year's

East Lyme victory and the second came last

April at Boston, where she finished in 2:50.

Christoff, 34, was running in only her third

Warren has battled stress fractures in his

Marathon champions Sunday, with ideal

weather conditions helping both improve on their 1994 times. Neither was challenged on

the 26.2-mile course.

to go.'

I was worried about was an injury or something."

It's an understandable concern for Jacob, who has been slowed throughout the summer by tendinitis in his knee and an Achilles' tendon problem. The injuries left him feeling frustrated as the prime summer racing months passed him by.

"I haven't been able to run hard," Jacob said. "This is my first test in ages and it was pretty good. I wanted to find out where I was before I go

According to his peers, Jacob's form is just

"He's real talented," said Norwich's Ramos, who finished third for the third straight year. 'He's just turned 40 and he's right up there with the best. Whether he's injured or not, you know he'll run a good race.'

Mystic's Rosemary Orciari was the top female finisher, winning her first career race in a

'It's really hilly," Orciari said of the course. "It's an aerobic all the way up that (Cliff St.) hill." Orciari ran this race for the first time to train

for the upcoming East Lyme Marathon. ■ The two-mile fun run was won by 1989 St. Bernard graduate Rob Swercewski (10:57), who outdueled Kevin Gallerani (11:04).

RUNNING 1995

**East Lyme Marathon** 26.2 mlles

26.2 miles Top 25
Top 25
1. Stephen Warren 2:30:11, 2. Mark Paparella 2:37:50, 3. Eric Woronick 2:37:58, 4. Ron Evans 2:41:16, 5. Chris Dickerson 2:42:22, 6. Bob Stack 2:42:33, 7. Harry Lepo 2:45:30, 8. Tim Smith 2:46:09, 9. Nelson Azevedo 2:47:23, 10. Stephen Flynn 2:48:28, 11. Jeff Schooler 2:49:39, 12. Greg Bonaluto 2:49:59, 13. Tim Loftus 2:51:25, 14. Grant Ritter 2:52:33, 15. Paul Sammer 2:52:41, 16. Richard Schulter 2:52:52, 17. Douglas Hand 2:53:48, 18. Bobby Clark 2:54:45, 19. Glen Guillemette (time missing), 20. Mike Fusaro 2:57:26, 21. Paul Toth 2:57:36, 22. Robert McNaught 2:57:39, 23. Tim Shannon 2:58:55, 42. Charles Cellar 2:59:24, 25. Paul Letoile 3:00:43.

3:00:43.

Top 10 women

1. Sherry Christoff 3:02:15, 2. Nancy Given 3:17:36, 3. Kelly Perkins 3:19:16, 4. Betsy Graham 3:26:51, 5. Deanne Stern 3:33:33, 6. Laurie Atkins 3:38:09, 7. Linda Huzzey 3:39:46, 8. Susan Plant 3:40:28, 9. Carole Briggs 3:42:19, 10. Elsa Cremer Kay 3:43:06

3:43:06.

Age group winners

MEN

29-and-under: 1. Woronick 2:37:58. 2.

Evans 2:41:16, 3. Dickerson 2:42:22.

30-39: 1. Warren 2:30:11, 2. Paparella

30-39: 1. Warren 2:30: 17, 27: Span-2:37:50, 3. Stack 2:42:33. 40-49 (USA Track & Field Connecticut masters championship): 1. Smith 2:46:09, 2. Schooler 2:49:39, 3. Lothus 2:51:25. 50-59: 1. David Buddington 3:02:03, 2. Vito Bonaluto 3:06:27, 3. Mark Guadliana

60-and-over: 1, Dick Green 3:32:55, 2

Richard Fedian 3:38:33, 3. Peter Pantelis

4:07:49.

WOMEN

29-and-under: 1. Perkins 3:19:16, 2.
Stern 3:33:33, 3. Laura Wells 3:50:20.
0-39: 1. Christoff 3:02:15, 2. Given
3:17:36, 3. Atkins 3:38:09.
40-49 (USA Track & Field Connecticut masters championship): 1. Graham 3:26:51, 2. Huzzey 3:39:46, 3. Kay 3:43:06.
50-and-over: 1: Susan Hess 4:14:40, 2. Joy Gauthier (time not available), 3. Sharon Kerson 5:35.

The Meriden runner considers East Lyme a tougher course than Boston's because of its early hills, so she was satisfied with her time of 3:02:15 — over eight minutes better than last year.

"I wasn't well rested at all last year. This was a much better experience," Christoff said. "I had originally planned on running Hartford (in three weeks), but my training wasn't going well, so I decided to cut it short and run this one, then rest up" - probably for Boston.

Mark Paparella of West Hartford took second in 2:37:50, eight seconds ahead of Eric Woronick of Ivoryton, running his first marathon. New London's Bob Stack was the first local finisher (eighth, 2:42:33), followed by Harry Lepp of Danielson (2:45:30) and Tim Smith of Norwich (2:46:09).

Smith, 47, whose masters division win was good for the USA Track & Field state masters title, hid two baked potatoes near the 16- and 22-mile marks. He scooped them up and munched them for a carbohy-

"I can't seem to hold my nutrition the way I used to," said Smith, whose course record from 1982 (2:23:56) still stands. "I used to be a chow hound the night before a marathon, but now I have to push the plate away. It was a good experiment. I felt as good as I ever have."

Nancy Given of Somerville, Mass., was a distant second (3:17:36) in the women's race. Colchester's Kelly Perkins was third (3:19:16), and fourth-place finisher Betsy Graham of Ledyard (3:26:51) won the women's USATF state masters title.

Downtown Merchants At Norwich 9/14/95

At Norwitch 9/14/3

1. Wayne Jacob 20:28, 2. Don Sikorski 20:53, 3. Gui Raimos 21:06, 4. Tim Smith 21:29, 5. Ed Walker 22:29, 6. Tom Gilbert 23:25, 7. Jesse Arnold 23:34, 8. Brett Weymouth 23:46, 9. Don Roy 23:48, 10. Jack Silva 23:49, 11. Dave Burnett 23:51, 12. Jim Cawley 24:22, 13. Mike Smith 24:31, 14. Dave Jacobs 24:39, 15. James Chetrenzia 24:42, 16. Lance Magnuson 24:55, 17. Paul Andruskiewicz 25:18, 18. Peter Keegan 25:24, 19. Dennis Zalehowski 25:45, 20. Rich Friedrich 25:45, 21. Rick Urban 25:58, 22. Don LaPointe 26:06, 23. Fred Zoleger 26:11, 24. Michael Dugas 26:13, 25. Cory Mayer 26:14. Divisions

Men

Juniors: 1. Thomas Zenowitz 28:59; Open: 1. Don Sikorski 20:53, 2. Gui Ramos 21:06, 3. Ed Walker 22:29; Submesters: 1. Jesse Arnold 23:34, 2. Jack Silva 23:49, James Cherenzia 24:42; Masters: 1. Wayne Jacobs 20:28, 2. Tim Smith 21:29, 3. Don Roy 23:48; Grandmaster: 1. Dave Burnett 23:51, 2. Dave Jacobs 24:39, 3. Lance Magnuson 24:55; Seniors: 1. Dan Werling 29:59, 2. Tony Medeiros 31:06, 3. Peter Pantellis.

Women

Open: 1. Rosemary Orciani 28:36, 2. Julie Pinkham 29:51, 3. Kimberly Rennie 32:02; Submasters: 1. Laurie Bilss 33:41, 2. Karen Short 34:51, 3. Susan Smith 34:51; Masters: 1. Machaeleen Haeseler 32:03; Grandmasters: 1. Judy McGrath 32:51.

Fun run 2 miles

1. Rob Swercewski 10:57, 2. Kevin Gallerani 11:04, 3. Glen Costello 11:26, 4. Wayne Hanson 11:37, 5. Wayne Jolley 11:44, 6. Jeffrey Wilkinson 12:11, 7. Melissa Perkins 13:07, 8. Chris McCormack 13:14, 9. Ron Dombrowski 13:17, 10. Mark Maroscar 13:18, 11. Mathew Sawyer 13:27, 12. Maile Waldecker 13:34, 13. Charlie Spellman 13:44, 14, Bill Sheek 14:24, 15. Lee Piggott 15:22, 16. Kathy Smoleneki 15:36, 17. Wally Scepanski 15:49, 18. Kevin McLaughlin 16:13, 19. Katle Kapher 16:39, 20. Amanda Caron 16:56, 21. Sara Howard 16:59, 22. Pat Simkowski 17:00, 23. Leslie Jolley 17:37, 24. Donna Gervais 18:48, 25. Mark Stepank 18:55.

Divisions
Men
Juniors: 1. Chris McCormack 13:14, 2.
Matthew Sawyer 13:27, 3. Nicholas Scavo 21:02:
Open: 1. Rob Swercewski 10:57, Submasters:
1. Glen Costello 11:26; 2. Jeffrey Wilkinson, 12:11,
3. Mark Maroscar 13:18; Masters: 1. Kevin
Gallerani 11:04, 2. Wayne Hanson 11:37, 3.
Wayne Jolley 11:44.
Women
Juniors: 1. Kafle Kapfer 16:30, 2. Amanda Caron 16:58, 3. Sara Howard 16:59, Open
1. Melissa Perkins 13:07; Submasters: 1. Maile
Waldecker 13:34, 2. Kathy Smolenski 15:36,
3. Donna Gervais; Masters: 1. Pat Simkowski
17:00, 2. Lesile Jolley 17:37, 3. Terie Smith 22:37.

RUNNING 9/17/95

**USATF Championship** 10 miles At Guilford

MEN

1, Tom Harding 52:09; 2, Pat Swift 52:14;
3, Kevin McCaffrey 52:25; 4, Peter Pazik 53:34;
5, Andrew Barteltt 54:06; 6, Uri Fomaniuk 54:31;
7, Pete Sakalowsky 55:03; 8, Jim Uhrig 55:09;
9, Eric Woronick 55:18; 10, Jeff Fengler 55:29.

7, Pete Sakalowsky 55:03; 8, Jim Uhrig 55:09; 9, Eric Woronick S5:18; 10, uelf Fengler 55:29. WOMEN

1, Sue Faber 62:25; 2, Chris Anne Kane 67:10; 3, Gail Case 68:48; 4, Gwen Kay 69:45; 5, Leslie Brown 69:57; 6, Barbara Pearce 70:20; 7, Michelle Goulet 70:31; 8, Cathy MacDonald 71:48; 9, Janice Barabas 75:42; 10, Suzanna Lennon 75:45.

Mohegan men's masters

1, (17th overall) Tim Smith 58:55, 2, (25) Gary Nixon 1:01:08, 3, (33) Dennis Tetreault 1:03, 4, (39) John Ficarra 1:04:44, 5, (59) Don Roy 1:07:54, 6, (62) Randy Baah 1:08:21, 7, (67) Joe Balavender 1:08:40, 8, (139) Ed Root 1:20:05, 9, (161) Bob Knowles 1:25:49.

Top 3 teams

Men's Open: 1, Athlete's Foot; 2, Hartford Track Club; 3, Mohegan Striders; 4, Hartford Track Club; 2, Mohegan Striders; 1, Libra AA; 2, Mohegan Striders (Gale Balawender 76:11, Betsy Graham 76:13; Michaleen Hasslear 85:07;).



OF A NEWSMAKER

**Robert Carbray** 

Former teacher: Robert Carbray, 58, of Ledyard, retired as technical education teacher at Clark Lane Middle School in 1992 after 30 years on the job.

In the news: Carbray has been timekeeper of the Lisbon Fall Festival 3.5-mile road race since its inception in 1980. The 15th race is Sat-

Background: Carbray, a Norwich native, joined the Mohegan Striders running club in 1973 as a charter member. When Lisbon Fall Festival Road Race director Judy Poprosky, also a Mohegan Strider, asked Carbray and Joe Lonardelli of Norwich to help out, they obliged. Every year before the race, they are treated to a pancake breakfast. Carbray says he and Lonardelli, who hands out the place cards to finishers, have never erred. "Not a one," Carbray says. "Knock on wood - and that's my head." Carbray and his wife, Sheila, have three children.

Running world: Carbray was a member of the East Lyme Marathon Committee from 1988 to '93, serving as president from 1990 to '92. He also was a member of the Rose Arts Committee in Norwich for several years in the 1970s. He used to compete in local road races though mostly for fun — and twice ran in-the Boston Marathon, though didn't finish either time.

Festival: The Lisbon festival starts Friday. Fritters and bingo are Friday. Saturday starts with a pancake breakfast at the Newent Congregational Church. The day includes an arts and craft show, food and drinks, games, singing, dancing and an appearance by Tater the Gator. The road race begins at 10 a.m. at Town Hall. Entry fee for adults is \$6; children. \$3.

Quotable: "I enjoy being on the running scene, whether running or working behind the scenes.

RUNNING 8/27/95

Stratford MADD dash

Five kilometers
MEN
Overall: 1. Itamar Da Siiva (Greenwich)
14:54. Masters: 1. Ed Sparkowski (Simsbury)
15:39. Mohegan striders masters: 22. Kevin
Gallerani (Uncasville), 23. Tim Smith (Norwich),
28. Dennis Tetreaiut (Lisbon), 56. Don Roy (Lisbon), 188. Ed Root (Old Saybrook) 22:42.
Masters team results: 1. Hartford Track Club
49:10, 2. Libra AA 51:03, 3. Mohegan Striders
51:22, 4. Housatonic Road Runners 51:35.

## 



Cross - Sikorski

Catherine Mary Cross and Donald Wayne Sikorski were married Sept. 30, 1995, at Sacred Heart Church in Vernon. The Rev. Stan Szczapa officiated.

The bride is the daughter of Michael and Mary Cross of Vernon. The bridegroom is the son of Richard and Deanna Sikorski of Jewett City.

The bride was given in marriage by her parents, Michael and Mary Cross.

Maid of honor was Heather Cross, sister of the bride, of Vernon. The bridesmaids were Patricia Doyle of Indianapolis, Lynne Hamsen of Colchester, Victoria Labenski of Glastonbury and Francine Yonkunas of Manchester.

Best man was Christopher Hansen. Ushering were Michael Chasse of San Francisco, Calif., Gregory Quint of Enfield, Richard Riccio of Branson, Mo., and Dennis Sikorski, brother of the bridegroom, of Lisbon.

Following a reception at La Renaissance in East Windsor, the couple left on a wedding trip to Aruba. They are living in Norwich.

The bride is a 1986 graduate of East Catholic High School in Manchester and a graduate of Southern Connecticut State University in New Haven. She is employed as a senior commission representative by Aetna Life & Casualty in Hartford.

The bridegroom is a 1984 graduate of St. Bernard High School in Uncasville and a 1988 graduate of Southern Connecticut State University in New Haven. He is employed as a financial analyst by Lawrence & Memorial Hospital in New London.

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Thanks to all Tommy Toy Fund donors

By DON BOND Norwich Bulletin

NORWICH — Thank you, residents and businesses of eastern Connecticut.

Your generous contributions to the Norwich Bulletin Tommy Toy Fund helped to make Christmas a bright and happy day for thousands of children throughout the region.

Without your help many of these youngsters would have awakened this morning to find no gifts under the Christmas tree.

Once all the donations are collected, we anticipate topping \$55,000 — a magnificent outpouring of generosity in these still austere times.

"I can tell you that every penny that was donated was put to use," Barbara Rogers, Tommy Toy Fund chairwoman, said. "The need for toys was greater this year than at any time in our 20-year history. Fortunately, because of the increase in donations, we were able to meet every request."

Rogers offered a number of special "thank you's":

To the Norwich Chamber of Commerce for its annual "Tommy Toy Fund Gala." More money was raised this year than ever before, enabling us to serve more children than before.

To Mohegan Striders and friends for running in the "Tommy Toy Fund Road Race." You provided us with several big boxes of presents.

See TOY, B2

Profile



OF A NEWSMAKER

Kevin Gallerani

Background: Kevin Gallerani, 41, of Uncasville, is a materials manager for Guild Guitar in Westerly, R.I. He was born and raised in Uncasville, and he and his wife, Sharon, have been married for 10 years.

In the news: Last month Gallerani won third place in a national recipe competition sponsored by the Ronzoni pasta company. His original recipe for Mostaccioli with Chicken Teriyaki took third in the New England leg of the Boston Marathon Ronzoni Recipe Contest.

Running on pasta: An avid runner, Gallerani enters the Boston Marathon every year, and is usually besieged by promotional materials from sponsors. He says he throws most of the stuff away, but was intrigued by Ronzoni's contest and decided to enter. "I didn't think anything about it after that," he says. "When they called me at work and told me I won third place, I said, 'Get out of here."

The joy of leftovers: Just as he entered the contest on a whim, Gallerani says he came up with his winning recipe the same way. As a runner he eats a lot of pasta, and is always trying to come up with new and unique ways to serve it. "My wife and I were sitting home one night and we said, 'Let's see what's in the fridge.' We had some chicken in there, so I took it out and heated it up. We got out the other ingredients, and through trial and error we came up with something that was pretty good. It tasted even better the next day."

Burden of dreams: Gallerani's achievement isn't so surprising, considering his background. After 10 years working for Norelco, Gallerani entered cooking school and in 1990 opened his own catering business. He ran it for three years and enjoyed some success, but was eventually overwhelmed by the demands of the job. "It may look glamorous, but I found out the hard way, it's a lot of work," he said. "I was putting in 12-to 14-hour days every day, including weekends. I still like cooking at home. I do it on the weekends. It's nice to do it for enjoyment, but not for a living."

The buddy system: Gallerani runs about 50 miles a week, and is a member of the Mohegan Striders. Next month he will run his 13th Boston Marathon. He said he's looking forward to running a good time, and — more importantly — to beating his longtime friend and running partner Steve Hancock. "It's an ongoing duel we have," he says.

- Ken Stroebel

## Norwich & Bulletin MONDAY

JANUARY 29, 1996

Profile



OF A NEWSMAKER

Timothy R. Smith

New post: Timothy R. Smith, 47, of Norwich, has been promoted to Vice President and Controller of Eastern Savings and Loan Association. Employed at Eastern since March of 1985 as assistant treasurer, Smith was named controller in January of 1987. Past jobs include works as staff auditor and accountant at various area firms and a stint accounting for the city of Norwich in the 1980s.

His hometown: Born and raised in Norwich, Smith graduated from Norwich Free Academy and earned a degree in business accounting from Providence College. After living in Providence for a while, Smith said he discovered, "I am not a city boy," and returned home to his Norwich roots.

His old house: In fact, he purchased the same Beech St. home his grandparents used to rent. His residence of some 20 years, where he lives with his wife, Terrie, and sons, Matthew and Ned, is on the same street as his parents' home. "The family was raised here and my folks still live here," Smith says. "In a time of a lot of transients, when everybody seems to move around a lot, I have no desire to move beyond my native roots."

Walking man: Since his days as a Norwich city accountant in 1974, Smith has avoided rush hour traffic by simply walking to work. An avid runner, Smith is often seen jogging through the city streets in the early morning hours, or sometimes on his lunch break. "I like to be home at night with the family," he says.

Running man, too: Smith is codirector of the annual St. Patrick's Home School Association's Broadway Mile Race and a charter member of the Mohegan Striders, with whom he served as their first president. "There aren't many local races I miss," he says. "This year will be the 30th Rose Arts race and I've run every one of them." For the record, his best finish was third. Smith also serves as treasurer of St. Mary's Nocturnal Adoration Society in Norwich, co-chairperson of the St. Mary's Church Renovation Committee.

— Richard Armstrong

## ocal

SECTION





Left, revelers cavort in the chilly, 37-degree waters off Groton Long Point's West Beach New Year's Day following a traditional 5-mile run from Mystic.

Photos by Jeff Evans/Norwich Bulletin

## Splash into a new year

#### FRIGID PLUNGE:

ore than 300 revelers ve into the water in annual tradition.

By SHEILA BORGSTROM Norwich Bulletin

**GROTON** — It could have been Fourth of July at Groton Long int beach — except the water nperature was 37 degrees.

More than 300 people particited in the annual 5-mile run and inge into the ocean that has ked off the New Year for avid nners, swimmers and thrill-seeksince 1969.

Warm air temperatures, clear es and light winds Monday afnoon contributed to the biggest owd in the plunge's history, said aby Burfoot, one of the event's inders

"It's reached the stage where it's appening and everyone wants to at a happening," said Burfoot, Groton native who comes up ery year from Pennsylvania to rticipate

Legend has it in the first year, t three people ran and jumped o the icy waters of the point: Burt and two friends, Leland Burbank and Martin Valentine.

"The three founders of this thing did it as a lark, and as the way of the world is, the damn thing started to catch on," said John Kelley, who volunteers his house on Pequot Avenue as the starting point for the five-mile run every year.

Burfoot said the nice thing about the run is that it isn't competitive. All the runners, of varying ages and abilities, stay together and finish at the same time.

"There's a sense of camaraderie today," he said. "We're all in it to-

Despite growing numbers of participants and spectators, the event remains a loosely organized

"It's sort of a free-lance thing," said Way Hedding of Niantic, who has been running and swimming every New Year's Day for the past

"It's just the way you start the new year," said Hedding, wearing a black hat with "Happy New Year" written on it and carrying a bunch of colorful balloons. "It's a piece of

Hedding wasn't the only one living up to the day's theme. Others brought noisemakers and horns and passed around bottles of champagne and Peachtree schnapps.



They dug into their summer wardrobes and dragged out bikinis and shorts for the festivities.

"It's cold. Your feet hurt being in there," said Carla Thompson of Pawcatuck, who went in the water five times - twice more than the requirement. "But after the first time it didn't seem so bad so you just keep doing it.

"It's the thing to do on New Year's Day," she added, noting that this was her eighth year in a row.

"It's the only thing," chimed in Julie Pinkham of New London, who drove up Monday morning from New York City, where she ran in a midnight race in Central Park.

See SPLASH, B2



Above, Dean Festa, center left, and friends celebrate the new year with a plunge into the cold waters off of Groton Long Point. Left, Way Hedding welcomes in the new year with a toast and bunch of balloons.



John Shishm

After four consecutive second place finishes, Ed Zubritsky finally crossed the finish line first at the Lawrence & Memorial Spring Stride in New London Saturday.

#### RUNNING

Memorial Mile May 27,1996

AT EAST HARTFORD

Top 25 finishers
1. Pat Swift, Wallingford, 4:09; 2. Sergic 1. Pat Swift, Wallingford, 4:09; 2. Sergio Ribeiro, Danbury, 4:17; 3. Peter Pazik, Wallingford, 4:17; 4. Bill Brosmith, East Hartford, 4:18; 5. Jim Roche, West Hartford, 4:18; 6. Steve Swift, 4:20; 7. Chris Dickerson, Woodbridge, 4:22; 8. Nelson Rocha, Danbury, 4:26; 9. Andrew Bartlett, Windsor, 4:27; 10. Dave Swanson, Bloomfield, 4:28; 11. Frie Wordpick, New Britain, 4:29: 12. 4:27; 10. Dave Swanson, Bloomfield, 4:28; 11. Eric Woronick, New Britain, 4:29; 12. John Barresi, Windsor, 4:30; 13. Tom Hixson, Wethersfield, 4:31; 14. Ed Zubritsky, Unionville, 4:34; 15. Jim Uhrig, Meriden, 4:34; 16. Bob Davenport, 4:38; 17. Rick Konon, Colchester, 4:39; 18. Joe Banas, Norwich, 4:46; 19. Chuck Kitteridge, Middletown, 4:50; 20. George Gurney, West Hartford, 4:52; 21. Sean Delaney, Old Saybrook, 4:53; 22. Jeff Green, 4:54; 23. Kerry Arsenault, Guilford, 4:54; 24. James Lyons, 4:55; 25. Glenn Costello, Norwich, 5:00.

25. Glenn Costello; Norwich, 5:00.

Top 10 women

1. Arsenault; 2. Susan Faber, Oxford, 5:09;
3. Susan Julin, Pawcatuck, R.I., 5:16; 4. Kris
Anne Kane, Preston, 5:24; 5. Laurie Bartnicki, 5:26; 6. Wendy Ouellette, West Hartford, 5:31; 7. Beth Agostino, 5:42; 8. Caitlin
Callahan, Simsbury, 5:46; 9. Jo Marchetti,
Newington, 5:47; 10. Carole Parr, 6:02.

Male age group
13-under: 1. Chris Lucany, 5:42; 2. David
Moser, East Hartford, 6:11; 3. Willie Moran,
Manchester, 6:53. 19-29; 1. Ribeiro; 2.
Steve Swift; 3. Rocha. 30-39: 1. Swift; 2.
Pazik; 3. Brosmith. 40-49: 1. Jesse Arnold,
Mansfield Center, 5:03; 2. Bill McGugan,
5:10; 3. Art Shepherd, 5:38. 50-59: 1. Mark
Turkington, 5:25; 2. Joe Sinicrope, East
Granby, 5:29; 3. Sam McClendon, West
Hartford, 5:38.
Female age group

Female age group
13-under: 1. Callahan; 2. Kate Scheinberg,
7:20; 3. Amie Guest, Wolcott, 7:29. 14-18:
1. Agostino. 30-39: 1. Arsenault; 2. Faber;
3. Julin. 40-49: 1. Gale Balavender, Salem,
6:24; 2. Susan Leslie, South Windsor, 6:33;
3. Gisella Davis, 7:05. 50-59: 1. Marchetti;
2. Catherine Logudice, Manchester, 6:55. Overall team scores

Men: 1. Athlete's Foot (Pat Swift, Sergio Men: 1. Athlete's Foot (Pat Swift, Sergio Ribeiro, Chris Dickerson, Nelson Rocha, Andrew Bartlett), 21:41; 2. Hartford Track Club, 21:50; 3. Mohegan Striders, 22:35.

Women: 1. Mohegan Striders (Susan Julin, Kris Anne Kane, Laurie Bartnicki), 16:06; 2. Athlete's Foot, 16:13; 3. Silk City Striders,

#### **L&M Spring Stride**

3.5 miles
TOP 25

1. Ed Zubritsky (Uncasville), 17.54; 2. Don
Sikorski (Norwich), 18:29; 3. Sean Delaney
(Old Saybrook), 18:29; 4. Bob Stack (New
London), 18:30; 5. Derek Shoare (Salem),
18:36; 6. Chris Hansen (Colchester), 18:39; 7.
Dennis Crowe (Waterford), 18:43; 8. Michael
Fritz (Ledyard), 18:50; 9. Jeff Kotecki (New
London), 18:59; 10. Michael Kerin (town N/A),
19:12; 11, Lew Wint (Old Saybrook), 19:18;
12. Jack Silva (Waterford), 19:33; 13. Tim
Smith (Norwich), 19:38; 14. Mike Fusaro (Norwich), 19:47; 15. Kevin Gallerani (Uncasville),
19:57; 16. Jim Hanrahan (New London), 20:01;
18. Peter Silva (Waterford), 20:18; 19. Dennis
Tetreault (Lisbon), 20:20; 20. Brian Lundie
(Norwich), 20:36; 21. Bill Harriman (Miantic),
20:43; 22. David Gousneider (Groton), 20:46;
23. John Ficarra (Westerly, R.1.), 20:48; 24.
Stephen Gagnon (town N/A), 20:48; 25. John
Lamattina (Madison), 20:50.

TOP 10 WOMEN.

TOP 10 WOMEN

(114) Gale Balavender (Colchester), 24:35
DIVISIONS

Open: Sikorski (second overall), 18:24;
Gousneider (22), 20:46; Scott Deslongchaps
(39), 21:43. Submasters: Zubrtisky (1), 17:54;
Delaney (3), 18:29; Stack (4), 18:30. Masters:
Crowe (7), 18:43; Wint (11), 19:18; Silva (12),
19:33. Grandmasters: Robert Graham (31),
21:13; Dave Jacobs (37), 21:30; Jerry Augustine (44), 21:53. Veterans: Skip Burton
(129), 25:09; Bernie Murray (142), 25:32; Herbert Shrayer (218), no time.

WOMEN

Open: Perkins (50), 22:13; Hansen (106),
24:12; Brenda Ayers (149), 25:46. Submasters: Janiszewski (29), 20:58; Kane (34),
21:22; Bartnoki (35), 21:26. Masters: Tucker (89), 23:46; Swim (108), 24:16; Balevander (114), 24:35. Grandmasters: Judy McGrath (192), 27:17; Geraldine Palonen (215), 28:25.

e Palonen (215), 28:25 (192), 27:17; Geraldii WALKERS

Stanley Sosnowski 30:27, Robin Kerwin 36:44, Shella Danahey, 38:10.

#### RUNNING 5/19/96

#### Mid-May 4-mile Classic

At Fairfield

First male: Tom Harding (Westport), 19:18; first female: (19th overall) Lisa Knoblich (Norwalk), 21:26. First master: (10) Al Swenson (Stamford), 21:04.

Mohegan striders masters

22. Tim Smith (Norwich), 21:52; 23. Jack Silva (Noank), 22:09; 34. Kevin Gallerani (Uncasville), 23:03; 58. Brian Lundie (Ledyard), 24:01; 66. Jim Carper (Ledyard), 24:22; Andy Anderson (Meriden), 29:43. 35. Dennis Tetrequitas:03 Team results

1. Hartford Track Club, 2. Housatonic Road Runners, 3. Mohegan Striders, 4. Wolfpit Running Club, 5. Milford Athletic Associa-

## **Zubritsky finally** breaks through

Norwich Bulletin

**NEW LONDON** — Having finished second four straight years, Ed Zubritsky wasn't about to let up when he took the lead in the ninth annual Lawrence & Memorial Spring Stride on Saturday.

Moving into the lead after the first mile, the Uncasville resident never looked back, beating the field of more than 600 runners across the 3.5-mile course in 17:54 for his first Spring Stride title.

"I really wasn't worried about the time," he said. "I've been passed before after two miles and I just wanted to maintain (the lead). . . . It's great to get a win here.

Zubritsky finished 30 seconds ahead of Don Sikorski of Norwich (18:24). Sean Delaney of Old Saybrook took third (18:29). Mary Ann Janiszewski of Westerly won the women's race in 20:59.

The 33-year old Zubritsky posted a personal best for the Spring Stride, a race he has wanted to win for five years. "It's a local race, a big crowd and a lot of (Mohegan) Striders," he said. "It's really one of the best races of the

Said Sikorski: "He ran great. Ed was in the lead most of the way and I was in eighth place with a mile to go so it was a pretty tight race to the finish."

Like a number of Saturday's runners, Sikorski was still feeling

the effects of running the 100th Boston Marathon less than three weeks ago, where he finished in

Janiszewski, the girls cross country coach at Westerly High, beat Preston's Kris-Anne Kane, who ran a L&M personal best of 21:22 to finish second. Laurie Bartnicki of Griswold was third in

Janiszewski said when she runs she reminds herself of her own words to her high school run-

"It helps me because when I want to give up in the middle of it, how can I when I always tell them not to give up," she said.

While Janiszewski pulled away, Kane and Bartnicki battled for second place.

"(Bartnicki) passed me and took off but with about 100 yards left I still was in reach so I said 'Just go after her,' " Kane said. "I thought I could get her and I did."

Janiszewski wasn't the only high school coach to take home a title. Williams athletic director Dennis Crowe finished seventh overall (18:43) in winning the Masters Division.

It is the first L&M masters title for Crowe, a Waterford resident who coaches the Williams boys soccer and basketball teams.

"I went out strong as I usually do in this race, but I didn't last long with Ed Zubritsky and Don Sikorski," Crowe said. "I'm not getting any younger.'



Photo by Khoi Ton/Norwich Bulletii

Dean Festa, as Glenn Griffin is confronted by Jude Pescatello as Dan Hilliard during dress rehearsal o "Desperate Hours" at Three Rivers auditorium Tuesday.

#### MOHIEGAN STRIDERS RACING TEAM UIPDATE

The next Grand Prix race is the Mile:

#### Memorial Day, Monday May 27, at 10:20 am, in East Hartford

This race is on the grand prix circuit for the first time, and should be interesting. The best handicappers see Pat Swift of Athletes Foot out front followed by about 30 guys running within 10 seconds of each other. It sounds like a timing nightmare, but our job is to run as fast as possible and *leeean* at the tape. Every inch will count in this one! Please note the date (it is <u>Monday</u> and not Sunday as previously scheduled). This could be fun, and it will be over in less than 5 minutes, so enjoy your holiday weekend, take time out to run a short speed workout with your teammates, and enjoy the rest of the day. The next race is longer - the half marathon in Fairfield Sunday, June 23 - we can see who has the most range.

#### Guilford 5 mile April 21

The Striders had a strong team with a lot of depth for the first real race of the Grand Prix season, and w got some stand-out performances by some of the usual suspects. However, AF was really stacked and dominated the day. The Striders finished a strong second, and Hartford and Libra were a distant tie for third. (This is the first tie in Grand Prix racing in CT, and Libra prevailed on the strength of their 6th man time. So, once again, every second counts, and even the 6th man can make the difference - don't l up at the line.)

Steve Swift led the way for the Striders, as he and fellow Olympic Marathon Trials participant Tom Harding ran away from a very strong field on a *very* hot day. Zubby came up with another gem, finishin 9th overall, and we got solid races from the recent college ranks as Jerome Strum-Bucket and Chad Johnson followed Zubby. In a comeback bid, Delaney held on as fifth Strider, pulling away from the previously more highly touted Strider Eric "the Fed" Woronick and newcomer Derek Shoare. Bob Davenport had a dog day (not quite as fast as last year's 2nd place, or the warmdown run). Bob is savii himself for the mile, right Bob? All in all a strong start to the season for the Striders with great potentia in the ranks of those present as well as those still training. (I hear former Prez Don is ready to kick it)

1 Steve Swift (24:58)	1 Tom Harding (24:32)
9 Ed Zubritsky (26:01)	4 Pat Swift (25:28)
11 Jerome Strum-Bucket (26:13)	5 Sergio Ribeiro (25:41)
14 Chad Johnson (26:27)	6 Nelson Rocha (25:45)
17 Delaney (26:49)	10 Uri Romaniuk (26:06)
20 Eric Woronick (27:14)	13 Dave Mitzi (26:21)
22 Derek Shoare (27:26)	15 Chris Dickerson (26:27)
35 Bob Davenport (29:11)	28 George-Buchanan (28:07)

#### Indoor track, March 24, at Yale

The Striders had a skeleton crew show up for opening day, and we finished fourth overall behind AF, we edged out Hartford by 1 point, and the 3rd place Lords of Flatbush (or something) who brought a bunch young sprinters. It was a good speed workout day as each leg of the 4x400 relay ran 59 seconds and immediately followed in the same order in the 4x800 in 2:10-2:15. Ed Root gave us a big boost with his 2nd in the shot put and relay leg, and we scored enough in the relays (all 2nds) to make it worth the trip Way and Melinda Hedding,

Bob Davenport 1500, 4x200, 4x400, 4x800 Eric Woronick 5000, 4x200, 4x400, 4x800 Ed Zubritsky 5000, 4x400, 4x800 Ed Root shot put (2d), 4x200
Phil Schaller 4x200, 800, 1500
Delaney 4x200, 4x400, 4x800

Call if you have questions, etc.: Sean Delaney (860) 434-7511 (new number!)

# May event something special

ver on Block Island the merry month of May is the last one in which the island's year-rounders can do pretty much what they please.

This May they were pleased to stage a fast-foot tour of their domain's

off-road attractions.



Running John Kelley

They called their event the Shadbloom 10K Trail Run. It was May 11 and drew about 100 starters.

Among them was Kelly Crouch of Norwich, whose last-minute decision to race freed her of the usual runner's frets.

Here is Crouch's first-person account:

"We took the 11 o'clock ferry out of Point Judith and arrived on Block Island at 12:30. The race was scheduled for 1:30.

"There was a woman standing on the dock holding a sign: 'Shadbloom 10K.' We walked over to her, and she pointed up the hill. It was a 10-minute walk up to Block Island School, where the race started and finished.

"We were kind of lucky because Pat Swim's mother came along in a car and took all our bags up for us. Then we all just kind of strung out. My group of about nine included Curtis and Carla Thompson and their baby, Way and Melinda Hedding, two other people whose names I didn't know and myself and my daughter Nikki.

"When we reached the school, everything looked great. They made a few announcements. Among them was the promise that the course was well-marked and nobody would get lost. But, if they did, they would come in for a special prize.

and fields and dirt roads, with a scenic overlook of the ocean. It was beautiful. I wain awe. I was exclaiming to myself when I was running, 'Oh my God, this is beautiful.' It didn't feel like running, because I was loving it.

"There were twists and turns where you just had to stop. And Curtis, my sister's husband, fell down at one point, and she had to step over him! (Carla Thompson, who is Kelly Crouch's sister went on to win the women's division in 48 minutes).

"I was having a great time Near the end, there was a marker that wasn't real definite, so I went on straight, and I ran for an extra four or five miles. There was another runner with me, some guy from New Jersey named Roger, and we both started looking at our watches.

"People were now going by on mopeds, but we couldn't get any information from them. They were probably tourists who knew nothing of the race.

"Finally, Roger recognized where his hotel was and said, 'The race must be back there (indicating another direction).' We headed that way, and sure enough, when we got to the finishing area, they were putting away the timing equipment and stuff. And we learned they had people looking out for us.

"There were a few others that got lost, but they didn't get as lost as us. As far as I know, they all got back on ourse.

"I was telling someone who works with me about our adventure, and he said, 'Are you going to do it again?' I told him I couldn't wait 'til next year.

"Maybe I had the good time I did because I went into it for fun, and it wasn't supposed to be a hard run for me. I think anybody who loves the out-of-doors or the woods would love it."

John Kelley is The Day's running columnist.

## Reaching for a national title

EN GARDE: Local women break through in saber competitions.

> By DARIENNE J. HOSLEY Norwich Bulletin

MONTVILLE - It's called "swordsmanship," but two local women are proving that fencing isn't just a gentlemen's

Elizabeth Fumal of Waterford and Nancy Hoffman of New London are women from the state who will compete next weekend in the U.S. Fencing Association Division II championships

Both started fencing in college and now are members of the Thames River Fencing Club, which meets twice a week at Palmer Memorial School.

Hoffman, 28, saw a poster for the fencing club at Rhode Island College her freshman year.

"I thought it was probably a great way to meet guys. I didn't know it was an allwomen team," she said. "But I was really glad I did it. It's a very satisfying activity, stimulating both mentally and physi-

#### What's next

Thames River Fencing Club open

10 a.m. to 3 p.m. Saturday at Palmer Memorial School in Montville.

**U.S. National Fencing Championships** 

Midnight to 1 a.m. Saturday on ESPN, and from 7-8 p.m. June 16 on ESPN2.

Fumal, 27, used to escort her roommate to fencing practice at the University of Connecticut, then was drawn into the club herself. She's now faculty advisor for the club at UConn, where she works as

This is her second year in the national saber competition.

It was only in the last decade that the Federation Internationale d'Escrime, which sets the rules for fencing events and certifies officials, allowed women to compete in saber competition.

"It was seen as a men's sport," Fumal said, apparently because it's more aggressive than foil and epee, the other two fencing events.



Playwright Nicky Checker of New London has crafted a pirate play that's steeped in history and packed with adventure!

## Pigeon captures Springtime road race

By KEN PETERS Norwich Bulletin

DANIELSON — A year ago Kevin Pigeon was doing book work instead of roadwork and skipped the Danielson Springtime Festival 5K road race.

The former Killingly High cross country standout was busy preparing for the certified public accountant's exam and decided he was not in shape to run his hometown race.

This year the 29-year-old was back in form, beating the field of almost 500 runners in 15:29

for his first Springtime title. 'I've finished second twice and third a few times," said Pigeon, who now lives in Windsor. "I wanted to win, to come back here and run

Pigeon took the lead at the 11/2-mile mark and slowly pulled away, eventually crossing the line nine seconds ahead of second-place finisher David Swift of Cromwell (15:38). Swift is the younger brother of Steve Swift, the 1995 winner who did not run this year.

Geary Daniels of Dudley, Mass., was third for the second straight year (15:41) and Andrew Baird of Foster, R.I., was fourth (15:49).

Kim Goff of Greenville, R.I., won the women's race for the third time, finishing in 18:05 to beat Pawcatuck's Carla Thompson (18:09) and Catherine Sikorski of Norwich (19:23).

The top four finishers separated themselves

from the rest of the pack after the first mile as Pigeon forced the pace.

'What I wanted to do was run the first mile really hard," said Pigeon, who kept the same pace of 4:57 for the first and second miles. "I was pretty tired on the last (mile) but I tried to hang on."

Bryan Zadora of Rogers was in the lead pack for the first mile before sliding back into fifth (16:09)

Goff's win was her third in as many tries at the Springtime road race, and the 35-year-old said she was pleased with her time considering she finished third in the Big Sur Marathon in California just three weeks ago. Goff finished the marathon in 2:50 and was 22nd overall out of 2,500

"I didn't run here last year because it was even closer to my marathon," said Goff, who last won the 5K in 1994. "It's a beautiful course, and it's really nicely run. A lot of people come out to support the runners.

Thompson never let Goff out of her sight, but couldn't pass her and finished five seconds back. "Carla was right behind me," she said.

"I was just enough ahead of her the whole way, but I never knew what the outcome would be until the finish line because she was so close

■ A team of staff m won the team compe Fitness Factory (66).

#### St. Catherine's run 3.8 miles At Preston

22:25:33. Male
 Juniors: Chris Jolley 29:10:58, Adam
Collins 31:02:14, Bert Haines 40:13:19; Open:
Hansen 20:12:44, Bikorski 20:13:09, 3, Fritz
20:20:76; Masters: Gallerani 21:25:97,
Bochain 22:09:79, Wayne Jolley 22:33:55;
Grandmasters: Dexler Goyetto 23:13:25,
Lance Magnuson 23:45:40, Bill Hixon
24:20:60.

### Hansen, Sikorski 1-2 in Preston race

By BILL TAVARES Norwich Bulletin

PRESTON — Two old friends tried to pull a fast one during the 3.8-mile St. Catherine's Summer Festival Country Run Thursday night

They were foiled by science. Although they timed their finish almost perfectly, entering the chute side by side, the official clock gave Chris Hansen of Colchester a narrow victory over Norwich's Don Sikorski.

"We wanted to tie for the win if we could," said Hansen, who finished in 20:12.44 to Sikorski's 20:13.09. "Don and I train together all the time. We usually work out at NFA. We went to St. Bernard, so we've been running together for years

Sikorski's wife therine was the top female inisher with a time of 23:34.80

Sikorski and Hansen were part of a powerhouse Saints cross country program that won two CIAC Class L titles and a State Open team title between 1981 and 1983. They still get together to talk about running with their former coach, Doug Sharples, and have remained close over the years

Remaining close is not what Hansen appeared to have in mind at the one-mile mark when he churned past Ledyard's Mike Fritz as the two were climbing the first of two hills on the course.

This course is unforgiving," said Fritz, who, running the course for first time, nearly took a wrong turn early on before Sikorski and Hansen set him straight. "If they have a gap on you after you crest the hill, trying to make it up is almost impossible.

Eventually, Sikorski and Fritz were running together, giving what appeared to be a futile chase. But after Sikorski began kicking and broke away from Fritz, Hansen slowed up.

"He doesn't like to run even splits and I do," Sikorski said. "So thankfully, he waited for me at the end. I was far enough ahead of the next guy that he could wait. If I wasn't, he probably wouldn't have waited.'

Hansen was using the race to train for duathlons (road race followed by a bike race followed by another road race). He will compete in the nationals in the 30-34 age group in Marlboro, Mass., on

"I really want to make the team again," said Hansen, who earned a spot on the 25-29 national team - and a trip to Cancun — last year. "I kind of snuck in last year."

## Walkers shatter fund-raiser goal

Norwich Bulletin

MONTVILLE — Lap after lap. Name after name.

As resident Donna Dutrumble, 41, circled the track at the Montville High School Saturday, she was surprised by the number of names of cancer victims and survivors she recognized among the luminarias.

"I think all of us knows someone who has had cancer," she said.

Dutrumble and her husband Jim, 42, were among nearly 500 walkers who joined the American Cancer Society's 24-hour "Relay for Life" on the track. The walk finished at 6 p.m. Saturday.

The event raised between \$30-35,000, well above the goal of \$20,000, according to coordinator Nina Gharios-Jeannotte. The money will be donated to the American Cancer So-

More than 200 luminarias, or candles with cards honoring cancer victims and survivors, lined the

Twenty-five teams organized by families, small businesses and corporations participated in the event.

Cathy Hanson, 46, who joined the walk, is a 31/2-year survivor of breast



Pat Rice of Uncasville, left, Collyer Hunter of Montville, center, and Dottie Urban, a nurse at William W. Backus Hospital in Norwich walk around the track as part of the Relay for Life Saturday.

Hanson said it was unsettling to see some luminarias marked "in memory of," but very comforting to see some marked, "in honor of."

About 25 survivors walked the triumphant first lap of the relay on of you have cancer, you can still live a long time," said Hanson, of Waterford. "The walk is a celebration of people who survived.'

**Run for Reliance House** 

17:04, 9. Walt Smollenski 17:30, 10. John Bochain 17:40, 11. Michael Fusaro 17:41, 12 Stephen Flynn 17:44, 13. Tim Smith 17:49, 14 Glenn Costello 17:55, 15. Jimmy Mileski 17:57 16. Custles Thompson 18:06, 17. Greg Quin 18:20, 18. Conard Cote 18:22, 19. Brett Wey mouth 18:23, 20. Brian Lundie 18:24. TOP 10 WOMEN 1. Carla Thompson 18:36, 2. Laurie Lilier thal 19:34, 3. Meilssa Perkins 19:36, 4. Cathrel ine Sikorski 19:38, 5. Lynne Hansen 21:08, 6 Spring Cote 21:44, 7. Mary Howe 22:07, 8. Det orah Kirkconnell 22:21, 9. Sandy Beildyga 23:11 10. Dawn Wernech 23:14.

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Trah Kirkonnell 22:21, 9. Sandy Beldyga 23:11

10. Dawn Wernech 23:14.

DIVISION LEADERS

MEN

Open: John Anthony (2nd overall) 16:03

Greg Quint (17) 18:20, Soott Deslongchamp
(29) 18:59. Submaster: Michael Fritz (3) 16:2

Don Sikoriak (4) 16:24, Derek Shoare (5) 16:3

Master: Wayne Jacob (1) 15:52, Jack Silva (4) 10:24, Walt Smollenski (8) 17:30. Senior: Dere Goyette (27) 18:48, William Marshall (3) 19:02, Lance Magnuson (32) 19:09. Vetera Don Werling (122) 24:03, Dominik Cannels (13) 24:28. Tony Medeiros (146) 25:37. Junior: Jeny Mileski (15) 17:57, Thomas Zenowitz, J. Mandelburg (85) 22:17. One-mile fun run: M.

### Reliance House race shows Thompson is back in stride

Jacob is first overall 6 7 6 By KEN PETERS
Norwich Bulletin

NORWICH — Carla Thompson has been missing from the local running scene for much of the past year, but now she has something more than a trophy to hold after her frequent road race wins.

The birth of her daughter Haley - now nine months old - took Thompson out of the loop for a while, but the Pawcatuck resident came back to win the women's division at the Run for Reliance House 5K Friday.

"I'm just trying to get back into shape," Thompson said while Haley clutched at her hair. "I know it hasn't been, but it seems like a year since I've raced.'

Wayne Jacob of Mystic was first across the line in 15:52, ahead of John Anthony (16:03) and Michael Fritz (16:20)

Thompson finished in 18:36, almost a minute ahead of second-place finisher Laurie Lilienthal (19:34). Melissa Perkins was third in 19:36.

"I didn't see any girls in the crowd after the start," Thompson said. "I was just running with some guys and trying to keep their Thompson scored her first victory of the year last month at a 5K on Block Island, and said she is slowly regaining the form which brought her multiple wins in both the Run for Reliance House and the 10.4-mile Rose Arts Festival race

"I'm toying with the idea of running the Rose Arts again," she said. "I'm not sure I'm ready to do a long race yet.'

Like Thompson, Jacob bas had other commitments take away from his racing this spring. As an assistant coach for the Fitch girls track team, most of his spring Satur-

days are taken.
"I also work Sundays and it just kills my (running) schedule," Jacob, 41, said. "This was probably my best race of the year."

Jacob slowly built a lead over the more than 200 runners in the field and didn't look back. "I couldn't really tell who was behind me," Jacob said. "It was a little slow but I'm happy with my time.

Jacob said the Reliance House race is un usual in that it is an evening event, rather than the usual morning races

"You just don't do anything strenuous during the day," Jacob said. "This is a good race and it's a good time afterwards.'

Results, D2.

## New race sponsor comes aboard

**Bulletin Staff Reports** 

NORWICH — The 30th annual Rose Arts Festival Road Race received a financial boost Wednesday when Xtra Mart signed on as a corporate sponsor.

Xtra Mart president Dave Treble contacted race co-director Pete Volkmar after reading an article in Wednesday's Bulletin detailing the lack of prize money available for the race because a ma-

jor sponsor pulled out.

"It came together quickly," Volkmar said. "And I've received two other calls since from other companies who are interested. It's a great thing

Volkmar said \$2,000, about \$700 less than last year, is now available for prize money with \$300 each going to the men's and women's champion. Conve-

nience Graphics, a subsidiary of Xtra Mart, is providing t-shirts to the partici-

Xtra Mart also will provide water, cups and volunteers to staff a water stop on Route 12.

Pepsi and the Bulletin are the other major sponsors of the race.

The race had been seeking a third major sponsor after A-Copy backed

"In essence, we will be able to offer the same services and nearly the same prize money as last year," Volkmar said. "That's great."

## Sharples spreading word on effort-based training

By BILL TAVARES
Norwich Bulletin

Most runners in Sunday's 30th annual 10.4-mile Rose Arts Festival Road Race won't need a device to tell them when they are nearing their breaking point.

Burning lungs and rubbery legs are usually a pretty good tipoff.

But having the ability to know exactly how close you are to that breaking point can be invaluable when trying to build endurance and improve performance.

This, at least, is what St. Bernard boys cross country coach Doug Sharples has come to believe over the years, which is why he is such a staunch crusader for effort-based training.

"Basically, what it is is training at a certain percentage of your maximum heart rate," Sharples explained "I think it's the most efficient way to train."

The device that makes such training possible is a simple heart moni-

tor strapped to a runner's chest. The information from that monitor appears in a readout on a watch that

the runner can refer to during races or workouts.

Armed with precise numbers, athletes can derive maximize benefits from their workouts by training at the proper rate to achieve a specific pur-

For example, a runner might wish to conduct a workout at 60 percent of his heart rate, the ideal tempo during the recovery period following a race. On another day, that runner might crank things up to between 85 and 92 percent, the range at which the body is on the verge of oxygen debt.

Approaching the latter rate on a regular basis gradually builds endurance because the body learns to work longer without oxygen.

"It's like getting a cup of coffee and adding a little bit of sugar at a time," Sharples said.

The results can be sweet.
"It teaches you to work hard on

become willing test subjects over the past few years.

"I may be a biased person, but I think he is the expert in this area by See TRAINING, D4

the days when you're supposed to

work hard and easier on days when

you supposed to work easier," said

Don Sikorski. "It allows you to get

more benefit out of the days you're

pair of true believers in effort-based

training. Former teammates under Sharples at St. Bernard, they have

Sikorski and Chris Hansen are a

supposed to work hard."

## They always have a great time

## Reliability, fun the keys for SNERRO, volunteers

By BILL TAVARES
Norwich Bulletin

Pete Volkmar hadn't been timing races for very long when he learned just how much runners were willing to place in his hands.

"I was doing the Montville Masters and as the pack ran by, this guy handed me his teeth," Volkmar recalled with a laugh. "He said, 'Here, hold on to these for me.'"

That was about 10 years ago, back when Volkmar, Way Hedding and Hedding's wife Melinda had just become tri-presidents of Southern New

England Road Racing Officials (SNERRO).

The trio anted up about \$6,000 to buy SNERRO from the previous owners with the intention of expanding the organization's timing services to many of the small local races dotting the

Today, with the help of about 30 volunteers, SNERRO handles 50 races from Madison to Dover, Vt. It will be the timer for Sunday's 30th running of the 10.4-mile Rose Arts Festival Road Race.

"We have many more races than we ever imagined," Hedding said. "When we first got into it, we had a hand full of races. Now we get calls weekly. We try to never turn anybody down. The one thing we don't want to do is do more than one race on a day, although we have

in the past."

Like last year, for instance, when the same SNERRO crew timed races in Westerly, New London and Hartford all in one busy day. They don't do it for the money.

"We've been doing it for more than 10 years and we have less than \$1,000 in the bank," says Volkmar, who co-directs the Rose Arts race with John Ficarra. "We don't pay anybody, including ourselves. It's a hobby."

Attend a road race anywhere in the area and the chances are good SNERRO will be there. The organization charges a relatively meager \$175 for races with a field of 300 or less, and negotiates a price for larger events. What a race director gets for his money is

See ROSE ARTS, C3

peace of mind in the knowledge that there will be no timing glitches. SNERRO has never messed up a finish, although there have been close calls.

In one of their first races — a

USATF event — a runner crossed the finish line with a forged number.

"We think the USATF was testing us," Volkmar says. "We got him."

Accuracy isn't the only thing SNERRO provides.

An ear-drum-rattling sound system blasts music to entertain crowds waiting at the finish line. When the field begins straggling in, the music is replaced by play-by-play from a SNERRO official

who makes an effort to introduce each runner to the crowd.

PA duties are usually divided between Volkmar's wife, Karen Short — she will be doing play-byplay Sunday — and Nick Bottone Jr.

A former runner who set a school record in the mile at Westerly High with a time of 4:35.8 in 1972, Bottone no longer runs because of injuries.

Working with SNERRO gives him a chance to stay up on the running scene.

"It's tricky because you have to

be right on top of it," Bottone said of handling the public address duties. "They're working hard out there so they deserve a little recognition. As a past runner, I always wanted to be identified correctly."

While Bottone hopes to get back into running one day, Lloyd Whitman was forced to put the sport behind him for good after suffering three heart attacks and two strokes. At 63, he still manages to make between 25 and 30 races each year as a SNERRO volunteer.

-Jim Brown

"I like the

running

crowd.

to be

they're a

around."

fun crowd

"I enjoy being here because I'm with the people I used to run with," Whitman said. "It's fun."

While some, like Whitman and Bottone, are former runners, Jim Brown of Norwich has never been attracted to the sport.

"I ride bicycles," he explained. "But running? I don't care for it at all."

What Brown does like are the runners and the camaraderie that has developed over the years with SNERRO volunteers.

"I like the running crowd, they're a fun crowd to be around," said Brown, who supplies most of the taped music for the races. "We all know a lot of the runners. It's a big bunch of people that we know."

far," Sikorski said of Sharples. "He's turned us on to the heart rate monitor training two or three years ago and now, it seems like this past year, everybody else is getting interested in it."

Sikorski and Hansen felt so strongly about effort-based training that they asked Sharples to speak on the subject at the Mohegan Striders banquet in January. Sikorski is the treasurer of the organization while Hansen is the vice president.

Sharples often travels around the country to do clinics on the subject with Ellis Tech boys cross country coach Gerry Chester. The two coaches will conduct a clinic on July 24 at Conn College.

So far, Sharples has been pleased with the subsequent response from the Striders.

"It's been wonderful," he said.
"Gerry and I did a clinic in March
and there were 35 adults."

A teacher of anatomy and physiology and biology at St. Bernard, Sharples has come to believe that today's young runners lack the durability of their predecessors.

"One of the things that I have realized is that because of the way we live, with Nintendo and all of the things that keep (people) inside, is that their tendon strength is about two years behind what it was 15 years ago," Sharples said. "Where I was able to train people hard in the '70s, now I think we have to be more understanding. I think that's what has happened to the American distance runner."

That observation led to the realization that it was time for Sharples to change his approach to training.

It was at about that time, around the mid-1980s, that Sharples began learning about effort-based training from exercise physiologists he came into contact with while working for Nike at running camps around the

Today, he is doing his best to spread the word, even in the face of skepticism from veteran runners.

"I tell them if they train three months with me, they'll run at least a minute faster than they have," Sharples said. "I really believe in this."