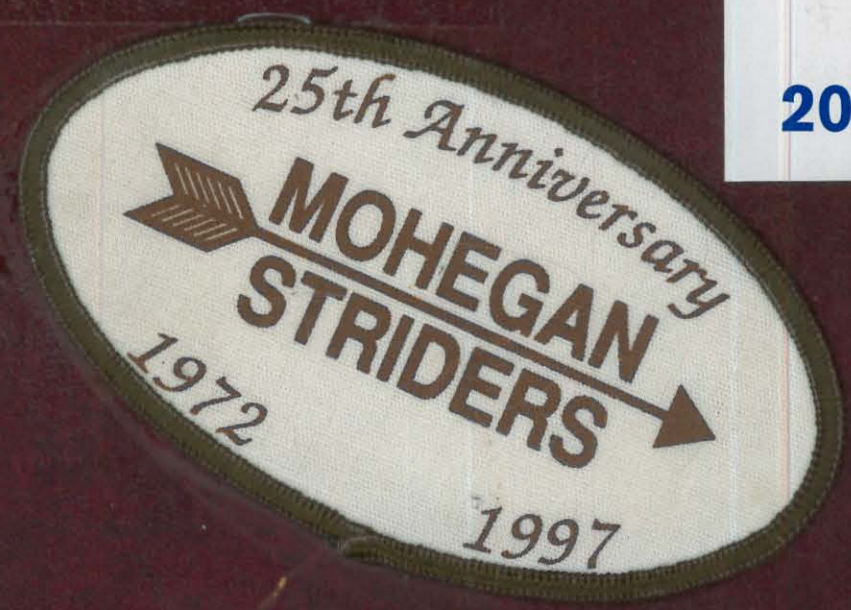




**USATF**

1998-2007  
Part 1







Elia, left, has been running for 15 years and Zotti has been running for 20.



Arctic dippers celebrate New Year's Day at Groton Long Point during the 19th Polar Bear Swim in Long Island Sound. Photos by Adam Gavalla

# Hundreds take the plunge

## Local striders run year-round

Roger Zotti of Preston runs five to six days a week year-round. He prefers to run outdoors, and that's true too of his running companion, John D'Elia of Lisbon.

"If it's icy, I'm very cautious," Zotti said. That caution has served him well — he's taken no spills.

When running in traffic it pays to be "creatively paranoid," he said. "You've got to try to anticipate, you can't take anything for granted."

Driveways pose as much of a hazard as anything, he said. Cars sharing the road with runners are more apt to see them than are motorists pulling out into traffic.

For night running, he recommends wearing reflective apparel, a vest or shoes with built-in reflectors.

Besides being somewhat traffic-free, Mohegan Park in Norwich is a scenic place to

run, Zotti said. It's also hilly.

Safe, flat off-road alternatives in the city are the Norwich Free Academy track and the Kelly Middle School track, although the latter is harder to run on.

If you've made a resolution to start running, Zotti recommends following through now and not waiting until summer. Local runners are friendly and will willingly share advice, he said.

The Mohegan Striders, a local running group, offers runners camaraderie. Another place to tap into the local network of runners is Kelley's Pace running and aerobics outfitters in Olde Mistick Village.

Zotti mixes his workouts with swimming; D'Elia, with

weightlifting.

Although Zotti runs much for the fun and sociability, he can claim the distinction of having run the local Rose Arts race 19 years in a row.

Local competitions continue year-round. Two coming up Sunday, Jan. 11, include Kelley's Pace Frostbite at 1 p.m. in Mystic (536-8175) and the Snow Dash at 1:30 p.m. in East Hartford (291-7352).



Way Hedding trots into the icy waters at Groton Long Point during the annual plunge.



# Norwich author publishes first book



**Bill Marshall**

**In the news:** Bill Marshall, 53, of Sunnyside Street in Yantic, recently published his first book, "Gideon McGee's Dream." The 132-page psychological fantasy/fiction book is the story of a 14-year-old Norwich resident Gideon McGee's psychological awakening by way of a mystical tour of the universe. The Norwich Free Academy freshman travels to many places, including "The Land of What is Good? What is Bad?," "The Land of the Tree Clingers" and the "Incredible Shrinking Planet." The psychological theories presented in the book are based on the philosophies of Joseph Campbell, Carl Jung and James Hillman.

and mentoring. His essays, feature articles and short stories have appeared in magazines such as Modern Dad, Dream International Quarterly, Changing Times, New Thought Journal and trade magazines. He teaches and leads interpretation classes, has established several dream groups and has been published in various dream journals.

**Background:** Marshall, an eastern Connecticut resident since 1955, is best known locally for his prowess as a runner, having been ranked fourth in the nation as a Master Runner at the 10-kilometer distance. Married with four children, Marshall was elected to the Norwich Sports Hall of Fame in 1993. During the past several years he has been involved in the "human potential movement," and helped establish the mentor program Boys to Men Inc. An audiologist, Marshall has done numerous freelance articles on men's issues, psychological growth, dream work

**The dream:** Marshall failed in his bid to interest major publishing companies in his book, so he established his own publishing company, Zachariais Press, and published 1,000 copies. The book, of which he has sold 100 copies for \$10.95, is for young adults and adults. To obtain a copy of the book, call 889-2204.

**Quotable:** "The feedback I've gotten was all universally positive," Marshall said. "It's a story that really touches people."

— Shawn Mawhiney

## THE RUNZ



SUB  
C  
CRK  
P  
C



Is he #1 or what?

**MOHEGAN STRIDERS MEETING**  
 MONDAY, APRIL 27, 6:45 PM  
 OTIS LIBRARY, NORWICH  
 Come congratulate Don & Catherine on the birth of Kevin Patrick Sikorski!

**UPCOMING EVENTS**

- L & M STRIDER GRAND PRIX RACE IS MAY 2!!!
- NEWSLETTER DEADLINE IS MAY 5!!!  
(email kshort@ccc.com or fax 433-7013)
- SPRING PENTATHLON IS MAY 9!!!  
(Call Bob Buckingham @ 444-0430 or Dan Orclari @ 401-539-8764 for info.)
- STRIDER NIGHT AT DODD STADIUM IS JULY 28!!!  
(Tickets are \$7.00 each. Buy a few! Call Tim Kane @ 823-1422 for details.)
- STRIDER PICNIC IS AUGUST 15!!!



## Springtime successes

Ed Zubritsky of Uncasville, left, starts to celebrate as he nears the finish line of the 26th Springtime Festival 5K road race in Danielson on Saturday. Zubritsky finished in a time of 16:03, just ahead of Mystic's Wayne Jacob (16:13) and Geary Daniels of Dudley,



1998



Yeah, right!  
↓

Wayne Jolley of Killingly uses the third annual Canterbury 10K Road Race Ap

# After the race, runners sip clam chowder

By LEE WHITE  
Bulletin Food Editor

The sun was shining brightly on Saturday, April 4. The day actually sparkled, but it was mighty cold, a far cry from the record warmth that had been recorded across the Northeast just a few days earlier.

But such weather is perfect for runners and it proved pretty darn good for Wayne Jolley, owner of Jolley Concrete in Killingly. Jolley finished the third annual Canterbury 10K Road Race and Cow Chip Raffle in 38 minutes and 42 seconds, a time good enough to earn him 13th place out of 163 men and women who competed in this blustery first Saturday in April.

Jolley seemed barely winded as he crossed the finish line, a fact that must have pleased him, since he hopes to run the Marine Corps Marathon in Washington this fall and probably another in Las Vegas in 1999. These races, always 26.2 miles long, are the ultimate tests for the serious runner.

Jolley is no stranger to marathons. He ran his first in Long Beach, Calif., in 1993 and his second at Florida's Disney World in 1994. He ran Boston's famed marathon in 1996, on its 100th anniversary.

All of which isn't bad, considering Jolley is a 47-year-old businessman who began running only five years ago.

Serious running does require some serious lifestyle changes, and Jolley was prepared to make them.

### Pasta for Jolley

"When I ran the Boston Marathon, we did that pasta dinner and I didn't do very well. At that point I didn't realize that this is the way I should be eating all the time, not just before a race," he laughed.

These days the whipper-lean Vietnam veteran and father of Thomas, 22, and Christopher, 18, never lets a hot dog pass his lips, eats very little red meat and avoids most fatty foods. He eats out often, especially breakfast, but manages to make even this difficult meal a healthy one.

"As a child I was allergic to eggs and I can't remember ever eating one. I do eat foods made with eggs, so I guess I'm not allergic anymore. But a breakfast for me consists of cold cereal, fruit, an English muffin and a glass of orange juice," he explained.

Jolley's wife, Leslie, likes chicken and cooks a lot of dishes that showcase chicken, but she doesn't eat fish or seafood, so Wayne gets his fish, shrimp and lobster in

restaurants.

As a reward for finishing Canterbury's 10K, Jolley and the other runners, including his running partner, Dexter Goyette, who finished 18th with a time of 39.45, were treated to dense and chewy hagsels from the Baker's Dozen, recently opened in Canterbury, and bowls of delicious, steaming hot, clear-broth clam chowder. The chowder was made by John Young, founder of Patricia Meek, who, with her husband, Doug, coordinates the Canterbury 10K.

John Anthony of Canterbury, a perennial favorite, took first place in the race (33.23), Joseph Puopolo of Shelton took second (33.33) and Ed Zubritsky came in third (34.21). Jeanne LaPierre of North Granby was the first woman to finish, with a time of 45.18.

## Road racing

### CLAMDIGGER 5-MILE

WESTERLY — Results from the 17th annual Clamdigger 5-Mile Road Race hosted by the Westerly Track & Athletic Club.

#### MEN

- |                         |       |
|-------------------------|-------|
| 1. Tim Smith            | 28:28 |
| 2. John Murphy          | 28:41 |
| 3. David Neri           | 29:48 |
| 4. Ken Pacilleo         | 28:57 |
| 5. Glenn Costello       | 29:59 |
| 6. Jim Roy              | 30:06 |
| 7. John Brown           | 30:11 |
| 8. Wayne Jolley         | 30:11 |
| 9. John Ficarra         | 30:15 |
| 10. Bill Harriman       | 30:18 |
| 11. Scott Edwards       | 30:22 |
| 12. Rick Breckenridge   | 30:25 |
| 13. Rick Cota           | 30:38 |
| 14. Jary Krauser        | 30:45 |
| 15. Paul Andreuskiewicz | 31:07 |
| 16. Eddie Eckard        | 31:17 |
| 17. Dave Jacobs         | 31:19 |
| 18. Mike Smith          | 31:21 |
| 19. Gregory Niles       | 31:26 |
| 20. Mark Burbello       | 31:51 |
| 21. John Lamattina      | 32:12 |
| 22. David Jones         | 32:24 |
| 23. John Palmer         | 32:26 |
| 24. T.J. Dooling        | 32:26 |
| 25. Jim Cherenzia       | 32:21 |

#### Junior

- |                        |       |
|------------------------|-------|
| 1. Daniel Sieczkiewicz | 34:24 |
|------------------------|-------|

#### Open

- |                    |        |
|--------------------|--------|
| 1. Rick Cota       | 20:38; |
| 2. Eric Tansky     | 32:41; |
| 3. Brian Bedinarek | 33:38. |

#### Submaster

- |                   |        |
|-------------------|--------|
| 1. Ken Pacilleo   | 29:57; |
| 2. Glenn Costello | 29:59; |
| 3. Jim Roy        | 30:06. |

#### Master

- |                 |        |
|-----------------|--------|
| 1. Wayne Jolley | 30:11; |
| 2. John Ficarra | 30:15; |
| 3. Mike Smith   | 31:21. |

#### Grandmaster

- |                    |        |
|--------------------|--------|
| 1. Dave Jacobs     | 31:19; |
| 2. John Montemertu | 33:04; |
| 3. Ted Phillips    | 33:07. |

#### Senior

- |                    |        |
|--------------------|--------|
| 1. Fred Silvertatt | 34:11; |
| 2. Bob Ravanello   | 35:54; |
| 3. Skip Burton     | 37:36. |

#### Clydesdale Open (200 pounds and over)

- |                  |        |
|------------------|--------|
| 1. Mike Panciera | 36:55. |
|------------------|--------|

#### Clydesdale Master

- |                |        |
|----------------|--------|
| 1. Way Hedding | 35:17. |
|----------------|--------|

#### WOMEN

- |                      |        |
|----------------------|--------|
| 1. Mary Janiszewski  | 31:26  |
| 2. Kelly Robison     | 35:23  |
| 3. Lynne Hill        | 35:44. |
| 4. Amy Hallbery      | 35:48  |
| 5. Debbie Timlin     | 36:01  |
| 6. Diane Kodama      | 36:46  |
| 7. Terea Dixon       | 37:20  |
| 8. Spring Cole       | 38:54  |
| 9. Carol McCarthy    | 39:28  |
| 10. Sara Lewis       | 39:35  |
| 11. Janis Logan      | 39:59  |
| 12. Meghan O'Donnell | 40:15  |
| 13. Cathy Manzella   | 40:32  |
| 14. Carol Ann Gray   | 40:41  |
| 15. Meg Savilonis    | 40:55. |



# Barres picks up the pace

## Mystic runner wins L & M Spring Stride

By BILL TAVARES  
Norwich Bulletin

**NEW LONDON** — The competitive fires may not be burning as brightly this spring for Spyros Barres, but he is still more than willing to answer a challenge.

That much was evident during the latter stages of Saturday's 3.5-mile Lawrence & Memorial Hospital Spring Stride, when Barres pulled away from a lead quartet to win comfortably in a time of 17:47.

John Anthony was second in 18:05 and Ed Zubritsky took third in 18:44. Mary Janiszewski of Westerly was the top female, clocking in at 21:16.

"It's my first race of the year and I didn't know what kind of shape I was going to be in so I didn't want to go out too fast and pay for it later," said Barres, 35, a real estate investor from Mystic. "After a mile (the pace) felt kind of slow so I decided to pick

it up a little bit." When he did, only Anthony followed.

A 1993 NFA graduate who went on to run four years of track and cross country at the University of Hartford, Anthony was leading the race when he consciously slowed his pace, hoping Barres would take over first place.

Anthony got what he wanted. But once he gave up the lead, he couldn't get it back.

"I was taking the brunt of the wind and I slowed down on purpose," said Anthony, who is just getting back into serious training after taking last year off. "He took the lead and led from there. Towards the end, coming up the hill, he didn't slow down a lot. It takes a lot of strength to maintain your speed coming up a hill at the end of a race."

Actually, Barres admitted to slowing up at the end after looking back to find Anthony. Satisfied that he had enough of a cushion, he decided not to push himself too hard.

That decision reflects a new at-

titude for Barres, who is no longer focused just on road races. The rest of his weekend schedule included a local soccer game Saturday and an eight-mile trail race in Haddam today.

Neither of those events would have made it onto his docket in previous years.

"I'd be worried about getting injured or too tired or overdoing it and it's not worth 10 seconds in a race to (not) do all these other things," Barres said. "Nowadays, I'm just playing it by ear. I do whatever seems interesting."

While Barros may be easing off a bit, Janiszewski is still as intense as in recent years. She won her third straight Spring Stride — and her fourth overall — without much trouble.

"I want to start doing some of the longer distances but they're harder to find," said Janiszewski, who won a five-mile race in Westerly last Sunday. "I've started stronger, time-wise. Mileage-wise, I need to do a little more work."

### L&M Spring Stride

3.5 miles  
At New London  
Top 25  
1. Spyros Barres 17:47, 2. John Anthony III 18:05, 3. Ed Zubritsky 18:44, 4. Don Sikorski 18:46, 5. Bobby Clark 19:05, 6. Michael Fritz 19:07, 7. Dennis Crowe 19:10, 8. Richard England 19:11, 9. Tim Smith 19:32, 10. Anthony Fossa 19:41, 11. Donald Tyszkiewicz 19:43, 12. Michael Fusaro 19:57, 13. David Nickerson 20:03, 14. Glenn Costello 20:08, 15. Scott Deslongchamps 20:21, 16. Rob Reale 20:27, 17. Mark Holmes 20:33, 18. William Lunn 20:36, 19. Wayne Jolley 20:37, 20. Fran Dumont 20:38, 21. Jack Honahue 20:40, 22. John Brown 20:44, 23. Jim Roy 20:46, 24. Tim Ahern 20:52, 25. David Hammond 20:55.

#### Divisions

##### Men

**Open:** John Anthony III 18:05, Scott Deslongchamps 20:21, Rob Reale 20:27; **Submasters:** Spyros Barres 17:47, Ed Zubritsky 18:44, Don Sikorski 18:46; **Masters:** Bobby Clark 19:05, Michael Fritz 19:07, Dennis Crowe 19:10; **Grandmasters:** Tim Smith 19:32, Dave Jacobs 21:34, Hank Gullari 22:12; **Veterans:** Skip Burton 25:48, Ed Shepherd 25:58, Bernie Murray 26:42.

##### Women

**Open:** Brenda O'Connell 23:45, Suzanne Podurgiel 24:28, Tamala Sacco 25:00; **Submasters:** Susan Julin 21:36, Laurie Lilienthal 21:43, Pam Gaulhier 23:33; **Masters:** Mary Janiszewski 21:16, Germaine Boucher 24:34, Edna Silva 25:14; **Grandmasters:** Geraldine Patonen 28:43, Pat Phillips 29:06, Rosemary O'Brien 29:30; **Veterans:** Anne Pierson 38:14.

### Cannonball Run

At Preston  
One mile  
Top 25  
6/25/98

1. Hunter Spencer 4:29, 2. Clint Santoro 4:31, 3. Ed Zubritsky 4:36, 4. Charlie Wustman 4:42, 5. Roman Barabagh 4:44, 6. Charlie Augur 4:49, 7. Pete Murphy 4:50, 8. Tim Smith 4:56, 9. Dave Hammond 4:57, 10. Chris McCormack 5:01, 11. Robert Klingensmith 5:02, 12. Glenn Costello 5:03, 13. Fran Dumont 5:06, 14. Ease Campbell 5:07, 15. James Thompson 5:08, 16. Chris Wood 5:09, 17. Kate Petricone 5:11, 18. Matt Hecker 5:11, 19. Wayne Jolley 5:12, 20. Kris-Ann Kane 5:13, 21. Donald Brennan 5:16, 22. Eddie Eckard 5:17, 23. Ben Burdick 5:18, 24. Paul Andruskiewicz 5:19, 25. David Flounder 5:22.

#### Men's division

**Under 8:** 1. Ed Zubritsky 8:16, 2. Greg Mooney 8:26, 3. Kevin Litwin 9:22; **8-12:** 1. Dan Sieczkiewicz 5:42, 2. Arthur Muench 6:07, 3. Ryan Powers 6:18; **13-17:** 1. Hunter Spencer 4:29, 2. Roman Barabagh 4:44, 3. Chris McCormack 5:01; **18-29:** 1. Clint Santoro 4:31, 2. Robert Klingensmith 5:02, 3. Ease Campbell 5:07; **30-39:** 1. Ed Zubritsky 4:36, 2. Charles Augur 4:49, 3. Pete Murphy 4:50; **40-49:** 1. Charles Wustman 4:42, 2. Dave Hammond 4:57, 3. Wayne Jolley 5:12; **50-59:** 1. Tim Smith 4:56, 2. Jerry Augustine 5:28, 3. Ron Dombrowski 5:56; **60+:** 1. Jerry Levasseur 5:37, 2. Colbum Graves, Jr. 7:42.

#### Women's division

**Under 8:** 1. Chelsea Boyes 11:35, 2. Katelyn Zubritsky 11:59; **8-12:** 1. Elizabeth Boucher 6:20, 2. Brianna Welch 6:27, 3. Callin Deal 6:33; **13-17:** 1. Jessica Bentz 6:09, 2. Alsyn Bingle 16:59; **18-29:** 1. Carin Algara 6:13, 2. Corrie Hanson 6:21, 3. Tara Hunt 6:46; **30-39:** 1. Kate Petricone 5:11, 2. Kris-Ann Kane 5:13, 3. Sue Julin 5:29; **40-49:** 1. Germaine Boucher 6:31, 2. Jane Weeks 6:34, 3. Kathy Smolenski 6:52; **50-59:** 1. Alexandra Malone 9:14, 2. Susan Hockhausen 15:10, 3. Pat Kulduff 17:03; **60+:** 1. Barbara Bingle 19:04.

# Smith, Janiszewski run away from the pack

**Westerly** — Tim Smith was the winner of the 17th annual Clamdigger Road Race Sunday, finishing 13 seconds ahead of the rest of the field.

Smith, of Norwich, completed the five-mile course in 28:28. John Murphy was second with a time of 28:41 and David Neri took third with a time of 29:48.

Westerly's Mary Janiszewski was the women's overall winner with a time of 31:28, almost a full four minutes ahead of Kelly Robison, who finished second with a time of 35:23. Lynne Hill was third with a time of 35:44.

Winners in other divisions were: Daniel Sieczkiewicz (male junior); Rick Costa (male open); Ken Pacilleo (male submaster); Wayne Jolley (male master); Dave Jacobs (male grandmaster); Fred Silvertatt (male senior); Elizabeth Benoit (female junior); Sara Lewis (female open); Amy Hallberg (female submaster); Debbie Tillman (female master); Patricia Phillips (female grandmaster); Arlene McCoy (female senior); Mike Panciera (male clydesdale open); Way Hedding (male clydesdale master); Lauren Rapp (female clydesdale open).



## A good day for ducks, ambitious runners

By Keith Kimberlin  
The Sun

Clamdigger

**Westerly** — Last year's Clamdigger 5-Mile Road race was run under nearly pristine conditions — temperatures in the 60s and a minimal wind.

But Sunday's 17th annual event, which is conducted by the Westerly Track & Athletic Club, was a different story. By the time the race started on Atlantic Avenue, the rain was steady and the breeze was steady from the nearby ocean. Temperatures reached into the mid-50s.

The top runners in the event didn't seem to mind at all.

"The conditions were wonderful," 50-year-old Tim Smith, the first runner to cross the finish line, said.

Smith, who lives in Norwich, covered the course that winds through portions of Weekapaug before ending back on Atlantic Avenue near the Westerly Town

Beach, in 28 minutes, 28 seconds.

John Murphy was second at 28:41. David Neri took third in 29:48.

"Going over the breachway there were three or four of us, but after that it was just the two of us," Smith said. "The start was like a snail's pace, but after that we kept accelerating. It was like a chess match out there. Every time I was going to let him (Murphy) go, he faltered. We were clipping elbows through the fourth mile."

Murphy, who has been racing for about four decades, was expecting a better time.

"It felt like we were flying," Murphy said. "I was hoping for the low 27s."

Last year's winning time was 27:24.

Clamdigger, page 11

6-7-98

**Dombrowski qualifies:** Ron Dombrowski of Norwich finished fifth overall in the 5K qualifying race (20:43) for the National Senior Olympics in Southington. Dombrowski, 54, also finished first in the 50-yard dash (8.0). His finishes qualified him for the National Senior Olympics, which will take place in October 1999 at Orlando, Fla.



# Anthony cruises to first-place finish

By BRIAN GIRASOLI  
Special to the Bulletin

## RUN FOR RELIANCE

**NORWICH** — Although the weather was far from perfect, the turnout for the Run for the Reliance House was.

John Anthony of Norwich placed first of 171 participants in the 5K race on Friday, finishing in a time of 15:54.

Ed Zubritsky (16:21) was second, nearly a half minute behind.

Anthony, 23, said running through a steady drizzle may have helped his performance.

"It was a lot easier to run because it was so moist out," he said. "I was racing to win, and I wasn't really concerned about my speed."

Zubritsky, 35, agreed. "It's not really that bad," he said. "It's nice to run in cooler weather."

Although Anthony and Zubritsky started the race close to each other, the older runner quickly began to fall back. "About the second mile I began to stiffen up, and that's what

hampered me," he said. "As we came down (to the finish) I began to get a good stride going, but by then it was too late."

Anthony's win was his second in four races this year. He also won the Canterbury 10K on April 4.

Kris-Ann Kane of Preston was first in the women's division with a time of 19:00, 21st overall. She also felt that the weather was a factor in the outcome.

"The road was slippery around Reynolds Road, and I was getting nervous running around there," she said. "I wasn't really sure how to dress for this race."

Last weekend Kane, 34, ran in the Central Park 10K in New York, placing 30th out of about 5,000 women. She said keeping a good pace was the key to her win.

"I just tried to keep focused going up the hills, which is important because the race is either won or

## Run For Reliance House

At Norwich

Individual results

1. John Anthony 15:54; 2. Ed Zubritsky 16:21; 3. Tim Kane 16:40; 4. Bobby Clark 17:03; 5. Charlie Augur 17:12; 6. Tim Smith 17:15; 7. Michael Fusato 17:28; 8. Keith Pigeon 17:37; 9. Glenn Costello 17:46; 10. Wally Hansen 17:58; 11. Kevin Gallerini 18:00; 12. Scott Deslongchamps 18:03; 13. Curtis Thompson 18:19; 14. Mark Holmes 18:36; 15. Tom Sullivan 18:39; 16. Brian Lundie 18:42; 17. Todd DeLongchamps 18:45; 18. Larry Mooney 18:55; 19. John Donahue 18:55; 20. Gregory Niles 18:56; 21. Kris Ann Kane 19:00; 22. Paul Andruskiwicz 19:03; 23. Eddie Eckard 19:06; 24. Gerald Augustine 19:06; 25. Laurie Lilienthal 19:12.

Division winners

MEN

Juniors: Zeno Tollow 19:16; Darrell Chappel 19:44; Tom Davidson 20:09; Open: John Anthony 15:54; Wally Hansen 17:58; Scott Deslongchamps 18:03; Submasters: Ed Zubritsky 16:21; Charlie Augur 17:12; Michael Fusato 17:28; Masters: Tim Kane 16:40; Bobby Clark 17:03; Kevin Gallerini 18:00; Grandmasters: Tim Smith 17:15; Gerald Augustine 19:06; Dexter Gayetta 19:26; Veterans: Fred Zuleger 21:20; Rod Bissonette 27:10; Chuck Carey 28:39.

WOMEN

Juniors: Shannon Milton 20:50; Open: Brenda O'Connell 21:02; Suzanne Podargiel 21:27; Michelle Dapault 21:44; Submaster: Kris-Ann Kane 19:00; Laurie Lilienthal 19:12; Kathy Izbicki 20:33; Master: Susan McCarthy 23:15; Debra Schenn 23:41; Kelly Crouch 23:55; Grandmaster: Rose Buckingham 24:39; Shirley Iselin 24:55; Michaelaen Haeseler 25:07.

## St. Catherine's Road Race

At Preston

Top 10

Men

1. Tim Kane 20:39; 2. Rob Swerzewski 20:59; 3. Ed Zubritsky 21:03; 4. Tim Smith 21:06; 5. Glenn Costello 22:38; 6. Mark Holmes 22:56; 7. Brian Lundie 22:57; 8. Wayne Jolley 23:15; 9. Tom Sullivan 23:20; 10. Mike Matovic 23:30.

Women

1. Laurie Lilienthal 24:07; 2. Kris-Ann Kane 24:46; 3. Kathy Izbicki 26:28; 4. Suzanne Podargiel 26:33; 5. Ellen Piscitello 27:41; 6. Melissa Pirkola 27:53; 7. Stephanie Gieryk 29:11; 8. Kristen Sullivan 30:18; 9. Rose Buckingham 30:19; 10. Katrina Moran 30:38.

Divisions

Men

Junior: 1. Mike Matovic 23:30; 2. Dan Sieczkiewicz 24:36; 3. Mark O'Farrell 26:34; Open: 1. Rob Swerzewski 20:59; 2. Ed Zubritsky 21:03; 3. Glenn Costello 22:38; Masters: 1. Tim Kane 20:39; 2. Mark Holmes 22:56; 3. Brian Lundie 22:57; Grandmasters: 1. Tim Smith 21:06; 2. Dave Jacobs 23:47; 3. Bill Hixson 25:54.

Women

Open: 1. Laurie Lilienthal 24:07; 2. Kris-Ann Kane 24:46; 3. Kathy Izbicki 26:28; Masters: 1. Karen Rogers 32:42; 2. Linda Wynne 32:54; 3. Sue Daniels 33:46; Grandmasters: 1. Rose Buckingham 30:19; 2. Michaelaen Haeseler 31:40.

# Kane right at home

By BRIAN GIRASOLI  
Special to the Bulletin

**PRESTON** — For the second straight week, rain and overcast for local runners. This time, it was at the Saint Catherine's Road Race.

Despite the wet conditions, 117 people participated in the 3.8-mile event, which according to race coordinator Dave Swerzewski was the largest number ever for the race.

Tim Kane of Preston won the race with a time of 20:39.

"I live in Preston, so it's always fun to race here," he said. "I enjoy doing the local races the most."

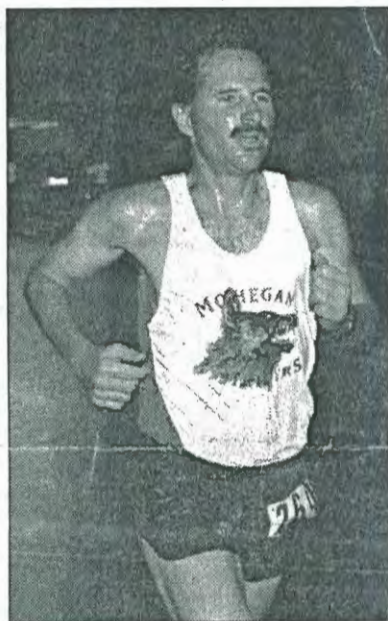
"I took it slow today because of the rainy conditions, the roads were pretty slick."

Laurie Lilienthal, who placed first in the women's division and 14th overall with a time of 24:07, agreed with Kane.

"It's better for me to race in the rain, it kept me cool to run," she said.

Lilienthal, who placed second in the women's division and 25th overall at last week's 5K Run for the Reliance House in Norwich, felt that her overall performance this week was better than last week's.

"I enjoy running longer distances," she said. "They're a much



Jeff Evans/Norwich Bulletin

First-place finisher Tim Kane covered the 3.8-mile course in 20:39.

better pace for me than the shorter ones."

Norwich native Tim Smith, who placed fourth, likened the race route to an obstacle course.

"It was tough towards the end, trying to dodge the traffic (on Rt. 164)," he said. "It's not too often that you see cars racing along with you."

## Rose Arts race sorely missed

Editor:

Race day came and went without the 32nd Norwich Rose Arts Road Race. Both the running community and Norwich are poorer. The running community loses because the race was a good race — tough, hot and long but challenging and satisfying. The last-quarter mile on Broadway toward Chelsea Parade and the finish line, through the crowds, brought a feeling of unaided accomplishment to thousands of runners over 31 years, regardless of place or time. The Norwich community is poorer because another chance to show off the city has been lost. The Rose Arts Race has been an event residents took pride in.

The Rose Arts Road Race was healthy and growing in its 31st year (1997). But times change and circumstances get in the way of plans. After nearly a decade of valiant effort to overcome a sea of red ink, the Rose Arts Festival folded its tent (pun intended).

About 20 runners assembled at

9 to pay their respects by running the course on race day. The runners were mostly Mohegan Striders, the most notable area running club and the winningest running club in the state over the past 10 years. Their purpose was two-fold; to have a social 10.4 mile run and to hope to keep the race alive.

Next year will be a challenge. The Rose Arts Road Race is now its own. All aspects of the race need to be organized and funded (about \$9,000) before the end of February. The race needs to be listed in the various schedules in October. The race is not dead. Race organizers are dedicated to attempt to secure sponsorships, permits, volunteers and support for the 33rd running of the Rose Arts Road Race. Hopefully the Norwich business, social and running community will support the rebirth.

PETE VOLKMAR

Guido Bros. Escort Service

Race Director

Norwich Rose Arts Road Race





Carol Phelps/Norwich Bulletin

Thousands of runners have competed in the Rose Arts Festival road race since it was first held in 1967 ...

# Rose Arts gone, but not forgotten

By DON SIKORSKI  
Special to the Bulletin

On Sunday, Norwich's Tim Smith says he plans to have a few beers in the afternoon and relax around the house.

Although this ritual might not seem unusual to many people, it will be for Smith. For the past 31 years, he has reserved the final Sunday of June for a more strenuous activity: running the Norwich Rose Arts Festival Road Race.

This year, however, will be different. Due to the cancellation of the festival, the road race will not take place for the first time since 1967.

As the only individual to compete in all 31 Rose Arts races, many would think the news would be quite a disappointment to Smith.

"Not true," he said. "I feel real lucky just to be a part of the thing right from the start. As my streak of consecutive races grew, my goal became to run 25 Rose Arts races. After that, I started thinking that maybe I could outlive this Rose Arts thing. I guess you could say I did just that."

Many major sporting events are built on tradition. The first Saturday in May is Kentucky Derby Day. The month of March means March Madness for college basketball fans. Reggie Jackson remains baseball's "Mr. October." The same tradition holds true for road races.

Every Patriots Day, thousands run from Hopkinton, Mass., to downtown Boston. You can't drive through downtown Atlanta on the Fourth of July because of the Peachtree Road Race.

The cancellation of this year's Rose Arts Festival disappointed more than just the beer festival crowd — although many past race participants and beer festival participants were one and the same, and both did a lot of weaving and stumbling at the finish.

Of all local road races, few carried more tradition than Rose Arts.

John Flora's 1979 course record of 52:11 (an average of about 5:01 per mile) still stands nearly 20 years after he set it, and many other big-name runners have participated over the years.

Coming off a sixth-place finish in the previous fall's NCAA cross country championships, Wesleyan student Amby Burfoot won the first Rose



Bulletin file photo

... but Norwich's Tim Smith was the only one to appear every year.

Arts race in 1967. There were 37 runners that year. The next year Amby won a much bigger race: The Boston Marathon. He returned to win the Rose Arts four more times.

John Vitale also won the race five times, while Carla Thompson dominated the women's field with seven Rose Arts titles.

Smith said although he realized the running community comprises only a small part of the Norwich population, he was surprised at how the

Rose Arts race grew into a tradition for many of the spectators along the race course.

The race field grew to over 100 runners in the early years before suddenly ballooning to over 500 during the "running boom" of the late 1970s. Participation increased to a record 855 entrants in 1982, and maintained good numbers each year after that.

The 10.4-mile race course was one of the most deceptive and most difficult around. From the two miles of uphill climbing on Canterbury Turnpike to the blazing sun of Central Avenue into downtown Norwich, the course constantly challenged runners. Stopping at Billy Wilson's on Franklin Street (with about a mile to go) was always a very tempting option, especially when faced with an uphill climb on McKinley Avenue to Broad Street that leads back down Chelsea Parade to the finish line.

My Rose Arts experience began in 1981. As a spectator watching from the A&P parking lot on Boswell Avenue, I stared in disbelief watching people push their bodies toward seven miles of continuous running in the sweltering June heat.

But as a high school freshman and newcomer to distance running, I was impressed. My goal was to run (and hopefully finish) the following year's race. I did, in a somewhat respectable 228th place, running 70 minutes and change. I was exhausted, pleased, and determined to do better next year.

I continued to train hard and improve each year, always looking forward to competing at Rose Arts. Six years later, I outkicked Smith down the final stretch, using every ounce of strength I had left to finish 11th. I never ran the Rose Arts again, which is the same reason John Elway shouldn't play football this year.

For now, a 31-year-old tradition has come to an end. I would like to thank race director Pete Volkmar, all the race volunteers, and the spectators of the city of Norwich who made this race special to so many runners over the years.

As for Smith, he said he will run the course for fun on Sunday morning with a group from the Mohegan Striders.

"After that," he said, "I just plan to have a six pack and get fat."



# St. Mary's Road Race winners



Don Sikorski, left, of Norwich, and Kerry Arsenault, of Guilford, placed first Sunday in their divisions at the seventh running of the St. Mary's 3-mile Road Race in Jewett City. Sikorski finished first overall with a time of 15:39, while Arsenault placed eighth in a time of 17:52. The men's race was a three-person race with Sikorski, Daryl Giard and Wally Hansen. Sikorski and Giard pulled away before Sikorski used a big kick at the end to win the race.

Photos by Carol Phelps/Norwich Bulletin



## St. Mary's road race

- At Jewett City  
Three miles  
Overall results
1. Don Sikorski 15:39; 2. Daryl Giard 15:43; 3. Wally Hansen 16:24; 4. Tim Smith 16:52; 5. Glenn Costello 16:57.
  6. Charlie Mitchell 17:03; 7. Scott Deslongchamps 17:39; 8. Kerry Arsenault 17:52; 9. Eddie Eckard 18:09; 10. Dexter Goyette 18:13.
  11. Megan Coombs 18:20; 12. Paul Andruskiewicz 18:27; 13. Jesus Crespo-Diaz 18:45; 14. Dave Jacobs 18:51; 15. Dino Festa 19:05.
  16. Diane Donovan 19:07; 17. Steve Gagnon 19:12; 18. Tom Izbicki 19:37; 19. Randy Baah 19:44; 20. Tom Senuta 19:47.
  21. Larry James 19:53; 22. Kathy Izbicki 20:09; 23. Brian Torre 20:16; 24. Gary Trombley 20:24; 25. John Sacrey 20:29.
- MEN**
- Juniors**
- 12-and-under**
1. Harrison Fish 34:34; 2. Joey Amarelli 44:03; 3. Kyle Minzy 44:07.
- High school**
- 13-18**
1. Giard 15:43; 2. Torre 20:16; 3. Marco O'Farrell 22:35.
- Open**
- 19-29**
1. Hanson 16:24; 2. Deslongchamps 17:39; 3. Kevin McCabe 21:14.
- Sub-master**
- 30-39**
1. Sikorski 15:39; 2. Costello 16:57; 3. Mitchell 17:03.
- Masters**
- 40-49**
1. Festa 19:05; 2. Gagnon 19:12; 3. Izbicki 19:37.
- Grand masters**
- 50-59**
1. Smith 16:52; 2. Goyette 18:13; 3. Jacobs 18:51.
- Seniors**
- 60-and-over**
1. Chris Noble 21:05; 2. Dan Jacobs 23:56; 3. Colburn Graves 26:01.
- WOMEN**
- Juniors**
1. Carla Rudolph 32:18; 2. Tracie LaPointe 36:56.
- High school**
1. Coombs 18:20; 2. Erin Breen 24:42; 3. Jill Loser 26:46.
- Open**
1. Sherri Hansen 26:13; 2. Jessica Taylor 28:11.
- Submasters**
1. Kerry Arsenault 17:52; 2. Donovan 19:07; 3. Izbicki 20:29.
- Masters**
1. Karen Rogers 27:10; 2. Gloria Jordan 28:45; 3. Kathy Minzy 44:20.
- Grand masters**
1. Jan McKeown 24:11; 2. Geraldine Dalonen 24:46.

July 2, 1998

# Rec series in good hands

## Spellman returns to direct Norwich road races

By DON SIKORSKI  
Special to the Bulletin

Charlie Spellman will once again direct this summer's Norwich Recreation Department road race series in July and August. But he returns for his eighth season with a few new twists.

First, Spellman has relocated from Norwich to Middletown because of work commitments.

Second, his wife Michelle is expecting their second child on opening night (July 9). So Spellman will be forgiven if this year's series starts without him.

Each three-mile race starts at Kelly Junior High at 7 p.m. The series will run for eight straight weeks every Thursday night.

The wheel-measured course climbs through the hills and scenic trails of Mohegan Park. The course record is 14:14, set in 1985 by world class distance runner Bill Krohn during the Norwich Free Academy alumni race.

Spellman's dedication is deeply appreciated by all the runners who participate each year.

"I had run the races in the park for a few years before volunteering to help out," Spellman said. "I felt it was a way to contribute to the running community and give something back to the sport."

Spellman's responsibilities include ensuring that the course is ready prior to starting, reviewing the pre-race rules and traffic regulations with all runners, and making sure the race gets underway on time. He also records every time and compiles the results by age division.

Spellman can also count on Norwich's Joe Lonardelli each week to provide traffic control for the runners out of the parking lot onto Mahan Drive. An honorary lifetime member of the Mohegan Striders, Lonardelli has missed only one or two races since he started volunteering in the early 1980s.

The series is among the oldest in the state. These races provide quality training sessions during the summer season for serious and casual runners. It is also a social event for runners — a group dinner takes place following the final race of each season.

This year Spellman has also created a new awards system. Runners will accumulate points each week based on their places by age category. Awards will be presented following the final race of the season on Aug. 29.

Although many competitive runners do participate each week, runners of all levels of ability are welcome. Norwich's Kevin Crowley, who dedicates a great deal of his time and energy to youth running events in Norwich, will also conduct a developmental youth track meet for four straight weeks, beginning July 9.

**ROAD RACING**

**11th annual Sneakers' Run**  
Five miles  
Top 10 Men

1. Peter Oviatt, 25:56; 2. Marc Rabaczynski, 26:39; 3. Yuri Romanuk, 26:56; 4. Don Sikorski, 27:25; 5. Bob Stack, 28:47; 6. John Murphy, 29:25; 7. Walt Smolenski, 29:43; 8. Michael Monroe, 29:48; 9. Scott Deslongchamps, 30:09; 10. Curtiss Thompson, 30:13.

Top 10 Women

1. Kris Anne Kane, 30:25; 2. Laurie Lilienthal, 32:19; 3. Carla Thompson, 32:22; 4. Heather Walker, 26:14; 5. Germaine Boucher, 36:16; 6. Stacey Sullivan, 36:30; 7. Charlene Downey, 37:14; 8. Susan Lessard, 37:24; 9. Elizabeth Murphy, 37:34; 10. Sara Meaney, 38:24.



Gordon Alexander/The Day

■ The top women's finisher Kris-Anne Kane of Preston.

# Kane is finally the first to the bar

AUGUST 1998

By KHARY K. MCGHEE  
Day Sports Writer

## SNEAKERS' RUN

**Groton** — Finish lines at the end of road races are typically places of joy, or at least relief, as exhausted runners finally get to rest. But you just have to believe the participants in the 11th annual Sneakers' Run Sunday really liked the fact that the finish line was located right next to the bar that sponsors the race.

"A lot of the people just run for the party," said Kris Anne Kane, the women's winner of the five-mile race. "It's a great cause (the March of Dimes) and a great time every year."

Kane, of Preston, probably had a better time this year because she

won the race for the first time after finishing either second or third in every other Sneakers' race she entered.

She entered a personal best time of 30 minutes, 25 seconds to top second-place finisher Laurie Lilienthal, who had a time of 32:19. In fact, Kane just finished out of the top 10 overall, crossing the line in 11th place.

"Always a bridesmaid," Kane said, "but this year the bride."

Carla Thompson was the third in the women's race, a remarkable accomplishment seeing that she just gave birth recently.

"I have to give her credit," Kane said. "(Thompson) just had a baby

eight weeks ago. Twenty minutes before the race she's in the car nursing her baby."

## Overcoming adversity

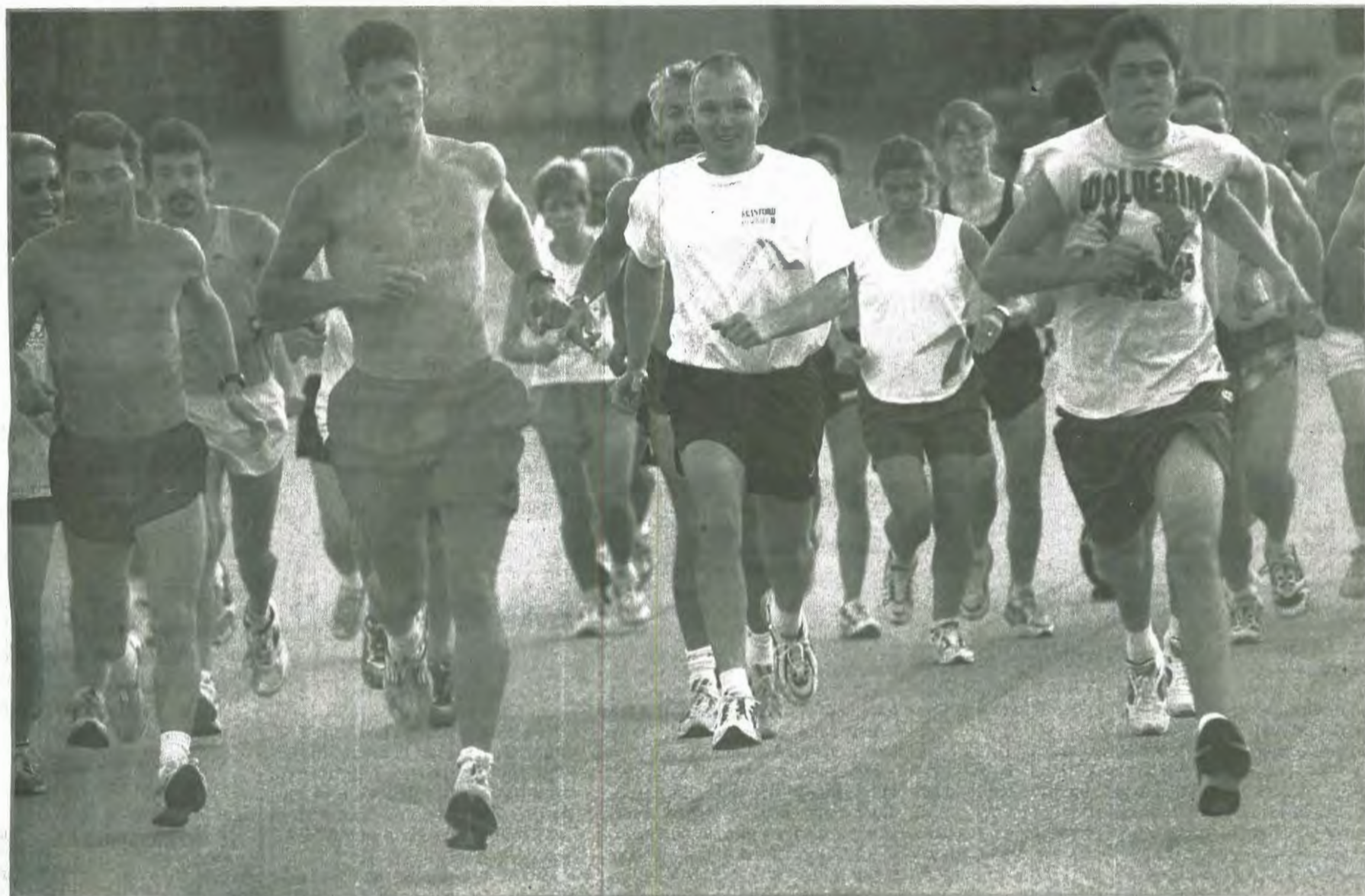
Peter Oviatt was the men's race winner. He led from the beginning to end for a time of 25:56, 44 seconds ahead of second-place finisher Marc Robaczynski (26:39). Not bad for a guy who hasn't even sure if he would run the race because of a heart arrhythmia.

"(The arrhythmia) had been acting up earlier in the week," said Oviatt, also a winner in the Kelley Race earlier in the summer. "I wasn't even sure after my warm-up that I'd run today. But I figured I could always drop out."

"I didn't want to get lock into



Some competitors have been coming to the Norwich Recreation Run since they could walk. From top-level runners to those just beginning, they come to the weekly races for the competition and for the camaraderie. Either way, they seem to enjoy themselves at an event that over the years has come to resemble a ...



*'I run here, I'd say, 50 percent tradition and 50 percent to get a good, hard run. ... I've been coming here since I was three.'*

Chad Johnson

■ Chad Johnson, second from left, jumps out to an early lead Aug. 6 at the Norwich Recreation Run, celebrating its 33rd season.

Anna Leshchiner/The Da

## ... Block Party

By **MIKE DIMAURO**  
Day Sports Writer

There was at least one jokester who pretty well captured the spirit of this occasion they call a "fun run." "Where's the first beer stop?" he said. Ah, but the brews must wait till later. Liability issues, you know. But not much later, since it's only a three-mile fun run.

Yet it would be hard to think anything short of a beer stop could attract a better field than is gathered weekly at Kelly Middle School for the 33-year-old Norwich Recreation Run.

There's three-time East Lyme Marathon champion Tim Smith, the patron saint of Norwich-based runners.

There's former two-time State Open cross country champion Chad Johnson, the former Norwich Free Academy whiz, against whom many future high school runners will be measured.

There's Chad's sister, Stephanie, a Central Connecticut State University junior, and former Class LL champion.

There's Kris Anne Kane, among the most prominent female runners in eastern Connecticut.

There's Way Hedding, the best mix of running and laughter God ever created.

There's Ed Zubritsky, Don Sikorski ... say ... was the Kelly Race this competitive?

"We usually get a good crew," race coordinator Charlie Spellman says.

When you talk Norwich institutions, well, there's NFA, the Rose Garden, Chelsea Parade, Bob McPhail, Mohegan Park ... and maybe the Norwich Recreation Run?

Did you know it's been around since 1965? "I ran the very first one here in 1965," says Smith, who finished in the top 10 at the Aug. 1 Kelly race in New London. "Don Pirie organized the first one. The course has changed, but the race has never missed a beat."

The course begins in the Kelly Middle School parking lot, turns left and heads to Mohegan Park. The runners loop around the pond and head back.

The top five runners in each age division are given "points" every week and the runners with the most points after the eight weeks of racing earn a trophy.

"It's to promote people to come here every week," Spellman said.

And maybe to make the hills in Mohegan Park a little more palatable.

"Some of them run the course when they get here, run the course when it counts and then run it as a cool down," Spellman said. "Mostly, it's a run with a lot of people. Running can be a loner sport."

"It's social as much as physical. They hang out after and you might even see a few coolers open up."

And there's one of the interesting storylines the Recreation Run presents every week: the social vs. physical. Sure, it's an opportunity to see people with whom you share a passion, but winning's fun, too.

"It's more of a social circle," Smith said. "We share a lot of stories. Generally, high school athletes stay out of the local road races because they're presented an opportunity in cross country."

"But here, it's nice together with them. And you never know when a few of them will say, 'tonight's the night I'm really going to bust it.'"

### Johnson & Johnson

The Norwich Recreation Run has been a Johnson family staple since siblings Chad and Stephanie have been alive. Stephanie Johnson has used the runs to train for her upcoming season at Central. Johnson has been hurt for her first two years there and is finally healthy.

Her brother, after taking a stab at personal training at Work Out World in Waterford, is pursuing a physical education degree at Eastern Connecticut State University. Chad Johnson, a UConn grad, coached track & field last

spring at NFA. He'd like to be a full-time teacher by the fall of 1999.

Chad Johnson was the winner this night looking rather effortless as he finished a bit ahead of Sikorski.

"I run here, I'd say, 50 percent tradition and 50 percent to get a good, hard run," Chad Johnson said.

"I used to run those rec runs with Kevin Crowley for kicks when I was 13. I've been coming here since I was three. Now, I haven't raced in two years and I'm just getting used to running hard again."



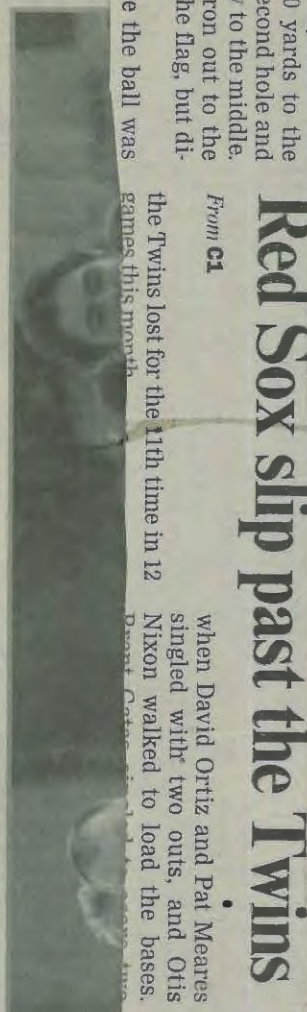
■ Aimee Clark, a member of the St. Bernard High School cross country team, stretches Aug. 6 before the Norwich Recreation Run.

Anna Leshchiner/The Da



*Some competitors have been coming to the Norwich Recreation Run since they could walk. From top-level runners to those just beginning, they come to the weekly races for the camaraderie. Either way, they seem to enjoy themselves at an event that over the years has come to resemble a...*

*I run here,  
I'd say, 50*



take. Woods had 220 yards to the green on the par-5 second hole and aimed conservatively to the middle. But he hung his 3-iron out to the right — straight at the flag, but directly over the water.

"I thought for sure the ball was the Twins lost for the 11th time in 12 games this month

when David Ortiz and Pat Meares singled with two outs, and Otis Nixon walked to load the bases.

• 1 Million seconds

• Authorized Team

• SNET NAVIGATORS

# Anthony is young runner on move 1998

By DON SIKORSKI  
Special to the Bulletin

## RUNNING

You know that times are changing on the local road race circuit when the participation in the 40-plus age group outnumbered the open division competitors (20-29 years old) both in terms of quality and quantity.

The running boom that occurred during the late 1970s and early '80s — mainly due to Frank Shorter's gold medal run in the '72 Olympic Marathon and Bill Rodgers' multiple wins at the Boston and New York City Marathons — created a population of both serious runners and casual joggers. Many of that population are still out there making up a majority of today's race fields.

What has become of the younger runners? Years ago, it would seem unusual to praise a runner in their mid-20s for sticking with the sport after college. But nowadays, many of the young, fast high school and college runners are giving up on competitive distance running, on running in general for that matter, after their school years are over.

So when a local college runner with potential decides to make the commitment to hard work, people begin to take notice.

Norwich's John Anthony isn't really used to all this recent publicity. He wasn't even the top runner on his NFA cross country team. Maybe running behind two-time state champion Chad Johnson had something to do with that. Anthony didn't even begin running until his junior year, but he managed to finish third in the ECC in both his junior and senior seasons.

Although Johnson's outstanding achievements earned him nearly all of the local publicity, a few schools did recognize Anthony for his 11th-place finish in the 1993 State Open his senior season. From his pool of college offers, he chose the University of Hartford, where his scholarship didn't initially include track.

"Seemed like a good deal at the time," Anthony joked, "until they added a track program my freshman year and made me run that, too."

Anthony soon discovered that running in college was not exactly what he expected it would be.

"I did pretty much every workout by myself," Anthony explained. "We didn't even really have an organized team practice during the four

years I was there."

But after "getting serious about training and setting goals" during the summer prior to his senior year at Hartford, Anthony ran personal bests of 15:20 for 5K, 25:20 for five miles and 32:00 for 10K. He was seeing the results of all his hard work.

Then came graduation.

Unmotivated and with no fall season to prepare for, Anthony soon lost interest in running and decided to take a few months off. It wasn't until a former college teammate talked him into visiting down south and trying a marathon, that Anthony regained the urge to give running another chance. He made his 26.2-mile debut at the 1997 Chicauga Marathon in Georgia with a 10th-place finish in 2:56.

Another source of motivation came from a new job opportunity. Anthony was offered a job at Pfizer last year as a Global DMPS Administrator. Along with his computer skills, Anthony also brought his distance running talent to the Pfizer Corporate Team. When asked why most of the guys he ran against in high school and college aren't out there anymore, he points out the structure that running for a team can offer.

"Working in an environment that promotes extracurricular activities like Pfizer does has kept me motivated to run," Anthony explained.

His recent performances include a 14th-place finish (1:11:18) in the highly competitive Fairfield Half Marathon this past June, a recent win at the Chase Bank Corporate Challenge and a 10th place finish at the U.S. HealthCare Corporate 5K in Hartford two weeks ago, leading his new Pfizer team to the open division team title.

Anthony continues to train with runners from the Mohegan Striders and his Pfizer teammates. Although he has no immediate plans to tackle the marathon distance again, his long-term goals are a 15:00 5K and a 31:00 10K. Anthony feels that his potential lies in the longer distance races over 10K. Being a competitive distance runner requires a lot of hard work and dedication to a sport that isn't really that glamorous.

While it's great to see all those 40-plus runners out there, it's still good to see a few young fast guys working hard.

# Early lead Hernandez dominates Texas

have won eight of nine and 11 of 13 home games. New York opened the second half with a 14-5 run to take a 53-29 lead with 12:32 left. After Keri Chaconas' basket cut the deficit to 22, the Liberty broke out on a 24-7 run to lead 77-20 with

**SPECTACULAR!**  
25 lap Legends Feature!  
50 lap 488 Cylinder Enduro!  
25 lap American Race Trucks!  
10 lap Ladies Race!

foot-6 pass rusher said the condition hindered his play throughout the season.

rand said. "I chose Jacksonville because of the aggressive defense they play, and

through the complaint. At this point, we intend to plead innocent to the charges."





John Shishmanian/Norwich Bulletin  
**Don Sikorski crosses the line Thursday to win the Greater Norwich Road Race in a time of 21:06.**

# Sikorski, Izbicki earn wins at Norwich race

By BRIAN GIRASOLI  
*Norwich Bulletin*

**NORWICH** — Most long distance runners enjoy this time of the year because with the cooler temperatures, running a race should be easier without the humidity.

But the humidity wasn't the story Thursday for the latest running of the Greater Norwich Road Race.

"The whole course is so tough," said Don Sikorski, who placed first in the four-mile race with a time of 21:06. "The roads by City Hall were bad with the construction, and trying to run up the hill (of Cliff Street) was especially tough."

Sikorski, of Norwich, led for more than half of the course, which wended around downtown Norwich. Sikorski felt that he needed to turn it on at the halfway point to try to distance him from his nearest competitor, Ed Zubritsky.

"I knew Ed was close right before we

got to the two-mile mark," he said. "I just had to concentrate and keep my pace."

Kathy Izbicki of Lishon placed first in the women's division and 20th overall. She echoed Sikorski's feelings about the race's course.

"It is a beautiful course to race on," she said, "but those hills really tire you out."

"Fortunately, by this time of the year it's cooler, so there was no heat and humidity to worry about. This summer was so awful, so today was much, much better."

This was Sikorski's second first-place showing of the year, as he also came in ahead of the pack on July 26 in the St. Mary's of Jewett City race.

In the two-mile race, Glenn Costello came in first place with a time of 11:23.

In the junior division, 13-year-old John Fields of Norwich placed first with a time of 3:40, while his younger sister, 11-year-old Erin, came in first place in the girls division.

## Greater Norwich Road Race

- 2M**  
**Top 21**
1. Glenn Costello 11:23; 2. Don Kerwin 11:46; 3. Tom Sullivan 12:09; 4. Wayne Hanson 12:19; 5. Jerry Augustine 12:29; 6. Jon-Paul Mandelburg 12:48; 7. Conner Gilles 13:28; 8. Mark Maruscak 13:37; 9. Ron Dombrowski 13:37; 10. Jim Laban 14:09; 11. Michael Zenowitz 15:05; 12. Mary Mailhot 15:31; 13. Carl Mailhot 15:31; 14. Brian Andstroy 15:40; 15. Pat Gilles 15:53; 16. Zachary Eckald 17:00; 17. Gary Mandelburg 17:01; 18. Wally Scepanski 17:02; 19. Meg Twomey 17:23; 20. Michael Haeseler 18:45; 21. Judy McGrath 18:46.

- 4M**  
**Top 25**
1. Don Sikorski 21:06; 2. Ed Zubritsky 21:18; 3. Tim Smith 22:16; 4. Kevin Gallerani 23:21; 5. Tim Kane 23:39; 6. Michael Fusaro 23:50; 7. Paul Andruskiewicz 24:32; 8. Dave Jacobs 24:59; 9. Larry Mooney 25:21; 10. Billy Shea 25:36; 11. Larry James 25:48; 12. Lance Magnuson 26:06; 13. Tom Izbicki 26:11; 14. Kris Kimbro 26:18; 15. John Sacrey 26:24; 16. Tom Senuta 26:25; 17. Todd Guertin 26:32; 18. Dan Kerwin, Sr. 26:41; 19. Dave Barlow 26:49; 20. Kathy Izbicki 27:10; 21. Steve Hancock 27:15; 22. Dave Barnett 27:31; 23. J. Poleszciak 28:10; 24. Jim Besse 28:10; 25. Marc O'Farrel 29:06.

- Divisions**  
**MEN**
- Junior:** Marc O'Farrel. **Open:** 1. Kris Kimbro; 2. Shawn Punzain. **Submaster:** 1. Don Sikorski; 2. Ed Zubritsky; 3. Mike Fusaro; 4. Paul Andruskiewicz. **Master:** 1. Kevin Gallerini; 2. Tim Kane; 3. Billy Shea. **Grandmaster:** 1. Tim Smith; 2. Dave Jacobs; 3. Lance Magnuson. **Senior:** 1. Dan Jacobs; 2. Colburn Graves.

- WOMEN**
- Open:** 1. Heather Ford; 2. Joy Huffman; 3. Melissa Milika. **Submaster:** 1. Kathy Izbicki; 2. Robin Nickerson. **Grandmaster:** Rose Buckingham.

# A gathering place for the locals

## Waterford's O'Keefe Memorial Road Race brings out best of region's finest

10/25/98  
 By VICKIE FULKERSON  
 Day Sports Writer

**Waterford** — It is a road race in a rural section of Waterford, where people aren't exactly five-deep along the streets to watch you pass. Then again, as it says in the theme song from the television show *Cheers*: "Sometimes you gotta go where everybody knows your name."

Sunday, the names of the top five finishers in the 21st annual Strides for the Handicapped Jack O'Keefe Memorial Road Race were certainly well-known.

Wayne Jacob, Don Sikorski, William Wuyke, Dennis Crowe, Tim Smith. It was a local 5-mile road race and these were local people.

Mystic's Jacob won in 26 minutes, 38 seconds, his seventh title there, and Sikorski was second in 27:05. Kerry Arsenault of Guilford was the women's champion in 28:53 on a warm, yet breezy day at Camp Harkness on Great Neck Road.

Said Crowe, who recently turned 50, making his race with Smith for the grandmasters title: "I don't have to kill myself trying to stay with Wayne anymore. Now I can kill myself trying to stay with Timmy. ... Seriously, we have a lot of respect for each other. Whoever has a better day wins and the other person cheers him on."

Jacob, readying himself to run next week's Tarzan Brown Mystic River Run, is a local road racing icon. He

won the first Tarzan Brown race in his hometown and has since worn bib No. 1 each year there. He won Strides races in 1984, '85, '91, '92, '94 and '96 prior to this year. He is the coach of East Lyme High School's boys' cross country and indoor and outdoor track programs.

Sikorski, a former St. Bernard standout, and Smith are members of the Norwich-based *Mohegan Striders* road racing team, always bearing their familiar red jerseys.

Crowe is the boys' soccer and boys' basketball coach, as well as athletic director, at The Williams School in New London. He is a Waterford native who annually wins this race's Robert For-

shaw Memorial Award for the first Waterford finisher.

### Family tradition

Jack O'Keefe, a Waterford resident and the coach of Waterford High School's state championship baseball team, has been attending this road race since its inception. It was named for his father, the director of recreation at the former Seaside Regional Center, upon his death from cancer in 1985.

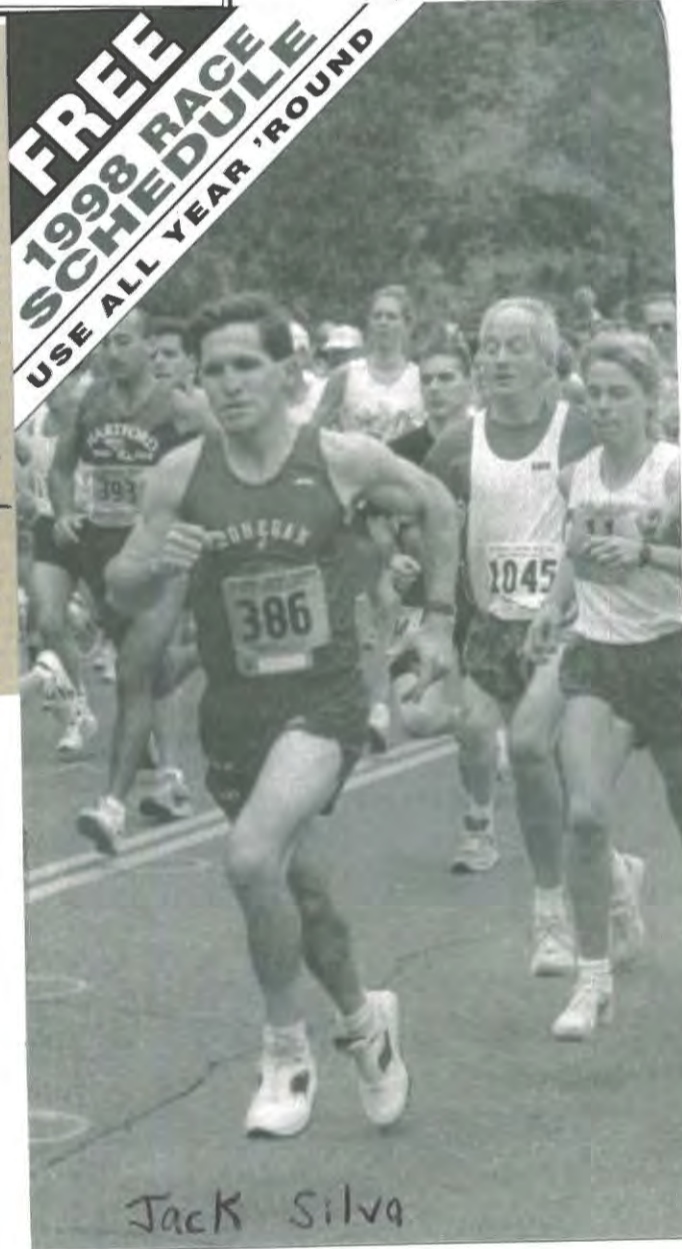
O'Keefe has always been supportive of the race, attending with his family each year. This year, he and his wife Robin took over as race directors.

"It's a very nice family thing," Robin O'Keefe said Sunday. "Now we have a little Jackie O'Keefe (the couple's 9-year-old son) and I can't help looking around and thinking this is the way Jack's father would want it to be. ... Jack has worked extremely hard. He wanted to be proud of this and he's put in a lot of time and effort."

"I try to tell the boys, 'pay attention because this is going to be yours someday.'"

Carla Thompson of Pawcatuck was the second women's finisher in 30:56 and Mary Howe was third in 35:33.

In the 3-mile Fun Run, Charlie Mitchell was the winner in 15:51, followed by former Fitch Senior High School standout Brad Malay in 16:05. The first woman was Carolyn Verdon in 17:48.



**FREE**  
**1998 RACE**  
**SCHEDULE**  
**USE ALL YEAR 'ROUND**

**NEW ENGLAND**  
*runner*



*Please support me, and together we can help the Children's Wish Foundation bring a terminally ill child's dream to life.*

Dear fellow Mohegan Strider,

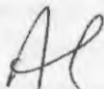
On October 24, 1998, I will compete in the "Great Floridian Ironman Triathlon" in Clermont Florida. My main purpose for completing the 2.4- mile swim, 112- mile bike, and 26.2- mile run is to raise money to benefit *The Children's Wish Foundation International*. While training for and competing in this 140.6 mile race is an arduous challenge, it obviously *does not compare* to the difficulties that terminally ill children and their families' face each day.

The Children's Wish Foundation is a non-profit organization with a unique mission: To bring terminally ill children's dreams to life. Tragically, terminal illness knows no boundaries on race, religion, income, or age. When a child has been diagnosed as terminal, it is, to say the least, devastating. While Children's Wish Foundation cannot change what the future holds for these children, they can, with our help, make a special wish come true for them today.

Please consider helping me help the Children's Wish Foundation by sponsoring my participation in the "Great Floridian Ironman." Though I have prepared for this race by swimming, cycling, running, and strength training for twenty or more hours per week, my efforts will not be successful without your generous support. Any amount, no matter how small, will help. Make checks or money orders out to: Children's Wish Foundation International. Join me, and share in the indescribable joy that comes from touching the life of a terminally ill child.

I want to thank you in advance for supporting me. If you have any questions, please feel free to contact me by telephone or e-mail. I would be happy to hear from you.

Sincerely,



Albert A. Lyman Jr.

Albert A. Lyman Jr.  
110 Forest Dr.  
Uncasville, CT.  
06382  
(860) 848-7995 e-mail: aalyman@snet.net

*Hi Tim and Terry,  
hope all is well,  
Al.*

*very m  
for supporting  
my efforts.  
keep running tim!  
Al*



...  
*five-year old Nicholas will see his wish come to life.*  
...

Now that the *Great Floridian Ironman Triathlon* is over, I want to say "thank you so much" for your generous donation in support of Children's Wish Foundation International. Because you cared, I have been able to raise well over five thousand dollars! Prior to the race, I asked CWFI if my family and I could select a specific child to sponsor, thereby enabling all of us to know exactly how the money you contributed would be spent. They were very happy to accommodate us! Consequently, every dollar collected has gone directly toward helping to fulfill the wish of five-year old Nicholas from Woodstock, Georgia. Nick suffers from a very rare and life-threatening genetic disorder called "*Monopolysaccharide Maroteaux-Lamy Type VI.*" Just a short time ago, he received his second bone marrow transplant, and so far, he seems to be doing well. Tragically, Nick's six-year-old brother Luke also suffers from the same disorder. Nick's wish was to go to Disney World, and thanks to the generosity of you and others like you, he will be able to see his wish come true!

As for the race, it went very well. It certainly was a rewarding and educational experience! I finished the 2.4-mile swim, 112-mile bike, and 26.2 mile run, in 11 hours, 19 minutes, and 23 seconds. That was good enough for 122nd overall out of nearly 1100 competitors, 1st out of 17 Connecticut entrants, and 9th of 39 active duty military. For the most part, the day went smoothly until the later stages of the run, where I had a little trouble with Florida's heat and humidity. Despite having to spend an hour in the medical tent after the race to get over 2 liters of fluid via IV, I finished the race strong and have recovered quickly.

Again, I cannot fully express in words how much I appreciate your support. A simple "thank you" seems so inadequate. My sincerest hope is that by reading about Nicholas, you can share in the joy and satisfaction that comes from having made a real difference in the life of this seriously ill young boy.

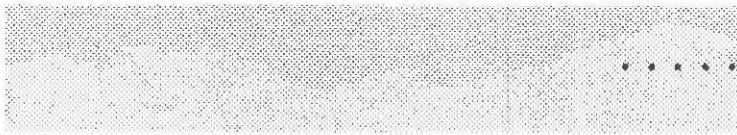
Some months ago, I made a vow to myself that I would never again compete at a long distance event without making sure that someone else would benefit from my training and racing. At some point in the future, when I decide to again tackle the "Ironman" distance, I hope and pray that you will again consider supporting me. Thank you.

Tom and Terry -

Thank you very much for supporting my efforts.

Keep running time!

AL





Friday November 13, 1998

Dear Mr. Smith,

I have tried calling you the past couple of nights but I have been unsuccessful in contacting you.

I mentioned to you earlier in the cross-country season that we were putting together another Junior Olympic team, well we were successful. We are allowed to run eight runners on a team and we have exactly eight. The first race is Sunday November 15, 1998. Regionals are November 22, 1998 and the nationals are December 12, 1998 in Chicago.

I am the only member of the Mohegan Striders so we need to get applications filled out. Since the race is on Sunday I feel that the easiest way to do this is for me to give you the information and if you would you could fill out the applications. The information is as follows:

Shawn J. Benway of St. Bernard's 41 Dock Road Uncasville, Ct. 06382  
848-2634 D.O.B. 12/20/82

Josh A. Galvin of Montville High 10 Powerhouse Road Uncasville, Ct. 06382  
848-1301 D.O.B 08/26/82

Ryan M. Hanrahan of Killingly High 91 North Street Danielson, Ct. 06239  
779-0004 D.O.B. 11/23/82

Chris L. McCormack of Montville High 58 Brookview Ave. Uncasville, Ct. 06382  
848-9002 D.O.B. 7/17/82

Mark MGwire of William's (Information will be sent to you)

David L. Pisacich of Waterford High 76 Colonial Drive Waterford, Ct 06385  
442-9877 D.O.B. 01/16/82

J.M. Walker of Waterford High (Information will be sent to you)

Those are the seven runners that will be running with me. Enclosed you will find the membership fee of \$0.50 a runner times seven, for a total of \$3.50.

Also could you please type up a letter stating that we are all members of the 1998 Mohegan Striders. I would need to pick it up Saturday.

I was going to go to the meeting on Monday but I could not attend due to a huge amount of homework. By any chance do you know if the Strider jersey that I ordered in June is in yet? If so how can I get it? Also where can I purchase tickets to the banquet?

Thank you again for being able to help us out. If you could call me with any questions and/or as to tell me when I can pick up that letter from you. If you don't have time to write one then I could type it up and have you sign it. Thanks and I look forward to hearing from you.



Thanks,  
*Tom A. Zenowitz*  
Tom A. Zenowitz



Mark MGwire of William's (Information will be sent to you)

David L. Pisacich of Waterford High 76 Colonial Drive Waterford, Ct 06385  
442-9877 D.O.B. 01/16/82

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December '98

Dear MR. Smith,

on behalf of the Mohegan Striders  
Junior Olympic team I would like  
to "Thankyou" for helping us out again  
this year.

Like last year we won the state title  
but, unfortunately we did not do as well  
as we expected at Augusta, Maine.

Next year we hope to compete at  
Nationals in South Carolina.

once again on behalf of the '98 Mohegan  
Strider Junior Olympic team I would  
like to "Thankyou". Your help was greatly  
appreciated.

Hope you and your family have a safe and Happy  
Holiday.

Hope to see you at our upcoming Race.

TOM A. ZENOWITZ  
Tom A. Zenowitz

Thanks,  
Tom A. Zenowitz



# Runners follow Santa to aid needy children

By **DON BOND**  
Special to the Bulletin

Runners took to the streets of the city Friday night to bring happiness to needy children on Christmas morning.

More than 80 runners followed Santa Claus on his annual jaunt from Franklin Street through the downtown business district to benefit the Norwich Bulletin's Tommy Toy Fund.

Each runner provided a new toy to the Tommy Toy Fund as his or her entry fee for the race. By the time the run started, promptly at 7 p.m., the stage at Billy Wilson's Ageing Still was filled with trucks, dolls and even four sparkling new bicycles.

This was the 18th annual Toy Fund Run, according to organizer Bob Miles. The event is sponsored by the Mohegan Striders, although it's open to all runners who bring a gift for the children served by the toy fund.

"It's a great thing for the kids," said Wayne Jolley of Brooklyn. Jolley said he's run the race about five times. His wife, Leslie, was a first-time participant this year.

Miles said he and fellow runner, Jack Curran conceived the idea for the toy run 18 years ago while on a training run.

## Tommy Toy Fund



"We were discussing ways to give something back to the community and came up with the toy run. It helps a good cause and allows us to help others."

He said participation has grown over the years. Some runners cannot always participate, he said, but usually drop off a toy anyway to help the project.

Tim and Kris Anne Kane of Preston have taken part in the event for many years.

"We try to make this a Mohegan Striders function," Tim Kane said.

"Most of us are from the Norwich area and our club is based here, so it's a good way for us to help the community."

Anyone wishing to contribute new or good quality used toys or new knitted items to the Tommy Toy Fund, may drop them off at the Bulletin's main office at 66 Franklin St., Norwich, or at its Danielson office at 13 Commerce Ave.

Monetary contributions may also be brought to either location or mailed to the Tommy Toy Fund, 66 Franklin St., Norwich, CT 06360, or P.O. Box 299, Danielson, CT 06239-0299.

Toy distribution is scheduled at the Danielson office on Dec. 17-18, 9 a.m. to noon and 1-5 p.m. and in Norwich on Dec. 21-23, 9 a.m. to noon and 1-5 p.m. and Dec. 24 from 9 a.m. to noon at the American Ambulance Co. building, 1 American Way (West Thames Street).

■ Donors list, B2.



Jeff Evans/Norwich Bulletin

Santa leads the way for the 18th annual Tommy Toy Fund fun run in Norwich Friday evening. Runners contribute a toy or donation as an entry fee and then follow Santa through the streets of Norwich.

## Frigid fun



John Shishmanian/Norwich Bulletin

Way Hedding, 49, of Niantic celebrates the start of 1999 during the 30th annual dip at Groton Long Point on Friday. A five-mile run ended with all 255 runners plunging into the 40-degree waters of Long Island Sound. Our report, B1.





John Shishmanian/Norwich Bulletin

Way Hedding, 49, of Niantic third from left, joins 255 people who ran five miles then took a dip at Groton Long Point during the 30th annual New Year's dip Friday.

# Icy dip worth the trip, runners say

**CARRIE CUSSEN**  
*Norwich Bulletin*

Freezing temperatures and whitecapped waves couldn't keep hundreds of brave souls from plunging into the icy ocean water Friday.

About 255 people took part in the 30th annual New Year's Day run and dip into the Long Island Sound at Groton Long Point. Many of the participants are members of the Polar Bear Club.

Many in the event proudly wore attire that ran the gamut — from Santa hats and suspenders to full sweatsuits and sunglasses. Way Hedding, 49, of Niantic undauntingly pranced into the water chugging a bottle of champagne.

"These people are nuts," said onlooker Gary Sharpe of Mystic. "Can we lock them up now?"

Wearing Hawaiian-style shorts and shirt, Peter Tracey said he hasn't missed the holiday event in years. This year the Connecticut

native traveled all the way from his home in Washington, D.C., to take part in the heart-stopping dip.

"Twelve uninterrupted years I've been doing this," Tracey said, dripping with water. "I traveled seven hours for this. I wouldn't miss it for anything."

According to police, sea water temperatures dipped into the low 40s, while the air temperature was in the mid-20s.

Dr. Richard Ryan, an emergency room doctor at William W. Backus Hospital in Norwich, said the participants of such events put extreme stress on their bodies. He said the extreme change in temperature caused by jumping in the water causes a shock to the heart and can increase blood pressure.

"Most people who do these things are vigorous people," Ryan said, which can reduce the risk because participants are in good shape.

He said although the running generates heat which is good, there is still a risk of hypothermia.

**"Twelve uninterrupted years I've been doing this. I traveled seven hours for this. I wouldn't miss it for anything."**

**Peter Tracey**  
of Washington D.C.

Especially if participants stand outside, dripping wet, after the event.

The tradition officially began 30 years ago with three young men looking for a different way to bring in the new year. Event organizer Johnny Kelley, 68, of Mystic, remembers when his friends Amby Burfort, now 53, Leland Burbank, now 49, and Marty Valentine first took the plunge all those years ago. Kelley said the

run is now dedicated to Valentine since his death about 10 years ago.

Most of the participants met at Kelley's home in Mystic for the traditional five-mile run that ended at the beach.

"I've done it 17 times over the years," said Kelley, who chose this year to ride his bicycle to the water and watch. "Let's just say it's insanity by association."

Norwich Free Academy senior Katie Benjamin, 17, convinced three of her fellow school chums to take the icy plunge. Tracy Bookmiller, Laura Phillipo, and Erin Doran joined her.

What did the instigator have to say for herself post-submersion?

"Oh... my...God." Benjamin screamed.

"As we got closer and closer to the water," Bookmiller said, "I started thinking to myself, should I go any farther, should I any farther? And then I just did it."

"We've done crazy things before, but never anything like this," Doran said.



# Men want peace run weekly in 1999

■ The event is used as a way to promote world peace, organizers say.

By MICHAEL CRONIN  
Special to the Bulletin

If the Peace Run could change 14-year-old Mark O'Farrell's life, then why can't it change the world? That's what local organizer Frank Morosky and his spiritual guide, Sri Chinmoy, are asking as they prepare to make the Peace Run a weekly event in 1999 rather than the biennial one it's been since its inception in 1987.

Last held in 1997, it is officially called the Sri Chinmoy Oneness-Home Peace Run. The event has traditionally been an Olympic-style relay run that uses athleticism to promote the cause of world peace. The starting and finish lines are in New York City and the race snakes through Vermont, New Hampshire, Maine, Massachusetts and Rhode Island. Connecticut serves as the run's last leg before the grand finale in New York.

"It takes a lot of effort to create peace," Morosky said. "And the run is a metaphor for that. Running is also something that takes that kind of effort. We're not trying to generate money through this event. We're trying to put forth that extra effort to show what it's going to take to achieve world peace."

## FROM B1

said. "But as time goes on, we hope it becomes a true community event. We want it to stay in the area rather than just have it run through, on its way to New York. The runs will represent a living, moving prayer for peace."

Morosky said the Peace Run here is only a small part of Peace Runs to be held throughout the world during every day of 1999 as time leads up to the millennium. The overall effort is to highlight the importance of taking care of planet Earth. Morosky has studied with Sri Chinmoy, a Hindu spiritual leader based in Queens, N.Y., the past 25 years. The event is open to people of all religions, ages and athletic abilities. You don't have to be a "runner" to run this race.

In trying to make the Peace Run as religiously inclusive as possible, Morosky's done his homework. He's spoken with nearly 75 ministries in Windham and New London counties about their possible participation. Those who have already agreed to participate range from the liberal to the conservative. Aside from the Unitarian Universalist, others include the St. James Episcopal Church in Preston, the Norwich Worship Center on Lawlor Lane, and St. Mark's on Broadway. Rev. William Sieberg, the pastor of St. Mark's, is particularly support-

of it, no pun intended."

Sieberg plans on concluding the peace service just as the runners are completing their weekly run. St. Mark's will then host a reception and engage in prayers and song that celebrate peace.

"What Frank's trying to do is to promote spirituality through wellness," said Tim Smith, an area runner. "As a runner already, you don't have to do too much to get me to run, but I want to help get out there and give this event as much visibility as I can. I'll be dropping off flyers at all of the races I run in.



Carol Phelps/Norwich Bulletin

Every Weekend of 1999

Runners wanted

*Eastern Connecticut Community*

## PEACE RUN "The Run to 2,000"

Part of the Worldwide:



For information contact:  
Frank Morosky 860-886-0110  
Tim Smith 860-887-1518

An extra effort is exactly what O'Farrell gave two years ago when the run went by his house in Preston. He'd heard about the Peace Run and wanted to check it out as well. He told his mother he wanted to run with them for maybe an eighth of a mile and then wish them luck on the rest of their journey. Unfortunately, the skies opened up that day and unleashed "rainstorms that were like monsoons," according to his mother, Susan O'Farrell.

"When we saw the rain I wasn't going to run at all," Mark O'Farrell said. "But I still wanted to watch, so Mom and I drove up to watch them. When they came by, I jumped out to do the eighth of a mile anyway and I ended up staying with them for 16 miles. I ran all the way to Salem."

The twenty-something Peace Runners welcomed O'Farrell into their fold, let him carry the Peace Run torch and revealed that, like him, they hated school when they were younger. A runner was born that day, but a peace activist might have been as well. The O'Farrells will speak to the congregation at Sunday's 10:30 a.m. Peace Run service at Norwich's Unitarian Universalist Church. After that, they will go for a run that will end at Glory Church, in the basement of the old Reid & Hughes building.

"I'm going to speak about how much fun I had that day," Mark O'Farrell said. "About what it might mean for other people if they ran, about friendship."

It's this kind of connection that Morosky hopes will transform the Peace Run into an every Sunday activity for Norwich and its surrounding areas.

"It'll be small at first," Morosky  
See RUN, B2

ulletin.ctol.net [attn: City Desk]

Frank Morosky, left, organizer of the Sri Chinmoy Peace Run, Mike O'Farrell of Preston and Tim Smith of Norwich ran from the Glory Church en route to the Unitarian Universalist Church Sunday. It is the third weekend of the run to 2000, which represents a living moving prayer for peace.



# Harding's Back, But He Can't Stay With Swift

By LORI RILEY  
Courant Staff Writer

## RACE RESULTS, C8

SIMSBURY — Tom Harding thought he was in great shape before last September's New Haven 20K road race. He didn't race much during the summer after what he described as an embarrassing spring. He decided to train hard instead.

That's when he noticed the bump on his right thigh. He thought it was a bug bite, but it didn't go away. He also developed cysts behind his ears. Harding raced poorly at New Haven and the bump, which had grown, began to bleed where the edge of his shorts rubbed it. The next day, he made a doctor's appointment.

After a battery of tests, blood work and the removal of the cysts, Harding said they found nothing wrong. He didn't have cancer or Lyme disease.

Eight months later, the bump has

faded almost to a scar. And Harding, of Westport, is running again. Not as fast as he would like, but not as slowly as last year. Sunday, he finished second in the River Run 10K to Steve Swift of Middletown.

Swift, the defending champion, ran the pastoral course along the Farmington River in 30 minutes, 37 seconds. Harding was almost a minute back at 31:30.

There were 330 finishers in the 10K, which was the USATF state championship. More than 200 ran in the accompanying 5K.

Christine Junkermann of Marlboro, Mass., won the women's 10K (35:13), pulling away from Kate Petricone of Colebrook after the first mile. Petricone was second (37:11).

Harding, 33, who has been one of the state's top runners and qualified for the 1996 U.S. Olympic marathon trials, is still baffled by his medical

problem. All he knows is he's not running the way he used to.

"It's been terrible," he said.

He took it easy during the winter and began to train hard again in February.

"It's just not the same," he said. "But today I'm pretty happy."

Swift ran a 4:38 first mile and quickly dropped the rest of the pack. Harding overtook third-place finisher Sergio Ribeiro of Danbury in the second mile, then held on.

Swift, who qualified for the 2000 U.S. Olympic trials with his 2:21:24 performance at the Greater Hartford Marathon last year, will run

the Pittsburgh Marathon next Sunday.

"I want to break through," said Swift, 28. "I want to get to 2:15. This was my last hard workout."

Harding's team, Hi-Tek/Athletes Foot, also won the state men's open title. Club Connecticut easily won the women's, with Junkermann, Petricone and third-place finisher Laurie Bartnicki. Junkermann, formerly Christine Clifton before her marriage last year, ran her 10K personal best by two minutes.

"I'll take that," said Junkermann, 26. "I knew I was capable of running it. I just had a good day."

Saturday, May 8, 1999 ♦ THE HARTFORD COURANT ♦ C3

## Swift Earns Chance To Take On World

### RUNNING LORI RILEY

Two weeks ago, after the state 10K championship, **Steve Swift** said he was ready for a breakthrough in the marathon.

He got one last Sunday at the UPMC Health System/City of Pittsburgh marathon, the men's national championship. Swift cut almost four minutes off his marathon personal best to

finish in 2 hours, 17 minutes, 26 seconds. His third-place finish earned him a spot on the U.S. marathon team going to the world championships Aug. 28 in Seville, Spain. And he won \$10,000.

"I made sure to be patient and stay relaxed the first part of the race," said Swift, 28, of Middletown. "It went pretty well."

Swift ran his previous PR (2:21:24) in Hartford last fall, when he qualified for the 2000 Olympic trials. Temperatures in the 70s may have prevented him from his goal of 2:15 Sunday. But he wasn't complaining, especially since he gets to compete outside the country for the first time.

"I thought it would be nice, but I didn't expect to qualify [for the worlds]," Swift said. "There were a lot of good names in there. I did want to go under 2:20, but I wasn't sure where that would place me."

**Alfredo Viguera**, a native Mexican who received his American citizenship in 1996, won in 2:14:19. **Eddy Hellebuyck**, a perennial Litchfield Road Race contender, was second (2:16:58). Hellebuyck, a native of Belgium, became a U.S. citizen nine days before the race.

Swift went out with the lead pack. Then the rabbit, **Peter DeLaCerta**, took off — "They threw a few 4:50 miles in there," Swift said — and only one runner, **Scott Larson**, followed. By the halfway point, DeLa-

Certa dropped out. Larson stayed ahead, but eventually the pace caught up with him and so did the rest of the pack.

Swift played it conservatively.

"[Viguera] took off and myself and [Hellebuyck] couldn't stay with him," Swift said. "We battled each other for seven miles or so."

At the time, Swift and Hellebuyck were racing for third place and the final spot on the U.S. team. When they caught Larson, they relaxed a little. With about four miles to go, Hellebuyck moved ahead of Swift.

### Hoping For Clear Skies

Race for the Cure race director **Tom Buckley** is hoping for better weather this year. Last year, a downpour turned Walnut Hill Park in New Britain into a quagmire and there were very few race day sign-ups. Buckley is hoping today's predicted showers/thunderstorms hold off until late afternoon. The races are scheduled to begin at 8:15 a.m. (Kids K), followed by men's-only (8:45) and women's-only 5K races (9:30). The walk, led by Gov. **John G. Rowland**, his wife **Patty** and New England Patriot and New Britain native **Tebucky Jones**, will start at 10:15, after the road races. Buckley projected that 8,500 people will participate. ... The Hartford Marathon is altering its route slightly. The race, which takes place Oct. 9, will head directly out of Hartford from the start line at Bushnell Park, using the Founders Bridge. There, the course is similar to last year's, heading through East Hartford and South Windsor, but then comes back in to the park, bypassing the Colt Park area. The 20-mile mark will be at the YMCA. The final 10K will be run up Asylum Avenue past Union Station, out to Elizabeth Park and back. Buckley, one of the race's technical directors, said complaints from merchants on East Hartford's Main Street (the road had to be partially closed for too long a period of time) prompted the change. "This course is much nicer," Buckley said. "The only drawback is the hill under the railroad bridge [on Asylum, after the 20-mile mark]."



SWIFT

Bob Rodale

## Golden Shoe Award

Presented monthly  
for contributions  
to the running community

When Adam Reiser visited Africa on a camping trip in 1995, he met lots of young runners without shoes. As a freshman cross-country and track star at Rice University in Houston, Tex., Reiser wanted to help, and he soon found a way. After returning from Africa, Reiser launched the Kenya Shoe Expedition, a network that collects and transports used running shoes from the United States to Kenya.

"Adam exemplifies the spirit of our sport," says Tyson Hendrickson, a former teammate at Rice. "Rather than moaning about how much the Kenyans are kicking

our butts, Adam is helping them succeed." He's also working hard on his own running. Last spring he won the collegiate 5000 at the Penn Relays, and he hopes to qualify for the men's Olympic Marathon Trials in 2000.

After graduating from Rice last May, Reiser spent the summer promoting his latest shoe-collection drive. He targeted every high school and college in the United States, asking teams to send him their used running shoes. "Most runners don't throw away their shoes," says Reiser. "They're happy to give them to such a worthwhile cause."

Last year, Reiser personally handed out shoes to Africa's best high school runners after their national meet in Nairobi. "It's a dream come true for them," says Reiser.

You can send your used running shoes to:  
Kenyan Shoe Expedition,  
4910 Braes Valley,  
Houston, TX 77096.

er. "They train so hard and have such an incredible commitment to the sport, but a pair of shoes is something they can't afford."

—Eileen Portz-Shoulin

NL COUNTY  
RICK FRIEDRICH  
MONEGAN STRIDER

RUNNER'S WORLD NOVEMBER 1998





### Steve Swift

Age: 27  
 Height, Weight: 5-10, 145  
 Hometown: Middletown, CT  
 Current Residence: Middletown  
 (just moved back from Cromwell)  
 College: William & Mary  
 Team: Mohegan Striders  
 Coach: self-coached

#### 1998 Racing Highlights

3/15 - Shamrock & Roll 5K,  
 15:25, 1st  
 4/26 - Simsbury River CT-USATF  
 10K, 31:48, 1st  
 5/3 - Pittsburgh Marathon, 2:23:14,  
 13th  
 6/7 - Fairfield Half Marathon,  
 1:10:20, 11th  
 6/21 - Branford CT-USATF 5M,  
 24:39, 1st  
 8/6 - Connecticut Corporate Classic  
 5K, 14:30, 7th, 1st American  
 9/7 - New Haven US 20K  
 Championship, 1:01:30, 11th, 4th  
 American  
 9/12 - Liberty Bank Fest 10K, 29:49,  
 2nd, 1st American  
 9/27 - City of Pittsburgh Great Race  
 10K, 29:51, 9th, 1st American  
 10/10 - Hartford Marathon, 2:21:25,  
 2nd, 1st American

10/25 - Great Pumpkin Classic 4M,  
 2nd, 19:10  
 10/31 - Cheshire Canal Center 5K,  
 14:38, 1st  
 11/26 - Manchester Thanksgiving  
 Day 4.748M, 17th, 6th American  
 11/28 - Cow Chip 8K CT-USATF XC,  
 25:32, 1st

#### PRs

Track  
 5,000: 14:16  
 10,000: 29:22  
 Road  
 5K: 14:22  
 10K: 29:49  
 20K: 1:01:39

long really. I mostly work on what I need at the time for a particular race. More often than not that's speed, so I'll be doing 200s and 400s."

If Swift was beginning to doubt his training routine, a reduction in mileage and a pick-up in speedwork eventuated in a 24:39 win at the CT-USATF 5M Championship on June 21. Two weeks later another confidence booster was laid down at the Connecticut Corporate 5K where Steve clipped off 4:40s to run 14:30 and place as 1st American. A step in front of him was Kenyan Peter

Ndirangu, 3rd at Chicago in '97 (2:08:46); a step behind, '97 American 10,000 champion Mike Mykytok and two-time National 20K champion Joe LeMay.

LeMay was one of several top Americans lined up a month later for the New Haven 20K US Men's National Championship. While everyone was left in the wake of Khalid Khannouchi's world record, Swift found himself in a pack with Terrance Mahon, Gary Gifford, Joe LeMay and several others. Mahon would win the 20K title while Swift outlegged LeMay and Gifford to register as 4th American and 1st New Englander. His time of 1:01:31 represented a solid 4:57 pace and a PR for the

distance. "That was a big race for me," says Swift. "I went into it hoping to measure where I was and see if everything I'd been doing was working and had been worth it. That was big."

Five days later came a 2nd place showing to Gideon Mutisya at the Liberty Bank 10K. Rachid Tbahi would place 3rd in 30:22, Swift would again PR in 29:49 and Mutisya would run 29:25. This set up another road trip to Pittsburgh where Swift was 9th and 1st American among the thousands hoofing it in the City of Pittsburgh Great Race 10K. His time was 29:51.

Swift carried three goals with him as he headed into the Oct. 10 Aetna Health Greater Hartford Marathon (an umbrella also would have been handy on this particular day). First off, he wanted to win. "I'm not afraid to think that going into a big marathon. I knew there would be competitive runners there along with some names but you never know what's going to happen. The top guys might not run that well and I might get hot and hit one." That's partly what happened as 2:11 man Julius Rotich and 1:04 half marathoner Eliasa Tanui wilted in the rain. While Swift would have preferred drier conditions, he nonetheless persevered to place 2nd to Mexican Juan Salvador Gonzalez in 2:21:25. "That was the second goal, I wanted to go under 2:20 but it just didn't happen." However, the third goal—an Olympic marathon trials qualifier—had been secured.

Swift would roll out wins at the Cheshire Canal Center 5K (14:38) and the CT-USATF 8K Cross Country Championships, but could do no better than 17th at Manchester. "That's been a funny race for me," says Swift. "I've never been competitive there." That may be part in parcel of running races that include 13:03 5K folks like Mark Carroll, but the competition is what draws Swift in the first place. Which is why he particularly enjoys seeing a tall, lanky blonde haired guy at the race registration tables.

"I like to see Joe (LeMay) at the races if he's ready because I know right away it's going to be competitive," says Swift. "I don't think I've ever beaten him when he's been on, but I know that's the step I've got to take if I'm going to move up. I talked with him a bit last fall because he's self-coached too. I've got a few more steps to go and I don't believe it's too late to achieve that." LeMay and Swift dueled for much of the Great Pumpkin 4M on Oct. 25 (see photo, CT Results), before LeMay sped to the win in 18:57 with Swift closing in 19:10.

Swift is intrigued by the competitive climate in the rest of New England but is more likely to round up brother Joe for inter-state outings. "Part of it's the social aspect," explains Swift. "It's tough to jump out of bed in the morning and travel more than an hour to a race, or to talk others into it. We all like to hang around after races and talk with people we know." There is one out-of-state trip in the offing for early spring of 1999. "I'll run Pittsburgh again," says Swift. "I'd like to cover the distance once more before the trials are held there. It should be an advantage to know the course." - Bob Fitzgerald

### Steve Swift

When they yell, "Here's Swiftly" and release the mechanical rabbit to lead greyhound races, that's a good impression of how runners in the state of Connecticut feel when Middletown's Steve Swift toes the line. Ironically, it's not how the 27-year-old Swift feels. "I always wanted to be a miler. I tell my brothers I still do, but I'm just too slow." That would be news to the top Americans and Kenyans who encountered Swift when he got rolling: that came later in the season because Swift started the year...well, slowly.

"I was running 130 miles a week for seven weeks getting ready for Pittsburgh, no speed just miles and hills. It was just difficult. I found my limit." Consequently, visiting his brother Chris in Pittsburgh proved more enjoyable than his visit to the site of the 2,000 Olympic marathon trials where Steve had a "tough" race on May 3 and placed 13th in 2:23:14.

The Fairfield Half Marathon followed a month later and Swift's time of 1:10:20 was a far cry from the 1:06:15 run at Ridgefield the year before. A runner for Xavier High in Middletown, Steve spent a year at Tufts before moving on to William & Mary and the coaching expertise of Walter Drenth. During the Penn Relays he ran his track PR of 29:22. Drenth continued to coach Swift after graduation until he accepted a position at Arizona. "I've been self-coached since then," says Swift. "I'm a member of the Mohegan Striders but that's essentially a social thing. Most of the guys live too far away to train with." Which leaves Swift to train as he feels, putting together makeshift workouts and throwing in fast stuff on good days. An asst. coach at Mercy High, he'll hit the track when specific races are on the horizon. "I don't do anything



# Former jeweler has been vital part of city

Once upon a time Franklin Square was like the center of the world.

Every store was filled. The trolley cars, and after them the buses, would bring shoppers from all over eastern Connecticut. If Norwich was the shopping center, then Franklin Square was the heart of the city.

On Franklin Square, as long as I can remember, there was a jeweler named Harry Ogulnick.

If ever there was a man who labored to save the Norwich that was so beautiful, it is Harry. Known to his friends and throughout the area as "Harry O," he is a man dedicated to his family and to this city.



**BILL  
STANLEY**

## *Once upon a time*

Harry was more than a jeweler and more than a merchant. He was and is a vital part of this community.

There are so many activities today that wouldn't be if it were not for Harry Ogulnick, and "Harry O" is headed for the big "nine-0."

## **Big birthday bash**

This year he celebrates his 89th birthday with a big party this coming Friday, at Billy Wilson's Ageing Still on Franklin Street. Alderman Kevin Crowley was the founder of the celebration, which for the past 10 years has provided an occasion for many of Harry's friends to gather and reminisce and to wish "Harry O" happy birthday.

Harry Ogulnick was a runner into his late 70s. He was part of the YMCA fitness program, and Vinny Laudone, the man who always brings the cake to the birthday party, recalls the early days.

He remembers how Harry

would put a jellybean in a bowl for every lap he ran, and he ran a lap for every year of his age. By the time Harry was running over seventy laps, Vinny said there was a bowl full of jellybeans.

Vinny recalls how he and Attorney Milton Jacobson, Walter McGill and others would exercise at the YMCA, and that is where the first birthday parties were held — after running at the "Y."

## **Thriving business**

Old-timers in this town will remember Ogulnick's on Franklin Square; first across from Sellas's Restaurant, later One Hour Martinizing.

John Ogulnick, his father, was a watchmaker who migrated to America from Warsaw. His first shop was in his West Side home, and he would go by horse and buggy and would make house calls and repair large clocks. He expanded his watch making to jewelry. Finally, when he opened his store, his customers would come to him.

In 1919, he moved up Franklin Street and opened a store with his daughter, Sarah, known as Sally.

In 1937, John's only son, Harry, came into the business, and "Harry O" instituted credit accounts, an innovation he learned at New York University. Harry would visit customers weekly to collect as little as a dollar a week. It was before the time of the credit card.

It was 1941 when Harry opened the most modern jewelry store in all of Norwich on Franklin Square.

In the 1940s, there were no less than seven jewelry stores downtown, and Harry's Ogulnick's Jewelry was the survivor.

We all remember, Bliss, Brine and Kay Jewelers with their tricky radio commercial: "It's OK to owe Kay till payday. Your credit is OK with Kay." But Kay didn't make it, and Harry did.

Oh, how the mighty did fall, but Harry Ogulnick prospered on Franklin Square, and I do believe that all the great mer-

chants that once blessed Main Street and downtown, only a few remain.

Harry Ogulnick, who retired nine years ago, was the last of the downtown jewelers. But David Tongren of Tongren's Shoes, Anneliese Kempf, with Elaine's Gift Shop, and Georgie Lewis of Hansen's are the last three of the great merchants when downtown Norwich was the shopping center of eastern Connecticut.

## **Community leadership**

Harry Ogulnick led the 1977 campaign to have parking meters removed from downtown, and he collected donations to beautify the square with tulips and daffodils.

In 1981, he organized an annual merchants' road race to bring people downtown, and in 1987 he added a children's fun run.

For more than two decades, Harry Ogulnick's jewelry store sponsored teams in the Norwich Bulletin Tournament as well as the city junior and intermediate leagues. There are few who have done more for this city, and he had helped individuals as well.

Harry Ogulnick is such a great sports fan that he was inducted into Norwich's Sports Hall of Fame.

Joe Levanto recalls when he was principal of Norwich Free Academy how generous Harry Ogulnick was when NFA was purchasing trophies for the athletes. That's the way he is. He worked and encouraged athletic teams.

Harry Ogulnick has been a valuable asset to this community for many years and a successful merchant for over 50 years, Harry is a lifetime resident of Norwich, a graduate of NFA, 1927, and New York University, 1933. Harry is married to Frances Bruckner, whose maiden name is legendary in Norwich retailing. They have four wonderful children and five beautiful grandchildren.

The party for "Harry O" is open to the public, and the festivities start at the Ageing Still on Franklin Street this coming



Friday at 5 p.m.. On behalf of the whole city of Norwich, it is such a pleasure to wish Harry Ogulnick a happy 89th birthday.

Well done and Godspeed, Harry Ogulnick!



# Replacement on way for Rose Arts race

Organizers plan to tie in the road race to a Navigators ballgame.

By WENDY GIBBINS  
Norwich Bulletin

The absence last year of the annual Rose Arts Festival left a void in certain local residents who plan to fill it this year with a road race and festival of their own — Rose City Days.

Maureen Picard, assistant superintendent of schools and an avid runner, said when the Rose Arts Festival and its road race were canceled last April in order to take a year to raise more money, she and other dedicated runners missed the chance to participate in their home-

town event.

Picard decided she would not let another year pass without the annual race and decided to start the wheels turning herself.

"The Rose Arts Festival as it once was will probably never exist in the future, although it is not my place to say," she said. "But to us, (the Rose City Days) is a replacement because local runners want to see a race continue that showcases Norwich."

In a joint effort with the Norwich Navigators, Picard, her husband, Richard, and local race coordinator Pete Volkmar have started planning an event for June 27 that will include a road race where participants will receive free Navigators tickets and will feature festivities at the baseball game later that day.

Last April, then-Rose Arts Festival Committee Co-chairman James

Daigle suspended the annual festival, which this year would be 35 years old, because financial constraints would have forced another downsizing of the events. The goal was to take a year to raise more money for the event.

But this year, no word has been released as to whether the Rose Arts Festival will be back. Daigle said Wednesday he is no longer involved and referred all questions to his co-chairman, Patrick Vitagliano Jr. Vitagliano could not be reached for comment Wednesday.

City Manager William Tallman said he has not heard from anyone connected to the Rose Arts Festival about whether it will happen this year. He said the city has not received requests for money for the Rose Arts Festival or the Rose City Days.

Picard said she, her husband and Navigators officials Brian Mahoney and Mark Leinweaver are putting together sponsor packages from local businesses to raise what she expects will be \$8,500-\$9,000 needed for the event. So far, the Navigators have offered free tickets, T-shirts and post-race refreshments.

Mahoney, general manager for the Norwich Navigators, said the team always tries to get involved in the off-season in community events. The idea, he said, was based on Patriots Day in Boston, where the combination of the Boston Marathon and an early-start Red Sox game attracts people from all over to participate in a daylong event.

Donations have already started coming in, he said, and the group is hopeful more will come in the months ahead. On behalf of the Nor-

wich Department of Public Utilities, General Manager Dick DesRoches has offered \$2,500 in prize money, Picard said.

"It's coming together slowly but surely," she said. The road race is expected to be about 15 kilometers or 9.5 miles and will probably begin at Kelly Middle School and end at Dodd Stadium in time for the Navigators game. During the game, several events and programs will run for the entertainment of families.

"It will be really neat to have a family sitting in the stands waiting for their mom or dad to cross home plate," Mahoney said.

"We have the momentum to create something to live on as a new legacy for Norwich," Picard said. "And we're going ahead with what we have whether the Rose Arts Festival is on or not."

THE DAY, SUNDAY, MAY 2, 1999

SPORTS

## Anthony and Thompson hit their strides rather quickly

By KEV HUNTER  
Day Sports Writer

**New London** — Among the top three finishers alone, there was a 24-year-old, a seasoned veteran and an old master.

The Lawrence & Memorial Hospital Spring Stride has always offered a good variety of competitors, and the 12th presentation of the event — held Saturday morning — was no different.

With a record-setting number of participants (979), those running the 3.5 mile course or using it as a track for a brisk morning walk, got the best of what the area has to offer in the sport of road racing. Afterward, there was a picnic to celebrate.

But for most of the competitors — including Norwich's John Anthony, who won the race in 18 minutes, 10 seconds — the party began at the starting line.

"It's a big crowd, always the big race of the year," said 36-year-old Ed Zubritsky, who took second behind Anthony in 18:22.

"Everyone comes out for this one, and you get a lot of the top runners. You get all kinds of different people. That's the fun thing about it. This is always a great day."

Zubritsky is one of the originals, winning the event once, taking second eight times and placing third once. Contrastingly, it was Anthony's second appearance in the L & M. Last year, he placed second.

"The first half of the course is down hill, so it's a good opportunity to settle into your stride and feel out the crowd, get an idea of who's racing," said Anthony, who is 24. "It's nice to have a friendly face on the side of you. I know Ed's running style and Ed knows mine, so there's a comfort factor there."

The race could have gone either way, but Anthony made his move on the final stretch and didn't look back.

"Coming up the only hill, he pulled away and pretty much got me," Zubritsky said. "I just tried to stay as close as I could. I knew John was going to be the favorite. We race against each other so we kind of paced each other, until he made his move at the hill."

If Anthony was the favorite, then 50-year-old



Gordon Alexander/The Day

■ Norwich's John Anthony and Pawcatuck's Carla Thompson won top male and female honors during Saturday's Lawrence & Memorial Hospital Spring Stride road race in New London.

### L & M SPRING STRIDE

Dennis Crowe was a dark horse. Finishing third in 19:02, he proved that just staying in shape can go a long way, despite your age.

"I surprised some people," Crowe said. "A lot of people were cheering me on, knowing that I'm 50 years old and trying to chase those young guys down. I just love the whole atmosphere. It's a community race. You have all the top local runners here and it's a great cause."

Carla Thompson was the top female finisher, taking 29th in 20:44.

"I felt good and strong," said Thompson, a 39-year-old from Pawcatuck. "When I got to the starting line, I looked and saw that my husband wasn't here so I felt I had to run really well for both of us.

That gave me strength."

Not just a race for individuals, one didn't have to look far to see competitors from Team Pfizer or Team Electric Boat, among others.

"I think what's starting to turn out here is a huge number of Pfizer runners," Anthony said of his team. "This kind of kicks off the season for us. The team atmosphere here is just unbelievable. I think we have over 10 percent of the crowd here. We've got anybody from top-knotch runners to people who just want to have a great time. We have a great spread of talent."

The event helps raise support for L & M Hospital while also serving as an introduction to the season for most runners.

"Although I feel like I'm in a lot better shape this year," Anthony said, "I feel pretty tired right now."



# Daniels takes first at Springtime Festival

5/99  
Bulletin Staff Reports

**DANIELSON** — Geary Daniels isn't sure now many times he has run the annual Killingly Springtime Festival Road Race. All he knew for sure was that he hadn't won.

Until Saturday. The 45-year-old from Dudley, Mass., ran a 15:56 and finished 20 seconds ahead of Bob Davenport.

"I've run much faster here and finished second so I have to feel fortunate," said Daniels. "Since I'm 45 now, it also makes me feel like I can still run."

Daniels, a veteran member of the Central Mass. Striders, was just trying to finish under the 16-minute mark. He bolted to the lead early in the race and with the exception of Davenport had little competition.

"I felt comfortable even though I didn't expect to go out as soon as I did. Bob hung in there pretty well and it made it easier to push myself. Having someone else push you helps when you're not going out to set a record time or are not in the greatest of shape," Daniels said.

Chris Hansen was third and Killingly High's Ryan Hanrahan

fourth, receiving a large round of applause as he ran through the streets of his hometown. Micheal Fusario rounded out the top five.

The women's race also featured a first time winner as Zofia Wieceiorkowska of Stafford crossed the line more than a minute ahead of Kris Anne Kane of Preston.

"It's my first time to this race and to this town and I really liked it. It's a small race but it's in a nice place," Wieceiorkowska said.

The native of Olsztyn, Poland has been in the United States for nine. She was a 400 and 800 meter spe-

cialist in her native country with her 800-meter best being a sparkling 2:02. Since coming to the States, she has lengthened her running to anywhere from a 5K (3.1 mile) event, like the Springtime Festival race, to marathons. Her last race prior to the trip to Danielson was a 10K in Tupelo, Miss., where she finished second.

"I didn't race this one very strongly," she said of her 17:31 finish. "My years best finish so far is 16:23, I was just keeping an even pace today."

The Springtime Festival Race drew 342 runners, down from 423 a year ago.

## RUNNING

### Killingly Springtime Race

#### MEN

1. Geary Daniels 15:56; 2. Bob Davenport 16:16; 3. Chris Hansen 16:39; 4. Ryan Hanrahan 16:53; 5. Micheal Fusario 17:01; 6. Robert Swerzewski 17:01; 7. Keith Pigeon 17:08; 8. Richard Stockdale 17:15; 9. Scott Deslongchamps 17:21; 10. Jeff Rushalko 17:26.

11. Glenn Costello 17:29; 12. Kris Sortwell 17:38; 13. Kevin Gallorani 17:41; 14. Frank Balantic 17:58; 15. Randy Kempain 17:58; 16. Brad Charron 18:01; 17. Curtis Thompson 18:02; 18. Dave Flounders 18:08; 19. John Navan 18:11; 20. Jamie Wallace 18:12.

#### Women

1. Zofia Wieceiorkowska 17:31; 2. Kris Anne Kane 18:31; 3. Meghan Owen 19:48; 4. Paulette Bolton 20:05; 5. Lynne Hansen 20:41.

# Jacob, Izbicki take home trophies

By MICK COLAGEO  
Norwich Bulletin

## RELIANCE HOUSE 5K

6/4/99

**NORWICH** — The Franklin Street finish line for the 14th annual Reliance House 5K road race greeted a familiar face and a new one on Friday as Wayne Jacob and Kathy Izbicki took home victories.

Jacob won the race in 16:05, 15 seconds ahead of second-place finisher Ed Zubritsky. The 44-year-old Mystic resident isn't sure how many times he has won the race, but the result told him what he wanted to know.

"I just try to win the next one; for-

get about the past," he said. "Mainly I just go out there and see if I've got some guts to push. I thought I was (competitive) today."

Izbicki, 39 of Lisbon, was a first-time Reliance House winner, edging 32-year-old Lynn Hansen of Hope Valley, R.I., for the women's title. Izbicki finished in 20:53, 17 seconds ahead of Hansen.

The downtown hill a mile into the race is the signature spot on the course. But Izbicki, a three-miler by practice, put the Reliance on her 15-

race schedule and mastered the course in only her second try.

"(Hansen) gave me a good run, she pushed me," Izbicki said. "It was good. It's just the hill, the hill is tough."

The race drew 132 participants.

"It will be nice when a few of our running friends who are hurt and some who are coming back from pregnancies come back again," said Hansen, who was joined on the course for a time by her 3½-year-old daughter Elizabeth.

## Reliance House 5K

### At Norwich MEN

**Junior:** 1. Chris Kenyon, 18:57; 2. John Fields; 3. Matt Thibodeau.

**Open:** 1. John Anthony, 16:29; 2. Chad Johnson; 3. Todd Bennett; 4. William Gill; 5. John Erickson.

**Submaster:** 1. Ed Zubritsky, 16:20; 2. Michael Fusario; 3. Frank Balantic; 4. Glenn Costello; 5. Eddie Echard.

**Master:** 1. Wayne Jacob, 16:05; 2. John Brown; 3. Curtis Thompson; 4. Mark Holmes; 5. Paul Andruskiewicz.

**Grandmaster:** 1. Tim Smith, 18:24; 2. Jack Donahue; 3. David Jacobs.

**Veteran:** 1. Frederick Zuleger 22:25; 2. Ron Berthasavage; 3. Charles Bowen.

### WOMEN

**Junior:** 1. Maria Krug, 23:16.

**Open:** 1. Carrie Hansen, 21:10; 2. Jennifer Jandreau; 3. Demetria Baker; 4. Erin Bonville.

**Submaster:** 1. Kathy Izbicki, 20:53; 2. Lynne Hansen; 3. Laura Yeager; 4. Mary owe.

**Master:** 1. Teresa Dickson, 23:18; 2. Debra Schera; 3. Kelly Crouch; 4. Susan Lamoureux.

**Grandmaster:** 1. Ellie Lowell, 23:41; 2. Michaelen Hoeseler; 3. Carol Hoisky.

**Veteran:** 1. Janice Cipriano, 22:43.

## St. Catherine of Siena

### 3.8-mile road race

#### At Preston

#### Top 25

1. Darryl Giard 19:12.40, 2. Ed Zubritski 20:47.62, 3. Chris Hansen 20:47.85, 4. Tim Smith 21:19.85, 5. Rob Swerzewski 21:20.08, 6. Ken Honer 22:04.30, 7. Chris McCormack 22:10.51, 8. Walt Smolenski 22:16.85, 9. Frank Balantic 22:23.12, 10. Tom Sullivan 22:38.81, 11. Mike Charron 22:44.08, 12. Jamie Wallace 22:54.84, 13. Mark Holmes 22:57.58, 14. Eddie Eckard 23:06.71, 15. Wayne Jolley 23:12.27, 16. Paul Andruskiewicz 23:17.39, 17. Dave Jacobs 23:22.62, 18. Steve Gogan 23:37.76, 19. Don Sieczkiewicz 24:03.32, 20. Larry James 24:10.83, 21. Josh Galun 24:15.01, 22. Jeff Wadecki 24:19.47, 23. Paulette Bolton 24:24.04, 24. Lance Magnuson 24:35.70, 25. Tom Izbicki 25:00.77.

#### Divisions

##### Men

**Juniors:** 1. McCormack 22:10.51, 2. Charron 22:44.08, 3. Sieczkiewicz 24:03.32; **Open:** 1. Giard 19:12.40, 2. Zubritski 20:47.62, 3. Hansen 20:47.85; **Masters:** 1. Honer 22:04.30, 2. Smolenski 22:16.85, 3. Holmes 22:57.58; **Grand masters:** 1. Smith 21:19.85, 2. Jacobs 23:22.62, 3. Magnuson 24:35.70; **Veterans:** Jerry LeVasseur 25:16.15, Jan Slonski 29:51.78.

##### Women

**Juniors:** 1. Cara Samokar 34:06.72; **Open:** 1. Bolton 24:24.04, 2. Lynne Hansen 25:37.24, 3. Laurie Waldron 27:50.64; **Masters:** 1. Diane Kodama 27:50.64, 2. Theresa Dickson 28:24.81, 3. Lisa Harrington 31:27.69; **Grand master:** 1. Michaelen Haeseler 30:42.31, 2. Gloria Kostek 37:01.94.

# Giard takes St. Catherine's

6/17/99  
By BILL TAVARES  
Norwich Bulletin

**PRESTON** — At last Saturday's New England high school championships, Darryl Giard set a St. Bernard record and finished second in the 1600 despite running on just two hours of sleep.

So it wasn't surprising that a better-rested Giard thoroughly dominated the field at Thursday's St. Catherine of Siena Road Race, tearing through the 3.8-mile course in 19:12.40. It was the first time he had run since Saturday.

"I took the week off after the New Englands," said Giard, who was deprived of his sleep last Friday night by a post-graduation party. "I was a little stiff the first mile, I went out in 5:22. Then I hit five flat and five flat the next two miles."

That was more than enough to pull away from Ed Zubritski (20:47.62)

and Chris Hansen (20:47.85).

"I felt pretty good, I was surprised," said the 36-year-old Zubritski, referring to the way he bounced back after placing third in Sunday's 10-mile Rose City Challenge. "But it was literally over from the start."

Giard was looking for a quick knockout.

"I didn't look back," he said. "I just took off."

The top women's finisher on Thursday was Danielson's Paulette Bolton, who posted a 24:24.04. It was the latest in a string of impressive finishes for Bolton, who was the top female runner at both the five-mile Clam Digger race on April 25 in Westerly and the 5K Springtime Festival race in Danielson on May 15.

"This is the first time I've run this course and it was kind of challenging," Bolton said. "So far, it's been a good year."



Jeff Evans/Norwich Bulletin

**Darryl Giard breaks the tape for a first-place finish at the St. Catherine of Siena Road Race in Preston on Thursday.**





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*Presented By*

**SAUCONY** **RUNNER'S** **PowerBar**

6/99

Dear Fellow Striders,

I have recently joined the Leukemia Society Team in Training, and I will be running the Hartford Marathon on October 9. In addition to the challenge of running the 26.2 miles, I will also be raising money for the fight against leukemia. My inspiration during my training and in the marathon is Ashlee Tessier, a 17 year old girl from Norwich who was diagnosed with Hodgkin's Disease, a form of leukemia.

Leukemia is the leading killer of children in the U.S. Every 12 minutes a child or adult dies from leukemia and related cancers. You can help by sponsoring me. My goal is to raise \$1,000 by race day. Even a pledge of one dollar a mile can help reach this goal. The Leukemia Society is a not for profit voluntary health organization who's mission is to cure leukemia and it's related cancers.

I would like to thank you in advance for your generosity. Please take a minute to fill out the enclosed donor form and return it to the Leukemia Society using the envelope provided.

Thank you again,

Eddie Eckard



# Rose City Challenge features hills, 'Gators game

6/13/99  
By BILL TAVARES  
Norwich Bulletin

**NORWICH** — The good news for runners competing in Sunday's Rose City Challenge is the course offers more shade than the old Rose Arts Festival Road Race.

The bad news is it also offers more hills. "It's far tougher," said race director Pete Volkmar, who ran the 10-mile course last Sunday. "When I first started it, I said, 'This is Rose Arts with hills.'"

That's a frightening thought for those who remember toiling through the original 10.4-mile Rose Arts course, which tortured runners with a roller coaster sequence of hills. If Volkmar is right, the old course will be remembered fondly by veteran runners before Sunday's inaugural Rose City Challenge is complete.

The new course drops 110 feet in the first half mile after the start at Kelly Middle School. It then climbs 210 feet in the next mile before dropping 260 feet over the next one-and-a-half miles. It tops out on Plain Hill Road, the highest point in Norwich, before finishing at Dodd Stadium.

While the course is arduous, it has already attracted about 200 runners. Because it is a standard distance, Volkmar expects it to draw a consistent following in the coming years.

"There was a lot of tradition attached to the (old) race, but the distance was an oddball distance so you couldn't compare your times," said Volkmar, who co-directed the Rose Arts Festival Road Race until its demise in 1997. "Now we have a standard distance, but we don't have a standard course, we have a very tough course."

The reward comes at the end,

when runners enter Dodd Stadium in right field, round the warning track and race down the third-base line to the finish at home plate. Because a pancake breakfast and youth races will be held in the stadium during the Challenge, there should be a healthy crowd on hand to witness the completion of the race.

"If there are people in the stadium, the runners will get this nice rush when they enter it," Volkmar said.

The overall male and female winners will each earn \$400. All runners

will receive a sports bag with a tee shirt, two free passes to Sunday's Navigators game and other assorted gifts. Buses will be available to bring spectators and runners to the start at Kelly Middle School and return spectators to Dodd Stadium.

Volkmar has been gratified by the support of local businesses, and he credits Maureen Picard for generating the interest needed to make the race possible.

"We were sitting around bemoaning the loss of the Rose Arts," Volkmar said, recalling a meeting last

November that included Picard and her husband Rich, who are both part of the race committee. "I told Maureen, 'You come to me with \$10,000 worth of sponsors and we'll fund the race.' She's got good connections in the town. She was able to find that there was significant interest."

The committee hopes the tie-in with the Navigators, who have been strong supporters from the start, will compliment the race in the same way the Red Sox game at Fenway Park compliments the Boston Marathon.

"It's going to attract because of the challenge and the event," Volkmar said. "We have a tough race, which is a challenge, followed by a ball game kind of like the Boston Marathon. That was actually the Navigators' idea. They wanted the Rose City Challenge."

Two-time Rose Arts Road Race champion Wayne Jacob believes the uniqueness of the event might earn it a loyal following.

"I think the idea of finishing at home plate and the ball game will attract people," Jacob said. "Maybe I'm

wrong, but I think a lot of runners will hang around and watch the ball game. I think it's going to be just as much of a social event as a running event possibly. I definitely think it has good possibilities."

Volkmar said there are already 150 volunteers, and the course features eight official water stops along with the usual array of race services. He asks that anyone offering a water stop make sure it is on the right side of the road, so runners will not be endangered by crossing the street.

## INAUGURAL ROSE CITY CHALLENGE ROAD RACE BLOOMS IN JUNE

- 18-under:** 1. Mike Slnsky 54:06, 2. Wayne Jacob 56:34, 3. Ed Zubitski 1:00:34, 4. Brian Wake 1:00:59, 5. Mike Fusaro 1:02:07, 6. Barry Lewis 1:02:08, 7. Scott Desjongchamps 1:02:23, 8. Larry Orlando 1:02:46, 9. Kevin Galliani 1:02:50, 10. Tim Smith 1:02:58, 11. Robert Stack 1:03:03, 12. Bob Shebest 1:03:31, 13. Bobby Clark 1:03:36, 14. Alan MacDougall 1:03:44, 15. Charlie Iselin 1:03:49, 16. Brian Foley 1:03:57, 17. Scott Freeman 1:04:12, 18. Ed Grace 1:04:17, 19. Jim Hamman 1:04:21, 20. Mike Fritz 1:04:33, 21. Jim Murphy 1:04:44, 22. Paul Toth 1:04:50, 23. Kerry Arsenault 1:04:56, 24. Glenn Costello 1:05:20, 25. Melissa Perkins 1:05:25.

26. Madalena Boudreau 1:06:53, 27. Frank Balantic 1:07:25, 28. Mark Guadilana 1:07:44, 29. Jason Thomas Smith 1:08:12, 30. Tyson Kaczmarek 1:08:26, 31. Ben Smith 1:08:30, 32. Jack Donahue 1:08:33, 33. Joe Balavender 1:08:37, 34. Todd Desjongchamps 1:08:43, 35. John Brown 1:09:07, 36. Randall Bihorte 1:09:16, 37. Jeff Billing 1:09:37, 38. Michael Boucher 1:09:57, 39. Paul Andruskiewicz 1:10:45, 40. Wayne Jolley 1:10:59, 41. Robert Alfiero 1:11:09, 42. William Whitehead 1:11:12, 43. Scott Edwards 1:11:16, 44. Krisame Kane 1:11:18, 45. Phillip Schaller 1:11:24, 46. John Ridyard 1:11:38, 47. Laurie Lienthal 1:11:40, 48. Mike McCoy 1:11:57, 49. Brian Lundt 1:12:10, 50. Robert Walsh 1:12:13.

**Divisions**

**Male**

- 18-under:** 1. Jason Thomas Smith 1:08:12, 2. Tyson Kaczmarek 1:08:26, 3. John Ridyard 1:11:38, **19-29:** 1. Scott Desjongchamps 1:02:23, 2. Bob Shebest 1:03:31, 3. Ben Smith 1:08:30, **30-39:** Michael Slnsky 54:06, 2. Ed Zubitski 1:00:34, 3. Brian Wake 1:00:59, **40-49:** 1. Wayne Jacob 56:34, 2. Barry Lewis 1:02:08, 3. Kevin Galliani 1:02:50, **50-59:** 1. Tim Smith 1:02:58, 2. Mark Guadilana 1:07:44, 3. Jack Donahue 1:08:33, **60-over:** 1. Jerry Lasseur 1:17:08, 2. Fred Zuleger III 1:19:52, 3. Charlie McDonald 1:21:47.

**Female**

- 18-under:** 1. Katie Anne Walsh 1:28:35, 2. Jeanne Harrington 1:50:45, **19-29:** 1. Melissa Perkins 1:05:25, 2. Christina Hernandez 1:13:51, 3. Candice Mehenbacher 1:25:43, **30-39:** 1. Kerry Arsenault 1:04:56, 2. Madalena Boudreau 1:06:53, 3. Krisame Kane 1:11:18, **40-49:** 1. Susan McCarthy 1:17:37, 2. Edna Silva 1:19:05, 3. Michele Hamond 1:23:26, **50-59:** 1. Carol Kane 1:17:15, 2. Ellie Howell 1:24:30, 3. Michaleen Haseler 1:30:59.

The inaugural Rose City Challenge Road Race hit the pavement on June 13th and was an immediate success.

Beginning at Kelly Middle School in Norwich and ending near home plate at Dodd Stadium, over 300 entrants raced the 10-mile course for cash prizes and pure satisfaction.

Mike Slnsky, a resident of Chelsea, New York, was the overall winner of the race. He conquered the course in a time of 54:06 and captured a cash prize of \$400.

Meanwhile, Kerry Arsenault of Guilford was the first woman to cross the finish line, setting her mark at 1:04:56.

Many of the racers found the Sunday morning to be a perfect day, as skies were overcast and temperatures ranged in the low 70's.

The race, which was mostly uphill, got underway at 8:30 a.m. Runners parked their cars at the ballpark, were transported by bus to the starting site, ran the race back to Dodd Stadium and caught the Navigators

1:05 p.m. game at the end of all of the post-race festivities.

Navigators Assistant General Manager Geoff Brown was the lone front office representative to brave the course (and finished it), in a time of 1:39:01.

After months of planning between race coordinators Pete Volkmar, Rich & Maureen Picard and Mark Leinweaver and Tom Hinsch, the "challenge" became a reality.

Strong sponsorship support was provided by the Norwich Dept. of Public Utilities, The Norwich Bulletin, Oronics, Big Y Century Communications, Shipman's Fire and Equipment, Comfort Suites, Stop & Shop and World Gym.



Mike Slnsky (left) and Kerry Arsenault were the two top finishers in the inaugural Rose City Challenge.





Wayne Jacob, No. 242, left, and Mike Slinsky, No. 296, were even at the start of Sunday's Rose City Challenge. Slinsky held off Jacob to win the 10-mile race.

Carol Phelps/  
Norwich Bulletin

# Slinsky answers Challenge

■ New York runner holds off Jacob to win Norwich race.

By **BILL TAVARES**  
Norwich Bulletin

**NORWICH** — Mike Slinsky drove just over two hours from Chelsea, N.Y., to compete in Sunday's inaugural Rose City Challenge because he expected the 10-mile course to provide a difficult test.

He was not disappointed. "It was very hilly," acknowledged Slinsky, who still blew through the course in 54:06 en route to a first-place finish worth \$400.

"I wanted to do a different race and I decided at the last minute to come up and do this. It felt good."

Mystic's Wayne Jacob was

the top master, finishing second in 56:34, while Ed Zubritski was third at 1:00:34.

The women's race was won by Guilford's Kerry Arsenault (1:04:56), who caught former two-time Rose Arts Festival Road Race winner Madalena Boudreau at about the eight-mile mark. The pace-setter for most of the day among the women, Boudreau was also passed late in the race by Norwich's Melissa Perkins (1:05:25).

There was no such battle among the men. Slinsky, a 30-year-old marathon specialist with aspirations of qualifying for the U.S. Olympic Trials in Pittsburgh next May, ran away from the field in the first mile even though he wasn't able to loosen up properly following the long ride from New York.

"We drove here, I registered and my girlfriend drove me to the starting line," Slinsky said. "I used the first

two miles to warm up."

He warmed up with a 5:25 opening mile, and ran in relative solitude the rest of the way before being greeted by cheers as he entered Dodd Stadium, where the finish line was set up at home plate.

"I don't think anybody else knew who he was, but I did," said Jacob, 44, who spotted Slinsky milling around at the starting line. "I've raced him before, he's beaten me a number of times. I think I beat him eight or nine years ago, but the pendulum has definitely swung."

Sunday's race offered a perfect training opportunity for Slinsky, who would earn his second trip to the Olympic Trials by running at least a 2:20 at the Hartford Marathon in October. Slinsky's personal best is a 2:20.05. He is aiming for 2:15.

"I'm in good shape for (a fast time)," said Slinsky, who

was unable to run in the 1996 Olympic Trials because he tore a calf muscle 10 days before the race. "That's really all I'm training for now."

Like Slinsky, Arsenault flourishes on hills, and that was what ultimately allowed her to catch a fast-fading Boudreau. She passed the Fall River, Mass., runner on Plain Hill Road, the highest point in Norwich, before holding off Perkins at the finish.

"She got me two years ago at the last Rose Arts race," said Arsenault, recalling how Boudreau edged her out for the women's title in 1997. "She got me in the last mile."

Perkins, who almost didn't run Sunday because of foot problems, thought she might do the same thing after cruising past Boudreau in the final mile.

"I passed Madalena and I felt really confident." Perkins said. "I started closing on

Kerry, but she had a little too much speed at the end."

Still, it was an impressive showing for Perkins, who has only been running competitively for three years. She credits much of her progress to fiancé Joe Banas, a veteran Norwich runner.

"This is my last race as a Perkins," she joked, referring to the fact that the couple will be married July 3.

Overall, the Rose City Challenge attracted 256 runners. With a more scenic course, better sponsorship and a unique finish at Dodd Stadium, it would appear to be a more than adequate replacement for the old Rose Arts Festival race.

"I think this is neat finishing in the stadium," Jacob said. "The course is tough, but if people show up, they give you a lot. It's first class."

■ **Results, D2.**



# Kane, Johnson start slow but finish fast

6/24/99

By MARTY LANG  
Norwich Bulletin

**PRESTON** — Not even a pair of dog bites could stop Kris-Anne Kane from being the first woman to finish the eighth-annual Liz Harris Cannonball Run Thursday at Poquetanuck School.

Kane, who finished 24th overall in a field of 160 racers in the mile run, hadn't run for a week after she was bitten by her dog. But the Preston resident ran a 5:23 despite bandages on her right hand and knee.

"I wasn't going to run, but I thought 'It's only a mile,'" Kane said. "I felt great the first quarter mile. I just hung in there, and no one passed me. I was kind of surprised. There were a lot of high school track stars running today, so I thought I would be passed out."

Kane, a veteran of USTAF 5K state championship runs, knows the beginning of a short race is critical.

"I think the biggest thing is the

## LIZ HARRIS CANNONBALL RUN

first quarter mile," she said. "That's where you make it or break it. As long as you don't go out too hard, you'll be OK."

One runner who followed that advice was former Norwich Free Academy standout Chad Johnson, who won the race with a time of 4:27. That was five seconds better than second-place finisher Kevin Grant.

"I ran the race exactly how I wanted to," said Johnson, of Franklin. "A few guys decided to go out hard, but I sat back, about four or five seconds behind. I had a lot left for the middle, so I could gain on them. I put a surge on at the end, and I held on the last quarter."

After placing in the top 10 at the Memorial Mile in East Hartford on May 31, Johnson has devised a strategy for one-mile races.

"I think it's a game of energy conservation," he said. "You need to be the most comfortable the last 300 meters, and to do that you can't go out hard. You need steady splits.

Once you establish that, you have enough to finish."

A number of younger runners were also recognized after the race. High among them was Kevin Esposito of Gales Ferry, who finished first in the 8-and-under boys division (7:05). He was 81st overall. His brother Andrew finished 80th with the same time and finished second in the 8-12 division.

What seemed to matter just as much as their finishes, though, were the raffle prizes they won after the race.

Kevin walked away from the race with a Norwich Navigators cap, and Andrew a large bag of jelly beans.

Kevin said he is a Navigators fan and that he likes to run. He wants to run the race again next year. He wasn't the only one impressed with the race.

"It's nice and quick, so you get it over with," Kane said. "Your legs will hurt for five or six minutes afterwards, then you're done."

### Liz Harris Road Race

At Preston

Top 20

1. Chad Johnson, 4:27
2. Kevin Grant, 4:32
3. Ed Zubritsky, 4:38
4. Jason Smith, 4:46
5. Tyson Kaczmarek, 4:46
6. Dan Kerwin Jr. 4:49
7. Dave Hammond, 4:55
8. Mike Fritz, 5:01
9. Frank Balantic, 5:03
10. Mike Charron, 5:03
11. Rob Tomko, 5:04
12. Jesse Arnold, 5:05
13. Josh Galvin, 5:06
14. Tim Smith, 5:08
15. Chris Wood, 5:08
16. Aaron Kerwin, 5:10
17. Ken Honer, 5:11
18. Eddie Eckard, 5:13
19. Wayne Jolley, 5:14
20. James Thompson, 5:15

## LOCAL *Tim*

7/18/99

# McCaffrey shakes off heat wave, Smith

7/18/99

**Wins Montville Masters race despite running it for the first time**

*'It's not like you can really feel the heat, it just kind of sucks your will.'*

Kevin McCaffrey of Marlboro, winner of the Montville Masters 10K

By KEV HUNTER  
Day Sports Writer

**Montville** — It was the first time he had even run on the course, which is defined by the opening three miles that is almost entirely uphill. He also had six-time champion Tim Smith to contend with.

But Kevin McCaffrey's toughest opponent was even more relentless, coming after him in waves.

"It's not like you can really feel the heat, it just kind of sucks your will," McCaffrey said.

But McCaffrey, making the trip down from Marlboro, had enough willpower and stamina to win the Montville Masters 10-kilometer Road Race Sunday morning. McCaffrey finished the race in 35 minutes, 49 seconds, with Smith placing second in 36:37.

With temperatures going over 90 degrees, the runner's strategy was that much more

important.

"I wanted to run a very relaxed race," McCaffrey said. "I came here to run a hard workout. ... I didn't know what was gonna happen. I knew that Bob (Stack) and Tim would be two tough cookies."

Stack, who was up front with McCaffrey and Smith in the early going, finished third in 37:57. As the race went on, runners started to lag behind.

"At mile two we were kind of all together," McCaffrey said. "I just wanted to make sure I wasn't hurting after three miles. I think the very even pace helped me."

McCaffrey, who is 41, used to compete in 10-14 races a year and then took a break from racing for a short period of time, but he is now making his move to get back into the sport.

Even though it was his first appearance at the Montville Masters, experience still

worked to his advantage, in some form.

"It helps to be a veteran because you know how to still give the effort, despite the heat," McCaffrey said. "You don't give up on it. You don't surrender to it."

### Kneeland wins women's division

Neither did Smith and neither did Nancy Kneeland, who defended her women's title by finishing with a 45:46.

"This is a very difficult course," Smith said. "And the fact that it is in July, it has the tendency to always be very hot. I would say everyone here would probably be very discouraged with their time but they have to understand that the elements weren't the greatest."

Smith had hopes of winning the event, but knew that it would be a big challenge.

"I knew Kevin McCaffrey by name, but I didn't know what he looks like," Smith said.

"I followed him through various running magazines so I knew he was very adequate. I didn't have any illusions about beating him. I was running pretty well over the back end through the rolling hills, but at that stage of the race when you're pretty well-depleted, it's really tough to make up 25 or 30 seconds."

Although most of the runners slowed their pace by the final mile, they had no trouble making it to the nearby sprinkler system rather quickly afterwards.

"You don't really block it (heat) out. You just understand that everyone's kind of going through the same dilemma," Smith said.

But the 81 runners that participated enjoyed the experience. As one of the few races around that is solely for masters competitors, it drew people from as far as Maine, which is where Kneeland drove down from this weekend to take part in the event.

"I went out pretty easily, but somehow that didn't seem to help this year," Kneeland said. "I think the heat really got to me, but it's such a great event. I love coming to this race. It's definitely the atmosphere and the people. Everyone is so friendly."

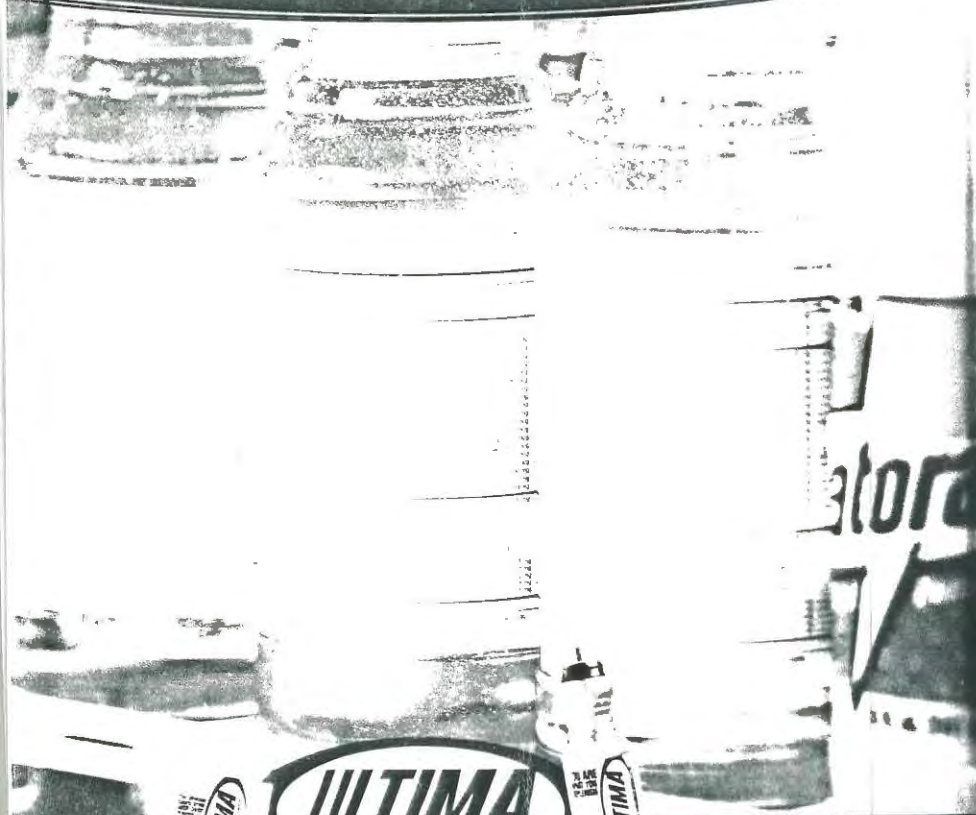


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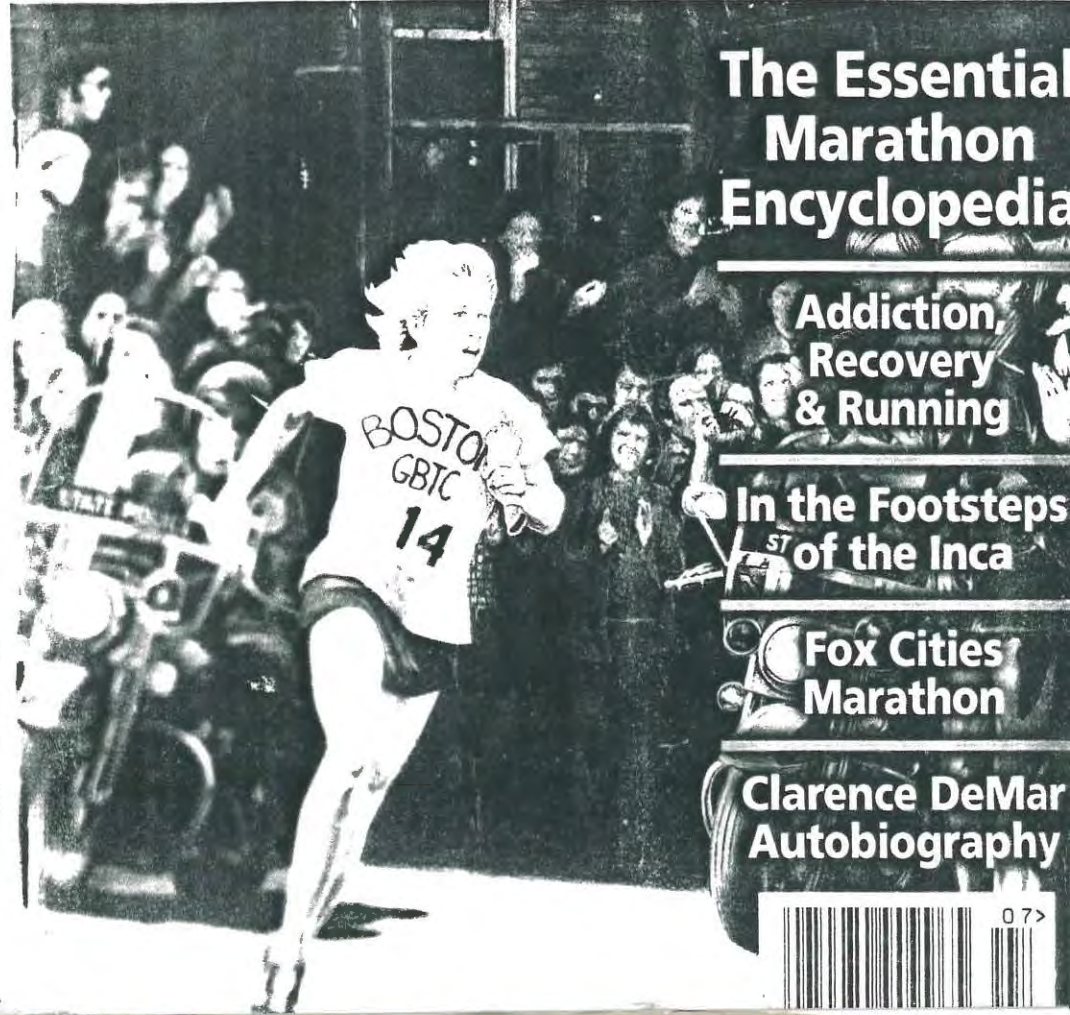
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The Essential Marathon Encyclopedia

Addiction, Recovery & Running

In the Footsteps of the Inca

Fox Cities Marathon

Clarence DeMar Autobiography



## After hard work, Swift sees positive results

By DON SIKORSKI  
Special to the Bulletin

Steve Swift is starting to recognize some good results from all of his hard work.

The 28-year old Middletown resident and 1998 New England Runner of the Year represented the United States in the IAAF World Marathon Championships in Seville, Spain, in August. Lining up against the best marathoners in the world, Swift ran a respectable 2:30, placing him 46th out of the 96 finishers and over 150 starters.

Although his time fell short of his goal, Swift felt the overall experience was beneficial. Guided by Stanford cross-country coach Vin Lananna, Swift's pre-race strategy was a time goal with a halfway target in the 68:00 to 68:30 range. Swift hit the halfway mark in around 71 minutes.

"I tried to get into a comfortable rhythm after a few miles, but the pace seemed harder than it should have been," Swift said. "The course was

very flat with no roll at all. The biggest hill we ran was the stadium ramp. It was three laps around the city with a lot of spectators. The weather was hot but dry, but I didn't think it was too bad. Sometimes the weather racing in Connecticut feels worse."

Swift's opportunity to compete in the World Championships was a result of his recent accomplishments in the U.S. Marathon Championships in Pittsburgh on May 2. There, Swift placed third. His time of 2:17:26 was also more than a three-minute improvement from his previous personal best. Previously, he placed 13th at Pittsburgh the year before in 2:23:14 and was second in last fall's Hartford Marathon in 2:21:25. With his recent performances, he has now broken through to elite status.

Swift, along with fellow Americans Rod Dehaven, Eddy Hellebuck, John Hume and Keith Brantley, traveled to Spain a few weeks early in an effort to get acclimated to altitude training. They also spend some time training on a ski resort mountain.

"It was a learning experience for me," Swift said. "I was somewhat un-

familiar with altitude training. It was a lot different than I had ever felt before. It was a different feeling trying to run fast. It seemed like all of a sudden, you just lack power."

Swift's running career began as a member of the powerful Xavier High cross-country teams of the 1980s. Running was a natural choice for Swift, as older brothers Joe, Patrick and Dave were distance-running standouts at Xavier before him.

### Impressive resumé

A 1989 Xavier graduate, Swift attended Tufts for a year before transferring to William and Mary. His resume of personal bests includes an impressive 14:16 for 5,000 meters, 29:22 for 10,000 meters (Penn Relays) and 1:01:39 at the New Haven 20K last year (fourth American).

Swift runs for the Mohegan Striders, and led them to the state road race title last year. Currently an assistant cross-country coach at Xavier, Swift mostly trains on his own (trying to find people to train with when you're that fast can't be easy). His running career has been virtually injury-free and he seldom misses more than a few days of running each year.

His training program is pretty straightforward: a lot of hills, nothing overboard on the track, some weight training and high mileage approaching 130 miles per week when marathon training. Although Swift is self-coached, he often seeks advice from a number of other runners. "I still don't think I'm training as fast as I should sometimes," Swift said. "I'm still a little weak in that area."

Swift attributes his recent success to consistent training and persistence. "I pretty much did the same training during this past winter as I did the year before," he said. "The first time, it just made me tired. But this past winter, I starting feeling better. I'm getting a little stronger. I think I'm starting to figure a few things out now."

Swift's future goal is the U.S. Olympic Trials in Pittsburgh next May. The top three finishers that run 2:14 or better will represent the U.S. at the 2000 Olympic Games. "I'm going to take my shot," Swift said when asked what his game plan would be at Pittsburgh. With his hard work and steady progression, Swift had worked himself into a position as a legitimate contender for a spot.



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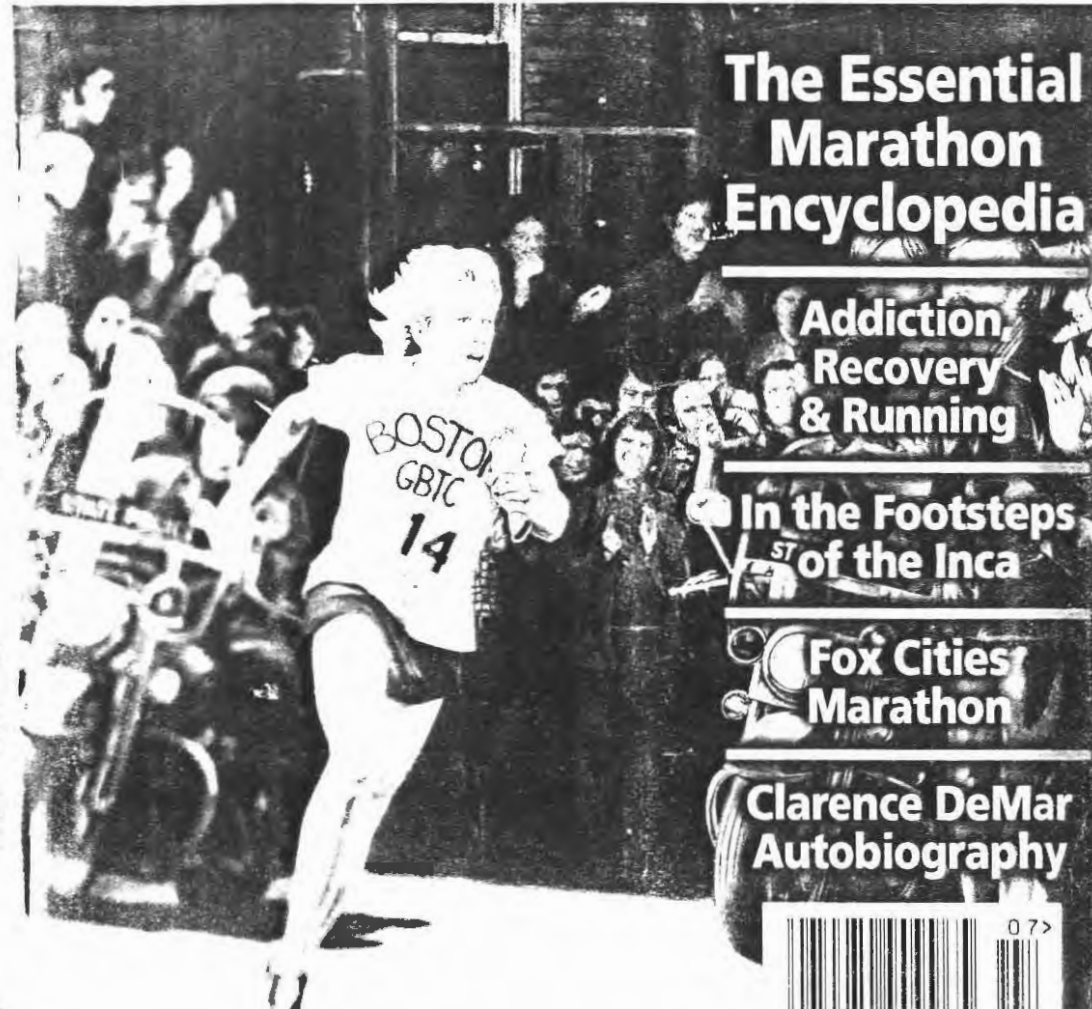
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Fox Cities Marathon

Clarence DeMar Autobiography







# Dos Amigos

## A Tale of Addiction, Recovery, Running, and the Boston Marathon

BY LUIS MARTINEZ AND STEVE DEPOLITO,  
WITH ROGER ZOTTI

**C**ONSIDER THIS: before 1994, Luis Martinez was so messed up on heroin, cocaine, and alcohol that some days he lacked the strength to walk the few steps from his bedroom to the bathroom. Now, Luis is alcohol- and drug-free, and he has pursued running with the passion he once put into maintaining his addiction.

Luis was born in Puerto Rico in the village of Manasco, near Mayaguez, and came to live in Willimantic, Connecticut, when he was 13. He had begun abusing alcohol when he was 9; his heroin addiction started at the age of 15 after a serious car accident in which his legs were severely injured. A "friend" introduced him to heroin to help dim the pain. Luis developed a love for the drug, a love that ruled his life for the next 20 years.

In spite of his substance abuse, Luis managed to run for a time, and he even participated in some marathons. But his ruinous lifestyle eventually exacted its toll, and in the final years of his addiction he was unable to run at all.



*Luis at age 15, after the car accident. "The doctors said I would have a hard time walking right. I ran and rode a bike to make my legs strong. But I found out heroin killed the pain."*

After finally freeing himself of drugs and alcohol at the age of 39, Luis made a frightening promise to himself: "If I ever go back to drugs or alcohol, that's it. I'm dead. I'll get a gun and shoot myself before I go back to the way I was."

In the months prior to the 1998 Boston Marathon (his 4th Boston and 12th marathon since quitting drugs and alcohol), Luis met with his former counselor,

Steve DePolito, who is now his running partner and friend, and Roger Zotti, a fellow runner and teacher. What follows is an exchange between Luis, Steve, and Roger that takes a retrospective look at Luis's recovery and his running career. They also discuss a bond that developed between Luis and Steve and their dream of running the Boston Marathon together.



*Luis shortly before his overdose and getting into treatment. "I call this my 'Chupacabras picture,' after the legendary Puerto Rican creature whose name means 'goat sucker.'"*

### OPENING UP

Roger: Luis, what was life like for you four years ago, when you were on drugs?

Luis: Well, I spent a lot of time living and sleeping in alleys. Living in dirty rooms. Hanging out in bars. I was all over the place. You see, anyone taking drugs or drinking the way I did, that's the way you travel. Go here. Go there. That way, you can't be seen. You're running away from other people and especially from yourself.

Roger: And then you got away from the drugs and started getting into shape?

Luis: Yes, I did, and I began to think clearly. I saw that the time I spent doing bad things to myself could be used doing good things. So I began running. I always dreamed about running the Boston Marathon, ever since I was a boy in Puerto Rico. That motivated me.

Roger: Steve, when did you first meet Luis?

### Mutual Ground

Steve: I first met Luis a few days after he came into the treatment program where I worked. He entered the detoxification unit on February 25, 1994. After he was detoxed from heroin, he was transferred into the rehab program, and I was

## After hard work, Swift sees positive results

By DON SIKORSKI  
Special to the Bulletin

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assigned as his counselor. During our first meeting we talked in my office, just chatting informally. I was trying to get to know him. He talked about his love for running and mentioned that he actually ran the Boston Marathon years ago. Roger: When was that?

*Luis:* I think it was 1985. I'm not sure. That was in my other life. That's when I used to sniff a bag of dope and go for a run.

*Steve:* The next day when we met again, I brought in my copy of Tom Derderian's book, *Boston Marathon*, to try and figure out what year Luis ran. Coincidentally, I had just started running seriously again the previous November after taking a few years off. I got the Boston book as a Christmas present and once I started reading it, I couldn't put it down. As a result, I got hooked on the idea of someday running Boston. I told Luis that I hoped to run it.

*Luis:* That's when I told Steve that when I get out of the program, maybe he and I could train and run Boston together.

*Steve:* I'll always remember that day. I said something like, "Sure, why not?" But in my mind I'm thinking: "Yeah, right! It's a nice idea, but this guy just kicked dope. He looks like shit!" I thought he was nuts.

*Luis:* That's what I saw in Steve's eyes when he looked at me. "Are you still high on drugs? Still drunk? Are you crazy? The way you look, and you're talking about running a marathon!"

*Roger:* But at some point you did get together for a run.

*Steve:* Yes. Back then I used to keep a running log, and on March 15th my entry says that I "Ran with my new patient Luis on the hospital grounds. Luis handled the run well. Four miles at about 8 minutes per mile."

Roger: That's not bad for someone just getting off drugs. Did you have to get permission for him to run? After all, he was still a patient.

*Steve:* As a matter of fact, I had to fight like hell to convince the doctor to let him run. The doctor didn't want to take any chances. He thought he might twist an ankle or have a heart attack or something. When Luis finally got permission to run, he was limited to just running around the treatment center building. People who had to be in to work at 6:30 in the morning told me they would see Luis out there every morning, running laps around the building.

*Luis:* I ran every morning. And every afternoon. I was also working out with weights and hitting the heavy bag. You know, when you're out there doing drugs for a long time, your body gets run down. So it wasn't easy. When it was snowing or icy and I couldn't run outside, I'd go into the rec room and run back and forth. Over and over again. Back and forth.

## The Cemetery Run

*Steve:* Luis, talk about the cemetery run—when you buried yourself.

*Luis:* Oh yes, yes. It was early in the morning, and everything was frozen outside, and I said to myself, "Wow, I'm free. I'm outside. I can feel and smell the air." So I took a chance and ran through the cemetery.

Roger: You mean the one right next to the hospital?

*Luis:* Yes. It was off limits to patients. But I took a chance. I jumped the wall and ran inside the cemetery for a while. When I finished and jumped back over the wall, I stopped running for a second and said to myself that I had just buried all that bad stuff from my past, all the drugs and alcohol, the negative thinking. It's all in that cemetery and it's going to stay buried. I know I can do anything I want to do as long as I keep that bad behavior buried. Now every time I drive past that cemetery, I say, "That's where I'm buried. Part of me. The bad part."

Roger: Steve, why did you take Luis seriously? How was he different from your other patients? You said you thought he was crazy at first.

*Steve:* Well, yes, I did, especially when he suggested that we run Boston together. But part of me didn't think so at all. It's hard to describe. He had this look in his eyes that said he was dead serious. Maybe that's the best way to describe it—dead serious. You see, it was during our first meeting, I think, when Luis told me he came into treatment after he tried to kill himself, and failed.

*Luis:* That's right. I had gotten to a point where I just locked myself in a room. I didn't want to have anything to do with anyone. I was just so tired of my whole life, of just drinking and drugging. I decided that I'd commit suicide by overdosing on heroin. But I made a promise to myself that if I woke up, if I survived, I would try to get some help. So I put the needle in my arm . . . and 12 hours later I woke up, with the needle still stuck in my arm. I got down on my knees and asked God for help. Soon after, I went into the program, and then I met Steve.

Roger: How long were you in the program?

*Luis:* Close to two months. Steve was able to get me into a halfway house in Mystic.

*Steve:* We had developed a pretty good relationship by this time. I was convinced that Luis was very serious about his running and his recovery from addiction. We had run together a few times. We were both getting into good shape, and it was around this time we started thinking seriously about running a marathon. When Luis was discharged from the program, I received permission from the halfway house to see Luis on weekends so we could run together. I also took him to run races that summer. Our first race was a 3.5-miler in New London. Luis had been off drugs for only 10 weeks, but he was getting stronger and already showing his ability. At the time, I was racing 5Ks at around 7:30 per mile, but even at that first race Luis got under 7 minutes per mile. Back then, he got into a habit of going out way too fast, usually under 6 minutes for the first

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mile. This hurt him later when he began to run marathons. It was that summer we decided to train for the East Lyme Marathon in September.

Roger: So, you and Luis trained together that summer?

Steve: Well, not a lot together. We did some races and some long runs on the weekends, especially later in the summer, to get ready for the marathon.

## The Daily Runs

Roger: Luis, how much were you running?

Luis: Back then I ran every day. I usually ran around the Mystic River. That's about 8 to 10 miles. I didn't have a car, so I rode a bike to work. That's about another five miles. Sometimes I would get a ride from someone, but I didn't mind riding the bike because I wanted to get in shape fast.

Roger: Steve, how about you?

Steve: Not as many miles as Luis, but I did okay. I did one 20-miler by myself and a bunch of 15-milers. The one I remember best was a planned 20 with Luis on a 90-degree day that turned into a 16-miler. Man, that was brutal!

Roger: What was your longest run, Luis?

Luis: I don't know. Some days I just ran and ran. I ran for hours.

Steve: Luis and I had two different styles. I was scientific. I read all the training books. I had schedules, charts, graphs. Luis, he just ran and ran and biked—and then ran some more.

## THEIR FIRST MARATHON

Roger: So you both did the East Lyme Marathon?

Steve: Yes. September 25, 1994. Luis had been clean exactly seven months.

Luis: I thought I was in good shape for the marathon, but I wasn't. After 23 years of using drugs and 30 years of drinking, there was probably still some bad stuff inside of me.

Steve: It takes a year or so for someone who abused substances like Luis did to really feel physically healthy again. It's amazing he did as well as he did. Anyway, I think what happened is we both overestimated our abilities, and Luis went out way too fast again. I wanted to run under four hours, and did the first 10 miles in 85 minutes. The problem with the East Lyme course is it's mainly uphill for the first eight miles, and big downhills for the next two miles. The rest of the course is pretty flat, with some rolling hills. It's the kind of course that will get you if you go out too fast, and Luis went out way too fast. He did just over six minutes a mile for the first few miles.

Luis: I had to walk at around 11 miles. I was getting bad chest pains.

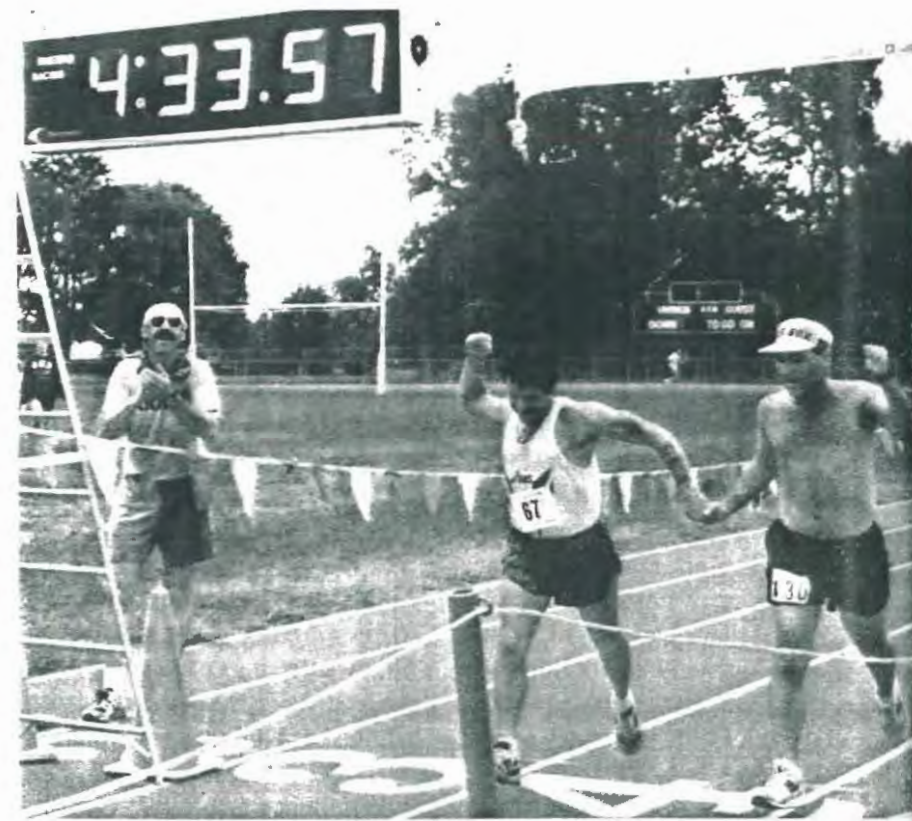
Steve: I had to walk at around 17 miles. Luis was way ahead of me. But he was struggling more than I was. I got a second wind at 22 miles, and then at 23 I saw him in the distance. I remember laughing out loud and thinking, "I guess it's meant for us to finish this thing together." Which we did, in 4:33:57.

Luis: I learned I wasn't in marathon shape. I knew I had more work to do, and if I did it, I'd get better.

Steve: After the race, when we were feeling a little better, I remember Luis saying, "So when do we do the next one?"

Roger: Was the next one Boston?

Luis: Yes. I trained over the winter and got into good shape. So I decided to run the Boston Marathon as a bandit. Steve wasn't ready for another marathon so soon. So he drove me to the race. I was slow at the beginning because I was way in the back. I saw Steve at the halfway point. He gave me a bottle of Gatorade, and I felt good, so I took off.



East Lyme Marathon, September 25, 1994. Luis (left, with Steve) had been off drugs and alcohol exactly seven months.

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*Steve:* And that's what got me into trouble. I waited for him in Wellesley Square, right at the halfway point. I was at the start in Hopkinton and had my watch going, so I could have an idea of his time. After he ran past me, I jumped back into my car. I was hoping to meet him at the third Newton hill, at 19 miles. On the way, I figured out his pace. Anyone who has ever tried to follow the Boston Marathon by car can appreciate the logistical nightmare I faced. Anyway, when I got to mile 19, I knew that the only way he could have beaten me there was if he picked up the pace significantly. Of course, that's what he had done, but I didn't know it then. So after waiting for about an hour, and after looking in the dropout bus at the first aid station, I headed for Boston. By that time, though, Luis had already finished. I estimated his time was about 3:39.

*Luis:* After the race so many things went through my head. I figured Steve got stuck in traffic and couldn't find me with all those people. But I knew he would eventually find me. So I didn't mind waiting. Plus, I was happy. So happy . . .

*Steve:* When I finally found him, he talked and talked. He kept telling me that I had to do this race next year.

## ACHING TO QUALIFY

*Roger:* And so the next big one for Luis was the 1995 East Lyme Marathon. I understand his goal was to qualify for the 100th Boston Marathon in 1996 .

*Luis:* I was in good shape for that one, but I knew I needed to push myself harder than I ever had to run a 3:20 and qualify. After using drugs for so many years, I knew it was going to be extra hard. I was hoping that I'd qualify. But at the same time, I knew the drugs took a lot out of my body. My heart was telling me I could qualify, but my head was saying I couldn't. I was about six minutes short. My time was 3:26. I was happy with it. I wasn't happy with not qualifying, but I told myself to just keep trying. So I tried again at the Hartford Marathon.

*Roger:* That was right after East Lyme, right?

*Luis:* It was two weeks later. I remember thinking that morning it felt like a good day and that I had a chance. But I also knew I had just run a marathon two weeks earlier, and I'm not Superman. Still, I wanted it so bad I could taste it. So I just tried to run the way my body felt; I tried to keep the pain away from my mind. It was a little too much for me to handle, but I did my best. I missed by four minutes.

*Roger:* And then you learned you had hit the lottery for the 1996 Boston.

*Luis:* That's right. I had just moved from Mystic to New London. On the day before the Hartford Marathon, I called the halfway house in Mystic to check if

I had any mail, but they said no. So after I ran Hartford, when I got home, they called to say there was some mail, after all. They said it was something from Boston. And I knew what it was.

## Year of the Bandit

*Roger:* And Steve, you decided to run as a bandit.

*Steve:* I was hoping to get into Boston through the lottery. But I didn't get picked. I had long ago accepted that qualification was out of the question for me.

*Roger:* You even tried talking to Johnny Kelley "The Younger."

*Steve:* Yes. Johnny, you see, had written about Luis and me in his Sunday running column in the *New London Day* on a few occasions. In fact, one of the nicest things about running with Luis is that it enabled us to get to know Johnny and his wife, Jessie. They are two of the nicest people you could ever meet. But even Johnny couldn't pull any strings with the BAA that year, not with the 100th running.

*Roger:* Did you talk to the BAA?

*Steve:* I got a very nice letter back from the BAA explaining why they couldn't make exceptions. So I knew the only way was to run as a bandit. It was a difficult decision because I was aware of the controversy about bandits running in the 100th Boston due to the size of the field, which ended up to be around 40,000. But I had done the training, and it meant so much to us to run together. The plan was for Luis to start slow, me to go fast, and hopefully I'd catch him at some point. But that turned out to be impossible. It took me about 25 minutes to get to the starting line. Later, I figured there were probably around 15,000 people between us.

*Luis:* I tried to run slow for the first 10 miles. I hoped Steve was going to catch up with me, but by 12 miles I knew he wouldn't. So I picked up the pace. I felt very strong. I remember thinking, "Here I am again, running Boston. This time I'm official, and it's the 100th Boston Marathon." I remember when I was going up the hills, I looked around at all these people trying to get to the top. I'm surrounded by all these people, and it's so different from being around people in the barroom, or the jail, or whatever. I kept running, and I felt myself crying. But I was happy at the same time. It's hard to explain. My emotions were all mixed together. I started laughing, too. I remember seeing the finish line. I looked up at the big building, and it was like seeing the Statue of Liberty. I felt like I was free.

*Roger:* You must have some memories of the race, too, Steve.

*Steve:* I have a lot of memories from this race. When I was trying to catch up with Luis, I saw a runner carrying a Puerto Rican flag. I told myself that Luis

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was probably running with him. So I worked hard at trying to catch him, but Luis wasn't there. I remember a brief energy rush at Wellesley College. And I remember finding my mantra between mile 22 and 23. It went like this: "OhmyGod. OhmyGod. OhmyGod." I also remember thinking, in the last four miles on Beacon Street, how ironic it was that here I am, in Boston, in the largest marathon field in history, and I never felt so alone in my life. Finally, I remember hitting the finish line and looking to my right to see paramedics pounding on a runner's chest. It turned out to be a runner from Poland who collapsed and died after crossing the finish line.

Roger: So what came next?

Steve: Well, Luis really showed his durability in the fall of '96. Three marathons in six weeks. East Lyme, Hartford, and Ocean State. His times were 3:30, 3:31, and 3:31.

## Happy to Run

Luis: I was happy with all three of them. I'm just happy that I can run at all, not just marathons. I ran every one of them comfortable. I learned a lot from these marathons.

Roger: I know the way you and Luis finally ran together at the 1997 Boston Marathon was to run for charity. How did that come about?

Steve: Around September a friend told me that the American Liver Foundation sponsored runners in Boston who raise money for the foundation. This



Luis (left) with Steve, somewhat delirious in the last 100 yards of the 1997 Boston Marathon.

was the perfect solution for Luis and me, since it was the only way I could get in officially. When Luis missed qualifying again, we made it a joint fundraising effort, and the Liver Foundation sponsored us.

Luis: For me, the great thing about running for the Liver Foundation was that the Liver Foundation had helped my father. He had liver disease, and they helped him out before he died. I didn't know that until my family told me a few days before the marathon. It made me feel good to help other people with liver disease.

Roger: So, one more time, you both got ready for Boston.

Steve: Yes, but training had become difficult for me, because of my knee. Many years before, I had torn the cartilage in my right knee. Back then, they removed the whole cartilage. I was having some knee pain in September, so I went to the doctor, who told me I had arthritis in the knee. He told me I shouldn't run. I got a second opinion, but it was the same. I didn't dare tell them I was planning to run a marathon. I did ask, though, to be fitted for a knee brace. To save the knee, I did minimal training—three days a week, a short run, medium run, and a long run.

Roger: And then together you finally ran the one you wanted to.

Steve: It was great to do what we had dreamed about—but it hurt. I knew I was in trouble when I started to hurt after only 12 miles. What an awful feeling that was, because I knew what was ahead. I had to do some walking on the hills. Once I got to Beacon Street, I didn't walk, but I didn't run too fast, either. Still, it was worth it—all 5 hours and 18 minutes of it.

Luis: It was slow, but it was OK. It was something that we had talked about for a long time. In 1996, we tried, but we just couldn't do it. There were too many people. Steve couldn't get through all those people to catch up to

The dream realized:  
Luis and Steve after  
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ie. This time, nothing was going to take this one away from us. That was the great thing about this one. We did what we dreamed we would do. I learned a lot from it. I learned that no matter what, if you plan for it, you can do it. We planned for this one, and we did what we wanted to do. I remember all my marathons, but this one was special. Steve was my counselor, and he came to be my training partner in the marathon, and now he's my friend. We made a plan, and God gave us the chance to do it. I mean, is there a better picture than that?

## FUTURE TENSE

Roger: So, Steve, what about the future?

Steve: Despite my knee problems, I still like to think I have another marathon in me. I know what the doctor said about arthritis and a knee replacement, but I don't care. It's what "Bricklayer" Bill Kennedy said years ago: "All marathon runners are dreamers; we are not practical." Dreams keep us going; just look at what we've accomplished.

Roger: And you, Luis?

Luis: Someday, I still want to qualify. I hope God gives me a chance. I know I'm going to stay away from drugs and alcohol. Over the next few years, I'm going to try to do my best to qualify. But I'll be happy with whatever happens. I'm just so lucky I have the chance to run, after over 20 years on heroin, cocaine, and alcohol. I'm lucky I can run 3:30, four hours. But I still think I can qualify someday. For a long time I've been trying to get to the top of the mountain to see what's on the other side. I think I have a pretty good idea what's on the other side, but I can't see it yet. But I see the light, and one of these days, I'll get there. I've just got to put my mind to it a little more and go for it. I know I can do it.

## ONE MORE BOSTON?

Luis Martinez completed the 1998 Boston Marathon in just under four hours. Luis and Steve still continue to run together whenever possible, occasionally joined by Roger Zotti. Luis has taken a night-shift job, which has made running more difficult, and of course Steve has the bad knee. Still, the two friends are eyeing a return to Boston.

"I turn 40 in December," says Steve, "and doing one more Boston would be a nice 40th birthday present to myself. Besides, my daughter told me she doesn't think I can do it, which is the wrong thing to say to a marathoner."

"I'm hungry again for the marathon," says Luis. "For me, the marathon is like life—I'm ready for the challenge again."



**MICHAEL SACHS, PhD**, is a professor at Temple University in Philadelphia, where he teaches, conducts research, and performs service with the university and the local community in the psychology and sociology of sport. One of his areas of interest over the years has been addiction to sports, especially running. Michael is coeditor of one of the landmark books in the area of psychology of running, *Running As Therapy: An Integrated Approach* (1984), which was republished in 1997 as part of the Jason Aronson Publishers' Master Works Series. Michael is a member of this magazine's Science Advisory Board.



**BRUCE COHEN** is currently a doctoral student in Exercise & Sport Psychology at Temple University in Philadelphia. He holds an MS in Exercise Physiology. He is certified by the National Strength and Conditioning Association as a certified strength and conditioning specialist and by the American College of Sports Medicine as a health/fitness instructor.



**STEVE DEPOLITO, ROGER ZOTTI, AND LUIS MARTINEZ** are amigos through running. Luis lives in New London, Connecticut, with his girlfriend, Ana. He works at the Mohegan Sun Casino in Uncasville. On February 25, 1999, Luis celebrated five years of being

clean and sober. Steve DePolito resides in Preston, Connecticut, with his wife Sherri and their two children. A licensed clinical social worker, Steve is currently a substance abuse consultant to the Connecticut Department of Children and Families. Roger Zotti, a veteran of 18 marathons, also lives in Preston, with his wife Maryann; they have a son and daughter. Roger taught for the Connecticut Department of Corrections, retiring in 1993, and currently teaches Technical Writing at Three Rivers Community-Technical College. All three belong to southeast Connecticut's Mohegan Striders Running Club.

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# Kane's training series of ups, downs

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Kris-Anne Kane has had to deal with a little bit of bad luck this year. The 35-year-old Preston resident has been running and racing seriously for a dozen years. She understands running is a sport with a lot of ups and downs.

This year, Kane started with hopes of a strong season. However, a bout with pneumonia in March led to a minor setback in her training for a few weeks.

Kane responded admirably with a sub-40 minute fourth-place finish at the 10K State Championship race in Simsbury a few weeks later, however, proving to herself that she was back and healthy.

A runner-up finish to Carla Thompson at the L&M Spring Stride a few weeks later further enhanced this notion.

Then, her mental roller-coaster ride took a downward turn. Kane expressed interest in competing in the Rose City Challenge 10-miler in early June. Despite husband Tim's advise to pass on this race, Kris-Anne decided to give it a shot. However, the heat, humidity, and hills took their toll, and were responsible for Kane's self-described lackluster performance.

"I pretty much packed it in around four miles," she said. "I realized that I'm just not a good hill runner. The rest of the way, I was pretty much running for survival."

Although we've all walked away from races that have made us feel this way, Kane was now questioning her fitness level, despite what had been a strong early season of racing. Then more bad luck came.

Kane does extensive volunteer work for the Preston Dog Kennel, placing dogs in good homes and seeing that the dogs get exercise and are walked on a daily basis. She even takes them out for a run on occasion. Unfortunately, she happened to be in the middle of a little misunderstanding between two of her clients.

"I was bit on the leg and on the hand," Kane said. "I had to get a few stitches and was pretty much unable to run for a while. I thought, 'What else can happen to me?'"

Kane again returned in full force, winning the Cannonball Run one-mile race despite her recent run-in with her canine friends. Her roller coaster ride continued from there.

A few weeks later, Kane tripped and fell working out at the Connecticut College track. A few minor bumps and bruises didn't slow her progress this time. In mid-July, she posted her personal best time of 18:07 at the Nor-

wich Recreation series races in Mohegan Park. What will happen next is anybody's guess.

Kane's running background is not similar to most of her Mohegan Strider teammates. In high school, Kris-Anne, intimidated by the strength of the St. Bernard distance running program at the time, instead electing to throw the shot put on the track team.

"They really didn't need me," she said. "They had such a good team of distance runners, and I was pretty much just an average junior varsity runner."

During her senior year of high school, Kris-Anne was diagnosed with a detached retina, and doctor's orders prohibited her from running at all, thus ending her high school athletic career early.

After returning to "casual jogger" status at the UConn, Kris-Anne joined the Mohegan Striders after graduation and began working out under the guidance of women's coach Jack Curran. Jack's program gathered the female Striders at the NFA track every Wednesday evening.

"I ran with Jack and the other women in the club pretty much year round," Kane said. "That was when I started to become more serious about my running."

Another lifestyle change that made Kane serious about her running was getting married. Husband Tim, a former cross-country and track standout at UConn, provided the motivation and encouragement that Kris-Anne needed to reach the next level.

Their approaches to training, however, are quite opposite. While Tim's training can be described as



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technical and scientific, Kris-Anne often prefers to take a more casual approach with her running.

Tim will run workouts he hates to do because he knows it will improve his fitness level. Kris-Anne seems to have more success running workouts that she enjoys doing. Tim likes to race and compete against people; Kris-Anne prefers to put her focus on competing against the clock.

Two goals that remain in the back of her mind: Breaking an hour at the Block Island 15K in September; and breaking 18 minutes for 5000 meters. The reason being is that her best ef-

forts at these distances are 1:00:01 at Block Island and 18:01 for 5K.

Needless to say, those two seconds are driving her crazy.

"When I first broke 20 minutes for 5K I thought that I could never run one step faster," she said. "So I guess I'm happy with the way I've been running for the past few years."

What's in store for Kris-Anne next season?

"I'd like to try triathlons," she said. "Just to do something different."

Hopefully, she can avoid any bad luck in the water and on the bike. Now if only the dogs would cooperate with her.



SKIP WEISENBURGER / The Day

**Long run** — An international group of runners for peace was joined by local runners Thursday as they proceeded down Swantown Road in Preston. The group is running the American leg of the Sri Chinmoy Oneness-Home Peace Run and has logged 11,000 relay miles on two cross-country sweeps. Carrying the torch is Jeremy Beebe, a counselor at the YMCA camp, which hosted the runners. Story, B12.



■ Tim Smith, left, Ned Smith, center, and Frank Morosky, members of the Eastern Connecticut Peace Run, show off their signed peace quilt to the congregation of Grassy Hill Congregational Church in Lyme.



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# BELIEFS

## Rain Or Shine, Peace Runners Spread The Word On Their Feet

By **ADAM McDERMOTT**  
Special to The Day

**R**UNNERS ON THE AMERICAN LEG OF the worldwide Sri Chinmoy Oneness-Home Peace Run, "The Run to 2000," stopped in Preston and Norwich Thursday.

Greeting them were members of the Eastern Connecticut Community Peace Run, a group formed this year to participate in the global effort of running 77,000 miles in the name of peace.

Founded in 1987 by students of Sri Chinmoy, an Indian citizen who works for the United Nations, the internationally known peace run has taken root in the U.S. The concept behind the run is to "emphasize the themes of friendship through sport."

When the runners arrived at the YMCA summer camp in Preston, campers were allowed to mimic the runners carrying a peace torch in a relay run.

Bakul Kenney, a native of Ireland who now resides in London, said, "To me, we're trying to inspire the idea of peace and show that it starts with the individual. We're trying to emphasize that peace doesn't just mean the absence of war, although that is part of it."

Kenney, 22, has participated in previous peace runs including a two-month venture in the European tour. When he returns to England, he's planning on attending university in Cambridge.

Since April, the group has crossed the United States twice, accumulating 11,000 miles. Eight of the 12 who arrived in Connecticut this week have been with the run for the entire trip.

The approximately one dozen runners run in relays of four teams — two for women and two for men — with the group totaling about 100 miles a day. Each person runs 10 miles daily. Vehicles carry the

See **RUNNERS** page B14.

runners between their relays.

"It's really not as difficult as it sounds. We just try to get through each day without injuries. I've been very fortunate in that I was able to work off a bout of shin splints. We always try to remind each other that the main priority is peace, not the run," said Kenney.

In Norwich, the Norwich Free Academy pep band met the group at City Hall. Runners gave a brief presentation.

Shyamala Stott of Scotland said that she joined the run to find more peace within herself and to grow as a person. "It gives me personal joy to see that I've given happiness to other people, and to do it through running is great."

She ran the entire American leg in '97, but split the journey with her sister this year. "Even the hard aspects of the trip are outweighed by the good things. You remind yourself why you're here and all of the frustration quickly disappears."

Stott's father played a part in organizing the peace run in Scotland.

Besides those from the British Isles, runners on the American leg came from Canada, New York and San Francisco.

Sarah Wyatt, a high school teacher from Vancouver, Canada who was born in Manhattan, wanted the opportunity to see the country. "I haven't been disappointed," she said.

Wyatt admits that at first, she was far from a strong runner, but that all changed after four months with the peace runners.

"I was first inspired to do the run after my brother completed it in 1995. I hope I'm inspiring other people to take steps towards peace, just as my brother inspired me," she said.

Last Sunday, delayed by one of the first rain showers in weeks, three peace runners from the Eastern Connecticut Community Peace Run set out at 10:45 a.m. from the south end of Rogers Lake in Old Lyme for the Grassy Hill Congregational Church in Lyme.

The slippery conditions and steep winding roads of the 3.5 mile trek didn't faze the runners, who were carrying the distinctive peace flag and burning torch of the Sri Chinmoy Peace Run.

At the one-room church, they explained that their mission is to celebrate the 2000th anniversary of the birth of Jesus Christ, the "Prince of Peace." Since April, a small group has been running each Sunday between houses of worship in eastern Connecticut. They have visited Quakers in Waterford, Methodists in Mystic and Catholics in Niantic, among others.

Frank Morosky, an organizer of the group, said, "It's going to be a long time before we see peace on a global basis, but what we're trying to do is get people to achieve peace within themselves, one person at a time."

"If we set a good enough example, people will start thinking more and more about how to achieve peace, whether it be through running or other mediums. I think we are making a significant impact."

On Sunday, the sweaty promoters of peace made a short presentation to the congregation and then had

Gatorade, water, cookies and sandwiches while worshippers signed one of their four peace quilts.

A peace quilt measures 4 feet by 6 feet and carries signatures, wishes and prayers from people the peace runners have visited.

Morosky, a follower of Sri Chinmoy for over 25 years, started the Eastern Connecticut run this year. Thus far, runners from the region have contributed 150 miles.

A physical therapist at Hamilton Rehabilitation and Healthcare Center in Norwich, Morosky organizes each run about two months in advance.

"It hasn't attracted a large number of runners, but it has attracted many places of worship. In some ways, running with such a small group makes it all the more special," said Morosky.

"The event is by no means a race. We encourage anyone who wants to participate to walk, jog, rollerblade, bike, or even drive the safety car."

Tim Smith is an avid runner with the Mohegan Striders who has joined the weekly peace runs. "I really enjoy observing how other religions worship," he said. "Seeing women ministers for the first time was a great experience for me."

Jim Bamber of New Haven, the state coordinator for the national run said, "It's a nice feeling for people when they get involved with world peace." Bamber has been involved with the effort since its founding.

Organizers say the peace run has had support from Mikhail Gorbachev, Pope John Paul II, Carl Lewis, the Dalai Lama and others.

For more information on how to become involved, contact Frank Morosky at 886-0110 or visit the Web site at [www.peacerun.com](http://www.peacerun.com).

### MOHEGAN STRIDERS AWARDS BANQUET

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# Young Guns



■ Former Norwich Free Academy all-stater Chad Johnson, left foreground, is one of the area's younger runners who have made a name for themselves on the road racing circuit.

**H**is senior year in high school was a highlight reel of victories. The Eastern Connecticut Conference championship, Class LL and State Open titles and a third-place finish in New England all belonged to Chad Johnson of Norwich Free Academy, whose ECC crown would be followed the next year — and the next — by Jeff Novak of East Lyme.

All that time, the local road racing circuit belonged to guys like Wayne Jacob of Mystic, Bob Stack of Gales Ferry, Dennis Crowe of Waterford and Tim Smith of Norwich, guys Johnson and Novak grew up reading about in the local newspapers.

And now?

"This is the future," said Marie Gravel, longtime director of the New London Road Race, where the 22-year-old Novak finished first Sunday and former Fitch standout Brad Malay — who helped lead the Falcons to an ECC title the same year Johnson was carving his name in the high school record books — was third.

"It's nice to see the kids go through high school and college and then come back into the racing circuit. ... We want this to continue to be a strong sport."

## He loves it

"It's just a wonderful sport to be a part of," said Novak, a long distance runner at the University of Texas, who is a prime example that the area's youth is making a strong impact on local road races.

"It doesn't matter if you're 30 years old or 50 years old, or if it's something you're doing because your doctor told you you needed to do it to get in shape. It's just a good thing. Everyone should do it. Some of the guys are in their 60s and 70s. I only hope I can keep it up for that long."

Novak pays tribute to Jacob, who is now the boys' track and cross country coach at East Lyme. Jacob happens to have the most victories all-time in the Tarzan Brown Mystic River Run with nine, beginning in 1976 — before Novak was born. Novak finished Sunday's race in 15 minutes, 46 seconds. Jacob was second in 15:49 and Malay was third.

"I knew Jeff real well because I've run with him before," Jacob said after Sunday's race. "Coming up the hill by the library, he nudged in front of me and he just gradually pulled away. He was just stronger."

Johnson, 23, who was The Day's Cross Country Runner of the Year his senior season and went on to run at the University of Connecticut, was a familiar face in last summer's Norwich Recreation Runs, winning the open division title for his overall performance in all the races. He was joined in those races by former teammate John

Anthony — third in the ECC behind Johnson in 1992 — and Johnson's sister Stephanie, also a former state champion for NFA.

Johnson said he now enjoys what runners like himself and Novak have brought to the races.

## Rekindling old rivalries

For Novak, who also plans to compete in the John J. Kelley Race and the Ledyard Relay this summer, the races also serve as a way of rekindling friendly rivalries, like with Malay — a former cross country and long distance standout. The two have known each other since their sophomore year in high school.

These inner-race rivalries build up the sport as a whole.

"It's so much more relaxing. It's fun to be a part of," Novak said. "When you go against the competition in college, everything is win, win, win. With the local races, it doesn't matter if you win. You get to meet up with the people that you've known since the beginning of high school.

"... You don't want to see someone from the other side of Connecticut come in and win the race. People want to come in and see the local people. It's important to the area."

What's also important is to keep the numbers growing.

"We want to get a lot of the younger people into running and keep the search going," said Crowe, 50, a top masters competitor who has been an avid runner almost his entire life and is the athletic director at The Williams School.

Johnson agrees, and wishes some more people would join Novak, Malay and himself.

"It's real good for the sport," Johnson said. "I think that there are still half of the top runners around not coming out."

If there's any doubt in the young runner's mind, there is plenty of proof that running can serve as a lifetime sport, and add years to the time you can enjoy athletics.

"That's real important," Crowe said. "It shows the kids that at 50 years old, you can stay fit, still hit the jumper, still hit the baseball. It sets a good example."

"It just takes a little dedication and being focused during the season," said Stack, another of the area's most successful masters runners.

"It's tremendous. I think if you showed people a picture of the difference between what they could look like if they ran and if they didn't run, it would mean a lot."



# Zubritsky and Kane earn Runner of the Year

1999

By DON SIKORSKI  
Special to the Bulletin

1



RUNNING

John Anthony (L&M Spring Stride winner), and former Fitch standout Brad Malay, who returned to the competition after a brief layoff.

finished 10th overall at the Rose City Challenge, second Grandmaster at the USATF 20K Championships in New Haven, and eighth overall at the East Lyme Marathon. His 2:23:56 course record set in 1982 at East Lyme still stands.

## State runners of the year

**Male:** Steve Swift, Middletown — In May, Swift finally nailed down the marathon effort he deserved, posting a third-place finish at the U.S. Marathon Championship in Pittsburgh. Swift ran 2:17:46, a personal best by over three minutes, and in the process qualified for all-expenses paid trip to the Olympic Marathon Trials race in May 2000. The Mohegan Strider's Swift, a former Xavier High School and William and Mary standout, was also strong at the shorter distances, turning in an impressive 5K double in Hartford in August. He finished sixth (14:49) in the men's elite race, then returned the same evening to win the open 5K USATF championship race in 14:57. Swift was the first American finisher at both the Fairfield Half Marathon and the Litchfield Hills Road Race. Other notables on the state level include a trio of runners from Danbury: Joe LeMay, again hampered by nagging injuries, returned to Mystic to successfully defend his Tarzan Brown course-record performance from last year. LeMay was also the first American finisher at the Boston Marathon in April (2:16:11) and, along with Swift, will compete in the Olympic Marathon Trials in Pittsburgh in May.

**Female:** Christine Junkerman, Woodbridge — Junkerman showed her versatility at a number of distances ranging from 5K (16:47 at the Hartford USATF Corporate Classic) to 20K (first American female finisher and third overall in 1:11:20 at New Haven). She was 98th overall at the prestigious Falmouth Road Race and was also the USATF individual cross-country champion. Stratford's Zofia Wiciorowska (first Connecticut finisher — New York City Marathon), Rose City Challenge and Kelly Race champion Kerry Arsenault of Guilford, Middletown's Marie McMahon (Tarzan Brown champ), and Olympic Marathon Trials qualifier Dana Parrot all posted impres-

sive performances.

## Local high school standouts

**Boys:** Eastern Connecticut was again represented well on the state level during this past year's high school cross-country season. Norwich's Chris Andrew inherited the mantle of honor and didn't disappoint, winning the ECC cross-country title, the Class LL XC title (setting a course-record at Wickham Park) and capping off the season with a State Open championship, edging Xavier ace Tyler Cardinal by a single step. Andrew was fifth in the State Open at 3200 meters last spring (9:38) and fifth at the New England XC championships in November. NFA teammate Matt Auger finished ninth in the cross-country State Open to give the Wildcats their strongest 1-2 punch since Johnson and Anthony led NFA in 1992. East Lyme sophomore Craig Moore was the Class MM cross-country champion, the 6th-place finisher in the State Open, and ECC runner-up to Andrew.

**Girls:** Fitch's Jessica Schenk was once again the dominant runner on the state scene. Schenk won the ECC cross-country title, the Class L XC title, and was the State Open champion for the third straight year. This extended an amazing local cross-country winning streak: an Eastern Connecticut high school female runner has now won the State Open 10 out of the past 11 seasons (Liz Mueller-4, Jill Akus-3, Schenk-3). Schenk was also the state 3200-meter champion (11:16) and finished 10th overall at the Footlocker Regional in New York. The local female runners of the future appear to be Killingly freshman Meghan Owen and Woodstock's Amy Hicks. Owen provided Schenk with her strongest competition throughout the season, finishing third in the State Open and second in the New England Regional. Hicks was fourth in the Open and 12th at New England. She was also seventh in the State Open Mile on the track last spring (5:23).

## Local college standouts

In cross-country this past fall, Norwich's Mark Akus earned Division III All-American honors for the Coast Guard Academy, while former St. Bernard standout Daryl Giard (sec-

ond at New England HS Mile) ran No. 1 for Rutgers University as a freshman. Stonington's Tyler McCabe (Providence College) and Griswold's Meghan Coombs (North Carolina State) are also competing on the Division I collegiate level. Both the Coast Guard Academy and Conn College had strong cross-country seasons.

## World runners of the year

**Men:** Hicham El Guerrouj, Morocco/Khalid Khannouchi, Morocco — On July 7th, 1999, Morocco's 24-year-old El Guerrouj broke one of the most-prestigious distance records in history with his 3:43.13 mile effort in Rome. At the World Championships, his 3:27.65 win at 1500 meters was nearly five seconds faster than anyone had ever run in a championship event. Countryman Khannouchi proved that his past marathon performances were no fluke. His 2:07:10 victory in Chicago in 1997 was the fastest debut marathon ever run, and he returned to Chicago with a 2:07:19 runner-up effort last year. At this year's race, Khannouchi ran down Moses Tanui of Kenya at the 21-mile mark to set a new world record of 2:05:42. Khannouchi is the only person to ever break 2:06 for the marathon and hopes to become an American citizen in time for the 2000 Olympic trials in May.

**Women:** Gabriela Szabo, Romania/Tegla Laroupe, Kenya — Szabo was untouchable on the track in 1999. Szabo was the world champion at both 1500 and 3000 meters indoors and at 5000 meters outdoors. She ran the best times in the world last year at 3000 (8:25.03) and 5000 meters (14:40.49). In September, Laroupe lowered the women's marathon world best, shaving four seconds off her previous best with a 2:20:43 at the Berlin Marathon. She also won her third consecutive World Championship for the half-marathon.

## Best local performance

New York's Mike Slinskey made winning the hilly Rose City Challenge 10-mile race look easy. An Olympic Trials qualifier in the marathon, Slin-

## Alleged slight not worth writing of

Editor:

This is in response to Mr. Banas' review of Don Sikorski's, "Runner of the Year" article, to which I say: Joey, baby, come back to us.

Like any rating in any sport, you have to compete to be ranked. In all fairness, there were several master runners, male and female, who had fine seasons but were not mentioned. If you're injured, you're injured. Is that worth firing off a letter to the editor?

I think not.

But that's just an opinion from a non-Hall of Fame athlete.

The irony of all this is Ms. Perkins is a class act and a damn good runner. She probably couldn't have cared less about the article.

Anyone who works 50-60 hours a week, has a family, writes reviews for a local magazine, runs 50 miles a week and still finds time to write a column for the newspaper that is worth reading has my vote of confidence.

KEVIN GALLERANI  
Uncasville

## Running coverage lacking in balance

Editor:

If Don Sikorski is going to continue to submit articles to the Norwich Bulletin Sports section, he needs to be fair and stop misrepresenting the facts.

In reading his Jan. 1 article, I noted a glaring omission of a Norwich native female runner. Specifically, I refer to the Rose City Challenge (June 13) in which the female "local runner of the year" chosen by Sikorski, was beaten by 5 minutes and 53 seconds by Norwich native Melissa Perkins-Banas.

The Bulletin sports writer who covered the 10-mile race, Bill Tavares, referred to her race as "an impressive showing." This same local finisher also ran a faster certified 10K on May 31 (6.2 miles) on a more challenging course as compiled by Alantek Sports and Platt Systems. Clearly, this Norwich native deserves to be mentioned; other female runners with slower performances were pointed out by Sikorski.

The Norwich Bulletin should not be a forum for the Mohegan Striders' newsletter; Sikorski is not only a member but also an officer. Hopefully, this letter will serve as the impetus for change, whereby Sikorski will become more objective.

JOE BANAS  
Member

Norwich Sports Hall of Fame



# Everybody loves a clown

## HEDDING STILL PROVIDING DIRECTION, MORALE for SNERRO

By **KEV HUNTER**  
Day Sports Writer

**T**here's been many different faces for many different races. Last Sunday afternoon, he was disguised as one of The Blues

Brothers. But just about everyone there knew who it really was. Way Hedding's identity is synonymous with Southern New England Road Race Officials (SNERRO).

"He's pretty much the force behind the whole thing," said Spyros Barres, a top local competitor who once actually ran to the Boston Marathon before competing in it. "He always seems to be at every race. He loves the sport and is always getting into the spirit of things."

The "spirit of things" Sunday had to do with Halloween, a holiday that Hedding takes just about as seriously as his involvement with SNERRO.

"I've worn some other masks, but we've been dressing up like The Blues Brothers for 20 years now and we're still wearing the original suits," Hedding said of he and his friend, John Brown, who both ran in the race. "We've washed them though, of course."

### Great Strides

Sunday's Strides for the Handicapped was a prime example of Hedding's dedication to the local road racing scene. He is a 1967 graduate of New London High School, so he knows a little something about the area.

"I've never missed one of these, from Day One," he said of Sunday's race. "The main idea is to help those who can't help themselves."

That race was just one of the many that SNERRO is involved with throughout the year — providing results, refreshments and safety for its competitors. The annual number of races is usually somewhere around 50 (Hedding's age). Long-distance running is usually thought to go hand-in-hand with fitness (eating right and drinking right). But that hasn't always been the case.

A little fun never hurt anybody, according to Hedding, or at least not too much.

"When we first started out, we used



SEAN D. ELLIOT/The Day

Way Hedding, left, dressed as a member of the Blues Brothers for Sunday's Jack O'Keefe Memorial Strides for the Handicapped Road Race at Camp Harkness.



to measure some of the courses with a hand-held wheel," Hedding said. "For one of the races, one of our guys was holding the wheel outside the car window. He had had a few drinks and accidentally dropped the wheel. The car ran over it and it was all dented in. It didn't work right and the course ended up coming up a half-mile short. No one really cared though."

SNERRO has come a long way since those days, and Hedding is a major reason.

He's been involved with the organization for more than 20 years — he is now a co-director with Pete Volkmar. One of the things that has kept Hedding involved all this time is the level of the competition.

"We have tremendous talent, both young and old," he said. "We want to be able to keep that going."

And SNERRO doesn't turn its collective back on the smaller races.

"They pretty much make themselves available to any race, and sometimes pretty much do it for nothing," Barres said. "They love the sport and do a great job. They're always very accurate with their results."

"One of our guys says we're the best small-race timing company in the world," Hedding said.

And they've kept a proud tradition going strong. It began years ago with Jack O'Keefe, Jack Dempsey, Tony Sabilia and Butch McGowan leading the way. Now the names are Hedding, Volkmar, Nick Checker, Nick Bottone, Bruce Christie, Melinda Hedding, Jim Brown and Lloyd Whitman.

One of the ideas that SNERRO has always stressed is that running doesn't exclude anyone, no matter what kind of shape they may be in.

"We try to encourage walkers and joggers," Hedding said. "It's something everybody can do, whether young or old."

### Head cheerleader

It's minutes after the race is over Sunday afternoon, and a straggler crosses the finish line. Most of the competitors and spectators have already left, but it doesn't matter.

"We always wait to get every single runner," Hedding explains. "That last

runner is just as important, just as deserving of his or her time as the first runner."

There's more to it than just providing finishing times for hundreds of runners, which can be a big enough responsibility in itself. There's also organizing some of the events, providing refreshments, and ensuring the safety of all the participants.

"We always have people helping out," Hedding said. "Sometimes, we have more volunteers than runners."

Boosting moral is also something he pulls off nicely.

"He seems to know almost every runner," Barres said.

"He knows their name, knows where they're from and he says things to keep that person going

the last 200 meters of the race. It provides a little lift. He'll say something to you on the microphone when you're nearing the finish line, and that's when you need it most."

### It takes all kinds

Although he usually recognizes everyone, Hedding has a knack for appearing to be someone else — even when it's not Halloween.

"We were timing a race in Vermont, and it was about nine in the morning," Hedding said.

"We had orange cones in the road, and all of a sudden a station wagon pulls over. The driver says to me 'You got me,' and hands me a 20-dollar bill, begging me not to arrest him."

"He thought I was a cop, trying to catch drunk drivers at a road block. I told him to just take a

## Striders fare well in national meet

eighth. It included Olivier, Burbank, Michael Zenowitz, Nate Morello, Kyle Sweet, Nick Anderson and Ryan Gauthier.

The girls 13-14 team, which finished sixth, was led by Betsy Boucher and Rachel Belt.

### Striders make mark

**Spartanburg, S.C.** — Three members of the Mohegan Striders junior team earned All-American status by finishing in the top 25 at Saturday's United States Track and Field National Junior Olympics.

Craig Moore finished 10th overall in the 15-16 division while Mark Olivier and Sean Burbank finished 18th and 23rd, respectively, in the 13-14 age group.

The 13-14 boys team finished

### YOUTH STRIDERS ADVANCE

By Mike Boucher

Mohegan Striders Youth Teams coached by Gary Zenowitz, qualified for the New England Cross Country Regional at Van Cortland Park in the Bronx on November 21 by virtue of their performances at the Connecticut Junior Olympics Cross Country Championships at Bethel High School on November 14. Chris Tedeschi of Ftch won the Boys 17-18 division race with a time of 16:29. In the Boys 15-16 division, the Striders team of Craig Moore (first in 16:28), J.P. Gilbert, Pat Blake, Paul Olivier, Matt Ross, Marc O'Farrell, and Tom Zenowitz took second place to advance. Also the Striders took first place in the Boys 13-14 division with the team of Mark Olivier (first in 14:10), Shawn Burbank, Kyle Sweet, Nick Anderson, Nate Morello, Ryan Gauthier, John Fields and Michael Zenowitz. In the Girls 13-14 division, the Striders team of Betsy Boucher, Heather Burns, Heather Stanish, Caitlyn Garrity, Leigh Mamrosh, Julia Audette, Erin McCafferty, and Rachel Belt placed first to advance, while in the Girls 11-12 division the Striders team of Alyssa Cole, Alyssa Barber, Caitlyn Kennedy, Rachel Zickefoose, Shannon Burns, Erin Fields, Kathryn Zenowitz and Nicole Surawski placed second to advance. Also advancing as individuals were Katelyn Morrell: Girls 10 and under, Justin Gauthier: Boys 11-12 and Jenny Worth: Girls 15-16.

Regionals

Page 1 of 1

## Regionals

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Posted by **MOHEGAN STRIDERS!!!!** on November 21, 1999 at 21:13:59:

The **Mohegan Striders** youth girls finished first place in the USA TF Region 1 X-country Championships. They will be going to the Nationals in South Carolina!

Team Members: Betsy Boucher, Heather Burns, Caitlyn Garrity, Heather Stanish, Leigh Mamrosh, Julie Audette, and Rachel Belt



# Mohegan Striders done in, overmatched by superior Athlete's Foot

By DON SIKORSKI  
Special to the Bulletin

The merger of its rival competitor and the illness of its top runner this season proved to be too much for the Mohegan Striders men's racing team to overcome in defense of its USATF team championship.

On November 27th, the Striders placed second to the Athlete's Foot/HI TEK Racing Team at the Trumbull Cow Chip 8K cross-country race at Trumbull High School.



## RUNNING

Strider Team Captain Sean Delaney had anticipated a close race, expecting both teams to be near or at full strength for the season's final competition. Although the Striders' effort was commendable, they were overmatched by an Athlete's Foot team competing in their own back yard.

This year's men's team competition was not without controversy. After a slow start early in the season,

the Athlete's Foot Racing Team merged with the HI TEK Racing Team, taking the top runners from western Connecticut to form a much deeper squad.

Steve Jayaraj, Sergio Ribeiro, Tom Harding, Luis Dos Santos, Nelson Rocha, and Chris Dickerson all boast impressive running resumes and were consistent scoring runners for Athletes Foot/HI TEK. After nine events, the circuit had arrived at the final event all even, with the Striders and Athlete's Foot tied at 80 points apiece. With Saturday's victory, Athlete's Foot secured at victory with 90 points to the Strider's 88.

This season, the Striders won four season races and placed second six times, all to Athlete's Foot. However, Athlete's Foot finished third at the Indoor Track Championships in March and had faced the challenge of making up ground all season long under the 10, 8, 6 scoring system.

On Saturday, Athletes' Foot was loaded and ready to race. After winner Mark Junkerman of Woodbridge crossed the finish line for the win, Athlete's Foot followed with the next

five places to secure the victory. Chris Junkerman, Mark's wife, placed 25th overall to win the women's crown.

Since the inception of the USATF race circuit, the Mohegan Striders have been the team to beat in Men's Open competition. Delaney, 41, inherited the Racing Team Coordinator duties from Norwich's Kevin Crowley in 1994. Crowley's Strider teams won seven consecutive titles beginning in 1987.

But the Striders' dominance of the USATF race circuit has been challenged in recent years. The 1993 season, for example, was tied going into the final race of the season, when Mohegan defeated the Hartford Track Club by a mere 11 seconds for the team title, with Delaney as a scoring member of the racing team. In 1994, Athlete's Foot became the first team other than Mohegan to win the USATF men's title. Athlete's Foot went on to win in both '95 and '96 as well, before Delaney led the Striders to back-to-back titles in '97 and '98.

Thanks to Delaney's active recruiting campaign, the Striders were again loaded with distance running

talent, led by 1998 New England Runner of the Year Steven Swift.

The former Xavier High School and William and Mary cross-country and track standout had been slowed by a bout with mononucleosis but posted a 29th-place finish at the Manchester Road Race two days prior to the cross-country event. Swift locked up his second consecutive individual USATF title and has also qualified for the 2000 Olympic Trials in the marathon.

Swift's strongest support this season came from his brothers Patrick (Conn. State Mile Champion) and Dave Swift (10th at Fairfield Half-Marathon). On Saturday, Pat and Steven Swift placed 12th and 13th overall, respectively.

The Striders also received scoring help from two-time State Open cross-country champion Chad Johnson (8th) and former Southern Connecticut State track standouts Steve Herrera (7th) and Bob Davenport (15th). The Striders' most consistent performer through the season, Uncasville's Ed Zubritsky, was out of town and was not expected to compete at the cross-country event.

The 10-race circuit format will continue in 2000, with Athlete's Foot and the Mohegan Striders again expected to battle for state championship honors. Check out web site [www.hitektracing.com](http://www.hitektracing.com) for 1999 USATF final results or more information on next season's schedule of events.

## Racing roundup

Marc Akus of the Coast Guard Academy finished 13th overall at the NCAA New England Regional Cross Country Championships in North Dartmouth, Mass. Akus completed the 8,000-meter course in 24:59. Dave Claymann was the top Conn College finisher in 13th place overall at 25:16. The Coast Guard Academy finished 9th as team, while Conn College took 12th.

## This month in history

December 3, 1995 — The Reebok USATF National Cross-Country Championships were held Boston's Franklin Park. Brighton's Brad Schlappek had been anticipating the showdown all year long, logging near 120 miles per week without racing.

Schlappek went shoulder to shoulder on the 9,855-meter course with former Arkansas standout Ruben Reina and hit high gear down the final stretch to win by a step in 28:49.

It was the race of a lifetime for Schlappek, who knew the course's twists and turns by memory. He outran a field loaded with talent, including U.S. Olympians Bob Kempanien (1990 National Champion, 5th overall), Attleboro native Mark Coogan (6th), and former 10,000-meter world record holder Arturo Barrios (16th). The top cross-country runner in U.S. history, Colorado's Pat Porter, placed 20th overall.

In the women's race, North Carolina cross-country coach Joan Nesbit ran away from her nearest competitors to cover the 6,000 meters in 19:05. Pennsylvania's Kate Fonsshell (19:36) held off former World Cross Country Champion Lynn Jennings (19:46) for second. Former Providence standout Amy Rudolph was fourth overall in 19:49. The Mohegan Striders were led by Ivoryton's Eric Woronick, who placed 195th overall (31:57) in the men's national race.



# A TIGER IN THEIR TANKS

## Some Runners Take It Casually

By **ROBERTO GONZALEZ**  
Courant Staff Writer

MANCHESTER — A small crowd gathered outside The Hungry Tiger Cafe early Thursday morning. Some were regulars. Many were runners.

They were looking to do a little, uh, carbo-loading.

For almost 20 years, club co-owner Don Denley Jr. has witnessed this yearly migration to his watering hole. He calls it, "The Manchester Mardi Gras."

Of course, he is talking about the Manchester Road Race, which except for a few elite and hardcore runners, is an excuse to wear odd costumes, run for fun and, well, indulge a little.

After all, it's Thanksgiving, right?

"People you haven't seen all year come back," Denley said. "It seems like Manchester people tend to come home on Thanksgiving more than any other week of the year. It's a good gathering place."

The Hungry Tiger is located on Charter Oak Street, just before the first mile marker. Denley bought the club in 1982 with the help of his parents, who, at first, were wary of its location.

"I took them to the road race in November of 1981," Denley said. "We stood outside the club and watched 10,000 people run by. They said, 'OK, we'll loan you the money.' By the second year, I paid them back."



**THE PLAIDERS**, from left, John Ficarra, Steve Hancock, Dean Festa and Pete Volkmar, knock out a tune — and knock back some beers at The Hungry Tiger — before the start of the Manchester Road Race. About 11,000 participated in the annual Thanksgiving Day race.

Denley, 52, ran the race from 1982 to '86, stopping because of bad knees. When he ran, he would have coffee and some blackberry brandy before each race. One year, a friend who was a track coach at East Catholic-Manchester told him it was better to eat pears.

"About two miles into the race," Denley said, "the pears were sitting up in my throat. I was determined that people not see me do anything out of the ordinary. I actually ran my best time."

He went back to his blackberry brandy coffee. Some traditions die hard.

Take the Plaiders, for instance: four wild guys — Dean Festa, Steve Hancock, John

Ficarra and Pete Volkmar — who are predominantly from southeastern Connecticut. They run in plaid tuxedos, sing off key and make a yearly appearance at The Hungry Tiger.

"We've been doing this for the past 13 years," Ficarra said.

This year, the Plaiders varied their routine. Instead of stopping mid-race, knocking a down few, then darting back on the course, they started early.

They sprinted ahead before the official start of the race, which was at 10 a.m. So about 9:50 a.m., they could be heard singing, beers in hand, still sweating from the jog.

At about 10:03 a.m., the crowd in the club

spilled onto the sidewalk to watch the race. The Plaiders did, too.

They waited several minutes before jumping back into the race.

"Cheaters! Cheaters!" some shouted from the club crowd.

When the race was over, drained and drenched runners streamed into the packed bar. In an outside beer garden behind the club, some celebrated.

Especially Chris Taylor, 28, of Colchester, who had never run a road race before. She noticed the club as she ran, but like most, waited until the end.

"I was ready to come in to get a drink," Taylor said with a laugh. "I was good. I knew I might not leave if I did."

JOHN WOIKE / THE HARTFORD COURANT

## Pet lover uses Adopt-a-Thon to give animals good homes

By **KATHERINE WADE**  
Norwich Bulletin

When Kris-Anne Kane was growing up, her farm in Preston was a wayward home for stray animals.

"Our house was the one strays kind of gravitated to," said Kane, 35. "Animals have always been part of the family."

Now her love of furry creatures has taken her to new heights — she's the first volunteer at the Preston dog pound and co-creator of first "Adopt-a-Thon" held Saturday at the pound.

Kane's volunteer work began two years ago, but her soft spot for pound animals dates back seven years when she first adopted a dog.

"I was an emotional wreck," Kane said, recalling her adoption experi-

ence. "Two minutes after I got to the pound, I started crying."

The idea for the pound's "Adopt-a-Thon," thought of by Kane and Preston Animal Control Officer Caren Wunderlich, spawned from a hope others would adopt pound animals instead of buying pets from stores or breeders.

Although most people decide to get a dog or cat in the springtime, Kane thought anyone looking for holiday pets could find a suitable one at the "Adopt-a-Thon."

"It's kind of a risk, but I thought it'd be kind of neat to have it around Christmastime," she said. "It's something kind of different to do."

Cats and dogs from Ledyard and Norwich pounds and the Pet Connection rescue league in East Lyme

### Sunday Profile Kris-Anne Kane, pound volunteer

were among those who participated in the Adopt-a-Thon.

While Kane has a passion for animals — she has a shepherd-husky mix named Tee Jay and a gray tabby cat named Kitten — she also does her best to help the less fortunate.

Along with her husband, Tim, she directs a road race in Preston every summer to raise money for camp scholarships that are given to underprivileged children.

Kane works at York Correctional Institution, where she has been a classification counselor for six years.

Her job includes informing inmates when they are eligible for release, and assisting them with day-to-day problems.

Before her career at York began, Kane was a nutrition counselor and fitness director at Norwich Health and Racquet Club.

Kane's work with animals often brings her relief after a stressful day at work.

"They just bring so much joy and companionship to my family," she said.

But one thing Kane would like potential adopters to remember is that animals are a full-time responsibility.

As a bumper sticker s eloquently put it, "Dogs aren't just for Christmas — they're for life."

For more information on adopting a dog from the Preston pound, call 887-8091.



Bulletin photo

Kris-Anne Kane with a pet at the Preston Dog Pound.





Jeff Evans/Norwich Bulletin

Santa and his elves, many of them members of the Mohegan Striders running club, start off on a fun run Friday evening in Norwich to benefit the Tommy Toy Fund. Local runners have been taking part in the annual benefit run for about 20 years.

# Santa's Run helps Tommy Toy Fund

■ Some 50 runners donate toys, including six new bicycles.

By **DON BOND**  
Special to the Bulletin

**NORWICH** — With the tips of an oft-used pair of running shoes peeking out from the toes of his traditional black boots, Santa Claus led an enthusiastic group of runners on the annual Santa's Run through the city Friday night.

The run, which has taken place for more than 20 years, benefits the Norwich Bulletin's Tommy Toy Fund.

The entry for the non-

competitive event held under the auspices of the Mohegan Striders, is a new toy to be donated to the Tommy Toy Fund.

The toys contributed by the approximately 50 runners filled the stage at Billy Wilson's Ageing Still on Franklin Street, where the race originated and ended. The donations included six new bicycles.

This, participants said, was the first time the race has been run in the rain.

"I'm sure the rain kept some of the runners away, es-

## Tommy Toy Fund



pecially those who have to travel a long distance," race organizer Bob Miles said. "Still, I'm pleased with the turnout. A lot of the runners make the effort to take part in this event because it's for such a good cause."

Mohegan Striders member Tim Smith of Norwich, who has taken part in all of the Santa's Runs, agreed.

"We do this for the kids," he said. "If we can put a little extra into the Tommy Toy Fund's inventory of toys, it's

a help."

"It's a good feeling to be able to bring toys to needy children," Karen Short of New London, said.

Short, who ran the approximately 3-mile course sporting a simulated set of reindeer antlers, said the runners hope to make the Santa's Run a community event. "This is a great way to help a good cause."

Tommy Toy Fund co-chairwoman Nancy Matthews was on hand to accept the toys.

"The Santa's Run has been a tremendous asset to the Tommy Toy Fund," she said. "Over the years, it has provided us with thousands of dollars worth of new toys that have gone to children throughout the region."

JAN 1 3000

## RUNNING

### Dandy Don's Mile Run

At Colchester

1. Walt Smolenski, 5:22; 2. Joe Dalton, 6:17; 3. Marshall Collins, 6:26;
4. Clem McGrath, 6:29; 5. Kate Quattropani, 7:02; 6. Emily Ross, 7:13;
7. Alyssa Quattropani, 7:16; 8. Shayna Quattropani, 8:12; 9. Bill Kollmon, 9:07;
10. Josh Ross, 11:57; 10. Bob Ross, 11:57.

## This month in history

**December 13, 1989:** The Tommy Toy Fund Run post-race activities were interrupted by a driving snowstorm at the midnight hour. Hosted by Billy Wilson's Ageing Still and the Mohegan Striders, the annual fund raising event consists of a three-mile group jog through downtown Norwich with Santa. In lieu of an entry fee for the event, participants were asked to bring toys as a donation to be distributed to needy children.



Prelude: Ave Maria (Jennifer Dempsey)

Entrance Hymn: In the garden  
(words on insert page)

First Reading: The Prophet (Aileen McGarry)

Second Reading: ISA. 40:31 On Eagle's Wings  
(Michelle Dempsey)

Gospel Acclamation: Celtic Alleluia... Congregation  
(words on later page)

Gospel: St. John 17: 11-13 Father Santino  
Casimano

Homily: Father Santino Casimano

Presentation of Gifts: Caroline and Conor Dempsey  
Hilary and John McGarry

Presentation Hymn: Amazing Grace  
(Jennifer Dempsey)

Communion Song: Be Not Afraid - Congregation  
(words on later page)

Eulogy Daniel McGarry

Closing Song Danny Boy (Jennifer Dempsey)

Recessional: When Irish Eyes are Smiling  
Congregation  
(words on later page)  
Bag Pipes: Bob Scent

### *Jack Loved Life and Good Times*

We Jack's children,  
Jim, Helen, Cathy, Aileen and Charles  
invite all who are gathered here  
to come together for food and drink at:  
Lighthouse Inn  
6 Guthrie Place  
New London, Connecticut

### *Gospel Acclamation: Celtic Alleluia...Congregation*

Alleluia, alleluia  
Alleluia, alleluia  
Give thanks to the lord, he is good.  
the love of the lord knows no ending.  
Sons of Israel say: His love has no end.  
Alleluia, alleluia  
Alleluia, alleluia  
The right hand of God raised me up.  
The hand of the Lord has triumphed  
I shall never die, I shall live  
telling his deeds.  
Alleluia, alleluia  
Alleluia, alleluia





**MOHEGAN STRIDERS MEETING**

MONDAY, FEBRUARY 7, 6:45 PM  
OTIS LIBRARY, NORWICH



**BANQUET BITS**

2000 GRAND PRIX RACES

NEWSLETTER DEADLINE IS MARCH 1

(BOB BUCKINGHAM -- BUCKINGHAMFOUR@MSN.COM)



**Remember, this is a Grand Prix Event!**  
(Have you renewed your dues? Check mailing label on front!)

**John C. 'Jack' Dempsey**

Dec. 11, 1919 - Jan. 19, 2000

NEW LONDON — John C. "Jack" Dempsey, 80, of 598 Wiese Albert Road in Higganum, formerly of Braemer Place in New London, died Wednesday at his home.

Mr. Dempsey was born Dec. 11, 1919, in New London, a son of James P. and Mary Elizabeth (Conroy) Dempsey.

He married Alberta Scates Dec. 25, 1941, in Mystic. She died March 9, 1995.

Mr. Dempsey attended local schools in New London and worked for more than 20 years as a planner at Electric Boat in Groton. Following

his retirement from Electric Boat, he worked in sales at the Morgan & White stores in New London and Groton for several years.

He was a Navy veteran of World War II.

During the 1950s, he was a scout for the Brooklyn Dodgers baseball team. For many years, he was an umpire in baseball for the Morgan League and in softball for the Fast Pitch Softball League in Groton.

Mr. Dempsey was a past president and member for more than 30 years of the Ancient Order of Hiberians, and a former member, while he lived in New London, of the Veterans of Foreign Wars, a former member of New London Lodge of Elks, and a former member of the Knights of Columbus.

He was one of the founding members of the Southern New England Road Race Officials and had officiated at every Kelley Road Race since its conception. The Kelley Road Race was founded by former Boston Marathon winner John Kelley of Mystic.

In the late 1980s, the New London City Council honored Mr. Dempsey with a proclamation naming a day as the Jack C. Dempsey Day in New London.

*John Conroy Dempsey*

*When Irish Eyes are Smiling*



*A Celebration of Jack's Life*



*Eastern Connecticut Community***PEACE RUN***"The Run to 2,000"*

Part of the Worldwide:



For information contact:  
 Frank Morosky 860-886-0110  
 Tim Smith 860-887-1518

March 1, 2000

Dear Friends of the Peace Run:

Well the 1999 Eastern Connecticut Community Peace Run is now history. It was a tremendous journey through Southeastern Connecticut and into the hearts and souls of all the many people of Southeastern Connecticut whom the Peace Run touched along the way. We ran every weekend of 1999. We ran through all twenty-one towns in New London County. We ran over 250 miles. We ran to more than 40 different places of worship. We ran to honor the 2,000th anniversary of the birth of Christ. We ran to bring our religious denominations closer together. We ran to spread a message of peace from one congregation to another through the medium of our "Peace Quilt." We ran because we love to run and God has blessed us with the ability to do so. We ran not just for ourselves and our community, but because we are part of a world-wide effort to bring about outer peace through inner peace attainment

**PEACE RUN STATISTICS**

No one really knows exactly how far we ran because there was no truly accurate way to measure it. Even a car's odometer isn't all that accurate and anyway we didn't use this method consistently enough to be able to rely on it. However, I do have a fairly accurate map with a scale and a pocket odometer that I have gotten pretty adept at using, so here goes.

*Total distance covered (best estimate) - 258 miles. Average distance per week - 4.96 miles.*

*Longest run - 7.8 miles (week 8, 2/21/99, Chelsea Parade to Lawler Lane and back).*

*Shortest run - 1.7 miles (week 2, 1/10/99, Norwich UU Church to Glory Church).*

*Total runners and participants (people who came to ceremonies but did not run) - 79.*

*Most active runner/participant - Bill Champagne, Preston, CT.*

*Family with most runners/participants - the Smiths of Norwich, the Schilkes of Gales Ferry, and the Onates and LaPointes of Jewett City all tied with 3 members each.*

*Total number of places of worship visited - 44*

*Most frequently visited denomination - tie between Catholic and Congregational with 11 each.*

*Breakdown of other denominations - Baptist (5), Methodist (5), Unaffiliated (3), Unitarian-Universalist (2), Episcopal (2), and 1 each for Church of God in Christ, Lutheran, AME Zion, Society of Friends (Quakers), and Greek Orthodox.*

*Number of inscriptions on Peace Quilt - 505 (not including duplications and signatures)*

**HIGHLIGHTS**

There are so many highlights, it is hard to remember them all. I will try to recall the best of the best.

- Getting to know so many of the wonderful and inspiring clergy of New London County. We are truly blessed here in Southeastern Connecticut with some of the finest human beings in creation for our clergy.
- Visiting so many beautiful and moving places of worship around our area. They are all wonderful in their own right. If you have not had an opportunity to visit these places of worship, I highly recommend that you do.
- Getting the opportunity to view/experience the splendor of New London County at 6 miles/hour. What a truly beautiful place we live in, and getting to see it at eye level while moving so slowly, really allowed this fact to hit home.
- Meeting so many friendly, supportive, spiritual people, who were members of the congregations we visited. The people of New London county really love their fellow men and women, love God and love peace. It is my greatest sense of accomplishment to have brought them a little closer together.



- Reading the so many prayers and messages for peace written on the Peace Quilt. The heart-felt wishes the people of Southeastern Connecticut wrote on our quilt make it a manifesto for peace for our region and an important document for peace for our nation and the world. A copy of all 505 Peace Quilt inscriptions are available at no cost to anyone requesting it.

## SPECIAL THANKS


Just like the highlights, there are so many people to thank for the success of our inaugural Eastern Connecticut Community Peace Run that its difficult to recall all of them. If I forget anyone, please forgive me. First of all is a very special thanks for the support I received from the founder of the Peace Run, **Sri Chinmoy**, Executive Director of Peace Runs International, **Neil Vineberg** and the Chairman of the U.S. Peace Run, **Lee Berube** in helping to design and implement our local peace run. Also thank you to... the stalwarts of our local effort: **Bill Champagne**, **Tim Smith**, and **Marc O'Farrell**. It's safe to say that without them I would have been a very lonely runner on the roads of Eastern Connecticut last year...the Board of Directors of the **Mohegan Striders** for their support all last year... the **Rev. Will Sieberg** for taking a chance on our peace run and inviting us to the Day of Prayer for Christian Unity Celebration at St. Mark's Church last January...the Sunday morning **Mohegan Park Runners** for making last February's "open date" runs so eventful...**Deacon Phil Ludlow** for staging "the peace run within the Peace Run" at St. James Church...the **Rev. Julia Wilson** for her enthusiastic support of the Peace Run with the Mystic-Groton Clergy Council...**Jamal Blanco** and **Morgan Church**, our two youngest peace runners, who paced us through the streets of New London and added a special touch of youthful joy and exuberance to an otherwise gray and soggy run...**Mary Ekler** and **Kit Johnson** for a very special duet performed at All Souls' Church last July...the **Rev. Alan Scott** for coming through in the clutch and inviting us to speak at both of his churches, when it looked like no others were available...Musical Director **John Kunha** and the members of the **NFA Wildcat Marching Band** for serenading us and members of the **U.S. Peace Run Team** when the team made its biennial stop in Norwich last August...**Walt Smolenski** for rounding up all the local runners at St. Andrew's Church in Colchester ...Coach **Carlos Onate** and the members of the **St. Mary's Cross Country Team** (17 in all) for the largest group participation in last year's Peace Run...the **Rev. Lou Harper**, who transformed from town meeting chairman, to pastor, to member of a brass quartet, to choir singer in a matter of minutes right before our eyes at The First Cong. Church of Griswold last November...a most helpful colleague and dear friend, **Ray Mastronunzio**, of the Office of Justice and Peace within the Norwich Diocese, for his generous gift to the Peace Run and for acting as liason with the Catholic churches on our route...the **Rev. Michael Smith** for his very moving prayer about "running the good race..." the **Rev. Bill Frost**, who wins the persistence award for support of the Peace Run with his congregation... and especially my wonderful wife **Denise Pelletier** for sewing the Peace Quilt and tolerating my absence every Sunday morning of 1999.

## WHAT'S NEXT?

You may have heard by now that during Y2K we will be busy touring the Peace Quilt (see enclosure). We will be taking the quilt back to the places of worship we visited last year (as well as to any others who would like it), offering it to the Town Halls of all the towns in New London County we ran through, and providing it to any businesses or other public/private entities who would like to display the quilt. If you or anyone you know would like to have the Peace Quilt come to you or your organization, please let me know.

Once again, thank you to all the people of Southeastern Connecticut for embracing the concept of the Peace Run and for making 1999 a great year for peace in our region. See you in 2001.

Peace be with you,



Frank Morosky, Co-ordinator  
Eastern Connecticut Community Peace Run



PROFILE OF A NEWSMAKER

# Seasoned runner advocates for peace



Frank Morosky

In the news: Frank Morosky is coordinator of the Eastern Connecticut Community Peace Run, which is now displaying a "peace quilt" at the region's city and town halls. The local Peace Run took place every weekend of 1999, and runners visited 44 different houses of worship, logging more than 250 miles.

A bigger effort: The local Peace Run was part of an international effort, in which participants from more than 100 nations representing all seven continents stage runs to spread the message of peace every two years. The eastern Connecticut run was conceived as a way to support the international effort and to celebrate the millennium, which Christians believe marks the 2000th anniversary of the birth of Jesus, the Prince of Peace, Morosky said.

By the numbers: In all, about 80 people participated in the local Peace Run, and the actual runners varied on any given weekend from two to 20. Runners brought with them the uncompleted peace quilt, and invited different worship communities to include their own prayers and messages of peace. The completed quilt, which bears more than 500 messages, is arranged on six 4- by 6-foot panels.

On display near you: The quilt already has made appearances at East Lyme Town Hall and Norwich City Hall, and this week is in Lyme Town Hall. The town hall schedule through August: week of July 31, Bozrah; Aug. 7, Griswold; Aug. 14, Lebanon; Aug. 21, Franklin; Aug. 28, Ledyard.

**A learning experience:** "The Peace Run taught me what a beautiful area we live in," Morosky said. "When you really look at southeastern Connecticut at eye level at about 5 mph you see things you don't from a car. I also learned just how many wonderful people and caring clergy people we have in this area. Whether they'd call themselves this or not, they are peace advocates — and maybe future Peace Runners."

**Words to live by:** The Peace Run has two mottos, and Morosky said he learned they both ring true through his participation in the effort: "Achieving world peace one person at a time," and the more personal, "Peace begins with me."

**Other interests:** Morosky, of Norwich, is a physical therapist at Hamilton Rehabilitation and Healthcare Center in Norwich, and is an active member of the Mohegan Striders running group. Preliminary plans are in the works for another peace run — perhaps involving local schools — in 2001.

— Keith Fontaine

Profile of a newsmaker runs daily. If you prefer to profile or fax to citydesk@...

## Group uses quilt to spread message of peace

NORWICH — A quilt meant to

spread a message of peace is on display on the first floor of City Hall this week.

The Peace Quilt is the result of a year-long effort conducted by the Eastern Connecticut Community Peace Run organization in 1999 in honor of the new millennium and the 2,000th anniversary of the birth of Christ.

"We want to show people what they created," said Frank Morosky, coordinator of the chapter. "We carried the message for them, but the people in the community created it."

At each stop along the peace

run, which took place on weekends and traveled from one place of worship to another, participants signed the quilt with a message of peace.

The six-panel quilt includes more than 500 peace prayers, drawings and messages.

The run will begin again in 2001 but, until then, the quilt will travel through each New London County town to be displayed at town halls and in churches and other public areas.

For more information about the Eastern Connecticut Community Peace Run, call Morosky at 886-1001.

*New London Day 7/21/00*  
**Peace runners' quilt to be on the move**

By JENNIFER ZEIS  
 Day Staff Writer

Norwich — With the exception of a few sick days, Frank Morosky ran every Sunday through the streets of New London County last year to promote peace.

Morosky, co-coordinator of the Eastern Connecticut Community Peace Run, is now trying to spread the word of his and other runners' efforts by arranging to display a commemorative peace run quilt in every New London County town hall by the end of the year.

The quilt, with a white background, red and blue edges and multicolored bows at its corners, has been on display in the lobby of City Hall here.

It will leave Norwich today and will be taken to the Lyme, Bozrah, Griswold and Lebanon town halls during the summer.

Covered with over 500 messages from runners, it is a testament to those who participated in the Miles of Peace runs.

The Eastern Connecticut Community Peace Run covered over 258 miles last year, and the quilt was carried to the sites of all runs at over 40 places of worship. Participants ran to honor the 2,000th anniversary of the birth of Christ.

The New London County run was linked to the Sri Chinmoy Oneness-Home Peace Run, a global run that covered over 120 countries and began with a torch-lighting ceremony at the United Nations. The goal was to run 77,000 miles in the name of peace.

"It was great, very rewarding to get a chance to see southeastern Connecticut at five miles an hour from about eye level," Morosky said.

On the quilt, many wrote their definition of peace. "Peace = love" reads one note. Another features a drawing of the handicapped symbol circled with the word "acceptance." Also sprinkled across the fabric were drawings of happy faces and peace signs, flowers and hearts.

Those who viewed the quilt wrote thank-you notes in a nearby guest book. "Thank you for giving of yourself for such a wonderful cause," read one note. Another simply said, "Thank you for your commitment to peace."

"People are pretty inspired by a lot of the things written on the quilt," Morosky said. "They are starting to touch the real meaning of the peace run. We can't have world peace by government. People have to start taking responsibility."

# Uhrig heads Daffodil race field of 100-plus

4/30/00

MERIDEN — A field of more than 100 runners turned out Sunday for the Daffodil Festival 5K road race, with Meriden's Jim Uhrig crossing the finish line first with a clocking of 19:10.

Sponsored by the Rotary Club, the race was both energetic and entertaining.

All runners under age 16 received trophies, including the youngest of all, 9-year-old Sean Curry, the son of Rotary president Kevin Curry. The younger Curry crossed the finish line more than five minutes ahead of his father.

David Nielsen, 10, also outraced a parent as he beat his mother, Diane,

to the finish.

The generation gap spanned more than 70 years, with George Whitney, 81, of Orange the oldest finisher and Walter Emery, 79, the oldest from Meriden.

Katherine Lynch led the women's ages 19-39 division; Emma Dean topped the 40-59 and Betty Holroyd the over-60.

Matt Grice, 18, won the male under-18 category; Phillip Crosby headed the 19-39; Uhrig was first in the 40-59; and Emery topped the over-60.

The field included Reg Nunne of South Africa, who competed with the GSE team.

6/15/00 **SPORTS IN BRIEF**

## Hansen wins

### Bulletin Staff Reports

**PRESTON** — Chris Hansen ran a 21:04.20 to win the 3.8-mile St. Catherine of Siena Road Race on Thursday.

Kris-Anna Kane (23:08.56) won the women's event while Jeff Wadecki (23:54.43) won the men's junior race and Elizabeth Boucher (28:41.38) took the women's juniors event.

Todd Bennett finished second overall and Eddie Eckard took third.

6-15-00 **RUNNING**

**St. Catherine of Siena Road Race**  
 At Preston, 3.8 miles

**Men's Open**

1. Chris Hansen, 21:04.20; 2. Todd Bennett; 3. Eddie Eckard.

**Men's Junior**

1. Jeff Wadecki 23:54.43; 2. Matthew Liebad; 3. Luke Landherr.

**Men's Masters**

1. Glenn Costello 22:26.92; 2. Wayne Jolley; 3. Tim Kane.

**Men's Grand Masters**

1. Tim Smith 21:51.66; 2. Dave Jacob; 3. Hal Bennett.

**Men's Seniors**

1. Jerry LaVasseur 26:47.69; 2. Glenn McGrath; 3. Don Conneto.

**Women's Open**

1. Kris-Anna Kane 23:08.56; 2. Laurie Lilienthal; 3. Catherine Sikorski.

**Women's Juniors**

1. Elizabeth Boucher 28:41.78; 2. Kelly Moutin.

**Women's Masters**

1. Germaine Boucher 28:42.31; 2. Linda Huzzey; 3. Kathy Smolenski.

**Women's Grand Masters**

1. Ellie Lowell 28:24.84; 2. Michaeleen Haesieler; 3. Gloria Kostek.



# OBITUARIES

## Sean Delaney

**Old Lyme** — Sean Christopher Delaney, 42, of 22 Caulkins Road, died Tuesday at Middlesex Memorial Hospital, Middletown, of cancer.

Mr. Delaney was born on Jan. 15, 1958, in New London, the son of Nicholas J. Delaney of Newport and Joan Dalton Delaney of Old Saybrook.

Formerly of Old Saybrook, Mr. Delaney was a resident of Old Lyme for the past four years. In addition to a private law practice in Essex, he was general counsel of Computer Recognition Systems Inc. of Cambridge, Mass. Mr. Delaney was a member of both the Connecticut and Massachusetts bar associations.

Well known in Connecticut as a competitive runner, he won numerous titles and awards, including several first-place finishes in the Chester Road Race. He was also a member of the Mohegan Striders Running Club.

In addition to his parents, he is survived by three brothers, Brian Delaney of Northbridge, Mass., and Colin and Ian Delaney, both of Old Saybrook; a sister, Elaine LeBel of Moodus; and many nieces and nephews.

A memorial Mass will be held at 10:15 a.m. Saturday in St. John's R.C. Church, Main Street, Old Saybrook. Memorial donations may be made to the Mohegan Striders Running Club Memorial Fund, P.O. Box 186, East Lyme, CT 06333, or the American Cancer Society, P.O. Box 188, North Haven, CT 06473-0188.

The Swan Funeral Home, 1224 Boston Post Road, Old Saybrook, is in charge of arrangements.



## In Memoriam

Sean Delaney, Mohegan Strider Men's Open Team Captain

1/15/58 - 5/2/00

In the September, 1993 issue of the Mohegan Strider newsletter, I used my column, Shorttakes, as my mouthpiece and awarded Sean Delaney the Subtly Sexy Secretly Sensual Strider award. I went on to tease Sean by encouraging the single women in our running club to give him a double take. Did I know Sean at the time? Nope. Did I care that I might have caused him some embarrassment? Nope. I rather enjoyed poking fun at one of the club's elite athletes who wouldn't give a slug like me a nod or a hello. I wasn't fast. I wasn't a "real" runner. So I jabbed behind print and felt safe. Cocky even. I threw down the gauntlet and waited to see if I'd get a response from the man who I assumed was arrogant just because he won road races and hung out in the Winners' Circle. How wrong I was.

At the next Strider race, Downtown Norwich, Sean Delaney approached me, Strider newsletter in hand, and proceeded to read my words back to me, carefully enunciating the Subtly Sexy Secretly Sensual part. He grinned as I crawled out of my skin, searching for a place to hide. His cockiness far surpassed mine and yet, I was impressed. Touché, I thought. And a friendship was born.

I called him Sexy Sean because to me he was. . .well. . .intriguing. . .unique. It was in his confident walk, in the twinkle in those Irish eyes, in his mischievous smile, in his intelligence, in his drive and in his dignity. He could converse on many different levels - from interval training to computer software to American History to James Joyce's "The Dubliners." He was elusive without being aloof and guarded without being rude. He was strong and that's what makes this loss unbearable. Sean was so strong. How can such strength not be enough?

Of course he loved to run, we all know that. And he was good, very good. He was focused and disciplined and proud. He was the impetus behind the Strider Men's Open Racing Team, even after he became a Master. His feet may not have won those USATF races but he was the reason the Striders won, for he was the reason the team showed up to run. He brought the talent to the club. His pride for the team was infectious.

Everybody loved Sean but Sean chose who he loved. I can't say that I was his closest friend; I wasn't. But I knew him well enough to know that if you were lucky enough to catch a glimpse inside the man, you saw someone with enormous talent, intelligence and courage, someone very special, a prize waiting to be won. I'd like to think that Sean shared his thoughts and his fears with someone; I'd like to think that that someone, that fortunate, blessed someone, knew the Sean that we all wanted to know. I'd also like to think that there's a reason that Sean was taken from us so quickly, so unfairly. Sadly, I don't have these answers. But this I do know - there's a piece of my heart that belongs to Sexy Sean Delaney and he will be with me always.



# Zubritsky tames Woodstock course

By AL NORTH  
Norwich Bulletin

**WOODSTOCK** — It is certainly not for those feint of heart or body.

The Woodstock Memorial Day 10K road race is not only longer than many of the recreational races in Eastern Connecticut, it also features one of the nastiest hills this side of the region.

Child's Hill is 300 feet of a grueling climb which begins at the five-mile mark and takes a runner straight through to the six-mile split. Apparently not too many were all that frightened, however, as a record 266 runners registered for the 20th annual event.

Uncasville's Ed Zubritsky's winning time of 34:33 was about a minute faster than last year's champion, Mike LeMay of South Windsor. But it still paled in comparison to the record of 31:16 set by Dave Litoff 13 years ago.

"I last ran this course about 18 years ago and the only thing I remembered was that last mile, all the way up. I kept that in the back of my mind," said Zubritsky, who used the Woodstock race to train for the Rose City Challenge 10K coming up Sunday, June 11, in Norwich.

"This course is about the same as the Rose City as far as hills are concerned," Zubritsky said. "That last hill is probably a bit bigger than what

we'll find at Rose City but this was good training for that race for sure."

Grosvenordale's Scott Deslongchamps set an early pace, clocking five minutes in the largely-downhill first mile.

"I just wanted to get a nice fast pace going and then try to hold on — maintain on the hill. That's how you have to do it because the hill's going to eat you up one way or the other," Deslongchamps said.

Last year's runner-up, John Matthews of Canton, took the lead at the mile mark but couldn't hold off Zubritsky, who took over the lead for good just shy of the three-mile mark and had no opposition the remainder of the way.

Bob Stack of Gales Ferry (third in 1999) slowly caught the lead pack and passed Deslongchamps and Matthews just past the four-mile mark.

"I'm working on training for the East Lyme Marathon at the end of September," Stack said. "Back in the '80's, everything was 10K's and that's a good distance to train for a marathon. You can use the 5K's to get a little leg turnover but 10K's help you gauge how you will do in a marathon."

Stack finished in 35:26, 13 seconds better than Deslongchamps, while Matthews finished fourth (36:04) and Andy Barnes (Cranston, R.I.) fifth in 36:09.

## Bolton for finish line

Danielson's Paulette Bolton was the first woman across the line as she placed 22nd overall in 41:09. Lori Vernier of Bolton was just 16 seconds behind and challenged for much of the race.

"She kept me going fast, I would have been a lot slower without her right behind me. This is the fastest I've run this race in the four times I've been here," Bolton said.

Bolton will face something that will make Child's Hill seem like a little bump in the road in comparison. Bolton plans to run at Mt. Washington on June 17th.

Local road races are enjoying a resurgence in popularity, as evidenced by large fields in northeastern Connecticut's first two races this year. Prior to yesterday's big numbers in Woodstock, Killingly's Springtime Festival 5K drew over 400 runners.

"It's unbelievable, and we didn't even advertise," race director Barry Kromer said. "I put some things on the internet running sites, but we have to take a poll today to find out why everybody showed up. I don't know."

Monday's cool and breezy weather was an obvious factor and a far cry from last year's race when runners were greeted for the 9 a.m. start by a temperature of 84 degrees.

## Woodstock Memorial Day 10K

### Top 20 men's finishers

1. Ed Zubritsky (Uncasville), 34:33; 2. Bob Stack (Gales Ferry), 35:26; 3. Scott Deslongchamps (Grosvenordale), 35:39; 4. John Matthews (Canton), 36:04; 5. Andy Barnes (Cranston, R.I.), 36:09.
6. Jason Reed (Dudley, Mass.), 37:11; 7. Brad Seaward (Pomfret), 38:20; 8. Wayne Jolley (Brooklyn), 38:34; 9. Martin Fey (Putnam), 38:56; 10. Eddie Eckard (Canterbury), 39:02.
11. Jack Donahue (Voluntown), 39:13; 12. David Converse (Woodstock), 39:15; 13. Michael Maier (Enfield), 39:38; 14. Bruce Marvonek (Stafford Springs), 39:48; 15. John Hankins (Mansfield), 39:50.
16. Kevin McCoy (Johnston, R.I.), 40:17; 17. Richard Tourjee (Jewett City), 40:29; 18. Dave Caprera, 40:44; 19. John Cote (Manson, Mass.), 40:54; 20. Ron Vernier (Bolton), 41:02.

### Top 5 women's finishers

1. Paulette Bolton (Danielson), 41:09; 2. Lori Vernier (Bolton), 41:25; 3. Wendy Stone (Woodstock), 43:02; 4. Cindy LaFrance (Waregan), 43:47; 5. Kristen Peers (Woodstock), 44:14.

### Age-group winners

#### (male and female)

- U12:** Douglas Ridyard (Storrs), 41:24; Emily Weaver (Woodstock), 52:19.
- 13-19:** Brian Reed (Dudley, Mass), 41:08; Jeannette Tourjee (Turnersville, N.J.), 44:26.
- 20-29:** Jason Reed (Dudley, Mass.), 37:11; Cindy LaFrance (Waregan), 43:47.
- 30-39:** Edward Zubritsky (Uncasville), 34:33; Lori Vernier (Bolton), 41:25.
- 40-49:** Bob Stack (Gales Ferry), 35:36; Paulette Bolton (Danielson), 41:09.
- 50-59:** Jack Donahue (Voluntown), 39:13; Michaelaen Haeseler (Canterbury), 52:33.
- 60-over:** Fred Zuleger (Coventry, R.I.), 46:33; Hannah Miller (Providence, R.I.), 65:13.

### Club winner: Mohegan Striders.

## Franklin Flats road race

### At Franklin

### 4.5 miles

### Top-20 finishers

1. Nicholas Courier, 25:57; 2. Tim Smith, 26:00; 3. Walt Smolenski, 26:59; 4. Larry James, 29:31; 5. Dave Burnett, 25:38.
6. Lance Magnuson, 30:05; 7. Stephanie Johnson (1st female finisher), 33:06; 8. Brandon Berry, 30:38; 9. Todd Guertin, 30:44; 10. John Schaeffer, 33:04.
11. Ryan Maynard, 33:05; 12. Robert Tourangeau, 33:25; 13. Ellie Loioell, 33:48; 14. Travis Grabarek, 34:06; 15. Way Hedding, 34:17.
16. Jerry Brown, 34:27; 17. Kevin Moll, 34:48; 18. Rob Ferrigno, 36:04; 19. Eric Fontaine, 36:11; 20. Jim McCarthy, 36:14.

# Zubritsky, Thompson win Reliance 5K

By MICK COLAGEO  
Norwich Bulletin

**NORWICH** — Ed Zubritsky outran the competition and an ominous storm cloud to win his first Reliance House 5K road race Friday night. The 15th annual event drew 139 competitors.

"Actually, I was hoping for it to rain and cool things off," said Zubritsky, a two-time runner-up and long-time Mohegan Striders member who finished second last year to Wayne Jacob. "We went out pretty fast, I passed (runner-up) John (Anthony) right before the turn-

around."

Zubritsky, 37, broke the tape with a winning time of 16:28, 40 seconds ahead of Anthony (17:08). Jacob missed this year's race with a back injury.

Carla Thompson, 40, another long-time member of the Striders, won the women's title in 19:14.

"Laurie (Lilienthal) and I were together the first mile. I'm used to this race and I'm not going to go out too fast on that first mile," she said. Thompson, who is just getting over some injuries, saved her energy for the hill that dominates the halfway

point.

Runners were still crossing the finish line when storm winds swept the finish area, sending event volunteers scrambling to dismantle administrative and refreshment tables.

Katie Kepfer (24:22) and Michael D'Andrea (22:59) won respective female and male Junior Division (under-19) titles. Thompson and Glenn Costello (17:53) were the Masters (40-49) category champions. Ellie Lowell (23:27) and Tim Smith (17:52) were the respective female and male Grandmaster (50-59) titlists, and Fred Zuleger (22:01)

won the men's Veteran (over 60) category. Jessicca Ghighaia (25:11) was the women's Open champion (20-29).

## Bigger Challenge

Zubritsky used the race as a final competitive tune-up for the Rose City Challenge, which will be held Sunday, June 11 as the state's 10-mile championship.

"It's going to be the most-competitive field in the area for a long time," said Zubritsky, whose best finish was a third last year. "I'm hoping for top 15 this time around if I run pretty well."



John Shishmanian/Norwich Bulletin  
Ed Zubritsky wins the Run for Reliance House 5K race in downtown Norwich Friday.



John Shishmanian/Norwich Bulletin  
Carla Thompson is the first woman finisher in the Run for Reliance House 5K race in downtown Norwich.



# 6/00 Ironman competitor hopes to start fund for kids

In the news: Al Lyman of Uncasville will compete July 30 in the Ironman USA Triathlon at Lake Placid, N.Y. He hopes to raise money to establish an Ironman Children's Fund within the endowment of the Eastern Connecticut Community Foundation. The fund will serve the needs of the region's children who are seriously ill, disabled or disadvantaged.

**A way to help kids:** Lyman grew up in Montville and is a 1977 graduate of Montville High School. Twenty-one years ago, he joined the U.S. Coast Guard Academy band as a percussionist — a move that helped bring him home and give his family an opportunity to grow up near relatives and family friends. Now, he says, he'll be able to help eastern Connecticut children and give back to the area he calls home. "Eastern Connecticut is the source of the greatest amount of support I receive, and I wanted away to ensure the money stayed in the region," Lyman said. At the suggestion of a friend, Norwich surgeon Dr. Sultan Ahamed, Lyman selected the Eastern Connecticut Community Foundation to administer the fund.

**A lot of work:** Triathlons are true endurance tests. They consist of a 2.4-mile open-water swim, a 112-mile bike ride and a 26.2-mile run. Understandably, training involves a considerable commitment of time. Before an event, Lyman spends 29 hours a week swimming, riding and running.



Al Lyman

**Not always an athlete:** When he was in high school, Lyman jokes, "I was one of the kids in gym class who could barely make it one lap around the track." His training and determination have paid off. As his family cheered him on, he competed in the Ironman California Triathlon in May, finishing in 11 hours and 3 minutes — placing 21st out of 215 participants in his age group and 165 overall of 1,505 participants.

**Family support:** Lyman thanks his family for giving him the freedom to train and compete. "For the most part, it's a selfish endeavor, and I realize that," he said. "My family gives me the freedom to pursue what are essentially personal goals." But traveling to some of the competitions is a good adventure for his children — Erin, 13, and A.J., 8.

**To learn more or contribute:** For information about the Ironman Children's Fund, contact the Eastern Connecticut Community Foundation at 887-3303.

*Profile of a newsmaker runs daily. If you know a newsmaker to profile, call us at 887-9211, or fax to 887-9666 or e-mail to [citydesk@bulletin.ctol.net](mailto:citydesk@bulletin.ctol.net).*

NORWICH BULLETIN SPORTS SUNDAY, MAY 14, 2000

# Lagat shows we're never too old to get in shape

By DON SIKORSKI  
Special to the Bulletin

Before dismissing yourself to be either too old or too out of shape to begin an exercise program, consider the story of Elijah Lagat, the 33-year-old Kenyan athlete who won the 2000 Boston Marathon by fending off Ethiopia's Gezahenge Abera and countryman and two-time Boston champion Moses Tanui down Boylston Street to win the closest finish in the race's 104-year history.

But what's more impressive about Lagat's victory was the way he got there.

In 1993, Lagat went to see a doctor in his native Kenya complaining of his difficulty breathing. The doctor informed him that his health problems were due to excess weight (at the time, Lagat weighed in at 158 pounds; I guess that qualifies as being overweight in Kenya). He decided to start jogging in an effort to shed some excess pounds.

Because Kenya is a country rich in distance running tradition, Lagat logged the majority of his jogging miles after dark so as not to be embarrassed by his pedestrian pace.

Lagat quickly shed over 30 pounds, dropping his weight to his current 125 1/2 pounds. His newfound slim physique also paid dividends on the race circuit, when only a mere four years later, he would go on to win the prestigious Berlin Marathon in 1997. Lagat followed with a win at the 1998 Prague Marathon as well. He was now one of Kenya's elite racers.

There are certainly some other impressive statistics surrounding Lagat's Boston win last month. Consider at age 33, most runners may maintain their strength, but usually don't possess the leg speed required to outkick the 22-year-old Abera (with his 2:07:54 personal best) and Kenyan countryman Tanui, who clearly possessed the strongest track credentials in the field. Commentators even made note of this fact during the late miles as the field was whittled down to a three-man race.

Lagat's winning time of 2:09:47 placed him



## RUNNING NOTES

37th on the all-time best list at Boston, as well as securing him a place on the Kenyan Olympic team this summer. The field was one of the best, with Kenya's Joseph Chebet, the defending champion and currently regarded as one of the top marathoners in the world, finishing eighth overall. In summary, Lagat's win was against some major league competition.

Consider Elijah Lagat's incredible rise from overweight Kenyan to Boston Marathon champion the next time you feel too old to get yourself in shape or too tired to exercise.

## Technology at fore

As the age of technology has approached, we as Americans have embraced every type of modern invention available to us. From cellular phones to satellite television to the Internet, technology has impacted our lifestyles and changes the way we do business.

The problem is, many kids today, growing up surrounded by these modern amenities, now view computers and video games as

their form of exercise. While their Dads may have spent their leisure time swinging a baseball bat and dreaming about being the next Mickey Mantle, today's kids seem to be spending their time in front of the television or logging onto the Internet and dreaming about being the next Bill Gates.

Not that there is anything wrong with aspiring to be Bill Gates, but a number of recent statistics have demonstrated that, as a nation, we are becoming much less fit and are gaining weight at an unhealthy rate.

Studies have just recently shown that only 20-30 percent of Americans conduct any sort of regular exercise activity. No surprise, it was also determined that 55 percent of the United States population is overweight. These two scenarios go hand in hand. Researchers assure us that the standards created are not unreasonable, but based on standardized medical recommendations of height and body mass. In other words, the fitness bar has not been raised to supermodel height, and yet we are not coming close to clearing it.

Technology is a great thing — when your child needs to be occupied for a half-hour, a

Barney tape in the VCR is only seconds away. Remote controls are a better option than getting up and changing the channel. Logging on to the Internet and you can buy airline tickets and get sports scores updated in real time. We live with comforts that our grandparents never realized during their youth. But relying on technology too much can lead to laziness, especially where athletics are concerned. This trend may be difficult to reverse.

Responsibility begins at the top. Towns and schools should stress the importance of physical education programs and continue to make every effort to find the necessary funding required for these programs for kids to continue.

With better weather conditions and extended daylight time soon approaching us, parents should try getting into a routine of time away from the computer and the television set. Both kids and adults need to get outside and participate in some form of exercise or they may find soon themselves on the wrong statistical side of the next fitness study.





## Stadium setting is a hit

From D3

tors Class AA baseball game against the Portland Sea Dogs. The NFA marching band played along the route and the runners said there was ample support from the crowd.

"It's kind of neat," said Gale Ferry's Bob Stack, a local road racing veteran. "You run it because it's local, but you also get to finish at Dodd Stadium."

Dodd public address announcer Ed

Weyant broadcast the names of finishers as they crossed the line. Navigators mascot Tater the Gator was also on hand to greet runners — the proceeds from the race going to benefit Tater's Charities.

As far as the course goes, though, there are definitely those which are easier. The Norwich Industrial Park, where Dodd Stadium is situated, is the highest point in the city.

"I like it because it's kind of out in the country," Currier said. "I was joking around about there being a 'clean, fresh scent.'"

But, said Slinsky: "Those hills are tough."

# Slinsky survives another uphill battle

6/12/00  
Repeats as champion in the Rose City Challenge

By VICKIE FULKERSON  
Day Sports Writer

**Norwich** — Both runners were coming off appearances in the Olympic Trials marathon in Pittsburgh, not bad training, actually, for the hills leading to Norwich's Industrial Park.

"This is the toughest thing I ever did," said Mike Slinsky of Chelsea, N.Y., who defended his title Sunday morning in the Rose City Challenge 10-mile Road Race, zipping past home plate at Dodd Stadium — the official finish line — in 54 minutes, 46 seconds.

"My girlfriend and I have an eight-mile loop we do at home and she's always complaining about that. I kept telling her over the last 10 days that she better get out and run that course a little more if she was going to run here."

Nelson Rocha was the runner-up in 55:07 and Sergio Ribeiro was third in 55:59. Only the first nine finishers ran the course in under an hour, drained by the beating sun. Runners each received a ticket to the ensuing Norwich Navigators-Portland Sea Dogs game.

As for Slinsky, he ran at the Olympic Trials, May 7, turning in what he felt was a disappointing time of about two and a half hours. Also running in the Trials was Mary-Lynn Currier of Avon, a former Norwich resident. She was also disappointed in her trip to Pittsburgh, having to drop out at the 20-mile mark because of asthma.

But Currier was anything but disappointed at Sunday's race, winning the women's title in 1:01:35 and setting a course record. It is the second year for the race, a resurrection of sorts of the longtime Norwich Rose Arts Race which used to finish at Chelsea Parade, across from Norwich Free Academy.

This race finishes at the highest point in Norwich, making it into somewhat of an uphill battle.

"It's a good challenge. It's a good way to break my way back into running again," said Currier, 36, who picked up her first victory since giving birth to her 14-month old son, Patrick. "This was like starting over for me ...

## Dodd: A perfect venue for new era

By VICKIE FULKERSON  
Day Sports Writer

**Norwich** — He originally saw the race advertised in a magazine and drove here from Chelsea, N.Y., to see what it was like for himself.

Sunday, Mike Slinsky entered Dodd Stadium on the warning track in right field, about 53 minutes after he had begun the 10-mile Rose City Challenge at Norwich's Kelly Middle School. And he crossed home plate — the finish line for the race — not that long after.

"I heard a lot of people talking about the old race today. But I read the ad and thought this sounded interesting," said Slinsky, who has now won both runnings of the Rose City race.

"It's exhilarating," said women's winner, Mary-Lynn Currier, who has now won both the Rose City Challenge and its predecessor, the former Rose Arts Race. "It's exhilarating to finish in a stadium. It's just like the

it was my first finish. I had the jitters and everything."

Currier, who won the Rose Arts Race more than once, was running the new course for the first time. Prior to her hiatus from running she had finished first among American women in the 1998 Boston Marathon.

Now she's hoping to run a full marathon this fall ... and perhaps to train for the 2004 Olympics?

"I thought this last Trials was my last shot," Currier said. "But today, running this course, I realized I had a lot left. The rest helps you. I'm a believer that everything happens for a reason. I'm back."

Kerry Arsenault was the second-place woman in 1:03:08 and Martha Merz was third in 1:05:32. Slinsky's girlfriend, by the way, Courtney Harding, finished 19th among women in 1:16:19 — with Slinsky keeping a watchful eye on the finish line after his victory.

"I ran Friday night in Peabody (Mass.), four and a half miles," Slinsky said. "I ran pretty

Olympics."

No, it's not the Rose Arts Race, which existed for more than 30 years, drawing a faithful gathering of runners to the Chelsea Parade across from the scenic Norwich Free Academy campus. This, as Norwich native and Rose Arts king Tim Smith — who before had only to roll out of bed and walk to the starting line — is a new tradition.

"This is nice," Smith said. "It's clearly a new series. It's in memory of the Rose Arts and its 32 or however many years. Is this the route you would come to run your best time? No. But it's a wonderful venue. It has tremendous potential.

"I think the word is getting out there. Today's race was already a notch above last year's."

There were 369 runners registered Sunday, nearly 100 more than a year ago. Participants were invited to stay for the Norwich Naviga-

See STADIUM on D6

### ROAD RACING

#### Rose City Challenge 10-mile

##### Road Race

At Dodd Stadium, Norwich

##### Top 10 overall

1. Michael Slinsky, 54:46; 2. Nelson Rocha, 55:07; 3. Sergio Ribeiro, 55:59; 4. Roland Lavalle, 56:19; 5. Tom Harding, 56:41; 6. Steve Jayaram, 58:00; 7. Ed Zubrisky, 59:22; 8. Richoy Phillip, 59:42; 9. John Anthony, 59:57; 10. Nathanael Witherley, 1:00:30; 11. Jerome Schumacher, 1:00:52; 12. Andrew Baird, 1:00:58; 13. Alan MacDougall, 1:00:59; 14. Joshua Feldman, 1:01:08; 15. Steven Bishop, 1:01:27; 16. Mary-Lynn Currier, 1:01:35; 17. Spyros Barot, 1:01:43; 18. Tony Perugini, 1:01:44; 19. Edmarco Mendes, 1:02:28; 20. Joe Barnes, 1:02:57; 21. Bob Peattie, 1:02:58; 22. Dennis Crowe, 1:03:06; 23. Kerry Arsenault, 1:03:08; 24. Tim Smith, 1:03:20; 25. George Buchanan, 1:03:25;

26. Larry Orlando, 1:03:57; 27. Mike Fritz, 1:04:19; 28. Chris Tompkins, 1:04:41; 29. Brian Foley, 1:04:51; 30. George Fage, 1:05:09; 31. John Murphy, 1:05:32; 32. Steve Virgatauro, 1:05:29; 33. Bill Galpin, 1:05:31; 34. Martha Merz, 1:05:32; 35. David Nickerson, 1:05:50; 36. Scott Deslongchamps, 1:06:03; 37. Bob Stack, 1:06:13; 38. Todd Brown, 1:06:26; 39. Kevin Gallahan, 1:06:35; 40. Kevin Shehan, 1:06:36; 41. Jason East, 1:07:28; 42. Andrew Yim, 1:07:39; 43. Scott Freeman, 1:07:47; 44. Darin Hoar, 1:07:50; 45. John Legner, 1:08:14; 46. Michael Russo, 1:08:17; 47. John Taylor, 1:08:18; 48. Bruce Beebe, 1:08:26; 49. Jolley, 1:08:29; 50. Ed Grace, 1:09:05.

##### Top 25 women

Mary-Lynn Currier, 1:01:35; 2. Kerry Arsenault, 1:03:08; 3. Martha Merz, 1:05:32; 4. Courtney Harding, 1:16:19; 5. Allison Lapinski, 1:17:09; 6. Laurie Lilienthal, 1:17:09; 7. Allison Joseph, 1:17:39; 8. Sara Thax, 1:17:50; 9. Madreen Terwilliger, 1:17:48; 10. Eileen Hunt, 1:17:58; 11. Molly Allen, 1:17:56; 12. Grace O'Leary, 1:17:40; 13. Sheri Fall, 1:17:48; 14. Brigitte Boltz, 1:17:28; 15. Pauline Bolton, 1:17:53; 16. Mary Haselkamp, 1:17:55; 17. Kelli Montgomery, 1:18:01; 18. Fran O'Donoghue, 1:18:17; 19. Courtney Harding, 1:16:19; 20. Linda Cordova, 1:16:45; 21. Smilla Dales, 1:18:49; 22. Chris Gilman, 1:17:31; 23. Cindy LaFrance, 1:18:02; 24. Jennifer Schiller, 1:18:14; 25. Edna Silva, 1:18:41.

##### Divisional results

**Junior (19-and-under)** — Male, 1. Bill Galpin, 1:05:31; 2. John Ridyard, 1:08:19; 3. Matt Ross, 1:09:07; 4. Tyson Kozmarek, 1:10:40; 5. Thomas Zenzewitz, 1:14:08.

**Open (20-29)** — Male, 1. Roland Lavalle, 56:19; 2. Steve Jayaram, 58:00; 3. John Anthony, 59:57; 4. Nathanael Witherley, 1:00:30; 5. Jerome Schumacher, 1:00:52; Female, 1. Carolyn Weldon, 1:10:14; 2. Allison Joseph, 1:11:39; 3. Sara Thax, 1:12:00; 4. Madreen Terwilliger, 1:12:48; 5. Eileen Hunt, 1:12:58; 6. Molly Allen, 1:17:56; 7. Grace O'Leary, 1:17:40; 8. Sheri Fall, 1:17:48; 9. Brigitte Boltz, 1:17:28; 10. Pauline Bolton, 1:17:53; 11. Mary Haselkamp, 1:17:55; 12. Kelli Montgomery, 1:18:01; 13. Fran O'Donoghue, 1:18:17; 14. Courtney Harding, 1:16:19; 15. Linda Cordova, 1:16:45; 16. Smilla Dales, 1:18:49; 17. Chris Gilman, 1:17:31; 18. Cindy LaFrance, 1:18:02; 19. Jennifer Schiller, 1:18:14; 20. Edna Silva, 1:18:41.

**Submasters (30-39)** — Male, 1. Nelson Rocha, 55:07; 2. Sergio Ribeiro, 55:59; 3. Tom Harding, 56:41; 4. Ed Zubrisky, 59:22; 5. Alan MacDougall, 1:00:59; Female, 1. Kerry Arsenault, 1:03:08; 2. Martha Merz, 1:05:32; 3. Allison Lapinski, 1:10:39; 4. Laurie Lilienthal, 1:11:09; 5. Madreen Terwilliger, 1:12:48.

**Masters (40-49)** — Male, 1. Pichey Philip, 59:42; 2. Joe Bavian, 1:02:57; 3. Bob Peattie, 1:02:58; 4. George Buchanan, 1:03:25; 5. Mike Fritz, 1:04:15; Female, 1. Brigitte Boltz, 1:17:28; 2. Pauline Bolton, 1:17:53; 3. Edna Silva, 1:18:41; 4. Theresa Moylan, 1:20:13; 5. Michelle Hammond, 1:22:45.

**Grandmasters (50-59)** — Male, 1. Dennis Crowe, 1:03:06; 2. Tim Smith, 1:03:20; 3. Charles Witherly, 1:10:43; 4. Robert Stephenson, 1:14:55; 5. Jim Gotta, 1:15:54; Female, 1. Eile Lowell, 1:28:14; 2. Michalee Huester, 1:38:10.

**Veterans (60-and-over)** — Male, 1. Glenn McGrath, 1:18:11; 2. Fred Zutterer, 1:19:26; 3. Charlie McDonald, 1:23:56; 4. Paul Shanahan, 1:28:57; 5. Dennis Murray, 1:32:29.



# Love, Honor and Running

Preston's Tim and  
Kris-Anne Kane  
are the area's first  
couple of road racing

By **KARIN CROMPTON**  
Special to The Day

**T**HIS IS THE STORY OF A LOCAL COUPLE, a local couple that runs road races together. But Tim and Kris-Anne Kane of Preston insist theirs is not a sickly-sweet story of boy meets girl.

True, they are well-known in the running community. The husband and wife have each won a number of races and been ranked in state USA Track & Field standings. Yes, they met after a road race that Tim won — the Sub Base Road Race in 1989 — and became engaged after another race two years later, same weekend.

They did wear running shoes at their wedding. The cake topper did have a bride and a groom in running outfits. And they have run in exotic places all around the world — Acapulco, Cancun, England, Ireland and Spain, among others, and have a tradition of running in Key West every other Thanksgiving.

But every tale ends there, they insist.

Well, me a little

Even if they did get in some running time on their honeymoon.

"We went to Ireland for our honeymoon, and it would have been nice to find (a race) over there, but no, we didn't try to go there just for that," Tim says.

Besides, says Kris-Anne: "I can't see myself running in a wedding gown."

Although they downplay the whole idea, they are unique. It's not often you find a husband and wife each running, and each having a good chance at winning the same race. In fact, they once won the Reliance House 5K together.

Tim is president of the Mohegan Striders while Kris-Anne is its recording secretary, though each says they are currently exploring different options than road racing — Tim in duathlons and Kris-Anne in triathlons.

Still, there was a time when they concentrated exclusively in running. Kris-Anne says she became much more serious about what had been a hobby for her after she met Tim.

"He thought I had a lot of potential, so I kind of hired him as my coach," she says, laughing.

"Sort of," Tim says. "When it was convenient for her."

## Learning from each other

But Tim taught Kris-Anne a lot during their ventures to the NFA track. The No. 1 lesson, probably, was about discipline.

"He did help me a lot," Kris-Anne says of her

husband, who she describes as a track star at UConn and who has won a multitude of races not only in the area, but in larger venues as well. "I learned a lot about being patient. I used to be the type of person who, when it was raining, I wouldn't run. Now, it's 30-below and I'm out there."

It's certainly paid off. Kris-Anne reports her best-ever year last year, when she was ranked fourth in the state USATF standings. As for Tim, he's had a lot of injuries lately, which cuts down on his road races. But he was the second American in his age group in the duathlon world championships three years ago.

*'I used to be the type of person who, when it was raining, I wouldn't run. Now, it's 30-below and I'm out there.'*

**Kris-Anne Kane**

So what now? Though they are training for different events, they are still active with the club circuits and the racing teams in the state. They'll win their share of road races in the area.

And, although they'll say they're low-key, some might think otherwise.

"It comes you up, the last 100 yards of a race, to hear Tim yell — and he can yell — encouraging me to finish or beat others ahead of me," Kris-Anne says. "It's thrilling. I think people look at him and think, 'What a mean husband, yelling at his wife.' I love it; it gets me going."

No, this isn't a sickly sweet husband-wife story. But the Kanes do consider themselves lucky.

"I think it's the same thing when you have any shared interest and common goal you work toward — you end up learning more about the other person," Tim says. "I think that's a good thing. There are a lot of people out there who don't have as much in common, who don't do some of the same stuff. We're lucky enough that that's the case (that we do)."

■ Above and left, Tim and Kris-Anne Kane of Preston met at a road race in 1989 and were engaged two years later. Since then, the couple has trained together for better and for worse, oftentimes at Maple Lane Farms, near its home in Preston.





# A sprint to the finish line

Oakdale's Kaczmarek wins the Danielson Downhill Mile in 4:20; Deslongchamps 2nd

By AL NORTH  
Special to the Bulletin

**DANIELSON** — It's like the golfer who gets the birdie even though it was a shot that first hit a tree, bounced off a rock, hit his partner's bag and then went in the hole. It still a birdie on the scorecard.

All 88 runners in the 2nd Annual St. James Downhill Mile in Danielson on Thursday night were shooting for personal bests in the mile. Many accomplished that goal although few will probably tell that it was a mile run straight downhill.

"It has to do with a runner's mentality," race director Gerry Chester said, "Runners love to be able to brag about a personal record in this or that event. You have to run a personal record here because it drops over 200 feet from top to bottom."

Tyson Kaczmarek, a junior at Southern Connecticut State University and a native of Oakdale, returned to the Downhill Mile for a second consecutive year and did himself one place and six seconds

better.

Kaczmarek finished behind SC-SU teammate and former Griswold standout Mike Flynn a year ago. Flynn opted not to show for this year's event and Kaczmarek used his knowledge of the course to out-sprint Grosvenordale's Scott Deslongchamps and finish first in 4:20. That was six seconds off Flynn's record time of last year.

"I knew that it flattened out at the half mile so I relaxed at the beginning because of the humid day and made my move right there. (Deslongchamps) hung with me for a quarter mile more so I decided to put him away and did it," said Kaczmarek.

Kaczmarek used the Downhill Mile to train for the John Kelley Race at Ocean Beach this Saturday and the same could be said for Deslongchamps who will also run in the Deary Memorial next Saturday in Putnam.

"It was a race-day decision to come out because I didn't want to pound my legs into the ground with those races coming up. But this was fun and exciting," Des-



Tony Mason-Sherwood/Special to the Bulletin

**Tyson Kaczmarek crossed the line first to win the Danielson Downhill Mile Thursday.**

longchamps said as he finished in 4:25.

Chester, who also serves as Griswold High's cross country and track coach, had to be happy to see one his charges finish in third. Brian Laguerre, a member of the Wolverines' cross country team, ended in 4:32.

"He is an excellent coach. He wants us to do races like this, the fun runs at the school and other road races. He just wants us to keep in shape," he said.

Forty-nine-year old Wayne Jolley of Brooklyn was fourth with South Windsor's Mike Lemay in fifth.

Alexa Gemma had to travel to find the race as she came in from Bristol, R.I. to run. She learned about the Downhill Mile from the Preston Cannonball run and wanted to accomplish that new personal record but will have to wait to fill out that scorecard.

"I fell short of it but I still put in a good time for the weather. It was very humid today and I have troubles running because of my asthma in humid conditions," the first women's finisher said after posting a time of 5:20.

## Persistence pays off for Bonnette

8/12/00

By AL NORTH  
Norwich Bulletin

**PUTNAM** — The Deary family couldn't have been happier Saturday as one of their own won the race named in honor of several family members. Eric Bonnette, who hails from just outside Philadelphia, crossed the finish line first as he won the 11th annual Deary Memorial Road Race Saturday in Putnam.

Bonnette, a cousin to the large, Putnam-based, Deary clan, has been running the race since 1993. He had finished second twice before slumping to fourth last year.

"I finally got the monkey off my back winning this race," Bonnette said. "They always kind of nudge me even though they don't say too much because they know I get nervous. They're a real special family and we're very fortunate to have them."

Heather Bessette of Stonington was the top female finisher.

Bonnette and his cousin Aaron Rich dominated the race, which featured a record turnout of 226 runners. The two of them had broken away from the pack a mile and a half into the race and ran neck-and-neck the remainder of the way. The two teammates from William & Mary College in Virginia almost decided to make it a first place split.

"There was that plan," Rich said, "but with a mile to go, we just decided to make a race out of it and get a fast time."

Rich, from Haverford, Pa., finished on Bonnette's heels. Bonnette crossed

the line in 25:48; Rich finished one second later. The time was a minute off the course record set by Geralt Owen in 1997.

The 20-year-old Bonnette was as high as the third runner on William & Mary's cross country team last year. That is quite the accomplishment considering the team has been ranked in the top 15 in Division I the past two years.

"We're competing with the UCLAs and Stanfords of the world," said Bonnette, who will enter his senior year. "I'm hoping to make All-American this year since I was in the top seven all year and got to run in the National Championships."

Robert Morrison finished third with Norwich's Chad Johnson and Scott Deslongchamps of Grosvenordale fourth and fifth, respectively.

On the women's side, Bessette finished in 29:45, which was good for 16th overall and was also a new course record for the female 30-39 age group.

"I was pretty happy with that," Bessette said. "I was a little bit tired because I did the 10 mile Narragansett (R.I.) Blessing of the Fleet two weeks ago, then I did the



Tony Mason-Sherwood/Norwich Bulletin

**Heather Bessette breaks the tape as the first woman finisher in the Deary Memorial Road Race Saturday.**

11.6 John Kelley last week. It's a tough course they have here."

Bessette has been running for 10 years and even made the Olympic Trials for the marathon prior to the 1996 Atlanta Olympics.

## RUNNING

### Danielson Downhill Mile

At Danielson

Top 25

1. Tyson Kaczmarek, Oakdale, 4:20.1; 2. Scott Deslongchamps, Grosvenordale, 4:25.6; 3. Brian Laguerre, Jewett City, 4:32.8; 4. Wayne Jolley, Brooklyn, 4:36.2; 5. Mike Lemay, South Windsor, 4:37.6
6. Glenn Costello, Norwich, 4:44.6; 7. Noah White, Jewett City, 4:46.0; 8. Jessie Arnold, Mansfield Center, 4:46.5; 9. Tim Smith, Norwich, 4:48.6; 10. John Fields, Taftville, 5:02.3
11. Rick Urban, Windham, 5:18.2; 12. Alexa Gemma, Bristol, R.I., 5:20.0; 13. Daniel Santos, Danielson, 5:29.5; 14. John Sarcey, Preston, 5:26.0; 15. Joe Lemieux, Norwich, 5:29.2
16. Quentin Kaczmarek, Oakdale, 5:31.1; 17. Colin Brown, Uncasville, 5:38.1; 18. Freddy Carter, Groton, 5:39.1; 19. Tracy Fish, Canterbury, 5:39.5; 20. Erik Chester, Danielson, 5:39.9
21. Neil Warner, Canterbury, 5:42.1; 22. Jameson Zajac, Canterbury, 5:42.8; 23. Richard Denomnte, Sterling, 5:45.0; 24. Spring Cole, Plainfield, 5:45.7; 25. Chris Noble, Niantic, 5:48.6

MEN

Under 11

1. Erik Chester, Danielson, 5:39.9; 2. Kyle Rouillard, Moosup, 6:16.2; 3. Josh Fortin, Danielson, 6:44.7; 4. Nick Brady, Canterbury, 7:06.8; 5. Nicholas St. Jean, Killingly, 7:13.3

11-13

1. Neil Warner, Canterbury, 5:42.1; 2. Ryan Jagger, Brooklyn, 6:02.2; 3. Andrew St. Jean, Killingly, 6:44.0; 4. Allen Fish, Canterbury, 6:58.2; 5. Matt Brady, Canterbury, 6:58.2

14-18

1. Brian Laguerre, Jewett City, 4:32.8; 2. Noah White, Jewett City, 4:46.3; 3. John Fields, Taftville, 5:02.3; 4. Quentin Kaczmarek, Oakdale, 5:31.1; 5. Colin Brown, Uncasville, 5:38.1

19-39

1. Tyson Kaczmarek, Oakdale, 4:20.1; 2. Scott Deslongchamps, Grosvenordale, 4:25.6; 3. Mike Lemay, South Windsor, 4:37.6; 4. Richard Denomnte, Sterling, 5:45.0; 5. Kirk Deslongchamps, Putnam, 6:01.9

40-over

1. Wayne Jolley, Brooklyn, 4:36.2; 2. Glenn Costello, Norwich, 4:44.6; 3. Jesse Arnold, Mansfield Center, 4:46.5; 4. Tim Smith, Norwich, 4:48.6; 5. Rick Urban, Windham, 5:18.2

WOMEN

Under 11

1. Melinda Malboof, Danielson, 7:26.4; 2. Coral Billings, Danielson, 8:23.4; 3. Xenon Scott, Danielson, 8:29.0; 4. Erin Fish, Canterbury, 10:29.3; 5. Courtney Normandio, Danielson, 14:36.2

11-13

1. Erin Fields, Taftville, 6:02.5; 2. Krystyna Chester, Danielson, 6:34.8; 3. Heather Malboof, Danielson, 6:35.8; 4. Carrissa Frye, Canterbury, 7:01.7; 5. Tiffany Bassett, Canterbury, 7:15.8

14-18

1. Courtney Balick, Brooklyn, 6:11.7; 2. Maggie Brown, Uncasville, 6:29.2; 3. Eriana Deslandes, Danielson, 6:38.6; 4. Heidi Berghemar, Danielson, 8:57.7; 5. Brandi St. George, Danielson, 10:58.4

19-39

1. Alexa Gemma, Bristol, R.I., 5:20.0; 2. Spring Cole, Plainfield, 5:45.7; 3. Debbie Rouillard, Moosup, 6:06.1; 4. Leah Knight, Groton, 6:26.0; 5. Norma Vivar Orum, Jewett City, 7:17.8

40-over

1. Sandy Collins, Waurogon, 6:36.7; 2. Leslie Jolley, Brooklyn, 7:14.6; 3. Laurie Lamb, North Stonington, 8:01.9; 4. Terrie Smith, Norwich, 8:49.2; 5. Christine Sarcey, Preston, 9:36.2

40-49

1. Frank Samko, 28:43; 2. Richard Stockdale, 29:53; 3. Michael Monroe, 29:54; 4. Walt Smolenski, 30:00; 5. Wayne Jolley, 30:24.

50-59

1. Tim Smith, 28:56; 2. Dave Jacobs, 32:13; 3. Chip Bradley, 32:48; 4. Ron Senosk, 33:53; 5. Ernie Dumas, 34:24.

60-over

1. Ronald Albee, 42:10; 2. Dan Jacobs, 42:12; 3. Franklin Converse, Jr., 43:24; 4. Roland Tourangeau, 45:29; 5. Colburn Graves, 45:38.

WOMEN

12-under

1. Emily Weaver, 44:06; 2. Lindsey Johnson, 55:49; 3. Tiffany Bassett, 58:39; 4. Coral Billings, 58:58.

13-17

1. Erin Faucher, 41:22; 2. Eve Foldan, 41:58; 3. Sarah Sokoloski, 48:01; 4. Sandy Woznicki, 57:22.

18-29

1. Annie Toth, 30:40; 2. Stephanie Johnson, 33:30; 3. Cheryl Taylor, 36:41; 4. Becky Kritzer, 36:52; 5. Sara Tourtellotte, 39:15.

30-39

1. Heather Bessette, 29:45; 2. Jill Volweller, 33:46; 3. Kimberly Bellenve, 37:19; 4. Ellen Johnson, 38:06; 5. Spring Cole, 38:24.

40-49

1. Cynthia Gaudere, 32:15; 2. Terry Moylan, 36:15; 3. Patricia Sibson, 36:28; 4. Joan McGuire, 41:01; 5. Maureen St. Michel, 42:45.

50-59

1. Michaelen Haeseler, 43:36; 2. Tony Barkhouse, 46:56.

60-over

1. Maniou Cronan, 1:05:07.



# Bad coaching can be found in running, too

Some parents' levels of participation in youth sports have exceeded the boundaries of acceptability. A recent attack that led to the death of one parent at a Youth Hockey practice should be enough of a serious incident to open our eyes and examine the purpose of youth sports to begin with.

Stories of Little League baseball parents attacking volunteer umpires, young Olympic gymnastic or figure-skating hopefuls suffering from anorexia, or parents like Earl Woods claiming credit for producing the world's greatest golfer have become all too common today.

Most of these stories do not result in a happy ending like that of Tiger.

More often, they mirror that of lives like Todd Marinovich, who was bred almost from birth by his Father to be a great NFL quarterback, but failed with the then-Los Angeles Raiders after a less-than brilliant career of drug use, poor grades, and underachieving performances at the University of Southern California.

Running may well be one of the most difficult sports to impose recommendations and guidelines on parental behavior. Training to race distance races is just that; training, and is probably not the most enjoyable activity for kids to participate in. Most would rather be hitting a baseball or bouncing a basketball than lacing up their shoes for an hour run in the August heat.

Although more training usually results in superior performances, distance running is sport that requires the willingness and commitment of the athlete from inside. It holds a discipline that can't be taught.

Many coaches are also guilty of the same selfishness, using athletes to accomplish their own

goals, too often at the sacrifice of the athlete themselves. A good coach understands the importance of long-term development in distance running.

A number of standout area runners over the past years have not fared well in their post high school or collegiate running careers, probably due in part to overzealous coaches and/or parents that wanted success for these runners at any price.

I feel fortunate to have grown up in an environment where my parents encouraged and supported my participation in sports, yet allowed me the freedom to decide my own level of commitment to those sports.

Most of the runners I competed against back then that boasted impressive pre-high school running resumes and were expected to be the next great area runner no longer compete or even run for health or enjoyment. The concepts I learned from my parents through sports, such as work ethic, preparation, commitment, drive, the will to win, and integrity, are the same ideals that we should be emphasizing to today's youth.

Winning is important; they wouldn't keep score if it didn't matter. But distance running is a sport that must be truly appreciated by the athlete themselves in order to achieve long term success.

## Racing roundup

■ At the MedSpan 5K on August 3rd (formerly the US Healthcare 5K) in Hartford, Bob Davenport of the Mohegan Striders (15:46) and

Heather Panciera of the Pfizer Racing Team (19:03) were the overall winners in the open corporate race. Uncasville's Ed Zubritsky was the top local finisher, with his 16:27 clocking good enough for 8th place overall. In the separate elite race, Steve Swift finished 15th overall in 15:14. My trio of Kenyan running buddies, training in Massachusetts, took three of the top four spots, with Titus Mungi winning in 14:01, John Korir 2nd in 14:10, and Simon Bor finishing 4th in 14:12.

■ Brad Malay and Heather Bessette added their names to the elite list of runners that have won the Kelley Road Race. Named in honor of 2-time Olympian and 1957 Boston Marathon winner John J. Kelley, the 11.6 mile race continued its tradition of charging no entry fee to compete. In the 38th annual event, Malay went stride for stride with former Ledyard High standout Steven Herrera for 11½ miles and had just enough left to win in 1:03:56, 4 seconds ahead of Herrera. Bessette showed no signs of being slowed by a recent maternity leave with her win margin of nearly three minutes in 1:12:15. As for Kelley, he continues to run almost on a daily basis but has all but retired from competitive racing. The race times Kelley produced over 40 years ago, however, would certainly measure up to most of today's race performances.

■ Looking to run a marathon that doesn't require significant travel or waiting amongst hoards of people on the starting line for two hours? The 21st Annual East Lyme

Marathon will take place at 8:30 a.m. from East Lyme High School. If running 26.2 miles is not your cup of tea, the event also features a 5K Run/Health Walk and a children's run on the East Lyme track. Again, volunteers are always welcome. Call Way Hedding at (860) 739-2864 for an application or more race information. East Lyme is one of the nicest looking marathon courses in the country and is an official Boston Marathon qualifier.

## This month in history

August 29th, 1985 — The NFA Cross-Country Alumni Race, run over the Norwich Recreation Department 3-mile race course through hilly Mohegan Park, produces some impressive performances and a very close team finish. National class distance runner Bill Krohn (Class of 1976) smokes the course, running away from the field in the first mile and cruising to a win in 14:14. Krohn's finish leads the 1970's graduates to a 27-31 victory over the 60's grads and a 27-30 margin over the 1980's team. Local standouts Fran Houle (Class of 1980), Bill Marshall (1963) and Tim Smith (1966) take the next three spots respectively. The 80's team is lead by Scott Fisher (7th) and Mike Fusaro (8th), while NFA's top varsity runner, sophomore John Jacaruso, finishes in 14th place overall.

Send questions, comments, or suggestions on this column to [kcsikorski@netzero.net](mailto:kcsikorski@netzero.net)



**DON SIKORSKI**

*Running*

# Huge day

9/100



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John Shishmanian/Norwich Bulletin  
Fitch's Betsy Boucher leads the pack on her way to winning a dual meet with NFA Tuesday.



## A winning pace



### SPORTS

**Solid effort:**  
Lundie, Sikorski  
finish at the top  
in road race. **C1.**



Brian Lundie of Gales Ferry crosses the finish line first in the 20th Annual Greater Norwich Downtown Merchants Road Race Thursday. Some 70 runners competed in the 5K event, which generates scholarships for the Norwich YMCA for area youth. Catherine Sikorski of Norwich was the top female finisher.

By: Gales Ferry/Norwich Bulletin

### Racing roundup

After a year's hiatus, the Up Against the Wall 5K Road Race returned to New London's Ocean Beach on Saturday, December 18th. Will McGuire, a senior at the Williams School in New London, posted a 19-second win in 15:54, fending off his nearest pursuers Bob Stack (16:13), Bobby Clark (16:17) and Chris Hansen (16:23).

On the women's side, Kris-Anne Kane (18:29) outran Catherine Sikorski (18:54) for the win. There were a record 209 finishers for the return of this event, which benefits the St. Bernard High School Development Fund and Cross-Country teams. The race also continued its tradition of raffling off a brand new electric

### Road racing

#### LIL' RHODY RUNAROUND

CHARLESTOWN — Results of the Lil' Rhody Runaround held Sunday in Burlingame State Park:

#### MEN

(Top 30 overall)	
1. Stephen Herrera.....	44:01
2. Ben Nephew.....	45:41
3. Chad Brown.....	46:08
4. Todd Bennett.....	48:32
5. Tim Smith.....	48:38
6. John Trunik.....	49:02
7. Robert Corsi.....	50:03
8. Larry Orlando.....	50:25
9. Paul Young.....	50:42
10. Michael Georgantas.....	50:57
11. Douglas Howe.....	51:10
12. Jon Svendsen.....	51:16
13. Wayne Cox.....	51:35
14. Jeremia Kvasnik.....	51:54
15. Scott Nanfelt.....	52:09
16. Glen Hammett.....	52:43
17. Brian Mulligan.....	52:54
18. Paul Letoile.....	53:58
19. Paul Bello.....	54:15
20. Dan Gardiner.....	54:17
21. Lance Baier.....	54:30
22. Guy Standbridge.....	54:40
23. Gregory Niles.....	54:42
24. Dan Shramek.....	54:58
25. Michael Ovas.....	55:31

#### WOMEN

(Top 15 overall)

1. Leslie Keene.....	57:04
2. Amy Marchand.....	57:23
3. Lynne Clay.....	57:47
4. Michele Tetreault.....	59:04
5. Elise Vonhousen.....	59:40
6. Mary Camire.....	59:40
7. Rebecca Anderson.....	1:01:05
8. Gina Raheb.....	1:01:42
9. Deirdre Bird.....	1:02:20
10. Caroline Campbell.....	1:03:40

#### AGE GROUPS

##### MALES 18 AND UNDER

1. Dan Springer 58:41; 2. Bryan Bowes 1:04:15; 3. Ed Sabourin 1:18:51;
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##### FEMALES 18 AND UNDER

1. Rebecca Anderson 1:01:05; 2. Eleni Aesch... 1:15:37
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##### MALES 19 to 29

1. Ben Nephew 45:41; 2. Chad Brown 46:08; 3. Robert Corsi 50:03.
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##### FEMALES 19 to 29

1. Amy Marchand 57:23; 2. Michele Tetreault 59:04; 3. Elise Vonhousen 59:40.
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##### MALES 30 to 39

1. Stephen Herrera 44:01; 2. Todd Bennett 48:32; 3. John Trunik 49:02.
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##### FEMALES 30 to 39

1. Gina Raheb... 1:01:42; 2. Mary Howe 1:04:25; 3. Suzin McElroy 1:05:12
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##### MALES 40 to 49

1. Michael Georgantas 50:57; 2. Brian Mulligan 52:54; 3. Paul Bellow 54:15
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##### FEMALES 40 to 49

1. Leslie Keene 57:04; 2. Lynne Clay 57:47; 3. Mary Camire 59:40.
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##### MALES 50 to 59

1. Tim Smith 48:38; 2. Randy Baah 55:48; 3. Hal Bennett 56:27;
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##### FEMALES 50 to 59

1. Betsey MacDonald 1:14:39; 2. Michaleen Haesseler 1:15:08 3. Amy Shafer 1:29:09
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##### MALES 60 to 69

1. Bernie Murray 1:09:57; 2. Byron Stutzman 1:11:57; 3. Donald Dayton 1:12:16
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##### FEMALES 60 to 69

1. Nancy Stutzman 1:32:23
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Race in Glastonbury on December 3rd, Mike Keenan of South Glastonbury (18:23) and Melissa Perkins-Banas of Norwich (21:42) took home the individual honors. Mike Graziosi, Pfizer Corporation's top runner in 2000, finished 4th place overall (18:43) in his hometown race. The Santa's Run is one of the state's more popular races, traditionally drawing over 1,000 participants, many usually dressed in their festive Christmas holiday outfits.

itar donated by the Guild Corporation at the post-race awards ceremony. Shawn Benway, the top runner from the Saints cross-country team this past fall and 6th place finisher overall in 17:14, was this year's lucky recipient.

Eric Blake, the 1996 High School State Open Cross-Country champion while competing for Lyman Memorial, was the top Connecticut finisher at this year's Manchester Road Race. His 24:05 clocking was good enough for 19th place overall. Sue Faber, the 12th place female finisher and 81st overall, was the first state female. There were 10,115 official finishers in the 64th annual event. Speaking of high school running, another Manchester Race has passed and still Kevin O'Keefe 14-18 year old age group record of 23:17, set in 1977, remains safely intact.

O'Keefe, a former E.O. Smith distance running standout whose younger brother Jay was a two-time State Open cross-country champion (1979-80) after Kevin, hasn't competed at Manchester since that record-setting day. My personal bet is that this record, at 23 years the oldest age group record at Manchester, will continue to last for a quite a long time. At the Santa's Run 3.5 Mile Road





MARY LAUZON / THE SUN

Runners take off from the start of the Lil' Rhody Runaround Trail race on Saturday in Burlingame State Park. Over 200 runners participated in the event.

# Herrera sets new record

## Leslie Keene wins race third year in a row

By Matt Nolan  
The Sun

**Charlestown** - Stephen Herrera won the annual Lil' Rhody Roadrace in Burlingame State Park on Sunday, breaking a course record that had stood for six years.

Herrera finished the 7.9-mile course in a time of 44 minutes, 1 second, which broke Dave Dunham's record of 44:06 set in 1994.

"Taking this record is like dessert, icing on the cake," said Herrera, who ran a time of 45:09 last year in the same event.

"It's great to win any race, but this makes it very spe-

cial."

The 30-year old Herrera is a graphic designer who lives in Waterford. He finished second last year to

Chad Johnson of Plainfield. Johnson had won the event with a time of 44:13.

The race was Herrera's second in as many days, as he won the Connecticut Cross-Country Championship in Hartford on Saturday. Herrera said that the lack of



Herrera

time between the two events didn't affect him.

"I've run two events in the same day before, so this didn't really bother me," said Herrera.

"The course was great and the conditions were nice, I felt very good out there."

Herrera was competing in the sub-masters 30-39 age bracket as well as the overall. He was more than four minutes faster than the next finisher in his age group, and 1:40 ahead of overall second place finisher Ben Nephew, who came in with a time of 45:41.

Herrera, who grew up in Ledyard, trains off-road on a regular basis. The Lil' Rhody was his 22nd event this season. He was competing as a member of the Mohegan Striders, who are based in Norwich.

Leslie Keene of Fall River, Mass., won the women's over-

all for the third year in a row, with a time of 57:04. Keene said that this year the victory was more difficult because there was more competition.

"This year was tough, there were a lot more good runners out there," said Keene, who has recently competed in such events as the Cape Cod Marathon and the Lighthouse 10K in Key Biscayne, FL.

"I took the lead early, but I had to fight past a couple of people to do it," she said.

Keene is currently fourth in the New England USATF Master's rankings, and was



Keene