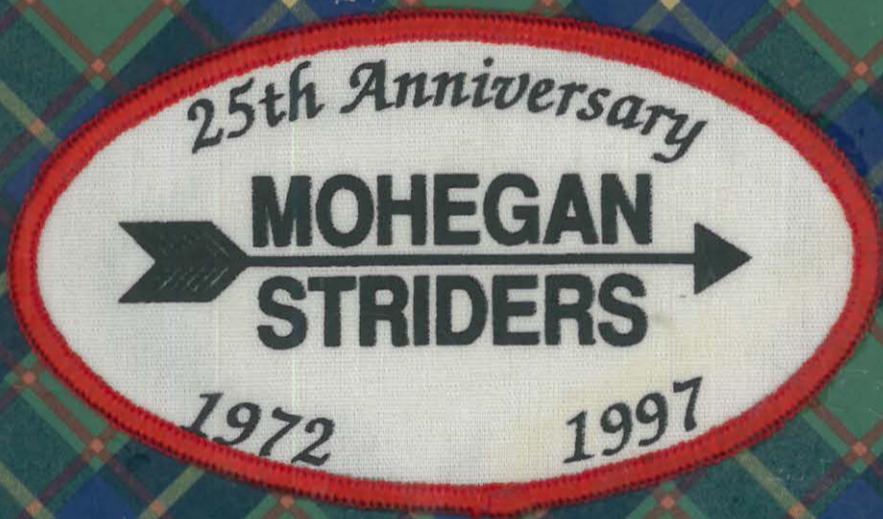


1989-1997

Part 3



1996

Rice getting back on track for Rose Arts race

By BILL TAVARES
Norwich Bulletin

As a young man, Larry Rice began running while doing his paper route.

Soon enough, he was running through tape stretched across finish lines all over eastern Connecticut.

This was from 1971-73, when Rice was a key member of NFA's track and cross country programs.

He ran one leg of NFA's State Open champion 4x440-yard team, but his heart was always in cross country.

A three-time Capital District Conference cross country all-star, Rice was a sophomore when the Wildcats edged Xavier for the 1971 State Open title. By his senior year, he was good enough to finish second in the CDC meet, third in the

sectionals and eighth at the Open.

Today, Rice will derive great satisfaction simply by walking through the chute at the end of Sunday's 10.4-mile Rose Arts Festival Road Race.

"My goal this year is to finish the race," said Rice, now a 42-year-old Norwich police officer. "Rose Arts is one of the toughest courses I've ever run. I feel very good about myself being able to finish 10 miles."

Rice has actually run the Rose Arts a number of times, including 1974, when he blew through the course in a personal-best 58:15. After a long layoff from running, he returned in 1994, clocking in at about 78 minutes. His time

was about 73 minutes last year.

While his most recent showings are certainly respectable, it's hard not to wonder what Rice would be running today had he not decided to quit the sport shortly after college.

As a senior at NFA, Rice was recruited by Johnson & Wales. That August, before the start of his freshman year at J&W, he survived a tough training camp, cracking the team's starting lineup.

That was the start of a heady season that concluded with Rice competing in the NCAA championship meet in Tallahassee, Fla. He broke the top 100 in a field of about 600.

"That was very exciting, being able to run against all the top run-

ners in the country," Rice recalled. "It was exciting to be able to see these big names."

Even in his exhilaration, however, Rice was beginning to feel burned out by the intensity of running at the college level.

"All we did was run and study, it was a very grueling pace," Rice said. "We did an average of 15 to 20 miles per day."

Rice also began to realize that he had tapped his full potential.

"It's not that I didn't love it, but I came to the conclusion that training 100 miles per week and setting goals from high school to college, I didn't get much better," Rice said. "I felt I was at my peak for what I could accomplish in running."

At about that same time, Rice was becoming attracted to law enforcement. Soon enough, he left

Johnson & Wales to pursue his new interest. He joined the Norwich Police Department in 1975.

During the ensuing years, Rice put running aside while getting heavily involved with softball and bowling. He also got married and had two children.

Eventually, however, he returned to his old sport. He now runs between 30 and 40 miles per week bringing a less intense outlook to the road.

He's philosophical about Sunday's race.

"I'd be happy if my time was in the 70s again," Rice said. "I know with age you've got to take things as they come."

■ Race co-director Pete Volkmar is looking for volunteers to man water stops. For more information call 437-7247.



Thompson's return in its infancy

Seven-time champ working her way back to top speed

By BILL TAVARES
Norwich Bulletin

On the night before she gave birth to her daughter, Haley, Carla Thompson did what came naturally. She went out for a run.

"I ran two miles," Thompson recalls with a laugh. "I was running 10- or 11-minute miles at that point, but I was still out there and it felt good."

That was nine months ago. Thompson, 36, has since worked herself slowly back into shape while

mile Rose Arts Festival Road Race.

"I'm a little hesitant about jumping back into a long race," said Thompson, a seven-time Rose Arts women's champion who last won in 1994. "I haven't done one in two years. But I'm getting back there, back into shape."

Thompson, who sat out last year's race, has long been a fixture at the Rose Arts. She was the top female finisher an unprecedented six straight times from 1983-88.

But the Pawcatuck runner has found it surprisingly difficult to regain her form these past nine months. "I tried to get back into shape as quickly as I could, it was almost impossible," Thompson said. "Between going back to work and having a baby, finding the time to train is difficult."

Thompson also found she is no

longer so single-minded in her approach to running and training.

"I think I'm kind of looking at things a little differently now," she said. "Racing is a little different now, it's kind of a different priority. I can't think about it as much as I used to. If I get into a race and run it, that's one thing, but it's a little harder to be serious about it now."

Which doesn't mean she no longer cares about her performances.

Although she won the Run for Re-liance House 5K road race on June 7, Thompson was disappointed with her time of 18:36. Conversely, she was much more satisfied with her showing at the Danielson Springtime Festival 5K last month, where she was second among female runners in a time of 18:09.



Pazik returns to win again

1994 champ wins 2nd Rose Arts, Boudreau takes women's crown

By BILL TAVARES
Norwich Bulletin

NORWICH — Were it not for a mishandled railroad tie, Peter Pazik might have celebrated the first three-peat in Rose Arts Festival Road Race history on Sunday morning.

On the 30th anniversary of the 10.4-mile race, Pazik breezed to his second victory in three years, covering the course in a time of 54:18 under cool, overcast conditions that were ideal for running.

Quaker Hill's Kevin Grant (56:18) was second while Canterbury's John Anthony rounded out the top three in 57:37.

Among the women, Madalena Boudreau of Fall River, Mass., caught a fading Carla Thompson for her first Rose Arts title in a time of 1:06:01.

Both winners earned \$350. "I knew exactly what I wanted to do," said Pazik, 32, of the difference between this year and 1994, when he won in a time of 53:36. "Two years ago, everybody

was telling me about the hills, but you can't really picture it."

Pazik relied on some advice from fellow competitors Dave Raunig and Mike Cotton in the early going of the 1994 race before breaking away to a relatively easy win.

His plan to return last year was ruined when he dropped a railroad tie on his left foot in a landscaping accident. A badly bruised foot, combined with the birth of his first child, essentially ended his 1995 season.

"It pretty-much shot my whole year," the Wallingford accountant explained. "I couldn't get up the mental energy to train after that."

Still searching for peak form, Pazik was coming off a 13th-place finish at the Fairfield Half Marathon on June 23. He was a prohibitive favorite when the day began, and was never really pushed after an early duel with Grant.

"I just think my body is tired and I need to rest a little bit," said Grant, who was unable to respond when Pazik went by him as they mounted the first big hill at about the two-mile mark. "I was waiting for him to pass me because I was really slowing down. My legs were heavy. I couldn't pick them up."

Pazik, who opened with a 5:05 mile, was able to maintain a comfortable pace while slowly pulling away from Grant. He had mixed feelings about his margin of victory. "It was a cloudy day, so it would have been nice to have some competition," Pazik said. "But at the same time, you can't complain. There's plenty of competition every week, so once in a while it's nice to have an easy race."

There was nothing easy about the women's race as Thompson, a seven-time champion, matched Boudreau over the first seven miles.

Trying to work her way back into shape after a pregnancy that limited her running for a year, Thompson began struggling with three miles to go and Boudreau seized her chance. "She saw me falter on the hill, I think," said Thompson, who finished in 1:06:21. "After she passed me, I said, 'Maybe I'll get her back.' I wasn't giving it up, but she was strong."

Especially strong considering Boudreau was up at 6:30 a.m. on Sunday for the long drive to Norwich, a day after winning her third straight Tiverton (R.I.) 5K.

"(The Rose Arts course) is kind of hilly, but that doesn't bother me. When you come from Fall River, hills don't bother you," said Boudreau.

Bits and pieces

Jon Paul Mandelburg won the 1K Fun Run in 3:14 while Mary Mailhot (3:31) was the top female finisher for the second straight year. Both are from Norwich. . . Putnam's Dexter Goyette was the top grandmaster in the 10.4-mile race at 1:07:54. The first female grandmaster was Jo Marchetti at 1:10:59. . . Records fell in the 5K race. Grandmasters Bill Marshall (18:26) and Lance Magnuson (19:25) broke John Thomas' record of 20:28 while Jimmy Mileski (17:38) and Tim Simkowski (17:57) broke Julian Callender's junior division record of 18:08. Aside from Coombs, the 5K female course record was also broken by junior Lindsey Larson (20:16), grandmaster Barbara Maloney (21:37) and masters competitors Elaine Stueckle (22:18) and Liz Tefft (22:29).

Gold for Silva

Raunig's absence from the 10.4-mile field removed an obstacle in the master's division for Noank's Jack Silva.

The 40-year-old Silva won in his first year of eligibility, placing ninth overall in 1:00:42 to edge out Roger Nasatka (1:00:59).

"It's a lot easier now," Silva said of running as a master. "You're in that open division or submasters (30-39) and it's tough. But the thing is, there are a lot of other guys coming up that will turn 40."

Silva probably won't be around to defend his title next year. He is planning to move to Florida to take a new job and already has put his house on the market.

The top female master was Marge Bellisle, who ran a strong race on the way to a time of 1:07:01. She was the third female finisher and was 45th overall.

Both masters winners collected \$200.



I see these men only occasionally, and always in their running shorts and stark black-and-white singlets advertising "POW-MIA," and when they carry an American flag in their hands.

I see them on race days that are also holidays, when one of them offers an *a cappella* version of "The Star-Spangled Banner," after which all three men take their reserved, honored places at the starting line. I follow them after the gun, for a time, as they run at a steady clip through town, as they draw enthusiastic applause from spectators, as they sing their customary songs along the way:

*I'm a Yankee Doodle dandy,
A Yankee Doodle do or die.
A real live nephew of my Uncle Sam,
Born on the Fourth of July.*

They don't refer to themselves as Yankee Doodles as much as the Three Musketeers, though, lacking muskets, they are more like Pied Pipers, even if there are no pipes in sight. Men, women and children follow them along the route, drawn by their patriotic music, their military bearing, and their upbeat air. Like many in the crowd, I always wondered who these men were; unlike many in the crowd, I have felt a particular kinship with



Photograph by Tim Rasmussen

Three For The Road

them, as I do with any fellow Vietnam vet, as I assumed each was. But never while in the company of other runners did I have the occasion or the requisite notebook and pen to find out the particulars of their lives, their service histories, and the unusual image they project for men who proudly represent a group of veterans who, according to the common wisdom, wasted away in Southeast Asia. Then came the Independence Day Incident of 1995, and the impetus to find out more.

I was in the final stretch of the annual Four on the Fourth race in Chester, relieved to see the finish line 200 yards ahead, when I noticed these men had halted and were now at the side of the road, their flag propped up against a stone fence. It has always been their custom to move along steadily (a modest pace, they say, but one that is a little too quick for ordinary mortals) and to cross the line together in the middle of the pack. But on this day, finishing seemed an afterthought.

As I passed them, I noticed the reason for their delay: They were tending to a runner in trouble. He was on the ground and in some pain and distress, his face ashen. He might have been any one of the 800 entrants in the race that day, but later I learned it was a person I know well who, though ordinarily capable of running far more than four miles, was clearly a victim of the heat and possibly other demons. The three men fetched water, administered first aid, and waited until further help arrived — a nurse who had been running farther back in the pack, a doctor behind the nurse, and an ambulance behind the doctor — and for assurance that all would be well.

Who are these Three Musketeers, these Yankee Doodle Dandies, these Samaritans by the side of the road, these men who together form a popular and patriotic team in local races? The names are Dean Festa, Tom Lee and Steve Hancock. But real iden-

Carrying their cause on foot through the roads of Connecticut, Dean Festa, Steve Hancock and Tom Lee have found no opposition — only admiration, respect, a chorus of joiners, and a special request.

ties, and the lives that they represent on race days, are not so easily revealed.

It may be useful to go back more than a few years to a time that their children now read about in history books, when through various routes these men traveled from small towns in Eastern Connecticut to hostile hamlets in Vietnam. Dean was drafted and eventually sent to the First Aviation Brigade in 1972, "essentially when the Vietnam War was over." As a crewman on a helicopter shuttling from Thailand to air bases in Vietnam, he had "a ringside seat, a panoramic view of a disaster." Dean stresses that he was merely on the "ash and trash" run, and not exposed to the sort of danger that threatened his two running pals, whom he considers true American heroes. He says, modestly, "I kind of represent the sideline players, civilian and military, all of us who watched this thing on TV" — this costly thing that, like the Civil War a

plans to take a cross-country trip with her family this summer and won't have time to run.

Ed Zubritsky, on the other hand, has mapped out his road racing plans for the next month or so. He easily won his second race in two weeks, taking the top overall spot in 33:21 while out-distancing 68 other competitors.

He used a strategy similar to the one that earned him the victory in the Lawrence & Memorial Hospital 3.5-mile Spring Stride on May 4, making his move late in the race.

"I'm known as a strong finisher," said Zubritsky, a 33-year-old Montville resident. "It takes me a couple of miles to warm up and then I turn it on."

Bob Stack of New London was the early leader after setting a quick pace. But he fell back to second, finishing in 34:05. Greg Anderson was third in 34:24 while Frank Balantic (37:53) and William Combes (38:45) took fourth and fifth, respectively.

Stack also ran the Spring Stride, placing fourth overall.

"I was just trying to run faster than last year and not get lost," Stack said. "At three miles, (Zubritsky) passed me, and steadily pulled away."

"This is probably my ideal distance," Zubritsky said. "I'm a steady runner and I just try to wear them down."

Zubritsky is setting his sights on the East Hartford mile next weekend and plans to compete in the Fairfield half-marathon in late June.

By GAVIN KEEFE
Day Sports Writer

Groton — Jennifer Christensen is no veteran of the road racing circuit, but she ran like one Saturday.

Running in her first 10-kilometer race, Christensen took command near the midway point of the 16th Annual Submarine Base Memorial Day race and cruised to victory in the women's division. She crossed the line in 42 minutes, 58 seconds.

While she does try to log her share of miles around her Gales Ferry home, Christensen was competing in only her second road race since moving to the area from Virginia Beach, Va., in September. Her three children, including four-year-old twins, keep her busy.

"I don't run a lot but I enjoy running," said Christensen, who was 19th overall. "This was close (to home). I have three little boys at home."

Christensen had to work for her victory. Jodi Richmond took the early lead among women before Christensen moved in front at about the three-mile mark on the mostly flat and winding course. Richmond, the second woman to finish in 43:20, was 21st overall.

"It was a pretty nice course compared to the hills that I'm used to...," Christensen said. "I passed her at three miles. She was running real steady. I had a hunch that she'd pass me again."

Christensen, 30, stayed in command, though, in what could be her last race, at least for a while. She

Virtual rookie experiences a 10k victory

Christensen women's winner; Zubritsky takes 1st in 33:21

Lary Bloom

Continued from page 4

century before, divided the country and left confounded and ill-supported soldiers to pay the ultimate price.

For a good while, Dean felt guilty that his duty was not as treacherous as others. He wondered why he had come back safely. Two years after his return, Dean purchased a POW bracelet with the name of William Stinson on it. He was drawn to it because of the date — 8 January 1973 — the day the sergeant was reported missing in action. Dean remembers thinking it was so close to the end of the war, "the ultimate tragedy, because at that point, there was not even an agenda to win."

The official U.S. government position is that there are no U.S. servicemen left alive who were taken as prisoners of war — a recent 1,223-page Senate report concludes so. But Dean, and so many other Americans, holding to reports of sightings of Caucasians in jungle locations in the '70s and '80s, are unconvinced of this. He imagines William Stinson still held in a jungle encampment in Vietnam or Laos against his will, with a thousand other Americans.

After two decades, Dean Festa still carries the thought of "Billy" wherever he goes. Sometimes Billy is on his wrist, or if Dean is in a play or TV commercial or movie (he is a member of Actor's Equity) he remembers Billy on his ankle. He might have carried this tribute alone had he not found his old friend Tom, whom he met years before during his youth, and who also had a story to tell and a soldier to represent.

Tom Lee was born in Glasgow, Scotland, but grew up in Norwich. He joined the Army in 1968, "volunteered for everything I did," including a tour in the Central Highlands for 10 1/2 months, where he served as a "light weapons specialist" — in short, a rifleman, a grunt. Tom was unschooled in war and in the reasons for this war. "I was scared quite a few times, probably all the time, although I thought what I was doing was righteous, and what was supposed to be done. My father and mother brought me to America, and I was asked to do this. If I was asked to do it today, I would probably go with the same atti-

tude." He would hope, however, that the strategy for such a war would not be planned by people who seemed afraid to win as much as they were afraid to lose, and who put soldiers in untenable positions.

And he would hope that coming back from the war there would be a different attitude from the one that prevailed a quarter of a century ago. When Tom came home he faced, along with almost all Vietnam vets, a great indifference, even disdain. As his old pal Dean said, "No one was hoisting you up. Everyone was thinking you're going to make a VA claim, that you'd be in therapy, that you'd just be another crazy vet."

Like Dean, Tom bought a bracelet, too. His was in honor of Lt. William Stockdale, a Navy flyer.

Back then Dean and Tom didn't know Steve Hancock, born and raised in New London, a Navy town, and with the military in his blood. It was a great (actually, very great) uncle of his, Oliver Hazard Perry, who, in the wake of the Battle of Lake Erie, announced: "We have met the enemy and they are ours."

When it was Steve's turn to join up, he shunned the modern equivalent of frigates for the Marine Corps, "the best," where he became a grunt. When he arrived in Vietnam in 1967, "I had the same wonderment. What did I get myself into? When I joined my outfit at Camp Carroll near the DMZ, it was a lot different from what I expected. My platoon, my company, had lost a lot of men. A lot of people weren't there." He soon understood why, immediately slated as he was to join the remaining troops on search-and-destroy missions, stalking regulars of the North Vietnamese Army, "people I was convinced were the Antichrist," and who in turn thought of Steve and his countrymen as Yankee imperialists. Steve was a smart young man who had heard of SEATO and the Domino Theory, and who believed it all. He believed it even when his friends fell beside him, and when gunshot wounds and shrapnel put him out of action. He believed it after his first tour of duty, enough to volunteer for a second, during which he was wounded once again.

When he was overseas, his mother back home wore a bracelet for a pilot, Lt. Col. Art W. Elliot, shot down April 26, 1970.

And so Steve himself was inspired to wear such jewelry in honor of Lt. Albert Prevost of Norwalk, a bracelet that survived until recently when it finally broke off of Steve's wrist.

In 1982, the Vietnam War Memorial was dedicated in Washington, D.C. Down there near the bottom on Panel 1 West was the name William Stinson. Dean's "Billy." On that day, Tom Lee was there, wearing the field jacket he wore in his old outfit, and concluding about the wall that there were "too many people I knew to count." He saw there that day, too, a Marine in his dress greens who looked very sharp and who, like the rest, were moved to tears by the unveiling.

By then Tom had been a runner for years, and had seen Dean at Connecticut races. At one race the year after the dedication, Dean said to Tom, "You've got to meet this guy." It turned out to be the dashing fellow in the Marine dress greens. Steve Hancock, Tom Lee, and Dean Festa began running together, in short races and in marathons, running for those left behind. They carried the flag, and they wore their unusual singlets. It seemed a natural, and sensible, course. For whatever divisiveness remained about the war, surely no one could object to remembering and paying tribute to the men who never returned home.

And, in a sense, they are also running for the many Vietnam vets like themselves who are misunderstood. They are running because they are frustrated by the popular perceptions, and by Oliver Stone's misleading films, and by lingering stereotypes. They want people to know that most Vietnam veterans, despite the particular hardships of their tours and despite any quiet moments of lingering despair, went on to become useful citizens — CEOs and physicians and artists and even Sunday magazine editors, and that they went on to have families, and live contented lives.

When he isn't acting, Dean Festa, who lives in Oakdale, makes his living as an investigations supervisor for the state bureau of child support enforcement. For 13 years, he has tracked down deadbeat dads — "Some guys think they should pay more for their car payments than they should pay for their kids" — and, increasingly, deadbeat moms, who now make up a



Steve Hancock, proud Marine: twice in Vietnam, twice with battle scars.

full 13 percent of this army of debtors.

Tom Lee lives in Ledyard and is recreation director of Artreach, a community mental-health agency in Norwich. He also retains a connection with the stage. He co-wrote a one-act play about Vietnam, titled "Memorial Day," which was performed recently at the Eugene O'Neill Center in Waterford, and which starred his pal Dean.

The third in this fraternity is not shy about taking center stage, either. Steve Hancock of Bozrah is president and chief steward of a union at Electric Boat, and the singer in the group, the man who stands at attention before the race (or for that matter, a submarine launching) and who performs the National Anthem.

They never know what to expect at races. Young people don't attach much significance to the abbreviations on the shirts, to the idea of prisoners of war or soldiers missing in action. But many adults do. Many thank Tom, Dean and Steve for what they do, and for keeping hope and the memory of some soldiers alive for certain families who never heard a final believable word from the war zone. Together and apart, Dean, Tom and Steve have found a cause that gives their war a sense of purpose and order, one which allows them to outrun their own demons, and one that is widely and enthusiastically accepted.

But even these three war-

wary Musketeers, these Yankee Doodles, these Pied Pipers, were surprised by what happened a couple of years ago on the Fourth of July. A man approached and asked for a favor. He said that an injury had kept him out of the race. He also said that in holiday races he customarily carries an envelope with him, and on this day needed a caretaker for it. He explained he was once an Air Force lieutenant colonel, and that he served in Da Nang with 14 men whose names now appear on the Vietnam Memorial. One by one, he described these men — who they were, what they did, where they were from, how they were killed.

That day, in addition to their flags and the names on their wrists, Dean, Tom, and Steve carried the special envelope inside of which were rubbings from the memorial and the names of 14 pilots who by this deed became honorary, if unofficial, contestants in the race.

That day, Dean, Tom and Steve sang their usual songs, ran swiftly, and, not long after they passed the halfway point, issued their usual military cadence, a tonic for the dozens of runners around them who needed the encouragement of three extraordinary men:

*Here we go, here we go,
Up the hill, up the hill,
Feeling good, mighty good,
All the way, all the way,
Can't stop, won't stop,
Gotta go, gotta go,
One more mile, feeling good,
Mighty good, mighty good. ■*

Fairfield half-marathon

USTAF Master men's championship
Sunday's results

First male: Peter Gituka, Norristown, Pa., 1:03; First female: Anita Kadenstad, Norway, 1:13:50.

Mohegan men's masters

(46th overall) Jack Silva, Noank, 1:17:15; (73) Walt Smolenski, Colchester, 1:19:52; (84) Tim Smith, Norwich, 1:20:45; (309) Jim Carper, Ledyard, 1:34:50; (363) Way Hedding, Niantic, 1:38.

Men's masters team results

1. Hartford Track Club 3:51:50, 2. Housatonic Road Runners 3:55:15; 3. Mohegan Striders 3:57:52; 4. Wolfpit Running Club 4:05:32; 5. Willimantic Athletic Club 4:07:43.

Smith masters course again

By ROGER LEDUC
Norwich Bulletin

MONTVILLE — Norwich's Tim Smith has always been more tortoise than hare — a dogged runner who wins by setting a good pace and maintaining it.

Yet Smith, 48, had to find some rabbit within himself to win the Montville Masters 10K race Sunday.

After matching Noank's Jack Silva virtually stride for stride over six miles, Smith kicked ahead in the final 1,000 feet to win in 35:45. Silva was five seconds back, with Walt Smolenski of Colchester third (36:16).

"I was kind of surprised he let me go. I guess he was getting a little more tired than I thought," said Smith, who repeated as champion of the event, limited to runners 40 and older.

"After six miles I kicked it in. I didn't want to, but when you're that close, you don't want to give it up if you can win."

Silva, 40, was running the hilly course for the first time.

"Timmy knew the course better than I do. I could tell that," he said. "He beat me up on the downhills. I usually do pretty well on hills, but

I'm not as good coming down as I am going up."

Smith and Silva pulled away from a pack of about 12 runners on the uphill stretch that opens the course and ran side by side most of the way.

"I think I was pulling him more than he was (pulling me)," Smith said. "I felt if I didn't, I'd lose it, so I kept pressing. I sort of wanted him to so I could rest a little, but I just didn't feel that confident in myself."

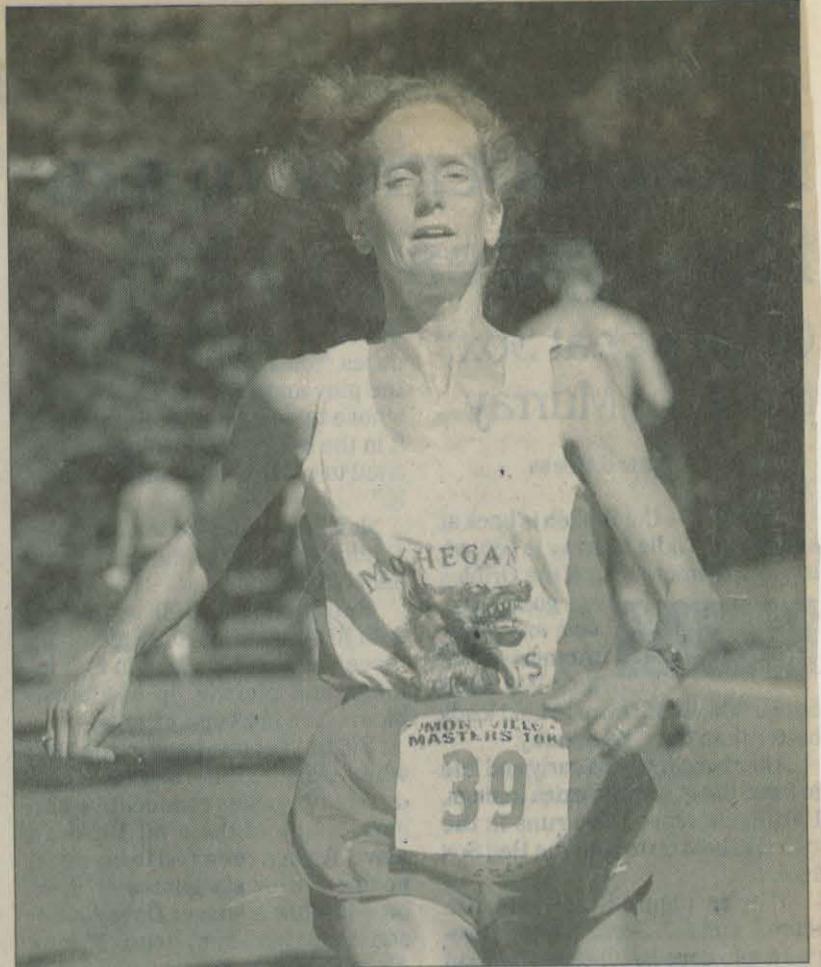
The women's field drew just seven entries, with a familiar face at the front: Salem's Gale Balavender, 43, who won the event for the fourth time in four tries. Balavender finished in 44:42, well ahead of Edna Silva of Quaker Hill (45:52) and Pat Swim of New London (47:33).

Balavender said she used a little psychology to push herself along.

"I'm not that incredibly fast, and I was scared to death that (Silva) was on my tail. She wasn't, but I ran like she was," Balavender said. "I never look back. It's bad luck."

Balavender lost another kind of race last week when her bid for a seat in the state legislature was denied at the 48th District Republican convention.

"It was a very bad week for me



Carol Phelps/Norwich Bulletin

Salem's Gale Balavender defeated six other women for her fourth Montville Masters title. She won the 10K race in 44:42.

politically, so I was glad I got to win something," she said.

Rounding out the top 10 were Alan Rondeau of Putnam (37:30), John Bochain of Colchester (38:03),

Mike Smith of Norwich (39:22), Bill Marsh of Manchester (39:37), Peter Silva of Quaker Hill (39:56), Dave Jacobs of Niantic (40:22) and Lance Magnuson of Lebanon (40:39).

New Haven road race

At New Haven
Distance: 20K
Division winners
MEN

Open: 1. Joseph Kamau (Kenya) 58:33;
Masters: Robert O'Hara (Jamaica Plain, Mass.) 1:08:46

WOMEN

Open: Senoira Clarke (Chevy Chase, Md.) 1:09:51; Masters: 58. Tatyana Podnyakova (Reddick, Fla.) 1:11:59.

Mohegan Striders Masters results

64. Tim Smith (Norwich) 1:12.41; 105. John Bochain (Colchester) 1:16.47; 122. Walt Smolenski (Colchester) 1:18.11; 256. Jim Carper (Ledyard) 1:24.25; 423. Joe Lemieux (Norwich) 1:29.46; 523. Way Hedding (East Lyme) 1:32.19; 600. Randy Baah (Lisbon) 1:33.00; 1004. Jeff Gilfoy (Ledyard) 1:42.25.

5K

Pre-teen: Jon-Paul Mandelburg (Norwich) 21:23.

USATF Conn. Team championship

1. Hartford Track Club; 2. Mohegan Striders; 3. Housatonic Road Runners; 4. Libra AA; 5. Brookfield Chiropractic.

Montville Masters

At Oakdale
6.2 miles
TOP 25

1. Tim Smith (Norwich) 35:45, 2. Jack Silva (Noank) 35:50, 3. Walt Smolenski (Colchester) 36:16, 4. Alan Rondeau (Putnam) 37:30, 5. John Bochain (Colchester) 38:03, 6. Mike Smith (Norwich) 39:22, 7. Bill Marsh (Manchester) 39:37, 8. Peter Silva (Quaker Hill) 39:56, 9. Dave Jacobs (Niantic) 40:22, 10. Lance Magnuson (Lebanon) 40:39, 11. Guy Pulino (Moodus) 40:45, 12. Ted Phillips (Niantic) 40:49, 13. David Sandstrom (Storrs) 41:46, 14. Jerry Pleszczak (Norwich) 42:13, 15. Jerry LeVasseur (Madison) 42:41, 16. Joe Lemieux (Norwich) 42:44, 17. Joe Balavender (Salem) 42:52, 18. Dino Festa (New London) 42:55, 19. Rick Urban (Windham) 43:19, 20. John Sacrey (Preston) 43:30, 21. Steve Jacobsen (Kennebunk, Maine) 43:52, 22. Richard Crain (Storrs) 43:54, 23. Way Hedding (Niantic) 43:59, 24. Carl Fuller (East Haddam) 44:08, 25. Jack Clausen (Coventry) 44:15.

WOMEN

1. Gale Balavender (Salem) 44:42, 2. Edna Silva (Quaker Hill) 45:52, 3. Pat Swim (New London) 47:33, 4. Rose Buckingham (Waterford) 52:14, 5. Gerry Palonen (Canterbury) 53:22, 6. Patricia Phillips (Niantic) 54:22, 7. Christine Thomas (Oakdale) 62:03.

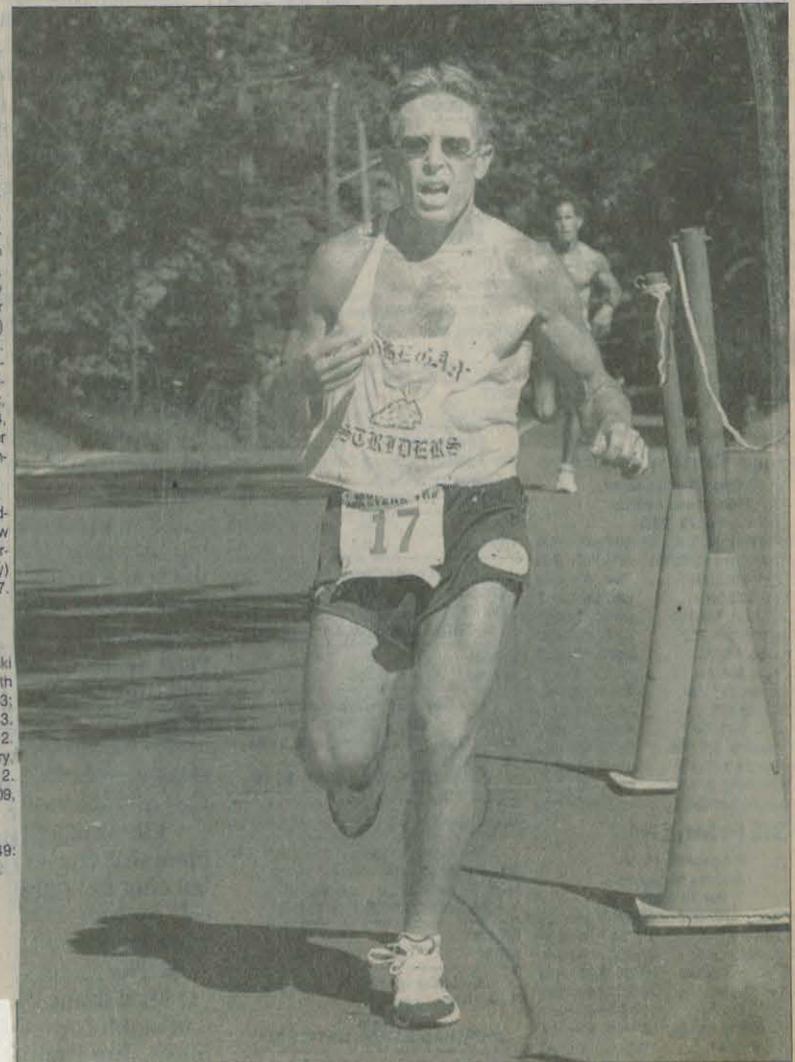
AGE GROUP WINNERS

Men

Age 40-44: 1. Silva 35:50, 2. Smolenski 36:16, 3. M. Smith 39:22, 4. Bochain 37:03; 50-54: 1. Marsh 39:37, 2. Jacobs 40:22, 3. Magnuson 40:39; 55-59: 1. Phillips 40:49, 2. LeVasseur 42:41, 3. Fred Ziegler (Coventry, R.I.) 44:59; 60-up: 1. Sandstrom 41:46, 2. Charlie MacDonald (Charlton, N.J.) 45:08, 3. Joe Riccio (Branford) 45:31.

Women

Age 40-44: Balavender 44:42, 45-49: Buckingham 52:14, 50-54: Palonen 53:22.



Carol Phelps/Norwich Bulletin

Tim Smith of Norwich held off Noank's Jack Silva to win the Montville Masters 10K for the second straight year. Page D6.

Bigelow Tea 5K 9/29/96

At Southport
Division winners

Men: 1. Tom Harding (Westport) 14:42;
Women: Rebecca Stockdale-Wooley (Chaplin) 17:46; Men's masters: Ed Sparkowski (Simsbury) 15:37.

Mohegan Striders masters results

7. Jim Uhrig (Meriden) 16:10; 14. Tim Smith (Norwich) 16:54; 21. Walt Smolenski (Colchester) 17:16; 33. Dennis Tetreault (Lisbon) 17:54; 47. Jim Carper (Ledyard) 18:30.

Team results

1. Hartford Track Club 49:50; 2. Mohegan Striders 50:20; 3. Housatonic Roadrunners 50:52; 4. Wolfpit Track Club 52:09.

WEDNESDAY
25

Bulletin Board

PLEASE MAIL OR FAX ITEMS FOR PUBLICATION ONE WEEK IN ADVANCE.



John Shishmanian/Norwich Bulletin

Community scrapbook

The annual Lisbon Fall Festival Road Race grew to 110 runners for the 3.5 mile race starting and ending on Route 169 Friday. Ed Zubritsky won the race and Kris Anne Kane was the first woman finisher.

SENIOR OLYMPIC 10K CLASSIC - MT SOUTHLINGTON - SOUTHLINGTON, CT SUNDAY OCT 13, 1996

DON SMITH BREAKS AWAY FROM JL AT THE HALF MAY PT AND WINS IN 41:08.

1	SMITH	DONALD	52M	41:08
2	LAVASSEUR	JERRY	58M	42:16
3	DAVIDSON	BOB	67M	46:18
4	VAICHUS	RAYMOND	46M	47:47
5	CHAMEIDES	AL	66M	49:27
6	DRISCOLL	JAMES	62M	50:46
7	ROMAYKO	JANIT	51F	51:24
8	LARKIN	LARRY	70M	51:39
9	EARL	ARNOLD C	78M	53:12
10	BARKER	DAVID	57M	54:19

Jacob wins Merchants road race

Bulletin Staff Reports

NORWICH — The top runners in Thursday night's Greater Norwich Downtown Merchants road race fit right in with the nostalgic scene surrounding the finish line in Franklin Square.

As dancers staged a sock hop to music from the 1950s and 1960s and vintage cars lined the streets, runners in their 30s and 40s accounted for almost all of the top finishers in the four-mile race.

Leading the way was 41-year-old Wayne Jacob of Mystic, who finished the hilly two-lap circuit of downtown streets in 20:14.

"It's a tough course," Jacob said. "It's not just the hills, it's all the twists and turns. There are no straightaways, so it's hard to get into a rhythm."

Joe Banas of Norwich was 40 seconds back at 20:54, and Tim Beneke of New Britain — one of just

two under-30 runners among the top 13 — was third in 21:29.

"There are a lot of good masters runners right now, but there's a lot of talent in the open (division) too," said Jacob, who has run the race almost every year since 1982.

Catherine Sikorski of Norwich won the women's title in 24:23, placing 15th overall, Merissa Perkins of Norwich was second (25:18) and Tina Dewall of Wallingford third (25:57).

Winners of the two-mile event were Glenn Costello and Kris-Anne Kane.

Downtown Merchants At Norwich 4 miles

TOP 20 OVERALL

1. Wayne Jacob 20:14, 2. Joe Banas 20:54, 3. Tim Beneke 21:29, 4. Tim Smith 21:51, 5. Jim Mileski 21:55, 6. Mike Fusaro 22:13, 7. John Bochain 22:23, 8. Brett Weymouth 23:13, 9. Philip Schaller 24:01, 10. Larry Mooney 24:07, 11. Jack Donahue 24:08, 12. Scott Henderson 24:14, 13. Carl Mailhot 24:15, 14. Catherine Sikorski 24:23, 15. Jamie Wallace 24:30, 16. Dave Jacob 24:33, 17. Tom Senuto 24:39, 18. Mike Smith 24:50, 19. Lance Magnuson 25:00, 20. Gary Edwards 25:03.

TOP 10 WOMEN

1. Sikorski 24:23, 2. Merissa Perkins 25:18, 3. Tina Dewall 25:57, 4. Kris Kimbro 26:27, 5. Grace Haas 27:14, 6. Barbara Edwards 28:55, 7. Kathy Smolenski 29:47, 8. Tamara Venditto 30:22, 9. Judy McGrath 32:15, 10. Jacque Burzycki 33:39.

AGE GROUP WINNERS

Male: junior, Mileski; open, Beneke; submaster, Banas; master, W. Jacob; grandmaster, D. Jacob; senior, John Wering 30:26.

Female: open, Sikorski; submaster, Haas; master, Burzycki; grandmaster, McGrath.

TWO-MILE RUN

Top 20 overall

1. Glenn Costello 10:53, 2. Kevin Duce 10:57, 3. Wayne Hanson 11:36, 4. Wayno Jolley 11:49, 5. Kris-Anne Kane 12:16, 6. Steve Hancock 12:23, 7. Ron Dombrowski 13:18, 8. Matt Sawyer 13:22, 9. Reynolds Chapman 13:28, 10. Jack Field 13:56, 11. Michael Zenowitz 14:01, 12. Peter Nystrom 14:02, 13. Liz Tefft 14:22, 14. Shana Chapman 14:29, 15. Sandy Baldyaz 14:31, 16. Kayla Lathrop 14:56, 17. Dean Warner 14:58, 18. Ed Lilienthal 14:59, 19. David Bingham 15:02, 20. Albert Phillips 15:03.

Age group winners

Male: junior, Sawyer; open, Warner; submaster, Costello; master, Duce; grandmaster, Dombrowski.

Female: junior, Chapman; open, Tefft; submaster, Kane; master, Leslie Jolley 18:22.

Step Back To the Future 5K at the Cheshire Canal Saturday Oct 5, 1996 The Kanes Take Both Races

1	KANE	TIMOTHY K	39M	16:05	43	MCKEOWN	JAN	49F	23:05
2	RICHEY	PHIL	39M	16:15	44	SAVITT	HERB	65M	23:07
3	HENSLEY	BOB	42M	16:24	45	DAWSON	LYNN	37F	23:22
4	RONALTER	BILL	30M	17:02	46	MOST	ARTHUR	53M	23:30
5	AUGUS	CHARLES R	33M	17:06	47	CARNEY	MIKE	41M	23:52
6	WARDWELL	JIM	34M	17:33	48	SILLIMAN	CHERYL	41F	23:55
7	SIMONE	PERRY	39M	17:41	49	VAN WIE	DOUG	37M	23:57
8	FILHO-ORLAND	SOUZA	40M	17:59	50	ANDERSON	KRISTEN	20F	24:11
9	CURTIS	TOM	33M	18:01	51	EMERSON	GINNY	41F	24:36
10	TORRES	RAFAEL	49M	18:01	52	MUMFORD	SARABETH	26F	24:37
11	REAVEY	PATRICK	37M	18:09	53	BAILLIE	DON	47M	24:50
12	ANDREWS	JOHN	49M	18:20	54	SLOCUM	TOBY	25M	24:58
13	O'CONNOR	ED	34M	18:21	55	WHEELER	DONNA	30F	25:07
14	CARLSON	STEVE	26M	18:27	56	WARD	CONNIE	22F	25:07
15	SILLIMAN	ROB	46M	18:32	57	CARLO	MICHELE	34F	25:17
16	KANE	KRIS-ANNE	32F	18:39	58	LINDER	GILBERT	51M	25:22
17	WARD	BOB	51M	18:57	59	LAMMLIN	RICH	51M	25:27
18	WILSON	JAY	46M	18:58	60	BELLONTONI	NICK	48M	25:35
19	SIMONE	KIM	33F	19:02	61	SCHRUHM	SALLY	45F	25:37
20	BARONE	CARL	41M	19:03	62	DEAN	EMMA	37F	25:54
21	MCAYOY	TOM	28M	19:13	63	NICKLAS	SHARON	38F	26:13
22	MOORE	ROBERT	40M	19:32	64	WHITE	JAMES	30M	26:18
23	DAVIS	ROBERT	45M	19:34	65	CRUTCHER	LIZ	32F	26:27
24	WHITCOMB	CARRIE	28F	19:44	66	DAKIN	ADRIANA	33F	26:34
25	GAUTIERI	BILL	32M	20:09	67	ASHMORE	TOM	50M	26:40
26	BENNETT	JIM	24M	20:17	68	COLANTONIO	STEVE	36M	27:10
27	ZUVICH	RICH	42M	20:17	69	BERNSTEIN	SCOTT	43M	27:15
28	SHANNON	LAURA	12F	20:19	70	KATZ	JACKIE	37F	27:17
29	VIVARI	ROBERT	34M	20:24	71	GESNER	BARBARA	40F	28:08
30	BERUBE	MATT	27M	20:26	72	DINATALE	CATERINA	53F	28:16
31	BEAULIEU	JOHN	25M	20:36	73	MUSANTE	TOM	57M	28:35
32	MATTHEIS	BEN	43M	20:43	74	BURKE	IRENE	58F	28:49
33	RIPLEN	GEORGE	40M	20:51	75	ST ONGE	MICHELLE	27F	29:37
34	OOSTEN	JOY	40F	21:00	76	BOUSHORE	KATHLEEN	42F	29:57
35	LEONARD	ANNE	13F	21:22	77	ASHMORE	BETTY	48F	30:10
36	PALANGE	JOE	48M	21:29	78	EMERY	WALTER	75M	30:48
37	NOVI	DEIRDRE	38F	22:03	79	DINATALE	BERNADETTE	42F	31:19
38	SCHIFF	MARTIN	57M	22:09	80	DINATALE	VINCENZO	27M	31:21
39	JALBERT	PHIL	37M	22:19	81	DROZECK	WALTER	57M	31:25
40	CUNNINGHAM	JAMES R.	48M	22:28	82	WEINSTEIN	ARTHUR	58M	34:07
41	ROLLING	PATRICK	38M	22:56					
42	FETCHO	JOE	50M	22:57					



Jacob, Thompson make great Strides

By VICKIE FULKERSON
Day Sports Writer

Waterford — Don't get her wrong, chasing a 13-month-old baby around every day certainly qualifies as work, but it's not the kind of work that keeps you sharp as a road racer.

That's one big reason for Carla Thompson's satisfaction Sunday at the 19th Annual Strides for the Handicapped Road Race. In her first season back on the local racing circuit after giving birth to a daughter, Haley, Thompson won

the women's division of the Strides 5-mile race in 29 minutes, 56.78 seconds.

Mystic's Wayne Jacob was the overall winner of the race for the sixth time in 25:42.05. Ed Zubritsky of Uncasville was second in 27:05.04 and Mike Fritz of Ledyard third in 27:30.17.

Before taking time off from road racing to have her daughter, Thompson had won the women's division at Strides for the Handicapped five straight years and six of the last seven.

She started racing against last

See FAMILIAR page D3

■ Women's champion Carla Thompson crosses the finish line at Camp Harkness in Waterford

Familiar names capture top honors in Strides race

From D1

November at the Electric Boat Athletic Club Race, but had already missed her two favorite fall races, Strides and the Tarzan Brown Mystic River Run.

Sunday, a prelude to the Tarzan Brown race next Sunday, which she will also run, Thompson appeared to be back in form, finishing 13th overall and more than three minutes ahead of the next woman.

And with her daughter attending the race — and toddling all around the awards ceremony afterward — Thompson also had an additional fan.

"I've really been looking forward to this fall," said Thompson, of Pawcatuck, who holds seven of the top 10 times run in the race since 1987, including a best of 29:12 run in 1993.

"I ran a pretty good time today. I'm just trying to shave seconds off. ... I saw Haley out there cheering for me and it helped me with that last little sprint. It gives me an incentive to do well instead of an excuse to go slower.

"When I started last November I was real slow, but now I just need to shave about five seconds per mile. I need to

get more work in."

Laurie Lilienthal of East Haddam was the second women's finisher in 33:22.92 and Piper Faulkner of West Hartford third in 34:40.65.

The champion

Jacob was second in last year's race to Kevin Grant, but captured the men's masters title in his first year competing in the division.

This year, Jacob won both the overall and masters titles. He said Zubritsky stayed with him for nearly three miles, but faded after that. Grant did not run this year.

"I just show up and get myself pumped up and race whoever's here," Jacob said. "I have enough to worry about getting myself ready. If I worried about who I was racing I'd drive myself nuts."

Jacob was the first masters finisher recently at the Newport (R.I.) Half-Marathon, placing sixth overall. He was the fourth masters runner a week later at an eight-kilometer race in Attleboro, Mass.

Now, with the Strides race this week

and Tarzan Brown next week, Jacob is back in familiar territory.

"I guess there's a little more pressure on me to do well around here, but only the pressure I put on myself," Jacob said.

The top men's grandmasters runner was Ernie Dumas in 29:39.92. The women's masters champion was Edna Silva in 35:14.22, Judith Anderson the women's grandmasters division champion and Lori Santiago the women's handicapped open champion.

There were 141 finishers.

And more

In the three-mile race, in which there were 225 finishers, Glen Costello of Norwich finished first in 15:59.88. Bobby Clark was second in 16:12.25 and Mike Fusaro was third in 16:05.97. Mary Olenick of North Falmouth, Mass., was the women's winner in 20:01.28. Divisional winners were: women's open, Liz Tefft; women's masters, Olenick; women's grandmasters, Judy McGrath; girls, Amanda Chapman; women's handicapped open, Kristine Gravell; men's open, Costello; men's masters, Clark; men's grand-

masters, Dexter Goyette; men's juniors, Isaac Zeldis; boys, John-Paul Mandelburg; and men's handicapped open, Michael Snyderman.

Elves run 12/13/96 city streets for toy fund

Santa Claus led a parade of running elves through downtown Norwich on Friday night on behalf of the Tommy Toy Fund.

About 60 runners circled downtown twice Friday, several dressed in elf-like costumes and colors of the season.

The price of admission for running the 3-mile stretch in a light rain was one unwrapped toy donated to the toy fund. Donated toys include bicycles, stuffed animals, dolls and games, said Bob Miles, coordinator of the event.

The run, sponsored by the Mohegan Striders, is in its 17th year.

"Most of the guys have kids of their own, and they like to give back to the community," said Miles, who took part wearing his traditional Santa Claus costume.

The run was one of the last organized events for the fund-raiser, leaving only today's event at the Franklin Creamery on Route 32 from 11 a.m. to 4 p.m. and the Dec. 22 Luis Pabon Style Extraordinaire at 3 p.m. at Three Rivers Community Technical College, Mohegan Campus.



Elves in training



Jeff Evans/Norwich Bulletin

Santa and his helpers head off on the annual Tommy Toy Fund fun run Friday evening in downtown Norwich. Participants, many of whom wore holiday running gear, brought a toy or donation as an entry fee.

MOHEGAN STRIDERS RACING TEAM UPDATE

The final Grand Prix race is the cross-country race:

Sunday, November 17, at around 9am, at the Mansfield Dam

This is a big race for the Striders. We trail Hartford Track by only 2 points in the overall Grand Prix standings, and if we beat them in Mansfield we will at least tie for second place (behind Athletes Foot). So, the season once again has come down to a grueling duel against our old rivals. Hartford has never finished ahead of us on the year in Grand Prix, and we can keep that streak alive with a strong effort in Mansfield. Just 3 years ago the Striders defeated Hartford by a mere 7 seconds on this same course to secure the overall Grand Prix title in one of the best Grand Prix races ever. This year is shaping up to be just as close. We have an excellent top 3 running for us now, with Steve Swift, Eric Woronick and Ed Zubritsky, but we *really* need some depth. I counted 5 Striders ahead of me at Tarzan Brown. Don't let me be 5th man again - we won't beat Hartford if I score, it's that simple. The Striders have never finished other than 1st or 2nd in the Grand Prix team competition, and by beating Hartford at Mansfield we can keep that streak alive. If you are healthy and can run 5:30 miles then you can become part of a great Strider tradition (what Kevin Crowley dubbed "Strider Pride"), help your team and win money!

Trumbell 4 Mile Championship

Under bright sunny skies and balmy 60+ temperatures (how was the weather in Providence, Tim?) the Striders thrust themselves back into the Grand Prix Team competition with a hard fought triumph over the upstart Libra Club and Hartford track at the 4 mile championships in Trumbell. While Athlete's Foot cannot be caught for the overall team title (even if they didn't turn in a score sheet for Trumbell), the Striders made up enough ground on Hartford to force a showdown at Mansfield. Despite being unable to find a tie before the race to go with his button-down white shirt, Steve Swift still blazed to a 19:17 (that's 4:49 mile pace) and 4th overall behind two Moroccans and Tom Harding. Ed "Ripken" Zubritsky (returning to the circuit after missing his first Grand Prix race since the Reagan years) turned in a stellar 20:31 (5:08 pace) and was followed closely by Eric "the Fed" Woronick (20:49/5:12) who continues to race superbly despite limited super-secret training. Jerome Strum-Bucket supplied crucial depth and the Striders hung on to edge Libra by just 12 seconds, despite a weak 5th man. There was no 6th man - we need to have much more depth at Mansfield.

<u>Athletes Foot (1:40:56)</u>	<u>Striders (1:45:06)</u>	<u>Libra (1:45:22)</u>	<u>Hartford (1:48:02)</u>
3. Harding 19:08	4. Swift 19:17	15. Jarayaj 20:35	??
11. Ribeiro 20:19	14. Zubby 20:31	23. Groom 20:58	
12. Dickerson 20:22	21. Woronick 20:49	24. Cavanaugh 21:06	
13. Dos Santos 20:30	36. Bucket 21:45	27. Powers 21:18	
17. Bysiewicz 20:37	46. Delaney 22:44	28. Owens 21:25	

Race Notes: Great to see so many Striders at the Tarzan Brown race! Eric Woronick nipped Wayne Jacobs at the finish tape, but they gave the win to Wayne because... well, we're not sure, but it was real close. Striders Greg Quint and Derek Froude ran sub 30 minutes for the 5.5 miles and finished 8th and 9th in a field of over 1000. Mike Fusaro and Glen also looked to be in shape. Your teammates would sure like to see all of you at the x-country race.

Pop Quiz: A Striders Racing Team member, in good shape, has the following choice to make - which is the best race to run when both races are on the same day? [The correct answer could win you a year reprieve from general abuse and ridicule.]

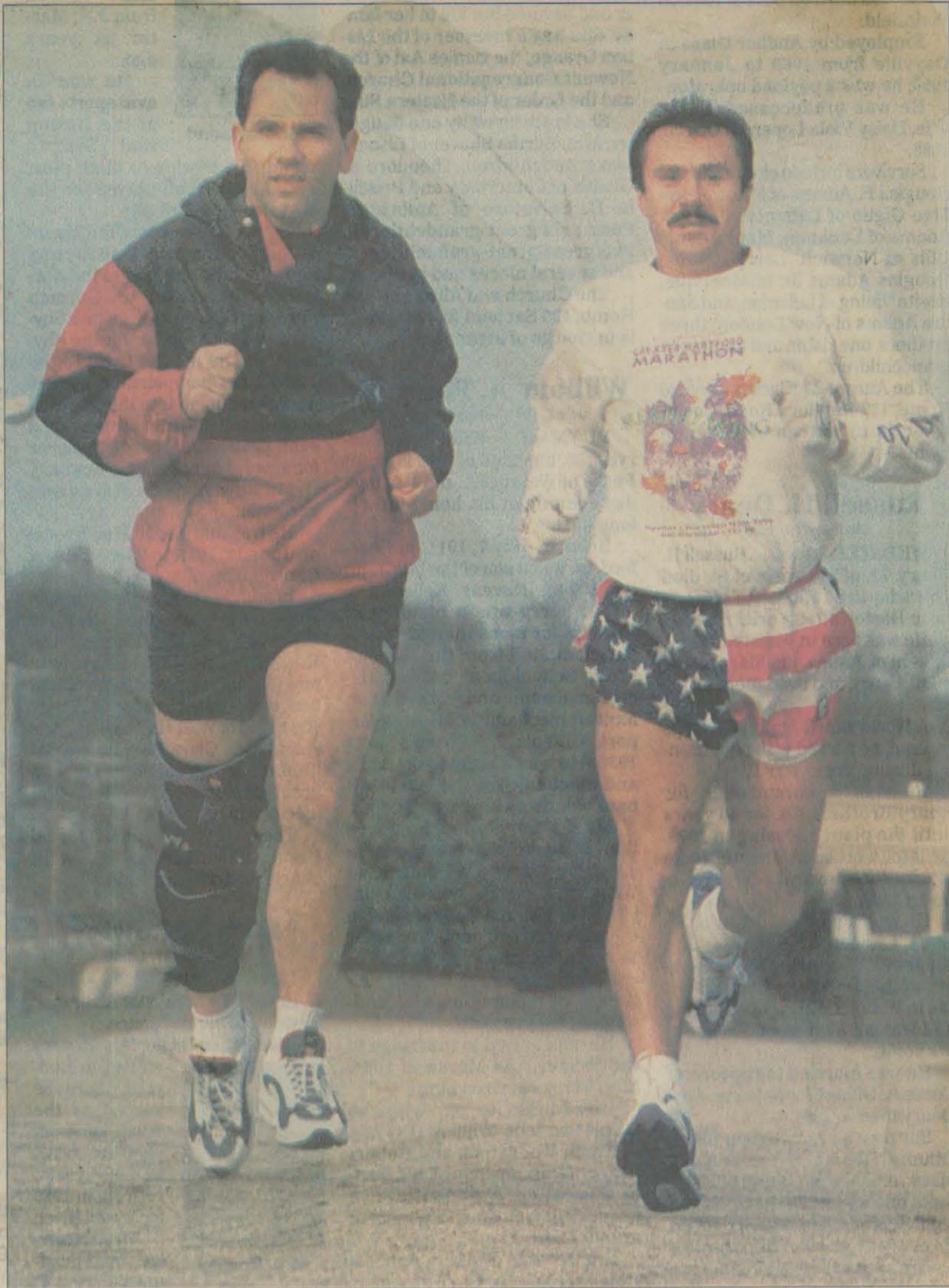
A. Run the CT USATF 4 mile championship. Your team is in close competition with rival Hartford, the race will impact greatly on the 1996 Grand Prix standings, especially if we beat Hartford. The probable 5th man for your Striders is at least a minute slower than you for 4 miles. (As a bonus, the race will be run under brilliant blue skies and 60° temp.) Your mere presence will boost team moral, demonstrate your loyalty and commitment to the team, and relieve pressure from your teammates by making a weak 5th man into a 6th man. Plus, you will win money!

B. Run a huge 5k in another state with thousands of other runners, without any chance of winning anything, and without anyone other than your wife even knowing you are there. Plus, there will be a driving rain storm, 30mph winds and sub-50° temps.

PS: Way's EBAC Fall Challenge race is the day before Mansfield. If you're in shape to race, the choice is clear - volunteer to help Way, enjoy the day and show that Strider Pride and toughness on Sunday at Mansfield! Call me if you need more info. (860-434-7511). Directions to Mansfield on the app. - only \$5 post entry.



Far right, Steve DePolito, 37, of Preston, left, and Luis Martinez, 41, of New London are raising money for the American Liver Foundation by running in the Boston Marathon next April. Right, the two friends stretch before running in Norwich recently.



Running for good reason

■ Two men team up to reach difficult goals one step at a time.

By **SUSAN HAIGH**
Norwich Bulletin

NORWICH — When the throng of 20,000 runners crosses the starting line at the Boston Marathon next year, two eastern Connecticut men with a special friendship will be among them.

Steve DePolito of Norwich and Luis Martinez of New London — two men whose lives differ as night differs from day, but who found common ground in running — said it is their dream to finish the grueling 26 miles together, side by side, on April 21.

"I don't think I could do it without Steve," said Martinez, 41, a na-

tive of Puerto Rico who speaks with a heavy accent. "He taught what it takes for me to leave (drugs and alcohol) and learn about drugs and alcohol. And I have what it takes for him to train and run in marathons."

The friends met in 1994 at the unlikelyst of places — the former Boneski Treatment Center at Norwich Hospital. DePolito was the clinical coordinator at the facility for substance abusers, and Martinez was a recovering addict who abused heroin, cocaine and alcohol for nearly 23 years.

Martinez admits he was at rock bottom in 1994. His addictions were so severe, he abandoned his passion for running. Martinez, fed up with his life of alcohol and drugs, attempted suicide shortly before he finally checked himself into Boneski.

See **RUNNING, B2**

But during one of his first counseling sessions with DePolito, who dreamed of running a marathon someday, Martinez suggested if he stayed clean the pair could train together and possibly run in the Boston Marathon.

"I thought it was crazy at the time," DePolito said.

After seeing how serious Martinez was about his recovery and how important a role running would play, DePolito changed his mind. He persuaded the staff physician to allow Martinez to train, and the pair began running around the state hospital grounds together.

"People go into treatment for a lot of reasons," said DePolito. "Luis had the look he was there to save his life."

After Martinez completed the program at Boneski, the men stayed in touch, ran together on weekends and later completed the East Lyme Marathon.

DePolito admits it was a touchy transition to go from counselor to friend with Martinez. His former patient didn't know where DePolito lived during the first year. But DePolito said he eventually realized Martinez was his friend, and someone to learn from.

"In races, I'm not in Luis' class.

I've struggled with my running," DePolito said. Last month, DePolito was diagnosed with arthritis in his knee and believes the April 21 race will be his last marathon. "But I'm going to do it ... Luis says if I can't make it, he'll put me in a carriage and push me."

Martinez quickly reminds DePolito, "They told me I was never going to run again."

Although Martinez has come close, he has yet to qualify to run in the Boston Marathon. So, when DePolito learned the pair could obtain official numbers if they raised \$3,000 for the American Liver Foundation — the Run for Research program —

they jumped at the idea.

Martinez still remembers, as a child, being shown a picture of the great race in Boston by a teacher in Puerto Rico. News of the liver foundation fund-raiser was a chance of a very difficult lifetime.

"I always run around in the sugar cane fields, by the ocean and the waters. I always run," he said. "After seeing the picture) It was like a light. You turn it on. Oh yeah, someday I want to do that. It stayed with me all my life."

Those interested in making donations to the liver foundation on the runners' behalf can call 887-3853.

1997

New Year's swim clears the cobwebs

By ADAM BOWLES
Norwich Bulletin

GROTON — Shouts of Happy New Year drowned out complaints of the cold weather as about 250 people ran five miles and plunged into the frigid waters off Groton Long Point beach Wednesday.

Outdoor temperatures dipped into the low 20s at the time of the swim but spirits were high as about 350 people, dressed in thick winter jackets, gloves and hats, cheered participants, who donned only bathing suits.

Mystic resident John Kelley described the water as intensely cold but calm.

The 50-minute run started at his house on Pequot Avenue.

The annual event began with three runners in 1969.

"It's always been a great way to bring in the new year," said Amby Burfoot, one of the original participants and the 1968 Boston Marathon winner.

He and his two friends proposed the run and swim to protest the idea of watching football on TV all day.

The plunge is symbolic as a cleansing ritual, said Burfoot, also the executive editor of Runner's World magazine.

"Nobody is crazier than me," boasted

Ben Williams, 17, of Noank after the swim. Some of the onlookers agreed.

While most of the swimmers quickly changed into their winter clothing, Williams was still drip drying and blowing a red New Year's trumpet.

Williams joked he couldn't think straight because his head was still numb from the cold.

But several other people could have easily claimed the unofficial "most crazy" award.

Eddie Reynolds, 45, of Norwich lounged around in his gray bathrobe after a quick swim in the water.

"It just takes your breath away," he said of the first few seconds in the water. He recommended people should join the event next year.

There is no entry fee or entry forms. Janice Logan's hands turned painfully red after the dip.

Logan, 43, of North Stonington, said she was fine going into the water but desperately wanted to warm up after she was on shore.

This was her first winter swim although she loves swimming at the beach during the summer.

And, she added, she definitely prefers a warm summer swim.



Adam Gavalla/Norwich Bulletin

Dean Festa, left and Stephen Hancock embrace in the waters off Groton Long Point during the annual New Year's Day Plunge.

RUNNING 3/16/97

St. Patrick's Day Classic

At Fairfield

Overall winner: Bob Hensley (New Milford) 26:37.

Mohegan striders men's masters

3. Jim Uhrig (Meriden) 27:07, 17. Tim Smith (Norwich) 28:48, 29. Joe Lemieux (Norwich) 33:10, 96. John Sacrey (Preston) 34:09.

Masters team results

4. Mohegan Striders 1:29:05.

Canterbury 10K

At Canterbury
Saturday's results

Top 25

1. John Anthony 34:34, 2. Chad Johnson 35:46, 3. Glenn Costello 36:34, 4. Tim Silt 36:42, 5. Walter Smolenski 37:08, 6. Ed Grace 37:18, 7. Scott Deslongchamps 37:21, 8. Jennifer Stearns 37:29, 9. Brett Weymouth 37:43, 10. John Donahue 37:48.
11. Lewis Barry 37:51, 12. Steve Hamill 38:05, 13. Nic Savoie 38:16, 14. Wayne Jolley 38:21, 15. Chris Andrew 38:27, 16. Jamie Wallace 38:31, 17. Brian Lundie 39:05, 18. Mathew Beaucheman 39:16, 19. Steven Gagnon 39:23, 20. Jim Gotthreu 39:27.
21. Dexter Goyette 39:32, 22. Laurie Lillenthal 39:50, 23. Keith LaPorte 39:51, 24. Bob Simmons 40:02, 25. Paul Andruskiewicz 40:07.

WOMEN

1. Stearns 37:29, 2. Lillenthal 39:50, 3. Lori Vernier 40:24, 4. Kaley Kokomoor 43:58, 5. Barbara Edwards 44:06, 6. Susan Lessard 45:54, 7. Lynne Hill 45:57, 8. Carolyn Clark 46:29, 9. Joan McGuire 46:34, 10. Whitney Day-Gollins 47:34.

Division winners

MEN

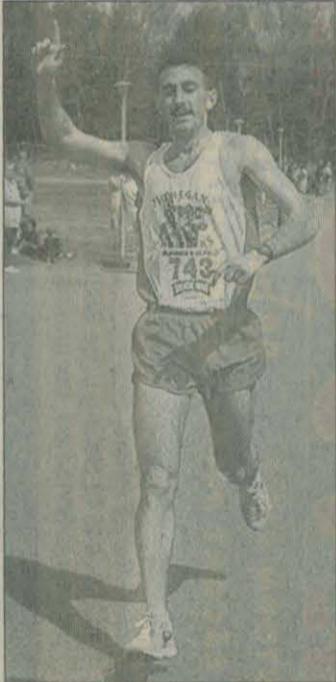
Youth: John Ridyard 51:52, Junior: Savoie 38:16, Open: Anthony 34:34, Submaster: Costello 36:34, Master: Smith 36:42, Grandmaster: Goyette 39:32, Veteran: Dick Hines 44:49.

WOMEN

Junior: Kim Bellevance 47:58, Open: Stearns 37:29, Submaster: Lillenthal 39:50, Master: McGuire 46:34, Grandmaster: Barbara Maloney 49:49.

The winner

4-5-97



John Shishmanian/Norwich Bulletin
John Anthony crosses the finish line after winning the Canterbury Road Race on Saturday. Anthony covered the 10K course in 34:34. Results, C2.

STRIDER MEETING

MONDAY APRIL 28, 6:45 PM - SHARP!
OTIS LIBRARY, NORWICH

UPCOMING EVENTS

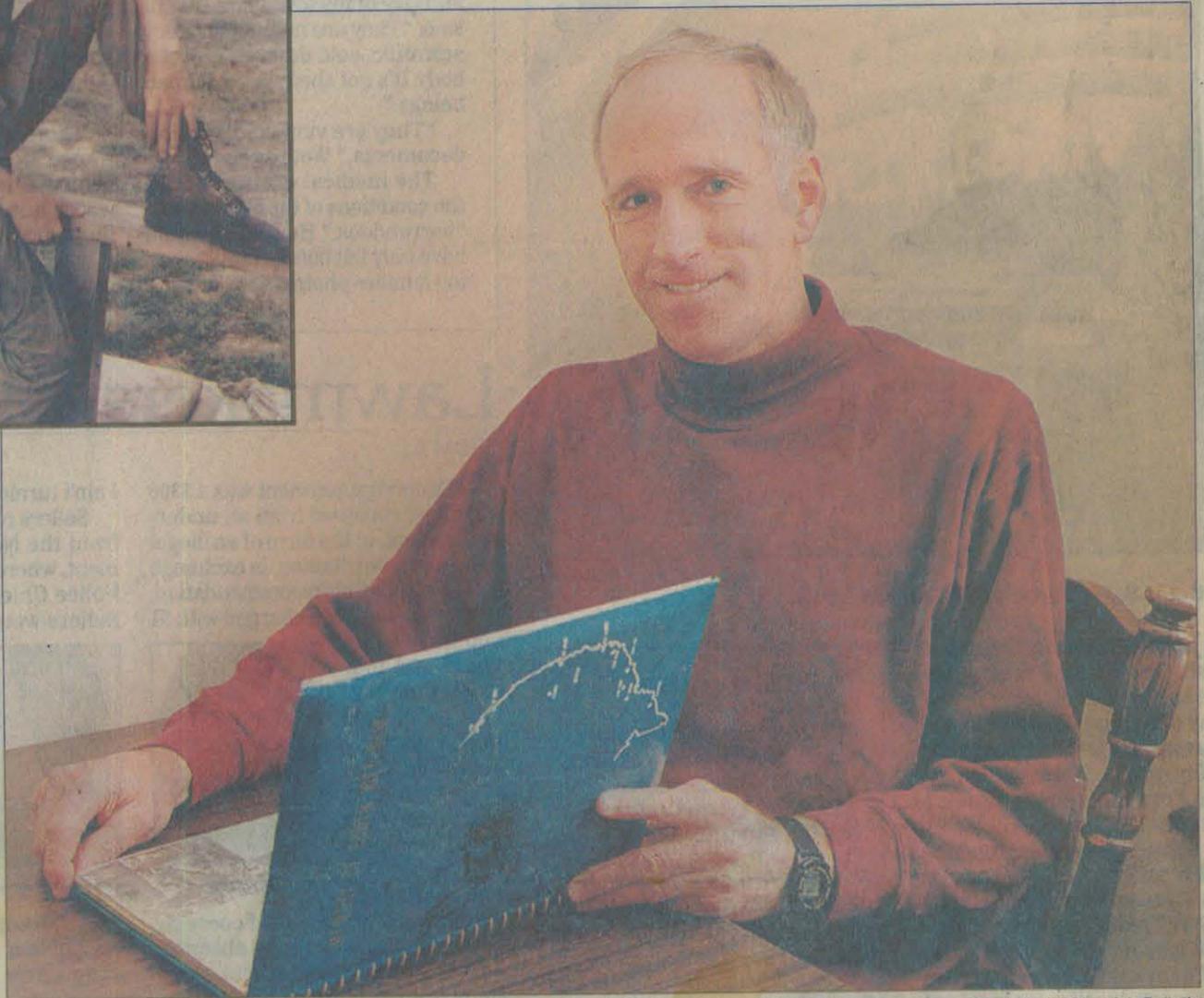
- NEWSLETTER DEADLINE IS MAY 1
- L & M IS MAY 3 - FIRST STRIDER GRAND PRIX RACE
- AMERICAN CANCER SOCIETY RELAY FOR LIFE IS JUNE 6-7 (Bob Buckingham (444-0430) or Lynn Wisniewski (848-8812))
- STRIDER NIGHT AT DODD STADIUM IS JULY 30
(Tix available at the meeting or thru Tim Kane (823-1422))
- STRIDER SUMMER PICNIC IS AUGUST 16
(Bob Buckingham (444-0430) or Lynne Hansen (401-539-4672))

TODAY'S FOCUS: VETERANS

New mission in Vietnam



John Bochain of Colchester, a Vietnam veteran, recently returned to the country to help build a school. Bochain is shown in Vietnam as a young Air Force serviceman in a contributed photo, above.



Carol Phelps/Norwich Bulletin

Humanitarian trip helps Colchester veteran heal

By NATALIE KEITH
Norwich Bulletin

COLCHESTER — John Bochain couldn't wait to get out of Vietnam when he left more than 25 years ago. In November, he found a reason to return.

Through a program called Global Volunteers in St. Paul, Minn., Bochain returned to Vietnam on a humanitarian mission and, in the process of helping the Vietnamese, began to help himself.

"I went because I wanted to give something back to the people," said Bochain, who was the only Vietnam War veteran in his group of 16.

Bochain was haunted by the

images he saw from an airplane when he left Vietnam on April 29, 1970.

"I felt ashamed of what we did. It was a beautiful country and we defoliated it, we burned it," said Bochain, who served in the Air Force 435th Munitions Maintenance Squad.

As a serviceman, Bochain spent a year in the "bomb dump" — a nickname for the operation that supplied napalm and other munitions during the war. Thousands of American soldiers died that year and Bochain saw death, destruction and other horrors he won't discuss. He left his innocence behind.

"I was robbed of my youth. I was 19 when I went and I came



Contributed

Bochain, pictured with Vietnamese volunteers, says he returned to the country to give something back to its people.

back a 40-year-old man," said Bochain.

When he returned to Vietnam in November, Bochain, a home improvement contractor, spent

three weeks helping to build an addition on a kindergarten build-

See VIETNAM, A2

■ Many vets returning, A2.

Tan Hiep, south of Ho Chi City. He taught English to local school students during the 1970s. He saw a new Vietnam, one that was going through the process of healing. He returned home a new person, wanting to heal himself.

Founded in 1984 by Bud Bok, Global Volunteers sends groups of five to 15 people for one- to three-week humanitarian projects. Volunteers generally teach English or help with infrastructure projects such as painting and basic construction. The private, nonprofit began sending people to Vietnam in late 1994.

Many middle-aged Americans find a way to repay the Vietnamese people for the destruction of the war and personally reconcile their own actions at that time," said Bok.

Program costs are tax deductible and range from \$350 to \$500. Airfare is not included. Project costs cover ground transportation, on-site food and lodging, administrative fees and project reports. No prior experience is required.

Three-week trips are also scheduled throughout the year to Indonesia, Poland, Russia and the Czech Republic. Two-week trips are scheduled to Guatemala, Ecuador, Costa Rica, Spain, Turkey and Greece. One-week programs are offered in the Southern United States.

At the beginning of the trip, Bok said he would lie awake in the early morning hours unable to fall back to sleep. "It was strange to be back there, to hear bombs go off," he said. Fortunately for Bochain, his war experience had one positive aspect: Vietnamese people. Vietnamese people were among those who were in the "bomb dump" and he remembered them to be good people, whose family loyalty and respect for the elderly he admired.

Over the weeks he worked side by



Contributed

John Bochain worked with explosives in the U.S. Air Force in Vietnam in 1969.

side with Vietnamese contractors at the kindergarten, he was reminded of those good memories.

"They were good people. They used to warn us when we were going to be bombed," he said.

A member of Norwich's Mohegan Striders running club who runs 7 to 9 miles a day, Bochain said some of his fondest memories of the trip were his runs through the streets of Vietnam.

He was apprehensive about how an American would be treated, but the many warm smiles and "hellos" he received allayed his fears. Some

would jog alongside practicing their English. Greeting the Vietnamese people as he ran each morning was his way of visiting with them.

"Having said 'good morning Vietnam' my own way, one person at a time as I run through the streets of Saigon, My Tho and Vinh Long, I'm going home to say 'good morning America' knowing that for me, the war in Vietnam and in myself is finally over," reads an excerpt from a diary Bochain kept during the trip.

Bochain said he would recommend the trip to other Vietnam veterans trying to put the war behind

To learn more

For a schedule and more information on each program, call Global Volunteers at (800) 487-1074 or write to 375 E. Little Canada Road, St. Paul, Minn. 55117.

him, but warns that returning might be too painful for those not ready to make the trip.

"I enjoyed this trip because I didn't see ghosts," he said. "I've felt really relieved ever since I got back."

Diary shows a former fighter making peace with himself

A group of Global Volunteers went to Vietnam in November. Each day of the trip, a member of the group wrote a diary. The following is an excerpt from John Bochain's entry:

Returning Vietnam veteran, coming to Vietnam as a Global Volunteer has a special meaning for me. I've often thought about coming back, remembering a beautiful country it was, how the people were and wondering how the country would be like without the shadow of war casting a shadow over it. Coming back not as a tourist but as someone offering to help out seemed the best way to experience the new Vietnam.

The first thing I remember about Vietnam (April 29, 1970) was looking out the window of my "freedom bird" (as we called the plane taking us home) and seeing the illumination flares, hanging from

their parachutes lighting up Cam Ranh Bay as if it were daylight. Off in the distance I could see the tracers from a firefight, or just some jittery perimeter guard shooting an M-60 at shadows.

My last view of Vietnam was one of a country being torn apart by war, an image that will forever remain in my mind as if it were yesterday.

I was glad I was in that seat in a plane taking me home — extremely glad. At the time I never realized how much of my life I left in that country. I left my youth there, and I lost a faith in my country and its government I've never fully regained. I came home and saw what Vietnam did to my friends who came back wounded and scarred inside and out. It was a hard time to be a young American draft-age male then, to be sure.

When I first arrived here two and one-half weeks ago, I was extremely apprehensive. I thought there would be a stigma attached to being a returning Viet-

nam veteran. I thought that to some — especially the North Vietnamese and ex-Viet Cong whom we fought — we were war criminals. I couldn't have been more wrong. From the first moment I arrived in this country I felt welcome — almost a special welcome. I met a family of "Viet Kieu" (returning Vietnamese) and they helped me through customs and immigration at the airport. They even gave me a ride to my hotel in Saigon, which is not the easiest place to get around at midnight.

As a marathon runner and member of the Mohegan Striders running club back home, I am compelled to run about 7 to 9 miles every day — no matter where I am. Vietnam was no exception.

What happened on that first run amazed me and set the pace for the rest of my visit in Vietnam. Everywhere I went, the moment I made eye contact, all I got were warm greetings of "hello, hello, hello," nothing but big smiles and hellos.

This was something I'd never expected from a country we were once at war with. In all of my running back home I've never seen so many smiles and happy faces all taking a moment to say "hello."

In April 1970 I left Vietnam with a heavy heart and an empty feeling that only other Vietnam veterans knew. This time I'm leaving happy and content with the fact that I did come back here and did something, however small, to help a developing country rebuild. To show the Vietnamese that there are Americans who care about them, that there are veterans of the war who care. I hope I've given a little something back to a country I helped to destroy a long time ago.

Having said "good morning Vietnam" my own way, one person at a time, as I run through the streets of Saigon, My Tho, and Vinh Long, I'm going back to say "good morning America" knowing that for me, the war in Vietnam and in myself, is finally over.

Anthony Sabilia, 81 DIED 2/10/97

Active in youth and fraternal groups, and road races

By JOHN FOLEY
Day Staff Writer

New London — Anthony Sabilia, 81, of 31 Dell Ave., who was active in youth programs, fraternal and civic organizations and road races for many years, died Monday at Beechwood Manor, where he had been since Friday.

Mr. Sabilia was a familiar figure for decades at major road races, serving on committees that often supervised up to 50 a year. He was popular with runners and known for his helpful manner.

He was co-director for 30 years of the annual John E. Kelley Road Race, and he also was involved with the annual "Strides for the Handicapped" at Harkness State Park, Waterford.

Mr. Sabilia became interested in the Kelley event, one of the premier races in southeastern Connecticut, when he organized groups of Boy Scouts to provide water to runners at points along the 11.6-mile route through New London and Waterford.

John C. Dempsey of New London, who was co-director with Mr. Sabilia of the Kelley race, said Monday that Mr. Sabilia "took great pride in helping to make the Kelley race one of the most popular and best-run in Connecticut."

Mr. Sabilia was "enthusiastic and dedicated," Dempsey said, adding, "He was a sincere, civic-minded person who set an example for others for the way he gave every project his very best effort."

Mr. Sabilia was a founder of the Southern New England Road Race Officials Association, of which he was secretary-treasurer.

He was involved for a long period in the Boy Scouts of America. He was a recipient of the St. George Award in Scouting, served as Diocesan chairman for Catholic Boy Scouts, and was a former leader of Troop 11, Cub and Boy Scouts, of St. Joseph's School.

Mr. Sabilia was a trip coordinator for the American Association of Retired Persons, New London; a member of the advisory board for Retired Senior Volunteer Program, and former service officer for the American Legion. He was a recipient of the Italian-American Civic Club Award.

He retired in 1974 as manager of New London Fruit and Produce Co.

He then worked until 1981 for United Electric in New London and New Haven.

Mr. Sabilia was born Oct. 22, 1915, in Waterford, the son of Salvatore and Maria Miceli Sabilia, Italian immigrants. He attended Waterford schools and the former Bulkeley School, New London.

He was in the Army during World War II, serving with the 66th Infantry Division, the famed "Black Panther Division," in Germany, Austria and France.

Mr. Sabilia's affiliations included St. Joseph's Men's Club, of which he was past president; Seaside Council, Knights of Columbus; the Rev. George Deshon Assembly, Fourth Degree, Knights of Columbus; Tusana-Columbus

Lodge of the Sons of Italy; Waterford Historical Society, and Murphy-Rathbun Post, Veterans of Foreign Wars.

He married Rose Siragusa on April 6, 1940, in St. Joseph's Church.

In addition to his wife, Mr. Sabilia is survived by a son, Anthony Sabilia of New London; a daughter, Teri Gavigan of Westbrook; three brothers, Andrew Sabilia of Roseland Heights, Long Island, N.Y., Palmer Sabilia of Groton, and Russell Sabilia of Plainfield; four grandchildren and a great-grandson.

He was predeceased by a brother, Salvatore Sabilia Jr., and a sister, Carmella Faraci.

The funeral procession will assemble at 9:15 a.m. Thursday at Thomas L. Neilan & Sons Funeral Home, 12 Ocean Ave., and proceed to a Mass of Christian Burial at St. Joseph's Church. Burial with military honors will follow in St. Mary's Cemetery.

Calling hours are 2-4 and 7-9 p.m. Wednesday. Gifts in memory of Mr. Sabilia can be made to the St. Joseph Endowment Fund, 17 Squire St., New London, or to the New London Adult Education Scholarship Fund.



Anthony Sabilia



Photo by P. Gill

Rising to New Heights

Philip Salva, a first grader at St. Joseph School, Baltic, is on his way up in the world as he nearly reaches the auditorium ceiling during a rope climb. Glen Costello, physical education instructor, holds the rope steady.

Owen likes the finish this time

By BILL TAVARES
Norwich Bulletin
MAY 3, 1997

LAWRENCE & MEMORIAL SPRING STRIDE

NEW LONDON — Gerallt Owen was already unhappy with the result of one race last week, so he made sure he wouldn't be disappointed with the outcome of a second.

Using a superior kick to beat defending champion Ed Zubritsky to the finish, Owen cruised to victory in the 3.5-mile Lawrence & Memorial Spring Stride on a chilly, overcast Saturday morning.

Owen won in a time of 18:15. Montville's Zubritsky was second in 18:22 with Don Sikorski third in 18:26.

"Nobody knows who I am, so that was good," said Owen, a 26-year-old New York City resident who entered the race on a whim after spotting an application form while visiting his girlfriend in Meriden. "I could just

relax and let everybody else do the work."

A transplanted London native, Owen was an All-American miler at the University of South Florida, where he once ran a 3:58.

He now works at the United Nations for the British government, which saw a change in leadership last week when the Labor Party ousted the conservatives of Prime Minister John Major in the general election. "I vote conservative myself," Owen said.

He ran the same way, biding his time over the first two miles of the course, running behind a small group of runners that included Zubritsky. When the group began to labor as it approached a hill in the final mile, Owen made his move.

"With about a mile to go, I felt them tiring and I pushed the pace," said Owen, who got to New London early and studied a map of the course.

Zubritsky tried to stay close, but couldn't answer.

"That last mile, he kind of went by me and I couldn't recover," Zubritsky said. "About the last mile, he pretty much got a little gap on me. . . . I guess I'm back to being second."

Fellow defending champion Mary Janiszewski of Westerly had better luck in the women's division, overcoming a couple of early challengers on the way to her third victory in four years. "The conditions were perfect," said Janiszewski, whose time of 20:57 was higher than

she had hoped. "To be honest, I wanted to do 20:30. . . . I'm a tad disappointed, but I felt horrible after 2½ miles and I'm happy I was able to maintain and not slow down."

The girls cross country coach at Westerly High, Janiszewski is gearing her training for the prestigious Freihofer's 5K race in Albany, N.Y., on May 31.

"It's really exciting," she said of the race. "I get to race with members of my old Syracuse Chargers running club, where I'm from originally."

Ledyard's Mike Fritz was the top male master, finishing fourth overall in 18:28, a personal best for this race. Having recently turned 40, Fritz is enjoying his new status as one of the younger runners in his age group. "It's nice to be able to get over that hump," he said of turning 40.



Off to a running start

MARCH 29, 1997



Photos by John Shishmanian/Norwich Bulletin

Mid-May Classic 5/18/97

Conn. USATF Masters Championship
At Fairfield
4 miles

Overall winner: 1. Tom Harding (Westport), 19:10; Top female: 26. Jeanne Peterson (Massapequa, N.Y.), 22:08.

Mohegan Striders results Masters

10. Jim Uhrig (Meriden), 20:45; 24. Tim Smith (Norwich), 22:03; 66. Jim Carper (Ledyard), 24:28; 101. Joe Lemieux (Norwich), 26:06; John Sacrey (Preston), 26:40.

Masters team results

1. Hartford Track Club, 1:03:55; 2. Housatonic Road Runners, 1:06:33; 3. Mohegan Striders, 1:07:16; 4. LIBRA Athletic Association 1:10:00.

St. Joseph's Road Race

At Baltic
Three miles
MEN

1. Eric Woronick, 15 minutes, 14 seconds; 2. Ed Zubritsky, 15:21; 3. Charlie Angur, 16:00; 4. Brian Mullins, 16:18; 5. Scott Deslongchamps, 16:47; 6. Mike Fusaro, 16:49; 7. Steve Tino, 16:52; 8. Jonathan Cannon, 17:21; 9. Jack Donahue, 17:30; 10. Jay Staskivitch, 18:06; 11. Paul Andruskiewicz, 18:14; 12. Mike Bendziski, 18:31; 13. Dave Jacobs, 18:32; 14. Rick Touree Jr., 18:44; 15. Paul Kenny, 18:47; 16. Nelson French, 18:51; 17. Ed Deming, 19:00; 18. Jeff Moberg, 19:06; 19. Todd Guerin, 19:06; 20. Joe Lemieux, 19:08; 21. Kris Kokomoor, 19:09; 22. Jerry LeVasseur, 19:20; 23. Jerry Augustine, 19:27; 24. Fred Tanner, 19:47; 25. Dennis Zajchowski, 19:48.

WOMEN

1. Candice Johnson, 19:41; 2. Lynne Hill, 20:05; 3. Katey Kokomoor, 20:45; 4. Marika Sickinger, 21:13; 5. Liz Telft, 21:14; 6. Jeannette Tourjee, 21:16; 7. Kim Bellavance, 21:42; 8. Caitlin Poston, 21:58; 9. Theresa Guerin, 22:18; 10. Janice Boyes, 22:33; 11. Kathie Arbuckle, 23:25; 12. Michaelaen Haeseler, 23:47; 13. Alison Blanchard, 24:54; 14. Kathleen Perkins, 25:03; 15. Mariann LaPointe, 25:45.



The annual St. Joseph's Road Race kicked off the area's running calendar with a 3-mile run to benefit the Baltic school Saturday. Eric Woronick of New Britain, above at the finish line and at top at the start of the race on the far left, won the event in 15 minutes and 14 seconds.

We're Growing For You!



Tolbert pulls away

By ROGER LEDUC
Norwich Bulletin

WOODSTOCK — Monday's Woodstock Memorial Day road race turned out to be a two-man duel between 1996 college graduates, one of whom was 11 seconds faster — and 15 years older — than the other.

John Tolbert, 37, pulled away from 22-year-old John Anthony after the fourth mile, then hung on during the mile-long climb up Child Hill Road that closes the course to win the 10K event in 33:29. Anthony (33:40) was second in the field of 186 finishers.

It was the first Woodstock race for both runners, who got ahead of the pack early and finished almost 2½ minutes ahead of their closest competition.

"I was pacing off (Anthony)," Tolbert said. "He had a Mohegan Striders shirt, so I figured he's from around here, but he told me it was his first (Woodstock race) also. Then I found out he was 15 years younger than me, so I thought I was in trouble. But when I put on a move at four (miles), he kind of let me go."

Originally from Pittsburgh, Tol-

bert is a first-year history teacher and track coach at Marianapolis Prep in Thompson. He decided in 1992 to switch careers from restaurant management to teaching and enrolled at Southern Connecticut State, where he competed in cross country as a 32-year-old freshman. He received his degree last spring.

Anthony, a Canterbury native who ran for NFA and the University of Hartford, just went to work at Sonalysts in Waterford, where co-worker and fellow Strider Bob Stack (who won the masters division) warned him about the Woodstock course.

"He said you could have the best five-mile time of your life and the worst 10K time in the same race," Anthony said. "This hill definitely ranks in the top three I've seen, and it's right at the end, so it's two strikes against you."

Both Tolbert and Anthony are preparing for a fall marathon (possibly East Lyme or Hartford), and Anthony said they might hook up and train together. Tolbert was the second Connecticut runner at the Boston Marathon last month.

L&M Spring Stride

At New London
3.5 miles
OVERALL

Top 25

1. Gerald Owen 18:15; 2. Ed Zubritsky 18:22; 3. Don Sikorski 18:26; 4. Mike Fritz 18:28; 5. Charlie Wustman 18:40; 6. Derek Shoare 18:44; 7. Al Swenson 19:04; 8. Mike Graziosi 19:06; 9. Bob Stack 19:10; 10. Richard England 19:10; 11. Joe Edwards 19:16; 12. Kenneth Drurey 19:29; 13. Anthony Fossa 19:30; 14. Bob Clark 19:31; 15. Bill Harriman 19:32; 16. Law Wint 19:33; 17. Tim Smith 19:36; 18. Michael Fusaro 19:36; 19. Walt Smolenski 19:38; 20. Glenn Costello 19:40; 21. Jim Gilbert 19:46; 22. Peter Silva 19:51; 23. Fran Dumont 19:54; 24. Jim Hanrahan 20:01; 25. Scott Deslongchamp 20:07.

DIVISIONS

Men

Open: Owen 18:15; Edwards 19:16; Deslongchamp 20:07; Submaster: Zubritsky 18:22; Sikorski 18:26; Wustman 18:40; Master: Fritz 18:28; Stack 19:10; England 19:10; Grandmaster: Mark Guadilano 20:55; Peter Goyette 21:09; Hank Gilman 21:58; Veteran: Geoff Etherington 23:27; Bill Gagnon 25:10; Skip Burton 25:29.

Women

Open: Carolyn Lewis 21:27; Emily Fiese 24:24; Susan Lessard 24:27; Submaster: Mary Janiszewski 21:07; Laurie Lillenthal 21:48; Susan Julian 22:44; Master: Gale Belavender 26:11; Ellen Bellicchi 26:25; Kathy Smolenski 26:46; Grandmaster: Geraldine Palonen 27:00; Michaelaen Haeseler 28:36; Kathie Cietanno 30:34; Veteran: Anne Bingham Wright 36:52.

Memorial Day 10K

At Woodstock
6.2 miles
MEN

Top 25 overall

1. John Tolbert (Thompson) 33:29; 2. John Anthony (Norwich) 33:40; 3. Marty Mansfield (Milford) 36:06; 4. Wayne Bugden (Ashford) 36:28; 5. Michael Collins (Salem) 36:38; 6. Bob Stack (Gales Ferry) 37:23; 7. Sean Whelan (Webster, Mass.) 37:35; 8. John Hopkins (Mansfield) 37:46; 9. Scott Deslongchamps (Danielson) 37:56; 10. Brad Seaward (Pomfret) 38:02; 11. David Converse (Woodstock) 38:11; 12. Martin Fey (Putnam) 38:25; 13. John Donahue (Providence) 38:37; 14. Daniel Sacco (Woodstock) 38:46; 15. Toby Kulas (Terryville) 38:50; 16. Jason Braaten (Woodstock) 38:58; 17. Wayne Jolley (Brooklyn) 39:06; 18. Nick Popiak (Thompson) 39:23; 19. David Magario (Lisbon) 39:26; 20. Jay Staskivitch (Plainfield) 40:20; 21. Quinn Martin (Woodstock) 40:33; 22. Dexter Goyette (Danielson) 40:41; 23. Larry Mooney (Windham) 40:44; 24. William Gajewski (Southbridge, Mass.) 40:47; 25. Richard Tourjee (Ledyard) 40:51.

Division winners

Age 12 and under: 1. Ian Briggeman (Manchester) 45:42; 2. Seth Fuller (Woodstock) 50:31; 3. John Ridyard (Storrs) 52:53. 13-19: 1. Whelan 37:25; 2. Braaten 38:58; 3. Staskivitch 40:20; 20-29: 1. Anthony 33:40; 2. Deslongchamps 37:36; 3. Sacco 38:46. 30-39: 1. Tolbert 33:29; 2. Mansfield 36:06; 3. Bugden 36:28. 40-49: 1. Stack 37:23; 2. Seaward 38:02; 3. Fey 38:25. 50-59: 1. Goyette 40:41; 2. Ernie Dumas (Danielson) 42:06; 3. Ted Phillips (Niantic) 42:28. 60 and up: 1. Donald McGregor (Clinton) 51:59; 2. Eldon Winston (Mantaburg, W.Va.) 52:05; 3. Charles Dyson (Storrs) 56:44.

Woodstock residents: 1. Converse 38:11; 2. Sacco 38:46; 3. Braaten 38:58.

WOMEN

Top 10 overall

1. Marlies Thomen (Brooklyn) 42:16; 2. Jill Keenan (Manchester) 45:41; 3. Renee Brouillard (Pomfret) 45:50; 4. Jeannette Tourjee (Fairwood, N.J.) 46:22; 5. Kimberly Bellerive (Charlton, Mass.) 47:53; 6. Bonnie Armstrong (Farmington) 48:42; 7. Kathy Zartur (Storrs) 48:44; 8. Marjorie Porter (Danielson) 48:48; 9. Geraldine Palonen (Canterbury) 50:17; 10. Ellie Lowell (Willington) 50:25.

Division winners

Age 13-19: 1. Tourjee 46:22; 2. Colleen Taylor (Vernon) 52:17; 3. Patricia LaTour (Pomfret) 60:53. 20-29: 1. Thomen 42:16; 2. Keenan 45:41; 3. Bellerive 47:55. 30-39: 1. Brouillard 45:50; 2. Porter 45:48; 3. Cathy LaPorte (Ashford) 50:53. 40-49: 1. Zartur 48:44; 2. Maggie Blackmore (Plainville) 53:22; 3. Susan Graseck (Pomfret) 54:15. 50 and up: 1. Palonen 50:17; 2. Lowell 50:25; 3. Shirley Polenski (Charlton, Mass.) 60:47. Woodstock residents: 1. Heidi Randolph 62:54; 2. Tamson Phillipi 68:48.

TEAM RESULTS

1. Mohegan Striders; 2. Willimantic Athletic Club.

Springtime Festival Road Race

5/18/97



John Shishmanian/Norwich Bulletin

Cromwell's Steve Swift puts some space between himself and his pursuers on the way to victory in the Springtime Festival road race in Danielson Saturday. Swift won in a time of 15:04.

Swifts make it a 1-2 finish

Bulletin Staff Reports

DANIELSON — Cromwell's Stephen Swift outran his brother David to win Saturday's Springtime Festival 5K road race.

Stephen Swift, who at 26 is a year older than his brother, finished in a time of 15:04. David Swift (15:32) held off Mystic's Wayne Jacob (15:46) for third.

Dennis Berard of Blackstone, Mass., was fourth in 16:05. Norwich's Don Sikorski (16:07) edged Geary Daniels for fifth.

Kim Goff of Greenville, R.I., won the women's division in 18:20, one second better than Carla Thompson of Pawcatuck. Kris Anne Kane of Preston (19:45) was third, and 12-year-old Meghan Owen of Danielson took fourth in 20:01.

8/10/97
Shelton Sunset 10K

At Shelton Division winners

With place, hometown and time:

Men: 1. Antonio Alves (Danbury) 33:23; **Women:** 36. Megan Holden (Washington D.C.) 39:01; **Male masters:** 3. Jim Uhrig (Meriden) 34:02; **Female masters:** 60. Susan Baker (Ridgefield) 40:44.

Mohegan Striders results

3. Uhrig; 21. Walt Smolenski (Colchester) 36:42; 22. Tim Smith (Norwich) 36:49; 30. John Bochain (Colchester) 38:36; 85. Joe Lemieux (Norwich) 42:35; 112. John Sacrey (Putnam) 44:22.

Masters team results

1. Hartford Track Club 1:46:01; 2. Mohegan Striders 1:47:33; 3. Housatonic Road Runners 1:50:17; 4. Wolfpit Track Club

Anthony rules in Reliance House race

By MARK RUSSELL
Norwich Bulletin

NORWICH — During his training runs with the Mohegan Striders, John Anthony said he learned the key to winning the Reliance House 5K.

"The general rule is the first one up the hill wins," Anthony said. "This year, I made sure I was the first one at the top."

Heeding that advice, Anthony took a commanding lead on the hill leading to Mohegan Park in the first mile of the Reliance House race Friday, and did win — by 18 seconds in a time of 16:03.

Anthony, who last year fell behind eventual winner Wayne Jacob going up the hill, was in command for the majority of the race.

"The conditions were ter-

rific," said Anthony, a 22-year-old Norwich native who just graduated from the University of Hartford. "I'm thinking about running a marathon in the fall, so I'm using these kind of races as good training runs."

The women's winner, Tutita Casa from Storrs, also used the race as extended training. The former miler and cross country runner from the University of Florida crossed the finish line in 23rd place overall in 18:57, more than a minute faster than the next female competitor.

"It was a nice run," said Casa, who continues to train for mile races. "I was staying with a group of guys for most of the race. I just wanted to have a solid effort."

■ Race results, D2.



Jeff Evans/Norwich Bulletin

John Anthony crosses the finish line first during Friday's Reliance House road race.

Physical Fitness? "Go Striders"



I met her two years ago. She knocked on my door, smiling, and asked to play with my dog. I was struck by her open honest manner and her wonderful smile. I said "yes, of course, then stay for coffee." I am now part of her family of friends and she sets aside an hour a day to listen to my troubles and give me sage advice, taking time out from her busy schedule. She holds down three jobs and has a whirlwind social life. Her name is Mary Keogh.

Raised by nuns from birth, entered into an orphanage at age 5, placed in a state mental institution at age 12, she did not enter the outside world until the age of 36. She had an IQ of 72 and paid for it dearly with her freedom. Mary has seen every human condition and performed the lowest tasks without losing dignity or humor, or judging mankind.

Mary taught herself to read and write, and may have a best-selling autobiography one day. She is my inspiration, and my friend.

Reliance House 5K

At Norwich
Top 25

1. John Anthony 16:03; 2. Andrew White 16:24; 3. Michael Fritz 16:25; 4. Derek Shoare 16:28; 5. Charlie Augur 16:38; 6. Sean Delaney 16:50; 7. Tim Smith 16:55; 8. Donald Tyszwicz 17:19; 9. Michael Fusaro 17:23; 10. Bobby Clark 17:35; 11. Glenn Costello 17:42; 12. Scott Deslongchamps 17:51; 13. Brett Weymouth 17:56; 14. Jim Carper 18:10; 15. Jon Bozmain 18:25; 16. Dan Loudie 18:28; 17. Andrew Burnett 18:35; 18. James Wilcox 18:37; 19. James Thompson 18:43; 20. Sean Mooney 18:46; 21. Michael Nesler 18:51; 22. Wayne Jolley 18:54; 23. Tutita Casa 18:57; 24. Paul Andruskiewicz 19:03; 25. Scott Anderson 19:06.

Fairfield half-marathon

At Fairfield
Division winners

Men: Godfrey Kiprotich (Kenya) 1:03:56; Women: Anne-Marie Lauck (New Jersey) 1:14:10; Men's masters: Rene Charland (Manchester) 1:16:44.

Mohegan Striders masters results

28. Jim Uhrig (Meriden) 1:18:06; 73. Tim Smith (Norwich) 1:25:28; 134. John Bochain (Colchester) 1:29:57; 147. Jim Carper (Ledyard) 1:31:18; 307. Joe Lemieux (Norwich) 1:38:58; 442. John Sacrey (Preston) 1:44:19; 510. Way Hedding (Niantic) 1:45:30.

Team results

1. Housatonic Road Runners 4:07:40; 2. Hartford Track Club 4:08:05; 3. Mohegan Striders 4:13:31; 4. Wolfpit Track Club 4:25:00; 5. Milford Athletic Association 4:26:10.

Wustman runs away in 5K

Rose Arts results

Sunday's results 10.4 miles

1. Houssine Siba 56:21; 2. Wayne Jacob 56:25; 3. Scott Mason 58:36; 4. Ed Zubrityky 59:15; 5. Joe Banas 1:00:00; 6. Bryan Zadora 1:01:24; 7. Tim Smith 1:01:42; 8. Brian Foley 1:03:40; 9. Lew Wint 1:03:46; 10. Richard England 1:03:49; 11. Bob Stack 1:04:00; 12. Dave Nickerson 1:04:09; 13. Ken Pocielo 1:04:13; 14. Mike Fusaro 1:04:28; 15. Madalena Boudreau 1:04:47; 16. Pete Silva 1:05:04; 17. Martin Fey 1:05:13; 18. John Donahue 1:05:18; 19. Jim Hanrahan 1:05:25; 20. Glenn Costello 1:05:27; 21. Bobby Clark 1:05:42; 22. Kerry Arsenault 1:05:54; 23. John Bochani 1:06:22; 24. Kevin Gallarini 1:06:33; 25. Darryl Giard 1:06:41.

26. Brett Weymouth 1:06:46; 27. Mark Guadilana 1:06:49; 28. Fran Dumont 1:06:57; 29. Paul Toth 1:07:02; 30. Brad Seaward 1:07:03; 31. Donal Tyszkiewicz 1:07:11; 32. David Hammond 1:07:24; 33. James Duncan 1:07:27; 34. Warren Hunter 1:07:33; 35. Wayne Jolley 1:07:30; 36. Ben Blake 1:07:39; 37. Laurie Bartnicki 1:07:40; 38. Gerald Radclaver 1:08:10; 41. John Brown 1:08:19; 42. David Magario 1:08:25; 43. Conrad Cote 1:08:43; 44. name-unavailable 1:09:04; 45. Karl Christiansen 1:09:07; 46. Philip Schaller 1:09:15; 47. Melissa Perkins 1:09:27; 48. John Lamattina 1:09:33; 49. Jim Carper 1:09:45; 50. Mike Smith 1:10:02.

51. Mike Dignan 1:10:08; 52. Susan Julin 1:10:10; 53. Rick Konon 1:10:39; 54. Jay Mongillo 1:10:45; 55. Jim Cherezwia 1:10:46; 56. D.J. Albertson 1:10:49; 57. Brian Lundie 1:10:50; 58. Walt Smolenski 1:10:58; 59. John Remington 1:11:27; 60. Scott Dealongchamps 1:11:28; 61. Todd Guertin 1:11:34; 62. Joseph Balabander 1:11:43; 63. Carl Schultz 1:11:45; 64. Ted Phillips 1:11:53; 65. Ernie Dumas 1:12:03; 66. Paul Yeomans 1:12:06; 67. Steve Midell 1:12:26; 68. Dave Sonstrom 1:12:45; 69. Steve Fagan 1:13:07; 70. Wayne Hansen 1:13:16; 71. Jessale Arnold 1:13:23; 72. Phillip Schena 1:13:28; 73. Tim Ahearn 1:13:35; 74. Larry James 1:13:36; 75. Mike Jones 1:13:43; 76. Bill Broadman 1:13:46; 77. Paul Czepiga 1:13:53; 78. Dick Friedrich 1:14:01; 79. Rick Szepowski 1:14:07; 80. Bob Simons 1:14:08; 81. Roger Davis 1:14:11; 82. Athan Tasoulas 1:14:12; 83. Scott Edwards 1:14:13; 84. Tony Benoit 1:14:21; 85. Dexter Goyette 1:14:42; 86. Russ Hammond 1:14:43; 87. Dave Carlson 1:14:52; 88. Joe Lemieux 1:15:03; 89. Veronica Balass-Denver 1:15:06; 90. Stephen Cook 1:15:15; 91. Rich Tourjee Jr. 1:15:17; 92. Fred Tanner 1:15:20; 93. Kevin Buckley 1:15:21; 94. Thomas Servio 1:15:22; 95. Brian Torre 1:15:27; 96. Emily Fiesse 1:15:30; 97. Hank Guilian 1:15:34; 98. Kri Kimbro 1:15:36; 99. Steve O'Shaughnessy 1:16:10; 100. T.J. Dooling 1:16:20.

101. Nicholas Savioe 1:16:38; 102. Mark Burbelo 1:16:42; 103. Brian Chidley 1:16:44; 104. Kevin Constantine 1:17:01; 105. Dan Kerwin 1:17:03; 106. John Sacory 1:17:04; 107. Peter Nyhart 1:17:06; 108. Donnie Moore 1:17:13; 109. Shane Hobart 1:17:18; 110. Fred Zuleger III 1:17:34; 111. Bob Volkman 1:17:50; 112. Chris Storer 1:18:01; 113. Wes Barrett 1:18:05; 114. Steve Skinner 1:18:06; 115. Renee Brouillard 1:18:13; 116. Erik Kujala 1:18:15; 117. Stephen Banks 1:18:16; 118. Clem McGrath 1:18:21; 119. Brendan Toth 1:18:23; 120. Piper Faulkner 1:18:33; 121. Ed Waters 1:18:47; 122. Tom McColl 1:18:48; 123. Bruce Baebae 1:18:53; 124. Kristen Flanagan 1:18:55; 125. Rick Johnson 1:19:00.

126. Colleen Faulkner 1:19:02; 127. Grace Ordo-nichas 1:19:05; 128. Amanda Nelson 1:19:12; 129. Rick Urban 1:19:14; 130. Carmelo Robles 1:19:15; 131. Kelly Robinson 1:19:17; 132. Steve Gagnon 1:19:18; 133. Dennis Zajehowski 1:19:19; 134. Frank Lathrop 1:19:31; 135. Steve Arbuckle 1:19:33; 136. Dick Laurensen 1:19:39; 137. Dave Lanzarotto 1:20:05; 138. Lynn Hill 1:20:17; 139. John McNally III 1:20:25; 140. Christop Kerr 1:20:35; 141. Charley McDonald 1:20:41; 142. Snidley Whiplash 1:20:42; 143. Carl Ficks 1:20:43; 144. Jerry Levasseur 1:20:57; 145. Mary How 1:21:04; 146. Ed Planeta 1:21:05; 147. Lewis Martinnes 1:21:11; 148. Rick Kasich 1:21:13; 149. Peter Stagon 1:21:25; 150. Ken Remondi 1:21:32.

151. Jim Blake 1:21:34; 152. Mike Olkin 1:21:36; 153. Dennis Mehr 1:21:39; 154. Chris Page 1:21:43; 155. Olga Fronton 1:21:45; 156. Mike McCoy 1:21:46; 157. Michael Dugas 1:21:52; 158. Tim McMerriman 1:21:57; 159. Mani Lakshminarayana 1:22:01; 160. Gale Balsavender 1:22:09; 161. Stephan LaFleur 1:22:13; 162. Jason Nowland 1:22:26; 163. Doug Peachey 1:22:33; 164. Matt Ostrowski 1:22:41; 165. Richard Kos 1:22:43; 166. Mark Campbell 1:22:45; 167. Ben Sueoka 1:22:53; 168. Rob Waller 1:22:56; 169. Tom Baker 1:23:01; 170. Fran Sweeney 1:23:02; 171. Tracy Fish 1:23:04; 172. Paul Oppediano 1:23:06; 173. Jim Riley 1:23:29; 174. James Besse 1:23:32; 175. Dick Hines 1:23:43.

176. Stephen Hancock 1:24:16; 177. Thomas Lee 1:24:17; 178. Dino Festa 1:24:18; 179. Chris Heller 1:24:19; 180. Jack Fulton 1:24:27; 181. Vincent Baez 1:24:30; 182. Carole Peterson 1:24:34; 183. Bill Buzon 1:24:42; 184. Todd O'Keefe 1:24:49; 185. Pam Dolan 1:24:53; 186. Bob Niedbala 1:25:06; 187. German Boucher 1:25:10; 188. Larry Coletti 1:25:12; 189. Curt Bonville 1:25:17; 190. Tom Baillagregon 1:25:20; 191. Mike Ladd 1:25:24; 192. Jeff Marchese 1:25:25; 193. Linda Huzzy 1:25:35; 194. Dan Cassady 1:25:37; 195. Carol Hervey 1:25:41; 196. Neil Delmonico 1:25:42; 197. Rich Crumb 1:25:45; 198. Jack Curran 1:25:46; 199. Jim Wright 1:25:52; 200. Mike Hutchenson 1:25:54.

By BILL TAVARES
Norwich Bulletin

NORWICH — Groton's Charlie Wustman knew that William Wuyke was lurking in second place during Sunday's Rose Arts 5K, but he was never overly concerned.

"I felt him about 20 yards behind me, but I figured he had to be tired too," Wustman said. "It's a tough course."

Groton's Wustman held on to win his first Rose Arts 5K in 16 minutes, 45 seconds. Wuyke was second in 17:01.

"I caught him on the hill (1 1/2 miles into the race)," said Wuyke, Conn College men's indoor and outdoor track coach. "I got him and let him go. I just mentally didn't have it and he ran a very steady race."

It was the second 5K victory of the year for Wustman, 39, who had finished second in two previous attempts to win this race.

The female winner, Tutita Casa, celebrated her third successful trip to the area. She also won the Reliance House 5K on June 6 and the Liz Smith Cannonball Run Thursday.

"It wasn't bad," said Casa, a Storrs resident who ran cross country and track at the University of Florida. "I wasn't expecting the uphills. I didn't mind the downhill." Casa's time was 19:35.

Timely directions

Erick Holmes almost took a wrong turn during the 1K fun run before receiving a helping hand from a police officer on the course.

He needed no further aid finding the finish, winning in a time of 3:16. "I didn't go out very fast," said Holmes, 14, who also won the Reliance House fun run. "These little kids were all in front of me."

Holmes just started running track this spring as a seventh grader at Teacher's Memorial Middle School in Norwich.

The top girl in the 1K race was Erin Fields, who finished in 3:46.

Generation gap

Although they had never met, former Killingly High star Bryan Zadora knew all about Norwich's

ROSE ARTS NOTES

Tim Smith.

In the last mile of Sunday's 10.4-mile race, Zadora finally overtook Smith to finish sixth in 61:24. Smith was seventh at 61:42.

"I was surprised I caught him," said Zadora, who is going into his final season at Virginia Commonwealth. "I knew of him but I never actually met him."

Smith, 49, admitted to laboring through this year's race.

"(Zadora) told me that half way, he couldn't even see me," Smith said. "So that will give you an idea of what happened to me. I was looking for a cab."

Zadora, incidentally, is flourishing at VCU, where he says he has posted times of 4:07 in the mile and 1:51 in the 800.

Flagging spirits

The 10.4-mile Rose Arts course presents a tough enough test under ideal running conditions.

But on a day when temperatures rose steadily, Steve Hancock of Bozrah, Dino Festa of Oakdale and Tom Lee of Ledyard made it tougher on themselves by running while carrying flags honoring war veterans still missing in action.

"It's really not too bad, it's kind of inspirational," Hancock said. "We just want to make sure everybody remembers."

This and that

The trend of slowing times continued again this year with just four runners breaking one hour while Joe Banas finished at exactly 60:00. Five of the top 10 runners were masters. . . . Speaking of Banas, he finished fifth overall while his fiancée, Melissa Perkins, was fifth among women at 69:27. . . . The Mohegan Striders captured the men's and women's open titles while Pfizer had the top male masters team. A combined Striders/Fall River team collected the female masters team title. . . . The Bartnicki Award, \$100 to the 100th finisher, went to T.J. Dooling. . . . The Ronzoni Award, a box of pasta, was given to the Smith family.

5K results

1. Charlie Wustman 16:45; 2. William Wuyke 17:01; 3. Charlie Mitchell 17:26; 4. Jim Milesky 18:21; 5. Terrie Taylor 18:33; 6. Tom Curtis 18:36; 7. Matt Beauchemin 18:58; 8. Bill Lunn 19:09; 9. Tutita Casa 19:35; 10. Dave Jacobs 19:39; 11. Ryan Gillespie 19:43; 12. Tom Sullivan 19:45; 13. Bill McGuire 19:49; 14. Lane Magnuson 19:51; 15. John-Paul Mandelburg 20:15; 16. Bruce Gould 20:39; 17. Valerie Barnett 20:43; 18. Sheri Saintgeorge 20:44; 19. Dave Ameha 20:51; 20. Matt Sawyer 20:58; 21. Pate Blalle 21:04; 22. Chris No 21:07; 23. Don Dombrowski 21:16; 24. Jennifer An 21:18; 25. Bret Lillie 21:21.

26. Art Robideaux 21:25; 27. William Jones 21:40; 28. William Weinschenkaka 21:50; 29. Shannon Milton 21:58; 30. Philip Kimbro 22:03; 31. Allen Bucholz 22:09; 32. T.J. Grignk 22:10; 33. Marshall Collins 22:39; 34. Mike Bedard 22:42; 35. Ann Hooker 22:49; 36. Judi Malone 23:01; 37. James Connolly 23:02; 38. Joseph Straz 23:16; 39. Michael Carey 23:20; 40. Kayla Lathrop 23:27; 41. Marcy Johnston 23:31; 42. Chris Graham 23:34; 43. Deb Raymond 23:42; 44. Flori Schmoegner 23:43; 45. Jody Carver 23:44; 46. Argus Ragier 23:47; 47. Ellie Lowell 23:57; 48. David Schena 24:09; 49. Martha Ruest 24:17; 50. Colleen MacMahon 24:27.

51. Bob Mondani 24:33; 52. Karen Goyette 24:35; 53. Donna Neuendorf 24:36; 54. Michael Nystrom 24:39; 55. Rick Milton 24:41; 56. Ralph Serrelli 24:49; 57. Bob Lagram 24:50; 58. Richard Allan 24:58; 59. Dominic Carlet 25:01; 60. Adam Grenier 25:03; 61. Kristin Sullivan 25:06; 62. Scott Hamilton 25:28; 63. Joseph Elmer 25:33; 64. Kate Quattropani 25:41; 65. Chris Aldrich 25:47; 66. Maureen Robidoux 25:48; 67. Christine Blachula 25:49; 68. Philip Warzacha 25:51; 69. Lindsay Richardson 25:58; 70. Holly Milton 26:02; 71. Tracy Burckhardt 26:03; 72. Bill Sheek 26:05; 73. Gena Schaller 26:12; 74. Carl Thompson 26:13; 75. James Cotto 26:16.

76. Michelle Kacich 26:20; 77. Nona Peachey 26:21; 78. Mike Fulara 26:22; 79. Katherine Kamener 26:24; 80. Greg Yamanaka 26:39; 81. Amy Blakeslee 26:41; 82. Gary Hall 26:42; 83. Thomas Fedelo 27:03; 84. Stacy Kenyon 27:25; 85. Mary Amende 27:33; 86. John Murray 27:55; 87. Christen Heller 28:03; 88. Pamela Michard 28:04; 89. Cathleen Cietmann 28:06; 90. Sharon Trombly 28:11; 91. Kathleen Hutchinson 28:14; 92. Glenn Phillips 28:26; 93. Dan Coughlin 28:35; 94. Doug Hamilton 28:53; 95. Dinesa Magario 29:50; 96. Denise O'Brien 29:29; 97. Edwina Callaghan 29:48; 98. Michael Rossi 29:42; 99. Michael Brown 29:58; 100. Kathy Carnoker 30:01.

101. Kate Barkhouse 30:02; 102. Ashley Thompson 30:14; 103. Carl Scheider 30:42; 104. Tamara Milton 30:47; 105. Dave Michaud 30:52; 106. Donna Pechman 30:57; 107. Mark Zelesky 31:05; 108. Barry Pansky 31:12; 109. Kathleen Thompson 31:40; 110. Nicole Airey 30:49; 111. Mike Koozmitch 31:50; 112. Barb Kacich 31:51; 113. Rebecca Lord 31:56; 114. Lara Bagby 31:57; 115. Laurie Azaria 32:14; 116. Leib Dodel 32:14; 117. Jessica Vaccatura 32:34; 118. Michelle Trudelle 32:35; 119. Beth Kacich 32:38; 120. Carol Shroyer 33:02; 121. Sondra Feistel 33:11; 122. Don Lumpkins 33:17; 123. Kristina Melton 33:25; 124. Janice Hughes 33:56; 125. Maryelle Geragotellis 34:01.

126. Sheri St. George 34:10; 127. Jens Leismann 34:21; 128. Lynn Wisniewski 34:26; 129. Patricia Laurenson 34:44; 130. Tom Curtis 34:53; 131. Jack Mancuso 34:54; 132. Jack Mancuso 34:55; 133. Thomas Stagon 36:30; 134. Tom Zarbo 36:53.

DIVISIONS

Men

Juniors: Jim Milesky 18:21, Matt Beauchemin 18:58, Bill McGuire 19:49; **Open:** Charlie Mitchell 17:26, William Wuyke 17:01, Charlie Mitchell 17:26; **Masters:** Terrie Taylor 18:33, Bruce Gould 20:39, Art Robideaux 21:25; **Grand Masters:** Dave Jacobs 19:39, Lance Magnuson 19:51, Ron Dombrowski 21:16; **Seniors:** Chris Noble 21:07, Dominic Cannetto 25:01.

Women

Juniors: Shannon Milton 21:56, Kayla Lathrop 23:27, Marcy Johnston 23:31; **Open:** Tutita Casa 19:35, Valerie Barnett 20:43, Sheri Saintgeorge 20:44; **Masters:** Karen Goyette 24:35, Maureen Robidoux 25:48, Nona Peachey 26:21; **Grand Masters:** Ellie Lowell 23:57, Katherine Kamener 26:24, Cathleen Cietmann 28:06.

201. Alan Sylvestre 1:25:59; 202. Eric Gulousen 1:26:00; 203. Dick Lavor 1:26:07; 204. Mike Hills 1:26:08; 205. Larry Lombardo 1:26:23; 206. Scott Dilley 1:26:24; 207. Betsy Fiorillo 1:26:26; 208. Phillip Moore 1:26:32; 209. George Papaga 1:26:39; 210. Bill Bartnicki 1:26:42; 211. Dave Chaneudes 1:26:45; 212. Cheryl Armstrong 1:26:46; 213. John Erickson 1:26:47; 214. Billisue Burelle 1:26:50; 215. Jay Weinberger 1:26:55; 216. Greg Anterocio 1:26:57; 217. Joe Drenga 1:27:01; 218. Dan Jacobs 1:27:02; 219. Alan Caron 1:27:06; 220. Debra Schena 1:27:11; 221. Michelle Hammond 1:27:18; 222. Michel Brown 1:27:22; 223. James Rulledge 1:27:36; 224. Tom Sullivan 1:27:46; 225. Michael Planeta 1:27:54.

226. James Moody 1:27:58; 227. Paul Delur 1:28:04; 228. Randy Blasonvette 1:28:10; 229. Ellen Bellicchi 1:28:29; 230. Bill Petix 1:28:37; 231. James Violette 1:28:39; 232. Bonnie Armstrong 1:28:41; 233. Steve Blanchette 1:29:42; 234. Charles Beauchemin 1:29:00; 235. Marie Geisler 1:29:01; 236. Joseph George 1:29:02; 237. Gary Diarmcumski 1:29:07; 238. Richard Peck 1:29:17; 239. Mary Macdougall 1:29:29; 240. Joseph Ligard 1:29:40; 241. Kathy Smolenski 1:29:44; 242. John Cietanno 1:29:45; 243. Ken Pietrak 1:29:58; 244. Jane McCoy 1:29:56; 245. James Adams 1:29:58; 246. Alan Paluck 1:30:16; 247. Pamela Meino 1:30:18; 248. Beth Sluiger 1:30:10; 249. Peter Colson 1:30:23; 250. Al Fecteau 1:30:33.

251. Name unavailable 1:30:36; 252. Joseph Barle 1:30:40; 253. Geraldine Palonen 1:31:04; 254. Joe Prezkop 1:31:05; 255. Lauri Comfort 1:31:25; 256. Sandy Baldyga 1:31:30; 257. Rob Walsh 1:31:31; 258. Rose Buckingham 1:31:42; 259. Paul Siefert 1:31:56; 260. Corie Hansen 1:32:07; 261. John Murphy 1:32:08; 262. Mike Moon 1:32:09; 263. Jim Walsh 1:32:14; 264. Pat Walker 1:32:15; 265. John Jacobs 1:32:31; 266. John Powell 1:32:41; 267. Tom Champagne 1:32:42; 268. John Anthony 1:32:44; 269. Larry Acquarino 1:32:49; 270. Bill Block 1:32:55; 271. Monica Dumont 1:33:04; 272. Larry Cough 1:33:08; 273. Sue Lessard 1:33:13; 274. Dale Clegg 1:33:15; 275. Teresa Dixon 1:33:41.

276. P.J. Hancock 1:33:43; 277. Edmund Tambora 1:33:46; 278. Albert Hering 1:34:11; 279. Bobby Grzych 1:34:12; 280. James Hall 1:34:17; 281. Robert Hunley 1:34:25; 282. Michael Lasso 1:34:27; 283. Kathryn Mangarrelli 1:34:32; 284. Ruth Francis 1:34:34; 285. Michelle Zelesky 1:34:36; 286. Charles Bartnicki 1:35:22; 287. Matthew McLaughlin 1:35:32; 288. Ed Sroka 1:35:33; 289. Monique Guellette 1:35:35; 290. John Guellette 1:35:38; 291. Ricky Butler 1:35:43; 292. Eileen Edwards 1:35:50; 293. Thomas Fusco 1:36:04; 294. Kelly Crouch 1:36:40; 295. Bob Valentine 1:36:42; 296. John Scarfo 1:36:58; 297. Joe Shea 1:36:59; 298. Rick Szepowski 1:37:17; 299. Ron Cooke 1:37:29; 300. Michaelen Haseler 1:37:50.

301. Tom Diastio 1:38:11; 302. Cheryl Kraft-Johnson 1:38:16; 303. Peggy Pelland 1:38:18; 304. Kathie Arbuckle 1:38:25; 305. Richard Picard 1:38:30; 306. Bandit; 307. James Verme 1:38:33; 308. Michael Caronia Jr. 1:38:44; 309. Matthew Shafner 1:38:48; 310. Tim Johnson 1:39:19; 311. John Lucy 1:39:25; 312. Andrew Shusta 1:39:32; 313. Maureen Picard 1:39:43; 314. John Ingalls 1:39:48; 315. George Serron 1:40:12; 316. Dave Driscoll 1:40:21; 317. Brian Andstrom 1:40:23; 318. Patricia Phillips 1:40:27; 319. Linda Wolfe 1:40:35; 320. Liz Tefft 1:40:49; 321. Pete Prezkop 1:41:21; 322. Steve Jones 1:41:22; 323. Mike Johnstone 1:41:52; 324. Carla Johnstone 1:41:53; 325. Harold Hickoff 1:41:57.

326. Jon Choate 1:42:14; 327. Suzanne Welas 1:42:17; 328. Lauri Caruso 1:42:28; 329. David Caruso 1:42:29; 330. Jennifer Paradis 1:42:56; 331. Dick Calabala 1:42:59; 332. Sherry Hanson 1:43:04; 333. Anne Hayward-Lenz 1:43:04; 334. Rhonda Patauf 1:43:38; 335. Paul Manning 1:44:00; 336. Pete Pantellis 1:44:13; 337. Roger Zotti 1:44:13; 338. Bill MacDonald 1:44:34; 339. 1:45:04; 340. Michelle Kane 1:45:11; 341. Les Moore 1:45:31; 342. John Sami 1:46:16; 343. Raymond Vaichus 1:46:47; 344. Sab Tamborra 1:47:00; 345. Greg French 1:47:07; 346. Melody Clegg 1:47:24; 347. Mark Muto 1:47:29; 348. Andrew Jackson 1:47:53; 349. Jan Johnson 1:48:01; 350. Cathy Bradley 1:48:20.

351. Nancy Sage 1:49:53; 352. Cary Lane 1:50:25; 353. Robert Daly 1:51:09; 354. Donald Park 1:51:10; 355. David Shiling 1:52:01; 356. Rich Sandra 1:52:02; 357. Richard Lashbrook 1:53:08; 358. Elizabeth Wevkins-Donahue 1:54:41; 359. Sylvia Haded 1:56:44; 360. Tonya Tramez 1:56:50; 361. Susan Kurmo 1:57:11; 362. Pat Gagne 1:57:12; 363. Steve Depolito 1:58:29; 364. 2:04:33; 365. John Summerlin (time unavailable).

DIVISIONS

Men

Juniors: Darryl Giard 1:06:41, James Duncan 1:07:27; **Open:** Houssine Siba 56:21, Scott Mason 58:36, Ed Zubrityky 59:15; **Masters:** Wayne Jacob 56:25, Joe Banas 1:00:00, Tim Smith 1:01:42; **Grand Masters:** Mark Guadilana 1:06:49, Ted Phillips 1:11:53, Ernie Dumas 1:12:03; **Seniors:** Dave Sonstrom 1:12:45, Charlie McDonald 1:20:41, Dick Hines 1:23:32; **Veterans:** Pete Pantellis 1:44:13.

Women

Juniors: Corie Hansen 1:32:07; **Open:** Madalena Boudreau 1:04:47, Kerry Arsenault 1:05:54, Laurie Bartnicki 1:07:35; **Masters:** Marge Bellisle 1:07:40, Olga Fronton 1:21:45, Gale Balsavender 1:22:09; **Grand Masters:** Geraldine Palonen 1:31:04, Michaelen Geisler 1:37:50, Pat Phillips 1:40:27.

8/13/97 NEW LONDON COUNTY ALMANAC



Marc O'Farrell, right, of Preston takes his turn carrying the torch Wednesday during the Norwich portion of a 50-state Peace Run symbolizing peace through sports. Also running were Tim Smith, left, of Norwich; Kris-Anne Kane, second from left, from Preston, and Tom Taylor, second from right, from Syracuse, N.Y.

Jeff Evans/Norwich Bulletin

Bigelow Tea 5-K 9/28/97

CT USATF MASTER
TEAM CHAMPIONSHIP

At Southport
INDIVIDUAL FINISHERS

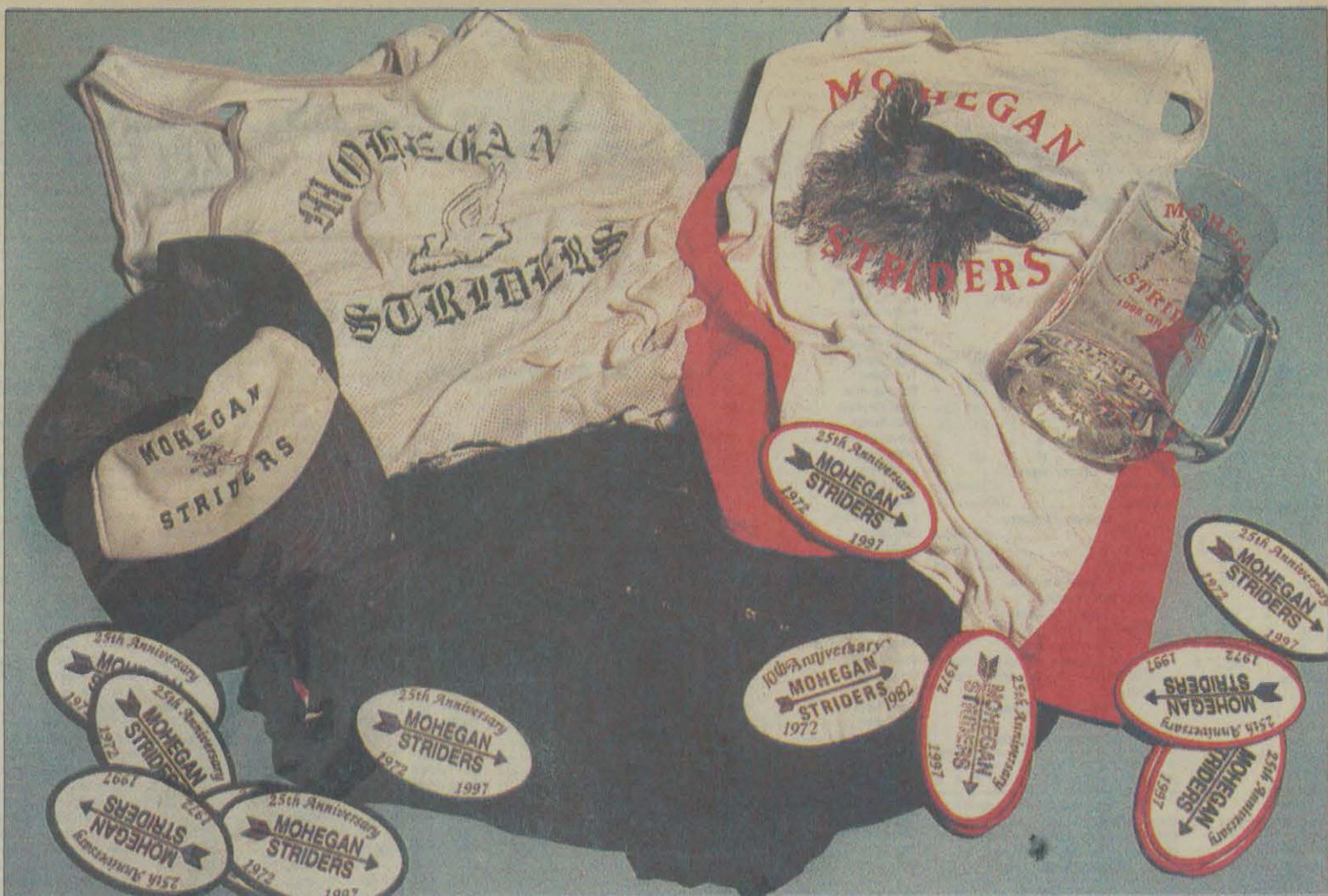
First male: Tom Harding (Westport), 15:45; **First female:** Alison Lapinski (Derby), 17:03; **First male master:** Kevin McCaffrey (Marlborough), 15:48; **First female master:** Susan Baker (Ridgefield), 19:07.

MOHEGAN STRIDER MASTERS

14. Tim Kane (Preston), 16:19; 16. Jim Uhrig (Meriden), 16:32; 28. Walt Smolenski (Colchester), 17:13; 30. Tim Smith (Norwich), 17:24; 75. Jim Carper (Ledyard), 19:03.

USATF MASTER TEAM CHAMPIONSHIP

1. Hartford Track Club, 48:04; 2. Mohegan Striders 50:04; 3. Housatonic Road Runners 50:21; 4. Milford Road Runners 54:10; 5. Libra Athletic Association 54:30; 6. Hi-Tek Running Club 54:45.



John Shishmanian/Norwich Bulletin

By BILL TAVARES
Norwich Bulletin

Years later, Tim Smith still has no idea why the pull was so strong. On any other day of the week, he cherished his solitude, running for miles without ever feeling a need for companionship.

But come Sunday morning, everything changed.

On that day, he would invariably wind up at the Uncasville home of John Martin, joining a group of talented young runners for early morning distance workouts.

"There was something that drew me there, come hell or high water," Smith recalled.

Sometimes, on the way home from a Saturday night on the town, Smith would simply steer his Volkswagen Beetle into Martin's driveway — and sleep in the car until it was time to run.

Those Sunday gatherings back in 1971 sometimes attracted more than 20 runners for brisk workouts along the scenic back roads of Montville. They usually finished with a climb up Derry Hill on Route 32.

Occasionally, the runners would stop by the home of the late Chief Harold Tantaquidgeon. A direct descendant of Mohegan Chief Uncas, Tantaquidgeon would entertain them on a variety of subjects.

More often than not, however, the group wound up back in Martin's den, where they drank cider or coffee, ate doughnuts, and discussed their passion for a sport on the cusp of widespread acceptance.

At the time, eastern Connecticut runners who wished to join an AAU-sanctioned team

June 29, 1997

In it for the long run

Mohegan Striders mark their 25th anniversary

had no local option. Eventually, with Smith leading the way, the group settled on the idea of forming its own club — the Mohegan Striders.

In April 1972, the Striders received an official Connecticut AAU charter and began the process of building its membership.

A quarter century later, with a membership roll of more than 300, the Mohegan Striders are one of New England's oldest and most successful running clubs.

In the midst of celebrating their 25th anniversary, the Striders will be out in force today for the 31st annual Rose Arts Festival Road Race, sporting their distinctive red uniforms with the wolf's head crest. Many of those not participating will probably be manning water

stops or providing mile split times.
Group effort

An accomplished distance runner who competed against such legends as Tarzan Brown and Les Pawson, Martin would tell stories about the old days, often reaching into his trophy case to pull out some ancient ribbon or medal as he talked.

"Running is a solitary sport, especially long distance running, and that was one place where we all got together and shared some good times," said Walt Thoma, another regular at those Sunday gatherings. "It was interesting. It was exciting to listen to how these runners ran in bare feet."

When they weren't listening to Martin or fellow veteran runner Donald Pirie recount the past, the group turned to discussions about the future.

"If George Washington is the father of our country, then Tim Smith is the father of the Striders," said Bob Dempsey, one of the club's original members. "It was his initiative that got it going. He was the general."

According to Dempsey, Smith also came up with the name of the club.

The idea was to find something that was suggestive of the region but broad enough to avoid the kind of geographical alignment that might turn off runners from other parts of Connecticut. "I never thought it would get as big as it did," said Bob Carbray, who served as the club's first secretary, holding the position for 17 years. "I guess practically every member got a member

Striders

FROM C1

and it kind of snowballed, by word of mouth primarily."

Martin, 78, who is up from his home in St. Petersburg, Fla., for the Rose Arts Road Race, feels the extra effort made by the original members helped the club get off to a flying start. "It really grew fast because everybody was pushing," said Martin, the club's first treasurer, who still runs regularly in the Florida heat. "After a while, people wanted to join us without us asking."

At the heart of the club's success was the attitude of the founders. Even though they were all serious runners, those first Striders welcomed newcomers of all ability levels.

"It was to be all inclusive from the very beginning," Dempsey said. "It was to organize everybody who was interested in running, even if it wasn't on a competitive basis. It was never meant to be a club of champions only."

Maybe not. But it has evolved into just that while maintaining an outlet for the casual athlete.

The group's elite male and female runners faithfully travel around the state each weekend to compete for team points on the USATF Connecticut circuit. The Striders won the men's open team title each year from 1988-94, and they have finished second the past two seasons.

In an attempt to provide something for the next tier of runners within the club, however, the Striders also have a Grand Prix series that revolves around local races.

Participating members earn points toward a season-ending championship while helping support various area events.

"They're all very small races and it ends up that the Striders make up half the people that run," current Striders president Tim Kane explained. "Without those people, many of these small races might fall by the wayside. It's a nice way to promote some of these smaller races."

The Striders also promote their own athletes. In a tradition that began when club members scraped up some money to help offset the cost of Amby Burfoot's trip to Eugene, Ore., in 1976 for the Olympic Marathon Trials, the Striders often tap into a travel fund for any member competing in a national or international meet or for an Olympic berth.

Kane, whose leadership led to the two-year-old Strider Day fundraiser at Dodd Stadium, is the latest in a long line of innovative club presidents dating back to Smith. Over the years, virtually every one of them has made a signature contribution.

In the '80s, for instance, Walt Smolenski helped pursue sponsorship for the club while pushing to organize and improve the various racing teams.

And before Kane — who is now in his third year — current club treasurer Don Sikorski established the

club's year-end awards banquet during his term from 1991-94.

It features a band comprised of Striders, a catered meal and the presentation of several trophies and cash prizes. "I tried to get everybody involved, I think that was the most important thing," Sikorski said of the banquet. "It's just a nice social thing to see everybody dressed up."

Other non-running outings include a picnic and golf tournament. The club also is heavily involved in such charities as the March of Dimes and the Tommy Toy Fund.

Chronicling it all is Karen Short, the club's membership secretary, who puts together a quarterly newsletter on her desktop computer.

"Actually, I think that's the lifeblood of the team," said Kane of the Strider Newsletter. "Karen Short has done a great job over the years."

Among the regular features in the newsletter are a letter from the president, a coach's corner written by Sikorski and vice president Chris Hansen, a report of the latest team meeting from secretary Kris-Anne Kane and Short's column.

"The thing that I think is important is that even though it's four times a year, for a majority of the members, it's the only thing they get," said Short, who even sends the publication to Martin in Florida. "It's their way to keep in touch with the club. Without a newsletter, a lot of times, people won't know what's happening."

In keeping with the philosophy of the club, Short tries to aim her

Daniels, Costello pick up victories

By ADAM MINICHINO
Norwich Bulletin

NORWICH — A veteran and a rookie earned victories Thursday at the 17th annual Downtown Norwich Merchants Road Race.

The veteran was Glenn Costello, who won the two-mile race with a time of 11 minutes, 6 seconds.

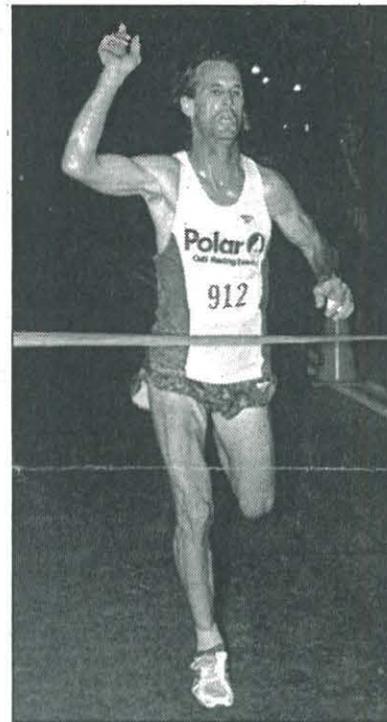
Geary Daniels is a newcomer to the Norwich race, but that didn't stop him from outdistancing Derek Shoare and Don Sikorski by 29 seconds to win the four-mile event in a time of 20:42.

The four-mile course, which features six hills, unusual for a shorter race, also didn't present a problem for the Dudley, Mass., runner.

"In a four-mile race it makes it a challenging race," said Daniels, 43. "On a course like this it depends on who is in the race. The course makes a difference, but all things being equal if you can just go out and run hard and sustain that pace then you'll be competitive."

Costello, 37, a Bloomfield native who lives in Norwich, said the two-mile race was a good training run as he prepares for October's Greater Hartford Marathon.

"I've done the two-mile race here the last three or four years," said Costello, a gym teacher at four Catholic schools in the area. "But my time was a little bit slower than last year because I am training for the marathon, so my training log has been slower miles, longer miles."



John Shishmanian/Norwich Bulletin
Geary Daniels posted a 29-second victory in Thursday's Downtown Merchants four-mile race.

Costello's time was 13 seconds slower than last year, but he said he was more concerned about getting his marathon time, which is 3:20 from his only marathon a couple of years ago, down to the Boston Marathon qualifying standard of 3:15 for his age group.

"Ever since I started running competitively five years ago that is what I have wanted to do," Costello said.

Two miles

1. Glenn Costello 11:06; 2. Tom Sullivan 12:14; 3. Fred Szczesin 12:17; 4. Dean Sikas 12:38; 5. Matt Sawyer 12:41; 6. Way Hadding 12:46; 7. Jon-Paul Mandlebury 12:48; 8. Valerie Barnett 12:50; 9. Anson Moody 13:30; 10. Ed Lilenthal 13:32; 11. Ron Dombrowski 13:39; 12. Gary Arrington 14:19; 13. Mark Marvessly 14:42; 14. Albert J. Phillips 14:44; 15. Mike Zeowitz 14:59; 16. Kristin Sullivan 15:09; 17. Rick Gallpeau 15:19; 18. Robert Zeppien 15:53; 19. Bob Miles 16:11; 20. Laura Burnett 18:06; 21. David Burnett 18:07; 22. Melissa Olson 18:24; 23. Bryan Olson 18:25; 24. Nicole Aurey 18:26; 25. Laurie Lamb 31:08.

Division winners

Junior
Male: Matt Sawyer 12:41; Female: Laura Burnett 18:06.

Open
Male: Tom Sullivan 12:14; Female: Valerie Burnett 12:50.

Submaster
Male: Glenn Costello 11:06.

Master
Male: Fred Szczesin 12:17; Female: Laurie Lamb 31:08.

Grand Master

Male: Ron Dombrowski 13:39.

Four miles

1. Geary Daniels 20:42; 2. Derek Shoare 21:11; 3. Don Sikorski 21:11; 4. Joe Banas 21:35; 5. Mike Fusaro 22:24; 6. Brett Weymouth 22:31; 7. Tim Smith 22:37; 8. Ryan Gillespie 23:41; 9. Scott Deslongchamps 23:57; 10. Paul Andruskiewicz 24:05; 11. Larry Mooney 24:44; 12. Dave Jacobs 24:46; 13. Jay Mongillo 24:56; 14. Mike Smith 24:58; 15. Name unavailable 25:02; 16. Eddie Eckard 25:03; 17. Lance Magnuson 25:14; 18. Tom Senua 25:36; 19. Gordon Bennett 26:08; 20. Diana Donovan 26:10; 21. Kevin Bucky 26:15; 22. John Sacrey 26:32; 23. Sorel Sullivan 26:34; 24. Milton Sorensen 26:42; 25. Steve Stamour 26:45.

Division winners

Junior
Female: Chelsea Benson 36:39.

Open
Male: 1. Ryan Gillespie 23:41; 2. Scott Deslongchamps 23:57; 3. Sorel Sullivan 26:34.
Female: Joy Huffman 30:42.

Submaster
Male: 1. Derek Shoare 21:11; 2. Don Sikorski 21:11; 3. Mike Fusaro 22:24. Female: 1. Diana Donovan 26:10; 2. Grace Haas 26:49; 3. Laura Caruso 32:59.

Master

Male: 1. Geary Daniels 20:42; 2. Joe Banas 21:35; 3. Tim Smith 22:37. Female: Rose Buckingham 32:22; 2. Betty Jenkins-Donahue 39:09.

Grand Master

Male: 1. Dave Jacobs 21:46; 2. Lance Magnuson 25:14; 3. Glen McGrath 27:07. Female: Michaleen Haesler 33:12.



Adam Gavalla/Norwich Bulletin

Some of the original members of the Mohegan Striders are, standing from left, Bob Carbray, Bob Dempsey, Pat Rice, Jack Martin, Kevin Crowley, Walt Thoma, Al Williams, Jerry Lentz, Tim Smith. Seated are George Rice and Steve Crouch. President '81 + '82. Not an original member.

newsletter toward the general readership.

"One of the things that I have kind of taken on my own, I'm usually writing things from the point of view of the back of the pack," Short said. "I try to personally keep things geared toward the average person and make some of the more talented runners

aware of the fact that, 'Hey, the majority of this club is not going to win a race.' ... I'm certainly never going to win anything, but I can relate to running the same way Tim Smith can."

That is part of the reason why Smith and many of the other Strider veterans enjoy meeting new members. They can all relate to each other.

"I do enjoy that," Smith said of meeting new members. "I make a point to go up and chitchat."

This year, Smith is doing more than just talking. He's also handing out patches commemorating the 25th anniversary of the Mohegan Striders.

Maybe he should start planning a patch for the 50th.

Plainfield selectman makes volunteerism a full-time job

Honored: Thomas E. Burek of Plainfield recently was honored by his employer, Northeast Utilities, with its Platinum Award, the highest recognition given employees involved in community activities.

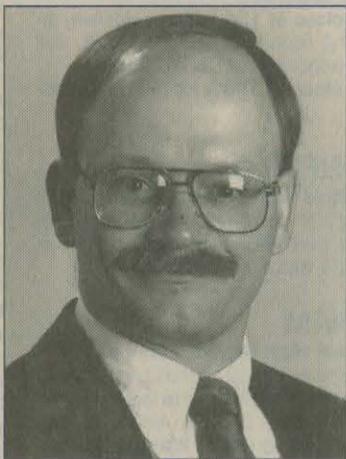
Background: Burek began his association with the company in 1989 as a contractor in the chemistry laboratory at the Millstone Unit 3 and joined Northeast Utilities the following year as a chemistry technician. He presently works as an instructor in the fire training facility at Millstone. He was one of seven Northeast Utilities employees to receive the Platinum Award at a recent Volunteer of the Year reception.

An active volunteer: Burek's commitment to serve is evident simply by looking over a brief list of his volunteer activities, which consume more than 1,000 hours per year.

■ He has been a firefighter in the Plainfield Fire Co. since 1985, now holding the rank of lieutenant. He also is a medical response technician and serves as the department's personnel and training officer.

■ He is also an effective fundraiser for the Knights of Columbus and the St. John's Festival 5K road race and has been active in efforts to raise money for the Plainfield Lions Club's Camp Rising Sun campership program and the Prudence Cerandall Museum "Torch Relay."

■ He also serves as an eucharistic minister in St. John's Parish. He visits elderly, sick and shut-in parishioners on a weekly basis. He also has found time to coach and man-



Thomas E. Burek

age local Little League teams and used his skills to provide CPR and medic first aid training for coaches last season.

■ He has also taken an active role in local government, presently serving as a member of the Board of Selectmen. He was one of the original members of the town's Ethics Commission.

Quotable: "It's nice to be recognized, but it's even nicer to be involved," Burek said. "Since moving to Plainfield, I've tried to help out where I could."

Reward: In recognition of his volunteer service, Burek was presented a check for \$1,500 in conjunction with the Platinum Award. Of that, \$1,000 was donated to the Knights of Columbus for its scholarship fund and the remaining \$500 was presented to the Lions Club's Camp Rising Sun program.

— Don Bond

Local runners kick in toys,

By MARK REYNOLDS
Norwich Bulletin

NORWICH — Whooping and hollering with their Santa hats fluttering in the breeze, about 85 yuletide runners hoofed three miles in a tight pack Friday night after committing Tonka trucks, Legos and other toys to the Tommy Toy Fund.

And on their return, the runners — about 70 of whom are Mohegan Striders —

Tommy Toy Fund



joined a party thrown by Billy Wilson's.

Each of the pacers had placed a present under the tree, which was awash in stuffed animals and other toys. Two BMX bikes with

helmets stood on kick-stands near the tree.

Besides bolstering the burgeoning toy fund, the annual event was the main gig downtown Friday night after a holiday business event with hayrides and other at-

tractions was canceled due to inclement weather.

That, however didn't stop Billy Wilson's holiday "ball-busting party," where, for a \$2 donation to the Tommy Toy Fund, runners and anyone else could purchase an ornamental bulb with a note that might yield a prize like a T-shirt, hat or glass.

Susan Dombrowski smashed the red bulb on the floor in the corner, and drew a \$20 gift certificate to the bar.

"Awesome," she blurted. A minute later she was buying her three friends drinks.

The runners had sung "Silver Bells" as they galloped up Franklin Street to the finish line at the bar.

"It's a very important community event for us," said Tim Smith, 49, a Mohegan Strider bedecked in red running gear from head to toe topped by a Santa hat.

Strider Rob Swerceski, of Preston, had never participated before.

"It's a good time," said Swerceski, 26.

donations for Tommy Toy Fund

MR. Smith,

11-7-97

Thank you for helping us out with our Junior Olympic team. You were a big help. Attached with this letter is two more applications for our Junior Olympic team. Joe Chartier is not able to run now due to grades in school so cross him off the list. Our team consists of

- | | | |
|-------------------|-------------------|------------------|
| NFA members: | Ledyard members: | Griswold member: |
| 1. Greg Knight | 5. Edward Foster | 7. Billy Preston |
| 2. Garrett Mulder | 6. Mike Weckworth | |
| 3. Brett Levanto | | |
| 4. Tom Zenowitz | | |

We are going with a seven man team. We paid for the 8th membership so just put my brother Michael Zenowitz under it even though he isn't on our team. We have ordered shirts from a man who has donated them. We would like to invite you and your family (Terry, Ned, + you) to our pre-race pasta party at my house at 24 Kimball Rd. Lisbon at 6:00 pm. on November 15th (Saturday). Also we need a letter to the USATF committee that we are members of the Junior Olympic Mohegan Striders team and include all of our names

community scrapbook



Contributed

The Junior Mohegan Striders competed in the 1998 USA National Junior Olympic Cross Country Championships. Seated in front: Tom Zenowitz and Ed Foster. Standing in back: Garrett Mulder, Coach Gary Zenowitz, Greg Knight, Brett Levanto, and Mike Weckworth. They finished first in the state championship, second in the regionals and 18th in the nationals in Portland, Oregon.

Club's first honorary member: Jan 19, 1973



Day file photo

■ Former Day Sports Editor John DeGange covering the Yale-Harvard Regatta.

John DeGange, former Day sports editor, dies at 91

By JOHN FOLEY

Day Staff Writer

12-23-97

New London — John J. DeGange, formerly of 91 Oneco Ave., retired sports editor of The Day, an authority on the Yale-Harvard Regatta and one of the best-known newspapermen in the region for almost a half-century, died Tuesday at Lawrence & Memorial Hospital. He was 91.

Mr. DeGange was sports editor for most of his 47-year career with the paper. He also served as city editor for a year during World War II, Groton editor and wire editor. He retired in 1971 as executive sports editor.

He was the 1984 recipient of the Arthur B. McGinley Award, presented by the Connecticut Sports Writer's Alliance, "to the state

sports writer who has brought great credit to his profession both through his work and involvement in community affairs."

Mr. DeGange covered all sports in his long career but his name was synonymous with the Yale-Harvard Regatta. He covered every race on the Thames River from 1928 until he retired. For about 20 years after he retired, he continued to visit the camps of the Yale and Harvard crews.

In 1952, the centennial of the regatta, Mr. DeGange wrote the meticulously researched "100 Years of Rowing," published in serial form in The Day. He also wrote a biography of Bobby Mays, New England lightweight boxing champion during the golden era of New England boxing.

Mr. DeGange, a native of New

London, was a correspondent for The Day during his senior year at the former Chapman Technical High School. He graduated in 1924, was accepted by Dartmouth College, but promptly joined the staff of the newspaper at age 18, when he was offered the chance to become a Groton reporter.

Mr. DeGange, once speaking of his early years in Groton, said he wouldn't trade the experience for anything. When he became Groton editor, he taught the basics of newspaper writing to so many young people that he was virtually "a school for journalism," as he once quipped.

He was an excellent teacher, with a number of his reporters eventually attaining high posi-

he was one of the most familiar of all figures at sports events in the region for decades.

Mr. DeGange was a founder and charter member of the Connecticut Sports Writers Alliance, and he served as Connecticut chairman for the Heisman Football Trophy Award Committee.

He was born Jan. 25, 1906, in New London, the son of Joseph and Angela DiMaggio DeGange. He married Mary Crofoot in 1932. She died in 1981.

He is survived by a daughter, Jeanne DeGange of Superior, Mont.; a son, John J. "Jack" DeGange Jr. of Lebanon, N.H.; two sisters, Mary Palmer of Waterford and Rose Guerri of St. Augustine, Fla.; three grandchildren and two great-grandchildren.

A Mass of Christian Burial will be celebrated at 9:30 a.m. Monday at Our Lady of Perpetual Help Church, Quaker Hill, where Mr. DeGange was a communicant. Thomas L. Neilan & Sons Funeral Home, 12 Ocean Ave., is in charge of arrangements. There are no calling hours.

Donations in memory of Mr. DeGange can be made to the Bacon-Hinkley Home, 581 Pequot Ave., where Mr. DeGange resided in recent years, or to New London Senior Citizens Center, 120 Broad St.

tions on The Day and other papers. Deane C. Avery, retired co-publisher of The Day, who started in Groton, said Tuesday he will always remember Mr. DeGange as his mentor.

Avery said Mr. DeGange had considerable patience working with young reporters, noting he himself knew little about the business when he joined the paper. However, Mr. DeGange was "very patient, he brought me along, and I just had a great deal of respect for him."

Mr. DeGange had a good sense of humor, was an excellent storyteller, and had many interests at which he excelled, including rope-twirling, horseback riding, and building and flying kites. He even enjoyed inventing small gadgets.

He built model trains and was a regular attendant at the rodeo at Madison Square Garden, where he learned to spin a lariat in his youth. His kites were of all sizes and shapes. He once built an array of them for children afflicted with cerebral palsy, taking great pride that each of his creations could be flown by the youngsters, despite their disability.

Once, asked to sum up his career, he said, "What a newspaperman does and how he does it is not news." But

John J. DeGange

John J. DeGange, who died last Tuesday, was the epitome of a newspaperman. He came into the business straight from high school, where he had already served as a correspondent for this newspaper, and spent 47 years chronicling news events of this local community.

He taught many skilled Day reporters how to organize and write news stories, bringing to the work a patience seldom found in newsrooms. This patience allowed reporters to grow and develop, and produced a newspaper known for good writing and respected by large-paper editors looking for fresh talent from the smaller daily newspapers.

Mr. DeGange served as The Day's sports editor for most of his career, and his expert knowledge of the traditions of Yale-Harvard crew competition was recognized throughout the country. He was respected by his colleagues in sports writing for the thoroughness of his work and his uncompromising attention to accuracy and detail.

Throughout his career, he was a leading par-

ticipant and an honored member of the Connecticut Sportswriter's Alliance. From that organization, he received the Arthur B. McGinley Award, named for The Hartford Times sportswriter who had started his career at the New London Day.

One of Mr. DeGange's endearing qualities — and he had many — was his sense of humor. He loved plays on words, and often butchered his own name in mimicry of people who had been unable to pronounce or spell his name.

Friendships meant a great deal to him. This fact emerged in his nostalgic recollections of the friends he made during his long career with this newspaper.

When a subject interested him, he quickly became an expert and added to his knowledge.

Friendly, kindly and unpretentious to a fault, John J. DeGange told stories clearly and accurately in the pages of this newspaper for nearly five decades. He was a newspaperman's newspaperman.

1997 LONDON MARATHON JIM CARPER , MOHEGAN STRIDERS 3:21:26



FLORA
LONDON MARATHON
1997

FLORA LONDON MARATHON
ISLE OF DOGS 1997



USA
TRACK & FIELDSM

2007
Member



USA
TRACK & FIELDSM