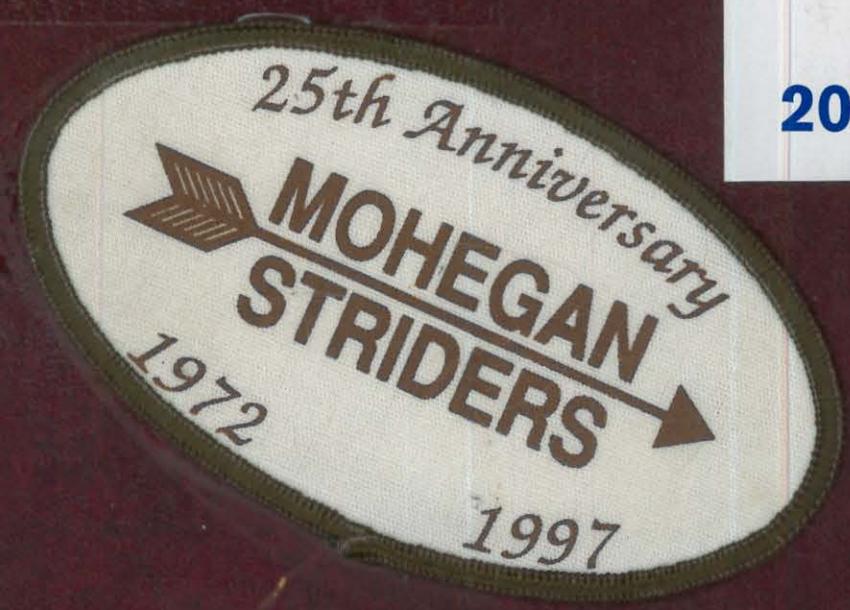




USATF

1998-2007
Part 2



Santa's runners brave the snow

By MEGAN BARD
Norwich Bulletin

NORWICH — With Santa's hat secured, Rudolph's red nose blinking and Frosty the Snowman's charcoal eyes in place, the trio and 45 others set out in North Pole-like conditions

Friday night on the annual Santa's Run.

The event, co-sponsored by the Mohegan Striders and the Norwich Bulletin, was started more than 20 years ago and has collected thousands of dollars worth of toys, in place of entry fees, for the Tommy Toy Fund.

As runners arrived at Billy Wilson's Ageing Still on Franklin Street, they placed bicycles, dolls, stuffed animals, board games and toy trucks on the stage.



John Shishmanian/Norwich Bulletin

Members of the Mohegan Striders running club and Santa run around Norwich to benefit the Tommy Toy Fund.

The popular downtown bar marked the beginning and end of the three-mile race.

Mixed in with veteran Santa's

Run participants were newcomers unsure of how they would perform in the snowy, slick and cold conditions. But they all prevailed and

made it to the finish.

"It was a tough race, I lost my jingle bells, but the nose kept shining," Dan Phillips of Griswold said as he sipped a Guinness Stout, adjusted his reindeer ears and fixed his red blinking nose. "It was a lot of fun and great to run in a group. I'll definitely do it again," Phillips, a first time participant, said.

Runners decked in holiday colors and costumes followed Santa two times up McKinley Avenue, along Perkins Avenue and down Union to Main and Franklin streets before returning to the pub to get warm, share their own holiday cheer and socialize.

Tim Kane, Striders president and Preston resident, said he enjoyed running this year, though conditions could have been better.

"It's the first time in maybe 10 years we're run in snow, but it's for a great cause. We have a lot of fun every year and it's our chance to give back to the community," Kane said.

But Frank Morosky of Norwich loved the snowy conditions.

"It's perfect holiday weather. I'm here to give to the Tommy Toy Fund, for the camaraderie, and the exercise. It's just a good excuse to get out," he said.

Bob Miles, chairman of the event, said he was pleased with the turnout, but knew the icy driving conditions kept some runners away.

But it didn't keep Mike Grillo of Baltimore from making his trip north to visit family and take part in the festivities.

"I flew up for the race in part, but mainly to see family. I'm also considering moving here," said Grillo, who missed the first lap of the race because his plane was late and then he got stuck in traffic.

performances from Connecticut runners on the fall marathon scene this year. Danbury's Nelson Rocha finished an impressive 43rd overall in 2:28:19 at the New York City Marathon on November 5. Stratford's Zofia Wiciorowska ran a blistering 2:43:09 to finish 15th female overall in the Big Apple.

At last month's Bay State (MA) Marathon, the Mohegan Striders trio of Eddie Eckard (3:14:00), Wayne Jolley (3:23:54), and Dexter Goyette (3:26:48 — fourth Grandmaster) all earned Boston Marathon qualifying status. And at the Ocean State (RI) Marathon on November 12th, Colchester's Mark Paparella finished 29th overall (2:48:06) and was the first Connecticut finisher; while Norwich's Melissa Perkins-Banas ran her second impressive fall marathon, finishing 104th overall and 12th in her division in 3:06:33 to lead all area finishers.

Jolley, who had already qualified for Boston a month earlier, also toed the line at Ocean State and finished in 3:26:41 to pace training partners Joe Lemieux (3:25:54) and John Sacrey (3:27:02) across the finish line.

Congratulations to Norwich's Marc Akus, who recently earned Division III All-America honors by virtue of his 28th place finish at the National meet in Spokane, Washington. Akus, a 1996 NFA graduate, finished the 5-mile course in 25:40 to lead the Coast Guard Academy to a 17th place team finish.

Qualifying as an individual, David Clayman of Connecticut College finished 41st overall in 25:51.

Conn's Maura Danahy also achieved All-America honors, finishing 35th overall (18:42) in the 5K women's race.

This month in history

Nov. 13th, 1983 — Norwich's Fran Houle, who had competed in every Al Morrison Ledyard Road Race since its inception in 1978, wins the race for the first time. Houle completes the hilly, 7.9-mile course in 41:18, good enough for a 27-second win over New London's Bob Stack.

In a close and competitive race for third, Dennis Crowe (42:28) of Waterford edges Holy Cross College freshman Chris Hansen (fourth in 42:32), Norwich's Tim Smith (fifth in 42:47) and St. Bernard High School Senior Adrian Pelchat (sixth in 42:53).

Kathy Isbister of North Stonington outruns Rose Buckingham to win the women's title in 54:26.

Other division winners include Jan Slonski (Men's Masters), Geraldine Palonen (Women's Masters), George Maine (Men's Grandmasters), and Gail Popelka (Junior Girls). Todd Williams in the first Ledyard finisher (8th overall), while the Mohegan Striders, lead by Houle, Hansen, and Smith, capture the open team title.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. He can be reached by e-mail at kdcsikorski@netzero.net

Racing roundup

Wethersfield's Tom Hixson (25:39) and Mystic's Martha Merz (13th overall in 27:38) were the winners at the EBAC Fall Challenge 4.75 Mile Road Race on Saturday, Nov. 11th. Hixson, competing for Cigna Insurance and a veteran of a dozen past EBAC races, outran Uncasville's Chad Brown to win the race for the first time. Team Pinhead finished 7-8-9 and continued their dominance at the EBAC race, winning both the Men and Women's Open team titles, while the Pfizer Corporation, led by Mike Graziosi's third-place finish, defeated Electric Boat for the corporate team championship. Masters winner Bobby Clark finished fourth overall to lead the Electric Boat corporate team. There were a number of strong

A memorable year, all over

From local high school runners to Olympic athletes, it was a banner year for running

By **DON SIKORSKI**
Special to the Bulletin

Even with the start of a brand new century, many of Connecticut's top distance runners showed no signs of slowing down

Globally, despite 12-hour tape delays that led to low television ratings, the 2000 Olympics were outstanding, highlighted by solid track and field performances.

On the local race scene, many of the area's top performers were hampered by injuries and competed on a limited basis in 2000. However, many local road races continued to draw strong fields and quality numbers with the help of some hard-working race directors that donated their time and efforts to the cause.

On the state and New England level, larger races continued to grow in numbers and produce quality performances.

On the world class circuit, the United States may have found a way to produce a national marathon contender, when Moroccan world recorder holder Khalid Khannouchi, a resident of upstate New York, was finally granted American citizenship. Despite missing the Olympic Trials cutoff in May, Khannouchi proved he is the best of the best by outrunning the fastest marathon field ever assembled in Chicago this past fall. He will look even faster wearing red, white, and blue.

Here are my personal choices for running's top performers and performances of 2000:

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MALE: STEVE HERRERA, WATERTOWN - Herrera was clearly the standout runner of the area, winning pretty much every local race he entered. Although cross-country racing and 5K's were Herrera's forte, he also dabbled successfully in some longer events.

Herrera was 2nd at the John Kelly 11.6-mile race in August and 32nd overall in the prestigious New Haven 20K on Labor Day.

Herrera led most of the way in his debut marathon effort in East Lyme before struggling over that final 10K and hanging on for 3rd overall in 2:52:42. He finished 4th overall in the USATF Grand Prix standings, winning the 5-mile State Championship and finishing runner-up to teammate Steve Swift at 3,000 meters.

Ed Zubritsky (1st @ Reliance House 5K, 8th @ Rose City Challenge, 10th USATF Grand Prix) and Todd Bennett (Strides for the Handicapped 5M winner) both raced consistently well all season long.

FEMALE: MARTHA MERZ, MYSTIC - Merz had an outstanding racing season, finishing runner-up to Susan Faber in the USATF Grand Prix standings and winning a number of local races. Merz was Connecticut State Champion at 3.5 miles, runner-up at 10 miles, and posted four 3rd place finishes in state championship events.

Locally, Merz won at the L&M Spring Stride in May and at the EBAC Fall Challenge in November. She finished 3rd against strong competition at both the Rose City Challenge 10-mile race and at the Tarzan Brown Road Race. Merz was also 5th overall at the Avon Women's 10K (37:25) in July.

Heather Bessette had a strong comeback year after a brief maternity break from running, posting wins at the Kelly Race, Sneekers, and Strides for the Handicapped. Melissa Perkins-Banas ran two impressive marathon efforts in the fall, running 3:08:50 for 2nd female at the East Lyme Marathon in September and 3:06:33 at the Ocean



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like most of the field, in Pittsburgh's heat and humidity and did not finish. Swift quickly got back to work, however, and turned in impressive performances including a 6th place finish in Branford, 8th in the Fairfield half-marathon, and 3rd at the New Milford 8-miler.

Runners from Western Connecticut again provided Swift's strongest challengers, with Hi-Tek's Sergio Ribeiro (26th at New Haven 20K) and Nelson Rocha (2nd at Rose City Challenge, 43rd at New York City Marathon in 2:28:19) leading their team to another USATF state title.

Danbury's Joe LeMay, entered as the No. 4 seed, was also an Olympic Trials marathon casualty (61st in 2:36:42) but returned to run well during the fall season. Marc Robaczynski of Wethersfield also emerged with a strong racing season, finishing 5th in the USATF Grand Prix and was runner-up to LeMay at Tarzan Brown.

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Cormack won the State Open at 800 meters both Indoors (1:58.52) and Outdoors (1:56.38) competing from the slower seeded heats each time.

GIRLS: The story here was clearly the emergence of Killingly sophomore Meghan Owen. After a year of chasing Fitch's Jessica Schenk in 1999, it became Owen's turn to re-write the record books.

Owen was untouchable this fall, winning Cross-Country titles at the ECC Championships, the Class M race, the State Open, and at New England's. She followed that string of victories with a shocking runner-up finish at the prestigious Foot Locker Regional in New York, where she earned All-America status and a trip to the Foot Locker Finals in San Diego. Owen also extended an amazing local cross-country winning streak of an ECC female runners, who have now won 11 of the past 12 individual titles (Liz Mueller-4, Jill Akus-3, Schenk-3).

Schenk has since graduated and is competing for Cornell University. Woodstock's Amy Hicks, who had to chase Owen all season long, finished a strong 3rd in the State Open. Fitch, lead by Emily Watson and freshman Betsy Boucher, successfully defending their State Open Cross Country title.

College Standouts, Local

There were a number of strong performances during the year on the local college scene as well. UConn's Dan Wilson qualified for the Olympic Trials at 1,500 meters, then went on to post an impressive 40th place finish at the men's NCAA National Cross Country Championship in November, covering the 10,000-meter course in 31:07.

Keith Kelly of Providence College was the individual winner, with top 10 finishes by New Englanders Jason Vanderhoff of Wisconsin (8th) and Jonathon Ryley of Stanford (10th).

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Best Performance, Local

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Slinskey's winning time of 54:46 is outstanding considering the difficult course and less-than-ideal conditions. Joe LeMay's 3rd consecutive Tarzan Brown win in 27:10 in cold, blustery conditions also deserves mention.

Gebrselassie's win now gives him a perfect record of winning every World Championship and Olympic 10,000 since 1993 (six in total).

Consideration as well to Khalid Khannouchi, who also overcame the injury bug to earn his second win at the Chicago Marathon in a blazing 2:07:01 over the most talented marathon field ever assembled.

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Over the years, New England's best runners, from Bobby Hedge to Joan Benoit, have competed at Litchfield. This year's race again drew an exceptionally talented field, with Janko Bensa of Kenya (34:21) and Christine Junkermann of Woodbridge, Ct. (40:59) taking home individual honors.

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MALE: STEVE SWIFT, MIDDLETOWN - Swift's 1999 season, which included a breakthrough marathon of 2:17:26 (3rd at Pittsburgh) and a 47th place finish in the World Championships in Seville, Spain, set the stage for a complete focus on the 2000 Olympic Trials Marathon in May.

The Mohegan Striders ace and former Xavier High School and William & Mary standout struggled,

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Brissette then went on to finish 11th overall at the Footlocker Regional. Griswold's Mike Charron was 5th overall in the State Open to led Gerry Chester's new team to a 6th place finish. Danbury was clearly Connecticut's standout team, running away with both the State and New England Cross Country titles.

In Track, Montville's Chris Mc-

more Meghan Owen. After a year of chasing Fitch's Jessica Schenk in 1999, it became Owen's turn to re-write the record books.

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JACK SAUER / The Day

■ Few lingered in the water among those starting the new year off with dip into the waters off Groton Long Point Monday.

A DARING PLUNGE INTO THE NEW YEAR

A newcomer to annual event finds it 'the best way to get rid of a hangover'

By **JOE WOJTAS**
Day Staff Writer

Polly Snurkowski was hosting a New Year's Eve Party when some guests at her Mystic home began talking about their plans to be part of Monday's 32nd annual New Year's Day run and swim.

Excited by their conversation, she soon agreed to join them and try it for the first time.

"I always said I'd never do it. I thought people who did were insane," said Snurkowski, a fitness instructor at the Mystic Community Center. "But everything sounds great after a few glasses of wine. I just got psyched about doing it."

At noon Monday, she joined about 300 people outside the Pequot Avenue home of 1957 Boston Marathon winner John Kelley. The informal five-mile run always begins near his house and ends at Groton Long Point, where the ocean water temperature on Monday was about 40 degrees.

As runners took swigs of champagne, beer and other drinks, Snurkowski was a little worried about the water temperature.

"I hate cold water," she said. "I like being on a sailboat in the summer, not in the water."

Despite her misgivings, Snurkowski has jumped in the Mystic River on Thanksgiving as part of the annual Turkey Trot and Dip.

"I lost my breath for three minutes," she said.

But this time it was January, not November.

Around her in the running crowd were many veterans of the event who had some advice for the first-timers.

Jim Murphy suggested that newcomers wear

Groton

their running shoes in the water. Dean Festa, participating for the 17th time, advised not to hesitate at the water's edge.

"Once you get to the beach don't wade in. Any hesitation is certain doom. Just hit the beach and run right in," he said. "And any libation along the way helps."

Veteran participant Nick Checker, who called himself a portable package store, carried a backpack full of small wine bottles. He offered drinks to others along the way.

Checker said that rookies like Snurkowski should "just get caught up in the frenzy and let the crowd drag you along."

At the start of the run, 1968 Boston Marathon winner Amby Burfoot, one of the event's founders, made his traditional remarks to the crowd.

"This is a celebration of our good fortune and good health. We're a little slower, a little older and a whole lot uglier," he said.

He then reminded everyone about the event's only rule: "We go slow, slow and slow. Everyone stays together."

With that the runner set off on a slow jog.

The weather pleased many in the crowd; the temperature was at about freezing, there was no wind but a lot of sunshine. Soon after the start, some runners stripped down to their bathing suits.

One man ran in a wedding gown and black ski mask and was accompanied by male bridesmaids in blue velvet dresses. At one intersection along the run, "the bride" stopped to hug a surprised Groton Town Police officer who was directing traffic.

There was the usual array of runners in grass skirts, Hawaiian shirts, New Year's hats and Santa Claus suits. Along the route people stood outside their homes and cheered the runners as they passed by.

"This is just such a great tradition. It's amazing," said Rick Ely, co-owner of Mystic Cycle Center, who was participating for the 12th time.

As the group headed down one of the streets, Snurkowski said, "I really love watching the people and wondering how much they had to drink last night and if they're feeling it. I know I feel a lot better than when I started."

With about a half-mile to go, the group stopped and people began peeling off sweatpants, T-shirts, gloves and hats.

"Wow. That breeze is cool," Snurkowski said as she took off her tights.

A few moments later the sprint for the beach began. Soon she was making her way through a narrow passage at the beach that was created by the curious who had come to see the runners take their plunge. On the sand and along the seawall, hundreds of warmly dressed spectators cheered, took photographs and waited to hand out dry clothes.

Snurkowski fell backwards into the water and surfaced with a look of shock. She waded back ashore and quickly had a towel draped over her shoulders. Some runners ran out yelling and cheering while others stayed in for a while.

"I was cold, but it was not as bad as I thought. But I'm not going back in," Snurkowski said. "I'll definitely do this again. It's the best way to get rid of a hangover, and I've tried them all."

January 14, 2001

Carol Osora
14 Whalehead Road
Gales Ferry, CT 06335
(860) 464-9639

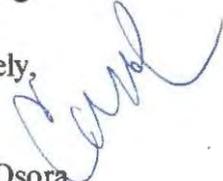
Dear Friends:

After all the planning, training and anticipation, it's over, and I'm happy to say I've completed the 2001 Walt Disney World Marathon in 5:30. Now some would say (and I would agree) that 5:30 is quite slow, but considering the heel injury that plagued me throughout my training, I'm just happy that I finished! It wasn't easy though. Miles 9 – 13 were especially tough for some reason. In fact, it took every ounce of determination in me not to pack it in and stop at the ½ marathon mark. After that I began to feel better and found I had some 'juice' left to sprint towards the finish line. As my friend Pete Pantelis says: "what more could you ask for"?

Now on to your praise. I was overwhelmed with the response of donations, well wishes and words of encouragement I received since beginning this adventure. Many of Frank's friends, family and co-workers contributed, as did many others who expressed concern with or family ties to diabetes. My new friend and fellow Mohegan Strider, Roger Zotti wrote an article, which was published in the Norwich Bulletin, and Frank's old buddy, Ron Adams interviewed me on his radio program, WSUB, prior to my trip. If Frank were here I know he would thank you all from the bottom of his heart for "stepping-up-to-the-plate" and making a difference. I extend my heartfelt thanks to each and every one of you for your help in raising \$3,387 towards a cure.

I will never forget the experience of running this particular race with Frank's picture in my pocket. He was someone I loved dearly and I know his presence was with me each and every step of the way. So all I have to say is – Frank, couldn't you push me a little faster? ●

Sincerely,


Carol Osora



Racing Roundup

The Mohegan Striders got a jump on the competition in 2001 by winning the USATF/CT State Indoor Track Championships on Sunday, March 18th at Yale University. The Striders team produced 97 points, 36 better than their Hi-Tek/Athletes Foot rivals.

The Hartford Track Club was 3rd overall with 24 points, while Club Connecticut took home the women's team title with 107 points. The Striders team was led by Middletown's Greg Swift (1st in the 400m in 52.03), Oakdale's Chris Downe (1st in the 800m in a tactical 2:03.08), Bob Davenport of Southington (2nd in the 1,500m at 4:14.8), Waterford's Steve Herrera (2nd in the 3,000m at 9:02.0), and Chad Brown of Uncasville (4th in the 3,000m in 9:18.5).

Running just for the fun of it

Zach ↓ ZOOM Eckard



Rory Glaeseman/Norwich Bulletin

Children from 2-11 years old participated in the half mile kids' Fun Run in front of St. Joseph's School in Baltic before the school's Eighth Annual 3-mile road race raising money for the school athletic program Saturday morning in Baltic. Eighty-three participants ran Saturday.

RUNNING

St. Joseph School race

At Baltic

THREE MILES

TOP 50 INDIVIDUALS

1. Todd Bennett 16:29; 2. Scott Deslongchamps 16:53; 3. Joe Banas 17:06; 4. Brian Lundie 17:33; 5. Eddie Eckard 17:55; 6. Todd Fisher 18:00; 7. Bill Marshall 18:25; 8. Melissa Perkins-Banas 18:28; 9. Dave Jacobs 18:38; 10. Hal Bennett 18:47.

11. Tom Curry 19:02; 12. Jay Lucas 19:10; 13. Paul Andruskiewicz 19:15; 14. Glenn Coughlin 19:25; 15. David Marshall 19:27; 16. Ellen Dobbin 19:28; 17. Rick Urban 19:30; 18. Tracy Montoya 19:32; 19. Kris Kokomoor 19:37; 20. Ted Phillips 19:45.

21. Dino Festa 20:18; 22. Katey Kokomoor 20:32; 23. Way Hedding 20:52; 24. Fred Zulager 21:07; 25. Mark Chartier 21:18; 26. Chris Basinet 21:28; 27. John Paul Morales 21:41; 28. Roark Maynard 21:55; 29. Lynne Hill 21:57; 30. David Mack 21:58.

31. Peter Riccio 22:36; 32. Justin Gagne 22:40; 33. Douglas Vining 22:53; 34. Jerry Brown 23:15; 35. Paul White 23:20; 36. Bruce Grisafe 23:25; 37. Brian Andstrom 23:29; 38. Kelly Tuttle 23:33; 39. Austin Lane 23:41; 40. Lori Paz 23:45.

41. Dennis Zajehowski 23:52; 42. Jim Moody 24:25; 43. Angela Turner 24:29; 44. Brett Jobbie 24:32; 45. Garrett Lane 24:36; 46. David Holahan 25:02; 47. Nate Carson 25:37; 48. Colburn Graves 25:48; 49. Mitchell Brown 26:17; 50. Pat Phillips 26:20.

CATEGORICAL RESULTS

MEN

Junior: 1. Paul White 23:20; 2. Nate Carson 25:37; 3. Alex Orum 26:33. Open: 1. Jay Lucas 19:10; 2. Chris Basinet 21:28. Submasters: 1. Scott Deslongchamps 16:53; 2. Eddie Eckard 17:55; 3. Todd Fisher 18:00.

Masters: Joe Banas 17:06; 2. Brian Lundie 17:33; 3. Paul Andruskiewicz 19:15. Grandmasters: 1. Bill Marshall 18:25; 2. Dave Jacobs 18:38; 3. Hal Bennett 18:47. Veterans: 1. Fred Zulager III 21:07; 2. Colburn Graves 25:48. Kids fun run: 1. Zachard Eckard 3:10.

WOMEN

Submasters: 1. Katey Kokomoor 20:32; 2. Lynne Hill 21:57; 3. Kelly Tuttle 23:33. Masters: 1. Cathy Samokar 26:25; 2. Debbie Elwell 27:22; 3. Liz Andstrom 29:43. Grandmasters: 1. Pat Phillips 26:20. Kids fun run: 1. Kyrz Coughlin 4:08.

Marathon man



Photos by Rory Glaeseman/Norwich Bulletin

Peter Pantelis stretches outside his Waterford home. Pantelis will compete in the annual Laurence & Memorial Hospital Spring Stride road race May 5 in New London. The 75-year-old has competed in the 3.1-mile race many times. Below, Pantelis shows off a gold medal he earned during a 1997 race in Athens, Greece.

On Dec. 3, 2000, Peter Pantelis celebrated his 75th birthday by doing what he's been doing for more than 21 years: Running.

Pantelis took part in the Pearl Harbor Day Masters' Run, in Waterford, a 5.1-mile competition.

"I didn't really care about where I finished — just that I finished," said the longtime Waterford resident and retired EB employee. "Heck, if I did win my age category, it's no big deal. Most of the time there's no one else running in my age division anyway."

But the Waterford resident was too modest: In the Pearl Harbor Day race, he finished first in his age division, which didn't surprise Montville's Phil Carney.

"Over a long distance, Pete keeps a steady pace," said Carney, who runs regularly with Pantelis. "But when he has to, he can sprint—which he did for the last mile in the Pearl Harbor run. Just ask the runners he passed near the finish."

Next on Pantelis's agenda is the Spring Strides road race in New London. Sponsored by Lawrence & Memorial Hospital May 5, at 10 a.m., it is a 3.1-mile race.

Smart sprinter

Norwich's Bill Warzecha attributes Pantelis's longevity to smart running. "He's an intelligent runner, and he knows how to pace himself," Warzecha said. "He's a thinking man's runner."

Leslie Lyons of Conroe, Texas, believes Pantelis is so durable because he's able to relax and enjoy what he's doing.

Last year, Lyons competed in the Hartford Half-Marathon and recalled that at the 6-mile mark Pantelis saw an elderly woman. He waved and said something in Greek to her.

"She waved back and responded in Greek," Lyons said. "Later Peter told me that he didn't know her but had asked how she was, and she said he she was fine. Here he is, running a half-marathon and chatting with onlookers and just having a grand time."

Carol Osora of Ledyard attributes Pantelis's re-



"I run mainly for health reasons, I also do it for the social aspect. I don't compete with anyone. I just go out there and enjoy running."

Peter Pantelis

75-year-old Waterford resident preparing for annual Spring Stride road race

silience to a "healthy lifestyle, good genetic composition, a little luck and consistency.

"The guy is also knowledgeable. He gave me some crucial advice for the last marathon I did. He knows the sport."

Mystic's Vic Sitty compares Pantelis with National Hockey League superstar Ray Bourque. Sitty said "Bourque just keeps going on and on: He's been in the NHL for over 20 years. Pe-

ter's that way, too. In fact, he runs almost as well now as he did when we met 20 years ago."

Pantelis hasn't the slightest idea of the total number of road races he's participated in during his running career.

"I probably lost count long ago," he said. "But I do know I've done 16 marathons. The last one I did was in Athens, Greece, on Oct. 26, 1997."

That marathon had special meaning for him.

"Being Greek and able to run in Athens was emotionally, physically and spiritually satisfying," he said. "It was a return to my parents' and ancestors' roots."

First place finish

After Pantelis completed the 26.2-mile course in slightly more than four hours, he decided to find out where he placed.

"I trudged over to the desk and gave them my number."

"To my surprise, the official pulled out a trophy, a medal, a bouquet of flowers, and then handed them to me. By some quirk of chance, I had come in first in my age category."

That Pantelis finished first in his division was more than luck. In addition to running five times a week, he does aerobics, lifts weights and punches the heavy bag.

"Punching the heavy bag for any length of time is quite an aerobic workout," he said. "I've been a boxing fan for many years, and hitting the bag makes me appreciate what some of those old-time greats like Archie Moore, Ike Williams, Rocky Marciano, and Kid Gavilan put themselves through to stay in shape."

Another competition that holds special meaning for Pantelis is the Mt. Washington Road Race. Held in June, he's missed the event only twice since 1983.

"As we runners say, the Mt. Washington road race is one big, almost 8-mile hill," Pantelis said. "Anyway, I usually walk as much as I run in that one, which is also what a lot of other runners do."

Veteran tri-athlete Frank Wilcox of Taftville recalled an incident during the Rose Arts Road race several years ago that typifies Pantelis's determination and athletic prowess.

"I came alongside him at the 10th mile mark and noticed his right shoe was untied," Wilcox said. "I told him and he said, 'I'll get to it when I finish.' Then he sprinted the rest of the way to the finish line."

At this stage of his life, Pantelis admits that sometimes he finds himself, in singer-songwriter Bob Seger's words, "runnin' against the wind." But he doesn't intend to cut back.

"I run mainly for health reasons," he said. "I also do it for the social aspect. I don't compete with anyone. I just go out there and enjoy running."

Pantelis, who has competed in the Spring Stride many times, said, "There's always a lot of camaraderie at that one, and it's a nice, fast course. The T-shirts given out are terrific, too. That's why I sent my application in very early — I want to make certain I get one."

Uncasville's Chadwick Brown, 25, was the first local finisher in a very impressive 2:42:32, good for 181st place overall. Oakdale's Lance Baier (2:48:47) and Danielson's Harry Lepp (2:48:58) both joined Brown in the sub 3-hour club.

The Boston Marathon is a Patriot's Day tradition in Massachusetts. Boston is Johnny "the Elder" Kelly as the Master of Ceremonies; it is Dick Hoyt pushing his disabled son Rick in his wheelchair for the 21st time, it is the blend of runners from dozens of different countries competing side by side.

Boston is Heartbreak Hill, it is local boy Bill Rodgers stopping to tie his shoe and to drink water yet still winning handily wearing his homemade T-shirt. It is 26 miles,

385 yards of roads lined with thousands of fans nearly every step of the way. And the Boston Marathon is a sure sign that Spring, baseball, and warm weather, have now arrived and plan to stay a while.

Racing Roundup

The local racing scene is beginning to heat up, and judging by some of the early season performances, it appears that a number of runners were able to log some high quality miles through the rough winter weather. Some recent standout performances include:

■ Waterford's Steve Herrera (14:48) and Old Lyme's Jeanne Lucey (18:25) claimed wins at the Salem 3 Mile Road Race on March 24th.

■ Todd Bennett claimed his first win of the 2001 season at the St. Joseph School 3-Mile Race in Baltic on March 31st. Bennett clocked in at 16:29, while Noank's Katey Kokomoor (20:32) was the first female finisher.

■ Uncasville's Chadwick Brown (16:10) won the Connecticut College 5K Road Race on April 1st. Brown, the runner-up to Herrera at the Salem race, used the effort as a final tune-up for Boston. Elizabeth Boucher (19:25) was the top female finisher.

That same day, Bob Stack of Gales Ferry finished 3rd overall in 53:21 at the Bridgeport Park City 15K. New Haven's Bryce Lindamood was the overall winner in 49:06, while Waterford's Denis Crowe finished 10th overall and 1st Grandmaster in 54:59. Stack and Crowe led a strong contingent of local runners in the Bridgeport race,

which served as the USATF State Championship for both Masters and Grandmasters.

■ Franklin's Chad Johnson (34:47) outran Todd Bennett (35:13) at the hilly Canterbury 10K on April 7th. Norwich's Melissa Perkins-Banas clocked in at an impressive 39:37 to claim the top female prize.

This month in history

April 9th, 1989: Norway's John Halvorsen fends off John Gregorek of Barrington, Rhode Island by one second to win the Boston Milk Run.

Halvorsen clocks a course record 28:01 over the 10K (6.2 mile) course to bettering Gregorek's 1985 mark of 28:15.

Ingrid Kristiansen, also of Norway, smashes the women's course record by over a minute with a blazing 30:58.

Norwich's Chris Hansen leads all local finishers, placing 49th overall in 31:51. Other top local finishers include Spyros Barres (31:57), Jeff Kotecki (32:23), Bob Stack (32:28), Dennis Crowe (32:31), Grant Ritter (32:33), Joe Banas (32:54), Walt Smolenski (33:13), Mike Fusaro (33:27), Jack Silva (34:02), and John Brown (34:36).

Over 4,000 runners compete in the traditional Boston Marathon tune-up race.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@netzero.net.

Bennett bests time, rest of the field.

By MARGEUX SOUTER
and KATIE ABERBACH
Norwich Bulletin

faster this year than last year so I was happy."

Lynne Hansen, who finished first among the female racers, crossed the finish line at 26:14. Like Bennett, Hansen also enjoyed the course, which looped around Lakeview Drive and gave runners a scenic view of Amos Lake in Preston.

"I just love this race. I come to it every year," the 34-year-old from Rhode Island said. "I passed a girl at the mile and I just had to stay ahead for the whole rest of the race."

Hansen runs with the Mohegan Striders, a local road racing team.

She said that her performance, as well as many of her fellow runners, was affected by the absence of Mohegan Strider President Tim Cane, who, due to health problems, was unable to run.

"Every Mohegan Strider has been thinking of him today," Hansen said.

Fourteen-year-old Victor Jorge III placed second in the race. Jorge also placed first in the 18 and under division, with a time of 22:10. Fifteen-year-old Matthew Liebal finished third in the race, and second in the male 18-and-under division, with a time of 22:12.

Sixteen-year-old Tina Barniak

finished second among all females in the race, and first in the female 18-and-under division, at 26:23.

Glenn Costello won the male 40-49 division with a time of 22:30, while Diane Kodama ran the race in 26:40, finishing as the top female in the same age division.

In the 50-59 year-old division, first place finisher Wayne Jolley crossed the finish line at 23:29 and Ellie Lowell clocked in at 28:12 for the women.

The annual race at St. Catherine's Church has taken place for 22 years, as part of the parish's Summer Festival fundraiser. **See ROAD RACE, D3**

mer Festival fundraiser. According to race director David Swerzewski the Fun Run is a highlight of the festival because it attracts runners from as far as New York.

"The runners here are a good crowd to interact with," Swerzewski said, who ran in the race himself. "It builds community spirit in the church."

The majority of the runners in the race were amateurs. Owner of Southern New England Road Race Officials Pete Volkmar said that to many of the athletes, just finishing the race was a higher priority than winning. "They ran because they want to be able to do it," Volkmar said. "These races are social events. It's a time to run together with friends."

Season's just begun

Waterford's Stephen Herrera off to fast start with win in the USATF State 5K in Simsbury

Think of the season-long road racing circuit as something similar to the Kentucky Derby. If the 2001 running and racing season, typically about mid-April through Thanksgiving, is viewed as a horse race, then you would probably be witnessing the favorites jumping out to the front of the pack right off the very first turn.

Road racing in New England is fully underway, and eastern and southeastern Connecticut has already been flexing its muscles.

At the USATF State 5K Championship in Simsbury two weeks ago, Waterford's Stephen Herrera did battle with Mark Robaczynski of Wethersfield right from the opening gun.

With the absence of the Hi-Tek Racing teams' top runners from a year ago, many of which have since severed ties with their former team, it was clearly a two-man race between Herrera and Robaczynski. Down the final stretch, Herrera found just enough to hold off his Hartford Track Club rival by a mere second to win the race in 15:12.4.

Herrera avenged two previous losses to Robaczynski, 26, at the Tarzan Brown road race in Mystic in both 1999 and 2000 (Robaczynski and Herrera finished 2-3 both times to Danbury's Joe LeMay).

Herrera also claimed the first individual state road race title of 2001 and helped put his Mohegan Striders team comfortably out front in the overall standings with their second straight win of the season, having also won the Indoor Track State Championship event in March.

After making his marathon debut at East Lyme last fall, Herrera has opted to pass on any offers to run a second marathon this year, electing to concentrate on some key road races and cross-country events. That strategy should spell trouble for the Connecticut competition this season.

Herrera may be running a cut above his fellow southeastern Connecticut competitors, but the presence of a youth movement, which had in general been surprisingly absent from the racing

scene during the past few years, can again be detected at the top of the racing results.

Two runners showing much early-season promise have been Uncasville's Chadwick Brown and Canterbury's Chad Johnson.

Brown, 25, who often trains and travels to races with Herrera, has already posted a 2:42:56 marathon effort at Boston this April. He then followed up with an eighth place finish in 15:52 at Simsbury less than two weeks later. Herrera and Brown had also clocked a 1-2 finish the day prior at the Flanders 5K in Niantic, with Brown logging a weekend of back-to-back personal bests at the distance.

Herrera and Brown have cruised through some very impressive early-season races to date, also recording 1-2 finishes at the Salem 3-Mile Road Race in March and at the Lawrence and Memorial Spring Stride 3.5-mile race last week.

Johnson certainly has the talent to make an impact as well.

The two-time state cross-country champion while at Norwich Free Academy looked sharp at Simsbury, finishing sixth overall in 15:48. Johnson also cruised to a comfortable win at his hometown Canterbury 10K race in early April.

Also look for Kevin Grant of New London and Uncasville's Todd Bennett, both of whom have already claimed a few early-season wins, to be strong contenders up front this season.

On the women's side

Mystic's Martha Merz has showed no ill effects from some early season nagging injuries as evidenced by her finishing as the second female overall at Simsbury, only 5 seconds behind winner Susan Faber, in an impressive 17:36 clocking. Merz returned with a strong showing at L&M, finishing 14th overall to claim the women's title.



RUNNING NOTES

Don Sikorski

Another local lady that has been running extremely well to date has been Norwich's Melissa Perkins-Banas, who opted for the 10K race at Simsbury and finished a strong second female in a brisk 38:40. Merz and Perkins-Banas, along with Stonington's Heather Bessette, Preston's Kris-Anne Kane, and Old Lyme's Jeannie Lucey, have all run well in the past month and again should be familiar names atop the leader board this season.

Masters runners

A number of Masters' (40-49) runners have also proven capable of mixing it up with their younger rivals.

Bob Stack of Gales Ferry, Norwich's Joseph Banas, Bobby Clark of New London, and Preston's Tim Kane have all showed that they are capable of contending with the Open division's best this season.

Dennis Crowe of Waterford and Tim Smith of Norwich again look to do battle in the Men's Grandmaster (50+) category.

On the women's side, Pawcatuck's Carla Thompson, a very familiar name on the local racing circuit should again dominate the women's Masters division. Canterbury's Michaelaean Haeseler is one of the area's best age-group competitors in the 50+ category.

Race participation has also held strong to date, with many area races drawing decent attendance. Corporate running has also showed strong growth, lead by Team Pfizer, who brought over 90 runners to the L&M race.

The Electric Boat Athletic Club and the Mohegan Sun Runners' Club both brought strong numbers to the L&M event as well.

A healthy dose of good, solid competition is good for the sport and also tends to bring out stronger performances. Unlike most other sports, road racing doesn't feature a post-season or a pre-determined championship schedule throughout the season. No Super Bowl, no World Series, no four "Majors", no NASCAR circuit, no "March Madness" single elimination contests.

Therefore, expect to see some of the better competitive races tak-

ing place over various distances throughout the state all season long.

One final note: Don't be intimidated by all this talk of fleet-footed contenders battling each weekend. Runners of all levels of ability are welcome and everyone should consider getting out to a road race event and participating, either as a runner, walker, or volunteer. Road race events, unlike some other sports, don't discriminate by age or ability. See you on the roads.

This month in history

May 21st, 1983: The 10th Annual Danielson Springtime Festival Road Race becomes the first TAC sanctioned road race in Connecticut to award cash prizes.

Jay O'Keefe of Mansfield, however, is forced to pass up his \$125 payday due to potential conflicts with his future NCAA eligibility. The 19 year-old O'Keefe, a former two-time State Open cross-country champion at E.O. Smith, had recently left Auburn University, but accepting cash would have jeopardized his future plans of returning to college and using his two remaining years of track and cross-country eligibility.

O'Keefe certainly deserved something more than the small trophy he took home. He had just completed the 5-mile race course in 24:00, breaking Amby Burfoot's seven year-old course record by two seconds.

James Murphy of the Central Mass TC was a distant second, 52 seconds back. John Luther, Wayne Jacob, and Will Rogers rounded out the top five finishers overall, while Mary Zuber was the first female finisher. John Pirie of Montville captured the 3-mile event in 15:18. The Danielson race was subsequently changed from two races at the 3- and 5-mile distances one 5K (3.1 mile) race.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@netzero.net.

St. Catherine of Siena Summer Fun Run

3.8 miles

Top 25 Finishers

1. Todd Bennett, 21:12; 2. Victor Jorge III, 22:10; 3. Matthew Liebal, 22:12; 4. Eddie Eckard, 22:27; 5. Glenn Costello, 22:30; 6. Walt Smolenski, 22:42; 7. Todd Fisher, 22:58; 8. Jay Lucas, 22:59; 9. Wayne Jolley 23:29; 10. David Jacobs, 23:54; 11. Jeff Wadecki, 24:07; 12. Joseph Barniak, 24:25; 13. Rick Urban Jr., 24:32; 14. Mike Vanvlaenderen, 24:34; 15. Thomas Izbicki, 24:41; 16. Hal Bennett, 24:42; 17. Jack Donahue, 24:49; 18. Lucas Landherr, 24:57; 19. David Sonstroem, 25:14; 20. Lance Magnuson, 25:18; 21. Jeffrey Rouillard, 25:28; 22. John Sacrey, 25:29; 23. Lynne Hansen, 26:14; 24. Tina Barniak, 26:23; 25. Todd Simons, 26:27.

MEN

18-under

1. Victor Jorge III, 2. Matthew Liebal, 3. Jeff Wadecki.

19-39

1. Todd Bennett, 2. Eddie Eckard, 3. Todd Fisher, 4. Jay Lucas.

40-49

1. Glenn Costello, 2. Walt Smolenski, 3. Rick Urban Jr.

50-59

1. Wayne Jolley, 2. David Jacobs, 3. Hal Bennett.

60-over

1. David Sonstroem; 2. Jerry Levasseur, 27:58; 3. Dan Jacobs, 32:11.

WOMEN

18-under

1. Tina Barniak, 2. Hanna Landherr, 34:20.

19-39

1. Lynne Hansen; 2. Kelli Boissette, 27:25; 3. Lynne Hill, 28:16; 4. Kim Vanvlaenderen, 28:36.

40-49

1. Diane Kodama, 26:40; 2. Kathy Smolenski, 29:51; 3. Susan Gordon, 33:35.

50-59

1. Ellie Lowell, 28:12; 2. Michaelaean Haeseler, 31:32; 3. Judy McGrath, 34:17.



Carol Phelps/Norwich Bulletin

Nelson Ndereva races toward the finish line to win the Rose City Challenge.

He had perfect timing

Ndereva's missed plane results in Rose City win

By MIKE PADIAN
Norwich Bulletin

NORWICH — When you consider that Nelson Ndereva's entire livelihood is predicated on timing, on racing against a clock, the story that brought him to Norwich to run in Sunday's Rose City Challenge is really quite entertaining.

This past Tuesday, June 5, Ndereva was scheduled to head back to his native Kenya, where he is able to get away from competitive racing and concentrate entirely on training.

He had his plane tickets and the flight out of Philadelphia was on time.

But the guy who won the 1996 and 2000 Beijing Marathons, the guy who can run faster longer than all but about

15 men in the world, was not on time.

His flight left without him and, as he said, you don't just get on the next plane — there is no next plane to Kenya.

So his loss — two weeks of training in Kenya's high altitude — was Norwich's gain. The Kenyan marathoner blistered the certified 10-mile course in a record time of 52:25.9.

"It was easy because there were no runners with me," Ndereva said. "I didn't know why they were running so slow (for the first two miles). After that, I said, 'Let me go.'"

And that he did. He ran alone for the final eight miles and he was still moving apace when he hit the Dodd Stadium warning track for the home stretch, looking wholly unphased by having just run the hilly, 10-mile track.

His countryman and training partner, 18-year-old Patrick Nthiwa won the 5K half of the event — although it was

believed to be a "friendly 5K," meaning a bit less than that — in 13:03.

There wasn't much drama with the women, either.

Mary Currier, a four-time winner of the event when it was known as the Rose Arts Festival Road Race, defended her title in 1:02:36, just about a minute off of her course-record time from 2000.

"The stadium finish is amazing," said the 37-year old Currier, a one-time Griswold resident who currently lives in Farmington. "It's like racing in the Olympics."

Currier has twice run in the World Championships and she's also run in the Olympic Trials, having just missed out on qualifying. The Olympics remain a dream and she's intent on running a sub-2:40 in this fall's Mystic Marathon.

The men's open race only remained in question for the first couple of miles

See RACE, C3

and that, as it turned out, was only because of Ndereva.

"I was with him until he decided to pick it up," said third-place finisher Chad Johnson, a 1993 graduate of Norwich Free Academy and a two-time cross country State Open champion. "He can pretty much do what he wants at will."

While neither of the Kenyans, who are accustomed to hilly, high-

altitude training in their homeland, was moved by the course (Nthiwa even called it a "flat course"), locals like Johnson knew that they had to save a little extra for miles six through eight.

"The hard part (about the course) is, if you go out hard and hit that hill at mile six you're going to fade if you don't watch yourself," Johnson said. "But if you discipline yourself, you'll be okay."

Which is all the more reason Johnson didn't try and stay with Ndereva: "It's a tough enough course without having to chase him down."

Memories live on



Photos by Jeff Evans/Special to the Bulletin

Chad Johnson, above, heads for the finish line and first place during the 10th annual Liz Harris Road Race in Preston Thursday evening. Runners in the one-mile race start at the Poquetanuck Elementary School and sprint down School House Road to the finish line. Kris-Anne Kane of Preston, right, the first woman to finish, is congratulated. The race is held each year in memory of Liz Harris, who had been a well-known teacher.



1. Nelson Ndereva 52:25:00; 2. Sergio Ribeiro 54:52:00; 3. Chad Johnson 55:32:00; 4. Chris Chisolm 56:18:00; 5. Stephen Herrera 56:39:00; 6. Chadwick Brown 57:03:00; 7. Nat Wibberley 57:36:00; 8. Chris Dickerson 57:44:00; 9. David Jerome Swift 58:09:00; 10. Andrew Witzk 58:38:00.

11. Christopher Andrew 59:01:00; 12. Tony Pergini 59:11:00; 13. Charles Schulten 59:41:00; 14. Gregory Mullins 1:00:11; 15. Joe Puopolo 1:00:19; 16. Mark Papparella 1:00:36; 17. Robert Stack 1:00:43; 18. Alan MacDougall 1:00:59; 19. Kevin Grant 1:01:17; 20. Peter Oviatt 1:01:18.

21. Robert Barker 1:01:24; 22. Jim Tharp 1:01:34; 23. Joe Banas 1:01:47; 24. Steve Virgadaula 1:01:59; 25. Tom Hiten 1:02:07; 26. Todd Brown 1:02:35; 27. Tim Smith 1:02:36; 28. Mary Lynn Currier 1:02:46; 29. Matt Auger 1:03:01; 30. Charlie Iselin 1:03:10.

31. John Anthony 1:03:12; 32. Jeff Kotacki 1:03:12; 33. Luke Mitchell 1:03:13; 34. Robert Hardman 1:03:14; 35. Brian Foley 1:03:19; 36. Kerry Arsenault 1:03:24; 37. Rob Blackwood 1:03:38; 38. Jim Hanrahan 1:03:43; 39. Donald Tyszkiewicz 1:03:48; 40. Kevin Skehan 1:04:06.

41. Anthony Fossa 1:04:19; 42. Allison Ciosek 1:04:29; 43. Michael Fritz 1:04:32; 44. Randy Chamberland 1:04:33; 45. Michael Gyulay 1:04:36; 46. Melissa Banas 1:04:37; 47. Michael Ruospo 1:04:57; 48. Matthew Curtis 1:05:01; 49. Richard England 1:05:02; 50. Jon Komacki 1:05:03.

51. Martha Merz 1:05:04; 52. Keith Moody 1:05:05; 53. Todd Fisher 1:05:08; 54. Barry Lewis 1:05:24; 55. Lance Baier 1:05:47; 56. Mark Hines 1:06:06; 57. James Kenefick 1:06:22; 58. Wayne Jolley 1:06:49; 59. Mike Fusaro 1:07:00; 60. Jim Dalton 1:07:08.

61. Nick Manuzzi 1:07:11; 62. John Ridyard 1:07:15; 63. Mary Dunn 1:07:17; 64. John Graham 1:07:20; 65. Paul Moyses 1:07:21; 66. Dave Hammond 1:07:23; 67. Nathan Paluck 1:07:27; 68. Chris Gilmartin 1:07:36; 69. Brian Fidler 1:07:38; 70. Joseph Balavender 1:07:46.

71. John Fields 1:07:47; 72. Charles Szilagyi 1:07:53; 73. John Murphy 1:07:58;

- yard; 3. John Graham. **Master:** 1. Andrew Witzk; 2. Joe Puopolo; 3. Robert Stack. **Junior:** 1. Betsy Boucher; 2. Elizabeth Auger. **Open:** 1. Mary Dunn; 2. Melinda Struwas; 3. Sue Sucholet. **Senior:** 1. David Sonstroem; 2. Fred Zuleger; 3. Paul Shanahan. **Submaster:** 1. Nelson Ndereva; 2. Sergio Ribeiro; 3. Chris Chisolm.

WOMEN'S DIVISIONS

- Grandmaster:** 1. Michaela Haeseler. **Junior:** 1. Betsy Boucher; 2. Elizabeth Auger. **Master:** 1. Mary Dunn; 2. Melinda Struwas; 3. Sue Sucholet. **Open:** 1. Allison Ciosek; 2. Sara Titus; 3. Kelli Montgomery. **Submaster:** 1. Mary Lynn Currier; 2. Kerry Arsenault; 3. Melissa Banas.

Rose City 5K Challenge

At Norwich

INDIVIDUAL RESULTS

1. Patrick Wihwa 13:03; 2. Michael Graziosi 15:17; 3. Glen Costello 16:11; 4. Todd Maddux 16:19; 5. William Lunn 16:42; 6. Keith Pellerin 16:54; 7. Victor Jorge III 16:55; 8. Kris Anne Kane 17:05; 9. Doug Ridyard 17:09; 10. Tom Curtis 17:21.

11. Dave Jacobs 17:27; 12. Rigg Mastonunzio 17:40; 13. Larry James 17:52; 14. Susan Hammond 18:28; 15. Lynne Hansen 18:44; 16. Barry Steamer 18:44; 17. Andy Swick 18:56; 18. Matt Capozza 19:01; 19. Chuck Martin 19:10; 20. John Murray 19:19.

21. Brett Lillie 19:39; 22. Tracey Schaeffer 19:44; 23. Ray Baumann 19:46; 24. George MacGrego 19:53; 25. Jerry Yedlin 19:56; 26. David Marien 19:59; 27. Jerry Brown 20:05; 28. Jerry Lavasseur 20:13; 29. John Pothier 20:14; 30. William Gorman 20:27.

31. Tom Baker 20:35; 32. Christopher Graham 20:46; 33. Erin Fields 20:48; 34. Brian Mahoney 20:55; 35. Jemal Davis 20:56; 36. Kyle Rouillard 20:59; 37. Elizabeth Swift 21:04; 38. Kathy Smolenski 21:08; 39. Bill Sheek 21:16; 40. Kara Kochanski 21:17.

41. Debrah Finco Kent 21:24; 42. Kimberly Urgitis 21:24; 43. James Moody 21:39; 44. Claire Tonewo 21:49; 45. Tom Brown 21:55; 46. Alain Caron 21:56; 47. Ben Mitchell 22:05; 48. Carrie Melvin 22:10; 49. Steve Hazzard 22:10; 50. Dan McLean 22:10; 51. John Fields 22:10; 52. Charles Szilagyi 22:10; 53. John Murphy 22:10; 54. John Fields 22:10; 55. Charles Szilagyi 22:10; 56. John Murphy 22:10; 57. John Fields 22:10; 58. Charles Szilagyi 22:10; 59. John Murphy 22:10; 60. John Fields 22:10; 61. Charles Szilagyi 22:10; 62. John Murphy 22:10; 63. John Fields 22:10; 64. Charles Szilagyi 22:10; 65. John Murphy 22:10; 66. John Fields 22:10; 67. Charles Szilagyi 22:10; 68. John Murphy 22:10; 69. John Fields 22:10; 70. Charles Szilagyi 22:10; 71. John Murphy 22:10; 72. John Fields 22:10; 73. Charles Szilagyi 22:10; 74. John Murphy 22:10; 75. John Fields 22:10; 76. Charles Szilagyi 22:10; 77. John Murphy 22:10; 78. John Fields 22:10; 79. Charles Szilagyi 22:10; 80. John Murphy 22:10; 81. 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May 28, 2001 - Memorial Day

12:00 Noon

An Hour After The Parade (Do Both!)

10 km Road Race

-Flat

-Scenic

-Fast

5 km Walk

(Just as Flat & Scenic!)

\$15.00

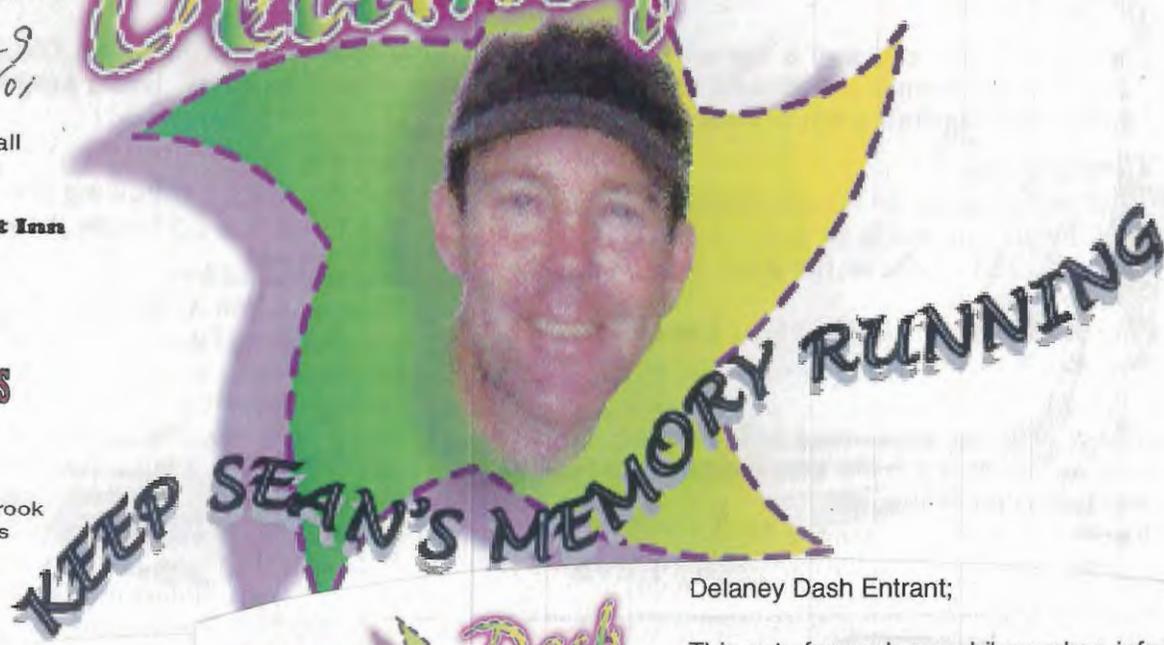
Pre race

\$20.00

Race Day

ck 829
3/2/01

Delaney Dash



Road race awards in all the standard divisions

Start and Finish at

The Saybrook Point Inn

Where College St. (Rt. 154) meets Long Island Sound in Old Saybrook, CT

SPONSORED BY THE **MOHEGAN STRIDERS**

Benefits
the Sean Delaney Scholarship Fund
(Awarded to an Old Saybrook High School runner who is college bound)

Delaney Dash Entrant;



This note forwards your bib number, information about race day and our thanks for choosing the Delaney Dash.

The Delaney Dash is our way of remembering Sean Delaney. He was our friend, a well-known, competitive runner throughout Connecticut, and Captain of the Mohegan Striders racing team. The race proceeds will be used to fund a scholarship in Sean's name for Old Saybrook High School college-bound seniors who run on the school track or cross country team. The first Sean Delaney Scholarship(s) will be awarded on May 31, 2001. We hope to continue the Delaney Dash

and these awards into the future.

The road race distance is 5 miles. The original plan for a 10-kilometer race could not be implemented. A few of you registered for the 10-km. If you have registered for 10-km and don't want to run 5 miles, we will refund your entry fee. You can call, write, email or ask for it on race day if you decide to watch the Parade and not run. The walk is still 5-km.

This letter also forwards your bib number. It should be worn on the front of your clothing and should not be cut, folded or defaced. We will be collecting the "pull tag" at the end of the finish chute. Please don't remove the

DELANEY DASH

503

MOHEGAN STRIDERS

is the main access road has a large number of the parking places at their right to parking and parking by "taking the

Delaney was the perfect competi

We follow the lead police cruiser as we approach the crest of the large hill. Running shoulder to shoulder, breathing heavily, and sweating profusely in the June heat, I summons my every last bit of reserve, open my stride length, and make a move.

Although we're more than a mile out from the finish, I begin to feel like this race is mine to win. Unfortunately for me, Sean Delaney has similar thoughts.



RUNNING NOTES

Don Sikorski

I hit the two-mile split with a paper-thin lead, then suddenly he goes past me, gapping me by 30 yards in the next quarter mile and never looking back. I desperately hang on for respectability purposes, and as I cross the finish line weary and exhausted, Sean is standing there waiting at the end of the finish chute, holding a hand out for congratulations and wearing a friendly smile. It wasn't the first time that Sean Delaney had gotten the better of me in a race, and it wouldn't be the last.

Sean Delaney was my teammate and my friend. Born and raised in Old Saybrook, Delaney was recruited to the Mohegan Striders in 1987, and soon became a familiar face at road races throughout the state. He also won quite a few of them.

But Delaney was more than just another fast guy at the front of the pack. He was the consummate competitor, a guy you would feel comfortable talking to on the starting line. He would run barefoot over broken glass to beat you when the chips were down, and you could enjoy a cold beer and warm conversation with after it was all said and done.

Delaney became captain of the Strider's Men's Open Racing Team in 1994 and was the key component to the teams' success on the state level.

Delaney led by example; his race schedule was busy almost to a fault. His range of personal bests included running 15 minutes, 10 seconds for 5K and sub 1:10 for a half-marathon; both in the same season in state championship races where his team had counted on him to score big.

He did every time out. Delaney enjoyed competing and seemed to thrive under the pressure of team competition, which says a lot about his heart and his desire when it counted most.

Soon, Delaney began to feel worse. Although he had struggled with a number of nagging injuries not uncommon to runners at his competitive level, this was something much more. Delaney was diagnosed with non-Hodgkin's lymphoma. Amazingly, he continued to run almost daily between bouts of chemotherapy treatments.

Heading out the door for a five-miler, even at a pedestrian pace compared to what he had been accustomed to in the past, was often a challenge, but his Doctors informed him that his running and his healthy lifestyle would be beneficial.

Through it all, Delaney shared news of his condition only with family and his closest friends. He later even showed promise of a miraculous comeback, nearly returning to a level where he competed at in his prime — just on season prior.

In a sport where runners often prepare their excuses for sub-par performances even before crossing the finish line, Delaney asked for no special treatment. Sadly, his condition subsequently worsened. In May 2000, Delaney passed away after a lengthy battle with cancer. He was 42 was old.

On Monday, (Memorial Day), the inaugural Delaney Dash 5 Mile Road Race will take place in Sean's honor. The race proceeds will be used to fund the Sean Delaney Scholarship Fund, which has been established through the Old Saybrook Education Foundation and Old Saybrook High School in Sean's name to be granted to Old Saybrook college-bound seniors who run on the track or cross-country teams.

The race begins at Noon (following the Old Saybrook Memorial Day Parade, so plan to get there early), and provides parking and shuttle services from the Kathleen Goodwin School on Old Post Road in Old Saybrook. There is also a 5-kilometer (3.1-mile) walk, and race volunteers are always welcome. Call the Delaney Dash Race Committee at (860) 437-7247 or get more information at www.jbsports.com.

In Delaney's eulogy, his brother Brian shared wonderful stories about Sean's dedication to his running regiment, how hard he had al-

ways trained, and how much his running was a part of who he was.

He also asked something unique of us. Brian asked that we remember Sean by trying to be a little more competitive; to try and push ourselves a little harder toward personal improvement.

This year, when faced with the challenge of not feeling well, a busy day, inclement weather conditions, or general fatigue, I often reflect on Sean's wishes as I head out the door for my run, considering myself fortunate that I am able to. This season is dedicated to him.

Racing Roundup

Leo Mayo Jr. successfully defended his title at the Brooklyn-Danielson Springtime Festival 5K on May 19th. Mayo, a Senior at Central Connecticut State University in New Britain, lead the race from the gun, crossed the finish line in 15:53.

Forty-seven year-old Geary Daniels of Dudley, Mass. finished a strong second in 16:18. The women's winner was nationally-ranked age group runner Rebecca Stockdale-Wooley of Chaplin, who finished an impressive 21st place overall in 19:10.

Both Daniels and Stockdale-Wooley compete for the Central Massachusetts Striders. A total of 296 runners competed the race. At the Naval Sub Base Memorial 10K on the same day, Stephen Bessette was the overall winner in 36:03. It was a family sweep for the Bessette's as Stephens' wife Heather captured the women's title by finishing third overall in 37:37.

Gideon Mutisya won the Home Depot Mid-May Classic in Fairfield on May 20th. Mutisya, a 34-year-old Kenyan residing in Hartford, ran 19:03 for the 4-mile race.

Waterford's Stephen Herrera was the top local finisher, fourth overall in 19:54. Uncasville's Chadwick Brown finished 11th in 20:44, while Preston's Tim Kane was 25th overall in 21:57 to claim the Master's (40-49) title. New York's Gordon Bakoulis set the women's course record, finishing 30th overall in 22:06. Mystic's Martha Merz was the sixth place female in 23:42. The Home Depot race served as the USATF State 4-Mile Championship.

This month in history

May 25th, 1992: The Xavier Racing Team made its debut ap-

pearance at the Washington Trails 10K State T.A.C. Championship Race in Durham. It's members, consisting of Xavier (Middletown) High School Alumni, were easy to spot in their florescent green tank tops. But the Mohegan Striders Men's Team used its depth to outrun Xavier 2:43:28 to 2:45:58 (top five times) over the hot and hilly 6.2-mile course.

Rocky Hill's Peter Pazik (31:43) returned to form after a year of injuries to hold off the challenge of Xavier's Greg Bonaiuto (31:52),

pulling away in the fourth mile for the overall win. Mike Whittlesey was third in 32:21 to lead the Striders. Bob Davenport (fifth), Ed Zubritsky (sixth), Kevin Pigeon (eighth), and Sean Delaney (14th) rounded out the Striders top five. On the women's side, Cheshire's Mary DeGeorge (38:26) outran Guilford's Kerry Arsenault for a 3-second victory.

Other notable local performances included Norwich's Tim Smith, who finished 20th overall to win the Masters division,

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Day race.

Martins celebrate 60th anniversary

The family honored John P. and Pearl Martin, formerly of Uncasville, who now reside in Bozrah and Pinellas Park, Fla., Oct. 14 with a dinner celebration at the home of their daughter Lynn Wisniewski.

They have four children: John C. Martin of Ledyard, Thomas Martin of Norwich, Lynn Wisniewski of Uncasville and Jean Martin of Glastonbury. They also have six grandchildren and three great-grandchildren.

Mr. Martin married the former Pearl Ihrig Oct. 11, 1941, at the home



of the bride's parents in Brooklyn, N.Y. He is a retired building contractor and real estate broker and she is a retired homemaker.

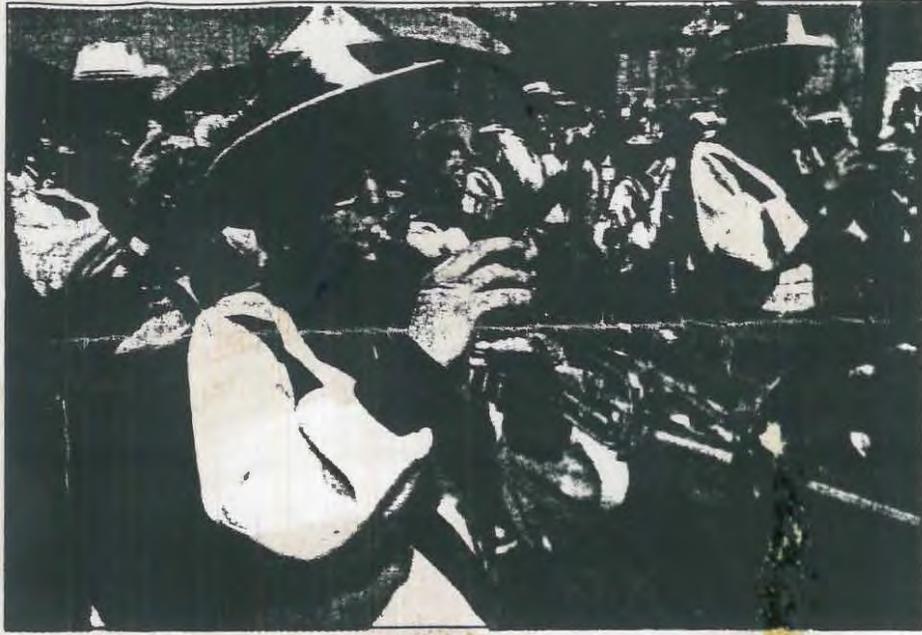
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Killingly-Brooklyn festival kicks off the season

By **ROGER ZOTTI**
Special to the Bulletin

For more information

For more information about the Killingly-Brooklyn Springtime Festival, contact Janet Hallbergh at 774-4776.



Woodstock Memorial Day Road Race

Racers aging with grace

LeMay leads pack of 30-plus-year-olds

By **AL NORTH**
Special to the Bulletin

WOODSTOCK — The older guard came out to compete at Monday's 21st Annual Woodstock Memorial Day Road Race.

None of the top-10 finishers was younger than 30 and everyone finished behind South Windsor's 33 year old Mike LeMay.

LeMay returned to the race after a year's absence and picked up where he left off as he won the 6.2-mile, 10K event in 35:43. That was over a minute off the pace set by Uncasville's Ed Zubritsky last year (34:33) and was well behind the record time of Dave Litoff (31:16) which was recorded in the early 80's.

LeMay had missed last year's race thanks to some bruised ribs he suffered during a fall so he was glad to return and as he put it, "sort of" defend his title.

"I'm very happy (with the time) considering the course. It was a nice day but I ran a

5K (Sunday) in Marlborough and considering I ran hard in that race, I had to be happy with this. You're never unhappy with a win anyway," LeMay said.

The South Windsor runner, a member of the Greater Hartford Striders, had to keep a fellow Strider at bay. Scott Deslongchamps, who runs with the Mohegan Striders group, used the same strategy as he did last year. Deslongchamps broke away from the pack early and tried to set the early pace but the Grosvenordale runner found LeMay tough to keep up with.

"He pushed the pace on me for the first couple of miles and I just let him go after that. I was hoping to catch him on the hill and I couldn't do it, he was just too strong on that hill," Deslongchamps said as he finished second in 36:28.

The hill is something that every runner refers to when discussing the Woodstock race. "Child's Hill" lasts the entire last mile of the race and

goes up some 300 feet and quickly brings runners, who have enjoyed a fast five-mile split, back to reality.

"The first two miles is a little downhill so it pays to go out hard but when you get to that last mile, it's just a brutal uphill. If you don't get ahead early, there's no way to make up the distance in that last mile so it's really smart to go out fast," LeMay said.

Dave Mingori of Webster, Mass. finished well back in third place, 28 seconds behind Deslongchamps. Ken Clark of Somers was fourth (37:23) while Michael Maier of Ellington placed fifth (38:02).

Women's race

It's never easy for women to discern whether they have a race on their hands but Woodstock was an exception. Defending champion Paulette Bolton of Danielson had to come from behind to beat Cindy LeFrance of Wauregan by 10 seconds.

"I was on her heels for the most part," Bolton said. "At the hill, I got a little ahead of her and I expected her to pass by me towards the finish but not quite."

Bolton, a veteran road racer, said her experience helped her as she captured her second win in five years at Woodstock. She placed 23rd overall in 43:29.

LeFrance, a former Plainfield High athlete, was running the race for just the second time and finished 25th in 43:39. She was a little battle tested having run circuits on Shepherd Hill Road behind Plainfield High during her high school track and cross country days.

"She's a tough runner so I was surprised to be leading the race at all with her behind me. I had a feeling she would catch me on the hill because I know how strong a runner she is," LeFrance said.

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"It's a nine-hole course," said Ray Preece, tournament chairman. "Right now, only youngsters ages 12-16 from Killingly and Brooklyn are eligible."

Eleven days later the Foster Country Club plays host to another golf tournament.

"We're in our second year, so we're not really a new event," said tournament chairman Steve Gagnon. "The kids have had their chance. Now it's time for the older folks. The tournament's idea was Don Bond's. He's an avid golfer, and this was one way to share his enthusiasm for the game."

Scholar dollars

As usual, the Festival's purpose is to raise scholarship money and award it to worthy Killingly High School seniors. Once again, two scholarships will be offered.

The Springtime Festival Scholarship is awarded to a senior who will be pursuing an education in the arts in college.

The second is the James Mazzarella Scholarship. Named in memory of the longtime festival committee member, it's given to a senior active in community service. Hallbergh said communi-

ty service plays a crucial role in selecting the scholarship winners. Because of community contribution in past years, scholarship recipients have each received \$500. Hallbergh hopes, however, the amount will increase this year.

"With help from the community, our goal is to provide up to \$2,000 in scholarships," Hallbergh said. "But it all depends on donations the public makes to this year's Festival."

Hallbergh said the festival is always looking for individuals who want "to become involved with any aspect of the event."

For veteran runner and Mohegan Strider Jack Curran of Norwich, the festival's highlight is the 3.1 mile road race. This year, the competition takes place May 19.

"I've done it perhaps 10 or 11 times," Curran said. "It's always been organized expeditiously. It's a nice, scenic course. If I get over this hamstring injury, I might do it this year."

Veteran runner Tim Smith of Norwich, agreed.

"I think of it as a peppy race and have done it numerous times," Smith said. "It's one of the area's oldest races and also one with a lot of camaraderie. The Mohegan Striders running club regards it as an important race, too. It's one of our 11 Grand Prix competitions."

People on parade

Smith said after the race, he and his family "usually stayed to watch the festival parade, which was always enjoyable."

Praise for the race and

the festival also came from Norwich resident Bill Warzecha.

"I did the race a few years ago with my brother-in-law, Marc Baribault," said Warzecha. "He's from Mississippi and came in for the week. He wanted to run a short race. So off we went to Davis Park for the start. He won a prize in his age division. Afterward, we attended some of the festivities and, you know, he still talks about that day and what a great time he had."

Warzecha has attended other festival events as well.

"Don't ask about which one I liked best — they were all good," he said. "This year, I plan taking my wife Kathy and daughter Emma to the Family Fun Day and, who knows, maybe I'll even try my hand at the golf tournament."

Hall of Famers



Rory Glaeseman/Norwich Bulletin

Above are the new inductees in the Norwich Hall of Fame. Front row from left: Gerry Chester, John Sikorski, John Ward, Anthony Orsini, Nicole Kadyszewski. Back row from left: Mark Ledoux, Marlin McPhail, Tim Lafayette, John DeStefano, Joe Lonardelli, Clyde Packer, Tim Pirie.

And they're off!



SEAN D. ELLIOT/The Day

Nearly 300 runners take off at the start of the 18th annual Sailfest Road Race in New London Sunday. Stephen Herrera (301) was the overall winner of the race.

'This year, my plan was all mileage in the spring and then sprint work, and at this point, just racing.'

Stephen Herrera

Herrera runs away with another win

By **BILL TAVARES**
Day Sports Writer

New London — When Stephen Herrera and Tyler McCabe spotted each other at the start of Sunday's New London 5K Road Race, they had a brief and amiable chat.

"He said, 'What do you want to do?' and I said, 'I'm going to try to win the race,'" Herrera recalled afterward. "He said, 'OK, let's go.'"

And that's just what the two did, quickly pulling away from the rest of the field as they

NEW LONDON 5K RACE

ran shoulder-to-shoulder through the first two miles of the course. They were still matching strides down Bank Street when Herrera began to sense McCabe was tiring.

"I think the last hill got him because he was doing all the pace work," said Herrera, who gradually opened a margin over McCabe in the final mile before winning the race for the second straight year in 15:35. "I could feel I was getting a step on him, so I was like, 'Alright, if he's getting tired now, maybe I

should pressure him a little bit. It seemed to be the right move."

McCabe, who finished second in 15:52, agreed.

"He made a surge and I couldn't go with him," said the 20-year-old McCabe, a 1999 Stonington High School graduate who is running cross country and track at Providence College. "He was easily the better runner. He ran great."

A 1989 Ledyard graduate now employed as a graphics designer, the 30-year-old Herrera

See **BESSETTE on C4**

At New London Top 25

1. Stephen Herrera, 15:35; 2. Tyler McCabe, 15:52; 3. Todd Bennett, 16:31; 4. Jon-Paul Mandelburg, 16:36; 5. Stephen Bessette, 17:05; 6. Mike Scott, 17:11; 7. Joe Banas, 17:16; 8. Dan Dillon, 17:17; 9. Jim Hanrahan, 17:21; 10. Matthew Buchholz, 17:26.
11. Peter Oviatt, 17:38; 12. Todd Fisher, 17:38; 13. Michael Fusaro, 17:40; 14. Eddie Eckard, 17:48; 15. Kyle Sweet, 17:48; 16. Tim Smith, 17:49; 17. Glenn Costello, 17:53; 18. John Murray, 17:57; 19. Dennis Crowe, 18:01; 20. Keith Bishop, 18:11.
21. Stanley Mickus, 18:17; 22. Wayne Jolley, 18:23; 23. Brian Gill, 18:25; 24. Heather Bessette, 18:27; 25. Karl Christiansen, 18:28; 26. George E. Manaskie, 18:29; 27. Kyle Pias, 18:44; 28. Joe Balavender, 18:47; 29. Matt Deangelis, 18:51; 30. Michael Didato, 18:55.
31. Michael Hartzell, 18:57; 32. Ryan Gauthier, 18:59; 33. Gary Deal, 18:59; 34. Joe Wojtas, 19:00; 35. Mark Novotny, 19:03; 36. Andrew Prior, 19:11; 37. Michael Boucher, 19:15; 38. Dave Jacobs, 19:16; 39. Jon Caron, 19:20; 40. Name unavailable, 19:22.
41. Walter Haas, 19:25; 42. Ben Burdick, 19:31; 43. Robert Nelson, 19:39; 44. Jack Connolly, 19:44; 45. Hal Bennett, 19:47; 46. Jon Nelson, 19:48; 47. Lance Magnuson, 19:59; 48. Vincent Thomson, 20:01; 49. Allen Litwin, 20:01; 50. John Hadcock, 20:05.
51. Pat Cartier, 20:06; 52. Brian McNaboe, 20:08; 53. Michael Staulo, 20:09; 54. John Savage, 20:17; 55. Jerry Yedlin, 20:20; 56. John Sacrey, 20:27; 57. Phil Carpino, 20:29; 58. Shawn E. Savage, 20:31; 59. Ted Phillips, 20:32; 60. Elizabeth Boucher, 20:45.
61. Eileen Lawrence, 20:48; 62. Todd Hatajck, 20:54; 63. Lawrence Williams, 21:04; 64. Carolyn Veroon, 21:05; 65. Diane Kodama, 21:06; 66. Patrick Eldridge, 21:07; 67. Jean Bradley, 21:09; 68. Scott Shaythe, 21:15; 69. Jerry Lavasseur, 21:16; 70. Name unavailable, 21:27.
71. Mark Chartier, 21:27; 72. Brett Lillie, 21:33; 73.

has had a huge year so far. He established a personal best of 15:12 while winning the prestigious Simsbury 5K, and he has also won the Niantic 10K, the Flanders 5K and a three-mile race in Salem.

"This year, my plan was all mileage in the spring and then sprint work, and at this point, just racing," said Herrera, who suggested he might not have won the race if McCabe was in top form. "When he's in shape, I think he's got me."

McCabe, who won CIAC Class meet titles in track and cross country during his career at Stonington, dismissed that idea.

"Don't take away from his win," he said. "I'm not in bad shape, I'm in good shape."

So, clearly, is Mystic's Heather Bessette. The top female finisher, she cruised home in 18:27, placing 24th overall.

"I'm surprised that I won," said Bessette, whose husband Stephen finished fifth overall in 17:05. "I really haven't been running that much."

When she has run, Bessette has done well. She won the Niantic 10K, and she finished second at the Covered Bridges half marathon in Woodstock, Vermont in June.

"After that half marathon, I really settled back," said Bessette, who is debating whether to accept an invitation to run in the New York City Marathon later this year. "I felt like I needed a break."

Bill Tavares may be reached at b.tavares@theday.com.

Divisions

Male

- Youth (12-under)** — 1. Sean Butler 23:24, 2. Jackson Connolly 26:18; **Junior (13-19)** — 1. Mandelburg 16:36, 2. Scott 17:11, 3. Sweet 17:48; **Open (20-29)** — 1. McCabe 15:52, 2. Buchholz 17:26, 3. Bishop 18:11; **Sub Master (30-39)** — 1. Bennett 16:31, 2. Bessette 17:05, 3. Oviatt 17:38; **Master (40-49)** — 1. Banas 17:16, 2. Dillon 17:17, 3. Hanrahan 17:21; **Grand Master (50-59)** — 1. Smith 17:49, 2. Crowe 18:01, 3. Jolley 18:23; **Senior (60-over)** — 1. Phillips 20:32, 2. Lavasseur 21:16, 3. Pecoraro 21:39.

Female

- Youth (12-under)** — 1. S. Fritz 22:45, 2. Manya Swick 29:24, 3. Kaye-Leigh Mandelburg 29:26; **Junior (13-19)** — 1. Savage 20:31, 2. E. Boucher 20:45, 3. Novotny 21:54; **Open (20-29)** — 1. Boiselle 21:40, 2. Elizabeth Schneider 25:16, 3. Kim Thompson 26:16; **Sub Master (30-39)** — 1. Lawrence 20:48, 2. Vernon 21:05, 3. Bradley 21:09; **Master (40-49)** — 1. Kodama 21:07, 2. Kisievitz 21:45, 3. G. Boucher 22:33; **Grand Master (50-59)** — 1. Ellen Bellicchi 24:15, 2. Doreen O'Neil 24:33, 3. Louise Pecoraro 25:19; **Senior (60-over)** — 1. Arlene McCoy 36:30.

Johnson's strategy pays off



Former NFA standout Chad Johnson won Friday's 16th Annual Run For Reliance 5K Road Race in 15:49.

By STEVE NALBANDIAN
Norwich Bulletin

RUN FOR RELIANCE 5K

NORWICH — Chad Johnson wants to prove to himself that he can train at a consistent level.

Friday's 16th Annual Run For Reliance 5K Road Race could prove to be a good starting point.

Johnson, the former Norwich Free Academy standout, won the overall men's title in 15:49, besting his previous low time in this race (16:44), by almost one minute.

"Every other time I've run this race, I go hard at the start for the first mile, but when I hit that hill (at Mohegan Park), I hit the wall," said Johnson, who finished ahead of Chadwick Brown (16:02) and Don

Sikorski (16:52). "This time, I told myself that I would run the start at a pace I was comfortable at and try to keep it up the hill.

"I saw the leaders start to come back at the top, and I made a move at the top and put on a spurt going down the hill. I was able to open up a little lead and kept it."

Johnson doesn't have his eye on any particular race in the future, but that could change depending on the kind of year he has.

"I'm just trying to find some consistency," he said. "I can't say I'm going to do this or that before I can prove to myself that I can do this for a year straight.

"If I can be competitive in these races in the state, I'll consider this year a success."

Kris-Anne Kane won the women's division championship — her third title in this race — in 19:13, despite not being able to race during the winter months because of a hamstring injury.

"It's always a great thrill to win a race," said Kane, who beat out Cindy LaFrance (20:34) and Kristen Ron (20:49). "Going up that hill is getting tougher and tougher, let me tell you.

"I thought I was going to fall back into the pack a little bit go-

ing up there. But I managed to keep going."

All proceeds from the race to go The Reliance House, a drug and alcohol rehabilitation center.

Other winners in the men's division include: Victor Jorge III (Junior, 18:29); Johnson (Open); Sikorski (Submaster); Bobby Clark (Master, 17:23); Tim Smith (Grandmaster, 18:03); and Ted Phillips (Veteran, 21:14). Christian Mulcahy won the boys race, crossing the one-mile mark in 5:28.

Other winners in the women's division include: Jessica Bentz (Junior, 22:51); LaFrance (Open); Kane (Submaster); Paulette Bolton (Master, 20:25); and Ellie Lowell (Grandmaster, 23:38).



Preston's Kris-Anne Kane was the top female finisher in the Reliance 5K, crossing the finish line in 19:13.

Readers' Forum

YOURS

Park trails a real pleasure

Editor:

The running and jogging community gratefully salutes the macadam path project approved and developed by the Norwich Public Works and Parks Department that provides a network of pedestrian trails throughout Mohegan Park. This summer the Norwich Rec Department Rec Runs were relocated from a very congested Mahan Drive to the Mohegan Park Center.

Many recreationalists embraced the new courses as the safety concerns are significantly minimized while the esthetics are greatly enhanced.

Over 50 participants were there for each of the eight Thursday night runs. We anticipate greater response and a more diverse program next season.

Thank you, Norwich!

CHARLIE SPELLMAN
TIM SMITH
Mohegan Striders Association

RUNNING

Run For Reliance Road Race

MEN

Overall: Chad Johnson 15:49; Junior: 1. Victor Jorge III 18:29, 2. Brandon Carus 19:43, 3. Matt Thibodeau 19:47; Open: 1. Chad Johnson 15:49, 2. Chadwick Brown 16:02, 3. Matt Jones 19:52, 4. Jamieson Miner 20:29, 5. Toby Wauszynowicz 21:03; Submaster: 1. Don Sikorski 16:52, 2. Todd Bennett 17:15, 3. Mike Fusaro 17:50, 4. Eddie Eckard 18:11, 5. Todd Fisher 18:15; Master: 1. Bobby Clark 17:23, 2. Glenn Costello 18:08, 3. Gary Deal 19:14, 4. Walter Haas 19:30; Grandmaster: 1. Tim Smith 18:03, 2. Wayne Jolley 19:02, 3. Randy Raah 19:55; Veteran: 1. Ted Phillips 21:14, 2. Fred Zwegar 21:47, 3. Hank Allen 24:28.

WOMEN

Overall: Kris-Anne Kane 19:13; Junior: 1. Jessica Bentz 22:51, 2. Rebecca Church 32:20, 3. Laura Gerber 32:36; Open: 1. Cindy LaFrance 20:34, 2. Kristen Ron 20:49, 3. Kelli Boiselle 22:19; Submaster: 1. Kris-Anne Kane 19:13, 2. Lynne Hill 22:52, 3. Mary Howe 23:09, 4. Annette Camp 23:47; Master: 1. Paulette Bolton 20:25, 2. Dianne Kadoma 21:28, 3. Susan McCarthy 23:06, 4. Kelly Crouch 23:30; Grandmaster: 1. Ellie Lowell 23:38, 2. Michaelaen Haester 25:38, 3. Christine Coayes 27:33.



Kris-Anne Kane of Preston plays with Trudy, a basenji mix, at the Preston pound.

Khoi Ton/
Norwich Bulletin

Racing Roundup

Uncasville's Todd Bennett continues to chalk up his share of wins this season. Bennett returned to the Greater Downtown Merchants Road Race in Norwich on September 6th after a wrong turn at halfway forced him to drop out of last year's race. Running a different course this year, Bennett was again guided off course and reached the finish line early, but was awarded the win over Eddie Eckard and Mike Fusaro.

Eckard also followed Bennett off course and Fusaro, who had been running in third place, was initially awarded the victory, but graciously declared Bennett the winner. Bennett also won the Lisbon Fall Festival 3.5-Mile Road Race on September 22nd in 19:23, with William Beckwith claiming runner-up honors in 19:34.

On the women's side, Norwich's Melissa Perkins-Banas continues to turn out top level performances on the roads this year from every distance from 5K to the marathon. Perkins-Banas was the top female finisher at Lisbon in 20:29, good for eighth place overall . . . Canterbury's Chad Johnson is also having a banner year on the roads. Johnson won the Liberty Bank 5-Mile Road Race in Old Saybrook on September 16th in 25:15, which served as the USATF State Championship.

Uncasville's Chadwick Brown placed fourth overall in 25:40, while Mystic's Martha Marz (third female in 29:33) and Perkins-Banas (fourth in 29:51) also posted impressive performances. Johnson has showed no signs of slowing down after his terrific 17th place finish against a national-class field at the New Haven 20K on Labor Day. Johnson's time in 1:04:40 in New Haven measured up against some of the country's top distance runners. Dan Browne, a former Army standout now training in Colorado, won the race in 1:00:09 to claim his second national U.S. title this season.

Both Johnson and Brown, along with teammate Steve Herrera of Waterford, were instrumental in securing a state team title for the Mohegan Striders in 2001. Herrera is currently recovering from a stress fracture he suffered during the final miles in New Haven. Herrera was forced to hobble to the finish line in 1:11:51, still good enough for 58th overall in a field of over 2,000.

Kevin Grant of New London (15:21) outran Chadwick Brown (15:54) to win the Strides for Great Neck 5K on September 30th. Heather Clark (20:49) was the top female finisher . . . Former St. Bernard High School and Holy Cross standout Chris Hansen was the fourth place American finisher in the 35-39 year age group at the World Duathlon Championships in Rimini, Italy on September 16th.

Hansen completed the course, which consisted of a 10K run, 40K bike, and another 5K run, in 2:01:55, a personal best by more than 3 1/2 minutes. Hansen also represented the U.S. at the 1995 Championships in Cancun, Mexico. Team USA led over 20 different countries in the opening ceremony parade as a goodwill gesture due to the September 11th terrorist attacks.

This month in history

October 20th, 1985: Just after 18 miles into the 6th Annual East Lyme Marathon, Norwich's Tim Smith began to prove he knew a thing or two about marathon racing. The 37 year-old Smith, who three years earlier had posted a 2:23:56 East Lyme course record that still stands today, ran down three of the area's strongest distance runners in Bob Stack, Joe Banas, and Bill Marshall over the final miles to win the race for the third time.

Smith made up 100 yards in less than a mile to pass Banas in the 24th mile, closing to within 150 yards of Marshall's lead. Just over a mile later, Smith had taken control of the race, passing Marshall and hitting the tape in 2:34:15 for the 26.2-mile distance. Stack moved up to claim runner-up honors in 2:35:53, with Bill Millea of West Warwick, RI 3rd in 2:36:05.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. He can be reached by e-mail at kdcsikorski@netzero.net.

NO DAY
08/16/01

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ANTHONY REYES / The Day

Proponents of peace — From left, Kris-Anne Kane, of Preston, Ron Dombrowski, of Norwich and Bakol Keaney, of England, run along Route 82 in Norwich as part of the International Peace Run.

BULLETIN LOCAL THURSDAY, AUGUST 16, 2001 • NorwichBulletin.com

B3

International peace runners arrive in city

By STEPHEN HUGHES
Norwich Bulletin

NORWICH — At 11 a.m. Wednesday, six local runners carrying Peace Run flags were escorted up Bath Street by police before swinging into the City Hall plaza to tunes by the Silver Cornet Band.

The runners, part of the Eastern Connecticut Community Peace Run, joined U.S. national team runners in the U.S. Peace Run and representatives from the Czech Republic, Australia, Austria and Germany to spread a message of peace throughout southeastern Connecticut.

During a brief ceremony in front of City Hall, City Council President Richard Abele read a proclamation conveying the city's support for the runners.

"We honor their achievements and welcome them to our community," Abele said.

Abele, who declared Aug. 15 Peace Run Day in Norwich, said he hopes city residents celebrate the practices and morals of the peace run.



Khoi Ton/Norwich Bulletin

Frank Morosky, left, with blue flag, and Kris-Anne Kane carry the torch as they run up Bath Street to the Norwich City Hall with other members of the U.S. National Peace Runners. The U.S. peace runners are on a five-month route through the 48 contiguous states.

Patrick Krein came all the way from Cologne, Germany, to participate in the U.S. run.

According to Krein, the peace runners stop in school class-

rooms and run with track teams along the route. Krein said people often inspire the runners by honking their horns as they drive past, and some even get out of their cars and jog beside the runners.

The national peace run started April 14 at the United Nations in New York and has traveled through every state except Alaska and Hawaii. It will conclude at the United Nations Friday.

According to Eastern Connecticut Peace Run Coordinator Frank Morosky, at 77,000 miles, the peace run is the world's longest. The portion of the run in the United States is 11,000 miles.

"The peace run is a true grassroots organization that believes the common man can make a difference in world peace," Morosky said.

During the ceremony, a peace quilt containing 500 prayers and messages from people in southeastern Connecticut to one another and to the rest of the world, was draped over the railing at City Hall.

Johnson certain to have no regrets

12/01

Twenty years from now, Chad Johnson doesn't want to look back on his running career and wonder what might have been.

That's why it wasn't uncommon to see him lined up front and center at the starting line of about two dozen races this year to date, willing and ready to compete.

And the way Chad Johnson has raced this year, it wasn't that uncommon to also see him front and center at the finish line.

Johnson, a physical education teacher at Lebanon Middle School, recently completed his first season as head cross country coach at Lyman Memorial High School. As a former NFA Assistant who had been involved with the Wildcats' athletic program ever since he competed for NFA from 1989-1993, Johnson seems to have handled the transition of coaching at a new school quite well.

Along with assistant coach Shaun Berard, their Lyman teams posted respectable performances in the COC, with the boys team third and the Girls team fourth in their conference. Johnson was eager to take the reigns and begin teaching his new runners the attitude and work ethic that go along with a sport like high school cross-country.

He did admit, however, that being away from NFA for the first time in about a dozen years was an

adjustment.

"The biggest difference in going from NFA to Lyman was that I was always around the runners at NFA and I knew all of them personally — so I didn't need to earn their respect," Johnson said. "But I got some good feedback from the (Lyman) kids this year. They did a real good job all season long. I wanted them to be competitive; not that they all had to be superstars, but that they would all try to do their best. And I wanted them to enjoy their running."

Although Johnson may have felt the need to prove himself to his new team, he is hardly an unknown in the local running community. A distance running prodigy even before he entered high school, Johnson won back-to-back state cross-country titles for the Wildcats in 1991 and 1992, and as a senior he possessed one of the nation's fastest track times at 3200 meters (9:01).

From there, he went on to compete for coach Greg Roy at UConn. Johnson feels, however, that he never reached his full potential as a runner while at UConn, and then he spent the next few years running sporadically and racing infrequently.

This past year, however, was a completely different story for Johnson. Anxious to give serious running one more attempt, he trained with the purpose of helping his Mohegan Strider teammates win the USATF State Championship and vowed that he would be on the starting line and give it his best shot no matter what level he was running.

Although juggling coaching responsibilities and his own training

was a challenge at times, Johnson was not going to fade away from the race scene again.

"In the past, whenever I tried to run and coach at the same time, I've completely failed," he said. "This time, I did most of the training all year long, and then it only took a few weeks to get my legs back (after the cross-country season)."

Johnson certainly proved he was ready to race, finishing 2nd in the USATF circuit for the year behind the Hartford Track Club's Chris Chisholm, while beating Chisholm head-to-head in state championship races at five miles, 10 miles, and 20K).

Other season highlights included state championship wins at 5 miles (road), 5,000 meters (track), 8K (cross-country), a third place finish in the Rose City Challenge, and a 17th place finish overall in 1:04:40 at the prestigious US National 20K Championships in New Haven on Labor Day.

Many runners who possess top-level running credentials struggle when faced with the concept of not being able to match up with past high school or collegiate performances. Johnson has conquered those demons and has returned to the roads with a refreshing new attitude.

"I finally started to figure it out," he said. "Before, I used to think that if I didn't go out and run 14:47 for 5K, then why bother? But I've reached a point in my life where I have the job I want, I'm married and have a house, and now I can just get out there and enjoy road races. From the early days in the beginning when I would tag along

with my Dad to the races with the Mohegan Striders, I did it because it was fun. And I'm having fun now."

Racing Roundup

In a battle of former state cross country champions, Chad Johnson (NFA 1991-92) outran Eric Blake (Lyman Memorial 1996) at the USATF 8K XC State Championships in West Hartford. Peter Oviatt of Lebanon was third overall, while Chadwick Brown (fourth) and former UConn standout Kevin Jensen (fifth) rounded out the top five finishers. Heather Gardiner outdistanced Kerry Arsenault for top female honors.

■ Former Providence College standout Steve Myers cruised to a comfortable win at the Along the Thames 5K in New London on November 17th. Myers, 25, clocked in at 16:21, while Pawcatuck's Carla Thompson returned to the roads after a low key summer of racing to take the ladies title in 18:32.

■ UConn's Dan Wilson won the NCAA East Regional Qualifier at Franklin Park on November 10th. Wilson, a former Notre Dame (CT) High School standout, ran 29:44 over the 10K course (actually measured at 9,845 meters) for a one-second win over Providence's Hanish Thorpe.

A number of former local high school standouts also ran very well: Yale's Chris Andrew, the 1999 State Open XC Champion while at NFA, finished a strong 24th overall in 30:56, while his former high school rival, Tyler McCabe of Stonington, was 33rd overall in 31:08, helping the Friars claim the team

title with 59 points.

Andrew and McCabe are both only sophomores and both continue to get stronger and faster each year: URI's Matt Auger (NFA, 174th place) and Chris Tedeschi (Fitch, 218th place) also ran well all season long. UConn finished 14th in the 36 team field.

■ Kenya's Leonard Murchero won the 65th Annual Manchester Road Race on Thanksgiving Day. Murchero, a world class miler making his 3rd attempt at a Manchester title, ran the 4.748-mile course in 22:40, good enough for a 12-second win over Dan Browne of Boulder, Colorado, a West Point graduate running for the U.S. Army team and currently America's top distance runner from 10K to the half-marathon distance.

Canterbury's Chad Johnson was the first Connecticut finisher (21st overall in 23:36), followed closely by Eric Blake in 24th (23:46). Svetlana Zakharova of Russia, who was the third female finisher in the New York City Marathon three weeks earlier, ran 24:22 to edge crowd favorite Amy Rudolph of Warwick, RI by one second for the women's title.

Two notable runners in this year's field were American 3,000 and 5,000 meter record holder Bob Kennedy, who was competing in his first road race over one mile but had been struggling with a number of injuries and was never a factor, finishing a disappointing 12th overall in 22:54.

The other is 81 year-old Charley "Doc" Robbins, a past winner who amazingly finished his 50th consecutive Manchester Road Race in about 58 minutes and change.



RUNNING NOTES

Don Sikorski

 [Email this story](#)

Wednesday, December 12, 2001

Runners making big strides

Come in fourth out of 22 teams at National XC Championships

By **MIKE PETERSEN**

Norwich Bulletin

Last Saturday, the Mohegan Striders showed coach Gary Zenowitz how good cross country runners in the Eastern Connecticut Conference really are.

His squad finished fourth at the WSATF National Junior Olympic Cross Country Championships, which were held at Pioneer's Park in Lincoln, Neb.

As a team, the fourth-place finish was the best by a Mohegan Striders team in its five years of existence. Individually, All-American Mark Olivier, a sophomore at Fitch High School in Groton, finished 11th in the nation.

The 15- to 16-year-old division that the Striders ran in was made up of 212 individuals and a total of 22 teams from all across the country. The entire Junior Olympics did

"It was an outstanding effort for all nine of my runners. Everyone ran their hardest and put in all the effort that they could." Zenowitz said.

www.norwichbulletin.com/news/stories/20011212/localsports/1

Featured in [Sports](#)

Striders fourth in USATF meet *12/08/01*

By [Day Staff Reports](#)

Published on 12/13/2001

Lincoln, Neb. — Mark Olivier finished 11th, earning All-America status, and the Mohegan Striders 15-16-year-old boys' cross country team came in fourth of 22 teams Saturday in the USA Track & Field Junior Olympic National Championship.

Olivier finished the hilly, 3.1-mile course in 16 minutes, 41 seconds. He was followed on the team by David Holliday, 37th in 17:09; Sean Burbank, 42nd in 17:17; Mike Scott, 64th in 17:34; Kyle Sweet, 121st in 18:07; Mike Sedlack, 149th in 18:25; Ryan Gauthier, 161st in 18:41 and Mike Zenowitz, 173rd in 18:52.

The team finished with 202 points, trailing the Equalizers of California (113), the Provo Track Club of Utah (156) and the Panthers of Michigan (156).

The Striders qualified for the nationals for the second straight year by winning the Northeast Regional meet. Last year's national meet was held in Las Vegas, where the runners struggled in the high altitude. This year, the team set its sights on a top 5 finish ... and achieved its goal.

Also competing for the Striders in the 17-18-year-old division was Matt Ross, who finished 59th of 147 runners with a time of 17:16. ■



[Enlarge](#)

The Mohegan Junior Striders, seen here during practice on Dec. 2, finished fourth as a team at the National Junior Olympic Cross Country Championships last Saturday, the highest finish in its five-year existence.

"The course was full of rolling hills and a lot of wooden area," Zenowitz said of Pioneer's Park, which is also the site of the Big 12 Conference Cross Country Championships.

"There were so many sharp turns that it was hard for the runners to even see the competition in front of them."

The Equalizers, a team of runners from California, took first place in the event, followed by the Provo Track Club of Utah, the Michigan Panthers, and then the Mohegan Striders in fourth.

"It was beautiful day to run," said Zenowitz, "Before we left I told the kids to be prepared for it to be a cold day (on Saturday), but it turned out to be absolutely gorgeous. The sun came out and the temperature rose to almost 45 degrees."

At the Junior Olympics last year in Reno, Nevada, the Striders took 10th place, previously Mohegan's best finish.

Individually, NFA senior Matt Ross finished 59th in the 17- to 18-year-old boys division and Woodstock senior Amy Hicks finished ninth in the 17- to 18-year-old girls division. For her finish in the top 25, Hicks was named an All-American.



Khoi Ton/Norwich Bulletin

Santa sets the pace with the Mohegan Striders on Broadway in Norwich to benefit Tommy Toy Fund.

Santa, Mohegan Striders run to benefit Tommy Toy

By AMY LAWSON
Norwich Bulletin

NORWICH — Dozens of residents laced up their running shoes Friday evening to participate in the annual Santa Run for the Norwich Bulletin's Tommy Toy Fund.

Between 50 and 60 runners of all ages tried to keep up with Santa as he ran three miles through the streets of downtown. The run began and ended at Billy Wilson's Aging Still on Broadway.

Tim Kane, president of the Mohegan Striders, said that running with Santa is a Strider tradition.

"We try to get people to do this every year," he said. "It's just a great way for people to get out and do something and at the same time give back to the community. What kid wants to wake up Christmas morning to no Christmas presents?"

The coordinator of the Santa Run, Bob Miles, believes that people continue to run every year because of what the event does for Norwich.

"This is a fun night out for people and it's been going on for more than 20 years," he said. "People realize that this is their chance to get out and help someone while

they can."

The entry fee for the run was one toy per runner and all donations go to benefit the Tommy Toy Fund.

Ahead of the pack



John Shishmanian/Norwich Bulletin

Chad Johnson of Canterbury wins Saturday's St. Joseph School 3-mile Road Race in a course record 14:48.

RUNNING

St. Joseph's School race
At Baltic

TOP 25 RESULTS

1. Chad Johnson 14:48; 2. Todd Bennett 15:55; 3. Bill Beckwith 15:59; 4. Chris Croff 16:18; 5. Robert Corsi 16:54; 6. Mike Munroe 17:08; 7. Scott Fisher 17:12; 8. Keith Pelloni 17:17; 9. Todd Fisher 17:30; 10. Wayne Jolley 17:34;
11. Tis Carta 17:35; 12. Melissa Perkins-Banas 17:36; 13. Eddie Eckard 17:41; 14. Michael Didato 17:47; 15. Brian Fisher 18:10; 16. Kristen Russo 18:33; 17. Dave Jacobs 18:36; 18. Kevin Mol 18:45; 19. Tom Curry 18:49; 20. Bob Davidson 18:56;
21. Glenn Coughlin 18:57; 22. Erik Libby 18:59; 23. Larry James 19:23; 24. Cliff Collins 20:08; 25. James Smith 20:32.

PROFILE OF A NEWSMAKER

Athlete races to qualify for Senior Games



Ron Dombrowski

In the news: Ron Dombrowski, 58, is in training for the 5K road race in the 2002 Senior Games. Opening ceremonies are scheduled for July 27, at the U.S. Coast Guard Academy in New London. The games will be held Aug. 2-4 at Connecticut College, the Coast Guard Academy and selected sites in East Lyme, Waterford and New London. Athletes must be older than 50 to participate.

"I haven't done track work yet, but right now my speed is where it was a few years ago," he said.

Qualify: Dombrowski must qualify for the games by participating in a 10K race in Niantic June 14. "If I finish in the top three in my age group, I've made it," he said. Qualifying for the games is not new for Dombrowski. In Tucson, Ariz., in 1997, Dombrowski ran the 5K and finished 33rd overall. "That was the first one I went to," he said. "There were about 450 runners." In 1999, Disney World hosted the games. Though injured, Dombrowski ran the 5K and finished 55th. He did not attend last year's games in Baton Rouge, La.

Sponsors: To help with expenses, Dombrowski sought contributions from local banks and hospitals. "They were very generous," he said. Unlike other states that provide uniforms and travel expenses for its senior participants, Connecticut pays nothing, which Dombrowski said disappoints him.

Quotable: "The qualifying times were made tougher after the Arizona Games," Dombrowski said. "The excuse those in charge used was that too many senior athletes were showing up. Apparently they want only the elite. But that's not really what the Games are about. They're about meeting people from other parts of the country, about camaraderie and about just being there and participating at 50 or 55 or 60 years of age or even older."

— Roger Zotti

Preparation: A longtime member of the Mohegan Striders Running Club, the Norwich resident trains year-round. "There's no let up," Dombrowski said. He credits Madison's Jerry LeVesseur, a veteran Games participant, for introducing him to the event several years ago. "I run five days a week." A few months before the Games, Dombrowski intensifies his training program. To test himself, he does the Lawrence & Memorial Hospital's Spring Stride Road Race in early May. Dombrowski is pleased with his training routine.

Profile of a newsmaker runs daily. If you know a newsmaker to profile, call us at 887-9211, fax to 887-9666 or send an e-mail to news@norwichbulletin.com.

MOHEGAN STRIDERS MEETING

FRIDAY, April 26TH, 6:30 PM
Nassif's Sports, Main St. Willimantic

Asics & New Balance Reps on hand.
Raffles, giveaways, & food !!!!
Look for further details to come.

10% discount on all purchases !!!!!!!!!!!!!
Meeting starts at 6:30 sharp.

Remember, this is a Grand Prix Event !!!





NASSIFF'S FOR SPORTS 2ND ANNUAL

MOHEGAN STRIDERS CLUB SALE Friday April 26th, 6:30 PM

Special Presentations by:



Dean Driscoll

Asics Factory Representative



new balance

Karen Gerweck

New Balance Factory Representative

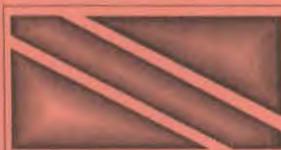


Food and Refreshments

Provided by Blimpies and Hosmer Mountain Bottling

10% OFF purchases-Including sale items 10% of purchases donated back to the club

(a merchandise certificate equal to 10% of the evenings purchases will be given to the club)



NASSIFF'S FOR SPORTS

(860)45

Norwich's Kevin Crowley will be receiving the Kapteina Service Award at the Norwich Sports Hall

9-9070

Racing Roundup

After 34 seasons of coaching cross-country at St. Bernard High School, Douglas Sharples has officially informed the school that he is retiring. Sharples, a member of the Connecticut High School Coaches Association Hall of Fame, has compiled over 400 wins in his coaching career, including a total of 34 men's and women's state cross-country championships and 10 state track championships.

His St. Bernard teams won State Open cross-country titles in

1968, 1969, and 1981 and has twice earned All-America status (1981 and 1983). He has produced a total of 37 all-state athletes, including 14 individual state champions. Sharples was also named National Cross-Country Coach of the Year in 1987. His contributions to St. Bernard High School and to the sport of cross-country will certainly be missed.

Uncasville's Chadwick Brown was the third Connecticut finisher in this year's Boston Marathon on April 15th. Brown, 26, who had run 2:42 at Boston last year, finished 140th overall in 2:37:55 to lead all area runners.

Chad Johnson of the Mohegan Striders has clearly established himself as the runner to beat in Connecticut in this year's USATF-CT State Championship circuit. Johnson has cruised to comfortable victories in the season's first two races, winning the Terryville 5K on April 28th (running 15:52 for a 25-second win on a grueling course in a downpour) and the Quassy Loop 12K in Woodbury (running 38:24 for nearly a two-minute win) a week later.

Waterford's Steve Herrera, also competing for the Striders, posted runner-up finishes in both races and shows not ill effects from the stress fracture he suffered last fall. The next championship race is Norwich's Rose City Challenge (10 miles) on Sunday, June 9th.

of Fame Banquet on Sunday, May 19th at the Ramada Inn. The award recognized individuals who have donated significant volunteer time and services for sporting and recreation events in Norwich. You won't find an individual more enthusiastic than Kevin Crowley in this department.

The Norwich youth track program and the youth races at local road race events are some of the season's most popular events thanks to Crowley, with a number of these young runners going on to

excel at the high school and collegiate level. Tickets for the banquet are \$25. The banquet begins at 5:00 p.m.; contact Hall of Fame President Don Rivest at 889-6666 or Tom Pirie at 887-7586 for tickets or more information.

Marshall still about running

Bill Marshall's distance running future was looking bright. As a Norwich Free Academy junior during the fall of 1961, Marshall led his team to the state open cross-country title.

He had run under 14 minutes to break the NFA home cross-country course record, held by former state champion Clem McGrath. The Wildcats returned for a second consecutive state open title a year later, with Marshall, now a senior, the team leader.



RUNNING NOTES

Don Sikorski

Tim Smith, a young freshman on that '62 team, went on to make a significant impact on the New England running scene. But it was Bill Marshall who was earning all the headlines.

Marshall entered UConn the next year and quickly made an impact on the cross-country team. In fact, he won eight of the nine races he competed in that fall.

And then he walked away from running completely. Quit cold turkey. The college fraternity life was more appealing than the hard work and discipline that distance running required. So for the remainder of his collegiate days and for the next 10 years, Marshall smoked cigarettes and gained weight. Running was in Bill Marshall's past.

One day, his friend Chris Portelance invited Marshall over to the house for dinner and asked for company on his afternoon run. Marshall, who had always been a superior runner to Portelance, nonchalantly agreed, figuring he would be able to hold his own.

"He buried me," Marshall fondly recalled of that afternoon. "After that, I quit smoking and started running." Marshall competed in the

1975 Rose Arts Festival 10.6-Mile Road Race on a mere month of training. But he was hooked again.

Over the next few years, Marshall's return to running and racing got serious. And Marshall got fast. He posted a terrific 2:25:15 clocking at the 1975 Boston Marathon, a pace per mile that most of today's top area runners would be challenged to maintain for 5 or 6 miles, never mind 26.2.

The time away from running also served Marshall's longevity well, as he became dominant as a Masters (40+) runner. His 15:23 clocking at the Danielson 5K in 1985 is still the race's age-group record.

Marshall also currently holds the Master's course record at the prestigious Holyoke 10K, running 31:28. And his 31:20 effort at the Boston Milk Run 10K in 1985 ranked Marshall the fourth fastest Master's runner in the country for the distance.

Clearly, Marshall had regained the form of his youth and was on the top of his game, consistently beating runners half his age.

At 46, Marshall began to struggle a bit with some nagging injuries. Injuries can deter the progress of even the best runners, and Marshall decided it was time to retire from competitive racing.

"I'd been running really hard for a really long time," Marshall said, "and it was time to find out who I was outside of running. It was my journey of exploration."

Although Marshall attempted a few minor comebacks, all of which were cut short by injuries, he has recently returned to consistent running again, only this time, with a different perspective.

Marshall's two children have also followed in his footsteps. Daughter Jessie is a junior at NFA and is one of the top varsity runners on the Wildcats cross-country team. His son David will be a freshman at NFA this fall and has been running competitively as well.

And at 56, Marshall can still hold his own against the younger runners out there, but he has developed a new appreciation of running.

"I run for the enjoyment of it now," he explained. "I love it, whether running with friends or running alone. I like getting together with friends and the social aspect of running, and I like going to races. And I still enjoy that feeling of running long distances and being in that groove. Running is the best meditation I've found."

Asked if he has any aspirations of a comeback and returning to the form of his past competitive days, Marshall's outlook is a familiar one for runners possessing his past credentials.

"The effort that it would take to get fast again... I'm not willing to do that work."

Marshall did re-injure himself last year in a 5-mile race, limping to the finish line over the final mile and still winning his age group. He still races occasionally and has been running on a consistent basis. And it's good to see people like Bill Marshall still out there running.

Racing roundup

Last year, Uncasville's Chadwick Brown may have set a record for most second place road race finishes in one season.

While most runners would have been happy to be second in those races, Brown kicked off 2002 clearly in the winners' circle. His 25:06 clocking at the Leprecaun 5-Mile (or slightly short) Road Race in Madison last weekend was good enough for a two-minute win and served as a solid tune-up for next month's Boston Marathon.

Norwich's Mike Fusaro was fifth overall in 27:40, while Mystic's Martha Merz earned top female honors in 28:32.

Chris Dickerson of Woodbridge (20:49) and Melissa-Perkins Banas of Norwich (24:01) were the top male and female finishers at the

Warren Street Classic St. Patrick's Day Road Race in Fairfield on March 17th. Perkins-Banas was coming off a strong 1:24:09 win at a Half Marathon in Wakefield, Rhode Island a week earlier.

Bob Stack of Gales Ferry, who has also competed in Wakefield (running 1:18:22), was eighth overall in 21:48.

Rod Dehaven, the top American finisher at both the Boston and Chicago Marathons last year, will not compete in this year's Boston Marathon due to an achilles injury.

Two notable performances from local runners in the NCAA Indoor Track Championships to report: Former E.O. Smith and State Open champion Hunter Spencer of Kentucky finished third in the mile in a time of 4:02.93. Meghan Coombs, a former Griswold High standout now competing for North Carolina State, finished 16th in the 3,000 meter final in a time of 9:45.57.

This month in history

March 13th, 1983: Norwich's Jim Uhrig outdistanced a field of 160 runners to win the North Stonington St. Patrick's Day 10K Road Race. Uhrig' time of 30:54 put his well ahead of runner-up Dave Litoff (32:21).

A gap of only 25 seconds separated the next five runners, lead by Ron Knapp of Storrs (third; 32:38) and four Norwich runners: Fran Houle (fourth; 32:42), Joe Banas (fifth; 32:42), Bill Marshall (sixth; 32:55), and Tim Smith (seventh; 33:02). Stonington's Pat Swim was the first female finisher; 30th overall in 38:24. Mystic's John J. Kelly, the 1957 Boston marathon winner, claimed top grandmaster honors in 37:24.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at hdcslsikorski@netzero.net.



Fitness a work in progress

Jerry Seinfeld once joked about it. The bit goes something like Jerry watching all of these people working out at the local gym; working hard and getting themselves in shape.

And for what reason? So that they can physically complete the next workout. The "punch line" is Seinfeld's advice to these people that they wouldn't have to work so hard and sweat so much if they just quit working out. Catch 22 logic that probably can be applied to any number of situations.



RUNNING NOTES

Don Sikorski

For runners, we consider our activity to be athletically unique in that the daily toil of putting one foot in front of the other for dozens of miles day in and day out will eventually bring us to a greater fitness level, thus making the task easier.

Of course, we realize that it will never get easier. In reality, the truth of the matter is that the pace will increase while the effort remains unchanged. And without a specific set of goals and a seasonal timetable established to accomplish these goals, a never-ending cycle of base mileage with no sense of purpose exists. Now we understand what Jerry is telling us.

Of course, most runners are acutely aware of the numerous physical benefits that our daily task brings along with it. Weight loss, toned bodies, stress relief, better circulation, reduced health problems, greater aerobic strength, etc. all are pluses associated with running.

Those of us who tend to overdo it from time to time have also recognized the downside to these benefits as a direct result from tangling with "too much of a good thing."

Over-training can lead to injury, burnout, general fatigue, and a general state of irritability. When searching for peak performance, the trick is to find the point where the volume and intensity are maximized to the point where the athlete can handle the workload without breaking down.

In other words, walk near the fine line between optimum performance and injury without crossing over it. Easier said than done.

As a runner for more than 20 years now, I've come to realize that the bad stretches and sluggish training runs from time to time are only temporary setbacks. Just like completing one or two good workouts won't guarantee racing success the next time out, feeling lousy for a few days doesn't mean that it's necessarily time to quit.

The more we come to expect of ourselves, the more difficult the setbacks become. But most are temporary, especially if we have the frame of mind to work through them.

I remember talking to my friend and teammate Sean Delaney, who told me of his daily routine of a 5-mile run scattered in between bouts of high dosage chemotherapy treatments. Delaney, who years earlier had been one of Connecticut's top distance runners, was almost apologetically explaining that his recent training pace on these runs had deteriorated to slower than the pace he used to warm-up for races at.

I listened in admiration to someone who could be so strong and so

positive in a time of such pain and suffering. Delaney subsequently passed away from cancer in May 2000. He was only 42 years old. In a column last May, I had dedicated the 2001 season to Sean's memory, and gave my own running and racing career one more push forward after nearly two years of struggling with injuries.

This year, the setbacks have already occurred and the challenge of going at it one more year already exists. After some soul searching, my decision, barring any more serious or re-occurring injury, is to try and tough it out for one more season. Sean would want it that way.

Racing Roundup

The second annual Delaney Dash 5-Mile Road Race takes place at noon on Monday in Old Saybrook. The event, honoring the late Mohegan Striders Racing Team Captain Sean Delaney, also features a 5-kilometer (3.1-mile) walk.

Start and finish are at Saybrook Point, with all registration and parking at the Kathleen Goodwin School on Old Post Road. For additional information and directions, check out www.jbsports.com, www.hitekcracing.com, or contact Race Director Pete Volkmar at (860) 437-7247 (pvolkmar@snet.net).

The annual Memorial Day parade is scheduled to take place one hour prior to the race start, so plan to arrive early.

George Luke of Clinton, the state's top finisher in this year's Boston Marathon (38th in 2:26:37) won the Guilford Savings bank 5 Mile Road Race on May 19th. Uncasville's Todd Bennett finished 3rd overall in 28:15.

At the Home Depot Mid-May Classic in Fairfield that same day,

Mystic's Martha Merz claimed top female honors, finishing the 4-mile race in 23:26 (25th overall). Toby Tanser of New York City won the race overall in 20:29.

Ridgefield's John Dugdale has consistently been one of the most impressive age-group performers in the country over the past 10+ years. Dugdale recently ran an incredible time of 3:23:25 at the City of Pittsburgh Marathon on May 5. That's clicking off 7:45 per mile for 26.2 miles. What makes his performance so incredible is that fact that Dugdale is 67 years old.

This month in history

May 28, 2001: The Delaney Dash took place on Memorial Day in Old Saybrook. Auburn University's Tyler Johnson, a former Xavier High School standout, claimed top honors in 25:50 over the flat, 5-mile course, shaking his nearest challenger Chadwick Brown (second; 26:27) in the late miles.

Johnson's former Xavier teammate Tyler Cardinal was third in 27:54, fending off Eric Woronick of Washington, D.C. (4th in 27:55).

On the women's side, Ellen Fitzgerald ran 29:02 for the win, over a minute up on Allie Kassens (second female in 30:28) and good enough for 13th place overall.

The inaugural race featured 227 runners, with proceeds benefiting the Sean Delaney Scholarship Fund for Old Saybrook High School track and field athletes.

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'Spring' taken out of the race

Annual event goes off despite the elements

By AL NORTH
Special to the Bulletin

DANIELSON—Runners generally like oranges and cold water after a competitive race. They were flocking to the hot chocolate and hot coffee after their efforts on Saturday in Danielson.

The annual Killingly-Brooklyn Springtime Festival Road Race had one of its coldest and wettest days ever as temperatures hovered just over 40 degrees, there was a constant drizzle and the wind added some additional bite.

Those meteorological concerns contributed to the fact that the Festival had less than half its normal field. Just 151 runners finished the 5K (3.1 mile) event and many of the 175 pre-registrants never even showed.

That was just fine with Chepachet, RI native Jim Bolwell and

East Hartford runner Heather Gardiner. They decided to brave the cold and damp and went away \$100 richer as they won the individual men's and women's titles, respectively.

"It wasn't too bad at all because it certainly wasn't too hot, Bolwell said. "There was a little wind in a couple of areas but other than that it was good. It didn't seem to rain too much out there when we were running.

It was the third win of the season for Bolwell, who also has captured a couple of 5K races local to him and a 10K trail race in Stonington. Bolwell finished in 17:12, well off the race record, but average for the Rhode Island native.

"It was right about where I thought I would be," he said, "I usually run high 16's or low 17's, somewhere in there."

Bolwell took over first place halfway through the race as 18-year-old Brad Courtois led the early portions. Killingly High assistant

track coach Sean O'Leary gave Bolwell a challenge but fell off the pace and finished 10 seconds behind.

"I didn't expect this at all because we had the (Eastern Connecticut Conference track championship) today," O'Leary said. "When that was postponed, I thought I would come out and give it a shot and it worked out pretty well.

"I was just trying to run consistent because I knew if I went out and got caught up in the excitement of the beginning of the race, I would never make three."

Two veteran runners, Michael Fusaro of Norwich and Alan Rondeau of Putnam, finished in O'Leary's footsteps with Courtois holding up long enough to finish fifth. Michael Lechene finished sixth with the women's winner just three seconds behind.

Gardiner, a native of Ontario, Canada and a former Central Connecticut State University runner, finished seventh overall in 17:57. She traditionally runs a 5K in the

low 17's but backed off a little as it was her first competition since participating in the Boston Marathon

"I have a friend who's from the area and I just needed to take some time off since the Marathon. I thought this would be a good, sort of low key race to get back into things with," Gardiner said.

Gardiner added she thought she would do well on the women's side on the bracket, but admitted to being a bit surprised to finish as high as seventh overall.

"There was sort of a little pack at the beginning and I tried to stick with them most of the way," she said. "They kind of broke away after the second mile but I tried to keep them in sight the rest of the way.

Brooklyn's Keith Pellerin, Glenn Costello of Norwich and Eddie Eckard of Canterbury rounded out the top 10. Paulette Bolton of Danielson was the second woman across — she finished 25th overall.

RUNNING

Springtime Festival

At Killingly

1. Jim Bolwell (Chepachet, R.I.) 17:12; 2. Sean O'Leary (Dayville) 17:22; 3. Michael Fusaro (Norwich) 17:41; 4. Alan Rondeau (Putnam) 17:42; 5. Brad Courtois (Danielson) 17:53; 6. Michael Lechene (Sterling) 17:54; 7. Heather Gardiner (E. Hartford) 17:57; 8. Keith Pellerin (Brooklyn) 18:03; 9. Glenn Costello (Norwich) 18:21; 10. Eddie Eckard (Canterbury) 18:24;
11. Michael Didato (Waterford) 18:42; 12. Bill Sullivan (Oxford, Mass.) 19:15; 13. Wayne Jolley (Brooklyn) 19:20; 14. Brandon Merson (Pomfret Ctr.) 19:33; 15. Scott Saucier (Thompson) 19:36; 16. Brad McNally (Charlestown) 20:06; 17. Tom Witts (Plainfield) 20:11; 18. Daniel Santos (Danielson) 20:13; 19. James Kokemak (Webster, Mass.) 20:16; 20. Mark Barrette (Springfield, Mass.) 20:18;
21. Erik Chester (Danielson) 20:20; 22. Gerald Hartling (Natick, Mass.) 20:21; 23. Lance Magnuson (Lebanon) 20:22; 24. Don Hodges (Putnam) 20:32; 25. Paulette Bolton (Danielson) 20:39; 26. Bill Martin (Pomfret) 20:41; 27. John Folsom (Pomfret Ctr.) 20:44; 28. Bob Mayer (Putnam) 20:49; 29. John Sacrey (Preston) 20:52; 30. Paul Desjardin (Danielson) 20:56;
31. Jeff Morin (Waterford) 21:01; 32. Craig Lewis (Hartford) 21:22; 33. Robert Marois (Manchester) 21:31; 34. Kirk Kaczor (Niantic) 21:37; 35. Kelly Robinson (Webster, Mass.) 21:40; 36. Randy Kuhn (Pomfret Ctr.) 21:48; 37. David Inman (Putnam) 21:54; 38. Randy Bissonnette (Danielson) 21:59; 39. Ronald Dombrowski (Norwich) 22:00; 40. Edwin Peck (Brooklyn) 22:01;
41. Ed Larrow (Pomfret) 22:28; 42. Tony Bachand (Brooklyn) 22:42; 43. Jerry Brown (E. Lyme) 22:44; 44. Sean Obermeier (Danielson) 22:48; 45. Mark Chartier (Colchester) 22:52; 46. Matt MacFarland (Danielson) 22:59; 47. Stephen Panteleakos (Brooklyn) 23:09; Dennis Zajecowski (Griswold) 23:25; 49. Barb O'Leary (Deep River) 23:17; 50. Jean Isaan (Danielson) 23:23.

Norwich runners escape the elements

Johnson wins for 2nd straight year, LaFrance the top female finisher

Bulletin Staff Reports

NORWICH — A muggy evening in Norwich wasn't conducive to terribly fast times at the annual Run for Reliance House 5K, but it could have been worse.

It could have started about an hour later and the runners would have been forced to deal with the lightning and downpours that roared through the area about 8:30 Friday night.

So no one was complaining in the aftermath of Friday's race, not least of which were women's champion Cindy LaFrance and defending men's champion Chad Johnson.

For Johnson, the race was part of his training for next Sunday's Rose City Challenge and the Fairfield Half Marathon two weeks after that.

He finished in 16:36 — well off a 14:51 he ran just a week earlier — to cross the line first ahead of his cousin Christopher Andrew (16:43) and good friend John Anthony (16:44).

"It was warm and humid so no one was going to run a personal best," Johnson said. "We all knew what pace we could run so we didn't kill each other. We used it as a buildup (to upcoming races)."

The women's race was not as much of a foregone conclusion as Carla Thompson jumped out and led for the first half of the five kilometers (3.1 miles).

Midway through the race, there is a steep hill and it was about halfway up the hill that Cindy LaFrance caught and passed



RUNNING

Run for the Reliance House

At Norwich

TOP 50 INDIVIDUALS

1. Chad Johnson 16:36; 2. Christopher Andrew 16:43; 3. John Anthony 16:44; 4. Todd Bennett 16:48; 5. Robin Martinez 17:55; 6. Alan Rondeau 18:07; 7. Glenn Costello 18:26; 8. Eddie Eckard 18:33; 9. Kevin Gallerani 18:38; 10. Todd Fisher 18:51.

11. Michael Didato 18:52; 12. Gary Deal 18:54; 13. Brian Lundie 18:59; 14. Wayne Jolley 19:02; 15. Bill Gill 19:13; 16. Mike Zenowitz 19:15; 17. Rick Urban 19:18; 18. Derek Albertson 19:23; 19. David Fieldsend 19:45; 20. David Magano 19:46.

21. Tim Smith 19:53; 22. Cindy LaFrance 19:59; 23. Pete Weeden 20:02; 24. Carla Thompson 20:04; 25. Philip Schena 20:06; 26. Lance Magnuson 20:10; 27. Daniel Santos 20:45; 28. John Erickson 20:50; 29. Paulette Bolton 20:54; 30. Paul Yeomans 21:01.

31. John Sacrey 21:02; 32. Jack Donahue 21:09; 33. Roger Davis 21:24; 34. Brett Kimmel 21:29; 35. Michael Dugas 21:38; 36. Edward Zubritsky 21:58; 37. Ed Zubritsky 22:00; 38. James Smith 22:02; 39. Ronald Dornbrowski 22:07; 40. Diana Kodma 22:09.

41. John Murray 22:15; 42. David Stackpole 22:18; 43. Fred Zulager III 22:23; 44. Ray Guillet 22:28; 45. Geoff Greeno 22:29; 46. Kils Kimbro 22:42; 47. Kathryn Zenowitz 22:42; 48. Jerry Brown 22:49; 49. Mark Truchette 22:51; 50. Robert Niedbala 22:52.

MEN'S DIVISIONS

Junior: 1. Mike Zenowitz; 2. Edward Zubritsky; 3. Zachary Eckard. **Open:** 1. Chad Johnson; 2. Christopher Andrew; 3. John Anthony. **Submaster:** 1. Todd Bennett; 2. Robin Martinez; 3. Eddie Eckard. **Master:** 1. Glenn Costello; 2. Kevin Gallerani; 3. Michael Didato. **Grandmaster:** 1. Alan Rondeau; 2. Wayne Jolley; 3. Tim Smith. **Veteran:** 1. Fred Zulager III; 2. Jerry Brown; 3. Robert LaGrani.

WOMEN'S DIVISIONS

Junior: 1. Kathryn Zenowitz; 2. Ashley Bissonette. **Open:** 1. Cindy LaFrance; 2. Leslie Montegno; 3. Kelli Boisselle. **Submaster:** 1. Spring Cole; 2. Christine Mattern; 3. Claire Toneno. **Master:** 1. Carla Thompson; 2. Paulette Bolton; 3. Diane Kodma. **Grandmaster:** 1. Rosa Buckingham; 2. Michaelaen Haeseler; 3. Edwina Callaghan. **Veteran:** 1. Judy McGrath; 2. Carol Shroyer.

Cindy LaFrance of Plainfield was the top female finisher in Friday's 17th Annual Run For Reliance House 5K in Norwich. Chad Johnson was the overall winner for the second straight year.

Thompson.

LaFrance, who coaches cross country and track at Plainfield, maintained a narrow cushion ahead of Thompson the rest of the

way and she crossed the finish line in 19:59, five seconds ahead of Thompson (20:04).

"I'm happy with the time because of the hill and the course,"

said LaFrance, who "didn't do as well" in this race last year and didn't come in to Friday's race exactly beaming with optimism.

"I didn't expect to win," she said.

Khori Ton/Norwich Bulletin

Norwich honors its finest for 2002



Rory Glaeseman/Norwich Bulletin

The Norwich Sports Hall of Fame held its 34th annual banquet at the Ramada Inn in Norwich on Sunday night. Honorees included, from left, John Paesani (inductee), Larry Bouley Jr. (inductee), Bill Davignon (inductee), Richard "Lefty" Rothstein (Kapteina Service Award), Saona Chapman (Sportsperson of the Year), Sue Hopkins-Terrell (inductee), Kevin Crowley (Kapteina Service Award), John Kirker Jr. (inductee), Hervey LaLiberte (inductee), Bill Scarlata (inductee), and Mark Jones (Sportsperson of the Year), accepted by his father.

Still a Challenge for Slinsky

ROSE CITY CHALLENGE

But he wins his third Rose City race; Merz top female finisher

By **KATIE ABERBACH**
Norwich Bulletin

NORWICH — Though Mike Slinsky captured his third win in the Fourth Annual Rose City Challenge Sunday with a time of 53:18, he claims the 10-mile course hasn't gotten any easier.

"It's probably the hardest race I've ever done," the 32-year-old from Wappingers Falls, N.Y. said. "It's harder than running marathons. I think a good strategy is just to survive the hills."

Slinsky said Sunday's time was his best in the Norwich race, despite his time off in February and March due to an injury. He also raced Saturday, and finished fourth in Middletown's 10K Orange Classic.

To win Sunday's race, main-

taining a strong pace throughout the course was key, he said. "I took it easy the first two miles, and from (miles) three to six, I picked up the pace a lot."

Canterbury's Chad Johnson crossed the finish line second, at 54:04. Johnson said Slinsky ran a strong race, and held his lead.

"(Slinsky) used the downhills to open up, and he held strong on the uphill," the 26-year-old said. "There wasn't much I could do to hold him back."

While Johnson bested his time of 55:38 from last year's race, he said he had expected to run the course in a time closer to Kenyan record-holder Nelson Ndereva's 52:25 in 2001.

"My strategy was really all about pace," Johnson said. "I wanted to average 5:14 per mile, but the second half was harder than the first half, and I was off."

Mystic's Martha Merz finished first for the women at 1:02:54, but said she hadn't expected to win.

"I didn't even come to race, but halfway through I realized I was on a good pace, so I decided to stay with it," the 39-year-old said.

Merz said she and second-place female finisher Mary Lynn Currier (who holds the women's record with a time of 1:01:35 in 2000) ran side-by-side during the middle of the race. Merz pulled away in the final mile to capture the lead.

"(Currier) kept me going," Merz said. Currier, 38, finished with a time of 1:03:19.

Rose City Challenge co-founder Maureen Picard said that this year's 293 runners were treated to the coolest race day

See ROAD RACE, D3



Rory Glaeseman/Norwich Bulletin

Martha Merz of Mystic crosses the finish line of the 10K Rose City Challenge as the top female runner in Sunday's race.

temperatures yet. Merz was pleased with the cooler weather.

"The weather was great today—it's usually very hot," Merz said. "I was able to run a little stronger, and finish stronger."

The race began at Kelly Middle School. Competitors ran up Canterbury Turnpike, and then to Plain Hill. It finished at Dodd Stadium.

Picard and her husband Richard founded the Rose City Challenge when the 10-mile Rose Arts Festival race disappeared. Ac-

cording to Picard, \$3,000 in proceeds from the race would be donated to Tator's Charities, a Navigators organization that sponsors activities for children.

The 5K race that finished in Dodd Stadium prior to the ten-mile run was completed by 105 participants, and Michael Lechene, 47, finished first in a time of 17:55. Keith Pellerin, 37, finished second in 18:01. Dana Merise, 16, won the women's race in 20:52, and Heidi Heydorn, 20, finished second at 21:10.

PRESTON -- Stephen Herrera doesn't consider himself a "miler" in the least for Waterford's Herrera - Local Sports - Local Sports

But with a time of 4 minutes, 40 seconds, Herrera won the 11th annual one-mile Cannonball Run Thursday in his first time in the race. He was seven seconds ahead of second-place finisher, Todd Bennett.

The race featured a brutal starting temperature of 88 degrees and a stiff breeze that was in the face of the runners throughout the trek down Schoolhouse Road in Preston.

"The goal here was to just finish," the 31-year-old Herrera said. "The breeze was in my face the entire time, and it wasn't even comfortable. It was a warm wind and that didn't help any of the runners at all."

As with most of the runners, Herrera's strategy was to just run fast and get the race over with.

"I don't think of myself as a miler," Herrera said. "I just tried to run at a good pace and get out with a good time. I am pleased I was able to win in my first year (in the event)."

Top female finisher Krisanne Kane continued her dominance in the event with a time of 5:20 to take her 10th Cannonball Run women's title in as many years.

"This was the most humid day I can remember the race being run on." Said Kane, who was 19th overall. "At the half-mile mark, it felt like I was running in slow motion. I was able to find a pack of (runners) to follow, and it kept me out of that tough wind."

Fitch High School junior-to-be Betsy Boucher was the second female finisher with a time of 5:26. The 15-year-old placed 24th overall.

"(Betsy) is a great runner," Kane said. "She has a lot of talent and I don't think it will be long before she is surpassing me and winning this title herself."

The Cannonball Run is a charity race where much of the proceeds are spent on sending local kids to various summer camps.

This year, more than 200 runners helped nine kids attend summer camp thanks to the race.



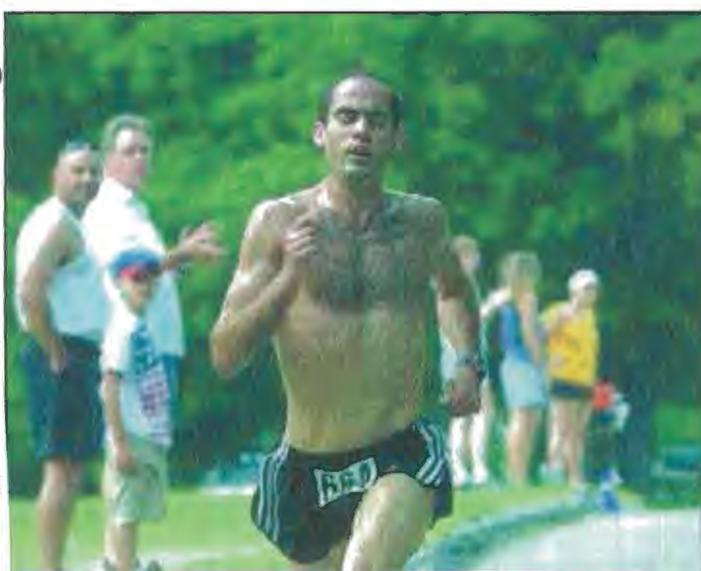
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Elements no problem for Waterford's Herrera



Carol Phelps/Norwich Bulletin

Preston's Kris-Anne Kane was the top female finisher in Thursday's Cannonball Run Road Race in Preston.



ews/stories/20020628/localsports/117051-photos.html

Rose City Challenge 10MILE

1. Mike Slinsky 53:18; 2. Chad Johnson 54:04; 3. Sirgio Ribevro 55:00; 4. Marc Robaczynski 55:04; 5. Stephen Herrera 55:52; 6. Peter Oviatt 57:10; 7. Phil Richey 57:24; 8. Jerome Schumacher 57:32; 9. Chris Dickerson 57:40; 10. Emerson Silva 57:56; 11. Vladimir Krivoy 58:32; 12. Diaz Filadelfo 58:35; 13. Bob McCusker 59:29; 14. Bill Thrumann 59:55; 15. Tye Leonzo 1:00:04; 16. George Buchanan 1:00:41; 17. Michael Graziosi 1:00:48; 18. Sean Lockhart 1:01:00; 19. Dale Richardson 1:01:03; 20. Chris Schulten 1:01:13;

21. Bob Stack 1:01:17; 22. Lance Baier 1:01:27; 23. Zack Clark 1:02:26; 24. Peter Lofink 1:02:59; 25. Mike Fusaro 1:02:36; 26. Martha Merz 1:02:54; 27. Mary Lynn Currier 1:03:19; 28. Keith Moody 1:03:30; 29. Charlie Iselein 1:03:32; 30. Bob Martell 1:03:36; 31. Alex Hudimatch 1:03:42; 32. Donald Tysiewicz 1:03:50; 33. Eddie Eckard 1:03:54; 34. Wes Byerly 1:03:58; 35. Kevin Gallerani 1:04:09; 36. Wil Graustein 1:04:20; 37. Michael Fritz 1:04:38; 38. Brian Fidler 1:04:54; 39. Kerry Arsenault 1:05:03; 40. Charles Hornak 1:05:05;

41. Nate Paluck 1:05:07; 42. Dennis Crowe 1:05:21; 43. Todd Fisher 1:05:23; 44. Allison Ciosek 1:05:24; 45. Michael Ruospo 1:05:31; 46. Job Komacki 1:05:32; 47. Brian Ordway 1:05:43; 48. Carl Roth 1:05:46; 49. Brian Donovan 1:05:53; 50. Mary Dunn 1:05:54; 51. Cindy Pomeroy 1:06:09; 52. Leszek Wojciechowski 1:06:10; 53. Kurt Ogren 1:06:19; 54. Sara Titus 1:06:24; 55. Jack Sirotnik 1:06:26; 56. Wayne Jolley 1:06:39; 57. Joe Carta 1:06:42; 58. Charles Szilagyi 1:06:51; 59. Paul Moyle 1:07:10; 60. Brendan Toth 1:07:12;

61. Thomas Hiten 1:07:15; 62. Joe Balavender 1:07:16; 63. Eric Bogdan 1:07:28; 64. Brian Lundie 1:07:31; 65. Richard Barnett 1:07:47; 66. Gary Terwilliger 1:07:49; 67. Ellen Strickler 1:07:57; 68. David Magario 1:08:04; 69. Eddie Fromm 1:08:07; 70. Nick Manuzzi 1:08:12; 71. Brian Foley 1:08:17; 72. Stephen Bessette 1:08:24; 73. Scott Bristol 1:08:25; 74. Edd Gorecki 1:08:26; 75. Marty Sciaovone 1:08:31; 76. Ryan Bonasio 1:08:37; 77. Charles Wymacht 1:08:49; 78. Rick Urban Jr. 1:08:54; 79. William Varnue 1:08:55; 80. Brett Ruff 1:09:00;

81. Dana Award 1:09:04; 82. Kevin Markowski 1:09:05; 83. Wayne Richardson 1:09:09; 84. Maureen Terwilliger 1:09:13; 85. Brad Seaward 1:09:16; 86. Morgan Boren 1:09:28; 87. Mark Novotny 1:09:45; 88. John Meloser 1:09:45; 89. Todd Lemire 1:09:48; 90. Tim Smith 1:09:56; 91. Phil Schena 1:09:57; 92. Tim Stredlevitz 1:10:05; 93. Peter Harris 1:10:12; 94. Jeffrey Weatherhead 1:10:16; 95. Brandon Canus 1:10:23; 96. David Sonstroem 1:10:25; 97. Walt Smolenski 1:10:37; 98. Joseph Curley III 1:10:40; 99. Jay Wilson 1:10:48; 100. Dexter Goyette 1:10:54;

101. Ray Murray 1:11:22; 102. Scott Jezek 1:11:28; 103. Jeffrey Larow 1:11:51; 104. Hal French 1:11:59; 105. David Darcy 1:12:03; 106. Steven Heck 1:12:04; 107. Bill Whitehead 1:12:07; 108. Mike Callahan 1:12:12; 109. Jeff Joslyn 1:12:22; 110. Tom Lee 1:12:24; 111. Peter Weeden 1:12:28; 112. Roger Davis 1:12:30; 113. Brigitte Boltz 1:12:31; 114. Peter Hawley 1:12:37; 115. Daniel Santos 1:12:44; 116. Robert Stephenson 1:12:47; 117. May Hasselkamp 1:12:56; 118. Cliff Collins 1:13:13; 119. Courtney Harding 1:13:19; 120. Mike Dugas 1:13:34;

121. Megan Goldstein 1:13:42; 122. Craig Pettitt 1:13:49; 123. John Sacrey 1:13:49; 124. Jeffrey Swenson 1:13:56; 125. Steven Labranche 1:13:59; 126. Paulette Bolton 1:14:13; 127. John Remington 1:14:15; 128. John Savage 1:14:24; 129. Tom Garcia 1:14:56; 130. Russell Hammond 1:14:57; 131. Keith Moll 1:14:58; 132. Joe Giois 1:15:06; 133. Daniel Geier 1:15:11; 134. Joseph Rainville 1:15:22; 135. Christopher Storer 1:15:23; 136. Susan Lagreca 1:15:27; 137. Josh Pother 1:15:30; 138. Joe Lemieux 1:15:33; 139. Mark Touchette 1:15:47; 140. Ryan Murdoch 1:15:51;

141. Mary Norelli 1:15:52; 142. Scott Fisher 1:15:52; 143. Barbara Pearce 1:15:56; 144. Matt Capozza 1:15:59; 145. Bill Stevens 1:16:00; 146. Jean Bradley 1:16:04; 147. Katherine Lundin 1:16:07; 148. Sean Butler 1:16:10; 149. Peter Smith 1:16:13; 150. Frank White 1:16:19; 151. Charlton Shen 1:16:34; 152. Paul Shanahan 1:16:40; 153. Adam Richardson 1:16:42; 154. Shawn Savage 1:16:57; 155. Guy Cashman 1:17:05; 156. Anne Ryan 1:17:08; 157. Christina Hernandez 1:17:24; 158. Paul Yeomans 1:17:24; 159. Chris Aylberc 1:17:28; 160. John Marguez 1:17:31;

161. Rebecca Graves 1:17:36; 162. Dean Festa 1:17:44; 163. Jay Weinberger 1:18:00; 164. Fred Zulegar III 1:18:12; 165. Linda Cordova 1:18:13; 166. Tracy Montoya 1:18:24; 167. Doug Barlow 1:18:26; 168. Robert Morton 1:18:34; 169. Vidal Paz 1:18:37; 170. Steve Hill 1:18:40; 171. Rebecca Wright 1:18:53; 172. Diane Kodama 1:19:11; 173. Lisa Hageman 1:19:14; 174. Marlon Bigelow 1:19:15; 175. Bill Mahon 1:19:30; 176. Ray Cherenzia 1:19:41; 177. Mindy Struwas 1:19:46; 178. Kristen Bozak 1:19:51; 179. Michele Hammond 1:20:07; 180. Geoff Greeno 1:20:29;

181. Randy Dickinson 1:20:45; 182. Dennis Zajehowski 1:20:49; 183. Jennifer Ahern 1:21:03; 184. Joe Piela 1:21:11; 185. Mark Barrett 1:21:13; 186. Bob Niedbala 1:21:21; 187. Don Platko 1:21:26; 188. Robert Sullivan 1:21:39; 189. Kathy Cashman 1:22:01; 190. Dennis Mahoeny 1:22:19; 191. Annette Barbay 1:22:20; 192. Robert Kosinski 1:22:29; 193. Bob Mondani 1:22:38; 194. Tom Caporaso 1:22:51; 195. Frank Iovino 1:22:52; 196. Iona Agura 1:22:54; 197. Donna Jenks 1:23:19; 198. Stacey Sullivan 1:23:27; 199. Eric Eisenhart 1:23:33; 200. Kevin Fitzgerald 1:23:33;

201. Joe Matoney 1:23:39; 202. Larry Bransford 1:23:55; 203. Michael Walton 1:24:01; 204. Mary Howe 1:24:11; 205. Kris Kimbro 1:24:14; 206. Carl Fuller 1:24:23; 207. Bill McLaughlin 1:24:28; 208. Terry Moylan 1:24:33; 209. Peter Colonis 1:24:37; 210. Gene Maran 1:24:38; 211. Eric Gullovsen 1:24:39; 212. Jim Whitehouse 1:24:41; 213. Alexander Metro 1:24:45; 214. Jamie Fussner 1:24:56; 215. Barbara Maloney 1:24:57; 216. Mark Chartier 1:25:00; 217. Carol Hervey 1:25:04; 218. Kirk Deslongcamps 1:25:06; 219. Colleen Lagrotteria 1:25:25; 220. James Barnes 1:25:29;

221. Debra Schena 1:25:37; 222. Jason Bazinet 1:25:58; 223. Sharon Mendes 1:25:59; 224. Rich Picard 1:26:05; 225. David Hageman 1:26:11; 226. Norman Tom 1:26:46; 227. David Ferrante 1:26:49; 228. John Rogers 1:27:24; 229. Hank Allen 1:27:28; 230. Chuck Brenker 1:27:32; 231. Arnie Bartlett Jr. 1:27:35; 232. Anthony Cowden 1:27:38; 233. Teresa Snyder 1:27:39; 234. Tom Zukoski 1:27:48; 235. Jill Sullivan 1:27:57; 236. Rose Buckingham 1:28:13; 237. Eva Tharp 1:28:22; 238. Barbara Kream 1:28:25; 239. Michael Dandria 1:29:15; 240. Chad Dandria 1:29:16;

241. Ben Mitchell 1:29:16; 242. Randall Potterton 1:29:53; 243. Spring Cole 1:30:14; 244. Kathy Smolenski 1:30:16; 245. Becky Savinelli 1:30:30; 246. Gae Balavender 1:30:31; 247. Judy McGrath 1:30:45; 248. Pat Swim 1:30:49; 249. Arthur McDonald 1:30:51; 250. Philip Maniscalco 1:30:52; 251. Bernie Murray 1:31:14; 252. Joann Eisenhart 1:31:22; 253. Chester Lau 1:31:48; 254. Michaelen Haeseler 1:31:54; 255. Mark Linewebr 1:32:19; 256. Sandy Collins 1:32:30; 257. Betty Cannella 1:32:39; 258. Kim Remetta 1:32:41; 259. Lisa Leblank 1:32:55; 260. Gary Madelburg 1:32:55;

261. Robert Nester 1:33:03; 262. Kim Kelley 1:33:59; 263. Ed Root 1:34:11; 264. Joe Riccio 1:34:12; 265. Jane Jarow 1:34:24; 266. Frances Baldwin 1:34:41; 267. Peter Pantelis 1:34:43; 268. Samuel Fusaro Jr. 1:34:48; 269. Martina Graziano 1:34:51; 270. Michael Brown 1:36:03; 271. A. Gary Reid 1:36:25; 272. Elizabeth M-Shasho 1:36:30; 273. Joseph Steele 1:36:42; 274. Lester McClure 1:37:26; 275. Maureen Picard 1:38:24; 276. Cheryl Ritacco 1:38:43; 277. Kyrena Parkinson 1:39:29; 278. Nora Tom 1:40:06; 279. David Barrett 1:40:11; 280. Katherine Patton 1:41:25;

281. Elizabeth Paluk 1:41:36; 282. Elizabeth Stevens 1:41:36; 283. Melanie Dirks 1:41:37; 284. Karen Cook 1:42:34; 285. Alan Glass 1:42:57; 286. Lee McFalls 1:43:16; 287. James Conner 1:45:40; 288. Aaron Kuvent 1:45:41; 289. Jeannette Cyr 1:45:47; 290. Robert O'Mara 1:47:43; 291. Kathleen Scott 1:53:26; 292. Tina Froberg 1:56:43; 293. Mary Haggan 1:56:45.

Rose City Challenge 5K

1. Michael Lechene 17:55; 2. Keith Pelletier 18:01; 3. Guillermo Rojas 18:18; 4. Glen Costello 18:39; 5. Roger Hill 18:56; 6. Paul Bouchard 19:20; 7. Dave Jacob 19:45; 8. Lance Magnuson 19:59; 9. John Hadcock 20:07; 10. Richard Spellman 20:07; 11. John Gagnon 20:15; 12. Lary James 20:20; 13. Wayne Hanson 20:23; 14. Bob Mayer 20:36; 15. Chris Jolley 20:50; 16. Dana Merse 20:52; 17. Heidi Heydon 21:10; 18. David Marien 21:38; 19. Ron Dombrowski 21:42; 20. David Tingley 21:46;

21. Omar Francone 21:51; 22. Ben Stone 21:59; 23. Robert Monty 22:09; 24. Jerry Brown 22:17; 25. Sarah Fritz 22:21; 26. Jerry Martell 22:21; 27. JT Martell 22:21; 28. Tom Jolley 22:27; 29. Edward Zubrinsky 22:34; 30. Nelson Wyman 22:34; 31. Vincent Bobin 22:36; 32. Kora Kochanski 22:39; 33. Manejo Pasion Rojas 22:46; 34. Ray Baumann 22:53; 35. Zachary Eckard 22:54; 36. Jacqueline Potter 22:59; 37. Robert Tourangeau 23:00; 38. Leslie Jolley 23:11; 39. Jim Besse 23:32; 40. Lisa Falck 23:42;

41. No runner 23:48; 42. Brian Boldt 23:52; 43. Steve Hancock 23:56; 44. Debbie Rouillard 23:59; 45. William Fallon 24:14; 46. Kevin Suchomel 24:19; 47. Chase Bradley 24:20; 48. Christopher Shaffer 24:22; 49. Bill Sheek 24:33; 50. James Loving Jr. 24:39; 51. Ray McDermott 24:40; 52. Lauren Smith 24:41; 53. Tom Baker 25:03; 54. Amy Walsh 25:13; 55. James Moody 25:15; 56. Peggy Pellian 25:19; 57. Michelle Mlyniec 25:20; 58. Martin Mlyniec 25:32; 59. Penny Perry 25:33; 60. Mananna Wikarska 25:36;

61. Kyle Rouillard 25:48; 62. George Papuga 25:53; 63. Kathryn Beit 25:54; 64. Judy Cammer 25:59; 65. Nicole Piotrkowski 26:10; 66. Susan Dorman 26:39; 67. Melissa Reichard 26:40; 68. Richard Barber 26:41; 69. Dan Jacobs 26:44; 70. Fred Smith 27:09; 71. Patricia Dawson 27:16; 72. Kathy Kovacs 27:25; 73. Thomas Martin 27:47; 74. Roland Tourangeau 27:48; 75. Betty Ryan 27:52; 76. Pebe Shen 28:13; 77. Joann Wentland 28:42; 78. Karen Quimet 29:03; 79. John Quimet 29:03; 80. Jeffrey Space 29:05;

81. Ben Kelley 29:19; 82. Daniel White 29:26; 83. George Gillespie 29:26; 84. Candis Gioia 29:29; 85. Ronald Gill 29:32; 86. James Roache 29:37; 87. Tyler Rouillard 29:38; 88. Mike Kelley 29:54; 89. Mark Leinweaver 30:10; 90. James Walsh 30:39; 91. Pat Murray 31:03; 92. Michael Twarkins 31:17; 93. Jeannine Loving 31:37; 94. Sarah Desai 32:01; 95. Benjamin Lathrop 32:10; 96. George Whitney 32:19; 97. Don Stacom 32:54; 98. Lyndsay Brown 33:37; 99. Christine Sacrey 33:42; 100. Vickie Smith 36:28; 101. Teresa Logan 36:47; 102. Charles Logan 39:25; 103. Nicole St. Marie 42:25; 104. Penny Patch Bartnicki 52:00; 105. Chuck Bartnicki 52:01.

Kelly Road Race turns 40

Even if running 11.6 miles in August's heat and humidity doesn't sound all that appealing, at least the price is right. And being part of a 40 year storied running tradition is well worth the effort.

You'll have you chance to be a part of it all on Saturday, August 3, as the 40th Annual Ocean Beach/John J. Kelley 11.6 Mile Road race takes place beginning and ending at Ocean Beach Park in New London.



RUNNING NOTES

Don Sikorski

In 1963, the City of New London collaborated with Schaefer Beer Day at Ocean Beach Park to organize a road race. Local distance running standout Johnny J. Kelley (nicknamed "The Younger" Kelley due to the Johnny A. Kelley of many consecutive Boston marathons fame), went on to win the that inaugural race, and the city of New London paid tribute to Kelley in 1974 by naming the event after him.

It's only fitting that, on the 40th anniversary of the race, Kelley was inducted into the Distance Running Hall of Fame in Utica, New York earlier this month.

Kelley, a national high school mile recorder holder while competing for New London's Bulkeley High in 1948, possesses an impressive running resume, including two Olympic marathons, a win at the 1957 Boston Marathon, and eight consecutive National AAU Marathon Championships.

"A runner of John Kelley's stature comes along once in a lifetime," said Kelley Race Director Way Hedding of Niantic. "And it's lucky for us to have him right here in our back yard to pay tribute to."

Hedding, a 1968 New London High School graduate and a sea-

soned road racing veteran, revealed his early ambition of competing in the Kelley Race after his high school years. In his 14th consecutive year as the race's Director, Hedding has proved to be one of the main reasons for the race's success.

Asked why the Kelley Race remains a staple of distance running in Southeastern Connecticut, Hedding offered a number of reasons.

"Ocean Beach Park is a seashore paradise," he said. "Bring your bathing suits."

"Another draw is the mystique associated with the race itself and all the great names that have competed at the Kelley race. It's also the oldest shoreline road race in the state. The course (designed by 1968 Boston Marathon winner Amby Burfoot) winds through the picturesque neighborhoods of New London and Waterford, with plenty of water stops along the way. And we're very fortunate and honored to have someone like Johnny Kelley to honor for our race."

Hedding has shown the ability to promote a road race, attracting both the masses of mid-pack runners as well as a quality race field up front.

"We always treat the last runners that finish the race just as importantly as the first runners," Hedding said. "Nearly every runner's name is announced as they cross the finish line, recognizing them for the hard earned effort."

Hedding also is not opposed to joining his fellow running companions for a cold beer or two at the Port N' Starboard deck after the race, another selling point of the event. Any way you look at it, the Ocean Beach/Kelley Race should be a part of your summer running plans.

The event features complimentary refreshments, professional split and finish timing by SNERRO, and age division awards on the boardwalk following the race. Starting time is 9 a.m., leaving the run-

ner's plenty of quality beach time, and there's plenty of parking available at Ocean Beach Park.

Applications are available at the Ocean Beach Office, Kelley's Pace in Mystic Village, or at the Run In Store in Rocky Hill. Race day entries are also accepted and volunteers for water stops are always needed. Call the race hotline at (860) 739-9927 for more race or volunteer information. And don't miss being a part of running history.

Racing Roundup

The area's three top runners over the past few seasons, Canterbury's Chad Johnson, Waterford's Stephen Herrera, and Uncasville's Chadwick Brown, all have continued to run well at a variety of distances.

At the Firecracker Mile USATF State Championship race in Harwinton on July 6, Johnson claimed his fifth consecutive state win of the year (adding to his 5K, 12K, 10 mile, and Half-Marathon state titles). Johnson's time of 4:31 on the uphill course was good enough for a four-second win over Chris Chisholm of the Hartford Track Club.

Herrera, who a week earlier had won the Cannonball Run One Mile race in Preston, claimed fifth place overall, while Brown, still recovering from a bout of plantar fasciitis from late May, returned to racing to finish ninth.

Hartford's Gideon Mutisya, a 38-year-old Kenyan runner who has resided in Connecticut for the past few years, should be able to claim the award for the fastest combined race efforts in the shortest period of time this season.

Mutisya won the Independence Day 5K in Milford on the July 4, posting a time of 15:28. Two days later, Mutisya placed third behind Johnson and Chisholm in Harwinton with his 4:40 clocking, then went on to comfortably win the Enfield 5K Road Race later than same

evening in 15:41.

A former winner at the prestigious Litchfield Hills Road Race, Mutisya likes to race often, and should pose quite a threat as a Master's runner around the state if he can maintain his same level of effort at age 40.

This Month in History

July 15, 1990: For almost 5 miles, all eyes were focused on Jerry Lawson's golden orange spiked hairdo. The 24-year-old Lawson returned to Southington, Connecticut from his Florida home with the goal of defending his TAC Connecticut State 12K Championship title from a year ago, and the day's overcast, humid weather was much to his liking.

Lawson's Jacksonville training grounds had prepped him sufficiently for Connecticut's summer heat, but the absence of hills in Florida proved to be Lawson's undoing, as Terryville's Tom Paskus, a 5K specialist at Dartmouth College, overtook Lawson just after a series of hills at the 5 mile mark and held on to win the 12K (7.4 mile) race in 36:33.

The Mohegan Striders men's open team claimed the team title over rival Top Gun Running on Top Gun's home course. Brothers Joe (fifth) and Patrick Swift (12th), along with Ed Zubritsky (16th), Kevin Pigeon (22nd), and Jon Bell (24th), were the top scorers for the Striders team.

Chad Johnson deserves to win the Rose City Challenge Race one day. Johnson, 26, a former two-time state cross-country champion while competing at NFA, has posted two terrific performances at the race over the last two years, finishing third in 2001 (55:32) behind Kenya's Nelson Hdereva's course record 52:25 and Danbury's Sergio Ribeiro.

This year, Johnson ran a terrific 54:04, nearly a minute up on Ribeiro, but had to settle for second behind two-time Rose City champion Mike Slinsky of New York. Johnson is running as well as anybody in Connecticut right now and has shown strong potential at the longer distances over the past two years.

Sad news to report that Ethiopia's Mamo Wolde has passed away at the age of 70. Wolde was the Olympic gold medallist in the 1968 Olympic Games. Wolde also earned a silver medal in the 10,000 meters in Mexico City and was considered alongside Abiiba Bikilla and Haile Gebrselassie as Ethiopia's greatest distance runners of all time.

Racing Roundup

Waterford's Stephen Herrera (32:25) and Carolyn Verdon (42:01) were winners at the Niantic Bay 10K on June 14. Herrera showed now signs of fatigue from his strong fifth place showing at the previous week's Rose City Challenge, slicing 15 seconds of his own course record from a year ago and outdistancing Uncasville's Todd Bennett (second in 34:50) by a comfortable margin.

The Liberty Bank USATF State Four-Mile Championship race in Middletown on July 21 was one of the most competitive fields assembled in the state this year.

Hartford's Gideon Mutisya, 36, who has been racing a lot (and winning a lot) on the Connecticut roads over the past few years, was out front early and never looked back, cruising through the hilly course in 19:29. Canterbury's Chad Johnson, the state's USATF point leader to date, moved up to claim second in 20:20, passing both Hartford TC's Marc Robaczynski (third in 20:21) and teammate Steve Swift (fourth in 20:22) in the final quarter-mile.

Returning from recent injuries in his first competitive race appearance of 2002, Swift dragged Mutisya out in 4:38 for the opening downhill mile before surrendering the lead. Waterford's Stephen Herrera ran a strong race to finish fifth overall in 20:34.

Oxford's Sue Faber, who continues to run extremely well year after year at age 39, was again the top female finisher, 36th overall in 23:07.

The Mohegan Striders men's team, bolstered by their 2-4-5 finish, captured the team title over rivals Hi-Tek Racing and the Hartford Track Club.

Today's Fairfield Half Marathon will represent the fourth race on the USATF Open Team Championship circuit this season. The Norwich-based Mohegan Striders currently lead the team competition with 24 points after the first three events (5K, 12K, and 10 miles). Canterbury's Chad Johnson is the state's top individual runner, claiming top USATF honors in all three events to date.

This Month in History

June 13, 1993: Thomas Gnabel of Poland shook off the stubborn challenge of New Haven's Mike Cotton in the final miles to win the 27th Annual Rose Arts Festival Road Race. Gnabel, who resides in Colorado and travels the United States to compete in road races, crossed the finish line in 54:18 to claim the \$500 first-place prize purse.

Cotton, a former distance running standout at the University of Virginia with a 2:16 marathon best to his credit, went step-for-step with Gnabel through nine miles before settling for second place, 10 seconds back. New Britain's Kevin Pigeon ran a strong race for third (56:13) to outdistance both Mark Millitello and Peter Oviatt, who rounded out the top five.

Mary-Lynn Currier was the top female, running a record setting 61:16 to claim 16th place overall. Heather Dawson (64:21) held off Carla Thompson (64:54) for the second female finisher. Tim Smith of Norwich, the only person in the field to compete in all 27 Rose Arts races, won his sixth straight Masters division title, finishing a strong eighth place overall in 58:22. Nearly 600 runners completed the challenging 10.4-mile course, with the top 11 runners finishing under the prestigious one-hour mark.

THE STEVE HERRERA PAGE

2002 Stenger Farm XC Invite 4950m

Saturday, October 12, 2002

Race # 1 in the USATF/CT Cross-Country Grand Prix

A true cross country race complete with rain and mud. Thirty-six hearty individuals raced this 3-loop course on grass and trail. Free socks donated by New Balance came in handy since everyone had wet feet at the finish.

Place Name Age Time

- 1 Stephen Herrera 31 16:08 (Course Standard)
- 2 Kevin Grant 36 17:29
- 3 Will Graustein 41 19:04
- 4 William Lunn 28 19:10
- 5 Tim Smith 54 19:36

3rd Annual Mike Owens XC Invitational

Thomaston, CT - 6K

November 2, 2002

OVERALL WINNERS
Stephen Herrera - 19:19
Amie Schumacher - 24:00

Also 1st Place Finishes:

- 10/19 Strides for Handicapped
- 10/20 Cocaponset Trail Run
- 11/10 Sunny Brook 5K XC

Place	Name	Age	Team	Time	Pace
1	Stephen Herrera	31	Mohegan	0:19:19	0:05:11
2	Brendan Callahan	19	N/A	0:20:00	0:05:22
3					
4					
5					
6					
7					
8					
9					
10					

Tarzan Brown Mystic River Run

Mystic, CT - 5.5 Miles

November 3, 2002

OVERALL WINNERS
Stephen Herrera, Waterford, CT - 27:47
Martha Merz, Mystic, CT - 31:25

Timing & Results by:
 Platt Timing Systems (860)645-1476
www.plattsys.com

10/27/02
Mystic Places Marathon

- 6th place
- 1st American
- 2 hr 29 min 56 sec

PLACE	FIRST	LAST	TOWN	STATE	SEX	AGE	TIME	PACE
1	STEPHEN	HERRERA	WATERFORD	CT	M	31	27:47	5:03
2	STEPHEN	SERGEANT	CHARLESTOWN	MA	M	39	29:39	5:23
3	TODD	BENNETT	UNCASVILLE	CT	M	32	30:18	5:30
4	BOB	MCCUSKER	SIMSBURY	CT	M	50	30:24	5:31
5	STEVE	JACKSON	WORCESTER	MA	M	43	30:27	5:32
6	SEAN	BURBANK	MYSTIC	CT	M	17	30:29	5:32
7	BOB	STACK	GALES FERRY	CT	M	45	30:53	5:36
8	KYE	GILDER	GROTON	CT	M		30:59	5:38
9	CHRIS	FOSTER	MYSTIC	CT	M	15	31:00	5:38
10	JACOB	EDWARDS	NORTH STONINGTOCT	M		15	31:01	5:38
11	RYAN	GAUTHIER	MYSTIC	CT	M	16	31:07	5:39
12	MARTHA	MERZ	MYSTIC	CT	F	40	31:25	5:42
13	BOBBY	CLARK	MYSTIC	CT	M	46	31:28	5:43
14	DENNIS	CROWE	WATERFORD	CT	M	54	31:37	5:44
15	JP	GILBERT	NOANK	CT	M	18	31:40	5:45
16	ANSON	MOODY III	UNCASVILLE	CT	M	17	31:44	5:46
17	STEPHEN	BESSETTE	MYSTIC	CT	M	40	31:54	5:47
18	JIM	ROY	MYSTIC	CT	M	41	31:57	5:48
19	KEVIN	FOSTER	MYSTIC	CT	M	17	32:02	5:49
20	BARRY	LEWIS	NOANK	CT	M	44	32:06	5:50

USATF-CT Cross Country Championships

West Hartford, CT - 8K

November 23, 2002

OVERALL WINNERS

Stephen Herrera, Waterford, CT - 27:16
Kerry Arsenault, Branford, CT - 34:13

Results by:
Peter Hawley

Plc	First Name	Last Name	S	Age	Town	Time	USATF Team
1	Stephen	Herrera	m	32	Waterford	27:16:00	Mohegan
2	Chadwick	Brown	m	27	Uncasville	27:52:00	Mohegan
3	Colin	Carroll	m	17	W.Hartford	29:29:00	unaffiliate
4	Jon	Fearnley	m	35	New Britain	29:45:00	
5	Alan	MacDougall	m	37	Branford	29:52:00	AFHT
6	Michael	Graziosi	m	40	Glastonbury	30:13:00	Hartford
7	Dale	Richardson	m	42	Trumbull	30:37:00	AFHT
8	Bill	Thramann	m	41	Avon	31:12:00	Hartford
9	Michael	Fritz	m	46	Ledyard	31:19:00	
10	Charles	Hornak	m	34	Hamden	31:26:00	AFHT
11	Will	Graustein	m	41	Harwinton	31:32:00	Hartford
12	Todd	Brown	m	38	Rocky Hill	31:44:00	N.Medford
13	Jon	Kornacki	m	44	Wallingford	31:47:00	Mohegan
14	Mike	Cobb	m	42	W Hartford	31:54:00	
15	Tim	Smith	m	54	Norwich	32:05:00	Mohegan
16	Jason	Sparkowski	m	42	West Hartford	32:25:00	Hartford
17	Gregory	O'Donnell	m	17	W Hartford	32:39:00	
18	Eddie	Eckard	m	37	Canterbury	32:59:00	Mohegan
19	Jeffrey	Molson	m	40	Avon	33:38:00	Hartford
20	Jake	McComb	m	16	East Granby	33:58:00	
21	Kerry	Arsenault	f	37	Branford	34:13:00	AFHT
22	Bruce	Heim	m	51	Bristol	34:23:00	
23	Edd	Gorecki	m	49	Farmington	34:36:00	Hartford
24	Sam	Wolcott	m	45	W.Suffield	34:41:00	
25	Paul	Rabenold	m	50	Avon	34:47:00	Hartford
26	Ray	Wise	m	47	W.Hartford	34:54:00	
27	Robert	Dube	m	38	Tolland	35:07:00	

Master Men Individual Standings - top 3 earn year-end ca\$h

Pl	Last Name	First Name	Age	Team	Stenger 5K	Owens 6K	Sunny 5K	MDC 8K	Total	TBD
1	Graustein	Will	41	HTC	11	11	11	7	40	\$
2	Smith	Tim	54	Mohegan	9	8	9	5	31	\$
3	Rabenold	Paul	50	HTC	0	6	8	1	15	\$
4	Sparkowski	Jason	42	HTC	0	9	0	4	13	
5	Soldan	Wayne	44	HTC	8	0	3	1	12	
6	Graziosi	Michael	40	HTC	0	0	0	11	11	
7	Richardson	Dale	42	AFHT	0	0	0	9	9	
8	Hedding	Way	53	Mohegan	0	4	3	1	8	
8	Schaivone	Marty	47	AFHT	0	7	0	1	8	
8	Smith	Don	58	Mohegan	0	1	7	0	8	
8	Thramann	Bill	41	HTC	0	0	0	8	8	
12	Gorecki	Edd	44	HTC	0	5	0	2	7	
12	Potter	Allen	42	Mohegan	0	2	4	1	7	
14	Gemske	Bob	40	HTC	0	3	2	1	6	
14	Pandiscio	Curt	41	HTC	0	0	6	0	6	
14	Kornacki	John	44	Mohegan	0	0	0	6	6	
15	Nichols	Julian	55	HTC	0	0	5	0	5	

2002 Cross Country Grand Prix Standings

(as of December 6, Note: Correction Men's Open and Open Teams)

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Men

Open Individual Standings - top 3 earn year-end ca\$h

Pl	Last Name	First Name	Age	Team	Stenger 5K	Owens 6K	Sunny 5K	MDC 8K	Total	TBD
1	Herrera	Stephen	31	<u>Mohegan</u>	11	11	11	11	44	\$
2	Carroll	Colin	17	Unattached	0	9	9	8	26	\$
3	Graustein	Will	41	HTC	8	6	8	2	24	\$
4	Smith	Tim	54	<u>Mohegan</u>	7	4	7	1	19	
5	MacDougal	Alan	37	AFHT	0	8	0	7	15	
6	Hornak	Charles	34	AFHT	0	7	0	3	10	
7	Grant	Kevin	36	Unattached	9	0	0	0	9	
7	Rabenold	Paul	50	HTC	0	2	6	1	9	
7	Brown	Chad	27	<u>Mohegan</u>	0	0	0	9	9	
10	Soldan	Wayne	44	HTC	6	0	1	1	8	
11	Smith	Don	58	<u>Mohegan</u>	0	1	5	0	6	
11	Sparkowski	Jason	42	HTC	0	5	0	1	6	
11	Graziosi	Michael	40	HTC	0	0	0	6	6	
14	Richardson	Dale	42	AFHT	0	0	0	5	5	
15	Pandiscio	Curt	41	HTC	0	0	4	0	4	
15	Schaivone	Marty	47	AFHT	0	3	0	1	4	
15	Thramann	Bill	41	HTC	0	0	0	4	4	
18	D'Amico	Jim	12	Greystone	0	0	3	0	3	
18	Gemske	Bob	40	HTC	0	1	1	1	3	
18	Hedding	Way	53	<u>Mohegan</u>	0	1	1	1	3	
18	Potter	Allen	42	<u>Mohegan</u>	0	1	1	1	3	
22	Gorecki	Edd	44	HTC	0	1	0	1	2	
22	Nichols	Julian	55	HTC	0	0	2	0	2	
25	Kuegler	Kristian	33	Empire	0	0	1	0	1	
25	Lapp	Thomas	13	Greystone	0	1	0	0	1	
25	Owen	Ken	50	HTC	0	0	1	0	1	
25	Upton	Patrick	12	Greystone	0	0	1	0	1	
25	Kornacki	John	44	<u>Mohegan</u>	0	0	0	1	1	
25	Eckard	Eddie	38	<u>Mohegan</u>	0	0	0	1	1	

Open Men Teams (Top 5: 7 Displace)

	Stenger	Owens	Sunny	MDC
1	0	HTC 26	Mohegan 26	Mohegan 34
2	0	Mohegan 29	HTC 29	HTC 42

Master Men Teams (Top 3: 5 Displace)

	Stenger	Owens	Sunny	MDC
1	0	HTC 7	HTC 9	HTC 8
2	0	Mohegan 15	Mohegan 13	Mohegan 21
3				AFHT 23

USAT-CT GRAND PRIX FINAL STANDINGS

November 22, 2002

FINAL TEAM STANDINGS MEN/WOMEN FOLLOWED BY INDIVIDUAL STANDINGS & RACE RESULTS

Year-End Team Standings for Open Men

Plac	Club	Points
1	<u>Mohegan Striders</u>	66
2	Athlete's Foot-HiTek	62
3	Hartford Track Club	57
4	Warren Street	30
5	Housatonic	28
5	Milford Road Runners	28
7	Empire Racing	13
8	Silk City Striders	4

Year-End Team Standings for Master Men

Plac	Club	Points
1	Athletes Foot Hi-Tek	66
1	Hartford Track Club	66
3	Housatonic Road Runne	50
4	Warren Street	38
5	<u>Mohegan Striders</u>	31
6	Empire Racing	27
7	Milford Road Runners	18
8	Silk City Striders	7

Year-End Team Standings for GM Men

Place	Club	Points
1	Hartford Track Clu	56
2	Athletes Foot Hi-T	54
3	<u>Mohegan Striders</u>	45
4	Housatonic Road Ru	43
5	Warren Street	35
6	Milford Road Runne	20

2002 MEN

Open Male Individual Standings

Plac	Last Name	First Name	Age	Club
1	Herrera	Stephen	31	<u>Mohegan</u>
2	Johnson	Chad	26	<u>Mohegan</u>
3	Swift	Stephen	31	<u>Mohegan</u>
4	Ribeiro	Sergio	32	AFHT
4	Robaczynski	Marc	27	Hartford
6	Chisholm	Chris	40	HTC
7	Lindamood	Bryce	30	Milford
8	Mutisya	Gideon	36	AFHT
8	Silva	Emerson	28	AFHT
10	Dickerson	Chris	36	Milford
10	Oviatt	Peter	32	AFHT
12	Brown	Chad	26	<u>Mohegan</u>
13	Kostak	Ed	33	Hartford
13	Richey	Phil	44	AFHT
15	Buchanan	George	43	AFHT
16	Hudimatch	Alex	20	Empire
17	Harding	Tom	36	AFHT
18	Davenport	Bob	34	<u>Mohegan</u>
19	Swift	David	29	<u>Mohegan</u>
20	Clifford	Mark	32	AFHT

Monday, November 25, 2002
**Santa's Runners
 will be toying
 around**

**Mister Claus will be
 cajoling while runners will
 be caroling.**

By **DON BOND**
 Norwich Bulletin

NORWICH -- The annual Santa's Run to provide toys for the Norwich Bulletin's Tommy Toy Fund will be held Dec. 13.

Race organizer Bob Miles said the run will begin at 7 p.m. at Billy Wilson's Ageing Still on Broadway. After a double loop through the downtown business district, the fun run will conclude at Billy Wilson's, where participants will be provided with refreshments.

The entry fee is an new unwrapped toy, which will be donated to the Tommy Toy Fund. The fund annually provides toys and a book to needy children in New London and Windham counties at Christmas.

The Santa's Run, sponsored by the Mohegan Striders, began more than 20 years ago and has brought thousands of dollars worth of gifts. Miles stressed the Santa's Run is not a competitive event. "This is strictly a fun run. We run as a group and usually sing Christmas carols," Miles said. "It's open to anyone who is willing to donate a new toy to the Tommy Toy Fund.

"The pace isn't rapid," Miles chuckled. "In fact, it seems to get just a little bit slower as the years go by."

Santa Claus is expected to be on hand to lead the runners along the route. Many of the participants wear holiday garb while taking part in the run.

Miles said he expects the run will attract its usual group of 50 to 60 runners, including some from out of state.

Runners go extra mile for children in need

By **KRISTOPHER
 WARDWELL**
Special to the Bulletin

NORWICH — Santa Claus led a pack of about 50 merry-makers through downtown streets Friday night in a road race for charity.



The spectacle was part of an annual tradition known as "Santa's Run," one of many events that

helps the Norwich Bulletin's Tommy Toy Fund provide holiday gifts for children in eastern Connecticut who might not otherwise find something



Rory Glaeseman/Norwich Bulletin

Bob Miles, dressed as Santa, joins others in the annual "Santa's Run" along Broadway in Norwich Friday night. The fun run benefits the Tommy Toy Fund.

from Santa under their tree on Christmas.

Each person who ran in Friday's race donated one new, unopened toy as the en-

try fee.

The run was a non-competitive, police-escorted jaunt that started at Billy Wilson's pub on Broadway, traveled

along several downtown streets and looped back to the pub. The runners took two laps, which added up to about three miles.

"If you can believe it, some people didn't think we ran enough," Todd Guertin from Norwich said.

The runners dressed for the season in a motley array of holiday garb. Some people wore blinking lights, reindeer antlers, Rudolph noses, Santa hats and wreaths.

One person ran in a snowman costume. A couple decorated dogs joined the fun.

Runners jangled bells and yelled "Merry Christmas" and "Happy Holidays" to passers-by. They even sang carols over their panting breaths.

"We sang all the carols we know," Doug Barlow, a Norwich resident who attended the run with his daughter.

See RUN, B2

PHONE: 887-9211 | LETTER: Norwich B

ich CT 06360-5805 | FAX: 887-9666 | E-MAIL: r

Gen Barlow, said. "We were going at a pretty good pace too."

Onlookers in cars responded to the greetings by honking horns and residents hung out their windows and waved.

Despite a chilly drizzle, most of the runners took to the streets in running tights or shorts.

"Oh no, it's not cold at all. I'm sweating like crazy under here," Bob Miles, the originator of "Santa's Run," who wore a heavy Santa costume, said.

Miles, along with the Mohegan Striders running club, has been organizing the fund-raiser for more than 20 years.

"He has always loved to lead the group," Walt Smolenski, a Strider from Norwich, said. "It has been his passion."

By the time the second lap was finished, the display window in front of Billy Wilson's was heaped with building blocks, puzzles, footballs, funny money, pogo sticks, bicycles and many other toys.

Rain refreshing for Canterbury's Johnson

By **TONY FARMER**
 Norwich Bulletin

BALTIC — About eight minutes into the 10th Annual St. Joseph's School Three-Mile Road Race Saturday morning, the clouds opened up and it began to rain.

The weather was a tough break for fans without umbrellas. But Canterbury's Chad Johnson, who crossed the line first in 15 minutes, 4 seconds, said he welcomed the rain.

"Today (the rain) probably helped just a little bit because of the humidity, so it kind of helps you cool off a bit, especially since we haven't had too many hot days," Johnson said.

LL State Cross Country Championship, it was fun, it was nice.

Stephanie, 24, shared that sentiment: "I have always followed his running and he has been doing so great," she said. "So he kind of motivated me to get back into it because this was my first race in about a year so it felt good to have us both win it."

Chad won the race by a large margin — 56 seconds — over second-place finisher Todd Bennett. Johnson said that he knew early on that he would be the first competitor to cross the finish line.

"I know most of these guys, we race a lot together, and I know who can go with me and who can't from around the area," he said. "So I knew if somebody had a good day they would be right up there with me. If they were going to be with

**10th Annual St. Joseph's
 School Three-Mile Road Race**

Top 5 finishers:

1. Chad Johnson, 15:04
2. Todd Bennett, 16:00
3. Robert Corsi, 16:36
4. Kyle Friedman, 16:38
5. Mike Lechene, 17:16

Top 3 females:

1. Stephanie Johnson, 20:26
2. Lynne Hill, 22:12
3. Joan Munroe, 22:27

Johnson, 27, was the pre-race favorite after setting the course record (14:48) in his first attempt on this course last year.

After finishing the race, Johnson, a 1993 NFA graduate, immediately headed back onto the course to assist

his younger sister Stephanie, who was the first female finisher of the morning with a time of 20:26.

"Around the turn around I kind of kept an eye out, but I really wasn't sure," she explained. "Then I saw (Chad) toward the last quarter-mile and asked him where's the second woman? He said, 'she's not in sight just bring it in,' so that's when I kind of knew."

The siblings admit that being able to share the victory with each other made the event more special.

"It definitely does," Chad said. "It's the first time we've both won since the 1992 Class

See JOHNSON, C5



File photo

**NFA grad Chad Johnson
 won the St. Joseph's School
 Road Race for the second
 straight year on Saturday**

road races to keep my legs kind of fresh and underneath me at the beginning of the year," he said.

The event featured the most competitors in its 10-year history, and all registration fees benefited the St. Joseph's School basketball program. The school's gym teacher and race director, Glenn Costello said the event was a success.

"We had 114 runners and before this year our biggest race was 85, so I am very very happy about the turnout — after 10 years the word has finally gotten out," said Glenn Costello, St. Joseph's School gym teacher and race director. "Just recognizing the school, the fact that we are here, and we are not just a school, we are a community and we try to give things back to the community."

**"... but by the time
 I hit the mile (mark)
 there was nobody
 with me and I knew I
 had it."**

Chad Johnson

Canterbury runner

me they were going to be with me at the mile, but by the time I hit the mile (mark) there was nobody with me and I knew I had it."

Chad, who competes in about 24 races a year, said that he uses events like these to prepare himself for the upcoming running season.

"I always like to hit some of these local courses early season

Overall winners: Men, Chad Johnson 15:04; Women, Stephanie Johnson 20:26; **Male elementary:** Kyle Friedman 16:38; Joey Sudik 21:24; Tyler Meserve 21:50; **Female elementary:** Andrea Earwaker 23:26; Angela Turner 23:38; Kyra Coughlin 24:23; **Male junior:** Matt Miclette 18:56; Jonathan Hanselman 19:04; Dave Marshall 22:01; **Female junior:** Dana Merise 25:44; **Male open:** Robert Corsi 16:36; Stephen Moskaluk 21:53; **Female open:** Sister Mary Jane 28:42; Leah Abbott 33:42; **Male sub-master:** Todd Bennett 16:00; Keith Pelierin 17:24; Eddie Eckard 17:41; **Female sub-master:** Lynne Hill 22:12; Claire Tonewo 23:14; Kelly Tuttle 23:23; **Male master:** Mike Lechene 17:16; Mike Munroe 17:55; Brian Lundie 17:57; **Female master:** Joan Munroe 22:27; Leslie Jolley 23:29; Elaine Lamoureux 24:26; **Male grandmaster:** Wayne Jolley 17:45; Mike Bendzinski 18:07; Bill Marshall 18:15; **Female grandmaster:** Michaela Haeseler 25:22; Joanne Dorman 25:58; Linda Glaude 34:42; **Male veteran:** Hal Bennett 18:52; Charles Giannotti 20:53; Fred Zuleger 21:51; **Kids half-mile fun run:** Boys, Casey Chidester 2:53; David Bendzinski 2:56; Matthew Exley 3:14; Girls, Dana Petrowski 3:35; Rebecca Exley 3:56; Miriam Turner 4:13.

All finishers

1. Chad Johnson, 15:04; 2. Todd Bennett, 16:00; 3. Robert Corsi, 16:36; 4. Kyle Friedman, 16:38; 5. Mike Lechene, 17:16; 6. Keith Pelierin, 17:24; 7. Eddie Eckard, 17:41; 8. Wayne Jolley, 17:45; 9. Mike Munroe, 17:55; 10. Brian Lundie, 17:57; 11. Mike Bendzinski, 18:07; 12. Cliff Collins, 18:12; 13. Bill Marshall, 18:15; 14. Mike DiIato, 18:25; 15. Dave Jacobs, 18:25; 16. Tom Curry, 18:48; 17. Hal Bennett, 18:52; 18. Glenn Coughlin, 18:54; 19. Matt Miclette, 18:56; 20. Jon Hanselman, 19:04;

21. Jack Donahue, 19:09; 22. Paul Andruskiewicz, 19:29; 23. Ben Matthews, 19:34; 24. Nicholas Mongello, 19:47; 25. Paul Rabenold, 19:53; 26. Scott Caldwell, 20:05; 27. Vidal Paz, 20:17; 28. Bob Mayer, 20:23; 29. Stephanie Johnson, 20:26; 30. Mark Charter, 20:30; 31. Dean Pendleton, 20:33; 32. Charles Giannotti, 20:53; 33. Larry Orum, 21:01; 34. Mark DiFranco, 21:02; 35. Joey Sudik, 21:25; 36. Jerry Exley, 21:32; 37. Thomas Noel, 21:37; 38. Tyler Meserve, 21:50; 39. Richard Baber, 21:50; 40. Fred Zuleger, 21:51;

41. Stephen Moskaluk, 21:53; 42. Dave Marshall, 22:01; 43. Brian Andstrom, 22:02; 44. Lynne Hill, 22:12; 45. Joan Munroe, 22:27; 46. Dan Carry Jr., 22:31; 47. Larry Bransford, 22:52; 48. Chris McDonald, 22:54; 49. Dusty Chenette, 22:55; 50. Art McDonald, 22:56; 51. Zachary Eckard, 22:59; 52. Stephen Avery, 23:01; 53. Mark Adams, 23:05; 54. Michael Papineau, 23:07; 55. Richard Price, 23:12; 56. Claire Tonewo, 23:14; 57. Joe Palumbo, 23:21; 58. Kelly Tuttle, 23:23; 59. Thomas Wichrowski, 23:24; 60. Andrea Earwaker, 23:26;

61. Bruce Earwaker, 23:26; 62. Leslie Jolley, 23:29; 63. Angela Turner, 23:38; 64. Rob Harris, 23:44; 65. Timothy Riquier, 23:45; 66. Lon Poz, 23:55; 67. Heather Abel, 24:18; 68. Kyra Coughlin, 24:23; 69. Elaine Lamoureux, 24:26; 70. Monique Audette, 24:27; 71. Richard Zbrozek, 24:40; 72. Wesley Pelierin, 25:04; 73. Guy Lamoureux, 25:09; 74. Joseph Marceau, 25:09; 75. Michaela Haeseler, 25:22; 76. Dana Merise, 25:44; 77. Jarrod Begin, 25:55; 78. Joanne Dorman, 25:58; 79. Kayla Sheerin, 26:04; 80. Brittany Sudik, 26:12;

81. Norma Vivar Orum, 26:15; 82. Meagan Tuttle, 26:23; 83. Charles Merlis, 26:24; 84. Ali Tuttle, 26:34; 85. Lisa Carr, 26:36; 86. Liz Andstrom, 27:03; 87. Kim Navetta, 27:08; 88. Anise Grajeda, 27:25; 89. Colburn Graves, 27:51; 90. Victoria French, 28:27; 91. Sister Mary French, 28:42; 92. Vicki Tuttle, 29:28; 93. Brandi Smith, 29:56; 94. Ali Risley, 31:02; 95. Kelly Carr, 31:03; 96. Betsy Bartlett, 31:41; 97. Debbie Elwell, 31:41; 98. Susan Gordon, 31:54; 99. Mary Sadowski, 33:15; 100. Ashley Chenette, 33:19;

101. Leah Abbott, 33:42; 102. Troy Kamuda, 33:56; 103. McKenzie Coughlin, 34:03; 104. Kyle Watson, 34:41; 105. Linda Glaude, 34:42; 106. Bobby Duntley, 35:00; 107. Unknown, 35:05; 108. Unknown, 35:10; 109. Laurie Lamb, 36:22; 110. Carlton Smith, 37:21; 111. Savannah Smith, 37:24; 112. Robert Reuter, 37:33.



Enlarge

Ron Dombrowski

Wednesday, March 12, 2003

At 59, man is far from running on empty

By ROGER ZOTTI

In the news: For the fourth time in his running career, Ron Dombrowski, 59, has qualified for the 2003 Summer National Senior Games, which will be held May 26-June 9 in Hampton Roads, Va. To qualify, an athlete must be 50 or older.

Background: Dombrowski, a lifelong Norwich resident, began running in 1978. A member of the Mohegan Striders running club since 1980, he credits Madison's Jerry LeVasseur, a veteran runner, with introducing him to the Senior Games several years ago. Like Dombrowski, LeVasseur has qualified for the 2003 games.

Qualifying: Dombrowski qualified for the Senior Games as a result of his strong performances in three local competitions. Last June, he competed in a 10K road race in Niantic. He finished fourth in his age group. On Aug. 3, he took part in the track and field competition at the Coast Guard Academy in New London. He qualified in the 200, 800 and 1500 meters, finishing second in each event. "That was the first time the Coast Guard sponsored the track and field qualifiers," Dombrowski said, "and they had a little trouble with the logistics. We were there from 9 in the morning and didn't run until 5 in the evening. During the day, the heat was up to 105 degrees. When it was time to run, the heat had zapped everyone. We all ran slower than usual." The next day, Dombrowski ran the 5K Sailfest road race in New London. He finished first in the 50-59 age division. Of the 250 runners, he was 21st overall. "I got two gold medals and that was great," he said.

Training: Dombrowski trains year-round. "I'm on the roads five days a week, even in the bad weather," he said. "Of course, because of the snow and ice I'm cautious."

Critical: Dombrowski is disappointed how Connecticut deals with its athletes in the Senior Games. "The state wants you to wear its uniform," he said. "I don't. I run in the Mohegan Striders colors." He'd like to see Connecticut emulate New Mexico. "New Mexico gives each of its participants new shoes, a complete running outfit, sweats, plus payment for expenses."

Quotable: "The games give me a goal to aim at," Dombrowski said. "They keep me motivated and bring out the best in me. At the same time, the camaraderie between the athletes is great. It's a terrific experience to meet people from the rest of the country and from all over the world. You find out that some of the training you've done is the same as what they've done. I've met athletes in their 70s and 80s. One of my fondest memories was being introduced to a swimmer named Sam. He was 90 years old and still going strong. The guy was simply awesome."

Email this story

Cruising along at a Slug's pace

It's only been a mere two weeks since the Saturday Morning Slugs social gatherings have concluded for the season.

There is something remarkably different about the weekends.

For those not familiar, the Slugs are a group of friends who gather on Saturday mornings each winter for a healthy dose of running, eating, drinking, socializing, and entertainment, usually in that order. The group's organizer, Marshall Collins, coordinates a formal schedule beginning the first Saturday in January and concluding the first Saturday in April with a group cookout.

Volunteer hosts open their homes; guests bring food and beverages — plenty of both. Meeting sites have ranged from Norwich to Mystic; from Newport to Hope Valley; from Ivoryton to Colchester. What began as Collins and a few buddies — training partners Tom McColl, Eric Isbister and Steve Middel — meeting one icy New Year's Day eight years ago with the intention of logging some serious marathon training miles followed by a bagel and orange juice, has evolved into a full scale feast and a full day social event.

Participants range from ages 2 to 72; from serious road racers to casual walkers; from running veterans to relative newcomers. There are no egos. The runners who hammer out 10-12 miles at a brisk clip indulge in donuts, beer and conversation right along side those who venture out for a 20-minute casual walk. If anything, real serious training efforts are even subjected to some good-natured ribbing from this group.

And it's that camaraderie that makes the event something to look forward to on a cold winter Saturday morning.

"It's a real throwback to the old days of social running," said Collins of the Slugs tradition. "It's a great way to get through the winter and great maintenance to run with someone. Really, it's staggering how it's grown."

Crowds have grown to over 40 runners and maybe a dozen kids on some weekends. And the tradition continues to evolve. The Slugs now provide their own entertainment with six or seven runners bringing acoustic guitars along for an afternoon improv "open mic" jam session.

The infamous "Bloody Shirt Award" (unwashed since its initial presentation) is awarded to the individual accomplishing the most embarrassing feat each year. Collins, who earned the inaugural award via his accidental face-first nosedive on a trail run, takes pride in being the award's initiator.

Getting out of bed and out the door on a rainy, cold and damp Saturday morning for a hour of running takes some serious motivation, especially this past winter. But these Saturday morning events somehow changed all that for many. These runners actually looked forward to challenging the elements and pounding the pavement; somewhere along the lines of the "misery loves company" theory.

However, with the final gathering date two weeks gone, what was once a day of socializing for many has now changed abruptly.

"Next week at this time, I'll probably be doing yard work," said a dejected Collins at the final Slugs gathering in Preston.

The Saturday Morning Slugs are a great group of people who provided a lot of camaraderie during a rough winter. Now replaced by a busy Saturday morning schedule of T-ball games, yard work, or dragging myself through solo long runs in the hot summer sun, I'll think back to the winter weekends of struggling through 10 miles in the snow and slog and actually enjoying it.



Rory Glaeseman/Norwich Bulletin

Norwich will be well-represented in today's 107th running of the Boston Marathon. Runners from the Rose City include, from left, Craig Pettit, Steve Siderewicz, Robert Niebala, Rose Buckingham and Todd Fisher.

Area runners excited for Boston

By TONY FARMER
Norwich Bulletin

Craig Pettit is not new to the sport of running. The 45-year-old runs every day and has participated in seven marathons over the last 3½ years. But Pettit knows that his first Boston Marathon will be unlike any race he has ever competed in.

"I don't know what to expect," he admitted. "I've never worked a crowd like this with 20,000 people running, so I don't know how it's going to work. It's a whole new experience for me."

The last marathon that Pettit ran was in New Hampshire last October — a race that featured just over 130 participants. The largest

marathon he has ever competed in — last spring in Vermont City — had 3,000 runners. Pettit ran the course in 3:19:32 and used the time to qualify for this year's Boston Marathon.

Pettit says that although he would like to run a 3:30:00 today — automatically qualifying him for next year's field — his No. 1 priority is to just have a good time.

"For Boston, I just want to run it," he said. "I just want to experience this one, just to see it and live it."

Pettit, of Norwich, said that the Boston Marathon is extra special for him because it is so close to home.

"You're kind of a hometown person," he said, "be-

cause it's right in Boston and it's a world-wide event."

The Boston Marathon is the world's oldest annual marathon. The 26.2 mile course ranks as one of the most prestigious road race events in the world. It is this reputation that is so attractive to runners like Pettit.

"The most important thing for me is just the history behind it all. (Boston) is just the biggest and the best," he said. "This is the elites, this is the World Series of marathoning."

Pettit is one of seven Norwich residents who are in Boston for today's world famous event. Todd Fisher, Rose Buckingham, Joe Lemieux, Bob Niebala, Steve

Siderewicz and Paul Yeomans are the others.

Fisher, who has been running for the past five years, will be running in his second Boston Marathon and fourth marathon ever. Fisher qualified for the event by running a 3:09:30 in the Chicago Marathon last October.

He says that for him, the best aspects of the Boston Marathon are the fans and the history behind the race. "The crowds are phenomenal," he said. "Ninety-nine percent of the course people are four and five deep, and just the history behind Boston... it's such a great, great race."

Fisher hopes to use the Boston Marathon as training

for his first Iron Man Triathlon in late July. The triathlon will require Fisher to run a marathon, but only after swimming 2.4 miles and pedaling another 112 miles on bike.

"This will build a really good base for the iron man training," he said.

With a year of experience under his belt, Fisher is aiming to run a 3:04:30 today, and he knows what he has to do in order to accomplish that goal.

"On race day, I am going to have to be patient and not go out too fast in those early downhills," he said.

Fisher, who has been running with the Mohegan Striders for the past three years, says that he is happy to be representing his hometown: "I am proud to be representing Norwich and the Mohegan Striders," he said.

Bob Niebala, 55, will be the most experienced Norwich runner in the field today. Niebala, who will be running his 10th Boston Marathon in a row, says that he is just as excited about this one as he was for his first.

"I always look forward to marathons with anticipation," he said. "To me the Boston Marathon is the Super Bowl of running, I am just excited to be a part of it."

Niebala said that he gets a thrill out of knowing that he is racing with the best runners in the world.

"I am in a pack and the best runners in the world are right in front of me," he said. "It's like being in a golf tournament with Tiger Woods."

Not only will this be Steve Siderewicz's first Boston Marathon, but it will be his first marathon ever. Siderewicz, 28, attended school at Babson College from 1992-96, so the Boston Marathon has been a part of his life for some time.

"I grew up with the mystique of the marathon nearby," he said, "but I never fully understood it until I started training."

Siderewicz has been running about 25-35 miles a week in preparation for the event. He is running to raise money for the Doug Flutie Jr. Foundation for Autism. He says he has raised over \$2,500 so far.

Siderewicz says he has no hopes for the race, other than to finish. "My goal is definitely to finish, it's a tremendous accomplishment," he said.

Paul Yeomans is another Norwich man running for a charity. Yeomans is taking the "Dana Farber Marathon Challenge." This year the foundation is hoping that sponsored runners can raise 2.6 million dollars. Yeomans said his personal goal is to raise \$10,000 for the organization dedicated to fighting cancer.

Yeoman's father died of cancer in 1985, and his sister-in-law was diagnosed with breast cancer last September, so being able to support cancer research is something very important to him.

"To be able to raise money for cancer (research) is something that is really important to me," he said. "My sister-in-law has breast cancer and I am running the race in her honor."

This will be Yeomans' third Boston Marathon. He qualified for the event by running a 3:22:00 in Charlotte, N.C. After 6-10 hours a week of preparation, Yeomans says he has a lot to look forward to.

"I'm just looking forward to seeing people along the sidelines and being healthy enough to finish," he said.

Yeomans says that he hopes to cross the finish line some where around the 3:25:00 mark.

Joe Lemieux, 50 will be running

in his third Boston Marathon. Like some of the other competitors, Lemieux's No. 1 priority is to enjoy himself.

"I am going to have fun," he said. "You can't go to Boston to be competitive. I am 50 years old and I wanted to run one as a 50-year-old. I'll have fun for the first 20 miles and run the next six."

Lemieux qualified for the race after running a 3:25:00 in Mystic last October. He said he is hoping for a time between 3:25:00 and 3:30:00 today.

Another Norwich resident looking forward to experiencing the mystique of the Boston Marathon is Rose Buckingham.

"I am looking forward to the whole Boston experience, the whole town," she said. "It's kind of like a holiday up there."

Buckingham, 55, says that she has been running 5-10 hours a week and cross-country skiing to stay in shape.

"I just want to be able to say that I finished that marathon at 55 (years old)," she said.

Buckingham hasn't run in the Boston Marathon since 1986 when she finished with a time of 3:37:00. This year she says she is hoping for a time somewhere between four and five hours.



Nicole Anne Ste-Marie
Christopher
Wayne Jolley

Mr. and Mrs. Wayne L. Jolley of Brooklyn announce the engagement of their son, Christopher Wayne Jolley, to Nicole Anne Ste-Marie, both of Brooklyn. Ms. Ste-Marie is the daughter of Deacon and Mrs. Ronald M. Ste-Marie of Inlet, N.Y.

Mr. Jolley is a 1998 graduate of St. Bernard High School, Uncasville and a 2003 graduate of New England Institute of Technology in Warwick, R.I. with a bachelor's degree in computer information sciences. He is employed by Mortgage Pro USA in East Greenwich, R.I.

Ms. Ste-Marie is a 1997 graduate of the Town of Webb and Howard G. Sackett Technical

Locals survive Boston

Marathon

Norwich runners complete task; happy with results

By **TONY FARMER**

Norwich Bulletin

Approximately 17 miles into his first Boston Marathon last Monday, Norwich's Steve Siderewicz, 26, contemplated quitting. The starting temperature was 70 degrees, much warmer than the weather he had been training in.

Siderewicz stopped to vomit and decided to press on.

With little running experience, Siderewicz said his goal for the race was just to finish -- Some six hours and 26.2 miles after he crossed the starting line, he accomplished his goal.

"I ended up finishing so I was happy about that," he said.

Finishing wasn't the only goal that Siderewicz accomplished. He was running the race to raise money for the Doug Flutie Jr. Foundation for autism. Siderewicz raised \$2,700 for the organization, \$200



Pettit



Niebala



Buckingham

more than his goal.

Siderewicz was one of seven Norwich runners competing Monday. Bob Niedbala, Craig Pettit, Todd Fisher, Rose Buckingham, Paul Yeomans and Joe Lemieux were the others.



Siderewicz

Niebala, 55, who ran his 10th straight Boston Marathon Monday, finished with a time of 4:16.40, which was good enough for 12,652nd place. Not too bad considering the field was comprised of 20,000 competitors.



Fisher

Niebala said that this was the best crowd of spectators that he has ever seen in Boston.

"They were the biggest crowd that I have seen in the last 10 years," he said. "I just had an enjoyable run."

Pettit, 45, finished 7,158th overall with a time of 3:46.57. The time was a little bit slower than he was anticipating, but he said running his first Boston Marathon was an experience he won't soon forget.

"I am definitely glad I did it," he said. "It was something I will never forget."

Like many of the first time competitors, Pettit appreciated the fans who lined the streets in support of the athletes.

"It was absolutely nuts," he said. "There were people making so much noise, I couldn't even hear myself."

Yeomans, 42, finished his third Boston Marathon 11,723rd with a time of 4:13.40. But his time wasn't the only thing on his mind. The race in honor of his sister-east cancer earlier this year.

We owe Gravell thanks for 19 great years

For the past 19 years, the second weekend in July has meant it was time to run the annual Sail Fest 5K Road Race through downtown New London.

Sadly, longtime race director Marie Gravell has said the race will not take place this year. After 19 years of doing much of the work herself, she decided it was time to stop. She had hoped someone else would have stepped forward to take over but that has not happened.

"There's just other things I want to do with my life," said Gravell, who plans to spend her free time working with the Lawrence & Memorial Hospital auxiliary and the Save Ocean Beach group. "I feel I've done it long enough. If you don't have your heart in it, it won't be successful."

She said organizing last year's race was particularly difficult because her mother was ill.

"I prayed she'd make it to the race. The day after, she died," Gravell said.

Work on the race begins in January as she has to send out applications, order T-shirts, contact sponsors and work with city officials.

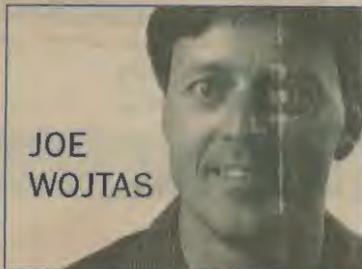
"I really don't think the average person who gets to the start realizes what it takes to put on a good race," she said. "I always tried to make this a family-type event."

A walker who has worked for the City of New London even longer than she's organized the race, Gravell has volunteered at 14 Boston Marathons as well.

She said some people have urged her to organize one last race to make it an even 20.

"They're disappointed but once I explain, they understand," she said.

Gravell praised the city departments and workers who help make the race possible as well as her many loyal sponsors. She said Boston Marathon winner Johnny Kelley of Mystic and his late wife Jessie have been her inspiration all these years. She called the local running community "a real special group of people."



JOE
WOJTAS

j.wojtas@theday.com

RUNNING

"I'm going to miss it but I feel it's my time," she said.

We all have some fond, and not so fond memories of this race. The run back along Bank Street, which on a hot day felt like an oven. The short steep uphill just past the 1-mile mark. The fast downhill and then left turn in front of the train station to the finish. And of course, the makeshift shower that firefighters rigged up next to the parking garage.

Thanks Marie for a great race. It may not have always seemed like it, but we appreciate all your work and dedication.

Yeomans raised approximately \$9,800 for the Dana-Farber Marathon Challenge -- a fundraiser dedicated to raising money for cancer research.

Yeomans said that although his time was slower than he would have liked, it was a great all-around afternoon.

"It was absolutely a blast," he said. "I had so much fun, the people were terrific. The result wasn't what I had hoped for, but it was a terrific experience."

Fisher had hoped to run a 3:05.00. He just missed his goal, finishing with a time of 3:09:36.

"Because of the heat, not too many people finished what they wanted to," he said. "But I was in the ballpark of what I wanted to run."

Fisher finished 1,416th overall.

Buckingham, 55, was hoping to run a 4:30.00 on Monday. She missed her goal by more than a minute, finishing with a time of 4:28.32, which placed her 14,101st overall and 4,943rd out of 20,000 male competitors.

"It was great," she said. "I did as well as I could have done."

Although this was Lemieux's third Boston Marathon, it was very different from the previous two.

In 1998, Lemieux ran with approximately 11,000 other competitors, and in 2000 there were 15,000. The 20,000 competitors in this year's race produced a noticeable difference.

"It was just wall to wall people the whole time," he said. "It was hard to get through the people so it was a little tougher, but it was very enjoyable."

Verdon finds inspiration in a true marathon test

Carolyn Verdon will be running the Vermont City Marathon next weekend. Since hundreds of thousands of people participate in marathons each year, her task is nothing unique. But her reasoning for doing so may be.

Verdon's marathon goal isn't just to finish the race. She isn't planning on running four or five hours for charity or in someone's honor, a practice all too common among today's marathon participants.

And while Verdon has logged some serious miles in preparation for this marathon attempt, she'll be the first to admit that a personal best (her 3:10:55 effort in the 2000 East Lyme Marathon) may be a bit out of her reach this time around.

So why a marathon? Verdon innocently admits that she sometimes needs an incentive to keep her motivated to train. And the commitment to race a marathon in late May was just the answer to get her through a tough winter of training.



RUNNING NOTES

Don Sikorski

The 32 year-old Waterford resident is already an accomplished distance runner. Verdon's youth days of soccer and softball were replaced with running, a sport at which she quickly excelled to a high level. She became the 1987 Class LL state cross-country champion at Rockville High School before going on to compete in Cross-Country and Track at UConn.

After college and nearly three years away from the sport, she returned to running and racing, entering the 1996 Philadelphia Marathon with the intent of earning a qualifying time for Boston. She did just that, but her Boston effort the following April proved to be a lesson most distance runners learn sooner or later.

"I went out too fast and died," admits Verdon of her Boston attempt. The lesson learned proved a valuable one, because Verdon ran a perfect tactical marathon race in East Lyme three years later en route to a personal best. She also ran the 2001 New York City Marathon, which was especially dramatic following the September 11th terrorist attacks. Vermont City will be her fifth start at the 26.2-mile distance and presents a challenge that Verdon has worked hard this past winter to prepare for.

"I needed a reason to get myself out the door," she said. "Entering a marathon was a way to force myself to start training more consistently."

Verdon has been able to do just that, squeezing in two or three lunchtime runs between her work schedule as an environmental engineer, combined with longer, consistent weekend mileage.

The results of her work have been positive to date; Verdon ran 1:10:20 for 10 miles in mid-February, then followed that effort with a strong race at the U.S. National 15K Championships in Jacksonville, Florida two weeks later.

Recently, she finished third at the L&M Spring Stride race in 22:16, a personal best on the course. From there, only the most difficult task of marathon preparation remains: being able to reduce training volume in the weeks leading up to race day and remaining confident in your weeks of training.

Verdon, who owns personal bests of 18:10 for 5K and 30:06 for five miles, possesses many of the traits synonymous with competitive distance runners.

"I'm a very competitive person; probably too competitive for my own good at times," she said.

Her diet is healthy but not consciously (with a self-admitted weakness for chocolate ice cream).

And like all serious athletes, she values the achievement in hard work.

"I like how I feel when I run a good workout. I've tired other sports, and running is the best workout. And I guess I just enjoy the social aspect of going to races."

As far as a prediction for her Vermont City race, Verdon is non-committal, but hopes her hard work during what was a challenging winter to train will pay off on race day. "I'll go out easy and see how I feel," Verdon explains of her race plan, hoping to avoid the mistake of her Boston race years ago.

Former Olympic Marathoner Juma Ikangaa one said that "the will to win is nothing compared to the will to prepare to win." No matter what happens on race day, Carolyn Verdon has demonstrated that will to prepare all winter long.

Rain doesn't dampen Mem. Day runners but Jolley walks hill!

By AL NORTH

Special to the Bulletin

5/26/03

WOODSTOCK -- The baseball games were postponed, some of the Memorial Day Parades cancelled and the backyard barbecues became indoor dinner parties.

Runners, however, are a different breed.

One-hundred seventy-five of them braved the elements in Woodstock on a very wet Monday morning to take part in the 23rd annual Memorial Day 10K.

"Oh beautiful," a drenched Barry Kromer, the Race Director, said of the turnout. "You get the serious runners on a day like this. We had 132 pre-registrants and they show up but the real serious people come out on a day like this because it's good for runners, not spectators.

Everyone had their own reasons for showing up including defending champ Todd Bennett of Uncasville.

"I would probably be sitting on the couch eating doughnuts if I wasn't here," Bennett said as he sloshed through ankle-deep puddles prior to a warm-down.

"I don't know, nothing stops you including the weather," fourth place finisher Mike LeMay of South Windsor said when asked what possessed him to come out and run.

Bennett actually bettered his time from a year ago as he finished in 35:38, 17 seconds better than 2002. He beat second place runner, John Matthews of Canton by 55 seconds.

"A couple of guys went out fast but I took the lead before the mile and built on it from there to the hill and just kept tabs on them," Bennett said.

The race is actually a two-part event as the first mile is a nice downhill but the last mile is a long uphill that can hurt if you're not prepared for it.

"The hill is legendary no matter what the weather is, it's an old school course," Matthews said.

Women's winner, Melissa Perkins-Banas of Norwich, remembered the hill the hard way.

"I had not rested before the race, I forgot how big that hill was at the end. I just tried to run relaxed because the next women's runner was far behind and wanted to enjoy the race," she said.

Perkins-Banas finished 15th overall in 40:19, a time that she was not pleased with. She did, however, easily defeat Danielson's Paulette Bolton who finished 23 spots behind. Perkins-Banas is currently working on her weekly mileage as she plans to run in the Chicago Marathon in October.

Banas was also happy to see a fellow Mohegan Strider having just as tough of a time with the hill as she did. Brooklyn's Wayne Jolley finished 13th but had troubles with Child's Hill.

"I was really encouraged when I saw Wayne Jolley walking the hill. I ran with him for the first mile and hadn't seen him since. Then I saw him walking up the hill, I never caught up to him but I have to give him a hard time. All of the Mohegan Striders have to know that Wayne Jolley walked the hill," Perkins-Banas said jokingly.

Other runners at the front of the field included Hans Despain (Holyoke, Mass.) in fifth. Kurt Lenser (Suffield), Stanley Mickus (Mystic), Scott Deslongchamps (North Grosvenordale), Karl Christiansen (Niantic) and John Navan (Hampton) rounded out the top ten.

Johnson, Currier come up Roses

By TONY FARMER
Norwich Bulletin

NORWICH — After finishing second place in last year's Rose City Challenge 10-mile Road Race, Canterbury's Chad Johnson had only one goal in mind this time around — a victory. Johnson, a 1993 NFA graduate, accomplished that goal Sunday, finishing in front of 232 other competitors.

"This time I said I don't really care about the time, I am just going to run to win," Johnson said. "My first priority was to win and usually if you win you get a good time anyways."

Last year, the 27-year-old Johnson, set a fast pace early on, but ran out of gas late in the race, finishing with a time of 54:04.

"My strategy going in was



Khoi Ton/Norwich Bulletin

Chad Johnson of Canterbury won the men's Rose City Challenge at 53:52.

to go as slow as possible for the first five miles," Johnson said. "I didn't care how slow it went. Last year I went out hard and I didn't have a good

day and paid for it later." This year, Johnson completed the course with an improved time of 53:52, 53 seconds faster than second-place finisher Marc Robaczynski of East Hartford.

Johnson and Robaczynski battled back and forth for the lead until about three miles in, when Johnson started to break away.

"I figured (Johnson) would pull away at some point," Robaczynski said. "I knew I had the strength but overall I didn't have too much speed."

Johnson said that he wasn't sure he had the win until after he hit a series of hills which started at about mile 6 1/2 and lasted through mile eight.

"Not until about mile nine," Johnson said, when asked when he started feeling good about the race. "I had a

good lead, I knew that. When you hit those hills you don't know how bad you are going to fade."

The demanding course, which began at Kelly Middle School and ended behind home plate at Dodd Stadium, featured several steep hills.

The top female finisher was 39-year-old Mary-Lynn Currier. Currier finished the course in 1:04:04, which was good enough for 28th overall. After the race, Currier, a Muscular Dystrophy sufferer, admitted that she wasn't sure she was going to be able to complete the course.

"At the start I said 'I can't feel my leg all the way' and I usually don't get that way until the last mile," she said. "I wasn't sure if I would even finish the race."

Rose City Challenge

At Norwich
TEN-MILER

1. Chad Johnson 53:52; 2. Marc Robaczynski 54:45; 3. Anatolie Vartosu 55:20; 4. Chris Chisholm 55:38; 5. Stephen Swift 56:26; 6. Chadwick Brown 57:12; 7. Mark Clifford 57:24; 8. Chris McCormack 57:44; 9. Phil Richey 58:09; 10. Steve Palmer 59:07.

11. John Tolbert 59:12; 12. Jon Fearney 59:21; 13. George Buchanan 59:48; 14. Jim Zoldy 1:00:42; 15. Michael Grazioski 1:01:03; 16. Peter Lofink 1:01:28; 17. Bill Thramann 1:01:57; 18. Michael Fritz 1:02:10; 19. Alan MacDougall 1:02:38; 20. Dale Richardson 1:02:51.

21. Peter Oviatt 1:02:59; 22. Charles Szilagyi 1:03:01; 23. Scott Deslorchamps 1:03:02; 24. Fernando Caetano 1:03:12; 25. Brian Williams 1:03:28; 26. Jeffrey Wordecki 1:03:43; 27. Donald Tyszkiewicz 1:03:48; 28. Marylyn Currier 1:04:04; 29. Thomas Hiten 1:04:06; 30. Jon Kornacki 1:04:08.

31. Charles Hornak 1:04:12; 32. Jim Hanrahan 1:04:21; 33. Charles Iselin 1:04:26; 34. Tim Smith 1:04:29; 35. Todd Fisher 1:04:32; 36. Allison Gern 1:04:33; 37. Kevin Gallerani 1:04:49; 38. Ryan Murdoch 1:04:58; 39. Veronica Kanca 1:05:17; 40. Walt Smolenski 1:05:21.

41. Cliff Collins 1:05:27; 42. Cindy Pomeroy 1:05:31; 43. Eric Eckard 1:05:32; 44. Paul Moyle 1:05:34; 45. Ed Mokoski 1:05:49; 46. Brian Foley 1:05:52; 47. Michael Rubbo 1:05:56; 48. Wayne Jolley 1:05:58; 49. Wes Beverly 1:06:05; 50. Karl Christensen 1:06:16.

5K

1. Robert Barker 17:11; 2. John Navan 18:21; 3. Keith Pellerin 18:24; 4. John Hadock 18:27.

5. Glen Costello 18:46; 6. Kimberly Grabarz 18:47; 7. Charlie O'Brien 19:05; 8. Jamie Wallace 19:38.

McCormack no longer the bride's maid

By TONY FARMER
Norwich Bulletin

PRESTON — Considering that it was just a one-mile race, you wouldn't think that experience would play a huge factor in the 12th annual Cannonball Run.

However, experience is just what Montville's Chris McCormack credited for Thursday's victory.

"Experience was definitely a factor, I had to prepare myself for the pain and discomfort that I was going to feel," McCormack said. "I knew that I had to come to the 1/2 mile fast and separate myself early."

The 2000 Montville High School graduate, who was the runner up in the 1999 and 2000 Cannonball Run, finished with a time of 4 minutes, 29 seconds to win the event.

"I came in second here twice before, so I really wanted to win this one," he said.

McCormack, 20, passed Chad Brown at the quarter-mile mark and didn't look back.

"I knew right from the start," McCormack said. "I knew I felt pretty good and I knew who the competitors were."

One thing that McCormack was not anticipating was the humidity. He said that running in humid conditions has its advantages and its disadvantages.

"It was pretty hot today — it slowed me down a little bit," he said. "But it's easy to get loose in this weather."

Second-place finisher Todd Bennett of Uncasville admitted that the temperature had a negative impact on his time.

Laurie Schaeffer's time of 5:35, was good enough for the title of fastest female finisher. Schaeffer, of Oakdale, had finished in second or third place in each of the last three Cannonball Run races.

"I go out fast. I like to just push it and push it, and see what I've got," she said. "I usually start to run out of steam at the end, but then it's over."

Although she knew that she had a fast time, Schaeffer admitted she didn't realize that she was the fastest female in the field until the finish.

"I had no idea until they said my name at the end," she said.

CRIME AND SAFETY

Runner hit by car during Rose City Challenge

NORWICH — A runner who participated in the Rose City Challenge road race was hit by a car Sunday morning.

According to Norwich police, Joyce M. Heineman of Watertown was jogging down White Plains Road toward Dodd Stadium when she was struck by a motor vehicle driven by Evelyn W. Lathrop of 188 Hansen Road, Norwich.

Heineman was immediately taken by emergency personnel to The William W. Backus Hospital, where she was later treated for abrasions and contusions to both her legs. Heineman was released from the hospital later in the day.

Norwich police stated that Lathrop had encountered an Occum Fire Department volunteer fireman who was performing traffic control at the intersection. The fireman had earlier cautioned Lathrop that there were runners ahead on White Plains Road who were participating in Sunday morning's road race.

Witnesses interviewed by Norwich police said the vehicle driven by Lathrop was moving at a high rate of speed — some even yelled

for Lathrop to slow down.

Lathrop was ticketed by police for traveling too fast for conditions and failure to grant the right of way to a pedestrian.

Racing roundup

Uncasville's Chris McCormack, now competing at Southern Connecticut State University, won the USATF State 1-Mile Championship in Harwinton on July 5.

McCormack led his Mohegan Strider teammates to the team title by virtue of the team's 1-5-6-7-8 finish, with his winning time of 4:30 on the slightly uphill course bettering Chad Johnson's previous course record from a year ago.

■ The Mohegan Striders Summer Racing Series continues in Norwich's Mohegan Park every Thursday evening through August 28th. The 1/2 mile kids run starts at 6:30 p.m., with a 1 mile developmental run at 6:45 p.m. and the 3-mile recreation race starting at 7:00 p.m.

All three events are free and begin and end in the center of the park. All levels of ability are welcome. Contact the Norwich Recreation Department @ 823-3791 for more information.

Rowan, James

Published on 6/2/2003

Waterford — James P. Rowan, 85, of 6 Valerie St., Waterford, died Saturday morning at the Nutmeg Pavilion in New London.

He was born in Fort Wayne, Ind., on Aug. 7, 1918, to Robert and Catherine Rowan.

He married Virginia Egan Rowan in Washington, D.C., Aug. 18, 1951; she survives.

Mr. Egan attended Elmhurst High School in Fort Wayne, and participated in various sports. He won a Golden Gloves award in 1938 for an amateur boxing championship. He received notoriety for rescuing a drowning woman from a local river.

He enlisted in the Army Air Force in November 1940 and became a glider pilot. Mr. Rowan participated in combat operations in Normandy, Holland and Germany, receiving the Bronze Star and Air Medal with Oak Leaf Cluster. He was a second lieutenant when he was discharged.

Mr. Rowan retired from the Hartford Electric Light Co., where he had been a gas serviceman, foreman and supervisor. He was active in a local running club, the Mohegan Striders, and ran a marathon in Fort Wayne in 1973 at the age of 53.



James Rowan

Lloyd Douglas Whitman

Oct. 23, 1932 — June 16, 2003

BROOKLYN — Lloyd Douglas Whitman, 70, of Vina Lane, died at home on Monday. He was born in Norwich, CT on Oct. 23, 1932, son of the late Clyde and Helen (Doyle) Whitman Sr. He attended local schools. Upon completion of

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his education, he joined the U.S. Army and served during the Korean War. He served from Oct. 1950 until his honorable discharge in Oct. 1953, having achieved the rank of Corporal. He was decorated with the Army of Occupation Medal (Japan), the United Nations Service Medal, the Combat Infantry Badge, and the Korean Service Medal with three bronze service stars. Upon his return from the service he worked for the Robt. Gear Paper Co. and the U.S. Finishing Co. From 1954 to 1989, he worked for the State of Connecticut as a forest ranger, his main area of responsibility being at Fort Griswold. In 1986, he volunteered to fight the Oregon fires as part of the R.I./CT crew. After his retirement, he volunteered for over 11,000 hours at Backus Hospital Pharmacy Dept. He was very active in clubs and memberships; those being Greybeard, VFW, CT Society of Genealogy, SNERO Road Race Crew, Elks of Willimantic, Korean War Veterans Association, International Union of Police Association, Choice in Dying, DAV, American Society of Notaries, Wm. Backus Hospital Auxiliary, NRA, AARP, Combat Infantry Men's Association, AMVETS, State of CT Justice of the Peace, Central Mass. Striders, Moose Lodge of Bozrah, Windham Hospital Auxil-

lary and the American Polish Club of Griswold. He also volunteered with the Groton Ambulance for seven years. He directed and organized the first CT Scout Troop for the Mentally Retarded. He was a life member and volunteer of the Groton Fire Dept. Mr. Whitman was a caring and supportive individual. He asked that the following poem be placed in his obituary to express his feelings toward all.

Do not stand at my grave and weep

I am not there I do not sleep

I am a thousand winds that blow

I am the diamond glints on snow

I am the sunlight on ripened grain

I am the gentle autumn's rain.

When you awake in the morning's hush

I am the swift uplifting rush

Of quiet birds in circled flight

I am the soft star that shines at night.

Do not stand at my grave and cry

I am not there. I did not die.

As I sit here composing this letter in preparation for the Pan Massachusetts Challenge, a 192 mile, 2 day bike ride from Sturbridge, MA to Provincetown, MA, I am struck by a number of things. For example, it's hard to believe that this will be the sixth year that I, along with my friend Jim, have 'saddled up' to ride this event. How amazing it is to be riding with nearly 4000 other riders to help find a cure for cancer. How inspiring it is to see communities across the route open their arms and welcome this wheeling swarm of riders as it clogs their roads each year. What an incredibly difficult job it must be to house, feed, and support 4000 tired, hungry bikers. Finally, how difficult it is for you to receive these letters asking for your assistance.

Riding on August 2nd and 3rd will be the easy part. Asking all of you to contribute is much more difficult but necessary to continue the work of the Jimmy Fund and the Dana Farber Institute. Their massive efforts to find a cure for cancer have made progress on many fronts. Unfortunately, their fight is not finished and cancer still claims the lives of people we know and love each and every day. Every one of us has experienced the loss of someone we know from cancer or have watched someone fight for their lives in a long, pitched battle with one of the many forms of this disease. My hope is that this ride and your support will bring a day in which life without cancer is reality.

Please support my ride and this effort to defeat this devastating disease. Your contribution will bring us one step closer to finding a cure and one step closer to a day where none of will have to experience the loss, suffering, and heartache that are cancer's calling cards.

Thank you for your help!

Tim

Tim Kane

18 NW CORNER RD
PRESTON, CT. 06365

Liebal outlegs rival

Beats Bennett for first road race win; Sikorski top female

By TONY FARMER
Norwich Bulletin

PRESTON — Sometimes when runners show up for a road race, they aren't sure who the fastest runners in the field are.

That wasn't a problem for Montville's Matt Liebal in the 25th Annual St. Catherine's Road Race. Liebal cruised to his first road race victory in Preston Thursday, topping the 96-person field with a time of 20:11 in the 3.8-mile event.

"I wanted to beat Todd Bennett," he said. "He's beaten me the past

two years, so I needed to beat him this time."

Bennett and Liebal have developed a friendly rivalry over the past three years, and Bennett admitted he had his sights set on Liebal as well.

"I knew Matt was going to be here, so I was hoping to hang with him," said Bennett, who finished 39 seconds behind Liebal (20:50). "He beat me in that last mile, he just took off and I didn't have anything for him."

Liebal, 17, jumped out to an early lead and led the entire race, but he said he could hear Bennett closing in a little after the halfway point.

"He was right behind me near 2 1/2 (miles) and then I couldn't hear him anymore," Liebal said.

Liebal, a former Montville High



Rory Glaeseman/Norwich Bulletin

Norwich's Catherine Sikorski was the top female finisher — 23rd overall — at Thursday's St. Catherine's Road Race in Preston.

See LIEBAL, C3

track standout, knew he wouldn't have a chance if Bennett was close near the finish.

"I was concerned about getting beat at the finish," he said. "Todd is a better closer than I am, so I just decided to floor it the whole way and put my strength against his, and make it a strength race rather than a sprint at the finish race."

But "flooring it" for nearly four miles was not without consequences.

"My legs felt tired — they felt heavy," he said. "Right when you get back into a comfort zone, you get hit with another hill — it's tough."

Norwich's Catherine Sikorski was the fastest female in the field. Sikorski's time of 25:26 was good enough for 23rd place overall.

Sikorski said her goal was "Just to run as fast as I could."

Sikorski hadn't competed in a race since May, but the 35-year-old made her move early on and never

looked back.

"I passed Rebecca Graves (26:41) at one (mile) and I never saw anyone else," she said. "Then I just ran with the guys."

USATF races fail to measure up

RUNNING NOTES

By DON SIKORSKI

Road racing in Connecticut features a state championship race series. The recent problem is, not everyone is noticing.

Consider that college football has Bowl games, and golf has a PGA Tour with four "majors." Bicycle racing is highlighted each year by the Tour De France, a grueling test of endurance and athleticism that pits the best riders in the world against each other for an extended period of time.

The NASCAR circuit, the World Series, the NCAA basketball tournament, etc., all showcase the best athletes in their sport competing for what is universally considered to be their top prize.

Scaling that same concept down to the state level, road racing in Connecticut, governed by USATF-CT (United States of America Track and Field - Connecticut), has created a nine race seasonal series, designed to represent the state's championship races.

Cash awards are offered for both individual and teams, male and female, in three age categories: Open, Masters (40+) and Grandmasters (50+). Race distances range from one mile to the marathon; race locations range from Norwich to Fairfield.

So what's the problem?

Generally speaking, the state's best runners aren't always there competing. And the state's best races aren't always the designated championship events. By comparison to other sports, those are not desirable results.

This year, for example, only this past week's four-mile championship race in Middletown attracted a field of the state's top competitors. And while the next race on the circuit, the New Haven 20K on Labor Day, is considered one of the country's best road races (again serving as the U.S. Championship for the 20K distance as well), most of the earlier USATF races drew

mediocre fields and average attendance numbers, especially considering the fact that these races are billed at Connecticut's state championship races.

A few flaws in the current system, coupled with demise in the running boom from 20-plus years ago, contribute to the issue. Team competition has also not lived up to the hype.

The Open division has clear-cut favorites on both sides: the Mohegan Striders men's team and the Hi-Tek Racing women's team have won 11 of 12 possible titles in 2003 to date. Hi-Tek also dominates the Masters competition, but there isn't enough depth of top level runners in Connecticut to attract four or five strong, balanced racing teams competing on an even playing field.

A look at a few more race statistics supports these claims. The Terryville 5K, for example, attracted only 72 runners, who were forced to race over a brutal course, with only three runners under the 17-minute mark with no females under 19:00.

Two weeks later, the Quassy Loop 12K in Middlebury had such a lack of depth up front that only six runners finished within five minutes of Stephen Herrera's winning time of 39:18.

The Rose City Challenge and the Fairfield Half Marathon, both well organized and quality events, followed on the schedule, but both present a logistical challenge for runners traveling from the other side of the state to compete in these two early morning races. The scheduling of races is also not ideal, as many runners aren't crazy about having to compete in a half marathon only two short weeks after a hilly 10 miler.

The problem with the system set up by USATF is that there aren't many requirements to become a state championship event. The annual schedule of potential championship races is voted upon by Connecticut's running clubs every two years. Race directors wishing for their races to become the designated state championship event for a particular distance are required to fork up all prize money offered by USATF.

Using a simple break-even analysis, most race directors have found that the revenues generated from additional race entries from team competitors aren't enough to offset the required prize money. If entry fees were to increase to compensate for the prize money, then the casual weekend runner — most who don't figure to be a factor in the prize money anyway — would be turned off.

And those runners comprise the volume of runners, an important factor considering that most road races serve as fundraisers aiming to attract the masses.

Based on the level of competition at most of the USATF-CT races over the past few years, it's clear that the current system in place is not ideal. Connecticut's state championship races aren't attracting the state's best runners, somewhat comparable to the concept of throwing what should be the big bash of the

year and attracting only a few run people. USATF-CT needs to revamp its current process if that trend is to be improved.

Racing roundup

Uncasville's Ed Zubritsky came out of retirement recently and continued to run well as a 40-year-old. Zubritsky followed up his fifth place finish at the Cannonball Mile in June with a comfortable victory in last week's Montville Master's 10K . . . Chad Johnson of Lisbon won the USATF State Four-Mile Championship race in Middletown on July 20th. Uncasville's Chadwick Brown was seventh (21:03). Sue Faber of Oxford continued to be one of the state's top female runners at the age of 40, as she earned top female honors in Middletown in 23:14. Johnson's winning time of 19:55 was four seconds better than runner-up George Luke of Clinton and 30 seconds better than the rest of the field . . . Those looking to run a fast mile should consider traveling to Danielson on Thursday, Aug. 7 for the Fifth Annual St. James Downhill Mile. The race features an elevation drop of 170 feet from start to finish, nearly guaranteeing a personal best. Contact Gerry Chester (kchester@snet.net) or St. James Church for the specifics.

LOCAL RUNNING

St. Catherine's Road Race
AT PRESTON

1. MATTHEW LIEBAL 17M (20:11), TODD BENNETT 32M (20:50), 3. JEFFE WADEKI 19M (22:24), 4. CARL ROTH 21 (22:50), 5. TIM KANE 40M (22:54), 6. DIE ECKARD 38M (22:55), 7. JOHN NAV 45M (23:00), 8. KIETH PELLERIN 31 (23:01), 9. WAYNE JOLLEY 52M (23:01), 10. TIM SMITH 55M (23:24), 11. KEVIN GALLERANI 46M (23:31), BRAD SEAWARD 50M (23:44), 13. B MARSHALL 58M (23:47), 14. HARC

TRIBUTE TO A SPECIAL (MRS.) K

41st Annual John J. Kelley Road Race - In Memory of O

Beloved Jessie

W-L-M-K

"THIS ONE'S FOR MRS. KELLEY"

Coombs triumphs on a day to honor the late Jessie Kelley

By **VICKIE FULKERSON**
Day Scholastic Sports Editor

JOHN J. KELLEY OCEAN BEACH ROAD RACE

New London — Johnny Kelley stood close to the starting line, getting ready to fire the ceremonial gun that would begin Saturday's 11.6-mile road race bearing his name.

One by one, as the runners noticed Kelley — standing by perhaps more innocuously than a former Boston Marathon winner should be allowed — they began filing toward him to shake his hand or hug him.

Many of them wore T-shirts that made Mystic's Kelley alternately smile, cry, then smile again.

They read: "WLMK"

We Love Mrs. Kelley.

"It's very difficult for me yet to participate in any kind of celebration," said an emotional Kelley, whose wife of 50 years, Jessie, died June 6. "Yet this is a love that dictates you can't refuse it. This is an overwhelming testimony to life.

"I just don't have a way to thank people."

For the record, Griswold High School senior-to-be Gavin Coombs, who crossed the finish line in 1 hour;

55 seconds, won the 41st Annual Ocean Beach John J. Kelley Race. Defending champion Greg Wenneborg of Tucson, Ariz. was second in 1:01:37 and former Stonington High School standout Tyler McCabe was third in 1:02:41.

Carolyn Verdon of Waterford won the women's race in 1:15:58, followed by Melissa Perkins-Banas of Norwich in 1:16:36.

Nearly 500 runners flooded the starting line, over which a banner hung reading, "The 41st Annual John J. Kelley Road Race in Memory of Our Beloved Jessie — This One's for Mrs. Kelley"

Kelley spoke at the start of the race, his first public thanks for the cards, letters and donations in Mrs. Kelley's name that he has received.

"We're all in this together," Kelley said. "In life or in a race. I think that's a wonderful message. ... She loved you all."

Coombs, the winner, wore a

See **COOMBS** page **B3**



JENNIFER LYNN PAGE/The Day

■ Race winner Gavin Coombs (left) was one of the many runners wearing special "WLMK" T-shirts during Saturday's Ocean Beach John J. Kelley Road Race. "WLMK" stands for We Love Mrs. Kelley, the popular wife of John (above left with Jeff Billing prior Saturday's start) who died in June. Billing, who first wore a "WLMK" shirt in 1999, flew home from California for the race.

This Month in History

July 12, 1987 — In one of the more competitive fields assembled for a local summer road race, Mike Cotton of New Haven and Carla Brown of Norwich earned wins at the New London Sailfest 5K Road Race. Cotton disposed of his nearest rivals, Ed Sparkowski and Wayne Jacob, to win the race in 14:37, 18 seconds up on Sparkowski (14:55) with Jacob third in 15:02.

Fran Houle (15:09), Tim Kane (15:11), Joe Banas (15:26), Master's winner Bill Marshall (15:29), Ed Zubritsky (15:31), Chris Hansen (15:40) and Junior winner Mike Zadora (15:51) round out the top 10 in the race, with 16 runners going faster than 16:10. Brown's 18:00 clocking was good enough to outdistance her nearest rival, Janice Boyes (second in 18:58), by nearly a minute. More than 300 runners competed.

JENNIFER LYNN PAGE/The Day

■ Waterford's Carolyn Verdon nears the finish line to win the women's division.

Coombs, Verdon capture titles

From B1

"WLMK" T-shirt, as did McCabe.

Fitch graduates Jeff Billing and Ben Smith, who originally had the idea for the T-shirts back in 1999 when they started the "We Love Mrs. Kelley Racing Team," competed again Saturday. The team won for the fifth straight year.

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The 70-year-old Jessie Kelley was the founder and joint owner of Kelley's Pace, a running store in Olde Mistick Village. She could oftentimes be found holding court at her kitchen table, as well, with various members of the running community stopping by to greet her.

Johnny Kelley, who wrote a running column for *The Day* for several years, also characterized her frequently in print, affectionately referring to her as "Mrs. K."

The couple was married on Jan. 17, 1953, in New Bedford, Mass., while both were still students at Boston University, Jessie a piano major and Johnny an athlete who would go on to win the 1957 Boston Marathon and compete in two Olympics.

They have three children and eight grandchildren.

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"Everyone here was impacted by her and you never even realize it."

The Kelleys' grandson, 16-year-old Jacob Edwards of North Stonington, finished 13th in the

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She said her familiarity with the course may have helped.

"I run on it every day," she said. "I still has no entry fee, begins and ends at Beach Park."

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fulkerson@theday.com

'Jess' Kelley was a mother to all of us

For more than 50 years, southeastern Connecticut distance runners have gained national and even international acclaim. Jacintha Kelley, who died Friday in Mystic, was mother to us all.

We came to know the Kelleys first through John, the 1957 Boston Marathon winner, two-time U.S. Olympic marathoner, and longtime running columnist for *The Day*. He was our athletic inspiration and training guru; he taught us how to run long, hard, and fast.

But Jess, as we called her, provided the emotional sustenance that was just as important to us lonely, off-the-beaten-path runners.

After my mother died during my first year in college, Jess became a literal second mother to me. The door to her house on Pequot Avenue was always open, and I swung through it hundreds of times. She fed me, listened to me, and encouraged my improbable dreams.

Several years later, when I won the 1968 Boston Marathon, the first American to do so since John's 1957 victory, Jess was quick to reach my side at the finish line. In a few minutes, the Boston press would have me surrounded. They'd be pelting me with questions about my "upset" win, my youth and inexperience, and by the way — who the heck was I?

Jess gave me a quick hug and said only: "I knew you could do it, Amby."

She stood less than 5 feet tall and weighed less than 100 pounds, but her support and confidence meant everything to me.

I wasn't the first or the last to draw strength from Jess. Before me came stalwarts like George Terry, Raymond Crothers, Jim Keefe, Norm Higgins and Julia Chase, national champions and distance-running pioneers in their day. All sat at Jess's kitchen table after many an exhausting 20-miler, and gradually

revived themselves by sipping her ever-present tea and honey. As our appetites returned, we moved on to cookies, sandwiches, wheat-germ omelets, and powdered-protein smoothies that were decades ahead of their time.

Runners run, and then they eat. Prodigiously. Jess wasn't a runner and didn't join us on our workouts.

But afterward she covered countless miles, shuffling between stove, refrigerator, and kitchen table, always with a smile, always asking us what more we wanted, somehow managing to attend to her daughters Julie, Cathleen, and Eileen at the same time. Every meal at Jess Kelley's house felt like a family Thanksgiving, full of food and love and kinship.

You didn't have to be fast or famous to dine at Kelley's. With the running boom of the late 1970s, the kitchen table grew crowded. Doctors and lawyers showed up, intent on learning the new marathon lifestyle. The next generation of high school cross country runners arrived, and the first wave of women runners, unleashed at last from domestic drudgery.

All were welcomed on equal footing, and somehow Jess managed to coddle and feed everyone. In fact, she reveled in it. The more, the merrier. She was a people person, and these were her people.

On special occasions — John's Dec. 24 birthday, or the now-infamous New Year's Day run and swim — the small Kelley household grew crowded with more than 100 runner friends, all struggling to reach the kitchen to pay their respects to Jess. Even as her hair turned thin and gray, and her hands twisted into arthritic knots, she always greeted us with a twinkle in her eye.

I moved from the area 20 years ago, lured by a new job, but returned as often as possible to visit family and friends. And, of course, to see

John and Jess. At other times, I kept in touch through the newest members of their ever-growing extended family.

Three years ago, my nephew, Jeff Billing, and his friend Ben Smith, already Kelley fans from their high-school running days at Fitch, made an epic cross-country drive to Sacramento, California, to attend the 2000 U.S. Olympic Track and Field Trials.

Arriving home in Mystic several months later, they stopped first at Kelley's kitchen. They hadn't even checked in with their parents. More important: saying hi to Jess, regaling her with their tales of the road, and lifting a cup of tea at her table. She was a grandmotherly 67, they were boundless at 20. And yet there was no gap between them.

The previous year, Billing and Smith had organized the highly-unofficial-but-oh-so-heartfelt "WLMK (We Love Mrs. Kelley) Racing Team" for the annual Kelley-Ocean Beach Park race the first Saturday in August. The WLMK striders won the team competition that year, as they have every year since. In 2001, Smith won the individual race as well, crossing the line with the team letters hand-scrawled on his shirt.

This August will mark the fifth appearance of the WLMK team at the Kelley-Ocean Beach Park race. I wouldn't bet against them.

An old Nike commercial once declared: "There is no finish line." All runners grasp the meaning of this deceptive phrase. We cross one line, only to start up again, and head for the next.

Jacintha Kelley is one finish line ahead of us now. But we will not forget her.

As we run our races, she will be ever with us.

Amby Burfoot grew up in Mystic, graduated from Fitch High School in 1964, and won the Boston Marathon in 1968. He currently lives in Emmaus, Pa., where he's executive editor of *Runner's World* magazine.

Thanks

TO ALL OF YOU

AMBY
BURFOOT

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"I run on it every day," she said. "I know all the parts of it, at least."

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Contact: u.fulkerson@theday.com

'Jess' K

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Several years later, when I won the 1968 Boston Marathon, she was the American to do so since 1909. She was quick to congratulate me at the finish line. In the days after the race, the Boston press was all over me, surrounded by reporters. They'd ask me questions about my win, my youth and inexperience, and by the way — who was my inspiration?

Jess gave me a quick answer: "I knew you could do it."

She stood less than 5 feet tall, weighed less than 100 pounds, and provided me with her support and confidence for everything to me.

I wasn't the first or the last to draw strength from her. I came stalwarts like George Raymond Crothers, Jim Norman, Norm Higgins and Julian Williams, national champions and distance running pioneers in their day. Jess's kitchen table after a 20-mile run was an

TO COACHES TERRI, TIM, KRIS-ANN, CHARLIE, WAYNE, JOE & OTHERS —

People like you
make the world
a brighter place.

Thanks for doing
the fun run.
Graham

Thanks for
helping out
at the fun
run.

NOAH
I had fun at the fun run.
Thank You for doing it.
Mason

PAULINE & PAUL ANDRUSKIEWICZ

Kelley race had all the essentials

41st annual event took on special meaning in 2003

The only thing missing was the cold Schaefer beer served on the Ocean Beach boardwalk.

It was a warm, humid Saturday in New London, and other than the complimentary drafts being absent, the 41st Annual John J. Kelley / Ocean Beach Road Race was looking every bit like a throwback race to the running boom days of yesterday.



RUNNING NOTES

Don Sikorski

The absence of the cold Schaefer didn't necessarily mean that the post race beers weren't flowing at the Port 'N Starboard after the race. The difference being that in 2003, the brand of beer had improved and the bartenders expect cash. But the race doesn't, holding firm on the event's long-standing tradition of no entry fee.

There was something uniquely special about this year's Kelley race, which at 41 years is the oldest shoreline road race in New England and the second oldest in the state (behind the Manchester Road Race on Thanksgiving Day).

This year's race offered a much-deserved tribute to the memory of Jesse Kelley, the wife of former Olympian Johnny Kelley, who had passed away on June 6 at the age of 70. A number of runners showed their support by sporting homemade "WLMK" white T-shirts ("We Love Mrs. Kelley"), donated by the Billing family.

Stephen Herrera and Sign-A-Rama donated the race banner displayed above the finish line, signifying the race's dedication to Mrs. Kelley. Nearly 500 runners pounded the streets of New London and Waterford for an 11.6-mile jaunt in thick humidity, typical of past Kelley race conditions.

Race winners Gavin Coombs of Griswold and Carolyn Verdon of Waterford both exemplified the racing tradition that the Kelley Race is known for, posting strong come from behind wins in the later miles of the race against arguably superior competition.

Coombs, the State Open mile champion and first high school runner to win the Kelley race out-

right, will return for his senior season at Griswold High School as the co-favorite (along with Conard's Ahmed Haji) to win a state cross-country championship for the Wolverines.

He tackled the uncomfortable weather conditions admirably, fending off challenges from defending champion Greg Wenneborg (who has already qualified for the 2004 Olympic Marathon Trials) and Providence College standout Tyler McCabe, to win the race in 60:55.

Verdon, who had posted a 3:07:39 marathon effort at Vermont City this past May, used that marathon strength and the hometown advantage of her many training miles logged on the race course, to outdistance Norwich's Melissa Perkins-Banas in the final miles to win her first Kelley Race in three attempts in 75:58.

Even more impressive is the growing number of standout distance runners who either run the Kelley Race as a training run (taking advantage of the free entry policy to log some quality miles with company) or who volunteer at the race. Kelley himself is a two-time Olympic Marathoner and the 1957 Boston marathon winner who was recently inducted into the Distance Running Hall of Fame. He continues to serve as the race's namesake and official race starter.

Amby Burfoot, mentored by Kelley since his high school days at Fitch and a Boston Marathon champion himself, was also in attendance. Running comfortable training efforts were some of the state's best runners including Martha Merz, Chad Johnson, Kerry Arsenaault, Joe Banas, and Stephen Herrera (21st overall despite returning from a broken bone in his foot).

Past Kelley Race winners also cruised through the course at a more causal pace than their winning times of years past, including Wayne Jacob, Kelly Perkins, Kevin Grant, and Ben Smith.

It seemed that practically every runner in southeastern Connecticut was there, making the Kelley Race a summer highlight on everyone's road racing calendar. A look around was all it took to appreciate all that this area offers in terms of talent, tradition, and a tight knit running community of good friends and good people.

Racing Roundup

Tyler McCabe (25:44) and Mary-Lynn Currier obliterated their re-

spective competition at the Sneekers 5 Mile Road Race in Groton on July 27th. . . . Chris McCormack of Southern Connecticut State University and Emily Anderson of the University of Rhode Island took the opportunity to shoe off their leg speed at the Nick Bottone Track Mile at Stonington High School on July 29.

McCormack, a former 800-meter state champion while at Montville High School, won the race in 4:31.0, fending off his SCSU teammate Chadwick Brown (4:34.1) and Westerly's Dan Siczekiewicz (4:34.9). Anderson shattered the previous event record of 5:10 with her impressive 4:58.9 clocking. The race featured no less than four former high school state champions. . . . The Mohegan Striders Summer Racing Series continues through Thursday, August 28 in Norwich's Mohegan Park. There is a 12 mile kids run starting at 6:30 p.m., with a one-mile developmental run at 6:45 p.m. and the three-mile recreation race starting at 7 p.m.

Races are conducted every Thursday evening, all events are free of charge, and all begin and end in the center of the park. All levels of ability are welcome. . . . For

those looking for more of an off road challenge, head up to Franklin's Giddings Park on Route 207 every Monday night. There is also a preceding kid's race, with the 3+ mile XC run starting at 7 p.m. Event Director Lee Johnson has done a terrific job sprucing up the course, which offers a good, low key test for those looking to get of the roads and get in some good training.

This Month in History

August 3, 1985: Thirty-four year-old Gary Nixon of Middletown took advantage of near perfect conditions to win the 23rd Annual John J. Kelley Road Race in New London in a course record time of 57:33.5, 10 seconds faster than Odis Sanders' two year old record.

Nixon, England's David Clark, and former UConn standout Tim Devalve separated themselves quickly from the other 600 runners, building a 40-yard lead in the first mile. Nixon's lead over Clark swelled to 200 yards by six miles, then he put the hammer down to hit 10 miles in 49:53.

Clark, the world Master's 25K champion at age 41 with a 2:18 marathon best to his credit, hung

on for second in 58:56, with Devalve third in 60:42. A trio of Norwich runners, Fran Houle (60:55), Joe Banas (61:08), and Bill Marshall (61:44), claimed the 4-5-6 spots, with local standouts Jim Uhrig (62:09), Sean Delaney (62:29), Bob Stack (62:54) following in the next three places.

In the women's race, Agnes Ruane of Prospect cruised through the 11.6-mile layout unchallenged, winning in 66:57, good enough for 35th place overall and finishing nearly five minutes ahead of her nearest challenger. Ruane's time was also a course record, bettering Jane Wetzel's 1982 mark by 18 seconds.

Marina Giusti of New York was second in 71:42, followed by Norwich Carla Brown (72:47) in third. Amby Burfoot, the 1968 Boston Marathon winner who had won the race a record seven times, finished 20th overall in 64:44.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@netzero.net.



Pure satisfaction

NFA grad Johnson secures another Deary race title

By AL NORTH
Norwich Bulletin

PUTNAM — Chad Johnson first won the Deary Memorial Road Race a decade ago when things were a little more carefree for the NFA alum. He's won a couple of Deary races since then but Saturday's victory was probably the most satisfying of all.

Johnson moved into a new house in June and has a baby due in October. Add to that, a full time job to worry about and running sometimes takes a back seat to the challenges of being a husband and soon a father.

But there's still time for a little fist pumping too.

Johnson, from Canterbury, was able to enjoy that kind of moment on Saturday as he didn't eclipse the field of 293 at the 14th annual Putnam event, he obliterated it. Johnson finished in 25:21, a 1:09 better than second place finisher Bryce Lindamood, and took home the \$250 check that went along with being the first to cross the finish line.

"I'm not the same person I was 10 years ago and I take running with a little more of a grain of salt. I just try to come out here and compete at the distances I enjoy," Johnson said.

Johnson has won the Deary Memorial several

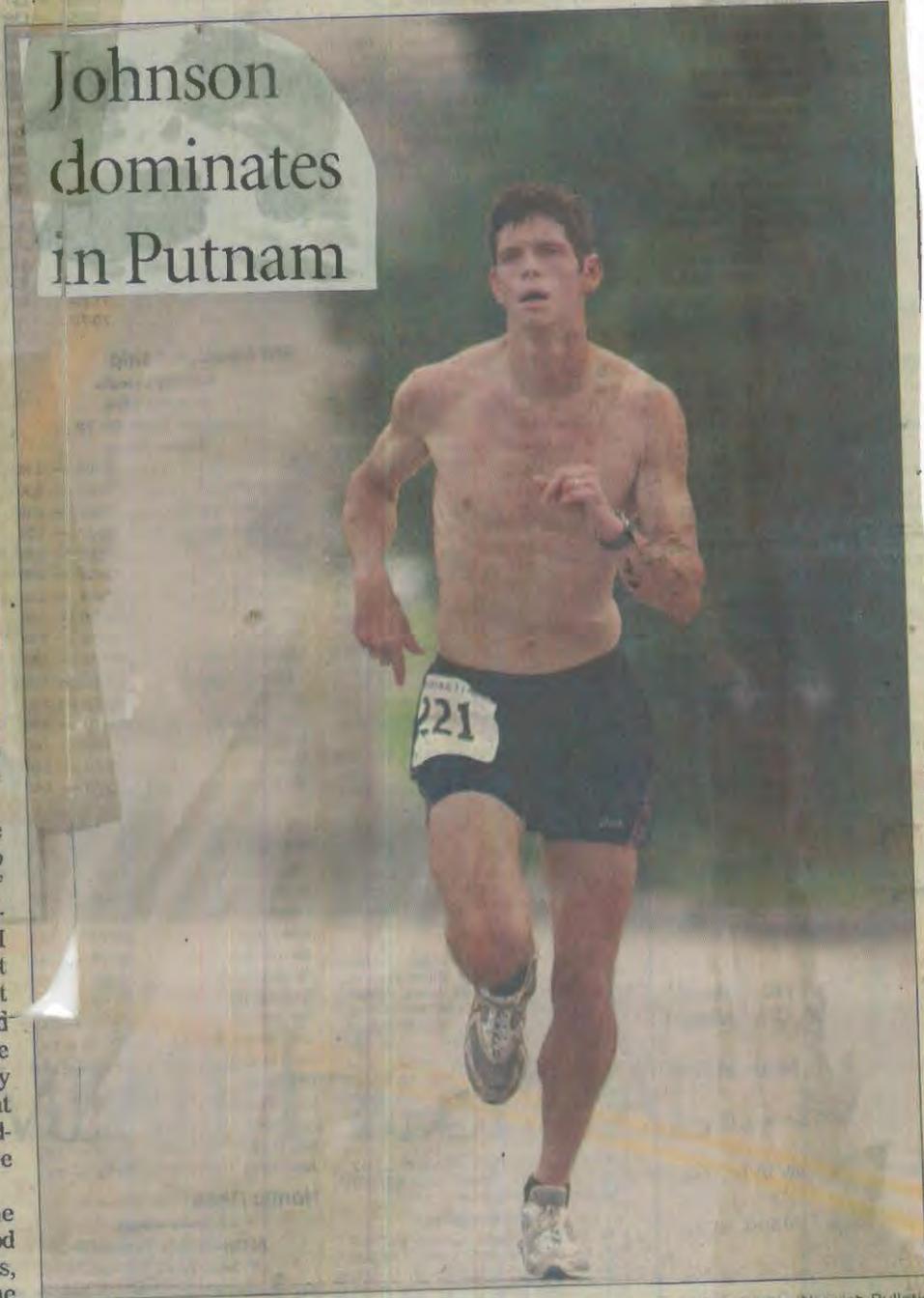
times in his career, but has also had to experience the pangs of defeat, too. Last year, two native Irish runners from Providence College came to Putnam and smashed the course record that was set by an Englishman prior to that.

There were no runners of that caliber in the field on Saturday and Johnson decided he was going to let it all hang out early. Johnson sprinted to the front and took off on Lindamood at the mile and a half mark. Johnson built that lead through the roughest portion of the race, which is actually in downtown Putnam as several hills greet the runners at the two-mile mark and beyond.

"I've always had trouble staying with the leaders up to the two-mile mark," Johnson said of his strategy. "I set myself a goal that I wanted to be up at the front then, be with the leaders at the three-mile mark and see what I had left at the four mile mark. Too many years in a row, I've felt that I gave up too early and didn't have enough to come back."

Johnson, who said he hadn't felt particularly good the past couple of weeks, looked very good by the three-mile mark and had extended his lead over 30 seconds by the time four miles rolled around.

Johnson dominates in Putnam



Rory Glaeseman/Norwich Bulletin

Chad Johnson has a hefty lead over Bryce Lindamood, background, during the Deary Memorial Road Race in Putnam on Saturday morning.



Mohegan Striders

14th Annual Deary Memorial Race & Walk

August 9, 2003

Date

Linda Adams
Ambassador, Deary Memorial Race & Walk

Robert P. Cadore
Vice President, Philanthropy & Corporate Communications

SUBSCRIBE TO THE NORWICH BULLETIN

Annual Santa run kicks off

By **DON BOND**
Norwich Bulletin

NORWICH – Organizers of events planned for tonight and Saturday in several communities hope to bring a bounty of new toys and cash to the Norwich Bulletin's Tommy Toy Fund.

The benefits will get off to a running start tonight with the annual Santa's Run beginning at 7 p.m. at Billy Wilson's on Broadway in Norwich.

Race organizer Bob Miles said runners will follow a course that loops through the city, ending back at Billy Wilson's where runners are provided with refreshments and the new toys, which serve as the entry fee for the event, are collected.

Co-sponsored by the Mohegan Striders, the event is a strictly non-competitive fun run, Miles emphasized. Santa is expected to be on hand to lead the runners along their route. Miles said many of the runners join in singing Christmas songs and carols as they run. While many of the runners are members of the Mohegan Striders, the Santa's Run also attracts other running enthusiasts who enjoy the opportunity to help children who otherwise might receive no gifts for Christmas.

The Santa's Run began about 20 years ago and has brought thousands of dollars worth of new toys to the Tommy Toy Fund during that time.

City man volunteers with cross country meet

Joe Lonardelli

By **MARK R. LEDOUX**

In the news: Joe Lonardelli, a lifelong Norwich resident, recently volunteered at the Burger King Age-Group Cross-Country Championship on Columbus Day.

Happy days: Some of Lonardelli's fondest childhood memories stem from playing sports at the old Lake Street playground. "We had grown-ups help out with the playground and when I retired from the city, I decided to give a little something back to the community."

Background: Lonardelli played sports at Norwich Free Academy and with the Air Force during the Korean War. Every summer he volunteers at Recreation Department road races in Mohegan Park. For the past 20 years, he has devoted his time to working with the youth of the community. He worked with the Norwich Midget Football League, Southern New England Tennis Championship and Youth Clinic, The Annual Hershey National Track Meet and NFA Cross-Country programs just to mention a few.



Joe Lonardelli

Quotable: Lonardelli believes today's youth need guidance more than ever. "I really enjoy working with kids. If you can get them involved with sports you can keep them out of trouble. The more I volunteer to help out children the younger I feel."

Yankees fan: Lonardelli loves the Yankees. He has a shrine on his living room wall of some classic photographs. He received The Norwich Community Service Award in 1995 and was inducted into the Norwich Sports Hall of Fame in 2000.

Toys Galore



Joe Manfredi of Norwich, owner of Billy Wilson's Aging Still in downtown Norwich, waits for the runners by a pile of toys for the Tommy Toy Fund Friday.

Annual Toy Fund Run



Santa gets ready to run with Norma Vivar-Orum of Griswold, left, and Lynne Hansen of Hopkinton, R. I., during the annual Tommy Toy Fund Run in downtown Norwich Friday.

Photos by John Shismanian/Norwich Bulletin

By FRANCIS McCABE
Norwich Bulletin

NORWICH — Is Santa Claus losing weight, in better shape or is he just plain faster?

Controversy abounded at the Tommy Toy Fund run Friday night as Claus, who traditionally leads

the festive run, picked up the pace this year. Members of the Mohegan Striders, a running club based in southeastern Connecticut, could barely keep up with the jolly old elf.

Bob Miles, who founded the event more than 20 years ago, is usually one of the pace-setters. But he was sidelined after having surgery to repair torn cartilage in his knee last September.



Santa leads the way down Broadway in downtown Norwich during the annual Tommy Toy Fund Run Friday.

"Santa was moving," said Jeff Pepin, who has run for the past 12 years. Pepin was only able to complete one lap after

Claus pushed to set the record. The run began in front of Billy Wilson's Aging Still on Broadway, went

around the block to Franklin Square, onto Franklin Street, turned left onto Perkins Avenue, then turned left back on-

to Broadway and down the hill back to Billy Wilson's. Most of the runners

who were able to keep up with Santa's record-setting pace did two laps for a total of about two miles.

Frosty the Snowman only finished one lap and feared that he would be melting due to the rise in his body temperature.

For his part, Claus said the run would be a big help in getting children their presents across eastern Connecticut.

As far as the run went Claus would not comment on his conditioning methods.

"Some said I went too fast, others too slow," Claus said with a chuckle. "I say just go."

Lynne Hansen, the treasurer of the Mohegan Striders, said Claus appeared to be in great shape. She would neither confirm or deny that Claus was on a no-carb diet.

"Kids have no fear," Hansen said. "Santa is in great shape for the 24th."

Miles said the idea for the run was born from the season of giving. "I wanted to do something nice for (those less fortunate)," Miles said. "And I wanted it to be different."

Miles looked as the runners passed the bar starting their second lap.

"I miss it," Miles said. Runners, of which there were about 70, donated toys to the Tommy Toy Fund in order to

participate in the run. The front window of the bar was stacked, including four bikes, an assortment of sporting equipment, dolls and some musical instruments.

"It's a no-brainer," Joe Manfredi who owns Billy Wilson's, said about having his establishment participate in the event. "It's a great charity and it gets everyone into the spirit of (the holidays)."

fjmccabe@norwich.gannett.com

Welcome to the Greystone Racing Home Page

Breaking News!!

12/1/03

The 2003 USATF/CT Cross-Country Grand Prix featured excellent performances for both the Open and Master Men from Hartford Track Club, Athletes Foot Hitek, and The Mohegan Striders. It was the Mohegan Striders that put up the strongest fight to claim the club title of overall State Champions for the Open and Master Men! Congratulations to the Mohegan Striders on a fine Championship season. We'll all be gunnin' for ya next year! Way, the tie-dye ran pretty well at the Framingham 5. yesterday...

Page 2 of 4

More from Manchester

More feedback from some of the area's veteran runners on what the Manchester Road Race is part of their Thanksgiving tradition: Former Fitch High School standout Amby Burfoot, the 1968 Boston Marathon winner, Executive Editor of Runner's World Magazine, and owner of a record nine Manchester victories between 1968-1977, completed his 41st consecutive Manchester race.

"There's a lot of history here," commented Burfoot, whose goal of breaking Charlie Robbins streak of 51 straight is in his radar. "This race has always had the tremendous support of the entire community. Even when there were 200 runners competing, it was always the Boston Marathon in the spring and Manchester in the fall that were the most important races on my schedule."

Burfoot finished in a respectable time of 32:15. Way Hedding, 54 and John Brown, 45, again donned their Blues Brothers outfits for Manchester.

"We've often been imitated but never equaled," proclaimed Hedding as he enjoyed a post race beer in the Army-Navy Club.

"The reason we run as the Blues Brothers every year is because we're blood brothers at heart," explained Brown.

Clem McGrath, a former State Open XC Champion, plans on racing Manchester at least through 2006 to celebrate the 50th anniversary of his first Manchester race in 1956, where he finished 16th to earn top high school honors.

"Thanksgiving turkey wouldn't taste the same without running Manchester first," McGrath said.

This year's race had 10,879 entries (accepting no race day entries for the first time) and 9,978 official finishers. If your holiday schedule permits, make the Manchester Road Race part of your Thanksgiving tradition in 2004.



All,

Let me start first by saying thanks to all of you for your e mails, cards, flowers phone calls, words of encouragement and faith.

I came home from Yale and surgery this Wednesday and although they were not able to complete the operation at this time a lot of things will be moving in the right direction.

I still have a number of medical issues that I must get scheduled and address but thanks to all of you and me it will be done.

To all my Strider friends that went to the banquet I am forever humbled in receiving that phone call at the hospital that night and hearing you sing that fantastic rendition of my favorite song our "National Anthem." Nona came by a couple of days later with a copy of the photo of you all too. It was great and I was totally overwhelmed.

Today was another great day as I attended the "Saturday Slugs" run over at the Cole's with many of you and those there can attest to the fact that keeping and OLE marine/strider down is pretty hard to do. Nona and myself walked for quite a ways.

This journey will continue for a while and I want you all to know how appreciative I and my lovely wife are of your support. Thanks again.....love ya all



3/2

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✓ **SUBSCRIBE TO THE NORWICH BULLETIN**

Fair promotes fitness, healthy eating

By **AMY BETH PREISS**
Norwich Bulletin

NORWICH — Two to three times a week, 14-year old Max Mishkin takes Judo after school. Once a week, he takes health and healing martial arts.

The eighth-grader at the Integrated Day Charter School said he participates in the sports because he knows it benefits him in many different ways.

"I think we need to get the point across that health is important," Mishkin said. "And in the case of sports, it's fun and enjoyable."

Mishkin helped set up for the school's first-ever Health and Fitness Fair held Thursday night at the school.

This year the school spearheaded an initiative to promote healthy eating and fitness. With a community grant, the school has been able to host several workshops revolving around fitness and healthy eating. The grant also has helped pay for the purchase of equipment and materials for the school's new fitness room and lending library.

A number of organizations were represented Thursday, including the Backus Mobile Van which provided blood-pressure screenings and information about smoking prevention.

Also present were: Generations Family Health Center, which focused on diabetes and nutrition; Big Brothers, Big Sisters, which provided information about its school-based mentoring program; the Norwich Recreation department; the YMCA; All the Right Moves Dance Center; the Kwang Moo Kwan Judo Club and Mohegan Striders.



Khoi Ton/Norwich Bulletin

Rachel Schumacher, 15, left, of Norwich tries the Reebok Studio Cycle as Chris Kirby from Wheels in Motion of Jewett City gives her some pointers Thursday night during the Health Fair at the Integrated Day Charter School in Norwich.

Association, the following percentage of American children ages 6-11 are overweight:

- For non-Hispanic whites, 12 percent of boys; 11.6 percent of girls.
- For non-Hispanic blacks, 17.1 percent of boys; 22.2 percent of girls.
- For Mexican Americans, 27.3 percent of boys and 19.6 percent of girls.

Among adolescents ages 12-19, the following are overweight:

- For non-Hispanic whites, 12.8 percent of boys; 12.4 percent of girls.
- For non-Hispanic blacks, 20.7 percent of boys; 26.6 percent of girls.
- For Mexican Americans, 27.6 percent of boys; 19.4 percent of girls.

Boston celebrates in style with its 108th marathon

The Boston Marathon has truly become a full-blown event, so much more than the original footrace that saw 18 starters and 10 finishers make the trek from Hopkinton to Boston.

First contested in 1897, the Boston Marathon has since grown into the world's premier running event; a true New England party. At 108 years old, Boston is the world's oldest marathon. And despite a reputation for maintaining tradition (stubbornly to a fault at times), a new twist was even unveiled for the first time at Boston this year: A female was the first competitor to cross the finish line on Boylston Street, due to the fact that Boston Athletic Association officials allowed approximately 25-30 of the top female runners in the world to be granted a head start.

The decision for the new 11:31 a.m. starting time (wheelchair racers began four minutes prior to that) was based on a number of factors, ranging from increased safety to better media coverage. Marathons like London and New York City have already implemented this procedure with good success, and now Boston was able to showcase the Ladies race more effectively than ever.

Not bad for an event that didn't even allow women to compete officially until 1972.

The city of Boston always prepares like no other for its marathon, taking ownership of its cherished event. Preparations are numerous in the small town of Hopkinton, a place unfamiliar with seeing 10,000-plus people on its streets but once a year.

Kenya, a country that is always a presence at the front pack of the Boston race, was again loaded with some of its best athletes, looking to sort out the best before their Olympic selection process begins. There was the all-new BAA Kids Relay Challenge, consisting of a series of Saturday afternoon relay races in Copley Square.

The ever-popular John Hancock Sports and Fitness Expo boasted more than 150 exhibitors. The traditional pre-race pasta dinner was a success. There was the heat, an unexpected blast that hovered some 40-plus degrees warmer than most New Englander's training conditions, slowing the pace up front and wrecking havoc of those unwilling to change their marathon game plan.

And then of course there was the Red Sox, posting a five-run comeback against their hated New York rivals, taking three of four while making billionaire third baseman Alex Rodriguez look like a Little-Leaguer. Usually a close game keeps the sold out crowd at Fenway until the final pitch; a blowout would have allowed fans to hit the streets in time for the leaders to pass by.

With a Game 7 Bruins-Canadians matchup and the announcement that Corey Dillon would be wearing a Patriots uniform in 2004, Marathon Monday was a big sports day in the city of Boston.

Locally, Kevin Gallerani of Uncasville led all qualifiers by virtue of his 3:01:27, 22nd-place effort at last fall's Mystic Places Marathon. Gallerani always looks forward to competing at Boston, "the pinnacle of marathons," he claims, and applauds the support that the runners receive along the course each year. "There's the bikers at miles 6 and 7, the girls at Wellesley College. There are the million people along the course giving encouragement; the different types of people along the way, and you can almost count on them being there every year," Gallerani said.

His high school coach and mentor, Doug Sharples, was stationed at Cleveland Circle (22 1/2 miles) as always. His support crew: Lynne, Claire, and Darlene, were waiting with Way Hedding and a group of local runners at the "One Mile To Go" mark, as is tradition every year.

With the heat a big factor, Gallerani still managed a very respectable time of 3:15:28.

"I went out as planned," Gallerani said, "and I was taking all the water and Gatorade right from the beginning. After about 10 or 11 miles, I slowed to 7:20 pace just to survive."

With the experience of 19 previous Boston Marathons under his belt (and a Boston best of 2:50:18), Gallerani knew the course as well as anyone. Yet he admits that despite a solid foundation of training miles, anything can happen in the marathon.

Only once did Gallerani not finish the 26.2-mile footrace. He reached to grab an orange slice offered by a child spectator near the 22-mile mark and pulled a muscle in his back. Things like that can turn a runner like Gallerani, with a 2:44 marathon best, into a pedestrian in a hurry.

This year's effort also has a special meaning to Gallerani, who was running for the honor of his close friend and longtime training partner Stephen Hancock, who has been battling cancer.

"He was and still is in my corner after all these years even when not running the marathon himself; in spite of his problems, he still finds time for others," Gallerani said.

It's those challenges, the disciplined training sacrifices, and the camaraderie of his support staff along the route, are the reasons Gallerani looks forward to tackling the Boston Marathon each April.

Uncasville's Annette Barbay was attempting Monday's race from a slightly different perspective. It was her first Boston and her biggest marathon to date. Barbay, who competed in her fourth marathon in Boston on Monday, had shown steady improvement since her sub four-hour debut at the 2002 Mystic Places Marathon. She returned to Mystic last fall to run 3:26:18, a personal best by eight minutes despite less than ideal weather conditions.

Since Boston is the only marathon other than the Olympic Trials which requires a qualifying time to earn an official starting number (with the exception of runners participating for charitable causes), Barbay accomplished a goal many runners only dream about.

"Qualifying for Boston has been

my goal every since I finished my first marathon," said Barbay, 33.

Her training has continued to progress, and she took a methodical approach to her Boston race strategy.

"I based my splits on a computer program that alters the miles based on the terrain," Barbay said.

Boston's infamous Heartbreak Hill and deceptively easy downhill start has wrecked havoc on inexperienced marathoners thrown off their game plan, and Barbay took measures to insure that wasn't the case for her Boston debut. With a problem-free training buildup and a steady diet of long runs, Barbay was anxious to toe the line in Hopkinton in top shape despite some nervousness about competing in her largest marathon to date.

But again the conditions proved to be the biggest concern.

"I was disappointed when I heard the weather forecast, but I tried to make the best of it," Barbay said. "Instead of worrying about pace and time, I just tried to run consistently."

Barbay finished in 3:40:28, not a personal best but a strong effort given the conditions. Her afterthought on her first Boston experience? "Well, Heartbreak Hill was not as bad as I had heard, and the crowd support was unlike any other marathon I had run."

Timothy Cherigat, 27, led a top-seven contingent of Kenyan runners (who have now claimed 13 of the last 14 individual titles) to the finish and showed the television viewers just how grueling racing 26.2 miles can be, vomiting immediately after crossing the finish line in 2:10:37.

Kenya's Catherine Ndereba, who despite a win at Boston in 2000 was passed over for Kenya's Olympic marathon team, left no doubt in 2004, winning by a 16-second margin in 2:24:27.

Matt Karatewicz of Middlefield was the top Connecticut finisher in 2:41:07, good enough for 55th overall. Marathon veteran Harry Lepp of Danielson overtook Gallerani in the late miles to earn top area honors in 3:14:58. Mystic's Heather Panciera was the top area female in 3:37:17.

Being an Olympic year, no one expected to see an American contingent of racers up front, since both the men's and women's U.S. Trials races were contested recently (not sure what our excuse had been in the years prior). But Christopher Zieman of Felton, California obviously less bothered by the heat than most, posted a 13th place finish in 2:25:45, impressive considering he owned only a 2:24 best and failed to qualifying for the Trials race.

Cosmas Ndeti still owns the course record at Boston; his wind aided 2:07:15 in 1994 was a classic lesson in negative split marathon racing. Kenya's Margaret Okayo set the women's mark of 2:20:43 in 2002. All in all, the 108th Boston Marathon offered a bit of everything, and the city of Boston was certainly the place on Patriot's Day.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@netzero.net.



RUNNING NOTES

Don Sikorski

SportSunday

KILLINGLY-BROOKLYN SPRINGTIME FESTIVAL ROAD RACE

Keeping it in the family

Another Owen stands out in a running event

By AL NORTH
Special to the Bulletin

DANIELSON — Clark Owen was the proud papa again on Saturday in Danielson as he watched one of his family bring home a running title.

It's not that unusual considering Clark Owen is the father of former Killingly High and now University of North Carolina runner Meghan Owen.

What was a little different was that it wasn't Meghan that Mr. Owen was cheer-

ing on, it was his son, Chris.

With Meghan out of town, her brother held up the town's honor and the family mantle as he won the annual Killingly-Brooklyn Springtime Festival 3.1-mile Road Race on a very warm day in downtown Danielson.

"I tried to keep it going, keep it in the family, it's pretty cool," a drenched Chris Owen said after he crossed the finish line first.

Owen, a senior at UConn, tried to walk on to the Huskies track and field squad but when that didn't work out has just been running on his own.

Owen took the lead early as temperatures near 90 greeted the 204 runners who came out for the mid-day race.

"It was pretty hot but I knew it was going to be hot all week so I hydrated and prepared for it," Owen said.

Owen also received a little help from Brooklyn resident Keith Pellerin. The Mohegan Strider finished third but gave the younger competitor a little helpful advice prior to race time.

"I knew he was good, I've run with him before so I knew how fast he was. I helped him a little before the race by telling him to hug right the whole way and it would help his time. He did a great job," Pellerin said.

Owen led just about the entire race once the pack split up through the downtown area and extended his lead greatly after the halfway point. He finished in 15:40, almost a minute and a half ahead of second-place Todd Bennett from Uncasville.

"I've never seen him run so I tried not to kill myself going after someone who

See RACE, C3

LOCAL RUNNING

Killingly Springtime Festival TOP 25 RESULTS

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Owen said he didn't even pay attention to his pursuers as his mind was on his own game plan.

"I just took the lead from the start and didn't really know where anyone was in the race," Owen said.

Owen did have the home field advantage as he practiced on the course for about three weeks prior to Saturday's race. He did, however, have to curtail that practice regimen a bit when he suffered an undisclosed injury that slowed his practice schedule down but not his race time.

Pellerin also enjoyed the hometown advantage although it may have been a little disadvantage.

"I was talking with Wayne Jolley and he was saying he gets more nervous here than anywhere, including Boston. I have to admit it was a little nerve-racking at the beginning but it was okay once we got going," the Brooklyn resident

said. In addition to Bennett, the only other non-northeastern Connecticut residents to sneak into the top 10 were Worcester's Barbara McManus (6th) and Norwich's Michael Fusaro (10th).

Danielson's Erik Duda was fourth, Wayne Jolley of Brooklyn fifth, Canterbury's Eddie Eckard ended in sixth with Moosup's Joshua Pollier in eighth and Daniel Santos of Danielson in 10th.

McManus finished second to Heather Gardiner last year but was 35 seconds better than Preston's Kris-Anne Kane as she finished in 18:10.

"It was a rough day out there, I ran over a minute slower than last year but I'm happy," McManus said.

McManus had a little more of a disadvantage than other runners as she had just returned from Ireland where the temperatures were in the 50's.

"I ran in the Belfast Marathon so this was a shock to my system coming back to this," she added.

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5	WAYNE JOLLEY	738	1/8	M5054 BROOKLYN CT	18:52
6	BARBARA MCMANUS	829	1/10	F3539 WORCESTER MA	19:08
7	EDDIE ECKARD	605	2/12	M3539 CANTERBURY CT	19:20
8	JOSHUA POLLIER	637	1/7	M2529 MOOSUP CT	19:24
9	DANIEL SANTOS	618	1/16	M4044 DANIELSON CT	19:28
10	MICHAEL FUSARO	608	3/12	M3539 NORWICH CT	19:36
11	RANDY KEMPAIN	610	2/8	M5054 DAYVILLE CT	19:42
12	KRIS-ANNE KANE	625	1/8	F4044 PRESTON CT	19:43
13	MARLIES THOMEN	619	1/8	F3034 BROOKLYN CT	19:55
14	BRAD COURTOIS	603	2/14	M2024 BROOKLYN CT	19:57
15	BEN NICHOLS	627	3/14	M2024 NO GROSVENORDALE C	20:26
16	JASON HAYDEN	609	2/7	M2529 JEWETT CITY CT	20:31
17	LANCE MAGNUS	748	1/6	M6064 LEBANON CT	20:31
18	PAULETTE BOLTON	630	2/8	F4044 MANCHESTER NH	20:41
19	GARY LABONTE	626	4/14	M2024 THOMPSON CT	20:52
20	VANCE CARTER	620	1/10	M4549 DANIELSON CT	21:10

Pellerin headed in the right direction

Keith Pellerin was 35 years old. He had been smoking cigarettes for 15 years.

At 190 pounds, he wasn't obese, but his years of smoking, poor dietary habits, and a sedentary lifestyle made even a brisk walk seem like an exhausting chore.

Finally, he had mustered enough discipline to quit the cigarettes and began walking. Three years later, a friend coaxed Pellerin into going for a run as a way to up the tempo of his walking routine just a bit.



RUNNING NOTES

Don Sikorski

That was back in August of 2000, and Pellerin has been running and racing ever since.

The following May, now smoke-free and with nearly 10 months of running under his belt, that same friend talked Pellerin into entering and running his first road race, the Danielson Springtime Festival 5K.

"I thought he was nuts," recalls Pellerin of his friend's idea. It was that Danielson race where I had first met Keith Pellerin, an inexperienced racer preparing to pin a number on and compete for the very first time. He was clearly in search of advice, looking to assure himself that he wasn't going to be over his head in running a 3.1 mile race.

But when it was over, Pellerin had fin-

ished a strong 18th place overall amongst the 200-plus person field, covering the 3.1-mile race in a more-than-solid time of 18:52.

He was hooked. He followed that effort up with a seventh-place finish in the Woodstock 10K a week later, and Pellerin has been competing in road races almost every week-end since.

His weight has also dropped, right along with his race times. Pellerin has since posted personal bests of 17:28 for the 5K distance and 29:17 for five miles. Last week he returned to the grueling Woodstock course to record a personal best time of 37:54 for 10K, finishing third overall just two days after a sub-30 minute five-mile race effort at the Delaney Dash Road Race in Old Saybrook on Saturday.

Not bad for a former coach potato.

"One morning I woke up and decided that I had to do something," Pellerin said. "That day I took a walk, came home and told people that I was exercising."

Pellerin, a Brooklyn resident and single parent with two children — 15 year-old daughter Britney and 12-year-old son Wesley, maintains an impressive workout routine to fit his busy lifestyle.

He rises at 4:50 a.m. on weekdays to log five miles, almost always at a sub 8-minute per-mile clip. Saturday is a race, followed by a long, 10-15 mile Sunday morning run, often with training partners from the area, including road racing veterans like Harry Lepp, Wayne Jolley, Dexter Goyette, Dan Santos, and Eddie Eckard.

'One morning I woke up and decided that I had to do something. That day I took a walk, came home and told people that I was exercising.'

Keith Pellerin
Local runner

"I've met some truly great people through running and the Mohegan Striders," said Pellerin of his experiences. "I've really appreciated the people that I've met. Running is individual but yet you can still be part of a team."

Pellerin has always stayed involved in his kids' activities, and that involvement also helped his decision to take up competitive running.

"I looked at my kids; they have trophies from their accomplishment," Pellerin said. "Now it's nice to have something of my own as well. To me, it's my softball or bowling league."

Pellerin, who will enter the Masters division when he turns 40 next February, likes to race almost every weekend and enjoys being competitive on the local level. Although he realized that his forte is still the 5K to 10K distance, Pellerin admits that he's been

tempted, often at the prodding of his training partners, to test the waters at longer race distances.

He's considering taking a shot at either the Hartford or Mystic Places Marathon in the fall, but until then, Pellerin is content to continue training and racing locally while continuing his improvement.

"I'm just driven by it," said Pellerin of his current level of motivation. "Running has truly changed my life around."

Racing Roundup

With humid conditions welcoming the competitors for the 12:30 p.m. start of the Danielson Springtime 5K, it was surprising to many of the runners when their chip-timed finishing times were to their liking.

After further review, however, it was discovered that the posted times were 58 seconds quicker than actual. Nevertheless, Chris Owen's winning time, actually 16:38 instead of the listed 15:40, is still very respectable considering the conditions and his comfortable margin of victory.

The Springtime race has always been one of the area's most enjoyable events, but timing errors and starting line issues have plagued this race for years.

■ Kenenisa Bekele of Ethiopia shaved two seconds off of the world outdoor 5,000-meter record at the IAAF Grand Prix Track and Field Championships in the Netherlands.

Bekele, the 10,000 meter world champion who had also set the indoor 5,000 meter

record in Birmingham earlier this year, was timed in 12:37.35, shattering his fellow countryman Haile Gebrselassie's former mark of 12:39.36, set in Helsinki in 1998.

In the same meet, Alan Webb finished an impressive fourth overall in the 1,500 meter final in a personal best of 3:33.7, only 0.18 seconds behind winner Bernard Lagat of Kenya. It was the seventh fastest time ever run by an American for the distance.

This Month in History

June 23, 1985: Thirty-year-old Wayne Jacob of Mystic captured the 19th Annual Rose Arts Festival road race in impressive fashion. Jacob led the 10.47-mile race from start to finish, hitting the tape in 53:46 to outdistance Norwich's Fran Houle (second in 55:04) by more than a minute.

Norwich's Joe Banas duplicated his third-place finish of a year ago (56:09), while 44 year-old Ernie Dumas of Danielson finished just four seconds behind Banas in fourth.

Norwich's Carla Brown won her third straight women's title, finishing in 67:16. Janice Boyes, the 1983 Class LL XC Champion at NFA, took runner-up honors in 69:05.

Five-time Rose Arts winner John Vitale finished 15th overall in 58:44 to claim the submaster title, while Amby Burfoot, the race's other five-time winner, was 20th overall in 59:25.

There were 441 finishers, with the top 24 runners all under the one-hour mark.

Ste-Marie — Jolley

Nicole Anne Ste-Marie of Inlet, N.Y., and Christopher Wayne Jolley of Brooklyn were wed Oct. 25, 2003, at St. James Church in Danielson. The ceremony was officiated by the bride's father, Deacon Ronald Ste-Marie, and the Rev. Father John J. O'Neill.

The bride is the daughter of Deacon and Mrs. Ronald Ste-Marie of Inlet, N.Y. She earned a degree in early childhood education and is employed at Kid and Kaboodle in Plainfield.

The groom is the son of Mr. and Mrs. Wayne L. Jolley of Brooklyn. He is employed as an IT manager for Mortgage Pro USA in East Greenwich, R.I.

Maid of honor was Veronica Thibado. Bridesmaids were Tana McClure and Jade Morley of Brooklyn, friends of the bride, and Katie Basile of Valeria, N.Y., cousin of the groom. Emily Baron of Danielson was the junior bridesmaid. Elizabeth Falcigno of Madison was the flower girl.

Best man was Thomas Jolley, brother of the groom. Groomsmen

were Herbert Hawes III of Brooklyn and Justin Aubin of Putnam, friends of the groom, and Mikal Basile of Albany, N.Y., cousin of the groom. Joshua Courtney of Pomfret was the junior usher.

Following a reception at Groton Inn & Suites, the couple left on a honeymoon trip to Walt Disney World in Orlando, Fla. They are residing in Brooklyn.



People



SportSunday

KILLINGLY-BROOKLYN SPRINGTIME FESTIVAL ROAD RACE

Keeping it in the family

Another Owen stands out in a running event

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Killingly Springtime Festival

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4	ERIK DUDA	796	1/20	M0117 DANIELSON CT	18:28
5	WAYNE JOLLEY	738	1/8	M5054 BROOKLYN CT	18:52
6	BARBARA MCMANUS	829	1/10	F3539 WORCESTER MA	19:08
7	EDDIE ECKARD	605	2/12	M3539 CANTERBURY CT	19:20
8	JOSHUA POLLIER	637	1/7	M2529 MOOSUP CT	19:24
9	DANIEL SANTOS	618	1/16	M4044 DANIELSON CT	19:28
10	MICHAEL FUSARO	608	3/12	M3539 NORWICH CT	19:36
11	RANDY KEMPAIN	610	2/8	M5054 DAYVILLE CT	19:42
12	KRIS-ANNE KANE	625	1/8	F4044 PRESTON CT	19:43
13	MARLIES THOMEN	619	1/8	F3034 BROOKLYN CT	19:55
14	BRAD COURTOIS	603	2/14	M2024 BROOKLYN CT	19:57
15	BEN NICHOLS	627	3/14	M2024 NO GROSVENORDALE C	20:26
16	JASON HAYDEN	609	2/7	M2529 JEWETT CITY CT	20:31
17	LANCE MAGNUSON	748	1/6	M6064 LEBANON CT	20:31
18	PAULETTE BOLTON	630	2/8	F4044 MANCHESTER NH	20:41
19	GARY LABONTE	626	4/14	M2024 THOMPSON CT	20:52
20	VANCE CARTER	620	1/10	M4549 DANIELSON CT	21:10

Pellerin headed in the right direction

Keith Pellerin was 35 years old. He had been smoking cigarettes for 15 years.

At 190 pounds, he wasn't obese, but his years of smoking, poor dietary habits, and a sedentary lifestyle made even a brisk walk seem like an exhausting chore.

Finally, he had mustered enough discipline to quit the cigarettes and began walking. Three years later, a friend coaxed Pellerin into going for a run as a way to up the tempo of his walking routine just a bit.



RUNNING NOTES

Don Sikorski

That was back in August of 2000, and Pellerin has been running and racing ever since.

The following May, now smoke-free and with nearly 10 months of running under his belt, that same friend talked Pellerin into entering and running his first road race, the Danielson Springtime Festival 5K.

"I thought he was nuts," recalls Pellerin of his friend's idea.

It was that Danielson race where I had first met Keith Pellerin, an inexperienced racer preparing to pin a number on and compete for the very first time. He was clearly in search of advice, looking to assure himself that he wasn't going to be over his head in running a 3.1 mile race.

But when it was over, Pellerin had fin-

ished a strong 18th place overall amongst the 200-plus person field, covering the 3.1-mile race in a more-than-solid time of 18:52.

He was hooked. He followed that effort up with a seventh-place finish in the Woodstock 10K a week later, and Pellerin has been competing in road races almost every weekend since.

His weight has also dropped, right along with his race times. Pellerin has since posted personal bests of 17:28 for the 5K distance and 29:17 for five miles. Last week he returned to the grueling Woodstock course to record a personal best time of 37:54 for 10K, finishing third overall just two days after a sub-30 minute five-mile race effort at the Delaney Dash Road Race in Old Saybrook on Saturday.

Not bad for a former coach potato.

"One morning I woke up and decided that I had to do something," Pellerin said. "That day I took a walk, came home and told people that I was exercising."

Pellerin, a Brooklyn resident and single parent with two children — 15 year-old daughter Britney and 12-year-old son Wesley, maintains an impressive workout routine to fit his busy lifestyle.

He rises at 4:50 a.m. on weekdays to log five miles, almost always at a sub 8-minute per-mile clip. Saturday is a race, followed by a long, 10-15 mile Sunday morning run, often with training partners from the area, including road racing veterans like Harry Lepp, Wayne Jolley, Dexter Goyette, Dan Santos, and Eddie Eckard.

'One morning I woke up and decided that I had to do something. That day I took a walk, came home and told people that I was exercising.'

Keith Pellerin
Local runner

"I've met some truly great people through running and the Mohegan Striders," said Pellerin of his experiences. "I've really appreciated the people that I've met. Running is individual but yet you can still be part of a team."

Pellerin has always stayed involved in his kids' activities, and that involvement also helped his decision to take up competitive running.

"I looked at my kids; they have trophies from their accomplishment," Pellerin said. "Now it's nice to have something of my own as well. To me, it's my softball or bowling league."

Pellerin, who will enter the Masters division when he turns 40 next February, likes to race almost every weekend and enjoys being competitive on the local level. Although he realized that his forte is still the 5K to 10K distance, Pellerin admits that he's been

tempted, often at the prodding of his training partners, to test the waters at longer race distances.

He's considering taking a shot at either the Hartford or Mystic Places Marathon in the fall, but until then, Pellerin is content to continue training and racing locally while continuing his improvement.

"I'm just driven by it," said Pellerin of his current level of motivation. "Running has truly changed my life around."

Racing Roundup

With humid conditions welcoming the competitors for the 12:30 p.m. start of the Danielson Springtime 5K, it was surprising to many of the runners when their chip-timed finishing times were to their liking.

After further review, however, it was discovered that the posted times were 58 seconds quicker than actual. Nevertheless, Chris Owen's winning time, actually 16:38 instead of the listed 15:40, is still very respectable considering the conditions and his comfortable margin of victory.

The Springtime race has always been one of the area's most enjoyable events, but timing errors and starting line issues have plagued this race for years.

■ Kenenisa Bekele of Ethiopia shaved two seconds off of the world outdoor 5,000-meter record at the IAAF Grand Prix Track and Field Championships in the Netherlands.

Bekele, the 10,000 meter world champion who had also set the indoor 5,000 meter

record in Birmingham earlier this year, was timed in 12:37.35, shattering his fellow countryman Haile Gebrselassie's former mark of 12:39.36, set in Helsinki in 1998.

In the same meet, Alan Webb finished an impressive fourth overall in the 1,500 meter final in a personal best of 3:33.7, only 0.18 seconds behind winner Bernard Lagat of Kenya. It was the seventh fastest time ever run by an American for the distance.

This Month in History

June 23, 1985: Thirty-year-old Wayne Jacob of Mystic captured the 19th Annual Rose Arts Festival road race in impressive fashion. Jacob led the 10.47-mile race from start to finish, hitting the tape in 53:46 to outdistance Norwich's Fran Houle (second in 55:04) by more than a minute.

Norwich's Joe Banas duplicated his third-place finish of a year ago (56:09), while 44 year-old Ernie Dumas of Danielson finished just four seconds behind Banas in fourth.

Norwich's Carla Brown won her third straight women's title, finishing in 67:16. Janice Boyes, the 1983 Class LL XC Champion at NFA, took runner-up honors in 69:05.

Five-time Rose Arts winner John Vitale finished 15th overall in 58:44 to claim the submaster title, while Amby Burfoot, the race's other five-time winner, was 20th overall in 59:25.

There were 441 finishers, with the top 24 runners all under the one-hour mark.



Ste-Marie — Jolley
Nicole Anne Ste-Marie of Inlet, N.Y., and Christopher Wayne Jolley of Brooklyn were wed Oct. 25, 2003, at St. James Church in Danielson. The ceremony was officiated by the bride's father, Deacon Ronald Ste-Marie, and the Rev. Father John J. O'Neill.



The groom is the son of Mr. and Mrs. Wayne L. Jolley of Brooklyn. He is employed as an IT manager for Mortgage Pro USA in East Greenwich, R.I.

Maid of honor was Veronica Thibado. Bridesmaids were Tana McClure and Jade Morley of Brooklyn, friends of the bride, and Katie Basile of Valeria, N.Y., cousin of the groom. Emily Baron of Danielson was the junior bridesmaid. Elizabeth Falicigno of Madison was the flower girl.

Best man was Thomas Jolley, brother of the groom. Groomsmen were Herbert Hawes III of Brooklyn and Justin Aubin of Putnam, friends of the groom, and Mikal Basile of Albany, N.Y., cousin of the groom. Joshua Courroyer of Pomfret was the junior usher.

Following a reception at Groton Inn & Suites, the couple left on a honeymoon trip to Walt Disney World in Orlando, Fla. They are residing in Brooklyn.

People

Dear Tim,

Things sure do run slowly at USATF-CT but they finally have sent out the money for the 2003 Grand Prix! Thanks to your contribution to the Striders racing team, we were able to show, once again, that the Striders are a force to be reckoned with on the Connecticut racing scene. With you help the Striders Open Team was able to capture the state championship while the Strider Masters Team and Grandmasters Team put on a strong performance finishing 5th and 3rd respectively.

As president of the Striders I want to thank you for representing our team so well and contributing to 2003's stellar results. A number of people ran all the races and quite a few others contributed to one or many races scoring in numerous divisions from Grandmasters to Open. Whether you ran one or all the races, we couldn't have done it without you!!

The 2004 season has already begun with the Quassy race won by the Striders own Chadwick Brown. The schedule has been shortened dramatically this year from 2003 with only six races on the Grand Prix circuit. Upcoming the next two weekends are the Branford 5 mile championship followed by the Fairfield half marathon championship. We need everyone's help in these races to put ourselves in strong position to challenge for 2004 championships. After Fairfield, only the Hartford 5k in August, the New Haven 20k in September, and the Mystic Places Marathon Relay in October remain on the schedule so participation by one and all the next two weekends is crucial.

If you have any questions concerning the upcoming races please give me a call (860) 823-1422 or Don Sikorski a call (860)886-4959. I look forward to seeing you out there and thank you once again for all your help in 2003. Go Striders!

See you on the roads!

Tom

Tim

- RELIANCE HOUSE 5K**
At Norwich
(Top 50-Times available for Top 25 only)
1. Todd Bennett (17:13.62); 2. Curt Ramsey (17:52); 3. Todd Fisher (18:01.86); 4. Kevin Gallerani (18:10.04); 5. Tim Smith (18:27.21).
 6. Luke Albertson (18:27.42); 7. Wayne Jolley (18:36.34); 8. Glenn Costello (18:42.85); 9. Eddie Eckard (18:45.16); 10. Dan Carey (19:01.54).
 11. Mark Ruffo (19:32.01); 12. John Erickson (19:40.07); 13. Andrew Orum (19:40.69); 14. Chris Jolley (19:49.57); 15. D.J. Albertson (19:49.96).
 16. Pete Weeden (19:52.06); 17. Laurie Schaeffer (19:54.68); 18. Phillip Schena (19:57.43); 19. Stephanie Johnson (20:24.47); 20. Glenn Coughlin (20:25.90).
 21. Rick Urban (20:27.8); 22. Lance Magnuson (20:34.56); 23. Joe Lemieux (20:55.87); 24. Doug Barlow (21:00.7).
 25. John Schaeffer (21:05.22); 26. Carl Mailhot; 27. David Flagg; 28. John Sacrey; 29. Kris Kimbro; 30. Paul Melchert.
 31. Annette Montoya; 32. Natalie Lang; 33. Mark Chartier; 34. Stephen Moskaluk; 35. Dennis Calhoun.
 36. Brian Andstrom; 37. Nancy Davis; 38. John Cormier; 39. Ray Guillot; 40. Rick Milton.
 41. Joseph Mameau; 42. Len Underwood; 43. Claire Tonewo; 44. Ted Szarynski; 45. Thomas Jolley.
 46. Fred Zulegar; 47. John Rogers; 48. Sasha Lambert; 49. Alison Dupont; 50. Robert Niedbala.

June 5, 2004*

RELIANCE HOUSE 5K ROAD RACE

Hill holds the key for Bennett

Uncasville runner claims his third win of the season

By **TONY FARMER**
Norwich Bulletin

NORWICH — For a runner, a hill can be your best friend, or your worst enemy. Friday, the large hill on Reynolds Road behind the Norwich Free Academy was Todd Bennett's best friend.

The 33-year-old used the steep hill to separate himself from the rest of the field in the 19th annual Reliance House 5K Road Race, capturing his third win of the season.

Bennett, from Uncasville, crossed the finish line at 17:13.62, and runner-up Curt Ramsey finished with a time of 17:52.

"(Ramsey) took it out pretty hard and I kind of let him work it 'till we got to the hill," Bennett said. "I decided to really go on the hill."

Bennett was the favorite in the field of 98, after winning the race last year with a time of 16:30, and winning the Woodstock 10K on Monday.

"It's good for the confidence," Bennett said. "I'm trying to get in the shape I was in last year to get ready for some of the summer races."

Ramsey, of Norwich, praised Bennett after the race.

"He's just a good (darn) runner," the 28-year-old said. "I held a steady speed all the way up the hill, but he's good."

The top female time of the day (19:54.68) belonged to Oakdale's Laurie Schaeffer, who finished 30 seconds ahead of last year's female runner up, Lebanon's Stephanie Johnson.

"I saw Stephanie (Johnson) and I know that we run about the same times," Schaeffer said. "I wasn't really sure if I was going to be able to win."

Schaeffer also used the steep hill to make her move, but unlike Bennett, Schaeffer pulled away on the way down.

"I didn't see her the entire race, until I turned around (at the halfway point) and she wasn't that far behind me," Schaeffer said, "so I figured I had to work for it."

At that point, Johnson, 25, knew that she was going to have to settle for another second place finish among females.

"Once we were going downhill she kept opening the gap a little more," Johnson said. "My goal was to run faster than I did last year, and I did that so I'm pretty happy."

Schaeffer never looked back after the hill, but she had a pretty good idea she was in the clear.

"Usually people will tell you 'she's right behind you' and nobody said anything so I knew," Schaeffer said.

■ Race results, C2.

*2004 Mystic River Valley
 Triathlon June 13, 2004
 1/2-mile swim; 15-mile bike; 5-mile run*

Surgery Can't Keep 70-year-old From Hitting The Pavement

By *Day Sports Writer, Connecticut Sun*
 Published on 6/14/2004

Norwich — Colburn Graves is pretty demanding of himself. Probably too demanding.

Graves, 70, was a bit dismayed by his performance at the Rose City Challenge Sunday, finishing last out of 156 runners.

Here's the thing: Graves had open-heart surgery less than three months ago.

"I'm a little disappointed in myself," Graves, a 43-year resident of North Stonington, said. "I thought I'd recovered more quickly. I feel OK and I feel like I'm running fast, but I finished the race and looked at the clock and find that I'm very slow."

Graves finished the 10-mile course in 2 hours, 4 minutes, 36 seconds.

Marc Robaczynski, 29, of New Hartford finished first in 54:30, while Guilford's Kerry Arsenault, 39, won the women's race (1:00:48), placing fourth overall. John Anthony III of Norwich, who placed third, was the top area finisher in 58:34.

To say that Graves is active is putting it mildly.

He got hooked at running when he was 48 and ran in 88 races last year, including five triathlons. He works out of his home as an automobile mechanic and also enjoys his 31-foot sailboat.

Graves went under the knife on March 9 to repair a leaking mitral valve and spent five days in the hospital. He has a long scar running down the center of his chest, a permanent reminder of his surgery. He hit the road again after he was released, walking 70 miles in the first three weeks, and began running again on April 15.

OVERALL PLACE	LAST	FIRST	CITY	DIV	DIV/PLC	TIME	PLC	SPLIT
1	CASHIN	MARTIN	Cheshire	CT	M3034	1 1:17:08	8	13:02
2	STRAZNITSKAS	ROBERT	Naugatuck	CT	M3034	2 1:18:38	7	12:58
3	HANSEN	CHRIS	HOPE VALLEY	RI	M3539	1 1:22:25	36	15:17
4	ROTH	SCOTT	Branford	CT	M4549	1 1:22:51	14	13:46
5	SMITH	BRITTON	S SYRACUSE	NY	M2529	1 1:22:57	3	12:15
6	RIVARD-LENTZ	DAVID	East Hampton	CT	M3539	2 1:23:30	19	13:58
7	MACDOUGAL	ALAN	BRANFORD		M3539	3 1:25:36	61	17:05
8	DOOLING	TJ	PAWCATUCK	CT	M4549	2 1:26:04	20	14:02
9	PHILLIPS	FRANK D.	OXFORD	CT	M4549	3 1:26:10	1	11:05
10	CONLON	JOHN	Mystic	CT	M4044	1 1:26:53	15	13:52
11	BOGDANSKI	JOHN	Glastenbury	CT	M4044	2 1:27:07	24	14:16
12	WOJTAS	JOE	Stonington	CT	M4044	3 1:27:19	27	14:31
13	SULLIVAN	JAMES	NEW BRITAIN	CT	M4044	4 1:27:26	23	14:12
14	THOMAS	PATSY	Windsor	CT	F4549	1 1:28:21	4	12:37
15	BURBELO	MARK	Westerly	RI	M4549	4 1:28:38	28	14:44
16	BERGKESSEL	KELLY	Groton	CT	F2024	1 1:29:55	11	13:11
17	VAN EIJSDEN	PIETER	New Haven	CT	M2529	2 1:29:55	32	15:11
18	TIRRELL	MICHAEL	Tolland	CT	M4549	5 1:30:44	38	15:30
19	DIBIASO	PETER	COLCHESTER	CT	M3539	4 1:30:46	47	16:12
20	ARMSTRONG	PAUL	Vernon	CT	M3539	5 1:31:07	48	16:16
21	SCHONNING	STEPHEN	Westerly	RI	M4044	5 1:31:08	13	13:29
22	PTASZYNSKI	DAVID	Cheshire	CT	M4549	6 1:31:41	37	15:19
23	HANSEN	KURT	Mystic	CT	M4549	7 1:32:10	34	15:13
24	ROCKE	ROB	NEW HAVEN	CT	M3034	3 1:33:00	40	15:51
25	DADDETTO	MICHAEL	Branford	CT	M4549	8 1:33:52	50	16:21
26	SAWYER	SIMON	Riverside	CT	M3539	6 1:34:02	18	13:56
27	MENEO	RON	Charlestown	RI	M5054	1 1:34:16	54	16:48
28	STAUSS	ANNA	Duxbury	MA	F3539	1 1:34:30	26	14:23
29	BARRY III	JOHN	Branford	CT	M5054	2 1:35:01	55	16:49
30	LAKE	ERIK	Baltic	CT	M2529	3 1:35:07	64	17:18
31	CHERENZIA	JIM	Westerly	RI	M4044	6 1:35:12	68	17:23
32	DALY	KEVIN	BOSTON	MA	M3034	4 1:35:13	95	19:11
33	MOONEY	LARRY	Windham	CT	M4044	7 1:35:22	58	16:57
34	ARNOLD	KRISTOPHER	Simsbury	CT	M3539	7 1:35:27	80	18:33
35	RAMSEY	CURT	NORWICH	CT	M2529	4 1:35:52	44	16:10
36	KOLSTAD	KRISTOFER	Madison	CT	M3539	8 1:36:18	31	15:11
37	FRANK	RICK	MIDDLETOWN	RI	M3539	9 1:36:22	17	13:55
38	NILES	GREGORY	Stonington	CT	M4044	8 1:36:44	77	18:19
39	VALLE	MATT	Mystic	CT	M2529	5 1:37:12	46	16:12
40	KELLY	KATE		CT	F3034	1 1:37:47	78	18:20
41	FRANK	JODI	STORRS	CT	F3539	2 1:38:19	33	15:11
42	BUONO	DAVID	Unionville	CT	M4044	9 1:38:30	52	16:38
43	FREIDHEIM	STEPHEN	Greenwich	CT	M3539	10 1:38:39	56	16:51
44	TRANT	MICHAEL	Barrington	RI	M4549	9 1:38:42	35	15:15
45	KELLY	RYAN	New Haven	CT	M2529	6 1:39:02	43	16:09
			Unionville	CT	F3539	3 1:39:12	79	18:32
			Stonington	CT	M5559	1 1:39:18	73	18:07
			Cheshire	CT	M4549	10 1:39:34	21	14:06

Robaczynski was a mystery winner of sorts as he was announced as Steve Herrera of Waterford. It wasn't until minutes after he finished that his true identity was revealed.

[/mrv04.htm](#)

"I liked that," he laughed. "(Someone said), 'Take the corner, Steve,' and I'm like, 'Steve?' And then the next guy said, 'Keep it up, Steve.' I'm like, 'Steve? What is this?' I know Steve Herrera. I run with him. I guess the goatee and the short hair sort of pegged me for a look-alike."

Arsenault finished first in the women's race for the second time, a full three minutes better than friend Maureen Terwilliger of Branford.

"It's a tough, challenging course," Arsenault said. "I always wanted to break an hour (in a 10-mile race). It's close, and on a course like this, as opposed to a flat course, it's great."

APPEAL WEEKEND

PRE-APPEAL WEEKEND

Plainfield Catholic

Plainfield, CT - 5K

June 16, 2004

OVERALL WINNERS

Chris Owen, Danielson, CT - 16:51
Meredith Filtreau, Danielson, CT - 21:30

Timing & Results by:

On a hot night in Plainfield where the dogs run, Chris Owen and Merideth Filteau out

Place	Name	City	Age	Age Group	Time
1	CHRIS OWEN	Danielson CT	21	1 M 20-29	16:51.
2	MICHEAL MUNROE	NEWINGTON CT	45	1 M 40-49	17:48.
3	KEITH PELLERIN	BROOKLYN CT	39	1 M 30-39	18:09.
4	KEVIN GALLERANI	UNCASVILLE CT	49	2 M 40-49	18:17.
5	WAYNE JOLLEY	BROOKLYN CT	53	1 M 50-59	18:22.
6	DENNIS CROWE	Waterford CT	55	2 M 50-59	18:39.
7	ERIC CHESTER		14	1 M 1-19	19:00.
8	CHARLIE OLBRIAS	Willimantic CT	27	2 M 20-29	19:06.
9	GLENN COSTELLO	NORWICH CT	44	3 M 40-49	19:11.
10	DANIEL SANTOS	DANIELSON CT	44	4 M 40-49	19:34.
11	TOM CHAPMAN		40	5 M 40-49	19:42.
12	JAMIE WALLACE	North Grosvenordale	33	2 M 30-39	19:47.
13	MICHAEL MAGNAN	Dayville CT	40	6 M 40-49	19:58.
14	MARK RUFFO	Griswold CT	46	7 M 40-49	19:59.
15	RICK URBAN, JR	Windham CT	49	8 M 40-49	21:02.

ST Catherine's of Siena Summer Festival

Preston, CT - 3.8 Miles

June 17, 2004

Just before the games and rides start at the Summer Festival the road race starts.
Just before their respective divisions finished Matt Liebab and Pat Swim crossed th

Place	Name	City	Age	Age Group	Time
1	MATTHEW LIEBAB	Oakdale CT	18	1 M 1-18	20:37.
2	TODD BENNETT	UNCASVILLE CT	33	1 M 19-39	21:47.
3	JEFF WADECKI	LEDYARD CT	20	2 M 19-39	22:14.
4	WAYNE JOLLEY	BROOKLYN CT	53	1 M 50-59	22:50.
5	KEVIN MARTIN	Preston CT	16	2 M 1-18	23:01.
6	TIM SMITH	NORWICH CT	56	2 M 50-59	23:03.
7	EDDIE ECKARD	CANTERBURY CT	39	3 M 19-39	23:37.
8	GLENN COSTELLO	NORWICH CT	44	1 M 40-49	23:44.
9	STEVEN REDHEAD	Preston CT	17	3 M 1-18	23:53.
10	CHRIS JOLLEY	BROOKLYN CT	24	4 M 19-39	24:08.
11	LANCE REED	Preston CT	31	5 M 19-39	24:14.
12	GARY DEAL	OAKDALE CT	46	2 M 40-49	24:21.
13	DAVE JACOBS	NIANTIC CT	59	3 M 50-59	24:37.
14	JAMIE WALLACE	North Grosvenordale	33	6 M 19-39	24:40.
15	EDDIE FROMM	COVENTRY RI	66	1 M 60-99	24:41.
16	ANDREW ORUM	GRISWOLD CT	14	4 M 1-18	25:04.
17	GLENN COUGHLIN		35	7 M 19-39	25:05.
18	LANCE MAGNUSON	LEBANON CT	60	2 M 60-99	25:20.
19	ANDREW WORTH		15	5 M 1-18	26:04.
20	PAUL ANDRUSKIEWICZ	Preston CT	45	3 M 40-49	26:10.
21	JOHN SACREY	PRESTON CT	52	4 M 50-59	26:33.
22	KRIS KIMBRO	NORWICH CT	33	8 M 19-39	27:01.
23	KYLE DALBEC		16	6 M 1-18	27:11.

Joseph F. Lonardelli, Jr
June 9, 1933 -- June 9, 2004

NORWICH - Joseph F. Lonardelli, Jr., 71, of 206 Washington Street, Norwich, died at his home Wednesday evening. Born in Norwich on June 9, 1933, he was the son of the late Guiseppe and Virginia (Barber) Lonardelli.

He served in the U.S. AirForce during the Korean Conflict and was honorably discharged with the rank of Airman First Class. Prior to his retirement, he was employed in maintenance for the City of Norwich Department of Public Works.

In 1995 he was awarded the Joseph Kapteina Service Award by the Norwich Sports Hall of Fame, and his proudest moment was in 2000 when he was inducted into the Norwich Sports Hall of Fame. A life time member of the Mohegan Striders, for over 20 years he was involved in track and running programs as an official, coach, and volunteer both in the youth groups of Norwich and N.F.A. and most recently this past Friday, at the Reliance House Road Race and the adult race. For many years he was involved in the Rose Arts Tennis Program, and also active for many years playing and instructing tennis at the Armstrong Courts at Rec Field in Norwich.

Some of Joe's fondest childhood memories stem from playing sports at the old Lake Street playground "We had grown-ups help out with the playground, and when I retired from the city, I decided to give a little something back to the community" Joe's greatest enjoyment was always watching the kids compete in all city races and at N.F.A. and his personal enjoyment was when he was able to be at the finish line to present ribbons to the winners.

He played sports at N.F.A. and while in the Air Force and then every summer he volunteered his time for the Rec Department road races in Mohegan Park. He also worked with the Norwich Midget Football League, Southern New England Tennis Championship, and Youth Clinic, Annual Hershey National Track Meet, N.F.A Cross Country Programs and others over the past 20 years. His favorite quote was " I really enjoy working with kids. If you can get them involved with sports, you can keep them out of trouble. The more I volunteer to help out children, the younger I feel."

Surviving are three brothers, Jack J. Lonardelli, Sir Anthony D. Lonardelli, Sr., K.H.S and Mario "Speedy" Lonardelli all of Norwich. Four sisters, Antoinette Rabideau of Stafford Springs, Bonema "Bo" Crouch of Norwich, Virginia Algiers of Bradford RI and Theresa Benvenuti of East Lyme. Also numerous nieces and nephews.

Visitation 7 to 9 p.m. Sunday at the Labenski Funeral Home, 107 Boswell Avenue, Norwich, where the funeral will assemble on Monday at 8 a.m. and proceed to a Mass of Christian Burial at the Cathedral of St. Patrick at 9 a.m. Interment to follow with military honors in St. Joseph Cemetery. In lieu of flowers, donations may be made in his memory to the Reliance House, 40 Broadway Norwich, CT, 06360.

64 DON SIKORSKI

Remembering Joe

Joseph F. Lonardelli, Jr, of Norwich passed away on June 9th, 2004. Joe was former Department of Public Works employee who spent much of his retirement volunteering at road races, tennis matches, and many other sporting events in the city of Norwich.

Like clockwork, Joe was always stationed near the starting line for the Norwich Summer Rec Race Series every Thursday evening in July and August, handling traffic control, timing duties, and anything else that needed to be done.

Most impressively was the fact that Joe never valued the spotlight, instead content to just be in the background and do his part to make things go smoothly.

Joe Lonardelli was an honorary member of the Mohegan Striders Association and in 2000, he was inducted into the Norwich Sports Hall of Fame. I personally have known Joe since the summer of 1982, when I had first began to race in the Summer Rec Races. Each week, I would cruise back towards the starting line in the Kelly Junior High School parking after a few warm-up miles of running and be informed by Joe that I has just 5 minutes before race time. That tradition had carried on each summer for over 20 years.

Joe Lonardelli was one of the truly nice people you enjoy meeting, someone who gave 10 times more than he ever took during his lifetime. The sport needs more people like Joe Lonardelli, and it won't be quite the same this summer without Joe. He will truly be missed.

In Loving Memory of

Joseph F. Lonardelli, Jr.

Born
 June 9, 1933
 Died
 June 9, 2004

MEMORARE

Remember O most gracious Virgin Mary that never was it known that anyone who fled to Thy protection, implored Thy help, and sought Thy intercession was left unaided, Inspired with this confidence, I fly unto Thee, O Virgin of virgins, My Mother! to Thee I come; before Thee I stand, sinful and sorrowful. Oh Mother of the Word incarnate! Despise not my petitions, but, in Thy mercy, hear and answer me.
 Amen.

Labenski Funeral Home
 107 Boswell Avenue Norwich, CT

In Loving Memory of

Allan R. Morrison

Born
 June 27, 1925
 Died
 June 22, 2004

23rd Psalm

*The Lord is my shepherd; I shall not want.
 He maketh me to lie down in green pastures;
 He leadeth me beside the still waters;
 He restoreth my soul; He leadeth me in the paths of righteousness for His name's sake.
 Yea though I walk through the valley of the shadow of death, I will fear no evil; for Thou art with me; Thy rod and Thy staff they comfort me. Thou preparest a table before me in the presence of mine enemies; Thou anointest my head with oil, my cup runneth over. Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the House of the Lord forever.*

Labenski Funeral Home
 107 Boswell Avenue Norwich, CT

Allan R. Morrison
June 27, 1925 -- June 22, 2004

NORWICH - Allan R. Morrison, 78, died Tuesday morning at Haven Health Care of Norwich. Born in West Palm Beach, Florida on June 27, 1925, he was the son of the late Allan J. and Dagmar (Hanson) Morrison, Jr.

He had worked for many years as a handyman. Allan enjoyed sports including boxing, running, arm wrestling, and working out in gymnasiums. He has timed many area road races for many years, including the Al Morrison Road Race in Ledyard, which was named after him. A 1945 graduate of Stonington High School, he was an honorary member of the Mohegan Striders. Surviving are two sisters, Eleanor M. Johnson of North Stonington, and Marjorie A. Fredlund of Winter Park, Florida, along with several nieces and nephews.

A Memorial Service will be held on Saturday at 4 p.m. at the Labenski Funeral Home, 107 Boswell Ave., Norwich. Interment will be private. In lieu of flowers, donations are asked to be made in his memory to Reliance House, 40 Broadway, Norwich, CT 06360.



Brown edges Charron in Kelley

By **TONY FARMER**
Norwich Bulletin

RUNNING

NEW LONDON— Four years ago, Chadwick Brown found out what it was like to lose a road race with less than a mile to go. On Saturday, it was Brown who showed Jewett City's Mike Charron exactly what that feels like.

Brown passed Charron, with a little over a half mile left in the 42nd annual John J. Kelley Road Race to finish with a time of 1:02:20.9, and a six-second margin of victory.

In 2000, Groton's Ben Smith passed Brown in almost the same spot, making him the runner-up.

"Coming through (mile) 11 I knew it was flat, but then there was an uphill right before the finish," Brown explained. "I knew if I could push it going up the hill a little bit — maybe that would kind of catch (Charron) off guard a little and kind of take a little sting out of his legs — he's a pretty fast runner."

Brown, of Waterford, said he was just aiming for a top five finish in the

11.6 mile race, and the win caught him by surprise.

"I mean, I knew I was in shape, but you never know who is going to show up," The 28-year-old said.

Having tackled the demanding course three times prior to Saturday, Brown feels his experience "most definitely" aided him in the victory.

"You kind of know where the hills are, where it might be a good idea to back off a little bit," Brown said. "If you go out too hard, right around seven miles you really start to feel it, and that's kind of what happened with me. I kind of backed off a little bit right there, knowing that it's pretty hard, and I guess I just recovered a little better than he did."

Charron, a 2002 Griswold High School graduate was bothered by a blister on his left foot for the entire second half of the race. According to Charron, the injury slowed him down, but didn't necessarily decide the winner of the race.

'I knew I was in shape, but you never know who is going to show up.'

Chadwick Brown
Kelley road race winner

"Seven miles into it my new shoes kept going into the back of my foot, and it kind of hurt on the uphills, and it didn't really bother me on the downhills," Charron said. "Toward the end I was really trying to push it downhill to try to keep a gap, but once we hit the uphills (Brown) got me. Toward the end I tried to (sprint), but he just ran a really good race, I couldn't catch him."

An unrelated foot injury kept Charron out of his running shoes for about five months, so he didn't know what to expect.

"I wasn't really sure," Charron

said. "There were a few guys I didn't recognize from the start. I wasn't really sure how everyone was going to treat this race. Some guys race it hard and some guys are just going to go out there and have a good time."

"Me and Chad have done some runs before, so I know he's a really good competitor. I kind of had a feeling he was going to catch up on me and take it at the end."

Kerry Arsenaault (Guilford) was the top female finisher of the day, finishing 14th overall with a time of 1:08:35. The top local female finisher belonged to Annette Barbay who clocked in at 1:22:59.6, good enough for 93rd overall.

Jacob Edward (North Stonington) took home fourth place, and Mark Brissette of Stonington finished fifth.

Other top local finishers included Stephen Herrea (Waterford), who finished in ninth place, and New London's Dan Dillon who placed 11th overall.

John J. Kelley Road Race

At New London

TOP 50 RESULTS

1. Chadwick Brown (Waterford) 1:02:20.9; 2. Mike Charron (Jewett City) 1:02:27.1; 3. Brendan Brown (Malverne, N.Y.) 1:03:29.2; 4. Jacob Edward (North Stonington) 1:03:54.4; 5. Mark Brissette (Stonington) 1:04:10.1.
6. Andrew Greene (Narragansett, R.I.) 1:04:17; 7. Benjamin Smith (Groton) 1:04:19.6; 8. John Welsh (Sunderland, Mass.) 1:04:47.2; 10. Steven Mucchetti (Oakdale) 1:06:41.6.
11. Dan Dillon (New London) 1:07:19.7; 12. Tim Murphy (Wayne, N.J.) 1:07:45.9; 13. Jim Zoldy (Watertown) 1:08:29.4; 14. Kerry Arsenaault (Guilford) 1:08:35; 15. Tim Clark (Wallingford) 1:08:39.
16. Sam Burbank (Mystic) 1:08:49.8; 17. Michael Blanchard (Gales Ferry) 1:08:55.4; 18. Jacob Johnson (Groton) 1:08:59.2; 19. Ryan Murdoch (Niantic) 1:09:09; 20. Clay Howland (Providence, R.I.) 1:10:41.1.
21. Matthew Eyer (Mystic) 1:10:49.3; 22. John Ring (Vermillion, S.D.) 1:11:03.2; 23. Scott Freeman (Manchester) 1:11:18.1; 24. Rene Charland (South Windsor) 1:11:19.9; 25. Stanely Mickus (Mystic) 1:11:24.6.
26. Keith Pellerin (Brooklyn) 1:11:39; 27. Jeff Billing (Palo Alto, Calif.) 1:11:51.5; 28. Tim Smith (Norwich) 1:11:55; 29. Scott Deslongchamp (East Woodstock) 1:11:58; 30. Kevin Gallerani (Uncasville) 1:12:04.6.
31. Brendan Cashman (Mystic) 1:12:13; 32. Jeffrey Wadecki (Ledyard) 1:12:17; 33. Charlie Iselin (Madison) 1:13:29.8; 34. Carl Roth (Niantic) 1:13:46.2; 35. Patrick Seelig (Meriden) 1:13:46.6.
36. Wayne Jolley (Brooklyn) 1:14:00.9; 37. Nick Rezendes (Ledyard) 1:14:08.8; 38. Brian Foley (Norwalk) 1:14:21.3; 39. Anthony Fossa (Mystic) 1:14:27.6; 40. Jim Harahan (New London) 1:14:58.
41. Chris Foster (Mystic) 1:15:30.7; 42. Colin Raunig (New London) 1:15:41.1; 43. Daniel Lavioie (Watertown) 1:16:03; 44. Daniel Santos (Danielson) 1:16:16.9; 45. Patel Mitul (Wallingford) 1:16:28.3.
46. Kevin Grant (Norwich) 1:16:28.7; 47. David Raunig (New London) 1:16:34.2; 48. Bryan Fettel (n/a) 1:16:34.6; 49. Gregory Bonaiuto (South Glastonbury) 1:16:35.9; 50. Jake Sullivan (North Stonington) 1:16:39.1.

Festival Reigns as Rains Fall 9/18/04

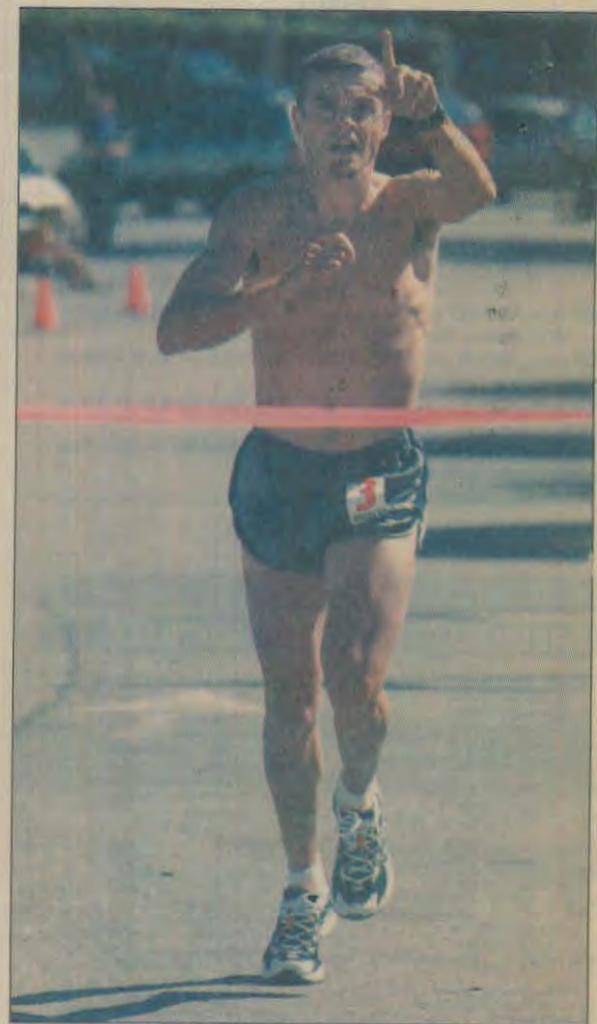
■ The Mohegan Striders Men's Open Racing Team claimed the U.S. National Team Championship at the 27th New Haven 20K Road Race on Labor Day.

Waterford's Chadwick Brown (20th, 1:05:48), New Hartford's Marc Robaczynski (29th, 1:06:28), Waterford's Stephen Herrera (50th, 1:09:37), Cromwell's Steve Swift (57th, 1:10:49) and Litchfield's Bob Davenport (144th, 1:18:08) were the scoring members for the Striders team, which is on pace to claim its 17th state championship in the past 20 seasons.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@netzero.net.



Rain didn't ruin this party. (Above) Runners cross the finish line of the 3.5-mile run during the Lisbon Fall Festival last weekend.



SUZANNE OUELLETTE/The Day

■ Waterford's Chadwick Brown crosses the finish line to win Saturday's 42nd annual John J. Kelley/Ocean Beach Park Road Race.



Right, Rose Buckingham, of Norwich, came in second for the women in a 5K Fun Run Saturday in Danielson to benefit the Children's Center of Northeastern Connecticut.

Photos by Tali Greener/Norwich Bulletin

Hancock's Harriers Will Be Running Loud And Proud For Their Friend

By JOE WOJTAS
Day Staff Columnist, Stonington/Mystic
Published on 10/24/2004

Steve Hancock of Bozrah had hoped to join several of his longtime running friends on one of the relay teams competing in this morning's Mystic Places Marathon. But after several recent surgeries for pancreatic cancer and chemotherapy scheduled for next week, he had to take a pass on the final 3-mile leg.

He will however be at the starting line passing out "Hancock's Harriers" T-shirts to his team and will be waiting to celebrate with them at the finish line. He may even run the final 100 yards.

A former Marine and Vietnam veteran, the 56-year-old Hancock began running back in 1977 and has completed 30 marathons with a best of 2:50. If you've ever run the New Year's Day Run and Swim at Groton Long Point, you know Hancock. He's the guy who calls out the Marine chants as the group heads up the hill on Brook Street. He also sings with the Mohegan Striders All-Star Band and sings the National Anthem at road races.

Hancock, who works in human resources at Electric Boat, was diagnosed in January. Pancreatic cancer is a particularly nasty kind of cancer that has a very high mortality rate. This is because it is difficult to remove surgically and often symptoms don't show up until it has progressed pretty far. That's why it kills 28,000 Americans every year.

A short time ago one of those on the relay, Dean Festa, suggested the group of runners, who are 50 and older, put together a team. Signing on was Bill Marshall, Tom Lee and Curtiss Thompson. Wayne Hansen joined on when Hancock decided not to run.

The team hopes to bring attention to the disease and show their friend they're all pulling for him.

Thompson said they are not disappointed that Hancock can't run the last leg.

"This is just our way of saying, 'Get better Steve.' We're just happy he's here and he's going to beat this thing," he said.

Lee first met Hancock in 1982 at the dedication of the Vietnam Veterans Memorial in Washington, D.C. They didn't realize they were from the area until the following summer when they crossed paths at the old Rose Arts race in Norwich. They've been running together ever since.

"We call what he's doing slaying the dragon," Lee said. "He's a Marine through and through and they stand up and beat things like this. We're praying he'll do that," Lee said.

When I talked to Hancock on Thursday night, he was real upbeat and talking about how "fortunate" he is. It was hard to tell this is the same guy who must occasionally wonder "Why me?"

He said that being a runner has proven to be a great benefit as he battles the disease. He said it helps him keep a positive attitude and handle the treatment, surgeries and recovery. He said everyone in the local running community has been very supportive of him over the past year.

"But that's indicative of the running community. There's a real camaraderie among us," he said.

Hancock said he considers himself very fortunate to have friends like Festa, Marshall, Lee, Thompson and Hansen.

"I get all my strength from my family, my friends and my God," he said. "There's always breakthroughs and something new on the horizon. I just keep the faith and have a positive outlook that this will work out."

We're all pulling for you Steve.

Dazed And Confused

Late-race Pass Leads Mystic Places Marathon Winner To Think He Lost

By VICKIE FULKERSON
Scholastic Sports Editor, UCONN Women's Basketball
Published on 10/25/2004

East Lyme — Most of the time running is universal, transcending any type of language barrier that might come into play.

So when Lisbon's Chad Johnson passed Mystic Places Marathon leader Zintu Meaza of Ethiopia Sunday afternoon, he made sure to show Meaza his wristband, making sure Meaza knew Johnson was part of a relay team and not in competition for the overall victory.

Meaza, however, didn't seem to understand.

"I didn't know what was going on," said Meaza, who thought he had lost when Johnson beat

him to the finish line. "There was nobody with me and then at 26 miles he went and I couldn't get him. I couldn't stand his pace.

"I was very much disappointed."

Meaza, in fact, won comfortably, finishing in 2 hours, 20 minutes, 59 seconds. Second-place finisher Dzmitry Sivou of Belarus was far behind in 2:25:56, with Amos Gitagama of Kenya third in 2:33:49.

But Meaza didn't find that out until he was getting treatment in the medical tent and one of the race's organizers, Way Hedding, came to give him his medal, telling him, "You're No. 1." Meaza beamed.

"It was the happiest face I've ever seen," Hedding said.

Meaza, who won the UTC Greater Hartford Marathon two weeks ago in 2:18:50, earned \$3,000 for Sunday's victory to add to the \$6,000 he won in Hartford.

Halina Karnatsevich of Belarus was the women's winner in 2:48:33, also winning \$3,000. She edged the Russian tandem of Marina Bychkova (2:52:04) and Elvira Kolpakova (2:52:05), Kolpakova who was the inaugural winner of the Mystic Places Marathon in 2001.

Meanwhile, Johnson's relay team, representing the Mohegan Striders and attempting to earn points for the USA Track &

Field Grand Prix competition, finished first in the men's open division in 2:20:39. Johnson was joined by Chad Brown and Steve Herrera of Waterford, Steve Swift of Cromwell and Marc Robaczynski of New Hartford.

"I ran the last three miles in 14:44 and he stayed with me mostly," said Johnson of running with Meaza. "That's pretty quick for somebody who's already run 23 miles. I would say with about a half a mile to go, he put a move on me. He's on 26. I'm on 3. So I won that battle."

The 27-year-old Meaza, a native of Ethiopia's capital of Addis Ababa, was visiting the United States for the first time. He planned only to run one marathon, in Sacramento, Calif., earlier this month, but became lost on the course and dropped out at about the 15-mile mark, he said.

Now, he'll head home this week having won back-to-back events.

"It was impossible to win two marathons ... anywhere," he said, still grinning. "This has been enjoyable. America, it is good. I've seen so many things. Someday, if I am fortunate, I'll be able to live here, work here and run here."

Meaza started the race Sunday in a lead pack with Sivou and Gitagama and also with another relay competitor for a time in Dan Shea, whom the elite runners appeared to be letting do most of the work as he ran out in front of them.

About eight miles into the race, Meaza and Gitagama were running by themselves. Gitagama would explain later that he tightened up in the cold weather and just before he turned onto Main Street in Niantic Meaza took the lead, running the rest of the race all by himself.



Tim Martin

'I didn't know what was going on. ... I was very much disappointed'

Zintu Meaza

Even if he didn't know it.

"I didn't believe it (when he caught me)

Then again, Meaza, didn't think that finishing a second marathon so soon was even possible.

"I would suspect I wouldn't finish," he said. "But I was feeling good. I had no problems. It just took me awhile warming up."

Also of note was Chad Brown's effort Sunday. After he ran the first leg of the relay for the Striders, he kept going, completing the race as an individual. He finished fourth overall in 2:36:02, distinguishing himself as the top American and also earning a prize as the top Connecticut finisher.

Brown, running his first marathon this year, said he had hoped to run in the 2:20s, but may have taken off a little too quickly in hoping to appease his teammates.

"At that point, I still felt good," Brown said of completing his 5-mile leg for the team, "but I started feeling it around mile 22."

Griswold girls' cross country coach Shayne Stedman of Danielson was seventh in the race in 2:51:54, the third American and the second Connecticut finisher.

Carolyn Verdon Michael Fusaro

Carolyn Verdon and Michael Fusaro, both of Norwich, announce their engagement made Nov. 26, 2004.

Ms. Verdon is the daughter of Joseph and Margaret Verdon of Vernon. A 1988 graduate of Rockville High School and a 1993 and 1995 graduate of the University of Connecticut, she is employed by the Connecticut Department of Environmental Protection.

Mr. Fusaro is the son of John and Joanne Fusaro of Norwich. A 1984 graduate of Norwich Free Academy and a 1988 graduate of



the University of Connecticut, he is employed by GE at IKON Office Solutions.

The wedding is planned for May 14. They will live in Norwich.

STAG PARTY

in honor of

Mike Fusaro

Saturday • April 30TH 2005 • 6:00pm

East Great Plains Firehouse

New London Tpke. • Norwich

Refreshments • Buffet • Raffles

Donation \$20.00 per person

Herrera Puts His Best Foot Forward At O'Keefe 10K

Waterford Resident Wins By More Than 3 Minutes

10/17/04

By **VICKIE FULKERSON**

Scholastic Sports Editor, UCONN Women's Basketball

Published on 10/18/2004

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Waterford — It was one of those January days when a runner can't help running, 50 degrees and sunny in the middle of winter.

And so Steve Herrera was running in the woods near his home in Waterford when he stepped on something, maybe hidden under a leaf, that would change his running plans for the foreseeable future. Herrera's right foot, in which he previously had a stress fracture, was re-broken.

He limped the two miles home. He had a permanent titanium pin surgically implanted in his foot in February. He didn't race for the first time this season until late July.

Herrera's still not as quick as he'd like, but it was hard to tell that Sunday morning when he won the 27th annual Jack O'Keefe Memorial Strides 10K in 33 minutes, 12.2 seconds.

It was his second race in two days after finishing second to Chadwick Brown in the Stenger Farm Cross Country Run on Saturday.

"I was going bananas. I couldn't do anything," said Herrera, 33, who has been known to run two races in a day on occasion. "It's amazing the things you do when you can't do what you want to do. I would walk two miles on my



crutches, just so I could go out and do something.

"My shoulders were getting pretty strong."

Sunday, Herrera left his house late, he said, and rode his bike to Camp Harkness for the race as a warm-up, leaning it against a tree while he ran.

He beat his nearest competitor by more than three minutes, with Carl Roth second in 36:32, Mike Fritz third in 36:42, Dennis Crowe fourth in 36:56 and Curt Ramsey fifth in 36:56. Martha Merz of Mystic won the women's division in 37:47 and was seventh overall.

It was the second year the race was a 10K, but the course was different than in last year's race, won by Fritz.

"The first race I came back for was the Bottone Mile," Herrera said. "You always wonder how you're going to do, coming from riding the bench. You just have to jump in and do it.

"I'm fine physically, but I still have some mental doubts going on in there. I was dealing with the demons that I might have to quit the sport that I love."

Herrera has run a few longer races, the 11.6-mile Kelley Race in August and the 12.4-mile New Haven Road Race in September, but isn't yet ready for anything longer than that. He'll run next week's Mystic Places Marathon as part of a relay team, he said.

Merz Fast Becoming A Familiar Face In Town

Captures women's division in Mystic; Ribiero 1st overall

Nov. 7, 2004

By **NED GRIFFEN**

Day Sports Writer, Connecticut Sun

Published on 11/8/2004

Mystic — The theme of Sunday's 2004 Tarzan Brown Mystic River Run was something old, something new.

Martha Merz, a familiar face on the local running scene, won the women's division for the second time, finishing the 5.5-mile course in 32 minutes, 32.1 seconds.

"I'm the veteran," Merz giggled.

Sergio Ribiero finished first overall (28:12.9) in just his second try, topping a field of more than 650 runners.

Merz, 42, has run the race for five years, also winning the women's division in 2002. She came in second last year, although she finished almost 13 seconds faster than she did Sunday.

"I'm old and it's getting a little harder," Merz joked. "Running so many years, the injuries are creeping up."

Merz was 16th overall. Carolyn Verdon of Norwich placed second (35:13) in the women's division, followed by Michelle Stratz of Branford (36:57).

Ribiero, 34, of Waterbury finished second to Tyler Cardinal at last year's race. Like Merz, he ran faster last year.

"I ran pretty well last year," Ribiero said. "Today, I just felt great for the first three miles, and after three miles, I backed it up a little bit, slowed down. I had a little wind against me at mile four, but I just kept the pace.

"This is a great race. Connecticut doesn't have as many races as there used to be a couple of years ago, and every single race is a good chance to get a better time. And Mystic is a beautiful place. I brought my family up to this race. We're going to visit the town. With this weather, you cannot expect better."

Steve Herrera of Waterford, who finished first overall in 2002, took second (28:23.4) followed by Stephen Sargent of Charlestown, Mass. (30:08.0).

Ribiero had run twice last weekend, winning both races, and said that Sunday's abnormally pleasant weather was a slight shock to the system.

"It's pretty hot for this time of the year," Ribiero said. "That's a factor. I trained the last two or three weeks in the cold weather in the morning and to come over here with this warm weather, your body feels a little bit (different), but I think it was a good start for the fall."