

1981 ■
1989

Part 2



MOHEGAN

Scrapbook

1982

2 city men show mettle in Ironman

By MARY O'CONNELL
Bulletin Sports Writer

NORWICH — Most drivers probably didn't realize he was an Ironman when Gary Tobias bicycled past them on Rte. 2.

Or when he was running around the Norwich Free Academy track until 9 every evening.

Or when he was taking his daily swim in Norwich's Spaulding Pond.

Actually, Tobias couldn't be sure himself until after his nine-month odyssey, which ended in Kailua-Kona, Hawaii, Oct. 10, was completed.

The "Ironman" referred to is the October, 1982, Bud Light Ironman Triathlon competition. The triathlon, which also was held last February, will be held each October for the benefit of partici-

pants from the eastern seaboard who prefer to train over the summer months.

The Ironman competition, which consists of a 2.4-mile ocean swim, a 112-mile bicycle ride and a 26.2-mile marathon, has been called everything from the "ultimate endurance test" to a "gruelathlon."

For Tobias, a chief radioman with the U.S. Navy stationed in Groton, the triathlon was "some sort of phenomenal test."

Tobias, a resident of Norwich the past four years, and Frank Wilcox, also of Norwich, were intrigued by the event and both sent in applications for the October triathlon.

In early August, Tobias and Wilcox participat-

Fortunately, the strict training regimen paid off as Tobias was able to cross the finish line 16 hours and 27 minutes after the race began. Wilcox finished the course in 17 hours, 24 minutes.

"I was elated," says Tobias. "I still felt strong, I had a lot of stamina, but quite a bit of discomfort."

Discomfort which began during the 112-mile bicycle race — the first time Tobias had bicycled that far — when high winds, in excess of 25 knots, slowed him considerably.

His discomfiture continued into the start of the marathon, when Tobias developed a strain in his right ankle and severe blisters on both feet.

"I tried to adjust but it wasn't getting much better," he said. "I tried to alternate some running and some walking."

Tobias attributed his strong finish to a combination of proper training and mental toughness.

Tobias says he fought off the inclination to try.

ed in the Sri Chinmoy Triathlon at Misquamicut Beach in Westerly, R.I., and were able to use the event to evaluate their training programs.

"We were able to see if our training programs were adequate — if they were growing enough," said Tobias, who spent nine months training for the Ironman.

While Tobias' training program would probably seem quite rigorous under normal circumstances, there are no guarantees of success for any training program involving the arduous 140.6-mile Ironman course.

Tobias opted to use a "progressive program" which allowed him to work up to one-third of the Ironman distance each day for all three events.

Most triathlons are self-financed and Tobias estimates he spent around \$2000 in transportation, lodging and training expenses. (He went through three pairs of running shoes).

Striders are 4th

PLYMOUTH, Mass. — Groton's Wayne Jacob paced the Mohegan Striders 'A' team to a fourth-place finish Saturday in the 83.4-mile Cape Cod Relay which began in Plymouth and ended in Provincetown.

Jacob won the first leg of the race for the 'A' team, which included Bill Marshall, Julio Murillo, Jim Butler, Jeff Hliniak, John Brennan, Joe Banas and Jon Kornacki. They completed the course in seven hours, 34 minutes and five seconds.

The Strider 'C' team finished 25th in 8:13.49 behind Dean Festa, Jim Docker, Kevin Buckley, Walt Smolenski, Hal Bennett, Ken Peters, Mike Herrick and Mark Biase.

The Strider 'B' squad placed 37th in 8:25.59, and consisted of Bob Miles, Jack Curran, John Curran, Jeff McClosky, Lee Johnson, Mike Martinelli and Dave Lathrop.

Approximately 215 teams participated.

N.L. Day 10/18/82

Smith wins at East Lyme for second straight time

By MARY O'CONNELL
Bulletin Sports Writer

EAST LYME — Tim Smith put his faith in an old runner's adage yesterday morning and won the East Lyme Marathon for the second straight year.

"They say at 20 miles, you're only halfway there," said Smith, of Norwich, who covered the course in a record-breaking time of 2:23:56.3.

"That saying goes way back to the (Frank) Shorter days, but I'm a believer in that."

Smith is also a believer in running a disciplined, conservative race as evidenced in his come-from-behind victory over front-runner Jim Uhrig, also of Norwich, who wound up in fifth place.

A crowd of about 500 spectators was on hand to cheer Smith over the finish line at East Lyme

'I did just about everything I could. They were setting a torrid pace.'

— Tim Smith
EL Marathon winner

High School where approximately 800 runners had set off on a sunny, but cool and windy morning almost two and a half hours earlier.

Uhrig had set a blistering early pace, but began to cramp up coming out of the Black Point portion of the race, and Smith overtook him just past the 22-mile mark.

Smith still had to fend off challenges from second-place finisher Bob Stack, who won the first East Lyme race in 1980, and third-place finisher Phil Garland, who captured the first Southeastern Connecticut Triple Crown with a combined time of 4:21:02.3 for the Norwich Rose Arts Road Race, the Schaefer-Kelley Race in New London, and East Lyme.

Uhrig had been running close to a 5:20 pace from the five mile mark to the fifteenth mile when he began to falter.

"I started to cramp up at the top of the hill at about 15 miles," said Uhrig. "I was trying to adjust my gait so I wasn't overstriding."

One runner who wasn't overstriding was Stack, who broke his own record of 2:25:18.6 set in 1980 with a time of 2:25:13.2.

"The early pace up until five

(miles) seemed slow," said Uhrig from a cot in a makeshift first-aid room in the East Lyme High School gym after the race. "I figured no one was initiating any sort of move."

"I know I was going pretty fast between five and ten (miles), but I didn't feel too bad — I felt pretty comfortable."

Redemption was the last thing on the mind of first place women's finisher Sally Zimmer of Windsor, who broke into the top 100 finishers in a time of 2:48:51.9 shattering the women's record of 3:03:20.8 set by Marty Newell last year.

"I'd planned on setting a PR (personal record) way back in May," said Zimmer, who finished well ahead of the second-place finisher, Jane Arnold. "But

"I hung back this year," said Stack, of Rockville, Maryland. "The first year I went out on a gamble, and last year I was hurting a little bit early when I pulled a calf muscle."

Last year's 17th place finish was a sore point for Stack who said he was hoping to "redeem himself."

I fell apart in August. I'd already paid my money for registration, so I wanted a 26-mile training run."

Zimmer's marathon was anything but a training run, as she finished well ahead of the second-place women's finisher Jane Arnold, who came in at 3:01:22.7. Uncasville's Carla Dossett, who finished 115 overall, was third with a time of 3:03:04.1.

The first-place finish also guaranteed Zimmer the bragging rights to the Triple Crown in the women's division. Zimmer, who had a combined time of 5:02:59.4, easily beat out Dossett (5:22:55.8).

Danielson's Ernie Dumas, who won the Triple Crown in the men's Masters Division, finished the marathon in 16th place with a time of 2:41:44.9.

Also John Ficarro

Wayne Jacob leads Striders

PLYMOUTH, Mass. — Wayne Jacob of Groton led the Mohegan Striders' "A" team to a fourth-place finish Saturday in the 83.4-mile Cape Cod Relay which began in Plymouth and ended in Provincetown.

Approximately 215 teams participated.

Jacob won the first leg of the race for the "A" team, which also featured Bill Marshall, Julio Murillo, Jim Butler, Jeff Hliniak, John Brennan, Joe Banas and Jon Kornacki. The runners combined to complete the challenging course in seven hours, 34 minutes and five seconds.

The Strider "C" team, consisting of Dean Festa, Jim Docker, Kevin Buckley, Walt Smolenski, Hal Bennett, Ken Peters, Mike Herrick and Mark Biase, finished 25th in 8:13.49, and the Strider "Bs" (Bob Miles, Jack Curran, John Curran, Jeff McClosky, Lee Johnson, Mike Martinelli and Dave Lathrop) placed 37th in 8:25.59.

Four local runners aiming for today's NYC Marathon

In unofficial time of 2:46:45

NEW YORK — Enjoying cool conditions but battling a stiff wind throughout, Cas Grygorcewicz led a group of four Norwich participants who were among the 16,000 entrants in yesterday's 13th New York City Marathon.

Grygorcewicz, taking part in his 18th marathon, posted an unofficial time of 2:46:45 — good enough to qualify for the Boston Marathon in April.

Dean Festa, running and completing only his second marathon ever, also was slowed by the

Grygorcewicz leads local runners

wind, but still managed to clock an unofficial time of 3:18.

Finishing times for Norwich's other two NYC Marathon runners — Jeff McClosky and Ken Murkett — were unavailable, although McClosky's time was believed to be around the 2:50 mark, according to Grygorcewicz.

"Except for the wind in our face the whole time, the conditions were ideal," noted Grygorcewicz, who completed his third NYC Marathon yesterday through the city's five boroughs.

"Jeff (McClosky) and I ran together for about the first 18 miles, then I picked up the pace a little bit," said Grygorcewicz.

"I hadn't finished the last two marathons I ran (the recent East Lyme and Boston marathons) — both were run under hot conditions, so I needed this one for my confidence."

Both Grygorcewicz and McClosky were aiming to finish under 2:50.

Murkett, entered in the Masters' Division, needed a 3:10 to qualify for Boston.

"I kept up a seven-minute pace until about 22 miles," explained Festa, "but doing that took a lot out of me because of the wind. If there was no wind, I could have done about a 3:12. I had stomach cramps off and on, but my legs felt pretty good until the last couple of miles."



Cas Grygorcewicz, Dean Festa and Jeff McClosky

Bulletin photo by Fran Funk

By MARY O'CONNELL
Bulletin Sports Writer

NORWICH — After midnight last June 1, thousands of application requests — some special delivery, others express mail, but all marked by a sense of urgency — began pouring into the New York City postal system.

Among those thousands of requests were four with Norwich return addresses.

Accordingly, four applications were sent out and today Norwich's Dean Festa, Jeff McClosky, Casimir "Cas" Grygorcewicz, and Ken Murkett will be anxiously awaiting the starting

annon is a BIG EVENT, drawing runners the way Disneyworld attracts tourists.

"The whole thing is just a class operation," said Murkett, who ran New York last year. "I guess you could call it the World Series of marathons."

The other Norwich runners are anticipating a knock-down, drag out fight for first place between top marathoners Alberto Salazar and Craig Beardsley, and shooting for personal bests themselves.

"As far as New York is concerned, I just want to experience it," said McClosky. "It's a happening. When else can you run through the five boroughs of New York?"

Accolades aside, all four runners have spent a considerable amount of time and energy training for the marathon.

Festa, who ran his first marathon last month in East Lyme, is hoping to finish under three hours and ten minutes.

"I took it easy after East Lyme," said Festa, who finished that marathon in 3:17:04.6. "Basically, I ran a series of 20's (miles)."

"But I feel better about this one," said Festa. "I'm peaking for New York."

Both Grygorcewicz and McClosky are aiming for a time of 2:49 or better in order to qualify for the Boston Marathon in April.

But McClosky is mindful of what

he terms the "three variables" in marathoning.

"The first is training. A marathon is not to be taken lightly — you have to do your work. The second is mental attitude — you've got to be positive."

And the third which you have no control over is the weather on race day."

McClosky even has what he terms a "back-up" plan for the marathon.

"I'll be going out at a 2:46 pace. If I find I don't have it around 18 miles, I'll just drop out," he said.

"Then I'll run in Newport (the Ocean State marathon) in two weeks."

Murkett, who at age 42 is the only Norwich runner in the masters division, is hoping to finish anywhere from 3:10 — which would qualify him for Boston — to 3:18.

Regardless of their individual finishes, all Norwich runners will be returning home with an assortment of race anecdotes and memories.

"A lot of people are turned off by New York," says Grygorcewicz, "but speaking from experience, everyone is supportive." Running through the South Bronx, there's little kids putting out their hands to slap yours, people are yelling your name. On marathon day, everyone gives ninety-nine percent."

Maybe that's why they're knocking down the doors to get in.

Jacob wins

state TAC race

NEW CANAAN — Wayne Jacob set a course record yesterday in winning the Connecticut TAC Championship race and leading the Mohegan Striders to the team title.

Jacob covered the 10,000 meters in 32:04, bettering the previous course record by 14 seconds. Rounding out the Striders' top five were Ron Knapp (2nd), Fran Houle (4th), Jim Crowley (6th) and Julio Murillo (9th).

Conn. TAC Championships
At Waveny Park, New Canaan
10,000 meters
Mohegan Striders "A" Team
22 points, 1st place
1. Wayne Jacob 32:04 (course record; old record 32:18, 1979), 2. Ron Knapp 32:10, 4. Fran Houle (32:37), 6. Jim Crowley (33:10), 9. Julio Murillo (33:47), 10. Joe Banas (33:55), 12. Marly Brown (34:22), 14. Joe Portelance (34:35).
2nd, Danbury Athletic Assoc, 61; 3rd, Mohegan Striders "B"

Nov. 28, 1982
EAST RUTHERFORD, N.J. — Wayne Jacob of Groton led a group of eight runners from the Norwich-based Mohegan Striders running club who participated in Sunday's U.S. Cross Country Championships at the Meadowlands.

Jacob finished the 10,000-meter course in 31:30. Bryant Nierstendt, who runs for the Quinnipiac College cross-country team, was the second Strider finisher in 32:27. Norwich's Fran Houle, a member of the University of Connecticut cross country team, was third with a time of 32:30.

Jim Crowley, of Westerly, was fourth in 33:10, while Norwich's Joe Banas finished fifth in 33:19.

Other finishers for the Striders were Groton's Steve Lamb in 33:50, Norwich's Bill Marshall in 33:53 and New London's Julio Murillo in 34:23.

A long run down Memory Lane

What better way is there to spend an autumn afternoon than talking to Al Morrison about his Greatest Sports Memories?

Al attended his first track meet at Fitch High School 50 years ago and he's been addicted ever since. He just loves to sit around and reminisce about some of the great sports moments he's witnessed.

At a recent session with Al, we talked about the performances he remembers best. When Al starts talking about these events, his face lights up as if the events took place yesterday. He's a classic sportsman.

The following is a collection of Al Morrison's Sports Memories. They're in no particular order, just the way Al recalls them.

— "The greatest finish I ever saw in a road race was just last weekend at the Tarzan Brown race. Watching Wayne Jacob and Jimmy Uhrig come in like they did was unbelievable. It was like a 100-yard dash. In that same race, watching the John Kelley-George Maine Battle of the 50s was great. Kelley was pushing hard and George was right on him." (Al told me this story twice. The first time, the Kelley-Maine margin was 10 yards. The second time, it was five yards. I saw George last Monday and he said it was about 15 yards).

— "Watching Tim Smith win two East Lyme Marathons along with two Middletown Marathons, making it a streak of four in Connecticut."

"And I've been to all four of them," he added proudly.

— In 1969, Al witnessed what he calls the, "Huntington Half-mile." It was a dual meet in spring track between Norwich Free Academy and Waterford.

The half-mile was between Rob Huntington of NFA and Ken Paulsen of Waterford. The lead changed four times before Huntington finally took it for good, finishing in just under two minutes.

After the race, Huntington said to Al, "If he'd have passed me one more time, he could have had it."

To which Paulsen responded, "I wish he had told me that when he passed me."

— In 1979, Pablo Franco, a sophomore at Hartford Public, won the

On the road Kevin Crowley

State Open 100-yard dash title in 9.5 seconds.

"I had him in 9.5 too," Al said.

That race put Franco as the fifth fastest sophomore on the all-time 100-yard list.

"I knew I had seen a fast 100 that day."

— "In 1969, I watched Jim Euell win the New England cross country title in Warwick, R.I. It was the last time Connecticut was allowed to compete in the New England meet, and the first time I had ever seen the New Englands. It was nice to see a Norwich guy out front."

— Seeing Bill Borden throw over 61 feet in the shot put in a dual meet against NFA is another favorite.

"I don't think Bill's feet touched the ground for the rest of that meet."

— Al's cousin, Danny Banks, competed for Stonington High and set the State Open meet record for the shot put at 56'5" in 1960. At the Brown Invitational, he threw 172'10" in the discus. He still holds the Eastern Connecticut Conference record in the shot put (56'1") and in the discus (165'0").

"After 22 years, that's a pretty good record. And there's a lot of guys that have taken a shot at those records."

— Johnny Kelley winning the 1957 Boston Marathon is probably Al's greatest memory of all time.

"I saw him in high school where

AL MORRISON DEPT.: Don Friedmann, the president of the Connecticut Interscholastic Track Coaches Association (CITCA), announced the CITCA annual award dinner will be held Jan. 16 at the Castilian Room in Waterbury beginning at 5:30 p.m. Al Morrison has been selected to receive their Recognition Award, given annually to someone who has made a contribution to the high school track and cross-country scene.

Morrison has been a stalwart at many area meets for a number of years and has been a willing volunteer at state meets for over 20

years. This past fall, Al helped with the timing system at the State Open cross-country meet.

"I'm very proud to be selected for this award," Morrison said. "It's a great honor for me. I enjoy watching high school athletes compete, and I'll do anything I can to help them." Al is one of the great sportsmen in southeastern Connecticut and CITCA made an outstanding selection for this award.

At the banquet, CITCA will also honor this past fall's all-state cross-country team. Area runners to be honored along with Morrison are Kim Hawkes, Mary Bridge, Chris Hennessey, Kelly Hawkes, Kelly Pinckney, and Shawn Bennett of Montville; Kathy Olsen of Waterford, Debbie Sprague and Ernie Ezis of Windham, and Darren Eisman of Bacon Academy.

he ran a 4:22 mile and I followed him through Boston University. The year before, Kel was second to Viskari by about 14 seconds. I was listening to reports on the radio with Tarzan Brown down in West-erly. Kelley led at Natick and beyond. He won by over a half-mile. That was great."

— "Being named an honorary life member and coach of the Mohegan Striders was a great thrill. I was honored to be named by my friends just because I was interested in the sport."

— The Al Morrison Road Race — "Having a race named after me is another thrill and an honor..." Al's voice trailed off...

Those are great memories for a great sportsman.



MEMORIES — Al Morrison, and friends, look over past race before the start of the fifth annual Al Morrison Road Race on Sunday at Ledyard High School. Winner of the event over 7.9-mile course

Community Photo by Randy Flaum was Jim Uhrig in 39.13, a record, beating old mark of 41.16.6 held by Jim Crowley. Carol Dossett took women's division in 49.07.

State's TAC goes 'Big Time' — Or, the road Kevin Crowley

The Connecticut Athletics Congress takes a step into the "Big Time" this afternoon when it holds its annual cross country championship meet at Waveny Park in New Canaan. The women's races will start at 1 p.m. and the intermediate and young men's division will go off at 1:45 p.m. The senior men's championship will follow these races at 2 p.m.

What makes these races different than those in the past is that prize money will be awarded to the first three men's and women's clubs to finish in the senior divisions. The first three clubs will receive \$125, \$75, and \$50, respectively.

"The money goes directly to the clubs. And then there is disbursement to the athletes to cover traveling and training costs," said Connecticut Athletics Congress president Bruce Douglass.

"All the money from registration of athletes and sanctioning of events is going back to the athletes this year," he added. "Connecticut is a leader in this domain."

These changes have all occurred since Douglass took office May 13 and there are more progressive changes to come for Connecticut-registered athletes.

There will be a \$50 award to the top five male and female Conn. TAC-registered athletes to finish in

the National Cross Country Championship to be held on Nov. 28 at the Meadowlands in New Jersey. This money will go towards covering traveling costs.

Plans are also in the works for track championships and for a 10-k road race championship with prize money.

These types of changes will go a long way toward changing the runners attitude toward TAC because it is apparent the TAC is changing its attitude toward runners.

MEN'S OPEN DIVISION

1. Phil Garland	4:21:3
2. Tim Smith	4:21:42
3. Jim Uhrig	4:25:05
4. Bill Rogers	4:25:16
5. Charles Ewers	4:43:08
6. John Ladd	4:45:30
7. Jeff Koflecki	4:45:57
8. John La Ma Matina	4:46:27
9. John Brown	4:48:31
10. John Brennan	4:49:27
11. Carl Plasman	4:50:38
12. Robert Logano	4:53:37
13. Jim Butler	4:55:12
14. Walt Smolenski	4:56:34
15. Kevin Gallerani	4:57:20
16. John Curran	5:58:50
17. John Ficarra	4:59:16
18. Jeff Mc Closky	5:04:43
9. Bill Billing	5:06:14
10. John Bennett	5:06:38
1. Ronald Meneo	5:07:25
2. Marshall Collins	5:08:18
3. Mike Smith	5:10:30
4. Mike Herrick	5:15:48
5. Harry Lepp	5:17:36
6. Ron Dombrowski	5:25:06
7. Woody White	5:25:36
28. Stephen Osmer	5:26:34
29. Jerry Lentz	5:27:06
30. Robert Harding	5:27:41
31. Bob Miles	5:28:05
32. Tom Wadecki	5:28:09
33. Bruce Gebtilella	5:30:55
34. Janis Vancans	5:34:00
35. Joel Parcels	5:34:40
36. Dean Festa	5:37:14
37. Joseph Tourgee	5:37:15
38. Phil Schena	5:37:17
39. Robert Fernald	5:41:42
40. Tom Peck	5:42:26
41. Dan Jakowski	5:43:37
42. Jim Docker	5:44:17
43. Bruce Christie	5:46:23

44. Mike Ladd	5:47:23
45. Roly Carignan	5:49:47
46. Gary Mc Laughlin	5:50:04
47. Joe Smith	5:51:49
48. Donald McCundy	5:52:23
49. Eric Isbister	5:59:46
50. Dennis Zajehowski	6:00:00
51. Mike Giblin	6:00:03
52. Bruce Kane	6:02:21
53. Robert Fish	6:03:48
54. Jim Landherr	6:04:18
55. David Hanks	6:05:36
56. John De Laura	6:06:09
57. Mike Martinelli	6:08:11
58. Bill Schwarzenbach	6:12:14
59. Rob Zarcheck	6:15:28
60. Robert Burridge	6:18:12
61. John Cohoon	6:28:32
62. Roger Hary	6:29:31
63. David Balcom	6:30:22
64. Arthur Aimetti	6:31:53
65. Michael Stafford	6:34:41
66. Ricky Milnarik	6:39:14
67. James Mc Kim	6:39:46
68. Lewis Venturi	6:43:05
69. Michael Mayo	6:43:27
70. Robert Collier	6:47:13
71. Dominick Cotese	6:47:27
72. Jim Wynne	6:49:25
73. Mike Magana	6:52:20
74. Will Taraszewski	7:01:58
75. Brian Warner	7:02:55
76. John Fichtman	7:18:11
77. Gene Vahey	7:19:43
78. Walter Harpin	7:26:23

WOMEN'S OPEN DIVISION

1. Sally Zimmer	5:02:59
2. Carla Dossett	5:22:56
3. Linda Sprague	5:38:27
4. Dottie Hoyt	5:55:11
5. Kathy Isister	6:07:16
6. Rose Buckingham	6:07:25
7. Nancy Fish	6:24:52

8. Geraldine Palonen	6:39:59
9. Lenore Brochy	6:47:04
10. Pat Lathrop	6:57:02
11. Mary Jane Biase	7:13:34
12. Donna Stafford	7:21:31

MEN'S MASTERS DIVISION

1. Ernie Dumas	4:40:58
2. Hal Bennett	4:49:54
3. Bob Landry	4:50:40
4. Larry Hirsch	4:52:55
5. Jan Slonski	5:01:58
6. Johnny Kelley	5:043:56
7. Ted Phillips	5:05:52
8. James Watson	5:07:48
9. Bob Harford	5:09:01
10. Bill Cornish	5:12:38
11. Bob Benson	5:13:39
12. Jon Walton	5:23:01
13. Jack Curran	5:25:39
14. Pewter Murphy	5:32:26
15. Walter Brady	5:35:06
16. Robert Tompkins	5:44:22
17. Lee Burris	5:45:57
18. Buzz King	5:50:28
19. Peter Colonis	5:53:53
20. James Taylor	5:54:11
21. Lee Peret	6:02:26
22. James Hill	6:09:46
23. Thomas Mc Enaney	6:11:55
24. Charlie Ross	6:17:56
25. Don Werling	6:20:47
26. Tom Reilly	6:21:19
27. Ronald Uhrich	6:21:33
28. George Forcier	6:21:36
29. Robert Reed	6:33:56
30. Robert Morphis	6:51:57
31. Pat Fuery	6:54:00
32. Jerry Brown	6:54:28
33. Roger Zotti	7:06:09
34. Warren Cooper	7:12:32
35. Frans Alatalo	7:17:31
36. Paul Gruber	7:26:46
37. Everett Fortin	7:31:19

Marshall sets course record in victory at Woodstock

From Bulletin Staff Reports

WOODSTOCK — Bill Marshall of Norwich barely made it to the starting line yesterday. Then he went out and broke the course record by seven seconds to win the third annual Woodstock Memorial Road Race.

Marshall, who arrived at the race just two minutes before the start yesterday morning, covered the 10 kilometers in 32:34.5, bettering Ernie Dumas' record of 32:41.7, set last year. Marshall pulled away at the four-mile mark of the 6.2-mile race to beat second-place Joe Banas of Norwich (33:12.5) by 38 seconds.

Dumas, of Danielson, was third in 33:33. Janice Palonen of Canterbury was the first woman finisher, in 39:33, and the Mohegan Striders won a silver cup for taking the team title. There were 189 finishers.

Toy Fund is kicking as it nears final stretch

December 19, 1982

NORWICH — The pace of the Tommy Toy Fund is picking up — in more ways than one.

Last night, as Christmas lights twinkled on streetlight posts and church bells chimed, a crowd of about 50 people ran along Norwich streets for a Toy Fund fun run.

The runner crossing the finish line first was Steve Bushnell of Colchester, who came in with a time of 17 minutes, 38 seconds for about three miles.

Though the winner got a round of applause from those who crowded on the sidewalks, it was a man dressed in a red suit who really stole the show.

Actually, a few people started to worry a bit about Santa who has lost a few pounds during his running career. As others crossed the finish line, they looked through the crowd of runners and couldn't find the jolly man.

But alas, he was back at the end of the pack with his elves and Rudolph, pacing himself ahead of a Norwich police cruiser.

After he crossed the finish line, Santa explained he wanted to keep his runners company. It was a fun run, he said, not a race.

We'd like to thank Bob Miles and Amby Burfoot who coordinated the run. The toys which the runners brought will cheer up a lot of children who otherwise wouldn't have a reason to smile Christmas morning.



Bulletin photo by Jeff Evans

Santa, Rudolph and an elf find the going easy as they travel by foot through the streets of downtown Norwich in a fun run to benefit the Tommy Toy Fund. In the costumes are, from left to right, Bob Miles of Norwich, Joan Hill of Montville and Jack Curran of Norwich.

1983



Jacob nips Uhrig

Oct. 31, 1982
Nov. 7, 1982

MYSTIC — In the closest finish in the race's seven-year history, Wayne Jacob of Groton outstrided Jim Uhrig of Norwich in the final step and captured the 1982 Tarzan Brown Mystic River Run.

The exciting duel between two of Southeastern Connecticut's top open runners produced a new course record. Jacob covered the 5.5-mile course in 26:32.0, a shade faster than Uhrig's 26:32.8 as both runners broke the previous mark of 26:43.2, set by Bob Flora in the 1979 race. Dave Litoff, 1981 winner, finished third in the time of 27:18.1.

The race drew a record field of more than 800 runners, eclipsing the record of 650 set a year ago.

The women's open winner for the second year in a row was Carla Dosssett. She was clocked in 33:03.9, 20 seconds off the record-setting pace she established in the 1981 race.

John Kelley won the grand masters' division in 30:56.2. A year ago Kelley set the record of 30:47.3.

Hal Bennett posted the time of 29:22.2 to win the men's masters race while Carolyn Sunderman won for women in 38:13.3. Sunderman's time bettered her course record of 38:43.1 set in 1980.

In the high school division, Karen Seresa captured the women's title in 38:26.4 and Scott Fisher took the men's crown. Fisher was clocked in 31:51.3.

The junior winners were Melinda Davis, 38:26.6, and Sean Magnuson 32:36.2.

The race featured six runners from the Burnett Family of Mystic. Bob Burnett, 70, ran in the grand masters division and saw to it that his three sons, daughter-in-law and two grandchildren also participated.

Another highlight was the special award presentation to Fred Janney for his five years of service as race coordinator.



Bulletin photo by Randy Flau

ENJOYING THE PARTY — Way Hedding of Niantic made New Year's Day seem like mid-summer yesterday as he plunged into the chilly waters at Groton Long Point with the "Polar Bears."

More than 40 runners/swimmers participated in the annual event, but Hedding seemed to be the most comfortable in the chilly waters, not running to blankets and sweat pants when he came out.

Tyro Wins Middletown Marathon

By AMBY BURFOOT
Courant Staff Writer

MIDDLETOWN — Unheralded Dan Rechner of Warwick, N.Y., running his first marathon, won the 12th John W. English Marathon Sunday in the course-record time of 2 hours, 26 minutes, 35 seconds.

Finishing second was Tim Smith of Norwich, who also bettered the previous best time for the "new course," which has been used since 1976.

Smith, who won the English Marathon in 1975 and the last two East Lyme marathons, covered the 26 miles, 385 yards in 2:27.14.

The old record, set by George Pfeiffer in 1977, was 2:27.16.

Sally Zimmer of Windsor registered an easy victory in the women's division. She crossed the finish line at the edge of Wesleyan's Otis Library in 2:53.27, shaving 5 minutes off the course record for women.

The race began at noon with 243 runners challenging the 21-hill course. In the runners' favor, and partially accounting for the excellent times, was the cool, cloudy weather.

Rechner, 19, ran at the front from the moment the starter's gun sounded. He survived his first critical challenge when the second pack — consisting of Smith,

Bill Marshall and John Vitale — caught up with him just beyond the 10-mile mark.

"I just figured that was it for him," said Marshall, who finished fifth. "Usually those guys out front just fade away."

But Vitale, who won the English Marathon in 1972 in 2:19.01 over the "old course," detected something else. "I thought the young kid might win it in the end," he said after the race. "He just looked stronger out there than anyone else." Vitale, whose 2:19.01 is the fastest marathon ever run in Connecticut, entered the race strictly as a training run and stopped after 20 miles.

Rechner, Smith and Marshall passed the half-marathon distance in 1:12.57. Shortly thereafter, Smith began applying the pressure, forcing the pace on the hills. Marshall cracked on the short, steep "Brush Hill" just beyond the 17-mile point.

"I thought my best bet was a bold defense," Smith said later. "It was still early, just a testing point, but I wanted to make them work. I didn't want to wait any longer."

Over the next seven miles, Smith opened up as much as 75 yards on Rechner, but the youngster kept battling back. The biggest gap was the 9-second margin Smith enjoyed at the 24-mile

mark at the top of "CVH Hill," named for the nearby Connecticut Valley Hospital.

"That was the hardest part of the race for me," Rechner admitted later.

Rechner breezed past Smith at the 25-mile mark and ran strongly over the final mile, mostly uphill.

At the end, Rechner, 5-foot-6 and 120 pounds, still appeared to be running on his toes, his arms swinging easily and powerfully. Smith's normally toothy grin had

turned to a grimace, partially obscured by his dark glasses.

Zimmer had a difficult experience five weeks ago in the Bermuda Marathon, finishing slowly after a fast start. Sunday, she decided to do the opposite and it worked. She ran the second half of the course 5 minutes faster than the first half. "I needed that to reassure myself I can still run a good second half," she said.

The race was designated as the Connecticut TAC marathon championship.

John English Marathon

AT MIDDLETOWN

Overall Men — Daniel Rechner, Warwick, N.Y., 2:26.53.4; Tim Smith, Norwich, 2:27.14; William Rogers, Uncasville, 2:30.06; Joseph Ulanowicz, Coventry, 2:37.26; Bill Marshall, Norwich, 2:38.31; Robert Enright, New Haven, 2:40.24; David Buddington, Glastonbury, 2:43.33; Michael Kelleher, Springfield, Mass., 2:44.31; Ed Sandifer, Springfield, Mass., 2:45.33; Steve Lamb, Portland, Conn., 2:46.14.

Other Top Conn. finishers — Bert Sieferheld, West Hartford, 2:46.54; Douglas Hood, New Haven, 2:48.01; Donald Tremaglio, Waterbury, 2:48.39.

Overall — Sally Zimmer, Windsor, 2:53.26; Susan Prichard, Canton Circle, 3:02.55; Linda Sprague, Gifford, 3:16.09; Erica Kent, Andover, Mass., 3:36.11; Carolyn Sunderman, Farmington, 3:53.27.

Team — Mohegan Striders.

Norwich's Banas to carry Olympic torch

By BILL TOSCANO
Bulletin Sports Writer

NORWICH — When Joe Banas competes in Corporate Cup races for American Telephone & Telegraph team, the Norwich athlete runs against some of the nation's top runners.

And many of his competitors have been hired simply because of their athletic ability.

But not Banas.

"I was hired as a handicapped worker," says Banas, who was diagnosed as having nerve entrapments in his foot when he first went to work for Southern New England Telephone four years ago. "I was on restriction. I couldn't lift anything heavy."

Banas has made a superb comeback, a comeback which was capped by competing on AT&T national championship Corporate Cup team last year.

Friday, Banas found out there

was something more to that championship.

When the Olympic torch, which will be lit from the eternal Olympic flame in Greece, is transported to the United States, it will be carried, relay-style, through the state capitals to Los Angeles by the 1982 and 1983 Corporate Cup championship teams.

And Joe Banas, who was hired as a handicapped worker, will be one of the carriers.

"To be part of the Olympics is a dream come true," Banas says. "I'm pretty excited about it."

Banas credits his recovery from his nerve injuries to faith in God.

"I had tried everything; Tarot cards, the occult, you name it," Banas says. "One night I had to have my stomach pumped after drinking nerve extract from animals. The things I tried for an answer — there was no answer."



Bulletin photo by John Shir...

But on June 23, 1980, Banas found his answer.

"I gave my heart to Jesus Christ," Banas says. "Even today I know it's because of God."

For the first year, Banas went through the slow process of training and getting back into shape.

"People knew I was in the race, but they didn't have to respect me," he says.

He knew, however, his foot had healed.

"I told people the Lord had healed my foot and people just laughed," he says. "But the medical documents came back and something had changed. They told me 'Your body has just recovered or something.' But I knew."

Once his foot had healed, Banas left his computer position in New Haven and took his present job as a splicer's technician helper in the SNETCO's cable department in Hartford.

He also continued his progress in running and has emerged as one of the area's top runners. His most recent win came Saturday in the Waterford Rotary Club's five-miler.

"I wasn't expecting to win, especially with the talent that was there," he said. "Southeastern Connecticut is as strong as anywhere in New England, outside Boston."

"I'm just happy to be competitive with guys like Tim (Smith) and Bill (Rogers)," says Banas who always wears a t-shirt that says "Jesus Striders" whenever he runs. "I remember where I came from."

'Ironman' dominates road races

By John Kelley
Special To The Day

NEW LONDON — Wayne Jacob liked winning the third annual Holiday Inn/SNERRO Road Race so much he did it again Sunday. The second time he doubled his distance.

Jacob, who placed first and third in a similar pair of races at Olde Mystick Village three weeks ago, chalked up two victories Sunday, winning the 11 a.m. three-mile event by 400 yards, then coming back after ten minutes rest to cop the six-mile race by half that margin.

If it's getting to be a habit for Jacob, it's one developing in spite of his competition. New London's Lenzy Nasser and Montville's John Brown did their best to thwart him in the three, and Norwich's Bill Marshall, assisted by masters sizzler Ernie Dumas, took up the cudgels in the six.

But in each case, Jacob's pursuers remained pursuers. Splinters of sunlight defining the lead pack at the mile widened to Lake Brandegeel-length blocks near the end of each test.

The winner missed Jeff McCarthy's 1982 mark of 14:22 by eight seconds in the shorter race, but set a new standard of 32:22 in the longer one.

Carla Dossett finished third in the three-mile and broke the women's six-mile record by six minutes with her 39:20.1 clocking. Both Dossett and Brown had raced in Saturday's Medyard Mile in which Dossett won the women's open prize.

After presenting division awards in Holiday Inn's Buffet Lounge, Jack Dempsey awarded the relative success of his group's fundraiser: "I had predicted a total field of 150. We had 146 finishers, probably 159 starters, a couple no-shows — and a couple of nice people like Sharon Sherb who sent money in anyway, even though they couldn't be here."

Holiday Inn manager Chip Holmes, who stayed the six-mile course in 48:32, added, "I think these are real runners' races. They bring out quality runners on competitive courses."

Of their money-making purpose, he said, "It's benefitting a group of guys (Southern New England Road Racing Officials) that give up 35 Sundays out of the year. They're the unsung heroes of the races."

Jacob turned aside praise with the assessment, "I was a little worried until the shopping centers by the hills in the six. But when I knew Marshall was falling back, I started to think win. I felt pretty good," he said.

Anna Paupau, a senior at Holy Family Academy in Baltic, where Jacob coaches, won the women's three-mile high school division in 24:19. Teammates Etheldreda Gafabusa, a native of Uganda living in Minnesota, and Dawn Barber, trailed Paupau.

Immediate post-race conversation settled on double-barrelled challenge of tough topography and sudden spring.

Mixed results for locals

By BILL TOSCANO
Bulletin Sports Writer

NORWICH — As members of the Mohegan Striders, Caz Grygorcewicz and Jan Slonski often run in the same races in Eastern Connecticut.

Yesterday, both made the trip to the Boston Marathon, but their experiences were far from similar.

"It was perfect weather," said Grygorcewicz, who knocked a minute-and-a-half off his personal best by finishing in 2:44. "It was at 61 minutes at 10 miles and I made the decision then and there to go for the PR (personal record) or not make it at all."

Slonski, however, did not have a good day.

"I did 2:47 at Foxboro and felt like a million dollars," said Slonski, a Canterbury resident. "Here I run 2:56 and I feel like I've been through a torture chamber. You think its easy, but it will fool you."

Another Strider, John Curran of Griswold, also has recurring problems with Boston.

"The first 10 miles kill me, maybe because they're rolling hills," said Curran, who had wanted to break three hours 3:09:03. "This is the fourth time here and I've never done really well."

Jim Butler of New London, who has run races longer than the marathon, also had his share of problems.

"I had cramps at three miles," said Butler. "At eight miles I felt worse than I did at the end of my 50-mile race."

One eastern Connecticut runner who has solved the challenge of Boston is Mystic's John Kelley, the 1957 champion. Yesterday, the 52-year-old Kelley said he was

competing in his 29th Boston and at the end, the strain showed on his face.

"You set a pace that will get you there," said Kelley, who had wanted to break three hours and did, finishing in 2:55:29. "But after 20 miles, it's touch and go."

The fastest local runner yesterday was Norwich Tim Smith. Smith, a 35-year-old accountant, finished 172nd overall and timed 2:25:18.

Smith said he went out too fast, running the first mile in 5:15 instead of his usual 5:40. Smith also said he had problems in mid-race, but was able to come on strong and pass at least 20 runners in the final four miles.

He was also happy with his choice of headgear — a stocking cap — which contrasted with all the painters' caps and bare heads.

"I'm glad I did wear it," Smith said. "I saw some guys pouring water over their heads and I thought they'd pay and they did. I passed a lot of them later."

Bill Rogers of Uncasville was the area's second-fastest finisher, coming in at 2:29:08. Mystic's Phil Garland was third in the area at 2:32:14 and Groton's Bob Landry was the fourth local at 2:33:53.

Norwich's Joe Portelance finished in 2:38:14, Mystic's Steve Lamb timed in at 2:38:22 and John Ladd of Dayville, who was shooting for a 2:37, almost got it, timing 2:38:14. John Brennan of Groton timed 2:43:14, Matt Harding of Mansfield Center came in at 2:52:22 and Kevin Gallerani of Quaker Hill timed 2:53:03.

John Bennett of Williamntic, who finished 45th at the East Lyme Marathon, altered his usual tactics and still did well



Bulletin photo by Jeff Evans

Jack Curran, one of the many local runners in Boston yesterday, collects himself after 26 miles.

"In the past I've always gone out fast," said Bennett, who finished in 2:53:11. "Today I started slow and passed a lot of people at the end."

Other local finishers, according to results released by the BAA and reports received by the *Bulletin*, included: Dave Sonstroem of Storrs (2:54:23), Billy Shea of Mystic (2:55:36), Walter Smolesnki (2:57:18), Henry Golet of Old Lyme (2:58:34), Charlie Ewers of Gales Ferry (2:58:46), Paul Toth of New London (2:58:57), Wade Hedding of Norwich (3:18), Joel Patingre of New London (3:24:10) and Bruce Christie of New London (4:02:06).

Result released by the BAA yesterday included only runners finishing in 3:00:02 or under.

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first time in five years he has failed to break 2:30.

Portelance bettered his Boston personal record by about five minutes, finishing at 2:38:14. Grygorcewicz's 2:44:51 beat his previous best by 47 seconds, and McClosky came in with a 2:47:26.

Dennis Crowe, a coach at Williams School in New London, also came up with a personal best, finishing 950th overall with a 2:42:34 clocking.

Other local runners in the top 2,000 were Robert Logano of Oakdale, 898th with a 2:41:49 clocking; John Brennan of Groton, 1,004th in 2:43:14; Peter Silva of Quaker Hill, 1,361st in 2:47:14; Pat Butler, 1,522nd in 2:48:45; Jeff Walter of Mystic, 1,799th in 2:51:48; Jim Butler, 1,907th in 2:53:02; and Kevin Gallerani of Uncasville, 1,919 in 2:53:03.

John Kelley was shooting to break three hours and came in at 2:55:30.

"I was pacing myself and didn't feel bad except for the last three miles when every-

thing was gone," said Kelley. "But that's not much different from 98 percent of the rest of the field. I don't feel all that bad, but under-conditioning caught up with me today. I was aiming for what I got, so I guess you can just classify me as part of The Greatful Dead."

Kotecki, back for his second Boston Marathon, developed a blister under his arch early. The blister popped after 20 miles and he was forced to hobble in with a 2:58.

Other Boston victims included Don Albert of Stonington, who suffered from stomach pains at 19 miles and came in at 3:03, and Charlie Ewers of Ledyard, who was on pace until mile 16, then fell apart and finished in 2:58. Jack Curran of Norwich is still trying to figure out what hit him. Curran finished in 3:09.

Kathy Isbister of North Stonington said she was overwhelmed by the field, crowd and course. She finished in 3:24. And Dottie Hoyt, also of North Stonington, suffered from stomach cramps and came in with a 3:47 clocking.

Area runners

By Ed Murphy
Day Sports Writer

BOSTON — PR covered both ends of the spectrum for southeastern Connecticut's representatives at Monday's Boston Marathon.

In distance runners' lexicon, they normally represent "personal record." Bob Landry of Groton and Joe Portelance, Cas Grygorcewicz and Jeff McClosky of Norwich had "PRs" at the Boston Marathon Monday.

New London's contingent did, too, the letters standing for "perfectly rotten," which pretty much summed up the afternoon for Phil Garland, Jim and Pat Butler and Jeff Kotecki.

Tim Smith of Norwich led the local runners, as expected, finishing in 172nd place with a 2:25:18 clocking. But the region's major surprise was the 46-year-old Landry, who came in 442nd overall with a time of 2:33:53, placing him 18th in the field of 2,685 masters' runners (over 40) in Monday's race.

"To tell you the truth, I shocked myself," said Landry, who had run a 2:45:40 last year. "I did 1:57 at 20 miles and wouldn't look at my watch anymore. I was afraid if I did, I'd start sandbagging. The next time I saw my time was when I came down the chute. And then my only problem was getting myself back down on the ground."

Landry, who said he was shooting only to break 2:40, set a strong pace early, covering the first five miles in 28:10 and equaling his best time ever for 30 kilometers, 1:48.10.

His only difficulty came at the hills, but Landry said another runner, Karen Dunn of Durham, N.H., unknowingly helped him pull through that portion of the course.

"I didn't know her name, only that her number was W5. But she had such a beautiful stride that I just tried to stay with her," Landry said. "After that, she pulled away, but I tried to keep her in sight. She doesn't know it, but she helped me out a lot."

Smith found a field which had 84 runners come in under 2:20 precluded his cracking

the top 100. He said his only mistake Monday was starting out a bit too fast.

"I went out in a 5:15 first mile, and I usually start off around 5:40," said Smith, who was back for his first Boston Marathon in four years.

He still managed a smile, adding, "But I really can't complain. I came within about 20 seconds of my best time here (2:24:50 in 1978), and I'm all right. That's important because there's a lot of running to be done this summer."

Bill Rogers of Uncasville was the second local finisher, in 287th place with a 2:29:08 time. He and Garland were together for about 19 miles before cramps took a toll on Garland and he fell off the pace.

"I went out hard but gradually faded," Rogers said. "I really struggled between 13 and 16 miles. I was seriously thinking about dropping out, and basically just looked to survive the last 10 miles."

Garland, the third finisher from the region, was 378th with a 2:32:14 clocking, the

- Southeastern Connecticut runners in Boston Marathon, Finishers in top 2,000
- 172nd — Tim Smith, Norwich, 2:25:18.
 - 287th — Bill Rogers, Uncasville, 2:29:08.
 - 378th — Phil Garland, New London, 2:32:14.
 - 442nd — Bob Landry, Groton, 2:33:53.
 - 653rd — Joe Portelance, Norwich, 2:38:14.
 - 667th — Stephen Lamb, Groton, 2:38:22.
 - 898th — John Logano, Oakdale, 2:41:49.
 - 950th — Dennis Crowe, Ivoryton, 2:42:34.
 - 1,004th — John Brennan, Groton, 2:43:14.
 - 1,156th — Cas Grygorcewicz, Norwich, 2:44:51.
 - 1,361st — Peter Silva, Quaker Hill, 2:47:14.
 - 1,380th — Jeff McClosky, Norwich, 2:47:26.
 - 1,522nd — Pat Butler, New London, 2:48:45.
 - 1,799th — Jeff Walter, Mystic, 2:51:48.
 - 1,907th — James Buller, New London, 2:53:02.
 - 1,910th — Kevin Gallerani, Uncasville, 2:53:03.
- Others:
- John Kelley, Mystic, 2:55:30.
 - Ted Phillips, Niantic, 2:58:09.
 - Jeff Kotecki, New London, 2:58.
 - Charlie Ewers, Ledyard, 2:58.
 - Henry Golet, Old Lyme, 2:58.
 - Paul Toth, New London, 2:28.
 - Don Albert, Stonington, 3:03.
 - Jack Curran, Norwich, 3:09.
 - Kathy Isbister, North Stonington, 3:24.
 - Dottie Hoyt, North Stonington, 3:47.

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Track

Results from the Killingly Relays, held Saturday in Danielson.

Boys

4x800 Relay—Ledyard (Rob Carbray, Bill Hahn, Joe Carezza, Dave Provost); Putnam (Jim Oullett, Dave Humes, Dennis Garceau, Greg Mayo), 9:16.8 (meet record).

Javelin—Killingly (Frank Litrico, Chris Chabot, Joe Kettele); Windham (Jim Fiacconaro, Nick Bermudee, Dave Grieco); Putnam (Alan Chubbuck, Jim Oullett, Dave Humes), 454-5/4; individual winner, Grieco, 165-7 (meet record).

100 Meter Dash—Chris Savos, Smith; John Kelly, East Lyme; Pete Harnyk, Putnam; Dean Page, Windham Tech; Ralph Wells, Ellis Tech; Shawn Smith, Windham; 11.4 sec.

Triple Jump—Windham (John Lorch, Harold Klei, Marvin Mitchell); Putnam (Dave Humes, Scott LeFevre, Chuck Almquist); Plainfield (John Malbouef, Mike Rybillard, Brian Dow); 112-7; individual winner, Mitchell, 38-9/4.

4x200 Relay—Killingly (Bill Olliverson, Matt Ben, Steve Pantaleakos, Mike Oatley); Putnam (Don Manis, Gene Hollingsworth, Pete Smat, Pete Harnyk); Ledyard (Dave Johnson, Jim Jablonka, Doug Ysewyn, Doug Heid); 1:36.8 (meet record).

4x1 Mile Relay—Windham (Ernie Ezis, Bob Kuryan, Al Marston, Jim Sullivan); Ledyard (Brian Joiner, Adam Lalonda, John Dunkle, Todd Williams); Killingly (Mark Goettel, Chris Lambert, Rich Denomme, Jim Culligan); 19:33.9.

Sprint Medley Relay—Windham (Harold Klei, Jeff Grieco, Dave Grieco, Mike Gianoli); Ledyard (Dave Johnson, Jim Jablonka, Doug Ysewyn, Frank Conahan); Waterford (Scott Marshall, Todd Miller, Dean Page, Brent Mathieson); 3:42 (meet record).

Distance Medley Relay—Windham (Ernie Ezis, Steve Guck, Guy Cain, John Bowen); Killingly (Mike Winslow, Bill Olliverson, John Phillips, Randy White); Ledyard (Dave Martin, John Decos, Kurt Porta, Chris Carey); 11:08.5 (meet record).

4x110 Relay—Killingly (Dave Lohbusch, Matt Ben, Mike Oatley, Bill Olliverson); East Lyme (Chris Harrison, Hank Perkins, John Vekojsky, John Kelly); Putnam (Don Manis, Pete Smat, Gene Hollingsworth, Pete Harnyk); 46.6 sec. (meet record).

4x440 Relay—Windham (Harold Klei, Steve Guck, Brian Kelley, Ernie Ezis); Ledyard (Dave Johnson, Adam Lalonda, John Deeds, John Dunkle); Waterford (James Bentley, Todd Miller, Brent Mathieson, Scott Marshall); 3:41.8 (meet record).

Pole Vault—Windham (Shawn Hardegan, Ray Altamani, Chris Poblolo); Killingly (Jim Phillips, Dave Perrault, Dave Chadie); Plainfield (Shane Wilcox, Scott MacFarland, Tom Beausoleil); 31-6; individual winner, Jim Phillips, 12-10 (meet record).

Girls

4x1 Mile Relay—Putnam (Mary Hertzfield, Maya Brewster, Stephanie Brewster, Pat Vasser); Ledyard (Clare Okeon, Kelly Glidden, Tara O'Connor, Cindy Landolt); 27:48.

Sprint Medley Relay—Killingly (Michele Oatley, Maryellen Lannon, Holly Schmidt, Tina Goettel); Putnam (Roxanne Rinawit, Denise Tetreault, Jenny Tanko, LeDonna Menache); 4:40.6.

Distance Medley Relay—Putnam (Monique Blanchette, Lisa Colangelo, Tracey Dexter, Donna Barrett); Killingly (Rhonda Courtemanche, Kim Costello, Tina Goettel, Maryellen Lannon); Parish Hill (Julie Chapel, Lesley Ridgeway, Joellen Spencer, Diane Wolmer); 14:36.9.

4x110 Relay—Killingly (Holly Schmidt, Renee Hillman, Beth Chartier, Michele Oatley); Putnam (LeDonna Menache, Tracey Dexter, Miss Normandin, Denise Tetreault); Parish Hill (Nancy Neborsky, Julie Chapel, Lesley Ridgeway, Amy Lamont); 54.8 sec.

4x440 Relay—Killingly (Barbara Moore, Tina Goettel, Rhonda Courtemanche, Maryellen Lannon); Parish Hill (Nancy Neborsky, Lesley Ridgeway, Amy Lamont, Diane Wolmer); Putnam (Tracey Dexter, Jenny Tanko, Lisa Colangelo, Monique Blanchette); 4:37.4.

4x800 Relay—Ledyard (Stephanie Munro, Mary Dunham, Debbie Schauler, Kris Vogel); Putnam (Amy Moylan, Del Coderre, Lisa Hayden, Denise Burchlein); 10:49.8 (meet record).

4x220 Relay—Killingly (Renee Hillman, Rhonda Courtemanche, Aimee Allen, Holly Schmidt); Putnam (LeDonna Menache, Denise Tetreault, Miss Normandin, Cheryl Senay); Ledyard (Paula Dominick, Jen Ray, Sara Reynolds, Nicky Legee); 1:56.4.

Area Marathoners' expectations great, reasonable, hopeful

Tim Smith — Smith, of Norwich, has the most impressive credentials of southeastern Connecticut's contingent at the Boston Marathon. He has won the past two East Lyme Marathons, last year establishing a record 2:23.56 clocking.

Bill Rogers — Rogers turned in a strong race last year in Boston, finishing 79th in 2:25.19. Rogers, of Uncasville, also ran a 2:30 at the recent Middletown marathon and says this year's training regimen is going better than last year's. There's only one question mark. "About two weeks ago, I came down with the flu, and even though I feel good now, I'm concerned it may knock me off my game," Rogers says. "This was the best training streak I'd been on, but I don't think I'm quite as sharp now. I really don't expect to break last year's time."

Phil Garland — Garland, the past three years a Boston victim, is trying a new approach this time around. "I'm going in almost totally unprepared this year," Garland says. "I've had things going on in my life that have prevented me from training the way I normally liked, but I'm still fairly confident I'll do well. The difference is that this year, there's no pressure on me." Garland suffered from heat exhaustion in 1980, hypothermia in 1981 and finished 150th with a 2:29.6 clocking last year. Garland, who recently moved to New London, ran a 2:25 last September at East Lyme.

Jim Butler — Butler had his mind on a 50-mile race that followed Boston last year and disappointed himself with a 2:48.16 clocking. Butler ran a 2:49 at East Lyme in September and came back four weeks later with a 2:41 effort at Newport, but is not setting any lofty goals. "All I'd like to do is break 2:50 and qualify for next year," he says. "I feel pretty good, but I always do before Boston. The problem is that you can't go to Boston and plan on running your best time. It's too crowded. But it's a prestigious race and it's a lot of fun. And during the winter, it gives you something to point towards." This is Butler's 11th trip to Boston.

Pat Butler — Butler, a New London resident, ran a 2:32.53 at Boston two years ago, and qualified for this year's run with a 2:30.26 performance at the Foxboro Marathon in November. "I'd like to be under 2:40 again, but I'm not putting any pressure on myself," Butler says. "Boston is special, but I don't want to get too excited about one race."

three and he finished with a 3:03 clocking. "I was on a 2:47 pace for 23 miles, but then took a beating the rest of the way. If it wasn't Boston, I would have quit." McCloskey, a Norwich resident, requalified with a 2:50.03 clocking at the Newport Marathon.

Charlie Ewers — Ewers, a 36-year-old Ledyard resident, is making his first trip to Boston. He qualified with a 2:39.58 clocking at this past year's East Lyme Marathon. Ewers is hoping to run at a 6-minute mile clip over the 26-mile, 385-yard Boston course, which would give him a 2:37 clocking.

Kevin Gallerani — Gallerani, of Uncasville, will be looking to match his qualifying time of 2:48:09 at his first Boston Marathon but isn't making any strong predictions. "I really don't know what to expect," he says. "Most people have told me to just go for a qualifying time. I'm just going up to have a good time and enjoy bring part of the Boston myth, whatever that happens to be."

Jeff Walter — Walter qualified with a 2:49.24 clocking at last November's Marine Corps Marathon, but the Mystic resident says the weather conditions could determine his performance in his first Boston Marathon. "If it's a day that's cloudy and in the 50s, I'd like to try getting in around 2:45," he says. "But anything over 60 degrees, and I can forget it."

John Kelley — Kelley, the 1957 winner of the Boston Marathon, has been a regular at the Boston race for 29 years. No longer a top competitor, Kelley is keeping his goals simple. "All I want to do is run a defensible time, which is anywhere under three hours." Last year, Kelley finished in 2:54.54.

Bob Landry — Landry, a 46-year-old Groton resident, surprised himself with his 819th place finish last year and will be looking to go under that 2:45.40 clocking this time around. Landry, who ran a personal record 2:40.24 clocking at the East Lyme Marathon, says his goal is to break 2:40. This year, Landry took two minutes of his previous best time in the New Bedford Half Marathon with a 1:15.37 clocking and shaved seven minutes off his personal best in the Boyleston 30K race, coming in at 1:48.04. "I just hope those two races are good indicators of what will happen in Boston," he says.

Jack Curran — "This is my fourth Boston Marathon, and I haven't had a good one yet," says Curran, a Norwich resident, who tried to make up for a slow start last year and came in at 3:19. Since then, he ran a 3:05 at East Lyme and a 2:59 at Newport. "If it's warm again this year, I'll only hope to break 3:10 and qualify for next year," he says. "But if the weather's good, I'll be shooting for a personal best, possibly something around 2:58."

Kathy Isbister — A 31-year old mother of three, Isbister says she started running about five years ago for the exercise and solitude. She can expect plenty of the first and little of the second Monday. Isbister, of North Stonington, qualified with a 3:20.13 clocking at the East Lyme Marathon and says she'll be looking to equal that time in Boston. "I began running just to get away and keep sane," she says. "It helped me in handling the house and kids and everything else. It's a lot better than drinking 10 cups of coffee."

Dottie Hoyt — Hoyt, of North Stonington, has wasted no time getting to Boston. Hoyt qualified with a 3:20.31 in September's East Lyme Marathon, her first marathon ever. "There's no pressure on me; I'm just excited to qualify and be able to go," Hoyt says. "I'm from Boston and will have relatives on the course. I'm looking forward to it."

By Ed Murphy

Jeff Kotecki — Kotecki is back for his second Boston Marathon and looking to come in under 2:40. Kotecki, who ran a 2:49.41 last year, turned in a 2:42 clocking at the East Lyme Marathon and is confident. "I've been going through pretty intense workouts the past 14 weeks and am in the best running shape of my life." Kotecki is a New London resident.

Cas Grygorcewicz — Grygorcewicz, running his fourth Boston race, will be out to set a personal record at Boston. The Norwich resident's previous best time at Boston was 2:45.38 in 1981. The heat forced Grygorcewicz out of the race last year, but he requalified with a 2:43.04 at the Ocean State Marathon in November.

Jeff McCloskey — McCloskey did well for 23 miles last year, but dehydration took its toll the final

'Ironman' dominates road races

By John Kelley
Special To The Day

NEW LONDON — Wayne Jacob liked winning the third annual Holiday Inn/SNERRO Road Race so much he did it again Sunday. The second time he doubled his distance.

Jacob, who placed first and third in a similar pair of races at Olde Mystick Village three weeks ago, chalked up two victories Sunday, winning the 11 a.m. three-mile event by 400 yards, then coming back after ten minutes rest to cop the six-mile race by half that margin.

If it's getting to be a habit for Jacob, it's one developing in spite of his competition. New London's Lenny Nasser and Montville's John Brown did their best to thwart him in the three, and Norwich's Bill Marshall, assisted by masters sizzler Ernie Dumas, took up the cudgels in the six.

But in each case, Jacob's pursuers remained pursuers. Splinters of sunlight defining the lead pack at the mile widened to Lake Brandegeelength blocks near the end of each test.

The winner missed Jeff McCarthy's 1982 mark of 14:22 by eight seconds in the shorter race, but set a new standard of 32:22 in the longer one.

Carla Dossett finished third in the three-mile and broke the women's six-mile record by six minutes with her 39:20.1 clocking. Both Dossett and Brown had raced in Saturday's Ledyard Mile in which Dossett won the women's open prize.

After presenting division awards in Holiday Inn's Buffet Lounge, Jack Dempsey awarded the relative success of his group's fundraiser: "I had predicted a total field of 150. We had 146 finishers, probably 159 starters, a couple no-shows — and a couple of nice people like Sharon Sherb who sent money in anyway, even though they couldn't be here."

Holiday Inn manager Chip Holmes, who stayed the six-mile course in 48:32, added, "I think these are real runners' races. They bring out quality runners on competitive courses."

Of their money-making purpose, he said, "It's benefitting a group of guys (Southern New England Road Racing Officials) that give up 35 Sundays out of the year. They're the unsung heroes of the races!"

Jacob turned aside praise with the assessment, "I was a little worried until the shopping centers by the hills in the six. But when I knew Marshall was falling back, I started to think win. I felt pretty good," he said.

Anna Paupau, a senior at Holy Family Academy in Baltic, where Jacob coaches, won the women's three-mile high school division in 24:19. Teammates Etheldreda Gafabusa, a native of Uganda living in Minnesota, and Dawn Barber, trailed Paupau.

Immediate post-race conversation settled on double-barrelled challenge of tough topography and sudden spring.



Wayne Jacob breaks tape

Jacob's ship-shape in Sub Base win

By BILL TOSCANO

Bulletin Sports Writer
GROTON — Wayne Jacob says he's trying to race himself back into shape and the method appears to be working.

Yesterday, Jacob led from the start of the third annual Submarine Base Memorial Day Five-Miler, winning in 25:27.1, beating second-place finisher Carlos Baez by 1:23.

In the women's race, Carla Dossett of Montville won her sixth consecutive race, finishing 25th overall in 30:41. Pat Swimm was second in 31:49 and Mary Lynch was third in 32:05.

"This is my best race of the year so far," said Jacob who lives in Groton and has been running one or two races each of the last several weekends. Jacob won two races in one day at the Holiday Inn races, was fourth at Danielson and second in the Groton Expo road race last week and ran in the Pomfret Relays Saturday.

"I'm going to start cutting down now; I wanted to race myself into shape," said Jacob, who led a field of 411 runners across the finish line.

As the runners lined up for the race, rain, which had fallen heavily after the two-mile fun run, started again briefly, but stopped.

Jacob said he took the pace

ROAD RACING

early and started extending his lead by the 1½-mile mark. Once he reached Hospital Hill, midway through the race, Jacob was in control.

"I had it pretty easy," Jacob said of the hill. "I had a big lead and I knew he (Baez) had to be hurting as bad as I was and he was 150 yards behind me."

Fran Houle of Norwich, who won the two-mile race, was third in the five-miler, followed by Dennis Crowe and Dan Connor.

"I'm getting my mileage up, trying to get ready for the Rose Arts," said Houle, who was content to let the two leaders take the race out. "Wayne and Carlos went out one-two and I kind of went out slow. I just wanted to stay within seeing distance of them."

Dossett said passing up the Boston Marathon this year has helped her.

"I might have a little more speed than I had last year," said Dossett. "I was a little tired from the long weekend, but I felt good today. I was happy with the race, especially with the hills."

■ Bill Marshall wins Woodstock Memorial Road Race record time. Page 14.

Wayne Jacob sweeps New London races

From Bulletin Staff Reports

NEW LONDON — Groton's Wayne Jacob won the 6.2-mile and 3.5-mile races at the fourth annual Holiday Inn Run yesterday, becoming the first person in the event's history to win both races in the same day.

The races benefitted the Southern New England Road Race Officials. Eighty runners competed in the 6.2-mile race and 66 in the 3.5-mile.

Jacob won the 6.2-mile in 32:22, defeating runnerup Bill Marshall of Norwich by 25 seconds. Danielson's Ernie Dumas finished third in 33:50.

Jacob ran a record-setting 15:33 to win the 3.5-mile race, breaking the mark of 15:59.1 set by Kevin Crawley of the Coast Guard Academy last year.

Uncasville's Carla Dossett won the 6.2-mile women's open in 39:20, breaking the mark of 45:35 set last year by Rose Buckingham.

Striders win title

BOLTON — The Mohegan Striders, bolstered by three finishers in the top 10, won the team title with 16 points in the sixth annual Bolton Five-Miler.

Steve Gates of Manchester was the first individual with his time of 25:51, followed by the Striders' Joe Banas in 26:24, Mark Skehan of Hartford Track Club in 26:30, and the Striders' Tim Smith in 27:45. Smith was also the top sub-master. Marshall Collins (10th overall) of Salem closed out the Striders' scoring with his time of 29:06.

Other Striders included Norwich's Cas Grygorcewicz (12th in 29:11), Ledyard's Rob Carbray (17th overall junior division winner at 29:51), Norwich's Bill Shea (20th in 31:44), Bill Mish (58th, 34:58), Bob Carbray Sr. (140th, 47:55), and Bob Chamberlain (156th overall). Chamberlain, a former Norwich resident, was also directed the 179-person race.

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Jim Uhrig 3rd

FRAMINGHAM, Mass. — Norwich's Jim Uhrig braved 80-degree temperatures and a stiff wind to place third out of 300 runners in the Framingham Diet Pepsi 10-K.

Uhrig, 26, finished in 31:15 to trail Craig Fram of Haverhill, Mass., who won in 30:49, and Boston's Bart

ROAD RACING

Petracca (30:58).

Uhrig's wife, Wendy, finished 19th in the Women's Open and 376th overall with a personal-best 48:12.

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Wayne Jacob runs alone, well ahead of the pack

William Burrows

O'Keefe claims Springtime race

DANIELSON
"I have

of 2 (9) set in 1976 by Amby

would
blity

A kid who couldn't run for the money

DANIELSON — A few drops of rain trickled through a web of small leaves and fell on Jay O'Keefe who was standing under an oak tree 30 yards away from the gazebo at Davis Park. He peered up through the branches for a second and then looked around at a small circle of elders who were counseling him.

"You can't touch the money," one man told O'Keefe.

"Yes, you could lose your NCAA eligibility," someone else said.

O'Keefe is 19-years old; a babe in sneakerland. Yesterday he ran the Danielson Springtime Festival five-mile road race in 24:00 minutes. He broke Amby Burfoot's seven-year old record by two seconds and won the first sanctioned road race in Connecticut to award cash prizes.

According to the formula drawn up by Glenn Stacey, co-chairman of yesterday's race, O'Keefe was entitled to \$125. That's \$100 for first place in the open division and \$25 for first place in the division for runners between the ages of 19 and 24.

If O'Keefe were three years older and finished with college, there wouldn't have been a problem. He could have run and taken the money.

TOM PERRY



But O'Keefe has left Auburn University, where he had an athletic scholarship, but says he wants to return to college after a year or two off. ("My running was going well, but my grades were not good... I don't belong in school right now," he says.)

Because he doesn't want to lose his NCAA eligibility he went back to his hometown of Mansfield yesterday with a small trophy and nothing else. The irony of the situation is that if the prize for first place had been a \$125 merchandise award with either his name on it or the name of the event, O'Keefe could have accepted it and faced no problems with the NCAA.

"I don't understand it," O'Keefe said. "Everybody says I can't take the money. I'm not going to take it. I don't want to

mess with the NCAA. They can come down pretty hard on you. I've seen what they can do."

It sounded like the kid was talking about some secret police organization. Folks in the Soviet Union probably discuss the KGB with similar respect.

John Toner, president of the NCAA, intimated yesterday that O'Keefe made the right the decision.

Toner said in a telephone conversation that the NCAA's amateur standards are different than guidelines recently modified by the Athletic Congress (TAC) and the United States Olympic Committee (USOC).

"There are no rules in the NCAA that allow athletes to accept pay for play or lessons," Toner said.

But TAC is changing its rules. Successful runners have closets full of tacky merchandise prizes like blenders, food processors and clock radios. Now, they can now receive more something more practical for their accomplishments — money.

It was this pragmatism Stacey was trying to cash in on. After years of giving away merchandise prizes, he tried to do

See O'Keefe on Page 36



Bulletin photo by Jeff Evans

JAY O'KEEFE

He won't mess with the NCAA

O'Keefe claims Springtime race

DANIELSON — Jay O'Keefe doesn't have much experience training by himself. In fact, he says that before yesterday, he was wondering just how well would do on his own.

Yesterday, O'Keefe, a 19-year-old Mansfield resident, discovered he just might be a pretty good coach.

O'Keefe covered the Killingly-Brooklyn Springtime Festival five mile course faster than anyone else has in the 10-year history of the race.

"I've been working out pretty much by myself," O'Keefe said. "That's something new for me. Winning this race really helps my confidence."

O'Keefe, a former E.O. Smith track and cross-country standout, now runs for the Mohegan Striders. Yesterday, he set a race record by completing the five-mile event in 24 minutes flat. That bettered the old

mark of 24:02 set in 1976 by Amby Burfoot.

John Pirie of Montville captured the three-mile race in 15:18, two seconds ahead of Michael Giza, who took second place by one second over Bill Reiff.

O'Keefe easily outclassed the field in the five-mile race, finishing 53 seconds ahead of James Murphy of the Central Mass. Track Club.

"I felt coming in that this was a fairly flat and easy course to run, but I don't usually do well on flat courses," said O'Keefe. "I've been working on my speed for the past two years, and I guess that work is beginning to pay off," he said.

The work could have paid off in cash for O'Keefe if he didn't have two years of college eligibility left. The Springtime Festival Race became the first TAC sanctioned race in Connecticut to offer cash prizes to winners. (See related Tom Perry column on Page 29). But O'Keefe

would have had to forfeit his eligibility if he accepted the \$125 first-place award.

On thousand dollars in prize money was set aside for the race. Glenn Stacy, co-race director, said that O'Keefe's unclaimed portion will be put back in the race committee's fund.

Stacy also said he was disappointed with the computer system rented from a New Britain-based company.

"The numbers kept coming out scrambled," Stacy said. "We'll probably go back to the old way. We sure as heck don't want anything like that to happen again."

Many runners were disappointed that results were unavailable as late as an hour after the finish of the season race.

Other top ten finishers in the five-mile race were John Luther, Wayne Jacob, William Rogers, Mark Murray, Joe Banas, Bill Marshall, Steve Allen and Mike Plaisted.

Mary Zuber was listed as the winner in the womens' division, followed by Pat Swim; while Kirk Deslanschamps placed first in the under 19 age group.

Other male age group winners were O'Keefe, 19-24; Luther, 25-29; Murphy, 30-34; Marshall, 35-39; Doug Kenefick, over 40; Kenefick, 40-44; Bob Landry, 45-49; George Maine, over 50; Maine, 50-59; and Anthony Campo, over 60.

Female age group winners were Zuber, under 19; Swim, 19-29; Marsha Bean-Sokoloski, 30-39; and Bev Bennett, over 40.

The top five-member running club was the Mohegan Striders, paced by O'Keefe, Jacob, Banas, Marshall and Jim Crowley.

Nini Davis placed first in the womens' division in the three-mile, while top women in their age group were Tina Goettel, under 19; Elizabeth Stuke, 19-24; Denise Valk, 25-29; Davis, 30-34; Cynthia Simpson, 35-39; and Allmuth Perzel, over 40.

Tops in the male age groups were Matthew Haddad, under 19; Pirie, 19-24; Giza, 25-29; Mike Smith, 30-34; Stephen Cook, 35-39; Ray Blanchette, 40-44; David Porter, 45-49; Victor Kubilius, 50-54; and Herb Silander, 55-59.

Naval Underwater Systems Center won the five-member industrial team competition, while Killingly High School fielded the winning five-member club team.

Heat came from Jacob in winning Groton run

By John Kelley
Special to The Day

GROTON — If Groton Recreation Director Pete Ledger and the 10 runners who trailed Wayne Jacob in Ledger's 11th annual 5.2 Miles road Race Sunday had given their effort a classic title, "The Sun Was My Undoing" would have won in a hot breeze.

Exempt the heat-resistant Jacob, winner of seven out of ten starts this spring.

Jacob turned on some heat of his own as he and Uncasville's Bill Rodgers raced together with an already substantial lead just past the mile mark.

For the next two minutes, climbing Prospect Hill, Rodgers withered in Jacob's jet blast. Though Rodgers, the visor-capped Thames River Road Runner, held an unchallenged second spot thereafter, he had to settle for the sight of Jacob's shirtless torso shrinking in the distance ahead of him.

Behind Rodgers, a pack of five, paced for a mile at mid-course by former St. Bernard High School runner John Courtney, battled to stay in contention. When Courtney faded in Noank, Fran Houle took his place, only to give way to hard-driving Tim Smith in the stretch.

Courtney finished eighth, separated from third-place Smith by Houle, Jeff Kotecki, Bruce McMahon and Dennis Crowe. Bob Clark of Noank and John Brown of Montville rounded out the top ten.

Jacob crossed the Cutler Junior High School finish line in 26:12.6, 39.4 seconds up on Rodgers who was 12 seconds ahead of Smith.

Dave Bally of Fitch Senior High School, a finalist in Saturday's CIAC Open 800 meters, won the schoolboy prize with his 13th place overall, while Bob Landry, in 17th, took the men's masters.

Norwich native and 1982 East Lyme Marathon winner Tim Smith got the third place he had predicted for himself. "It was hot and hilly," he said. Then reflecting on the late burst that swept him home ahead of Houle, he added, "I liked it, though."

Julio Murillo of New London, often in the winner's circle, chose to jog the course for a third-from-last-place finish. "I think it's good for me, you know, to do that every once in a while," he said, laughing. "It's a humbling experience."

And Charlie Ross of the Westerly Track Club raced unregistered on his 52nd birthday "to protest the lack of a seniors (over 50) division." It was fun, he allowed, but not so much as he hoped it would be next year "when they add that category."

According to Ledger, there may not be a next year for the race. "We were quite disappointed in the small turnout," he said. "At our peak, five years ago, we hit 350. I know it was hot today, but it's been hot before. And I know there are a lot more rac-

ers around now. But, I don't know...we're just going to have to rethink this, I guess."

Road Racing

North Stonington 10K road race

MEN

Overall

Jim Uhrig, Norwich, 30:54; Dave Litoff, Storrs, 32:21; Ron Knapp, Willimantic, 32:38; Fran Houle, Norwich, 32:42; Joe Banas, Norwich, 32:45; Bill Marshall, Norwich, 32:55; Tim Smith, Norwich, 33:02; Russell Blat, Norwich, 33:45; Len Nasser, New London, 33:56; Perry Foley, 34:09; Joe Light, Westerly Track Club, 34:57; Ed Zubritsky, 35:04; Kevin Galerani, Mystic, 35:12; Bob Landry, 35:37; Paul Ryan, Willimantic, 35:53.

Men's open

Uhrig, Litoff, Knapp.

Sub-masters (30-39)

Marshall, Smith, White.

Masters (40-49)

Landry, J.E. Van Cans, Westerly, 37:50; Robert Thompkins, Niantic, 39:20.

Grand masters (50-59)

John Kelley, 37:24; Don Whirling, 42:50; Chester Creamer, Oakdale, 45:14.

Seniors (over 60)

Tony Campo, Ledyard, 37:06; Sumner Lang.

Under 18

Don Sikorsky, Mystic, 37:06, Scott Fisher, Mike Marien.

WOMEN

Overall

Pat Swim, Westerly Track Club, 38:34; Dottie Hoyt, Mystic, 43:45; Rose Buckingham, Montville, 44:09; Linda Hunt, Mystic, 34:35; Cindy Claspell, North Stonington, 46:12.

Women's open

Swim, Hunt, Claspell

Sub-masters

Hoyt, Buckingham, Pat Baker.

Masters

Geraldine Palonen, Jewett City, 46:47; Lenore Brochu, Waterford, 47:14; Sharon Sherb, Thames River Road Runners, 49:33.

Grand masters

Alice Campo, Ledyard, 70:13.

Under 18

Laura Nirtaut, Stonington, 48:43; Michelle Theroux.

Carla Dossett, undefeated this season in area open women's competition, extended her string, finishing 29th overall in 31:59.

Concord (N.H.) High School senior Beth Doak won the senior girls' division. Doak, who will enter Connecticut College as a freshman in September, placed 41st with a time of 35:32.

Jonathan Jacaruso, 34th in 32:34, and Margaret Cook, 85th in 45:37, won the boys' and girls' divisions, respectively.

Jacob caught two cups of water on the run after three miles. But he dismissed the heat to emphasize his main concern: the competition. "I wanted to pick up the pace to the top of the hill," he said, explaining his push over Prospect Hill. "I was worried (about Rodgers). But I started to relax coming out of Noank."



Bulletin photo by Jeff Eva
 Montville's Kim Hawkes beats teammate Mary Bridge at the finish line yesterday in the 1500 meters at the ECC track and field championships.

Montville girls ECC champs; Ledyard 2nd

By MATT PURTILL
 Bulletin Sports Writer

PAWCATUCK — Earlier this year, Anna Wojick and Bruce Douglass were the kids on the outside, looking through the candy store window.

Yesterday, they were inside feasting.

Wojick's Montville team topped Ledyard, 124-97½, in yesterday's Eastern Connecticut Conference championship and in doing so won its first-ever ECC title.

On the other hand, Ledyard, which was tied with Stonington for third entering the meet, placed in all but three events (it didn't enter one) and finished second for the year.

Stonington remained in third, while Killingly, tied for first with Montville before the meet, came up with a pair of key injuries and some disappointing performances to wind up sixth in the meet and fourth overall.

At the beginning of the season, Wojick felt her club would be strong on the state-meet level but would have difficulty in the conference.

"At the beginning of the year, I knew we had the distance people," said Wojick. "But I didn't know if we had the others to fill in."

Those people came along. In addition to Kim Hawkes (800 and 1,500 titles), Mary Bridge (3,000 title for second straight year, second in 1,500), and Dawn Malinowsky (first in javelin and discus, where she set a personal best, and second in shot put), Wojick pointed to Lori Elliott (first in 400 and first leg in the winning 4x400-meter relay), Charlene Chapman, freshman Kelly Hawkes, and Brenda Neel, who all placed in various events as examples of the team's surprises. Elliott had to beat both defending champ Wendy Brakenridge of Stonington and Waterford's Kathy Olsen to take yesterday's 400 title.

Douglass said, "all the so-called experts pick us fourth. I figured 54 points and third. I told my team I thought we should get 54 and third. But we got a team performance."

Our 4x100 relay team was seeded third and won for the second year in a row."

Distance runner Debbie Schauler (school record in the 1,500), sprinter Nicky Leger, thrower Stacey Haynes, and jumper Cheryl Freeman (long jump champ again) were among the team's top performers and a key reason to its finishing second-place.

Stonington didn't have an individual champion, but had five runner-up, including a surprising second-place finish in the shot put by Lori Heffernan, who had a personal-best throw of 35'2".

Waterford and East Lyme fared well, taking fourth and fifth, respectively. Waterford did it despite just two second-place finishes (one by Olsen in the 800), while East Lyme rode the strength of Diane Revere, who won the 100 easily and was a narrow victory in the 200.

Killingly took sixth and was missing top performers Rhonda Courtemanche and Renee Hillman, who were both out with injuries. But despite the record-setting performances of Tina Goettel in both the 800 and 1,500, the Redgals were unable to fare any better.

■ Complete summary, Page 10.

Montville honored among top teams

MONTVILLE — The Montville High School girls' cross country team has been named one of the nation's top 25 teams by *Harrier Magazine* for the second straight year.

The team has won 57 consecutive dual meets, six Eastern Connecticut Conference championships, five state Class M championships and two consecutive State Open titles. It is ranked 13th by *Harrier Magazine*.

"The kids all work hard," Montville coach Kevin Crowley said Saturday. "And any time you can get this type of recognition it's good for the kids and the program."

"But I think it's the type of thing none of the girls really appreciate yet. It will probably take a few years before the true significance of this will hit them."

Individuals from the state listed as All-Americans by the magazine were Lislie Wrixon of Glastonbury and Steve Taylor of St. Mary's of Greenwich and Steve Kittredge of East Catholic High School of Manchester.



Bulletin photos by John Shishmanian
 ALL THAT JAZZ —
 Learning Lab students
 Justin Cook, left, and Al-

Strider Justin Cook

Four local runners make college picks

By STEVE FISH
Bulletin Sports Writer

In the past, eastern Connecticut has proven to be a fertile recruiting ground for college men's cross-country coaches.

This year is no exception.

Four cross-country runners, from three local schools, were heavily recruited and will continue their running careers in college.

Ernie Ezis of Windham will attend Dartmouth, Shawn Bennett of Montville will attend Brandeis and St. Bernard seniors Walt Nagle and Chris Hansen will be going to Harvard and Holy Cross respectively.

"Connecticut is always a hotbed for talent, I think," said Dartmouth coach Vin Lananna who landed Ezis. "I think the Connecticut coaches and their association do a very nice job. I've attended the last four or five state meets and I would have to say they Connecticut has one of the finest."

November's State Open meet also brought Brandeis coach Norm Levine down from Waltham, Mass., to look at the talent.

"I really think that this is one of the finest years that Connecticut has had for distance runners in terms of talent and depth," Levine said.

Ezis finished fourth overall in the Open running the 5000-meter course in 15:44.

"Ernie has been one of the smartest runners I've ever had," said Windham coach Bob Haddad. "He really thinks a lot about what he's going to do in a race."

Ezis also stood out in the classroom as a National Honor Society student, making him an ideal candidate for an Ivy League school like Dartmouth, where the recruit is referred to as, "an athletic and academic prospect."

In fact, Windham coach Bob Haddad is equally as pleased with the teams academic success as with the State Championship last fall. Of seven seniors on the team, the lowest one is ranked 26th academically out of a class of 330.

"Dartmouth is an excellent academic school and I really like the environment there," Ezis said.

Lananna feels Ezis, a three-year all-stater will immediately help a solid Indians' program that just missed qualifying for the Division I nationals by 10 points a year ago. He also says he believes by the time Ezis graduates, he can be just as successful as former Windham runner Art Switchenko, who is a

1981 graduate of Dartmouth.

"Sports Illustrated rated their cross-country course as one of the 10 best in the country," said Ezis, whose younger brother Aaron, a talented runner, will carry on the family tradition at Windham. "But I didn't pick Dartmouth for any one reason."

Brandeis was also actively persuading Ezis at the Open, but when Ezis made up his mind to go the Dartmouth, he gave Judges' coach Levine the name of Shawn Bennett.

"I'm very excited about Shawn coming to Brandeis," Levine said. "He's definitely a quality runner." Levine said his first All-American was Manny Rivera of New London in 1974.

"I feel that Shawn is a real 'diamond in the rough,'" Levine said.

Bennett, in the top ten of his class academically, finished sixth in the State Open.

"Shawn has set the standards at Montville High for the distance runners to shoot at," said his high school coach Kevin Crowley. At Brandeis, Bennett will be joining a program that finished runner-up nationally in Division III two years in a row.

Up until a little over a week ago, St. Bernard's Walt Nagle remained undecided between, Brown, Trinity College, Boston College and William and Mary, but then the letter he had been waiting for arrived.

It was an acceptance letter from Harvard.

"I was ecstatic," said Nagle. "It's going to be a real challenge trying to keep up with the running and school."

Harvard is currently in the process of constructing a million dollar outdoor track which will be one of the finest in the world.

"The thing I like is that I'll be running in Boston against some of my teammates in the area," Nagle said. His former teammates Brian Pisacich, Todd Renehan and Chris VanderVelde are all running for Boston College.

Ironically, one of the first Saints to run college cross country was Mark Connolly who went to Harvard in 1968.

Another of Nagle's teammates this season, Hansen, is heading for Holy Cross.

"Chris is the type of runner that gives you everything he has," said St. Bernard coach Doug Sharples. "He was probably the hardest worker on our team."



Shawn Bennett

Runners going to college

Shawn Bennett of Montville is among four top schoolboy runners from eastern Connecticut who will continue their sports careers in college. Page 39.



Wayne Jacob breaks tape



Bulletin photo by Randy Flaum

WATER FOR CHAMP — Jay O'Keefe of Mansfield takes some water while running along East Town Street during the Rose Arts Festival Road Race yesterday. O'Keefe outpaced 590 other runners. For more photos, story and a complete list of finishers see Pages 11 and 14.

Lentz steps off the court

by Peter Wood

Basketball coach, Mr. Jerry Lentz, will not be returning to coach next year's team. Lentz had been contemplating the idea since the end of last season. He didn't make his final decision until the second week in May.

Time was a major factor in his decision against coaching next year. "I was putting in over one-thousand hours of my time, that includes some time in the summers," stated Lentz. Personal time and time spent with his family are important to Lentz and he wasn't finding the time to do so with practice after school every day.

Spending more time with his biology class is another task Lentz would like to accomplish while he is not coaching. Lentz also feels he has financial responsibilities to address in the future, especially concerning his children's education after high school.

Lentz also feels that now is a good time for such a transition, as far as the team is concerned. "They have the potential for a good team next year," observed Lentz, and hopes that the team will give the new coach an opportunity to be a coach. "The team can continue to be successful, no matter



Mr. Jerry Lentz, former basketball coach, changes look as well as lifestyle.

PHOTO: Tom Reynolds

who the coach is," Lentz stated.

The position has yet to be filled. Lentz believes the job is desirable and the players are there, and as a result won't be much trouble in filling the position.

Lentz hopes in due time he will again coach the team, but for now he must adjust to the transition from decision-maker to spectator.

See *Dossett* on Page 14

Once a year, it becomes one hill of a road

NORWICH — Three-hundred and sixty-four days a year, Canterbury Turnpike — from Washington St. up to Lawler Lane — is three miles of well-behaved road.

Sturdy, fat trees hang their leafy bellies out over a road that changes personalities two or three times within a few miles. For a stretch, Canterbury Turnpike wears a suburban robe with small, handsome houses elbowing up to each other along its black hem. Then without warning, it becomes a country road with homes curtsying back from the shoulder and ducking in and out among the trees to breath in the fresh air.

It's an average American road; a road a Rockefeller would motor up and call "nice." It's a road to take home to mother — 364 days a year.

TOM PERRY



But then there is the one day part of the Norwich Rose Arts Festival road race is run up Canterbury Turnpike. For 17 years now, they've been running approximately three miles of the 10.6-mile race up the turnpike and more often than not the road has growled at runners and then laughed at them as they pushed toward Lawler Lane in breathless agony.

Parts of the road look like a combat zone when the race is over. Empty white paper cups dot the hot pavement like tiny tombstones. And yesterday, every cup was a memorial to futility as runners would come by and hope to cool themselves or replace some liquid with a few ounces of water. The hill is bad enough and yesterday, there was no beating the heat.

"You get to the point where you can't wait for that right (on to Lawler Lane) to come and it never seems to come," said Wayne Jacob, who was third yesterday.

On Tuesday, Jay O'Keefe, yesterday's winner, and his older brother Kevin, who ran here in 1979, practiced on the course.

"He (Kevin) told me not to try to make
See *Hill* on Page 14

(Continued from Page 13)

a move on the hill," O'Keefe said. "Just run loose, he told me."

O'Keefe made his move at the bottom of Canterbury Turnpike where it is intersected by Washington Street and started leaving the others behind on the hill.

"I run a lot of hills around my home," said O'Keefe, who lives in Mansfield. "I like hills and the Canterbury Turnpike hill didn't

bother me too much."

The Canterbury Turnpike hill comes about a third of the way through the race. It would be crueler if it came later in the race, but it still undoes many runners.

"The hill killed me today," said Wally Scepanski of Norwich, who finished 285th with a poorer time than last year. "It's an awful hill. You run up it and it levels off and you start feeling good and then you got another hill coming at you. It

wouldn't be bad if it happened once, but it happens four or five times. It's a good thing the people down in Taftville are so immense when it comes to having water out there."

Fran Houle, another Norwich runner, says the best strategy for Canterbury Turnpike is not to give it too much.

"You just got to try to survive it," says Houle. "You got to save enough for the rest of the race."

Bill Marshall, who has run Norwich in eight Rose Arts races and finished sixth yesterday, says runners have acquired more respect for Canterbury Turnpike over the years.

"There aren't many changes in position up there," Marshall said. "People have gotten a lot smarter over the years. There used be guys who would burn up out there. They run it smoother and smoother every year."

Marshall says, in fact, that the road is not without a heart. "There

is usually plenty of water out there, the people up there are good," he said without knowing there were almost a dozen homemade water tables setup on Canterbury Turnpike.

Wally Scepanski and many others appreciated all the water and would agree that 364 days a year, Canterbury Turnpike is a nice enough road. But yesterday it was three miles of bad road for most of them who climbed it in the early morning haze.

In fact, there were a handful of other runners standing around Scepanski and nodding when he said, "The only good thing about Canterbury Turnpike is that you get to come down into Taftville."

And that is probably as kind a thing that can be said for a nice road that goes bad one day a year.

But on the other hand, yesterday 593 men and women finished and by doing that they put the road back in its proper place for another year.

O'Keefe ¹⁹⁸³ wins with different strategy

By BILL TOSCANO
Bulletin Sports Writer

NORWICH — Scrapping his original strategy, Jay O'Keefe of Mansfield surged ahead at the two-mile mark and held command the rest of the way in winning yesterday's 17th annual Rose Arts Festival 10.6-mile Road Race.

"I wanted to trail until the six-mile mark," said O'Keefe, who took the lead from Jim Uhrig at the bottom of the Canterbury Turnpike hills and won the race in 52:36. "I concentrated all week on taking the hills easily. I figured if I just relaxed on the hills I'd be all right."

Although O'Keefe's time was 25 seconds off the course-record of 52:11 set four years ago by John Flora, most other runners didn't fare as well.

Temperatures in the high 70s and high humidity combined to make the run a slow one for most of the 593 official finishers.

Uhrig, one of the favorites, was suffering from bronchitis and dropped back after two miles. He finished ninth in 57:02.

O'Keefe, 19-years-old and a two-time State Open cross-country champion from E.O. Smith, quickly opened a 50-yard lead, which he extended until the five-mile mark. From that point on, he led by about 150 yards.

Behind him, Dave Raunig and Wayne Jacob, both of Groton, battled for second. Raunig, a lieutenant who runs for the Navy track team, won the fight and finished second in 53:59 — 1:23 behind O'Keefe. Jacob was third in 55:02, followed by Bill Rogers of Uncasville (55:33) and Ron Knapp of Storrs (55:40).

"He runs better on hills than I did," said Raunig, who did a lot of training on tracks but little road running while with the Navy team. "I feel disappointed I didn't go out harder. I had too much bound to make up at the end."

Four Norwich runners were in the top taking sixth through ninth place. Bill Marshall was the top city finisher,

taking sixth in 56:03. Tim Smith, who has run all 17 Rose Arts races, was seventh in 56:32, Fran Houle was eighth in 56:37 and Uhrig was ninth. Bob Stack of Rockville, Md., who travels to the Rose Arts Race each year, was 10th.

Ernie Dumas of Danielson, the top masters finisher, was 12th in

57:29. Joe Banas of Norwich was 13th in 57:29.

Houle, a student at the University of Connecticut, said Smith helped him at the end of the race.

"Tim was really helping me out the last two miles; I'm glad he was there," said Houle. "This is the fourth time I've run it and this is the best I ever felt. I think I surprised myself. I was shooting for top 15."



Jim Uhrig, slowed by bronchitis, cools off after finishing 9th.

Bulletin photo by Randy Flaum

ever recorded by a woman in this race. Zimmer ran a 63:13 last year, Carolyn Bravakis ran 65:05 in 1979 and Cherie Bridges ran a 65:48 in 1980.

Dossett, who now lives in Norwich, struggled as she crossed the finish line and was whisked away by paramedics to the nearby tent, but she was up and walking around less than a minute later.

"I'm really excited about my time," Dossett said, "Especially in this heat. I didn't think I'd do better

Dossett returns to run away

By TOM PERRY
Bulletin Sports Editor

NORWICH — Two years ago in her first Rose Arts run, Carla Dossett began to wobble in the heat as she approached a water station at the eight-mile mark on Central Avenue. A man there took her by the arm and told her she should stop running.

"No, no," Dossett said to the man, "if I stop here I'll tighten up. Just let me walk around a little."

The man nodded and Dossett started walking toward the finish line. A few seconds later, she started running again and zipped off toward downtown. It took 84 minutes for Dossett to cross the finish line in 1981 and as she staggered around Chelsea Parade she thought "this will be the last time I ever do this."

As it turned out, Dossett returned in '82 and was second to Sally Zimmer. Dossett, 23, also returned yesterday and ran away from all the other runners in the women's open field by finishing in 66:27. She was the 86th finisher.

Her time is the fastest since last year (66:58). They said there was no competition, but I went out hard anyway."

Dossett, who ran cross-country and track for two years at Fitch Senior High in Groton before moving to Jewett City and running for Griswold High, got back into running after a 2½-year layoff. Her boyfriend, John Brown, also of Norwich and former St. Bernard High runner, has been coaching her and she says she's going to begin running races outside the area. In eastern Connecticut, she is unbeaten so far this year.

Striders second in special relay

A six-man team from the Mohegan Striders finished second in the Second Annual Providence-to-Boston Independence 43.6 Mile Relay yesterday.

The Norwich-based Striders had seven different teams compete in the special event, but its top team finished 48 seconds behind Pete & Dick Tavern of Dorchester, Mass., which completed the run in 3:52.29.

The Johnson & Wales Track Club of Rhode Island, winners last year in a 3:41.54, placed third overall as the hot and humid temperatures made times considerably slower than a year ago.

The Striders' second place team included Rose Arts Festival winner Jay O'Keefe (he ran the 13.4 mile leg), Wayne Jacob (6.9), Joe Banas (5.7), Bill Marshall (6.2), Fran Houle (5.6) and Jim Crowley (5.4).

Mohegan's masters team of Hal Bennett, Jan Slonski, Don Brodeur, Jim Watson, Larry Stettje and Jack Curran finished second in its division while the Co-Ed team of Mike Martinelli, Jeremy Lloyd, Julie Smart, Scott Fisher, Ann West and Mike Kornacki.

The race began at 7 a.m., in Providence, followed Route 1 into Massachusetts and ended at the Sheraton-Boston Hotel at the Prudential Center. A total of 207 teams competed.

Willimantic 8/21/83

TAC 5K Road Race		
Men		
Ron Knapp 15:27.06	Wayne Levy 15:57.28	
George Kominos 15:59.92	Matt Haddad 16:02.23	
Ernie Dumas 16:04.88	Brian Lenihan 16:11.23	
John Matthews 16:17.65	Joe Ulanowicz 16:19.40	
Julian Nichols 16:29.19	Ed Gorecki 16:23.64	
Women		
Sally Zimmer 17:53.41	Claire Sullivan 18:04.86	
Mary Bridge 18:53.52	Karin Paalman 19:00.04	
Joanne Suomi 19:04.76	Kelly Hawkes 19:11.63	
Karen Hawkes 19:28.40	Vanessa Thompson 19:38.84	
Chris Hennessey 19:49.90	Dawn Whittham 19:56.05	
Men's Open		
Ron Knapp 15:27.06	George Kominos 15:59.92	
John Matthews 16:17.65	Wayne Levy 15:57.28	
Matt Haddad 16:02.23	Brian Lenihan 16:11.23	
Masters		
Ernie Dumas 16:04.88	Hank Golet 16:54.76	
Brian Ilencik 17:02.86	Grandmaster's	
George Maine 18:14.01	Victor Kubilius 18:55.08	
John Hubbard 19:51.08	Women's Open	
Sally Zimmer 17:53.41	Claire Sullivan 18:04.86	
Karin Paalman 19:00.04	Juniors	
Mary Bridge 18:53.52	Kelly Hawkes 19:11.63	
Vanessa Thompson 19:38.84	Masters	
Marylee Adamson 22:27.04	Barbara Wolmer 22:36.15	
Fran Bowen 24:12.55	Top Women's Teams	
Mohegan Striders, Willimantic Athletic Club, Silk City Striders.		



Bulletin photo by Randy Flau

Women's champ Carla Dossett gets some help at the finish line

Humidity made racing unbearable

By BILL TOSCANO
Bulletin Sports Writer

NORWICH — Dean Festa could feel the heat, and could see its effects around him.

"Today was not fun at all," said Festa, who finished 123rd in yesterday's 17th annual Rose Arts Festival Road Race. "My time was two minutes off last year's and I still finished 30 places higher."

As Festa ran up Norwich Avenue — 3½ miles from the finish — he could see the heat taking its toll on the other runners.

"I was in the top 150 and by the seven-mile mark it wasn't uncommon to see people walking," Festa said. "Everybody's time was at least a minute off. You can't run in 80 degrees at this humidity."

When the lead runners came through downtown Norwich around 10:15, the temperature on the Chelsea-Groton Savings Bank clock read 78 degrees and on parts of the course, the temperature reached the 80s.

For the second year in a row, the race started at 9:30 a.m. instead of the 11 a.m. time which had been used for the first 15 races.

That move paid off again. By noon, the temperature and humidity had combined to make conditions almost unbearable for even those who hadn't run.

□□

The tightest race for a division title came in the men's submasters and was between a pair of Norwich residents.

Bill Marshall, who finished sixth overall won the division in 56:03, 29 seconds ahead of Tim Smith, who finished seventh overall in 56:32.

Marshall was also the first Norwich resident to finish, a title he has won in three of the last four races.

Smith, who has run in all 17 Rose Arts races, holds the all-time record for Norwich residents. In those 17 races, Smith has been the top Norwich finisher nine times. Carlos Baez of Willimantic was the third submaster, finishing in 57:19.

□□

The men's junior title went to

Chris Hansen of St. Bernard and Norwich, who was 19th overall in 59:38. Second in that division was another St. Bernard runner, Brian Pisacich, who finished in 1:01:52. Saints' coach Doug Sharples was able to see just how well his former runners were doing. Sharples was one of several spectators who drove to various parts of the course to check out the action. Eric Roselund of Montville was the third men's junior finisher, crossing the line in 1:03:16.

□□

Just as St. Bernard runners took the top two places in the men's junior division, so did Norwich Free Academy take the top spots in the women's junior. Janice Palonen, the third woman to finish, won the junior title in 1:10:10 and Linda Grant was second in 1:14:22. Kristen Joyce of St. Bernard was third in 1:14:32 and Kathy Hawkes of Montville fourth in 1:16:32.

□□

Crowds along the race route were good, especially along the Canterbury Turnpike and on Providence street in Taftville.

□□

With overall champion Jay O'Keefe, 19, leading the way, the Mohegan Striders won the team title. The victory breaks a two-year drought for the Striders, who have now won seven Rose Arts Race team titles. When asked why he joined the Striders, rather than the Willimantic Athletic Club, O'Keefe, who lives in Storrs, said he had a number of friends in the Striders and preferred an all-running club to a multi-sports club like Willimantic.

□□

The race committee's decision to combine last year's color-coded tag system with the traditional race numbers, proved to be a good one. Posting went quickly and the awards were wrapped up much earlier than last year.

Jacob pulls away from pack for Colchester 5-mile crown

COLCHESTER — Wayne Jacob of Groton battled closely with Kevin O'Keefe and Jim Uhrig for the first half of the Five-Mile Colchester Road Race but took the lead half-way through and sustained a quick pace in the torrid heat to win in a time of 24:41.

A field of 89 runners started, but it quickly turned into a three way affair between Jacob, O'Keefe and Uhrig. O'Keefe set the early pace leading at the one-mile mark at 4:26 and two-mile post at 9:13.

It was at the two-mile mark that Jacob took control and picking up the pace he gained his decisive lead as both O'Keefe and Uhrig fell behind on the uphill part of the course along Wall Street.

Jacob, who had a 15 second lead over O'Keefe at one time then held off a strong O'Keefe finish. Jacob's time was only three seconds off the

course record held jointly O'Keefe and Bill Krohn which was set in 1980.

"The pace was so quick early," Jacob said following the race. "I think I'm in good shape though so I just picked up the pace and was able to hold on."

O'Keefe, of Storrs, a graduate of Auburn University and a member of the school's cross country team, finished in 24:50, while Uhrig of Norwich crossed the line in 25:19.

Chris Hennessey of Montville was the first woman finisher coming in 40th overall in 33:06. Carla Dossett of Uncasville was the second woman in 33:15.

The husband and wife team of Walt and Kathy Smolenski became the first Colchester male and female residents to finish, respectively.

Jacob wins Bermuda trip

□ PORTLAND — Wayne Jacob held off fast-finishing Jim Uhrig of Norwich by one second to win the Portland 10K Road Race yesterday and a free trip to Bermuda. Agnes Ruane, the top female finisher, also won a trip to Bermuda.

Jacob, a 28-year-old Mystic resident, led the first 4½ miles, and shared the lead with Uhrig during the next mile before pulling away. Uhrig closed fast during the last 300 yards to finish in 30:03. Jacob plans to go to Bermuda Sept. 28, the same time as Uhrig, who won a trip to Bermuda in a road race earlier this year.

Portland 10-K Road Race

Top 10 finishers
Wayne Jacob 30:02 (course record); Jim Uhrig 30:03; Neil Woods 30:29; Bob Hensley 30:45; Gary Nixon 31:04; Charles Davis 31:33; Bill Rogers 31:39; Ronald Knapp 32:06; Edison Gskeets 32:08; Casey Gawlak 32:34.
Note: Jacob and Agnes Ruane, the first women's finisher, each won a trip to Bermuda.

Jacob wins another trip

□ WINDSOR — Wayne Jacob won his second trip to Bermuda in as many weeks by winning yesterday's Windsor 350th Anniversary 10K. In the process, Jacob recorded a time of 29:46, the second-fastest 10K in the state this year. Jacob, who won a trip in a race in Portland last week, finished 1:06 ahead of runner-up Bob Henslie. Joel Patingre of New London was 16th.

Colchester 5/28/83

Colchester 5-Mile Road Race

Top 25 Finishers

Wayne Jacob 24:41; Kevin O'Keefe 24:50; Jim Uhrig 25:19; Carlos Baez 27:01; Julio Murillo 27:13; Walt Smolenski 27:32; David Carrero 27:36; Doug Kenefick 27:59; Gary Scranton 28:13; Mike Smith 28:22; Todd Williams 28:29; Kevin Vigue 28:37; Mark Houston 29:29; David Lathrop 29:35; Ron Bender 29:43; Marshall Collins 29:47; Kurt Porta 29:49; Clem McGrath 29:52; Bruce Christie 29:56; Bruce Andrus 30:14; Joe Balavender 30:19; Way Hedding 30:49; Paul Straker 31:06; Mike Giuliani 31:08; Wayne Osborn 31:12.

Men's Open

Jacob (1) 24:41; O'Keefe (2) 24:50; Uhrig (3) 25:19.

Women's Open

Carla Dossett (41) 33:15; Debbie Bender (44) 33:55; Kathy Isbister (50) 34:45.

Men's Masters

Doug Kenefick (8) 27:59; Clem McGrath (18) 29:52; Bruce Andrus (20) 30:14.

Men's High School

Todd Williams (11) 28:29; Kevin Vigue (12) 28:37; Mark Houston (13) 29:29.

Women's High School

Chris Hennessey (40) 33:06; Amy Jensen (66) 38:16; Laurie Burrows (67) 38:43.

First Colchester Resident

Walt Smolenski (6) 27:32; Kathy Smolenski (80) 44:12.

Junior Boys

Shawn Magnuson (57) 36:41.

Junior Girls

Danielle Benoit (87) 49:25; Lisa Morrisette (89) 53:33.

'Round and 'round and 'round in Groton

By Lynn Buonocore
Day Staff Writer

GROTON — The picture was post-race, runners gathered around buckets of fried chicken, drinking beer and splashing themselves with big buckets of water. It is a familiar scene, available nearly every weekend in southeastern Connecticut after some town's 10-K run.

But it was a respite, not a finish. Chicken eaten, beer drunk, the runners went back on the Fitch Senior High School track. And went back. And went back, with the goal of running the equivalent of New London-to-Providence and back.

The chicken-beer break came at the eight-hour mark of the 24-hour endurance run Saturday at the Fitch Senior High School track.

At a time when many people were just getting out of bed Saturday, 26 athletes began running quarter-mile circuits which they were to continue until 10 this morning.

The run evolved from brainstorming of two local running clubs, the Mohegan Striders and the Thames River Road Runners after hearing of a six-day relay in New York.

The runners began at 10 Saturday morning hoping to complete 100 miles in 24 hours. Leading the pack after eight hours of running in strength-sapping heat and humidity

was Jim Butler of New London. Butler, running partner of Amby Burfoot, completed 50 miles in eight hours and planned to break the 100-mile mark by this morning.

"I'm not where I want to be because of the heat, but my main goal right now is not to break down in the middle of the night and to stay in the lead," said Butler.

But staying in the lead will be tough with the competition Butler was facing. Right behind him is Burfoot, a veteran marathon runner.

"It was so humid this afternoon. Everybody came in here with certain expectations that have been cut back by the weather," Burfoot said.

He was debating whether or not to take a nine-hour nap and then start in again but decided first priority was the "beer break."

Two of the runners, Lou Venturi and Timmy Smith, decided they needed a little divine help and took a short break to run over to a church.

"It's a test of personal endurance," said Venturi. "All I want to do is be out on that track and moving for more than 18 hours. But I went to church and asked that I just be on the track at 10 tomorrow morning," he said.

The only individual female competitor was Laureen Schiabone, cross country track coach at Waterford high school. She said her decision to run was a spur of the moment one.

"It was like I had a split personality. Half of me said yes and the other half said no. I should have listened to my mother," Schiabone said. "She told me not to run."

Besides the 10 runners trying to complete the 24-hour run, 16 additional runners are going for a 24-hour plan to run 250 miles.

"We look like a bunch of crazies going around a track," said Schiabone. But crazy or not Burfoot believes "everyone who runs in it will have some good memories in the end."

Butler covers 100 miles in 24-hour run

8/27/83 By STEVE FISH
Bulletin Sports Writer

GROTON — Twenty-three hours and roughly 58½ minutes after starting his first lap, Taftville's Lou Venturi still had a kick left.

When Amby Burfoot's whistle blew with the one minute warning, Venturi took off like a man possessed with a mission of catching a bus or trying to make a train on schedule.

Despite Venturi's obsession of getting in that one final lap, the only trip that the eight solo runners and 16 relay runners who competed in the 24-hour run at Fitch Sr. High track were thinking of was a trip to bed complete with the phone left off the hook.

"I think the thing that you see here was that there were 100-odd people here and they were not just for themselves, but they were also for you. Deep down you're pleased with yourself and I think others are too," said North Stonington's Gerry Browning, who competed in both the individual run and the team relay.

Jim Butler, 30, of New London was the overall distance winner, completing his 100th mile and 390th lap (individuals ran in the ¼-mile track's outside lane) at 9 a.m. yesterday before retiring for the day.

Butler, as did all the runners, credited strong support from family and friends enroute to his achievement. "I never really felt like quitting," he said. "The toughest part was in the heat Saturday afternoon. It was just a question of my body not quitting before my mind did."

Steve Lamb of Groton followed Butler logging 336 laps with Venturi totalling 316 including a five-yard allowance credit on his final whistle ending lap. Other competitors and their totals were John Johnson of

Willimantic 288, Burfoot of New London 245, Browning 240, Laureen Schiabone (Waterford girls' cross country coach) 200 (50 miles), and Tim Smith of Norwich 192.

The six-man Mohegan Striders relay team of Jack Curran, Jan Slonski, Joel Patingre, Gary Mikutel, John Ficarra and Bob Miles ran a total of 217¼ miles.

A 10-person mixed relay team of Browning, Jack McKeon, Jeff Walter, Don Albert, Bob Landry, George Overton, "Jogger" Joe Smith, Tom Swim, Dottie Hoyt and Pat Swim finished a total of 968¼ laps good for 240¾ miles.

Jacob wins Merchants race

By BOB TROSTLER
Bulletin Sports Writer

NORWICH — The hilly four-mile Downton Norwich Merchant's Road Race course was about a half-mile too short for Jim Uhrig yesterday.

Uhrig, from Norwich, was beginning to close in on Mystic's Wayne Jacob when the race ended.

"I just ran out of room," said the second-place Uhrig, who finished in 18:48.4 to Jacob's 18:44.6. "I was making a move, but the race ended. The race was four miles. I knew that before it started."

It was the second straight Merchant's Road Race victory for Jacob, who moved ahead of Uhrig on Cliff Street, about 1¼ miles into the race, to take the lead. In fact, it was a great night all around for defending champions.

Norwich's Kevin Buckley, a miler on the University of Con-

necticut track team, repeated as winner of the two-mile, completing the course in 10:00.9 compared to 10:10 last season.

And Mystic's Pat Swim was the top women's finisher in the four-mile for the second straight year, placing 34th overall in 23:43.1. Last year, her time was over 24:00.

In the two-mile, Scotland's 11-year-old Jennichelle Devine was the first female finisher. Devine, a student at Kramer Middle School in Willimantic, placed 20th overall in 12:39.

About 105 runners competed in the four-mile race and 155 in the two mile. An enthusiastic crowd of about 300 spectators turned out to watch the festivities.

"I had no doubt this year's race was going to be tougher because Jim was in it," said Jacob of Uhrig, who missed last year's race because of class

commitments at UConn. "If he's in the race, it's going to be awfully close."

Last year, Jacob breezed to victory in 19:33. The presence of Uhrig, now 2-2 with Jacob this year, helped Jacob beat his time of last year by nearly 50 seconds.

"If I had an opportunity to get into the lead I was going to take it," said Jacob of his move on Cliff Street. "I was going to break him one way or the other."

As last year, Swim was never threatened in defending her title.

"I was very pleased with my run," she said. "I didn't know what I was going to do. I went out slower this time, and I think that helped."

Buckley, 20, never trailed in easily winning the two-mile race.

"I like to take the lead at the start and hold on from there," he said.

There is nothing like an ULTRA!

Fran Houle wins in Ledyard

LEDYARD — Norwich's Fran Houle led all the way after the first mile to outdistance 54 runners and win the 10th annual 8.8-mile Tom Hewes Memorial Road Race yesterday.

The top four runners in the race, held in conjunction with the Ledyard Fair, were from Norwich.

Houle finished in 47:19 followed by Norwich's Joe Banas (49:03), Tim Smith (50:03) and Mike Smith (51:45). Jack McKean, who led the first mile before Houle took command, was the top Ledyard finisher, placing fifth in 52:09.

John Ficarra topped a 46-runner field to win the third annual three-mile Fun Run. He finished in 16:27 to outdistance Todd Williams, a member of the Ledyard cross-country team and winner of the high school division, by five seconds.

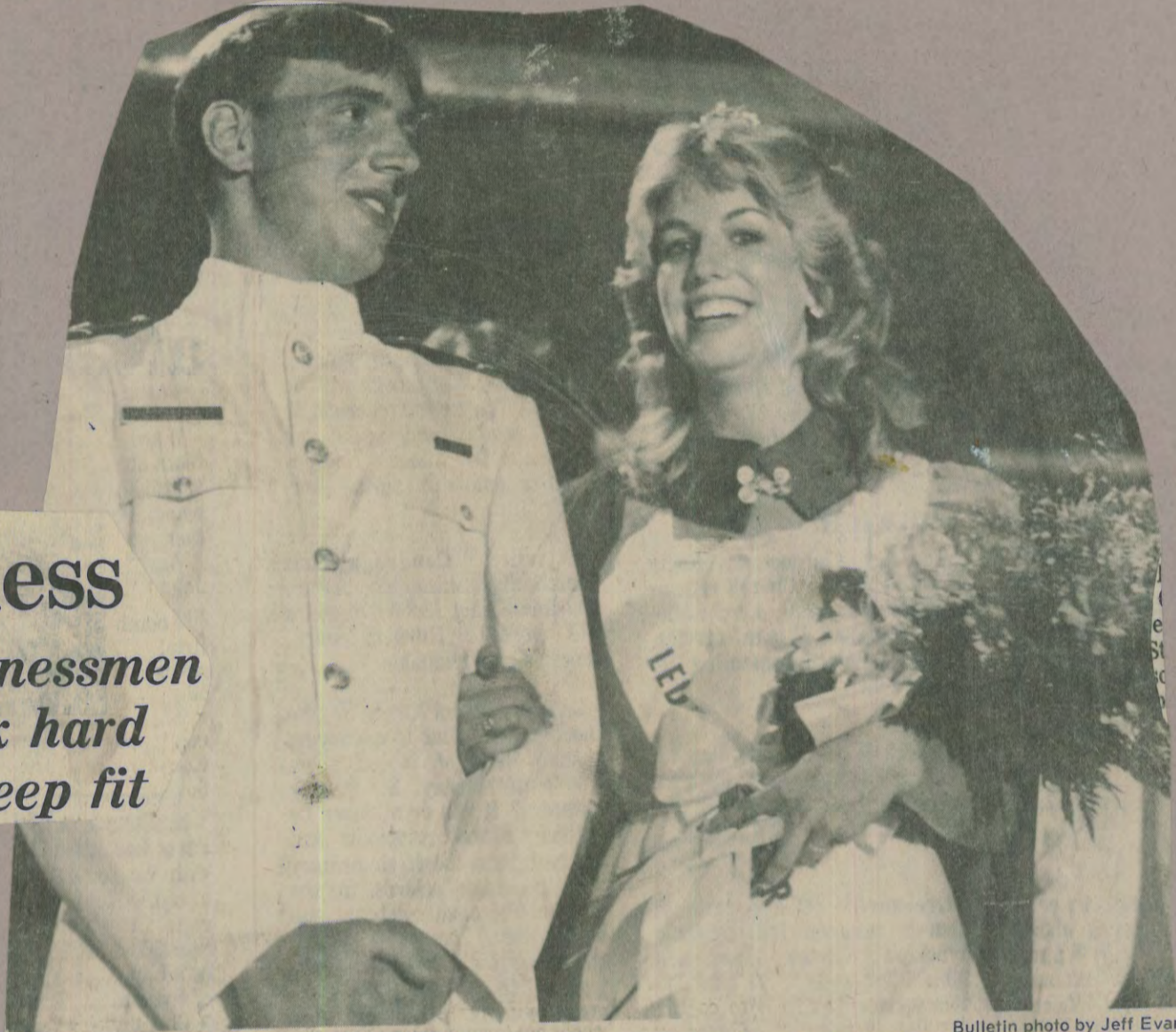
Brian Joiner, the Ledyard resident division winner, placed third

in 16:53 followed by John Curran (17:13) and Kurt Porta (17:23).

Linda Sprague, women's open winner, was the top women's finisher in the 8.8-mile race, completing the hilly course in 61:30 to place 33rd overall. Rose Buckingham was the second women's finisher, plac-

ing 37th overall in 66:48.

Kristen Vogel, winner of the high school women's division, was the first women's finisher in the three-mile race. She placed 21st overall in 20:50 to nip Mary Jane Biase, the women's open winner, who placed 24th in 21:22.



Bulletin photo by Jeff Evans

Miss Ledyard, Michelle Carbray, 17, and escort Coast Guard 3rd Class Cadet Brandt Rousseaux.

Ledyard Fair names its queen

LEDYARD — The New Miss Ledyard Fair, Michelle L. Carbray, did not eat anything yesterday and did not sleep Thursday night. And if that was not enough, Carbray said she was wearing "two slips that kept bunched."

Look at Carbray, however, one would think she was meant to be a winner. This year's fair queen is a radiant, blond who looks like the girl of her dreams. She hopes to be.

It was a dream come true. It's like stepping out of fairyland," said

Carbray, 17, a senior at Ledyard High.

Carbray, who is on Ledyard's cross-country team and manages the boy's basketball team, said she was only nervous in the beginning.

"I've been in fashion shows before. But I never appeared before so many people I know. One little slip and it would be all around that Michelle tripped," she said. She did not trip.

Other winners yesterday were: Amy L. Burtch, first runnerup; Audrey Stinnette, second runnerup;

Mary Joyce, third runnerup and Charlotte E. Johnson, fourth runnerup.

Cadets from the Coast Guard Academy escorted the teens. Charlotte E. Johnson, who was chosen Miss Congeniality, had to teach her escort, Fred Albright, the runway steps. Albright missed the rehearsal. That, however, was easier than last year, when Johnson's escort forgot his part. However, he rushed home and apologized to them.

About 9,000 people turned out.

Worker fitness

By CATHERINE SARAUULT
Bulletin Staff Writer

NORWICH — Don Lewis thinks that a work week without exercise is a work week with stress.

His bosses at Phelps Dodge agree with him. That's one reason the company sunk about \$5,000 into a work-out room last September. Since then, Lewis, a cost accountant supervisor and devoted runner, and about 25 other employees spend their lunch hours or after-work leisure time there lifting weights or doing calisthenics.

"I come up here at least three times a week. I didn't work out as often before we had this room. This is convenient. I find that I'm a lot more relaxed when I go back to work. I work out whatever problems I've got right here," said Lewis.

*Businessmen
work hard
to keep fit*



All Three Striders

Bulletin photo by Randy Flaum

Mary Bridge, Kim Hawkes and Chris Hennessey (from left) should help lead Montville at Thursday's ECC meet.



Rogers wins East Lyme; Smith 2nd

By KEVIN CROWLEY
Special to The Bulletin

EAST LYME — Like the three East Lyme Marathons before it, yesterday's race cast Norwich's Tim Smith in a familiar role.

For the fourth time in as many years, Smith found himself in second place in the later stages of the race and had to reach for a kick to catch the leader.

Unfortunately for Smith, this year's plot didn't read the same as the last two years when Smith was able to overhaul the frontrunner.

Yesterday, Bill Rogers of Montville simply had too much for Smith and held off the Norwich runner, winning the race in 2:27.19, 40 seconds ahead of Smith.

Smith won last year by passing Jim Uhrig at the 22-mile mark and won in 1981 by passing Bruce Merrill at 16 miles, but was unable to catch Bob Stack in the 1980 race. Stack, of Rockville, Md., was third yesterday.

Rogers, who had a pair of friends on bicycles keeping him posted on Smith's progress, thought the Norwich runner might pull his come-from-behind act a third time.

"When they first told me it was Tim behind me, I thought, 'Here we go again,'" Rogers said. "It wasn't until 25 miles that I thought I would win it."

(Continued from Page 9)
Sue Richardson, of New Britain won the women's race in 2:59.36, about 10 minutes ahead of second-place finisher Carla Dossett. Dick Jamborsky of Reston, Va., won the men's masters division in 2:42.16.

Norwich's Joe Portelance took an early lead with Rogers, Stack, Gary Nixon and Ron Knapp as part of a group behind him. Tim Smith was 50 yards behind.

The leaders passed three miles in 16:26, but it appeared no one wanted to take the pace. Just after that point, Rogers asserted himself by accelerating on downhill portions of the course on Route 1, covering the fifth mile in 5:10 and opening up a 100-yard lead on the pack.

Stack made a charge at 6.5 miles, but found too much ground to make up. From there on in, Rogers was alone out front, passing 10 miles in 54:23 (right on his schedule) and holding a 25-second lead on the pack.

Rogers cruised the next five miles in 28:04 and saw his lead dwindle to 14 seconds at the 16-mile mark.

"I went after him at the halfway point," Smith said. "I was flowing and the time (72:07) was slower than I wanted to be. I decided to go after him."

But through the Black Point section of the course, Rogers pressed the pace on all the turns and by 19 miles had reestablished a 33-second lead.

Rogers struggled a bit through miles 20-25, averaging 5:50 per mile, but he had enough to hold off the tiring Smith.

RACE NOTES: Mary Hayden of Franklin won the women's masters in 3:23:33, Bev Heffernan won the women's sub-masters division in 3:14:22, and Geoff Bardsley won the men's grand masters in 3:32:33.

In the Triple Crown standings, which also include the Norwich Rose Arts and John J. Kelley-Schaefer Road Race, Rogers was first, Knapp second and

East Lyme Marathon

Top 25 finishers

Bill Rogers 2:27:19; Tim Smith 2:27:59; Bob Stack 2:30:49; Ron Knapp 2:31:50; Joe Portelance 2:35:17; John Shanley 2:35:43; Dave Litoff 2:37:21; Michael Suchofar 2:37:51; Edward Berube 2:38:56; Kevin Ruane 2:40:13; Dick Jamborsky 2:42:16; Jeff Kotecki 2:43:33; Don Hollingsworth 2:44:08; Kevin Gallerani 2:44:18; Pete Silva 2:44:47; Bob Lamothe 2:44:54; Bob Landry 2:44:58; Amby Burfoot 2:45:18; Paul Thomas 2:45:27; Joseph Mc Carthy 2:45:44; Brian Piurkowski 2:46:18; Craig Colnoir 2:46:28; Peter Mitchell 2:46:45; Patrick Naughton 2:46:58; Charles Cellas 2:47:36.

Men's Open

Bob Stack 2:30:49; Ron Knapp 2:31:50; John Shanley 2:35:43; Joe Portelance 2:35:17; Dave Litoff 2:37:21.

Men's Sub-Masters

Bill Rogers 2:27:19; Tim Smith 2:27:59; Michael Suchofar 2:37:51; Ed Berube 2:38:56; Kevin Ruane 2:40:13.

Men's Masters

Dick Jamborsky 2:42:16; Bob Landry 2:44:58; Jan Slonski 2:50:11; Ray Funk 2:50:36; Clyde Beverly 2:54:18.

Men's Grand-Masters

Geoff Bardsley 3:01:28; Gus Stepp 3:09:58; Jim Taylor 3:12:31; Herb Silander 3:13:49; Donald Lunt 3:15:09.

Women's Open

Sue Richardson 2:59:36; Carla Dossett, time unavailable; Laura Rucco 3:41:24; Leslie Brown 3:42:38; Pat Rutka 3:43:19.

Women's Sub-Masters

Beverly Heffernan 3:14:22; Linda Sprague 3:14:56; Lou Ann Ashburn 3:19:17; Kathy Culla 3:15:09; Jane Gregg 3:20:22.

Women's Masters

Mary Hayden 3:32:33; Geraldine Palonen, time unavailable; Kathy Tucker, time unavailable; Sue Piowski, time unavailable.



Norwich Free Academy's Scott Fisher breaks the tape to win the 1500 meters



Service rewarded — John DeGange, former Day executive sports editor, received the Arthur McGinley Award for meritorious service to sports writing Sunday at the Connecticut Sports Writers Alliance's 43rd Annual Gold Key Awards dinner in New Haven. DeGange, who served as sports editor, city editor and executive sports editor in a career spanning between 1926 and 1971, was honored as a charter member of the Alliance and for

his work for The Day. Also honored were Bill Dawley, of Lisbon, as male athlete of the year; Julie Bolduc, who played for the Waterford Mariners softball team, Southington High School and is now at Adelphi University, as female athlete of the year; Larry Ciotti, football coach at Madison-Hand High School, as coach of the year; and Gold Key Award winners Thomas R. Monahan, Waino Fillback and Lou DeFilippo.

Montville honors a man of action

10/9/83 By ALISON LANGLEY
Bulletin Staff Writer

MONTVILLE — He's a small man that has made a big imprint in town.

John Martin, 70, has served on six town committees the past 34 years, built about 100 homes in town and established a thriving business. Now he has decided to take some time off.

He's quick to say, though, that he hasn't completely retired.

Far from it, Martin is an avid runner who doesn't shy away from action. For that, he will be honored at a dinner tomorrow night at the Polish American Club on Maple Avenue.

"Jack is a very independent thinker. He has his own ways. He's very dedicated to whatever he believes in," said Judith MacNeilly. "When he gets an idea to do something, he goes after it full force."

Martin, with his platinum blond hair and short stocky build, smiled modestly when he heard that quote. He didn't like to talk about his work with the town, answering questions quickly and rarely expanding on the answers.

"I enjoyed it. It was nice. Somebody has to do it," is all Martin said about his voluntary service.

Martin started as a constable in 1946, a post he held until 1954. In 1948, he was appointed deputy sheriff.

He has also served on the Board of Tax Review, the high school building committee and Zoning Board of Appeals. For 14 years, Martin was the justice of the peace.

Spurning convention, this long-time Republican was quick to praise Democratic First Selectman Howard R. Beetham.

"He's doing a job I don't think anyone would take for that amount of money," Martin said. "He doesn't put in an ordinary day either. He works 12 to 16 hours a day."

That compliment of the controversial Beetham left some town residents surprised. But Martin wasn't phased.

"I'm just telling the facts. I'm not trying to get him elected," said Martin.

On the status of the Republican Town Committee, Martin said, "They haven't

been in power for a long time. We may have lost an election but we still have a lot of parties. But after an election, people shouldn't be sore at anyone," he said.

Martin has been running off and on since 1935. He was part of Electric Boat's track team in 1936, and, more recently, one of the founding members of the Mohegan Striders.

A man who has run in five marathons, Martin has gotten to know the Montville's streets. He has dodged open catch basins, biting dogs and smelly skunks. And he has endured the town's hilly terrain.

Martin is also responsible for many of the houses in subdivisions. He rattles off street names rather than owners to illustrate which homes he has built.

"I started this road, Cedar Lane, Gallivan Lane, Polly's Lane, and many of the homes on Fitch Hill Road," he said.

What makes Martin the civic leader, business man and runner go?

"I'm a challenger. I like to really push," he said.



Bulletin photo by Fran Funk

JOHN F. MARTIN

to be honored in Montville

Montville Republican will end longtime career in local politics

By Karen Markin
Day Staff Writer

MONTVILLE — A lack of workers and money are at the crux of local Republicans' 12-year losing streak, a former party chairman said.

"The Republicans have had some good candidates, but it takes a lot of work and it takes a lot of money," John P. Martin said in an interview. "Today you've got to have radio time and ads in the paper."

Martin, who has been involved in town government in some capacity for nearly 40 years, is winding up a 12-year stint on the Zoning Board of Appeals. He is selling his home at 7 Edwards St., and plans to spend most of his time in St. Petersburg, Fla. The political veteran will be honored at an Oct. 9 testimonial at the American-Polish Citizens Club.

Martin discussed what local Republicans — who are badly outnumbered and haven't won the first selectman's seat since 1971 — need to do to turn the tide.

"They've got to get good candidates, well-qualified candidates, and they've got to work. You don't just work two or three months before the

election, you work all year," he said. "They have to get candidates who are well-known in the town."

"I think they should be ahead of where they are, but it's not their fault. There are not enough workers and not enough money," Martin said.

Martin thinks most of the Republicans' candidates have been well-qualified.

"But it's an awful thing to get beat, and once someone's beat, they don't want to go back," Martin said. But defeated candidates must be willing to run again, he said.

And, he said a better first selectman's salary might encourage more people to try for the position, which he feels is very demanding.

Martin noted he has not seen this year's Republican slate, and hasn't met Edmund J. Smith Jr., the party's candidate for first selectman.

Martin offered some advice on how to beef up the party's power. To obtain more workers, the party must get young people interested in politics.

To get more funding, "They have to go around and pick it up — solici-

it," Martin said. "I never had any trouble picking up money when I was finance chairman."

He said he was the town committee's finance chairman for about 20 years. He sometimes took three weeks off from work to go door-to-door soliciting donations.

Martin said those involved in politics should expect to take time off from their jobs to work for the party. He realizes, however, that some employers won't allow it.

And, the former party leader feels political bickering should end when the last ballots of an election have been cast.

"You fight before the election to get in. After that, you work together ... Everybody's trying for the same thing, to bring better government to the town."

The long-time GOP member also praised Democratic First Selectman Howard R. Beetham Jr., who is seeking a seventh two-year term this fall.

"Russ Beetham is a very good candidate," Martin said. "Russ Beetham does his homework. He's well-liked. He's honest ... He is a worker."

Two Honorary Guys

State sportswriters will honor DeGange at Gold Key dinner

NEW HAVEN — John J. DeGange, who handled every major desk assignment short of managing New London, has been named 1984 recipient of the Connecticut Sports Writer Alliance's annual Arthur B. McGinley Memorial Award. Presentation of a plaque commorative of the longtime Hartford Times sports editor will be made at the organization's yearly Gold Key banquet on Sunday, February 5, at the Park Plaza Hotel in New Haven.

DeGange, 77, retired in 1971 and served as The Day's sports editor for most of his career. He also served as the city editor, wire editor and Groton section editor. He came to The Day straight from Chapman Technical High School in 1924 and was named as the sports editor three years later,

DeGange to be honored



John J. DeGange

John J. DeGange, who handled every major desk assignment short of managing editor in his 47 years at The Day in New London, has been named 1984 recipient of the Connecticut Sports Writer Alliance's annual Arthur B. McGinley Memorial Award. PAGE 33.

'Miracle' gives runner second chance on life

By MARY O'CONNELL
Bulletin Staff Writer

NORWICH — What Joe Banas has to say will probably take up more time than he's allotted here addresses the Whaling City Full Gospel Businessmen's Fellowship today.

After all, who can explain a "miracle" in 40 minutes?

"My experience is something no one else can ever take away from me," says Banas, 26, of Lake Street.

While still a student at Norwich Regional Vocational Technical School, Banas, embarked on an odyssey that took him from Norwich to Virginia to Florida and back. Along the way, Banas encountered assorted doctors, advisors and quacks, before discovering God.

A promising runner, Banas was declared legally handicapped in 1979 after doctors diagnosed him as suffering from neuroma, or tumors, around the nerves of his left foot.

This summer, Banas will help carry the Olympic torch on its way to Los Angeles as a member of the Olympic relay team. Team members will run in five-mile shifts for a total of 12,000 miles across the 48 land-locked states.

"People ask me to describe myself in one word," says Banas. "I'm a searcher and always will be."

Banas says he began searching

when he was a freshman at Norwich Tech. He says he chose running because he was only five-feet tall. "I mean, what sports do you have a chance in?" he says. His senior year, Banas was elected captain of the cross country team. But Banas had a problem — alcohol.

"I don't like to talk about this too much," says Banas, "but I had a real bad drinking problem."

After getting caught drinking on school grounds, Banas was thrown off the cross country team. He was later re-instated as a co-captain, but "I was doing it (drinking) again."

His drinking problem followed him to Johnson & Wales College in Providence, R.I., where he was asked to leave after one year. Banas' expulsion cost him a full running scholarship.

"I didn't take it seriously; it (school) was one big party," says Banas, who broke curfews and missed practice to hitchhike to Boston for a Celtics game.

It took a serious disease to bring Banas back to reality.

In April 1977, Banas was running in a 10-mile race in Middletown, when he felt a sharp pain in his left foot. He was forced to drop out of the race.

The pain continued after the race. Banas began trying remedies like hot soaks and whirlpool baths.

Running friends like Mystic's

John Kelley tried to help. Banas scheduled appointments with podiatrists, nutritionists and chiropractors to no avail.

Finally, Banas learned of a doctor named Miles Schneider from another running pal, Jim Uhrig of Norwich.

Afterwards, Schneider diagnosed Banas as having neuroma and suggested surgery. Despite the surgery performed by Schneider in Virginia, the neuroma did not go away.

Desperate, Banas tried everything from diet and nutrition programs, to acupuncture, to electric nerve stimulation, a process which is supposed to activate the nerve endings.

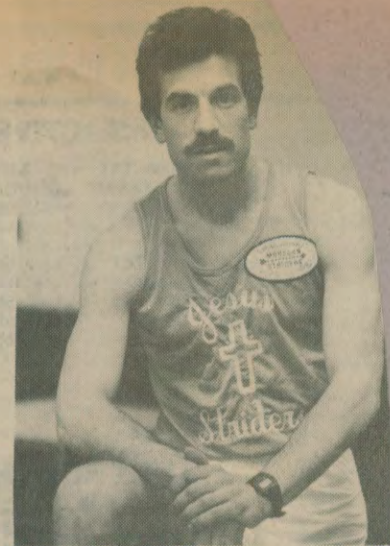
"Some people invest money into cars, houses," says Banas. "I was investing money into my foot."

He eventually underwent a second operation performed by Schneider, who discovered Banas now had twin neuromas.

During his ordeal, Banas had worked at various jobs, including an overnight shift at the Norwich YMCA. He eventually landed a job working with computers for the Southern New England Telephone Co. When SNET hired him, Banas had already gone through 11 jobs.

Although Banas doesn't always remember dates, he does remember an April day in 1980.

A friend who had just come from a church service came to visit Banas. "He told me about Jesus —



JOE BANAS

who he was, how he could help me," he says. "After an hour, I'd had enough."

When the friend visited again, Banas couldn't help noticing his smile. "I thought — he's happy and I'm miserable," said Banas. "On June 3, 1980, I accepted Jesus Christ as my lord and savior."

"I started running and it was amazing. I put one foot in front of the other — the foot was healing," he says. "It wasn't miraculous. It gradually improved."

In fact, Banas was able to transfer to his present job as a telephone lineman in Hartford, a job which requires climbing up and down telephone poles.

Banas was also selected to compete in the National Corporate Games in 1981 and 1982, representing the Bell System. Both times, Banas was on the winning team, which resulted in the selection to the Olympic relay team.

He is team coordinator for the Norwich-based running club, the Mohegan Striders. Banas says God has given him a second chance.

"It's a chance to somehow do what I should've in high school — lead people," he says.

A miracle? Banas thinks so.

"Miracles were in his time and he's forever. In my book, they're (miracles) still for today."



1983

Bulletin photo by Randy Flaum
Fran Houle (left) and Joe Banas, both of Norwich, finish together in yesterday's 6.2-mile road race at the North Stonington Fair.



WAYNE JACOB
Places 17th

JIM UHRIG
Finishes 12th

Local runners in Bermuda

□ HAMILTON, BERMUDA — Four local runners, led by Jim Uhrig and Wayne Jacob, fared well this weekend in the Bermuda 10k race which featured athletes from all over the continent as well as Africa. Jacob, from Mystic, teamed with Fran Houle of Baltic and Billy Shea of Norwich to represent the Marathon Tours 'B' team out of Cambridge, Mass. The trio teamed up to place third out of a total of 26 teams competing in the race.

Jacob placed 17th overall in 32:37, while Houle was 25th in 33:42 and Shea was 49th in 35:46.

The Addidas team led by race winner John Gregoreck, who tackled the 75 degree heat and humidity in 29:47, won the team competition with Toronto Olympians finishing second.

December
1983

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1984

Jacob wins Frostbite with a downhill kick

By STEVE FISH
Bulletin Sports Staff

MYSTIC — Yesterday's sunshine and relatively balmy break (temperatures were in the high 20's) from what has been a cold winter brought much of the area's running community on to the streets here.

One-hundred and seventy runners, three times more than the number that entered last year's race, finished the Third Annual Kelley's Pace Frostbite Run.

Wayne Jacob overtook Dave Raunig with less than a half-mile remaining to win 1984's first local road race.

Jacob, from Groton, completed the 4.6 mile course in 22:33.9, while Raunig, also of Groton, crossed the finish line in 22:35. Jim Uhrig, another Groton resident, took third in 32:05.

Sally Zimmer, of Windsor, the 17th finisher overall in 26:05, was the women's open winner, with Susan Griffin finishing runner-up in 26:13.

"I was surprised a little bit at the field," said Jacob. "I knew that some of the guys were going to be here, but it was a good challenging field, something that usually doesn't happen in a January race."

Each of the top three finishers had a hand in leading the race. Uhrig led for the first mile, but fell back after suffering problems from a leg injury he received at last weekend's Dartmouth Relay's. Raunig led for the next three miles and then finally it was Jacob, who made his move going down Cliff Street hill to take over control of the rest of the race.

ROAD RUNNING

"Wayne is such a good downhill runner and he knows it," said Raunig. "Psychologically as well as physically, he blew me away on Cliff Street."

For Jacob and Uhrig, each of whom will be competing in Bermuda in two weeks in a 10 kilometer race, yesterday was a fun yet competitive early season tune up. Raunig, who did his early season training by running in a submarine while at sea two years ago and spent much of last year injured, was pleased with his performance and the race left him looking for a good spring.

Julio Murillo of Quaker Hill (14th overall), said the race was the beginning of "a comeback trail for him."

"I'm coming back from being out of shape all last year," said Murillo. "I got married and I bought a house and your running suffers for that," he said.

Carla Dossett, of Uncasville, (63rd overall, 4th women finisher) said she was using it as a fun type of race to get ready for the spring after admitting she took it easy during December.

Ledyard's Alice Campo, 58, the only women's grandmaster competing, said she was excited about the coming road race season. "It gives you something to do besides sitting around all day and eating chocolates," she said.

More than 70 prizes, courtesy of the Mystic Merchants Association were awarded following the race.

Two Norwich runners claim firsts at Mystic

BY STEVE FISH
Bulletin Sports Writer

MYSTIC — Two Norwich runners — Fran Houle and Nancy Savage — won races yesterday at the sixth Olde Mistick Village Fun Run.

Houle won the three mile run in 15:12.6, while Dave Raunig, a U.S. Navy first class lieutenant who lives in Gales Ferry, took first in the five mile run in 24:15.3.

Savage, who ran cross country at Norwich Tech finished the five mile race in 32:41.7 and was followed by Kathy Isbister, of North Stonington (33:48.7) and Mary Lynne Brower, of Stonington, (35:01.1).

In the three mile run, Houle broke out of a pack consisting of Bill Marshall, Matthew Haddad and Billy Shea about a little over a mile into the race enroute to the victory.

"I felt very comfortable out there today," said Houle. "I didn't want to go out too hard. I just wanted to run a comfortable pace and build up as I went along."

Houle's pace reflected his strategy as his splits were 4:54 after one-mile and 9:52 after two before he

poured it on with a strong third mile.

Marshall, of Norwich, placed second in 15:32.1, while Haddad, of Willimantic, took third in 15:32.1.

Kelly Pinckney, of Montville, was the first woman finisher overall in a time of 18:47.8. Pinckney was also the winner in the girls' 18 and under category. Women's open winner Cathy Regan finished runner-up in 20:34.7, while Ellen DiGangi (20:51.1) took third.

The five-mile race had three runners Raunig, Todd Renehan and Houle quickly break away from the pack and it eventually became a two man race between Raunig and Renehan until Raunig pulled away in the final mile.

"I wanted to run a fast race to get ready for Boston, (the Boston Marathon) next week," Raunig adding, "And I'm glad I ran it fast because Renehan was with me nearly the whole way."

Renehan, a junior at Boston College and a former St. Bernard standout finished second in 24:28.2. Houle, seeking a double victory, was third in 26:53.5.

Garland captures Waterford 5-miler

From Bulletin Staff Reports

WATERFORD — New London's Phil Garland raced to victory yesterday in the fourth annual Waterford Rotary Club Five-Mile Run held at the Seaside Regional Center.

Garland's time of 25:40 took first in the men's open category, while Joe Banas, of Norwich, was runner-up in 26:05 and Aaron Anderson of Old Saybrook third in 26:37.

Canterbury's Janice Palonen, a senior at Norwich Free Academy, won the women's open in 30:56. She was followed by Portland's Bev Heffernan (34:15) and Norwich's Rose Buckingham (34:55).

Geraldine Palonen, Janice's mother, won the women's masters in 37:22, while the men's masters was won by Joe Heffernan of Portland in 27:16.

Houle is all business wins Conn College run

NEW LONDON — Norwich's Fran Houle went into yesterday afternoon's three-mile Connecticut College April Fool's run with a sound strategy.

And though it was a day for jokes and pranks, Houle was all business. "I made up my mind that I was going to really push for the first mile and a half and then hang on from there," Houle said.

Houle trailed at the start, but overtook Dennis Crowe and Dave Bally with a surge a mile into the race to open up a 200-yard lead and held on to win in 15:07.

Bally, of Groton, a freshman at Northeastern University, finished second in 15:15 and Crowe of New London placed third in 15:17.

"It was a nice fast course and the weather was super," said Houle. "The people on the course were just great and it helped me a lot as they were playing music and cheering us on."

Lisa Jackson, of Brighton, Mass., a 1982 Conn College graduate, won

ROAD RACING

the women's race in a time of 19:21. Stonington's Mary Lynne Brower took second in 19:54, while Kathy Isbister of North Stonington rounded out the top three women finishers in 20:14.

NFA hosts Jr. Olympics

Bulletin Staff Reports

NORWICH — The Norwich Police Athletic League and the Mohegan Striders will co-sponsor the Norwich Rose Arts Festival Junior Olympics track and field meet today.

The meet begins at 11 a.m., at the Norwich Free Academy track and NFA boys' track coach Gene McGrath and NFA girls' track coach Gary Makowicki will coordinate the meet.

There will be four age classifications and boys' and girls' events in each group. The eight-years-old and under group has three events; the 9-10 group has eight events; and 11-12 group has eight events; and the 13-14 group (non-high schoolers) has eight events.

Area participants in Boston Marathon

Official places and times of southeastern Connecticut runners in the Boston Marathon.

136	— 2:27:40	Tim Smith, Norwich.
271	— 2:32:52	Joe Portelance, Norwich.
283	— 2:33:21	Richard Fargo, Mystic.
302	— 2:33:53	Dave Raunig, Groton.
366	— 2:35:48	Bob Clark, Noank.
393	— 2:36:10	Jeff Kotecki, New London.
464	— 2:37:37	Robert LaMothe, Groton.
638	— 2:41:06	Jim Butler, New London.
685	— 2:41:44	John Brennan, Groton.
687	— 2:41:45	Bob Landry, Groton.
826	— 2:43:35	Dennis Crowe, Old Saybrook.
1023	— 2:46:03	Cas Grygorcewicz, Norwich.
1038	— 2:46:15	Peter Silva, Groton.
1145	— 2:47:39	Jeff Walter, Mystic.
1320	— 2:49:04	Robert Stack, New London.
1321	— 2:49:06	Jeff McClosky, Norwich.
1644	— 2:53:10	Michael Smith, Norwich.
1669	— 2:53:26	Donald Lewis, New London.
1713	— 2:53:53	Joe Light, Westerly.
2055	— 2:57:50	Bob Benson, Westerly.
2117	— 2:58:35	John Kelley, Mystic.
2138	— 2:58:50	Ted Phillips, Niantic.
2252	— 3:00:18	Kevin Gallerani, Quaker Hill.
2414	— 3:02:26	Henry Golet, Old Lyme.
2425	— 3:02:32	Patrick Naughton, Groton.
2690	— 3:05:48	Douglas MacVeigh, New London.
2888	— 3:08:21	Jack Curran, Norwich.
3080	— 3:10:35	James Wight, Waterford.
Others:		
3:17:48	—	Walt Smolenski, Colchester.
3:23:40	—	Jim Hill, Norwich.
3:24:44	—	Joe Patingre, New London.
3:30	—	Mary Hayden, Lebanon.
3:31	—	Kathy Isbister, North Stonington.
3:38	—	George Potter, Norwich.
3:40:20	—	Tom Reilly, Groton.
Paul Toth, New London, dropped out at 16 miles.		

Long-distance runner will speak at breakfast

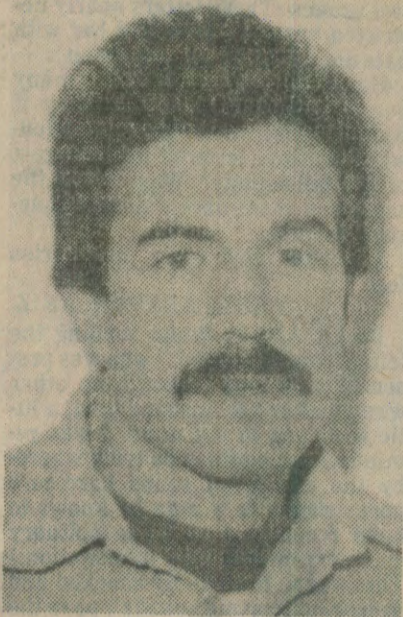
NEW LONDON — Long-distance runner Joseph Banas, will speak at the Whaling City Chapter Full Gospel Businessmen's Fellowship breakfast at 8:30 a.m. Saturday at the New London Holiday Inn.

He will be an Olympic Torchbearer this summer, a member of the relay team which will run with the Olympic torch across the country to Los Angeles, after it arrives from Europe in May. Team members will run in five mile shifts for a total of 12,000 miles.

A collegiate runner, Banas was declared legally handicapped in 1979 after developing a double neuroma on his foot. After two major operations and various kinds of therapy, he gave up the idea of running.

After commitment of faith in 1981, he started running again. He competed in the 1982 National Corporate Games in 1982 for the Bell System.

He is a lineman for the Southern New England Telephone Co. He is also team coordinator for the Mohegan Striders Athletic Club and has competed in various road races and marathons. His personal record is 31:59 for the ten kilometer run, his best race.



Joseph Banas

Reservations are requested and may be made with Studio 33 on Captain's Walk or the Good New Book Shop in Norwich.

Banas saves best for last in 5-miler

By John Kelley
Special to The Day

GROTON — It was Norwich all the way in Monday's fourth annual Submarine Base Memorial Day five miler.

Norwich native Joe Banas won in a powerhouse charge over the final, flat mile, in 26:15.6, beating fellow NFA alumnus and pre-race favorite Fran Houle by five seconds.

Thirty-eight-year-old Bill Marshall, also from the Rose City, finished third, 27.9 seconds behind Houle.

While the rainy weather ran true to the script of previous years, the race departed from the pattern of two-man duels and vindicated favorites.

In yesterday's edition, it was a five-man go at the mile, which the Norwich trio, accompanied by Dennis Crowe of Montville, and Julio Murillo of New London, passed in 4:52.

Banas contented himself with running short of full throttle until the heat was on.

"Right around two miles Billy (Marshall) and I broke away," he said.

"Then on the hill (approaching the 4-mile mark), Frannie (Houle) and I changed leads about six times. Just before four miles, Frannie opened up a 9-second lead.

"Comin' down I started gaining on him, and through the archway (out of Gate 2, with 300 yards remaining) I started comin' by him."

Houle, though taken by surprise, was not dejected by the outcome. "I'm very happy," he said. "I ran strong. Both Joe and I had a battle you wouldn't believe."

Banas expressed the feelings of the majority of the approximate 400 racers in the five miles when he praised the sponsoring Marine Squadron's course control. "I thought it was very orderly. You couldn't get lost if you wanted to," he said.

Carla Dossett of Uncasville, in 26th place overall, won the women's open division in 30:36.4, 500 yards ahead of runnerup Nancy Savage, in 58th spot overall, with a time of 32:14.8.

"I'm quite pleased," Dossett said. "I've been out with injuries and illness for months. This was my first race since last year's New York Marathon."



Joe Banas crosses finish line

Virginia Ereshena of Lebanon won the women's submasters race in 33:42, 95th overall, after experiencing some trouble running a 400-yard dirt road stretch at midcourse. "After that, though, I rallied when I passed a few Marines on the big hill," she said, adding, "That made me feel real good, you know what I mean?"

Of the landmark Hospital Hill, a few runners, like Banas, spoke slightly. "It's easier than Woodstock's (another Memorial Day five miler)," said Banas.

Others, like 11-place finisher Gerry Browning, put the Sub Base rise in the mountain category. Browning deflected congratulations by shaking his head and commenting, "I don't know if it's worth going up that hill."

Joe Banas wins half-marathon

From Bulletin Staff Reports

HALIFAX, Mass. — Norwich's Joe Banas, 27, won the Halifax Half-Marathon road race yesterday.

Banas ran the 13.1-mile race in 1:09:55 — the second-best time to Mike Burke's course record of 1:09:37.

"I just went out like a bat," said Banas. "That guy (second-place Brian Keeney) is normally out of my league."

Keeney, who finished in 1:11:34, is currently a member of the BAA (Boston Athletic Association) and is coached by Bill Squires.



PETER NYSTROM



Bulletin Photo by Fran Funk

Erin Giblin finished first for Lyman Memorial yesterday in the Class S race.

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For him, it was a doggone shame

Fran Houle would like everyone to know he is not a dog-hater. His family, in fact, owns two dogs.

But the next time Houle sees a dog while he is out running, he does not intend to trot over and give Fido a pat on the head. Houle, in fact, will undoubtedly take off in the opposite direction.

The 21-year-old Norwich resident, one of the area's top road racers, was the victim of a "tragedy" in last Sunday's Rose Arts Road Race.

Houle, running fourth at the 4½-mile mark of the 10.5-mile event, just about even with Ron Knapp, was on School Street when the accident occurred. Three men were standing over a pothole to protect the runners. The dog, a white English setter,

JAY SPIEGEL

was with them. The dog apparently decided he wouldn't mind going out for a jog himself.

Knapp swerved one way around the pothole, Houle the other. The dog swerved into Houle. Human knee collided with canine skull. Ouch!

"I rolled him over twice," said Houle. "I must have hit him pretty good."

Only now can Houle see any silver lining in the situation — "I guess I could have been hurt a lot worse" — and only now can he shrug it off as "just one of those things."

At the time, there was the matter of some wicked pain in

his left knee, which would force him to drop out of the race two miles later. The dog, from all reports, was okay.

The collision, which caused considerable swelling in the muscle surrounding Houle's knee, had him on the shelf most of last week. On Friday he jogged a mile and he estimates it will be another two or three weeks before he is competing again.

Luckily, Houle is even-tempered enough to keep a sense of humor about the whole incident. But he admits to asking himself on more than one occasion, "With 600 runners in the race, why me?"

Some dog with a migraine may be thinking the same thing.

Jay Spiegel is a *Bulletin* sports writer.



Bulletin photo by Randy Flaum

Women's winner Carla Dossett is aided at finish line.

Fargo first

By DAVE DAVIS

Bulletin Sports Writer

VOLUNTOWN — Only the die-hard road racing people gave Rich Fargo much of a chance to win yesterday's 10th annual Mt. Misery Road Race.

It wasn't that the others didn't have confidence in Fargo; the fact was few knew much about him and looked to three-time champion Tim Smith of Norwich as the front-runner.

But Fargo ran away with the race, clocking 34:56.1 over a 6.7-mile course filled with hills, bumps, paths and assorted other obstacles.

Smith was second in 35:20.6 and Rory Suomi finished third in 36:25.8.

Fargo, a 1976 graduate of Fitch High in Groton, hadn't run the Mt. Misery race since 1979. He lived in Pittsburgh from 1980-83 and moved to Newington this year from Troy, N.Y.

"I thought I had a chance to win," said Fargo. "I wanted to get out quick so I wouldn't get crowded in in the tight areas on the course."

"I like the trails and the course was great, except the rain from (Friday) night created some large puddles. But this is run over some beautiful country and it's fun for me."

Janice Palonen, the former Norwich Free Academy cross country standout who fell and roughed up her knees at one point, was the first woman finisher in 41:29.1. Waterford High's Kathy Olsen was the second woman (and the first in the junior division) in a time of 41:52.4.

The Mohegan Striders, led by Smith and Suomi, defended their team title.

There were 94 participants in the race, with 90 finishing.

The 'Deuce' does it again

By MATT PURTILL

Bulletin Sports Writer

NORWICH — Phil Garland was "just mentally burned out" last year.

So, with hamstring troubles bothering him for most of the spring, returning to his old form should be a tough act for the 26-year-old New London resident.

Apparently, that's not the case. Garland ran a personal-best 54:43 in yesterday's 18th annual Rose Arts Festival 10.5-mile Road Race, finishing 1:55 behind winner Dave Raunig.

"I'd say I'm nowhere near the quality shape that I had been in. I've had some nagging hamstrings that have bothered me," said Garland.

Garland finished second in 13 of the 20 races he entered in 1982, earning him the nickname "Deuce." Last year was different. Garland had a lot of problems away from running, and it hurt.

"It was my worst year in 13 years of running," said Garland. "I had all sorts of personal things."

This year, despite the injuries, Garland turned his performance around.

"I always enter every race over-trained," said Garland. "This year I cut my mileage. I listened to my roommate, Tim Kane. He's been helping me a lot with things as far as how hard to run, when to rest . . ."

"He'll give me advice. I always had a problem with overtraining. There was no question. I was punishing my body. I would just tear my body down. I was working out hard, and then, when I should have been resting it, I was still working it out."

"Maybe they'll be calling me 'Deuce' again."

1984

Norwich's Fran Houle had hoped to be among the top finishers in the field, but he ran into troubles with a dog.

"I was running fourth with Ron Knapp," said Houle. "Then there were three guys standing way out in the road, right near the middle, with a dog. I couldn't believe it. So Knapp went to the right and I ran to the left. My knee banged into the dog's head. I tried to keep going, but I had to drop out."

Houle suffered a bruise on his knee, forcing him to leave the race at the 6½-mile mark.

□□

Ridgefield's John Dugdale surprised some local runners when the "49¼-year-old" runner took the Master's division title. Dugdale was 10th overall, completing the course in 54:28, six seconds better than his previous 10-mile mark.

□□

The Mohegan Striders claimed the team titles in the men's and women's divisions. The men's squad included Garland, Joe Banas, Bob Stack, Tim Smith, Jan Slonski and Chris Hansen. The women's group was Carla Dossett, Karen Hawkes, Melinda Hedding, Rose Buckingham and Janice Palonen.

Fixx ignored warnings

Running boom guru felt shortness of breath. *D*



Math teacher has the right formula

By Maria Miro Johnson
Day Staff Writer

GROTON — With just a little more practice, promises the coach, winning ballgames and cross country meets will be as easy as — geometry?

Coaching is James Landherr's avocation. His vocation is teaching math at Ella T. Grasso Southeastern Regional Vocational Technical School. But academic and athletic skills, he says, are not inseparable.

His coaching career began too recently to be fairly judged, but no one denies his winning ways in mathematics class. Landherr is one of 20 math teachers to recently receive a Fellowship for Outstanding Mathematic Instructors in Connecticut.

The fellowship was awarded under the auspices of Wesleyan University, the Connecticut Academy of Science and Engineering and the state Department of Education.

As a fellow, Landherr will spend the summer developing teaching and administrative skills and will attend workshops and seminars on his subject throughout the 1984-85 school year.

At age 29, Landherr is the school's youngest math teacher. A slight accent reveals his New York City roots. He taught in Washington, Willington and in Saltcoats, Scotland before coming to Southeast Tech.

Landherr talked recently in the teachers' lounge about why he thinks he is among those to have been singled out for skill in teaching math. "I think teaching is an art. I think I'm just a little better at it than most people," he said, apologizing in case that sounded immodest.

He does not claim his teaching methods are original. "You steal ideas wherever you can get them," he said. Opportunities for such theft arise at meetings of the Association of Teachers of Mathematics in Connecticut (ATOMIC) or of the National Council of Teachers of Math, of which he is a member.

An important aspect of his teaching style, he explained, is always letting the students know what they can expect, never unnecessarily surprising them. "My classroom is real structured," he said.

"The students know what kinds of activities they're going to see each day. I have a reputation for giving more homework than any other math teacher. I'm sure my students can attest to that," Landherr said.

To him, homework is just an unappetizing word for practice. "Practice reinforces a lot of learning," he said. And that's where the connection with sports comes in.

"If you practice a particular activity enough, it becomes a natural thing to do," he said.

Could Fixx have misguided us all?

By PHIL MUSICK
Scripps-Howard News Service
I keep seeing Jim Fixx's angular, good-natured face in my fried potatoes.

It happened again yesterday morning. There was old Jim, late and mightily lamented.

Were you foolin' us all along, Jim? All that talk about expanded arterial networks and reduced oxygen debt and outliving Methuselah through aerobic exercise just so much stuff?

"Lots of saturated fats in there to clog your arteries," a girl with a sadistic sense of humor needled as I turned the potatoes and felt the icy fingers of mortality squeeze me.

She is a serious runner, a marathoner, but of an age far too callow to appreciate what Jim Fixx had meant to those of us sloggers in our, ah, middle years.

I tried to explain. "Well, Jim made everything ... OK," I said. "He allowed me to live comfortably with my flaws. Better to ignore them. Blissfully."

She said she thought that was what the Lord was for and that I sounded pretty infantile for a man of my advanced years.

"Wonder if it was fried potatoes that got old Jim?" I mused.

Or was it booze? Or cigarettes? Or nights too long and mornings too early? Or some combination thereof, the fear of which, ironically, Jim had long since rid me of?

See, until last weekend, I'd pretty much given my vices short shrift, the way you do a drippy faucet in an out-of-the-way basement sink. I would simply do as Jim had instructed — outrun them.

Jim Fixx was the runner's guru. He changed my whole lifestyle. Once, I lived the way that I do now, which is to say I ate and drank and smoked too much, and stayed up late, and watched my waistline expand as steadily as Geraldine Ferraro's virtues.

The difference is that I worried about it then.

I worried about a family predilection for heart disease. I worried about turning the color of a pomegranate with the slightest exercise. I worried about wrecking my body with a diligence that nuns bring to evening prayers.

Then, six or seven years ago, Fixx put my mind at ease with

his definitive work, "The Complete Book of Running." He put a whole generation into Adidas and workout clothes with cute little reptiles on them. He convinced an estimated 30 million of us that, as he had, we could pretty much dissipate all we wanted, then take our wretched habits out on the road or track and grind them to dust.

And he assured me that I could continue my slovenly habits, without my body necessarily giving the suggestion of having recently appeared in a demolition derby.

I began running with a vengeance. In time, I again became familiar with the sight of my own feet. I cut down on the Pall Malls far enough that American Tobacco Company executives felt less free to weekend in Palma de Majorca. Seagrams' annual stockholder dividend dropped markedly. My eyes quit conjuring complex road maps.

All because of Jim Fixx.

He became a folk hero to a lot of us middle-age crazies who run regularly. He told us that if we got out there and clicked off a few miles daily, the world would be a sweeter place. We'd feel better. Live longer. Drink and smoke less. Have a better sex life.

We read Fixx's book and trampled one another in the rush to cheat the gods of our fate.

Oh, we realized we might get hit by a school bus, or perish before some act of God, or contract a killing disease. But no cardiologist would ever pay his greens fees from our Blue Cross plans.

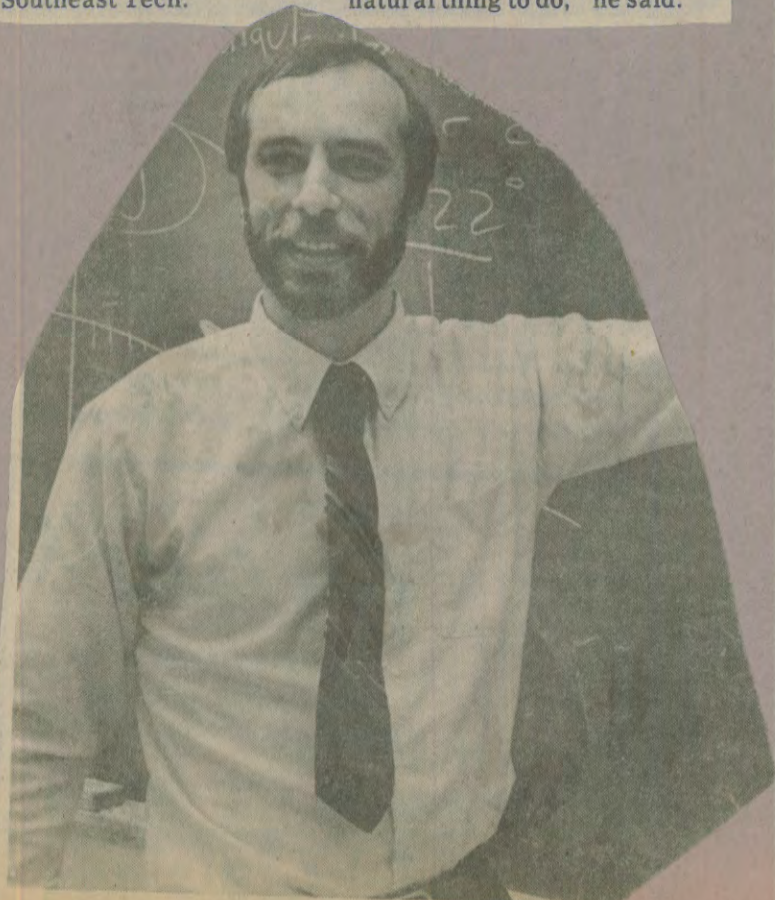
Then, fate played a nasty trick on us.

Jim Fixx, who had run dozens of marathons, who had done 10 miles daily since 1975, who eloquently preached the gospel according to Adidas, had the ill grace to suffer a fatal heart attack and leave this vale of tears. In his running shoes.

A lot of us have since heard the angel of death approaching in the distance.

Suppose old Jim, whose book had clung to the New York Times best-seller list for an incredible 22 months, had given us erroneous advice. Suppose that no matter how far you ran, your vices would overhaul you before the grandchildren arrived.

Suppose it was the fried potatoes?



James Landherr at work in Groton classroom

Orthodontist finds primitive methods are necessary in impoverished Haiti

By William Hanrahan
Day Staff Writer

GROTON — When Jeremiah J. Lowney travels to the world's third poorest country, he leaves behind his practice of wires, braces and retainers and gets into a more primitive form of dental work.

"I just extract teeth," Lowney said. "It's strange for an orthodontist, but there's not much need for braces there ... We're taking care of people who otherwise would have no care at all."

Lowney, addressing the weekly meeting of the Groton-Ledyard Rotary Club Tuesday, was referring to the famished, disease-ridden people of Haiti, a South American nation he visits twice each year. On his own time and with his own money, Lowney goes there to administer basic oral care to hundreds of people. He's been doing it for three years.

With an accompanying slide show, Lowney exposed some of the horrors of life in a land where children and adults flock to his makeshift office, their teeth rotting from poor hygiene and a diet of sugar cane.

"They actually fight to get into the chair," he said. "We take 200 to 300 teeth out a day ... You never get to the end of the line. You're tired and they're still there and you just have to wait till the next day."

Lowney's trips, which he makes every February and August, have taught him a lot about the country whose government, he says, has little regard for its citizens.

His slides showed young children licking grease from the bottom of bowls, little rivers of sewage running down streets, sacks of beans rotting on delivery and children with swollen bellies dying from malnutrition.

He said hospitals in Haiti amount to glorified warehouses with rows of cots. "They're not necessarily to make people well," Lowney said, "but to allow them to die with dignity."

Food in the country is limited to little more than rice and beans, or anything else the people can find. Lowney showed one slide of a frail dog, just to illustrate a point. "There are no cats



Dr. Jeremiah Lowney of Norwich examines teeth of Haitian woman

in Haiti," he said. "They eat them."

Lowney, a Rotarian, told the group about a program he helped initiate for a children's feeding center, paid for by the Rotary Clubs in the Norwich district.

The clubs have raised about \$13,000, he said. The center will be part of a hospital in the village of Jeremie, operated by the missionaries of charity for Mother Theresa.

Also a member of the Norwich Diocese, Lowney said many citi-

zens interested in helping Haitians have traveled there through trips arranged by Bishop Daniel P. Reilly.

Lowney likes to travel pretty much by himself. "Otherwise, I could easily become a tour guide," he said.

Why does he bother to go?

"The kids are just kids like anywhere else," he said. "I go down to help in whatever way I can. I go because they're so poor ... whatever little you do is very meaningful."

Crowley leaves Coach, built powerhouse

Bulletin Staff Reports

MONTVILLE — Kevin Crowley, who announced his resignation as cross country coach at Montville High School yesterday to take a position at Norwich Free Academy, says the move is a professional one not related to athletics.

"NFA is an advantageous place to be right now in terms of job security and employment," said Crowley, 33, a guidance counselor at Montville who will assume a similar job at NFA.

"With declining enrollment at Montville, career position is a real problem," he added. "Athletics has nothing to do with decision."

Crowley is leaving a school where he has made a state-wide mark as a coach. In his eight years at the helm of the girls' cross country team, his teams won three CIAC State Open championships and six Class M titles.

"I still enjoy coaching," he said. "This is not a move to get out of coaching. It's a move to protect myself."

Crowley began coaching at Montville in 1976 with the girls' cross country team, which he led to seven Eastern Connecticut Conference championships. He also served as head coach of boys' cross country and girls' track and assisted with the boys' track program.

The last time a Montville girls' cross country team lost a dual meet was in 1979. Since then, Crowley's teams have won 70 straight meets and 15 consecutive invitations.

Running clubs

They transform lonely sport into social event

By Dick LaChapelle
Day Sports Writer

You've seen them. You know, the people trundling around the city streets for miles on end, sweating and grimacing when they could be relaxing on the sofa with a can of brew and a good ball game. They seem to be everywhere — men and women struggling against the pavement, the sun, the rain, the snarling dogs and the occasional wise guy behind the wheel.

Who are these people who seem so terribly *alone* out there?

Many aren't really alone. The interest in running and jogging which picked up in earnest over the past decade or so spawned a number of clubs through which members could run, talk and get together on common ground.

"One of the reasons for organizing a club is to be aware of who the other runners and joggers are out there," says Tim Smith

of Norwich, treasurer of the 380-member Mohegan Striders, southeastern Connecticut's largest group of running buffs, jogging nuts, bona fide marathoners and tag-alongs.

"Our members are primarily people who are interested in athletic socializing," explains Eric Isbister of North Stonington, president of the smaller Thames River Road Runners begat six years ago by Amby Burfoot and Joe Smith. "There are people from all different backgrounds; not just the people you work with or went to school with or whatever."

"People in running shorts and shoes tend to be quite friendly. It's a good, well-rounded group."

Smith also had a hand in forming the Essex-based River Valley Runners in 1978. Dr. Ed Tucker, who has qualified for the Iron Man Triathlon to be held this October in Hawaii, is a

founder and current president of the 50-member club.

"There really aren't that many runners in this area to make up a strong club," Tucker says. "But our club is more of a social thing, anyway."

Ditto with the Mystic River Moon Runners, according to Lou Venturi. "Very informal," he says. "No dues, no officers. We're not as serious as something like the Mohegan Striders; we're more of a social running club."

The Mystic group's 50-odd members — most of whom also belong to the TRRR — are into training runs and marathon training groups, as well as a monthly "moon run" down River Road in Mystic on the Friday night closest to the full moon. A moon run qualifies anyone for membership.

Not all the guys and gals legging it down Montauk Avenue in

New London or up Broadway in Norwich have found the camaraderie of a running club, be it the more competitive Striders or Westerly Track Club or the somewhat looser TRRR or River Valley Runners. Indeed, says Smith, there are those who prefer to accommodate the stigma of "loneliness" attached to the sport. But for hundreds of men and women of all ages in the region, committed runners and dabblers alike, a club is what makes the whole thing go.

"Years ago," says the 36-year-old Smith, "there was always talk of forming some sort of a club, something with a cohesive banner to run under. At the time most of us ran under clubs that were based out of the area, and a lot of the members were a toll call away."

"Nothing materialized until April of 1972, when about 13 of us met in Joe Smith's house and decided the time was right."

Then, as now, the atmosphere of the Mohegan Striders was largely informal. Officers were elected ("We sat around pointing at each other, saying 'You be this and you be that,'" Smith recalls) and a club name was chosen — Mohegan because it was sort of neutral and didn't hem the group in geographically.

"Our purpose is to go to races and have people race, then maybe go out to a restaurant after," Isbister says. "Races can be sterile if you're standing around by yourself. A club gives you a body to be part of, a camaraderie."

Adds Smith of the Mohegan club: "We're very informal, very unstructured. We have uniforms for those who want to wear them, but there are no demands to put them on."

"Many people will approach me and ask how many miles they have to run to become a member," Smith adds. "Well, half our roster may be beer drinkers and we've got some guys who are out there just to take the four bucks out of your wallet if they can get it."

"But most people join simply because they're interested in jogging or running. That's the bottom line. It doesn't matter if they don't set any records so long as they're enjoying themselves."

"We never took attendance and I can't even recall who all the charter members are," Smith says. "But the interest in running was picking up, and we wrote a charter immediately. It was to further and promote that interest in running and jogging, with emphasis on distance running and running as a means of health and exercise."

The Striders are now 386 strong, though Smith estimates 25 to 30 percent are "serious" runners who cling religiously to running-related regimens. The rest are a mixture of less-skilled or dedicated runners, recreational runners, sometimes runners and non-runners. There are no prerequisites for membership other than a \$4 fee which feeds the club kitty and buys a newsletter.

"We can't reel off a littany of accomplishments," concedes Smith, who has run eight Boston and all four East Lyme marathons and a flock of other races and who still runs three marathons a year. "But one thing you can't take away is the fact that we exist. We've been here since the club was formed, and I've seen a number of other clubs come and go."

As an original member of the group, Smith has good news and bad when it comes to the explosion in membership, from 13 in 1972 to nearly 400 today.

"I sometimes tell people that if we could go back to about 35 members I'd be tickled pink," he says. "Don't get me wrong; I'm happy for the growth, but not for the panacea of being the biggest or the best. It was nice when we were a springboard, when we decided to fly with the idea of a club because, well, we felt like a family."

"Today there are some who take it personally, as though the Mohegan Striders represent a challenge to other clubs in the area. But I think it's healthy to have more than one group. It provides more of an outlet for others who want to represent a club."

The Thames River Road Runners, with about 150 members, is running smoothly in its own right, according to Isbister. "I see absolutely no competition between the two groups," he says. "But that's not really an issue. If we were to benefit somehow from a bigger membership, that would be one thing. But I have no intention of going out and beating the bushes for new members."

As far as local competition goes, Isbister says, "We've placed some teams in the bigger races, mainly because we wear the same shirt. We don't go out there to growl at other clubs."

Like the Striders, the TRRR doesn't require a certified four-minute mile or a jog to Cos Cob and back as requirements for membership — only a \$3 membership fee. "We have our share of the so-called 'serious' runners who train with 30 to 40 miles a week," says Isbister. "But whether it's for health, socializing or just to pound the pavement, it's all the same to us."

"The majority of our members put in a good effort, but if we were to count Boston Marathons or Olympic Trials we'd be a little ahead."

Open lead

Alcott share

D8 The Day, New London, Conn., Thursday, Oct. 17, 1985



Daniel Hyland

Celebrate reunion — Members of the Chapman Technical High School Alumni Association gather at the group's sixth annual dinner-dance at Ocean Beach Park. From left, are William Haase, first vice president; John DeGange, secretary; Edmund Bonafede, president; Arthur LeBlanc, second vice president and Wesley Stoffel, treasurer.



MEETING TOGETHER for the first time recently at the Tantaquidgeon Indian Museum in Mohegan were honorary members of the Mohegan Striders: John Degange, front left; Al Morrison, front right; Chief Harold Tantaquidgeon, rear left; and John Martin

John DeGange

MOHEGAN STRIDERS
HONORARY MEMBERS

John DeGange, honored January 19, 1973. Sports writer

JOHN DEGANGE FORMER SPORTS WRITER FOR A LOCAL NEWSPAPER WAS RECOGNIZED AS AN HONORARY LIFE MEMBER OF THE CLUB. JOHN'S INTERESTED PRESENCE AT MANY OF THE LOCAL RACES HAS EARNED HIM THIS HONOR. *Sports writer 1/19/73*

Harold Tantaquidgeon

Harold Tantaquidgeon, honored January 14, 1974. Mohegan Indian

Mohegan Indian 1/14/74
HONORARY MEMBER A clear, bright Sunday morning in Uncasville was the setting for the induction of only the second honorary member to the club. Chief Harold Tantaquidgeon, direct descendent of Uncas, Chief of the powerful Mohegan Nation, joined retired sportswriter John DeGange in this unique honor. A group of about thirty friends and club members witnessed the ceremony conducted by Walt Thoma, John Martin, and Bob Carbray. The Chief offered a brief, interesting look into the history of the Mohegan Indian. He wryly commented that striding or "streaking" began with the indians, and then he cited Chief Running Bear (Bare?) as the prime example. While claiming not to be a top runner the fact remains that never once was Harold apprehended in the apple orchards in his younger days. We are pleased Harold that you have become a part of us.

Al Morrison

Al Morrison, honored January 16, 1976. Lover of the sport

Lover of the sport 1/16/76
HONORARY MEMBER - AL MORRISON Only the third life member in the Club's four year history, Al joins former sports writer John DeGange, and Harold Tantaquidgeon, noted Mohegan - Pequot Indian. Unlike the prior two life members, whose professional background had much to do with their induction, Al's background was simply one of love for the sport and the Club, along with his enthusiastic desire to aid the cause whenever possible. Al has served as chute master, timer, placer, statistician, trainer, and coach. Hence, the Club also unanimously voted him as honorary coach of the Mohegan Strider Association. Don Pirie explained it best when he compared Al's influence on him to that of Johnny Kelley's. The same sentiment was expressed by Bob Dempsy. Those who really know Al can appreciate the comment offered by Wil Zinser, the proverbial "Last of the Mohegans". "Al even waits for me at the finish." Enough said? Congratulations, Al!

John Martin

John Martin, honored November 18, 1983. Pioneer, volunteer, philanthropist

11/18/83
JOHN MARTIN was voted in as the 4th honorary member of our club. He joins John DeGange, Chief Tantaquidgeon and Al Morrison. John has retired (not from running) and lives part of the year in Florida. He has sold his lovely home in Uncasville but he will still be in the area. He began running in the 30's and can boast of completing a full marathon at age 64. He ran with the likes of Tarzan Brown, others.

John Martin, one of Mohegan's founding fathers, donated \$100.00 towards a trust fund to aid Olympic hopefuls running under the Mohegan Striders. The Club membership entitled the trust "The John P. Martin Fund." \$25.00 was appropriated specifically to Amby Burfoot should he desire to attend the Olympic trials. Other specifics for the fund's use are yet to be established.

Down Main St.

Ancient culture endures, its center at Mohegan Hill

By SHERI VENEMA
Bulletin Staff Writer

MOHEGAN — Mohegan Hill, once the heights from which Chief Uncas surveyed his fractious kingdom, remains the center of life for the 50 or so of his descendants who remain in Montville.

Once a proud empire that covered most of Connecticut and parts of Rhode Island and Massachusetts, the Mohegan lands were down to 2,700 acres by 1790, and now comprise only about 50 acres around Church Lane, the heart of Mohegan village.

Thanks to Uncas and his descendants, who tended to give land generously to white settlers, and to the settlers themselves, who encroached upon other lands, the tribe has been involved in lawsuit after lawsuit to regain control of their lands. Even now, the tribe is bitterly



John E. Hamilton has pressed his tribe's suit for its lands for 60 years.

split over a lawsuit initiated in 1977 asking the state to return lands taken illegally.

But a village is not always

defined by geographic boundaries, and what is loosely called Mohegan is the spiritual home for at least 300 Mohegans scattered around the country.

Each year, the Mohegans return to Fort Shantok, count their new members, and remember the old ways. Many of them are blonde, blue-eyed, and, as a result of intermarriages that began in the 17th century, may have less Indian blood than non-Indian.

But land or blood isn't what makes a Mohegan Indian, says Gladys Tantaquidgeon, 85, a 10th generation descendent of Chief Uncas who has become the custodian of the Mohegan culture. She and her 80-year-old brother, Harold, operate the Tantaquidgeon Indian Museum at Mohegan Hill.

"I have felt through the years that regardless of the degree of

Please see last page of section VIII



**LINDA THIBEAULT
PETER A. NYSTROM**

Mrs. Theresa Thibeault of Southington announces the engagement of her daughter, Linda, to Peter A. Nystrom, son of Mr. and Mrs. Albert F. Nystrom of Norwich.

Miss Thibeault received a bachelor of science degree in early childhood education from Eastern Connecticut State University and is residence hall director of a dormitory housing staff.

Mr. Nystrom received a bachelor of science degree in education at Eastern Connecticut State University and is a graduate student of the University of Connecticut. He is a former alderman of the City of Norwich. He is state representative, R-Norwich, a member of Norwich Republic Town Committee, the Mohegan Striders Running Club, vice chairman of the New England Higher Board of Education.

An Aug. 3, 1985 wedding is planned.

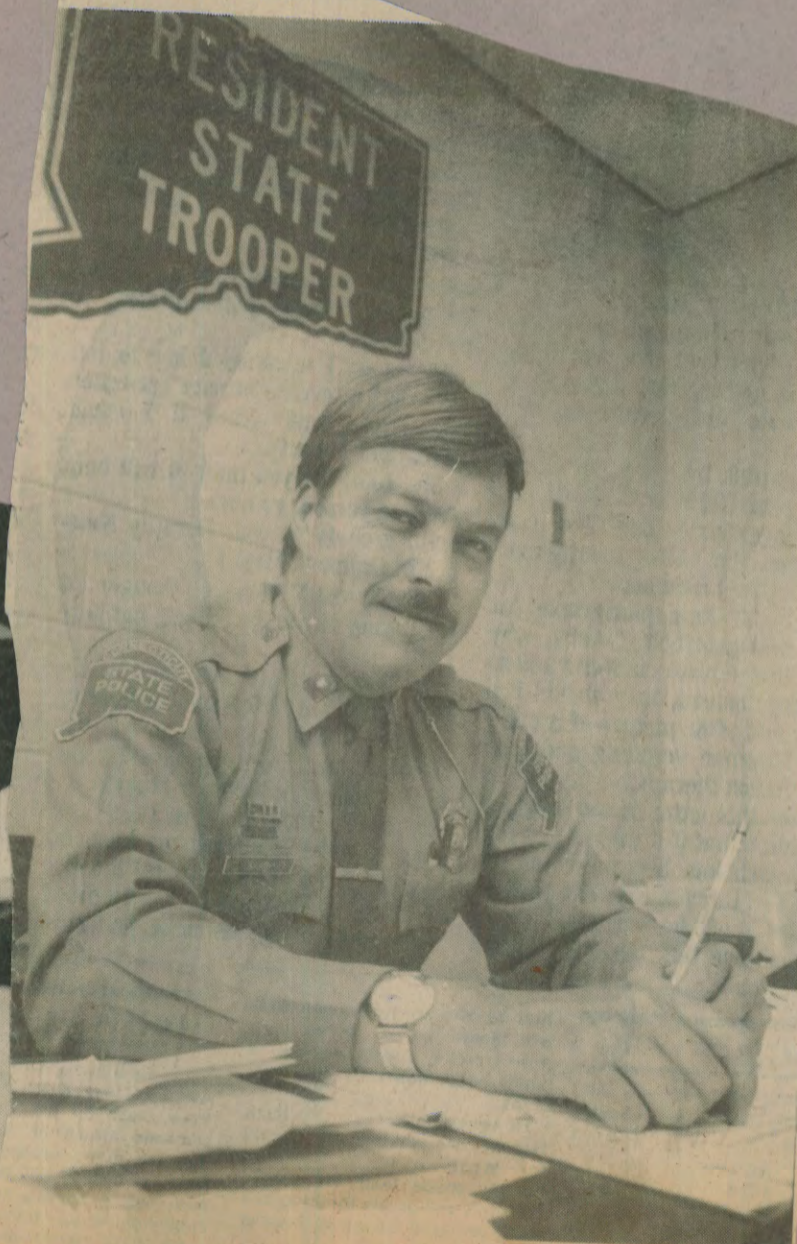
esday, May 8, 1985



GETTING A LIFT — Melinda Hedding lifting in a contest during the Montville

Harvest Festival at Camp Oakdale yesterday. The annual fest continues today.

Bulletin photo by Gary W



John Saari, resident trooper in Montville.

Bulletin photo by Carol Phel-

(Continued from Page 1)

Indian blood, if we have have an understanding and respect for the tradition that has come down to us, that's all we can hope for," she said. "That's what we're trying to do in this little museum."

Standing like a rock in the life of the Mohegans has been the Mohegan Congregational Church, built in 1831 on Indian land. Indians and non-Indians alike have attended the church, but its Indian members say it has a special meaning for them, symbolized by the placement of an eagle feather and the traditional cross near the altar.

Some traditions that once held a vital place in the lives of the Mohegan people, however, have dwindled. "Intermarriage started very early," Tantaquidgeon said. "Very little of the traditional ceremonies of the people survived."

The last person who spoke the Mohegan-Pequot language, Fidelia A.H. Fielding, died in 1908. A marker in her memory was installed in the 1930s at the Mohegan Burial Ground at Fort Shantok, a site that holds the remains of generations of Mohegans.

But Fielding has not been forgotten. A diary that she kept in the Mohegan-Pequot language has been preserved by the Smithsonian Institution. Her knowledge of herbal medicine was passed to Tantaquidgeon, who in turn is passing it on to her grandniece, 24-year-old Melissa Fawcett.

The annual Green Corn Festival, held in August each year until 1938, drew Mohegans from all over to reenact the traditional harvest festival.

"We miss having it," said 79-year-old Courtland E. Fowler, head of the nine-member tribal council. "But the old folks that did all the work have died off."

The festival required the building of a brush arbor from oak and birch trees, and the making of traditional Mohegan foods such as accotash and yokeag. Yokeag, a dark yellow powder, was made from year-old kernels of yellow corn pounded to a fine meal with a mortar and pestle.

Now, the festival is only a memorial and the new generation of Mohegans remember through photographs and oral tradition. But the generation, like Fawcett, is clinging on the old traditions in its own way.

When she married a non-Indian summer, Fawcett's family conceded a small replica of the arbor behind the museum. Fowler, who now lives in Lebanon, is working for a doctorate in Indology at the University of Connecticut.

She has written a history of her

great-aunt, detailing Gladys Tantaquidgeon's use of the white man's culture to preserve her own.

Gladys, born in 1899, was trained in tribal ways by her grandmother and aunts, including Fidelia Fielding. But she also worked closely with anthropologist Frank Speck, studied at the University of Pennsylvania, and published several volumes on Algonquin customs and medicine.

In the 1930s, Gladys was hired to conduct a survey of New England Indians, later worked among the Sioux Indians in South Dakota, and returned to Mohegan in 1947 to carry on the work of the museum, built by her father and brother in 1931.

"Gladys Tantaquidgeon has formed a bridge between modern and traditional Mohegan culture by creatively utilizing Indian and non-Indian methods," Fawcett writes.

Tantaquidgeon and her cousin, Courtland Fowler, say they do not support the string of lawsuits seeking to regain the land.

"It's the same old stuff over and over," Fowler said. "We want it to end."

But John E. Hamilton of Groton, grand sachem of the Mohegans, has worked on the case for 60 years and continues to press the tribe's claims to about 2,400 acres in Montville.

"We don't want the land," said Hamilton, who is in his 80s. "We want the value of the land." In separate cases, the tribe is seeking payment for large portions of the shoreline and for about 16 acres in Norwich.

One portion of land the tribe does want back, Hamilton said, is Fort Shantok State Park, site of Uncas' fort and one of three Mohegan burial grounds.

The land-claims go back centuries, and the one currently in federal district court is a continuation of those cases that Hamilton says were never decided.

"During Colonial times," said Hamilton, "the Colonists and the Mohegan tribe were in Colonial court for 72 years, and it was never finally adjudicated. When I came into the picture in 1924, we carried on where it was left off."

Hamilton's claims are based on the Non-Intercourse Act of 1790, which prohibits transfer or sale of land from any Indian nation, tribe or individual without the approval of Congress.

"Congress has never approved of any land taken from the Indians in this state," Hamilton said. "I filed against Connecticut, not the people that lived on the land, because they bought the land in good faith."

Hamilton originally claimed all the land in Connecticut owned by the

Mohegans during the time of Uncas. The suit seeks at least \$250 million for the land, plus damages. The case has since been separated to deal with one area at a time, and Hamilton is determined to press all the claims.

The state's efforts to have the case thrown out of court have failed several times, with the U.S. Supreme Court upholding a Connecticut judge's decision to deny the state's request.

The tribe also is seeking federal recognition as a tribe, a move which the Fowler contingent does support. But Fowler is vehement in his claim that Hamilton does not represent the Mohegan Indians.

"He's no grand sachem," says Fowler. "The last grand sachem, Ben Uncas III, died in 1769." Since then, Fowler says, the title of chief, which now resides with Harold Tantaquidgeon, has been only honorary.

Such sentiments, however, do not deter Hamilton, who was named grand sachem in 1924, and was recognized by the U.S. Supreme Court as having the primary authority to manage the tribe's affairs.

Nor should the tribal divisions surprise outsiders, Hamilton said. "It's not only a tribe," he said. "It's a family." As in any family, there are bound to be frictions, he said.

Whatever the outcome of the lawsuits, the Indian lands continue to shrink.

In 1860, the tribe petitioned the federal government to end the reservation system and grant each family title to its land.

Fowler's great-grandmother, Sally Teecomwas Fowler, received 60 acres, including the land on which the museum and the Mohegan Congregational Church now sit.

Sometime in the 1950s, a large portion of the land, between the Thames River and Route 32, was sold. In the Lathrop Development, as the area now is known, remnants of the Indian influence still can be seen in the street names: Teecomwas, Sachem, Uncas, Hoscott, Occum, Grandchamp and Fowler.

Fowler remembers when the area was a woodland full of huckleberry and Route 32 was a dirt road. He also remembers visiting Fort Hill, across Route 32 from the museum, and seeing the remains of an old inland fort also used by Uncas.

His four children and three grandchildren have remained in the area, and Fowler says he's never wanted to be anywhere but at Mohegan Hill.

"There's no other place," he says. "We're very proud of it. All the history's here."

Attitude paying off for Holy Cross harrier

By TONY DOBROWOLSKI
Sports Editor

WORCESTER, MASS.-Throwing one's back out is not usually associated with success, but for College of the Holy Cross sophomore cross country runner Chris Hansen, it has become the perfect tonic.

Hansen, a Norwich resident and St. Bernard High School graduate, aggravated an old high school injury when he hurt a disc in his back in July, and had to take a month off from training.

He came back stronger in August to make up for the layoff, and the hard work paid off. Hansen has been Holy Cross' top finisher in all eight meets the Crusaders have run in this season, has finished first overall twice, and was named Holy Cross' "Athlete of the Week" for these performances two weeks ago.

Hansen has contributed in other ways too. Holy Cross coach Jim Kavanagh feels Hansen's enthusiasm and gung ho attitude combined with a similar perspective exhibited by his teammate and roommate Dave McCarthy of South Chelmsford, Mass., have made cross country a fun sport at Holy Cross again.

This year's accomplishments have slightly baffled Hansen, a 5-5 physics major, who has been running since his sophomore year at St. Bernard.

"I'm trying to figure out the last three weeks," Hansen said. "I was hurt over the summer and took 25 days off in July which I've never done before. The only way to make it back for cross country was to work hard in August. I worked hard in August, doing what I normally would've done. I was hoping to come back in great shape and I did and it worked out.

"Plus, I worked out with my best friend John Donovan, who is number one at St. Anselm's (N.H.). He wanted to be the top runner this year and he said, 'make me work hard.' We pushed each other to the limit on every run."

Hansen has always worked hard both in and out of season, ever since he decided to forgo soccer after his freshman year at St. Bernard and try out for cross country. And

hard work is the reason for his success.

"His real improvement came after his sophomore year," said St. Bernard boy's cross country coach Doug Sharples. "He was a good sophomore but then he really came on. That's what comes from working out at easy mileage. He's a very dedicated individual."

Hansen was the fifth runner for St. Bernard his junior year (1981), when the Saints finished 16-0, won the Connecticut Interscholastic Athletic Conference Class L and Open championships, and were ranked in the top 50 in the United States. He finished in the top 15 in the CIAC Class L meet his sophomore and junior years, and in the top 36 in the State Open his junior year.

Hansen co-captained the Saints as a senior with Walt Nagle, who is on the cross country team at Harvard. Hansen, Nagle and Adrien Pelchat, who now runs at Barrington (R.I.) College, took turns sharing the number one spot as the Saints finished 19-0, third in Class L and seventh in the Open. Hansen finished 12th in the State Open after he injured his back the first time when he stepped in a pothole while working out at Norwich Golf Course just prior to the meet.

Hansen, an honor student at St. Bernard who was also involved in the peer ministry at the Uncasville school, and Nagle shared St. Bernard's Athlete of the Year award as seniors. Hansen's best time of 14:50 is the sixth fastest time at St. Bernard in Sharples' 17-years as coach there.

"He was a very steady runner," Sharples said. "He goes out hard and makes you come after him."

Hansen has nothing but praise for Sharples who returns the compliment.

"He's highly motivated and highly disciplined, a real good kid," Sharples said. "The kind of kid you want your son to grow up to be like."

"I think his attitude was the most important thing," Sharples said. "He had a super attitude, an attitude that would make him the best at anything. He wasn't involved in anything that would take away from his academic, religious or athletic pursuits. He didn't get waylaid by the same things other high school kids do. That started at home and is part of the philosophy fostered at a catholic school."

This hard working attitude comes from Arthur Hansen, Chris' father, who owns Cooper's Pharmacy in Norwich. Arthur said he told his son when he was young: "Just keep plugging no matter what. I've always tried to instill that in the kid. He never missed a day of school in four years."

"He's a class kid even though he's my own kid," Arthur said modestly. "He'd run from sunrise to sunset. I remember when he was a kid he'd be running in midwinter and come back with icicles hanging off his eyelashes."

"I would probably say I did a lot of work by myself over the summer," Hansen said. "I had a commitment to work hard."

Hansen worked hard as a freshman last year at Holy Cross, which he decided to attend over Brandeis, University of Massachusetts, Rutgers and Columbia. Running in a strong, steady style reminiscent of U.S. Olympic women's marathon gold medalist Joan Benoit and 1982 Boston Marathon winner Toshiko Seiko, Hansen was first or second Holy Cross finisher in most of the Crusaders' meets last season. This was quite an accomplishment because cross country distance in college is almost twice that of high school, and it takes awhile to adjust.

"I think he was running very strongly last year," Kavanagh said. "But, he was not running with as much confidence as this year because he went through the pains of learning the 2.5 to five mile distance. This year, he was coming in with a full year under his belt and he believes in himself. I think that is the major difference between this year and last year."

Hansen finished seventh overall with a time of 25:07 in the Crusaders' opening meet this year, a 15-49 victory at Keene St. (N.H.) College, which has a five mile course. He then finished 28th overall in 30:58 on the 5.8 mile course at the Dartmouth College Invitational, where Holy Cross finished seventh out of eight teams.

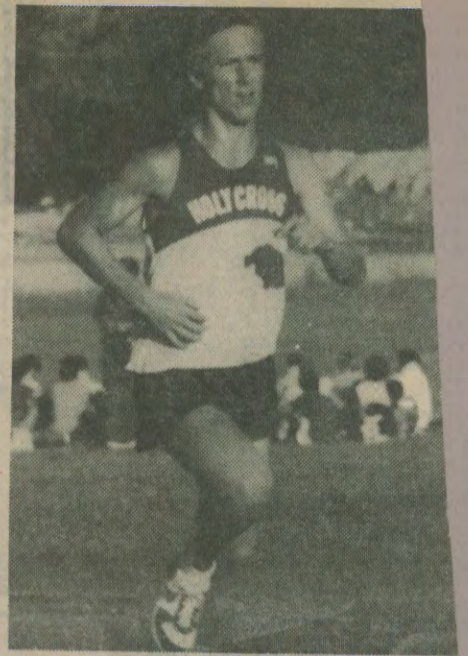
Hansen finished seventh in 26:19 in the Crusaders third meet at Brown with Boston College, Brandeis and Yale. Holy Cross finished third with 80 points. Holy Cross next competed in the National Catholic Championships at Notre Dame University in South Bend, Ind., where Hansen finished 42nd overall in 25:33, and the team finished 15th out of 23.

Hansen then finished first overall in the 5.5 mile Worcester City Championships in a time of 29:25; and first in a dual meet with WPI which was over a 5.4 mile course. Holy Cross finished second in the City Championships and beat WPI 21-35.

Hansen also finished fifth overall in 25:36 in a four way meet at Southeastern Massachusetts University with MIT and Springfield (Holy Cross finished third); and 15th overall in 26:32 at the Metro-Atlantic Conference championships at Van Cortland Park in New York City last week (the Crusaders finished fifth out of seven teams).

Hansen is running about a minute faster than he did last year although he is not sure why.

"It might have been because of the rest I had in July," Hansen said. "I came back in August more intensely than I used to, and my job helped. I worked for the Parks Service in Norwich cutting cemeteries. It helped my upper body so I don't slow down. I can keep my pace at the end of a my arm strength is still



CHRIS HANSEN HAS been the first Holy Cross finisher in all the Crusaders' meets this season.

there."

Kavanagh feels there are other reasons too. "First of all he's worked very hard," Kavanagh said. "He has to be number one. In addition to that he has an incredible drive in his whole personality, and think that carries over to the classroom. He's a guy who sets goals and hates to lose. He's always looking to improve. For example, after the Van Cortland Meet, I was thinking about next year, who'll be back, what they'll run, he's always looking ahead."

"Plus you can't downplay the effort he's had on the entire team. Even though he's a sophomore he's a team leader by example. His roommate Dave McCarthy mimics him. They've both done well, and that's had a tremendous impact on cross country at Holy Cross."

Still on tap for Hansen this season are the New England championships at Franklin Park in Boston on Nov. 3, and the IC4A championships at Lehigh University in Bethlehem, Pa., on Nov. 10. Then it's off to track where Hansen runs the 3,000, 5,000, and 10,000-meters for the Crusaders' indoor and outdoor track teams.

Hansen is not as productive in track as he is in cross country because he is not a fast runner, but he intends to work on that problem with Sharples.

"My 10K time is higher on the road than on a track which is kind of weird," Hansen said.

But there is nothing weird about Hansen's penchant for hard work, and he keeps that up, he should continue to impress.

Tantaquidgeon Museum traces Indian traditions

By CAROLYN PETER
Bulletin Staff Writer

MONTVILLE — Gladys Tantaquidgeon is getting ready to continue a tradition.

Tantaquidgeon, along with her brother Harold, and other family members, is beginning the 54th season of the Tantaquidgeon Indian Museum on Mohegan Hill in Uncasville.

The Tantaquidgeons are 10th generation descendants of Uncas the Mohegan and Tantaquidgeon, his assistant and captain. The Rev. Samson Occum is another ancestor.

The museum is filled with baskets, made by their father, John Tantaquidgeon, the last Mohegan basketmaker, and other Indian artifacts.

The museum gives them a place to house the artifacts, made by relatives and friends, that have remained cherished keepsakes since the 1700s.

The baskets include the traditional Indi-

an symbols for the elements of earth, sun and life and are used over and over again in a pattern on the black ash wood. "You mustn't use any other wood but maple or ash for food baskets," Tantaquidgeon said.

The Mohegans — the name means "Wolf people" — were basket-makers, at least in this part of eastern Connecticut. "According to the legend, we are related to the people Cooper wrote about in "Last of the Mohicans," Tantaquidgeon said.

"Tantaquidgeon means 'going along fast,' probably a fast runner," Tantaquidgeon said.

In the coming weeks, the Tantaquidgeon family will be going along fast to get ready for opening day, which is May 1.

The museum has gained popularity over the years, attracting more than 4,000 people each year, Tantaquidgeon said. It is privately owned and operated, a family thing.

Please see Page 9E/INDIAN



Bulletin photo by Carol Phelps

Gladys Tantaquidgeon explains the design of baskets weaved by the Mohegan Indians.

Jumpin' Jack Fields runs through the day

By DICK WHITE
Staff Writer

NORWICH — Jack Fields is a man in motion.

Typically, his day begins at 4:50 a.m. When it ends is anybody's guess. But all that activity gets results.

Fields, a math teacher at Teacher's Memorial Jr. High, was recently named Volunteer-of-the-Year by the Regional YMCA. For the past seven years, Fields has given whole chunks of his busy day to teaching cardiovascular fitness classes, coordinating road races and conducting fitness tests for the "Y."

The Bozrah native said, "I'm a runner myself, so it really is a tune-up for me to do those morning cardiovascular classes. They go from six to seven, then I run from seven to eight, and I'm ready to start my day."

Fields, who taught for two years at Kelly Jr. High before coming to Teachers Memorial when it opened in 1975, is rarely home for supper. He coaches basketball after school, teaches an occasional night course, and — in his free time — serves on the Democratic Town Committee in Taftville, where he now makes his home with his wife and "baby-to-be."

"And when I do get home, I usually catch a basketball game on tv," Fields confessed, smiling. "My wife is a Very tolerant person."

Interest in athletics is genetic with Fields. His father was a fine athlete in his day, and is still active in Little League administration in Bozrah.



Jack Fields

Grandfather Tim Fields, deceased, pitched for the old Boston Nationals and had the distinction of serving up two hits — and two strikeouts — to a pretty fair sticker named George Herman Ruth.

"My grandfather wanted me to be a baseball player," Fields said, popping a protein supplement. "If I'd had his hands, maybe I would have been."

According to Jackie Pfeifer, program director at the "Y," Jack Fields has the special hands of a helper.

"He is just a super person," Pfeifer said. "I can't say enough good about him. He just gives, and he asks nothing in return. His award is something he long deserved, and I think we are really lucky to have an unselfish volunteer like Jack working for us at the 'Y.'"

Fields, Vandervelde cited

Bulletin Staff Reports

NORWICH — The Norwich Sports Hall of Fame has selected Patricia Vandervelde and John (Jack) Fields Jr. as its Sportspersons of the Year for 1984.

Both will be honored at the 17th Annual Sports Hall of Fame Banquet on Sunday, May 19, at the Greek Orthodox Church Banquet Hall at 6 p.m.

Vandervelde was voted female sportsperson of the year for her accomplishments last year in amateur golf. She won the Pautipaug Ladies Club Championship for the third consecutive year and finished eighth in the state Tournament of Champions at Lyman Meadow Country Club.

One of her golfing highlights came on May 1, 1984, when she aced the 10th hole at Pautipaug CC, her first hole-in-one ever.

Vandervelde is also an accomplished tennis player. She won the Portland (Oregon) City Championship at age 14, her first year in the sport, and later captured the Nor-

wich singles championship in 1977 and 1978.

Fields was selected as male sportsperson of the year for his "overall service" to the sports of basketball, tennis and running, in addition to cardiovascular fitness classes for local students at the YMCA. Those classes are held at 6 a.m.

The Fields family has a great sports history in Norwich. Jack's father, John Sr., had a fine career in the Norwich City Baseball League and his grandfather, Tim Fields, pitched for the old Boston Nationals. Jack also played in the City League, from 1965-69.

According to Jack Pfeifer, program director at the YMCA, Fields has been a most unselfish volunteer who "simply enjoys being associated with any sport."

Fields was recently named Volunteer of the Year by the regional YMCA.

Tickets for the banquet, priced at \$10, can be obtained at Al Abraham's and at the Norwich Recreation Department.

Mohegan Striders make season brighter for needy youngsters

NORWICH — When Santa's swiftest elves don their running shoes and limber up for a three-mile trot through the city next week, the region's needy children will be the real winners.

The elves, better known as the Mohegan Striders, are staging a three-mile fun run to benefit the Tommy Toy Fund on Dec. 14 at 7:30 p.m.

Each year, the Bulletin collects donations and toys for poor Eastern Connecticut children who might not otherwise have a Merry Christmas. The Mohegan Striders, wanting to do their part, are inviting area runners to gear up, grab a toy which will be their entry fee and head to the starting line at Billy Wilson's Ageing Still.

The first finishers won't be collecting any prizes, the Striders say, but they will help keep the spirit of Christmas alive

Those with wind enough to carry a tune will be singing along with The Jolly Old Elf. Costumes are encouraged and runners are advised to wear reflective clothing for safety.

The jaunt begins promptly at 7:30 p.m. and begin and ends at Billy Wilson's.

The Striders caution runners getting a late start "Santa's very busy at this time of year."

1985

McGrath ^{11/13/85} leaves post at Academy



Bulletin file photo

GENE McGRATH . . . Last of NFA's three-sport coaches.

Runners race to make kids' holiday merry

country job;
track coach

By PURTILL
Bulletin Sports Writer

NORWICH — Santa Claus came in first, as expected, but even Ebenezer Scrooge participated and managed a smile.

The event was the third annual three-mile run to benefit the Tommy Toy Fund. About 75 runners braved the chilly temperatures last night and gathered outside Billy Wilson's Aging Still on Franklin Street, where the race began and ended.

Besides good spirits, participants in the race brought with them new toys for the Tommy Toy Fund, which tries to make Christmas a little brighter for the area's needy children.

And when it was over, the Tommy Toy Fund was about 100 toys richer.

Some of the participants — who came from the Thames River Road Runners and the Westerly Track Club as well as the Mohegan Striders — suited up for the occasion in true Christmas fashion. Snoopy the dog and his companion Woodstock were on hand, along with Scrooge, elves and old Santa, who managed to wave at passersby and knock on business's windows as he went on in the race.

The new toys will help toy fund volunteers offer toys to children who might not need them. But your help is needed, too. Donations are needed to fill requests for toys from needy families in all parts of southeastern and northeastern Connecticut.

NORWICH — Three-sport coaches are no longer common.

At Norwich Free Academy, they're now non-existent.

Gene McGrath, the last three-sport coach at the Academy, has decided to leave the boys' cross country program after serving as head coach for 19 years. He was also assistant coach for one year.

McGrath submitted his resignation in late December and it was approved Thursday by NFA athletic director Bob McPhail and principal Joseph Levanto. McGrath will continue to coach the boys' indoor and outdoor track teams.

"It was starting to wear on me," said McGrath. "I'm (coaching) year-round now. I think we've got somebody who can do as good a job if not better in Kevin Crowley. It's a shame to see him just sitting by idly."

"I tried (coaching three sports) for a couple of years and it began to wear on me. I still enjoy track. It's new to me. I wouldn't want to leave (NFA) high and dry without anybody. Now they have a choice."

McGrath went on: "It's a good time for me to get out. There was a lot of time spent. You're talking (cross country) invitations in the fall. Then there's indoor track. And by the time June rolls around, you're talking about all-day state meets."

Crowley, a volunteer assistant for the NFA boys' cross country team in 1984, coached the Montville girls' cross country program which dominated Connecticut cross country (six Class M titles and three State Open titles) in his last six years at Montville. He left Montville to become a guidance counselor at NFA this school year and must be considered the leading candidate for the position.

"In my opinion, (McGrath) is one of the

best coaches in the system, regardless," said McPhail. "It's just a whole gamut of what coaching is about. Being involved in sports, being involved with the kids, producing outstanding individuals, outstanding teams."

"Gene had told me earlier he might resign. He's been coaching year-round for a few years and it's a lot for any coach. How many coaches are going year-round? He's the only one who's a head coach in the fall, winter and spring."

"As an athletic director, I expect certain things from coaches. Gene probably takes care of everything that has to be done as well as anyone — from filling in the schedule, the paper work before and after the season, and the inventory. He's the type of guy from my standpoint I don't worry about his program because it's in good hands. I wish all coaches were Gene McGraths from that standpoint. He hasn't sold anybody short."

McGrath guided his teams to a 153-60 record (.718 winning percentage), six outright Capital District Conference titles, one outright Southeastern Athletic Conference titles and the Class L and State Open titles in 1971. NFA also shared the CDC and SAC titles once each, finished second in the Class L meet three times and was third three times.

The 1971 team, which lost just once (by a point to New Britain), earned McGrath Connecticut High School Cross Country Coach of the Year honors and the Norwich Sportsman of the Year award.

McGrath also turned out some fine individuals, including New England champ Jim Euell, world-class runner Billy Krohn and Fran Houle, one of eastern Connecticut's top road runners.

In addition to the boys' accomplishments, NFA's girls' cross country team won the state Class LL title in 1977 under McGrath.

"He's also an excellent teacher," said McPhail. "He may be one of the very few in the state that has introduced computer technology to what he has done in the classroom."

McGrath is a 1958 graduate of NFA and was a member of the school's 1956 state championship cross country team. His older brother, Clem, was the state champion that year.

Following graduation, McGrath went on to Central Connecticut State College, where he received his bachelor's and masters degrees in Industrial Arts. He is now in his

22nd year of teaching drafting and 21st at NFA. McGrath is also taking a course to help him with computer-aided drafting (CAD).

"I don't think it's fair. After teaching and then coaching, by the time I get home it's late and I'm not able to put enough time into the course," said McGrath.

In addition to coaching and teaching, McGrath is also Warden of the Borough in Colchester. He and his wife Judy have three children, 22-year-old Scott, 21-year-old Andrew and 13-year-old Bonnie.



Bulletin photo by Jeff Evans

SANTA'S HELPERS — Bob Miles, as Santa, leads a pack of runners up Franklin Street during a three-mile fun run last night in downtown Norwich. The runners donated money and toys to the Tommy Toy Fund. See story on Page 2.

NFA names Crowley boys' x-country coach

By MATT PURTILL
Bulletin Sports Writer

NORWICH — Kevin Crowley, the former Montville High boys' and girls' cross-country coach, has been appointed the boys' coach at Norwich Free Academy.

Crowley replaces Gene McGrath, who resigned in January after 19 years as head coach.

Before Crowley became a guidance counselor at NFA last summer, he had developed the Montville girls' team into one of the state's top cross-country programs. Now, he inherits a winning tradition at NFA.

"I'm trying to focus on the state meet. NFA has a rich history in state competition. People know that NFA has won eight Open titles in 53 years of CIAC competition, second only to Manchester (with 11)," said Crowley, also noting that the school has four individual Open champs.

Crowley had his share of champs during his stay at Montville. He left after eight



KEVIN CROWLEY

years as the girls' head coach with a streak of 70 straight dual-meet victories, 15 straight invitational triumphs, seven East-

Please see Page 40/CROWLEY

BOLTON — When you're 'King of the Hill', people take aim at you. Thirty-one year old Stephen Gates of Manchester had won four of the previous seven Bolton Five-Mile Road Races. He was considered the man to beat and the former Manchester High and Eastern Connecticut State University track star considered himself in line for a third consecutive championship.

But it was not to be Sunday afternoon as a pair of newcomers, Russell Blatt of Marlborough, representing the Silk City Striders, and Fran Houle, representing the Mohegan Striders, took 1-2 in the eighth annual event held under summerlike 70 degree weather.

"I knew about Steve Gates and watched him for the first half mile," said the 28-year-old Blatt, a native of from Reading, Pa. who ran in high school but not college, and representing the Manchester running club for the first time. "The other guy (Houle) took off and I followed him. When he eased up a bit, I took a shot," said Blatt. Blatt, who won the Vernon Rabbit Run last year and is employed at Travelers, making his initial start in Bolton. "I just joined the Striders. They had been second in the team event the last couple of years and needed somebody to put them over," he said, stretching out after his run.

Houle, who ran four years in high school at Norwich Free Academy and three at the University of Connecticut, assumed the early lead before Blatt took the lead just after the mile mark. Blatt just past the two-mile mark, passing there at 10:30, opened up a 50-yard lead on Houle working the downhill very well.

(Continued from Page 25)
ern Conn. Conference titles, six straight Class M titles and three State Open titles.

In five years as boys' coach, he led Montville to one Class M and three ECC titles.

"When you need a cross-country coach, it's nice to have a guy like Kevin Crowley around to apply," said NFA Athletic Director Bob McPhail. "He was quite willing to give freely of his own time to help the program last fall and that's an expression of his love for the sport."

"There was no indication when he came here that he would have the coaching program this year," said McPhail. "If Gene McGrath were still coaching this fall, I'm sure Kevin would still be there helping."

"I'm very pleased to have somebody with experience," said NFA Principal Dr. Joseph Levanto. "Experienced coaches are hard to come by."

"The opportunity presented itself when Gene resigned," said Crowley. "It wasn't something that had planned."

This past fall, Crowley volunteered his time to help McGrath.

"I know the kids, and they know me, and that's a very important starting position," said Crowley. "There will be some changes. The structure of practices will be different because of my own personal philosophies about certain things.

Any time you have a change of leadership, you have changes because of the change of leaders."

Crowley, a Brockton, Mass., native, is a 1972 University of Connecticut graduate. He received his Masters and his Sixth-Year Certificate from UConn in 1973 and 1974, respectively.

GENE McGrath

NFA's Gene McGrath will retire from his position as head coach of the BOYS CROSS COUNTRY TEAM after 19 successful years...

COACHED NEW ENGLAND CHAMP JIM EUELL, WORLD-CLASS RUNNER BILLY KROHN AND LOCAL STANDOUT FRAN HOULE

MacGregor



7 CDC TITLES

2 SAC TITLES

A 153-60 CAREER RECORD

WON STATE CHAMPIONSHIP IN GIRLS' CROSS COUNTRY 1977

WON STATE AND STATE OPEN BOYS CROSS COUNTRY TITLES IN 1971

THE LAST 3-SPOR COACH NFA

Local Boston Marathon finishers

Runner	Hometown	Place	Time
x-Wayne Jacob	Mystic	13	2:26:59
y-Tim Smith	Norwich	56	2:33:00
y-Joe Banas	Norwich	79	2:35:15
y-Joe Porfalance	Norwich	105	2:37:14
Steve O'Connell	Danielson	120	2:38:18
y-Jeff Kotecki	New London	286	2:45:36
Bobby Clark	Noank	323	2:46:56
Dennis Tetreault	Lisbon	390	2:48:42
y-Steve Lamb	Ledyard	467	2:49:59
Kevin Gallerani	Quaker Hill	512	2:51:19
y-John Brennan	Ledyard	555	2:52:21
y-Jim Butler	New London	559	2:52:36
Bob Landry	Groton	632	2:54:21
y-Bob Stack	New London	1043	3:03:10
Harry Lepp	Danielson	1093	3:04:07
Gary McLaughlin	New London	1374	3:09:06
George Maine	Lisbon	1836	3:17:23
Michael Smith	Norwich	1869	3:18:01
Mark Guadiana	Gales Ferry	2226	3:24:37
Glenn Stacy	Danielson	unavail	3:26:40

x-ran for Team Etonic.
y-ran for Mohegan Striders.



Overall winner Tim Smith of Norwich, wearing No. 240 at right, tries to overtake Steven Lamb of Colchester in the 14th annual John W. English Marathon Sunday in Middletown. Smith finished in 2 hours, 38 minutes. Lamb came in second in 2:41:02. Above, Mike Alan of Bristol had his own style for running the race — shirt off and boxing gloves on.

Jacob makes it a daily double

By DAVE DAVIS
Bulletin Sports Writer

DANIELSON — Wayne Jacob won the 13th annual Springtime Festival 5-kilometer road race yesterday and later said there was nothing to it. After all, it was his second victory of the day.

Yesterday morning Jacob, a 30-year-old Mystic resident, won the Lawrence & Memorial Hospitals 5k in New London with a time of 14:39. His time here was 14:50.

"I'm pleased with both times," said Jacob, who beat Norwich's Fran Houle by 27 seconds in rainy conditions at Danielson. "The weather really didn't bother me. I think it bothered Fran more."

Jacob took the lead about a half-mile into the race and was never seriously challenged.

Just past the halfway point, Jacob took his first look back at Houle.

"I was judging how much space was between us," said Jacob, "At that point I was just worried about Fran."

Peter Hopfe of Worcester finished third in 15:18, followed by Cliff Matthews of Bellingham, Mass. (15:21), and Norwich's Bill Marshall (15:25).

Michael Sangeree of Mansfield, Joe Banas of Norwich, Ernie Dumas of Danielson, Phil Garland of Norwich and Keith Pigeon of Danielson rounded out the top 10.

Sue Haryasz of Stafford Springs

was the top women's finisher, 61st overall, in 17:31. Karen Enright (68th) was second in 17:40.

The winner of the wheelchair division was Moosup's David Beauregard. Dwayne Langevin of Danielson was second. The Mohegan Striders took the team title and the Electric Boat A team captured the industrial division

Smith, Zimmer Fight Wind; Breeze to Marathon Victory

By MICHAEL ARACE
Special to The Courant

MIDDLETOWN — Don't analyze his style, just look at him go. And go. And go.

Tim Smith, 37, from Norwich, won the 14th annual John W. English TAC marathon Sunday in 2 hours, 38 minutes. Windsor's Sally Zimmer, 16th overall, won the women's division in 2:59:43.

The squat, thick-legged Smith doesn't look like a marathoner. But then Sugar Ray Leonard doesn't look much like a boxer, either.

"With a time like this, it's like stealing a race," said Smith, who won the English marathon officially in 1975, unofficially in 1982 (He did not wish to join The Athletics Congress, which sanctions the race, so he could not register.) and finished second here (unofficially) in '81 and (officially) in '84.

"I was enjoying the run until I got into first place. Then, I was all alone. I had to worry about somebody coming up on me and I had to fight the wind by myself," he said.

Smith, whose second-place time last year was 2:31:25, shouldn't have worried. After a re-measurement this year, the English course was

lengthened by about three-tenths of a mile to complete the 26-mile, 385-yards.

"It shouldn't surprise people if they ran slower," said David Reik, Course Certification Chairman for Connecticut TAC. "The course was longer. And, it's virtually a mountainous course compared to other marathon courses."

The first 13 miles were dominated by Mark Dillon, a half-marathoner. Dillon ran the first half in about 1 hour, 23 seconds, before dropping out a mile later. Smith then inherited the lead.

Though he crossed the midway point in a relatively slow 1 hour, 17 minutes, Smith had a 100-yard lead over the rest of the pack by the 15-mile mark. And he was pulling away from his early challengers, Steve Lamb of Colchester and Richard Fargo of Newington.

"There are a lot of corners and hills on this course," Smith said. "Each time you turn a corner, there seemed to be a dead area where there wasn't any wind. That's where I tried to push it."

Smith used the "dead areas" to pop off three quick miles well into the race. He averaged about 5:10 per-mile on the 16th, 17th and 18th

miles — perhaps the hilliest portion of the rugged course. "Coming through at (one hour) 17 (minutes), I knew I had to push it," Smith said.

At the 20-mile mark, there were no more places to push," Smith said. "My time wasn't great, but there was no use fighting the wind any more. It was mild enough out there, but the wind was terrible. I thought for sure someone would come up on me."

But nobody did. Smith slowed his pace after hitting the quarter-mile upgrade on Bow Lane with three miles to go. The 6-minute pace to which he downshifted still did not produce another contender. Peering over his shoulder, through tiny octagonal sunglasses, Smith couldn't even see Lamb by the 20-mile mark. The race was won.

Lamb finished second in 2:41:02, while Joe Baras of Norwich was third in 2:43:26 and Fargo fourth in 2:44:37.

Still, Smith wasn't satisfied. "When you're in the lead, you have to think, and thinking takes some of the fun out of it," Smith, a veteran of 12 English marathons, said. "My time was slow. I kept waiting for somebody to come up on me... this is a steal."

'Auntie Joan's' pain becomes labor of love

"...Baby Boom — The Butlers, Debra and Jim, The Marshalls, Sarah and Billy. And who knows who else? Predict a girl for both...Charlie Trotter and Kip Sullivan are our elite state troopers. Where are the rest of you guys? John Martin and his Pearl are braving out the rest of the winter in sunny Florida. We expect them up north by Mother's Day. Miss ya you guys. We have to run together John. Remember those mornings at 5:30-6:00 a.m. And you wanted to go out at 4:30 instead...By moonlight. We used to wake up the cows on Fitch Hill Road..."

Sure, it's good old Auntie Joan. Snippets of Auntie Joan, anyway.

And, in case you're wondering if you fell into the wrong pew this Easter Sunday morning, let me set you straight: You're smack in Lane 1 of Kelley's running column, the Hedda Hopper-Jimmy Breslin intro notwithstanding.

That's the way Auntie Joan runs — words first. If you're a Mohegan Strider or a friend thereof, no explanation need follow. If not, well, I'll tell you that Auntie Joan's "People on the Move" column is the very soul and pith of the 415-member Mohegan Striders Club's newsletter, "The Arrowhead," issued at six- to eight-week intervals (more or less).

"The Arrowhead" literally owes its life to Auntie Joan. Or, specifically, to her flesh and blood alter ego, Joan Hill of Uncasville, because it takes more than a pen name and a zest for tidbits to make an "Arrowhead," my friends.

For the latest (March) newsletter, for example, it took approximately 1,300 sheets of 8x11-inch white duplicator paper, a staple gun with 500 staples, a typewriter, and a "found" mimeograph machine. All that, plus an undeterminable slice of housewife/store clerk/runner/running chronicler Hill's time and energy.

The March "Arrowhead" is the 25th since she took on all production chores — writing, editing, publishing — of the 13-year-old letter, at then-president Kevin Crowley's request, back in 1981.

She calls it "a pain." But it's a labor of love, no less. And when all's said, stapled, and sent, it's the love that shows.

Hill's running scene, she admits, doesn't always satisfy her hard-core facts 'n figures subscribers. "They may just want to know who finished where, and time listings, and to see a calendar of coming races," she says.

They shouldn't complain. Hill gives them all that, plus "Auntie Joan." Auntie Joan, she explains, "is the side of me that can't show when I'm the person who puts the paper together. Auntie Joan is the person everybody comes running up to after a race and tells something personal.

"Hey, Auntie Joan, I just gotta tell ya this....," you know, a kind of confidante."

Thus Auntie Joan's jottings are housewife/clerk/runner/writer/editor/publisher Hill's love letter to the world of Mohegan Striders, their kinfolk and friends.



John Kelley

on running

For Auntie Joan, running is expressibly more than orthotics, sweat and tears. It's a runner getting engaged to be married; or it's the marriage; or the birth of a baby; or a running family's postcards home from a distant race.

Sometimes it's a thinly veiled secret that only Auntie Joan has picked up on the run. But it's never malicious, never told to hurt or put down its subject.

"I want good things to happen from what I print," Hill says. "I love people, and I love to talk. Therefore, I talk about people. Sometimes I'll talk to a guy who is your ordinary runner. He doesn't think he's great. Nobody has ever singled him out. And, sometimes, a couple of months later, he's a winner. That's what a little loving attention can do."

To Hill's own family, husband Jim, daughter Tiffany, 18, and son Jamie, 11, Mom's a prophet with honor. "At one time, a few years ago, we were all running," she says. "But, right now, I'm the only one, and, since that second East Lyme Marathon when I had the flu and finished in agony, I haven't been the same."

She's maintaining at 20 miles a week. "I'll almost surely race again this year, and there may even be another marathon in my future," she allows.

"And there'll always be 'The Arrowhead.' When I started it, I was the only female who was doing anything in the club. There were 200 members. Now there are twice that number.

"Like I say, it's a big pain, but I like it. Nobody could take it from me. I wouldn't let 'em!"

And, by the way, (says Auntie Joan), "(Mohegan Strider) Rob Huntington, from Kansas City, Mo., how about a letter for us?"

* * *

Racing, here and there:

Here: Sunday, April 14, at Olde Mistick Village, 11 a.m. and 1 p.m.: Seventh Annual Three- and Five-mile Fun Run 1985. Entry fees, \$5 pre-registration, \$6 post-registration. Entry blanks available at New London YMCA and area sporting goods stores.

There: Saturday, April 14, at Bushnell Park, Hartford, from 9 a.m.: Connecticut Mutual Life's Seventh Annual "Run for Life Day," featuring the 4x.7mi. "Heart & Sole Relays" (open to any group), the President's Mile (company pledge event to be led by Connecticut Mutual's Dennis Mullane), and the 10-mile (or any portion thereof) pledge "Fun Run" (to be paced by marathoner Bill Rodgers). For entry information, call toll-free: 1-800-242-2666.

John Kelley is a regular contributor to The Day on the subject of running.



Banas excels in marathon

KINGSFIELD, Me. — Norwich's Joe Banas finished second in the Sugarloaf Marathon yesterday, setting a personal record in the process.

Banas, 28, finished in 2:29.26 to trail Rock Green of Portland Me., who won the race in 2:26.51. Lance Guliani of Brunswick, Me., placed third in the 2:32.41.

About 110 runners began the competition, which was run in a constant rainstorm, and 80 finished. Banas' previous best marathon time was 2:35.15 in this year's Boston Marathon when he placed 79th.

"My big goal was to someday break 2:30," he said. "I was using this as a tuneup for East Lyme (next month), and everything just clicked. I really didn't go in to break any records, but the legs felt so good I had to go for it."

Bulletin photo by Randy Flaum

Joe Banas approaches the finish line in yesterday's Mt. Misery cross-country race in Voluntown. Banas took a 36-second victory in 6.7-mile event. His winning time was 36:02.

Banas captures comfortable win

By CARL ADAMEC
Bulletin Sports Writer

Mt. Misery Race

VOLUNTOWN — Joe Banas not only enjoyed yesterday's 11th annual Mt. Misery cross-country race, he also won it.

Banas, of Norwich, took the lead at the two-mile point and went on to a 36-second victory over Shawn Bennett in the 6.7-mile event.

"It was fun," Banas said. "It was a good way to spend Saturday morning."

The winning time of 36:02 was well off the course record of 33:46 set by Mike Reagan in 1982. But Banas admitted he didn't push himself to the limit.

"Basically it was just a workout," he said. "I've raced six times in the last month and a half and I want to be ready for the (John J. Kelley-Schaefer 11.6-mile) race Saturday. After Kelley, I've got to take a break."

Friday's rain left the course muddy, particularly the first 1½ miles.

The cross-country race was also a change for Banas who has been running road races throughout the summer.

"It's a unique course," said Banas. "It's something different from pounding the pavement. The challenge is against the course."

Bennett's second-place time was 36:38. Doug Kenefick was third followed by Curt Hirsch and Hal Bennett.

Kenefick captured the masters division for the fifth straight year with a time of 37:59.

In the women's division, Janice Boyes of Canterbury breezed to victory by close to two minutes over runnerup Karen Saunders.

Boyes' time of 42:43 placed her 22nd overall.

"I fell last year so I was careful in the beginning," said Boyes, who defended her 1984 title here. "I was supposed to take it easy but I can't. I just go as hard as I can."

Boyes, like Banas, plans to run in the Kelley race.

Saunders was the second woman, running 44:22. Gale Jones took third at 46:14.

Anne Bing took her second straight women's masters title with a time of 47:47 — for 47th place overall.

In the junior divisions, Lisbon's Robin Willett, who attends Norwich Free Academy, was the girls' winner with a time of 52:12, 63rd overall. Shawn Magnuson of Norwich and NFA took the boys' title, finishing 21st overall in 42:33.

Jim Murphy of Franklin captured Friday's St. Mary's Carnival five-mile road race with a time of 26:45. Oakdale's Kathy Hawkes was the women's winner at 33:05.

Rose Arts
1985

OWN Norwich's Fran Houle is second

By JEFF HOOD
Bulletin Sports Writer

NORWICH — Before Wayne Jacob reached the first mile marker yesterday, he had already looked over his shoulder a half-dozen times.

But even by then, there wasn't much for him to see. Except a lot of space. About 50 yards' worth.

Jacob led from start to finish in winning the 19th annual Rose Arts Festival Road Race, covering the 10.47 miles in 53 minutes, 46 seconds, the 13th fastest time in race history.

The Mystic resident broke from the pack early and finished 400 yards ahead of Norwich's Fran Houle (55:04). Joe Banas of Norwich was third in 56:09 and 44-year-old Ernie Dumas of Danielson surprised the field with a fourth-place finish (56:13). Chuck Blonder of Canton, Mass., placed fifth in 56:24.

Carla Brown won her third straight women's title, finishing in 67:16.

Jacob's time was well off the record of 52:11 set in 1979 by John Flora of Waterford.

"It was a little humid, but I know I wouldn't have gotten the record," Jacob said. "You have to have someone to push you. Nobody went with me."

Nobody could. Houle and an unofficial runner, believed to be Mike Ambroschino of New York who came in third, cut into Jacob's 100-

Please See Page 13/JACOB

(Continued from Page 9)

yard lead on the series of Canterbury Turnpike hills. But Jacob pounded through the fourth mile in 4:57 to extend the margin.

"It's tough to lead the whole way," he said. "Once they let me go, I just wanted a safer lead and run comfortably. My early lead came too easy for me to run a hard, driving pace. I got out and I relaxed."

Houle, 22, never challenged Jacob, but his 1:05 lead over Banas shows he will be a Rose Arts contender in the future.

"I felt real good on the hills," Houle said. "I was able to recover really well. I wasn't keying on Wayne, because I knew he had it."

Last year, Houle had a chance for third place, but was injured in a collision with a dog near the midway point.

"This is the biggest race of the year, as far as I'm concerned, especially after last year," Houle said. "I'm off the ground right now. I'm happy as hell."

Jacob's victory was his first in the Rose Arts race in five tries. His best previous finish was in 1983 when he placed third.

"It's definitely a good win," he

said. "It's about the only race of significance I hadn't gotten around here — this and the Kelley (John Kelley-Ocean Beach 11.6-miler New London) race."

Steve O'Connell of Danielson was sixth (56:43), Norwich's Chris Hansen placed seventh (57:22), Bill Marshall of Norwich was eighth (57:34), Jeff Kotecki of Montville finished ninth (57:40) and Rich Fargo was 10th (57:51).

The Mohegan Striders won the men's team title for the third year in a row on the strength of Houle, Banas and Hansen's finishes. The club also won the women's crown through the running of Kelly Pinckney, Rose Buckingham and Michaeleen Haeseller.

Dumas took the men's masters title over Marshall, the pre-race division favorite. John Vitale, who along with Amby Burfoot is a five-time winner of the Rose Arts race, was 15th overall and earned the sub-masters' crown. George Maine of Canterbury won the grandmasters' championship.

Bev Heffernan won the women's masters title and Saunders captured the women's sub-masters crown. Pinckney was the first female junior to finish.



Bulletin photo by Randy Flaum

Jim Murphy, right, eventually pulled left, to win the 1985 Canterbury 10K away from Norwich's Bill Marshall, road race yesterday.

Murphy takes Canterbury 10K

By JEFF HOOD
Bulletin Sports Writer

CANTERBURY — Most runners compete in road races to set personal goals, but nothing beats winning.

Franklin's Jim Murphy won his first race of the year, beating Bill Marshall of Norwich yesterday by 33 seconds in the Canterbury 10-kilometer road race. Dennis Tetreault was third in 33:51.

In the women's division, Sally Zimmer of Windsor shattered the course record of 39:13 by finishing in 37:40.

"Winning makes you want to

keep training," said Murphy, 26. "I needed something like this. If you don't see yourself going ahead, you start to feel like saying, 'What's the use?'"

Murphy and Marshall, 40, ran together for the first two miles of the 6.2-mile race. They finished the first mile in 4:56 and went through the second mile in 10:06.

Murphy said he was glad he didn't hear the first split.

"It was probably better I didn't hear the time," he said, "because a lot of times I think I'm going out too fast. I just wanted to stay with Bill for the

first two miles and then take off."

Murphy held a 40-yard lead after three miles and extended the margin on the course's toughest hill, a 300-yard bump after the fourth mile. By the five-mile mark, he extended his margin to more than 100 yards.

"He was running the first few miles really fast," Marshall said. "I thought for sure he'd croak out on the hills. I was surprised he didn't."

Hills? What hills?

"I thought they were going to be worse than they were," Mur-

Please See Page 6C/MURPHY

(Continued from Page 1C)

phy said. "The last couple of miles I was waiting for a big hill."

Marshall easily broke the former

master's record of 34:32, set by Doug Kenefick in 1983. Kenefick also broke his own record, finishing fifth overall in 34:07.

Peter Hayes came in fourth in 33:59.

Marshall said he was happy with his run, although he finished 20 seconds behind his pace last year.

"I didn't take any rest yesterday. I ran a hard five-miler," Marshall said. "My legs felt heavy. I've been running hard all week, trying to redeem myself (after finishing eighth in Norwich's Rose Arts race last weekend). I was running this specifically as another workout."

In the 5-kilometer race preceding the 10K, Jeff Van Horn finished first in 15:38. Robin Willett (20:41) was the first woman to finish.