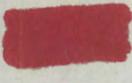
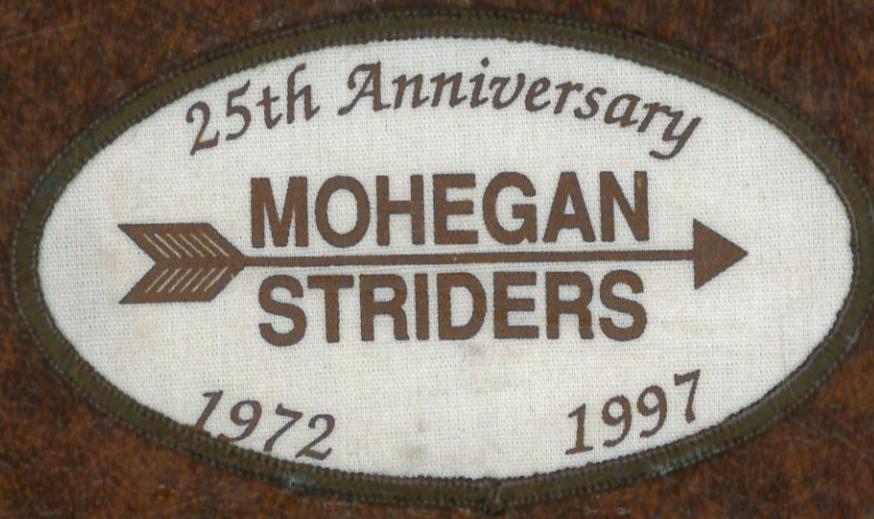


1981 
1989

Part 3



MOHEGAN

Scrapbook

1986

Nixon, Ruane take victories in Kelley race

Top masters runner second

By JEFF HOOD
Bulletin Sports Writer

NEW LONDON — Perfect weather helped Gary Nixon and Agnes Ruane set course records, but it was the performance of 41-year-old Englishman David Clark which earned the most attention at yesterday's 23rd annual John J. Kelley-Schaefer 11.6-Mile Road Race.

Clark, from St. Albans, England, finished in 58 minutes, 56 seconds, nearly two minutes ahead of third-place finisher Tim DeValve. In England earlier this year, Clark won the 25-kilometer world masters' title, defeating Barry Brown in the process.

Clark is visiting the United States while on vacation and drove from Delaware Friday night in order to make the race.

"I like running when I'm on holiday," said Clark, who ran the 1979 Boston Marathon in 2 hours, 18 minutes, "and I saw the race listed in Running Times magazine. It seemed like a good one to do."

(Continued from Page 1C)

Clark stayed within 250 yards of Nixon for the first nine miles of the race, run under sunny skies and starting with temperatures in the 60s. But then Nixon quickened the pace when he realized he was close to breaking Odis Sanders' two-year-old record of 57:46. Nixon finished in 57:33.5.

"I thought I could have won the race," Clark said, "but you just don't know who's here and who the local runners are. I knew (Nixon) had done 58-something last year, and I knew that was pretty good going."

Norwich's Bill Marshall, who placed sixth overall, thought he had won the masters' division when he crossed the finish line. But then he found out he was only second.

"I figured I was the first," Marshall, 40, said, "but how would I know they'd have the world's best masters runner here?"

Nixon ran the last 1.6 miles in 7:40 to set the record in winning for the second straight year. The 34-year-old Middletown resident is the

race's fourth multiple winner. Amby Burfoot, who was 21st yesterday, has seven victories.

DeValve, from Vernon and a former runner at the University of Connecticut, placed third in 60:42. Norwich's Fran Houle (60:55) outdueled Joe Banas (61:08), also of Norwich, for fourth.

Ruane, 32 and from Prospect, finished in 66:57, to break the previous record of 67:15 set in 1982 by Jane Welzel.

Nixon ran the first seven miles in 34:30, well ahead of Sanders' record pace. But he went through the next two miles in 10:19, nearly 14 seconds a mile slower than the previous seven. Nixon ran the 10th mile in 5:02 and the 11th in 4:53. The final six-tenths were run at a 4:40 pace.

"I was hurting at the end," Nixon said. "It took on the nature of a workout. The fact that I was running alone made it tougher. It was a good day for (attempting a record). It wasn't humid at all. I don't think you can get a nicer day for this race. I took some water before the race, but not during."

Nixon said he wasn't in peak condition for a long race after

running 110 miles this week, including a 21-mile workout.

"I didn't think I would break it, but when I saw the 10-mile pace . . ." Nixon said. "I did pretty much the best I could. I could have squeaked out another 10, 15 seconds with some competition."

Marina Giusti of Ardsley, N.Y., was the second woman finisher in 71:42. Carla Dossett-Brown of Norwich was third (72:47).

In the other divisions, John Dugdale finished ahead of Canterbury's George Maine for the men's grandmasters' title and Ledyard's Kurt Porta won the high school crown. Tom Reilly of Groton placed ahead of Otto Jorgenson for the veterans' title.

Sue Medaglia of New York City won the women's masters' division ahead of Judy Pierson. Katie Kelley took the high school division and Joyce Maret was the women's grandmasters' champion. Rhona Triggs took the veterans' crown.

In the team competition, the Mohegan Striders won the men's open title and the Millrose Athletic Association captured the women's crown.

Smith wins E.L. title

By Ed Murphy
Day Sports Writer

EAST LYME — About 10 miles into Sunday's East Lyme Marathon, Bob Stack, Bill Marshall and Joe Banas were keeping a close eye on each other. But each had Tim Smith on his mind.

The three had broken away from the field, and even though there appeared a safe distance between them and Norwich's Smith, their concerns proved well founded.

After jockeying with each other for the next 12 miles, each faced a final showdown with Smith, who relentlessly ran the three early leaders down in claiming his third East Lyme crown.

Taking advantage of the race's slow pace, Smith bided his time, then passed Stack at 22 miles, Banas about a mile later and Marshall with a little more than a mile

A perfect day for a marathon

By John Kelley
Special to The Day

EAST LYME — It was a perfect day for a marathon.

But then I could be prejudiced. If you're a marathoner you know what I mean about Sunday, Oct. 20 at 8:30 a.m. in East Lyme. If not . . . well, take 10 to tote up your own list of alternative pursuits, and I'll just try to explain myself.

I did say perfect. But, you'll note, I did also say 8:30 a.m. That's because, if you happened to hobnob among the 200-plus self-sacrifices milling on the East Lyme High campus before the gun for East Lyme VI yesterday morning, you need no further corroboration of the fine day in store.

"Great!" told it all.

Ah, but by 10 a.m. it was another story, and for most, one beyond the power of a single adjective.

And by 11:04.15, it was happily over for Tim "Mr. East Lyme" Smith, for whom the weather must have remained as tolerable as the competition, and for whom two words, maybe all he had left, sufficed.

Smith/C5

to go. Smith's winning time of 2:34:15.8 was more than 10 minutes off his 1982 record time of 2:23:56 on the 26-mile, 385-yard course.

"We were all crawling," Smith said. "I just crawled a little quicker than the rest."

Patience was the key for Smith, who ran a conservative, even pace the first 10 miles. There was no need to burn himself out early; he knew there was no one in the sparse field of about 250 runners who was going to run away with the race.

"If there'd been a 2:25 guy here today, I wouldn't have had a chance," Smith said. "But I felt not that far removed from a 2:34 field. I figured if the time was around there, I might share it."

"I'm basically a plodder, and at 21 miles I'd resolved myself to fourth place," he admitted. "But then I said 'why not go after Stack.' Once I caught Bobby, Joe was right there. And when I see that gap shrink, I get a little hostile. Then I want it."

Smith's job was made easier as Marshall, who took the lead at the 12-mile mark, and Banas, a solid No. 2 after 16 miles, self-destructed during the final three miles. The two Norwich residents finished fourth and sixth, respectively. Banas, suffering from dehydration, was treated and released at Lawrence and Memorial Hospitals.

Stack, from New London, went by both to finish second in 2:35:53.2, followed by William Millea of West Warwick, R.I., in 2:36:05.8.

"When Tim passed, he said 'stick with me,'" Stack said laughing. "He was looking very good."

That didn't surprise Stack. "This is Tim's race; he's Mr. Marathon."

Marshall, who won the masters' division title, had only one complaint.

"They make these races six miles too long," he said. "I just ran out of energy. That was the worst last three miles I ever had. I could just barely lift my legs."

"I wanted to stop more than I wanted to run," added Marshall, who was forced to stop three times in the final mile.

Banas, passed by four runners during the final three miles, said his tank also had run dry.

Road Racing

East Lyme Marathon

Top 25 finishers

Tim Smith (Norwich) 2:34:15; Bob Stack (New London) 2:35:53; William Millea (West Warwick, R.I.) 2:36:12; Bill Marshall (Yantic) 2:36:12; Thomas Lane (hometown unavailable) 2:37:44; Joe Banas (Norwich) 2:38:44; Jeffrey Kotecki (New London) 2:40:22; Jim Butler (New London) 2:42:40.4; Paul Thomas (Clinton) 2:44:15; Jonathan Katz (New York City) 2:49:28; Joe Hall (Newport, R.I.) 2:50:16; Dennis Tetreault (Lisbon) 2:51:14.4; Jim Carper (Oakdale) 2:51:34; Billy Kluth (Newport, R.I.) 2:51:50; name unavailable 2:54:43; Robert Clarke (Randolph, Mass.) 2:58:50; Paul Morgan (New York City) 3:00:20; Mike Smith (Norwich) 3:01:05; Thomas Maloof (Stamford) 3:01:05; David Caron (Plainfield) 3:02:59; Ethan Nadel (Guilford) 3:03:16; Jeffrey Brensilver (Hastings-On-Hudson, N.Y.) 3:04:52; Bill Billings (Mystic) 3:05:12; Doug Burdi (Mystic) 3:05:44; Warren Ruddlesden (Waterford) 3:05:57.

Men's Open

Stack (2nd) 2:35:53; Lane (5th) 2:37:44; Banas (6th) 2:38:44.

Men's Submasters

Smith (1st) 2:34:15; Millea (3rd) 2:36:05; Butler (8th) 2:42:40.

Men's Masters

Marshall (4th) 2:36:05; Clarke (16th) 2:58:50; Maloof (19th) 3:01:46.

Men's Grandmasters

K.F. Sumner (Easton) (94th) 3:34:55; Roberts (Waterford) (96th) 3:35:15; Reilly (Groton) (106th) 3:38:53.

Women's Open

Janice Palonen Boyes (Canterbury) (43rd) 3:15:21; Katie Moeen (Waterbury) (64th) 3:23:33; no third.

Women's Submasters

Nancy Becker (Waterbury) (66th) 3:24:22; Thelma Akin (New London) (123rd) 3:47:03; Marsha Folger (Mystic) (136th) 3:59:15.

Women's Masters

Janit Romayko (East Hartford) (82nd) 3:30:13; Geraldine Palonen (Canterbury) (141st) 4:03:09; no third.

Women's Grandmasters

APRIL 13, 1986
**Kiernan wins marathon;
 Bill Marshall finishes 11th**

Staff and Wire Reports

STAMFORD — Ireland's Jerry Kiernan used a strong uphill charge yesterday to win the first Stamford Classic Marathon, a revival of the first marathon in the United States nearly a century ago.

Bill Marshall of Norwich was the 11th finisher overall and the top masters runner in the race. His time was 2:32:16.

Kiernan, ninth in the 1984 Olympic marathon, broke away from a pack of four runners 17 miles into the race and ran strongly the rest of the way to a 2:12:47 victory, earning him the \$25,000 first prize.

The second-place finisher, Agapius Masong of Tanzania, finished more than a minute behind to win \$15,000.

In the women's division, Kellie Cathey of Mesa, Ariz., fought off a late rush by Maureen Custy of Boulder, Colo., to win in a personal record 2:38:50. The women received prizes equal to the men.

□□

Jan Merrill of Waterford was 18th among women and New London's Robert Stack was 90th overall in a field of 4,200 at the Boston Milk Run yesterday.

Merrill's time was 35:04 and Stack's was 32:52.

National cross country champion Ed Eyestone edged Mark Scrutton of Britain by one second to win the 10-kilometer race in 28:21.

Lynn Jennings of Durham, N.H., was the first women's finisher in a course-record 32:07. The old mark was 32:12, by Wendy Sly of Britain in 1984.

**Portelance leads
 Striders' runners**

April 21 Bulletin Staff Reports 1986

BOSTON — Joe Portelance of Norwich led the Mohegan Striders running club at yesterday's Boston Marathon.

Portelance finished in 2 hours, 36 minutes and 30 seconds, good for 156th place. New London's Bob Stack, another member of the club, was 304th in 2:41:27.

Striders Dennis Tetreault of Lisbon (443) and Jim Butler of New London (507) completed the race in 2:46 and 2:47:15, respectively.

Roy Harkins of Norwich, unaffiliated, finished in 2:48:20, good for 564th. The Striders' Jeff Kotecki ran a 2:51.

Johnny Kelley of Mystic, who won the race in 1957, finished in 3:01.

Fall
**When pride
 overtakes
 intelligence** 1985

He was lying on a cot, wrapped in blankets, shaking uncontrollably and babbling incoherently. Fluids were being pumped into his arm by medical personnel in the makeshift infirmary in the East Lyme High School gymnasium. Later he would be treated and released at Lawrence Memorial Hospital.

Joe Banas was a marathon victim.

Sunday, he took the East Lyme Marathon one step too far. It was no longer competition; it couldn't even be classified as work. Running became torture, the kind of thing the Geneva Convention is supposed to keep people from doing to each other.

The pain was self-inflicted. Banas wasn't ready to run, but he ran anyway. He should have stopped after about 20 miles; instead he finished.

"I had no business trying to run a marathon," Banas admitted from his Norwich home Sunday night. "Today, pride overtook intelligence."

Banas originally was one of the favorites to win the race, but that was before Hurricane Gloria blew away the original Sept. 29 race date, replacing it with Sunday.

In the three weeks in between, Banas, a cable repair technician's helper for the telephone company, had been putting in 70-hour work weeks, cutting his running back to less than 20 miles a week. His eating habits also suffered during the long work shifts. The favorite cuisine of the crews, he said, was found at fast-food hamburger places. Banas, a vegetarian, skipped the meal rather than add a Big Mac to his menu.

Add to that the fact that his normal sleeping hours were reduced from about seven to four hours a night, and you don't have to be an M.D. to see Banas was an accident waiting to happen.

He went to the starting line Sunday with the tank reading a little under half-full and exhausted most of that during the early part of the race when he was a member of the lead pack that consisted of Bill Marshall of Norwich and Bob Stack of New London.

After that, he called on reserves that didn't exist. Marshall pulled ahead at about the 12-mile mark, but Banas, who took over second, wouldn't let him get too far in front. Over the next 11 miles, Banas hung on, staying between 80 and 100 yards behind Marshall.

But as the morning progressed, the sun became more intense and the water stops more sparse. Banas, who took a gulp at nearly every offering early in the race, started to burn up.

Then he and Marshall hit the flat stretch of Pennsylvania Avenue. There were only about 3½ miles to go, but it might have well been 100 for Banas, who had no more to give.

Marshall, also showing signs of wear, muddled along at a slow pace and was eventually overtaken by race winner Tim Smith of Norwich. Banas, who finished sixth, kept going, but he's not sure how or why.

"I should have had enough sense to stop, but I didn't want to throw in the towel," Banas said. "Some people passed me, but I don't remember who. I guess I was getting kind of spacy. I didn't know what was going on."

Banas, who is not the smoothest runner even when in top form, said he began weaving near traffic on the heavily traveled Pennsylvania Avenue.

"I was really swaying and almost hit a car; that scared me," he said. "We're not talking racing any more. This is a matter of safety. I'm just lucky I wasn't really injured."

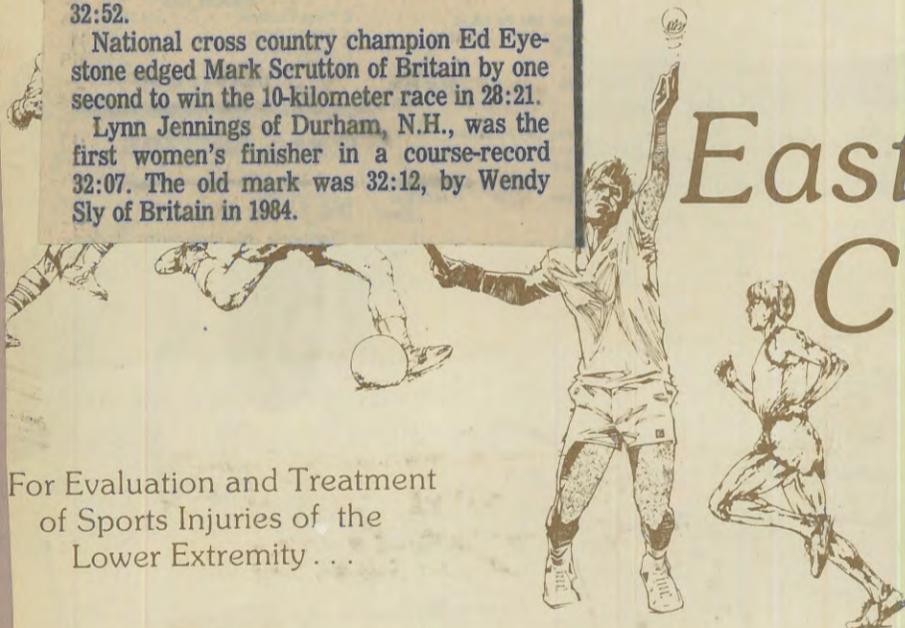
After taking a bit of time to reflect and soak in a hot tub Sunday night, he tried to put things into perspective.

"It comes to a point where you have to ask yourself if this is really sport," said Banas, who was running his fifth marathon in a year's time. "And that's a question I'm asking myself right now."

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Carl R. Mailhot
 B.S. R.P.T.

Mr. Mailhot is a 1977 graduate of the University of Connecticut in Physical Therapy. He has provided athletic medicine consultations at the college and in New Hampshire and Connecticut since his graduation. He is also a sports medicine advisor for local running schools in Eastern Connecticut.

Mr. Mailhot is a partner in Norwich Physical Therapy and the author of several articles in local publications including RRCA. He is a member of the American College for Physical Therapy at the University of Connecticut and a visiting faculty member for "Applied Human Performance" courses sponsored by the University of Connecticut.

Mr. Mailhot is a member of ACSM; NATA.

**Stack wins in
 New London**

□ NEW LONDON — Bob Stack of New London covered the course at Ocean Beach Park in 15:10 to win yesterday's Northeast Utilities 5-Kilometer Run For Education.

Dennis Crowe of New London finished two seconds behind Stack. Jan Merrill of Waterford, the first woman, was third overall in 15:52, followed by Ben Peterson (15:56) and Billy Shea (15:58).

**Smith, DeVeau
 win race titles**

April 20 Bulletin Staff Reports 1986

WESTERLY, R.I. — Norwich's Tim Smith and Deborah DeVeau were the winners in the overall divisions yesterday at the sixth annual Clamdigger five mile road race.

Smith won the men's division with a time of 26:35 and DeVeau captured the women's title in 30:49.

Striders finish second

MERIDEN — The Mohegan Striders finished second in team competition at the Daffodil 15-K race at Hubbard Park.

The race was the state TAC 15-kilometer championship.

Lead Pack, from Watertown, won the team title in 256:44.

Mohegan, at 264:50, was led by Norwich's Joe Banas' fifth-place finish (50:40). Also scoring for the Striders were Will Rogers of North Stonington (tenth at 52:21), John Brown of Norwich (17th at 53:34), John Vicarra of Preston (21st at 53:57) and Franklin's Jim Murphy (26th at 54:12).

The Willimantic Athletic Club was third at 265:20.



Bulletin photo by Randy Flaum

Jeff McClosky keeps his head warm after completing a six-mile run through Mohegan Park yesterday morning. He took part in the Mohegan Striders weekly winter fun-run.

A running ritual

Dec. 29, 1985



Bulletin photo by Randy Flaum

Spirited runners take to the roads through Mohegan Park during the Mohegan Striders' weekly winter fun-run. Related photo on Page B7.

Mohegan Striders still stepping out

By RANDY FLAUM
Staff photographer

NORWICH — It has become a ritual. It has come to resemble a church gathering — some of them arrive on foot; others drive. They come no matter what the weather.

The Mohegan Striders is a faithful congregation dedicated to running every Sunday morning on four- and six-mile courses. They do it for love of the outdoors, for the crisp morning air, for the friendships they have made on the

trails, and for the way they feel after their run. Yesterday, about 30 people met at the Norwich recreation department for their winter fun-run through Mohegan Park. This is the fourth winter of the weekly runs, which are for members and non-members alike.

"We'll go out in the snow and sleet," said Bob Miles, a former president of the Mohegan Striders. "It's kind of like the mailman."

In late February the Striders will test themselves in a 10-kilometer race.

Striders go 2-3-4 at Bolton

□ BOLTON — Norwich's Bill Marshall, Joe Banas and Tim Smith, running for the Mohegan Striders, finished 2-3-4 in the Bolton five-mile road race yesterday.

Marshall completed the course in 26:32, Banas in 27:09, and Smith in 27:28 to trail first-pace Steve Gates, who finished in 26:03.

Mohegan Strider Debbie Deveau of Norwich placed 25th overall and second in the women's division with a time of 33:23. Other finishers for the Striders, who won the team competition, included Bob Harding (11th in 29:20), Marshall Collins (13th in 29:44) and Bob Chamberlain (61st in 39:56).

□ NIANTIC — New London's Robert Stack won the Niantic Lions Club sixth annual 3.1-mile race yesterday, finishing in 16:03 to outdistance 54 runners. Second-place Dennis Crowe of New London finished 18 seconds off the winner. Stack's time came in the

Stack 44th in Riverside run

AGAWAM, Mass. — Robert Stack of New London finished 44th in a time of 26:13 in last night's Riverside Twilight 5-miler.

Another eastern Connecticut runner, Joe Portelance of Norwich, was 116th in 28:44. Both Portelance and Stack were representing the Mohegan Striders.

Overall, there were 1,360 runners.

The top three men were Keith Brantly of Gainesville, Fla. in 22:39, John Doherty (22:43) and Bruce Bickford (22:49) of Wesley, Mass.

The top three women were Lesley Welch of Newton, Mass. in 25:37, Jacqueline Gareau of Canada in 26:41 and Christine Pfitzinger of Wesley in 26:46. Pfitzinger's

Jacob takes Morrison run

By BOB TROSTLER
Bulletin Sports Writer

NORWICH — Watching Wayne Jacob run a road race is getting to be like watching the same movie over and over.

The ending is pretty much always the same.

Jacob, of Mystic, easily outdistanced 235 runners yesterday under threatening skies to win the first Al Morrison Run for Reliance House.

The defending Rose Arts race champion, Jacob completed the five-kilometer course — which began at the YMCA and ended on Franklin Street — in 15:07 to top second-place Bill Rogers of Uncasville by 33 seconds.

Ex-St. Bernard standout Chris Hansen finished third in 15:41, followed by Michael Giza (15:53) and

Eastern Connecticut State University women's track coach Jim Uhrig (15:57).

The rest of the top 10 included John Carey (16:03), Ray Nelson (16:08), Tim Smith (16:13), Doug Burdi (16:20) and Bob Panciera (16:23).

Norwich's Carla Brown was the first woman, placing 35th overall in 18:09.

Jacob took the lead a quarter of a mile into the race and then pulled away at about the one-mile mark, on Reynolds Road.

"I had the lead early, but Chris Hansen was pretty much right with me," Jacob said. "I was pretty confident I could get him on the hill and that's what happened."

While many of the runners used yesterday's race to train for the

Rose Arts June 22, Jacob will not return to defend his title. Instead, he will run in a half-marathon in Fairfield.

"It's flat and up hills so this is one of the tougher courses for me," said Jacob, who runs an average of 85 miles a week. "This was a good race for training, because it's a short enough distance where I get a good workout but don't get too tired."

Brown, a three-time Rose Arts women's champion, ran at a leisurely pace.

"I just went out real comfortably to the hill and pushed it in," she said. "I was just running the race for fun. I know a lot of the runners and knew there would be quite a party afterwards."

Morrison, one of local road racing's most popular figures, was surprised the race attracted so many runners in its first year.

"I thought it was an utterly fantastic turnout," he said. "I was hoping for maybe 125 runners, so this was really something."

Cozean could be leader of the pack

By BILL TOSCANO
Assistant Sports Editor

NORWICH — Ron Cozean has never run the Rose Arts Festival Road Race, but he already has a basic understanding of the 10.47-mile event.

"I've heard a lot about it. Usually it's hot and it's a tough course."

That just about sums it up.

"I'd say he's got the idea," said North Stonington's Bill Rogers, a Rose Arts veteran. "That's the way it is."

Cozean, a former standout in track and cross country at Xavier High and Yale, appears to be the favorite in today's 20th-annual race, which starts at 9:30 a.m. — and also finishes — on Chelsea Parade.

But because he's unfamiliar with the course, Cozean's strategy will likely be different than the front-running method he

Rose Arts Race

used to win the Sub Base 5-Miler on Memorial Day.

"At the Sub Base I took it early and I just kind of left everybody else," said Cozean, who lives in Moodus and teaches and coaches at Xavier in Middletown.

"But Sunday I think I'll wait a while. I don't want to make any mistakes," added Cozean, who recently joined the Mohegan Striders. "It sounds like the kind of race where you can really get yourself in trouble."

Phil Garland, who has run five Rose Arts races, says knowing the course is an advantage.

"It's good to know about the hills at two to four miles and also about some of the other parts of the course," he said. "It does help."

Garland also confirmed Cozean's comment about the weather.

"I don't know what it is about that day, but I don't think I've ever run that race when it was cool."

The weather forecast calls for a sunny day with highs in the 80s, though it probably won't be that warm when the race begins.

"One nice thing about it is there are a lot of people out on the course with water," said Garland, a New London resident. "That's important because there's not much shade. It's really nice to have the community behind a race like this."

With Cozean reluctant to take a quick lead, look for a pack of leaders through the first two miles and up Canterbury Turnpike.

"Nobody's going to want to come out and get an early lead," Rogers said. "In the middle of the race, somebody will be stronger than somebody else and take the lead."

Others expected to join Cozean in the lead pack include Garland, Rogers, and three Norwich runners, Joe Banas, Chris Hansen and Tim Smith, as well as Bob Stack of New London and New Britain's Steve O'Connell.

For Hansen, a two-time Rose Arts junior winner, the strategy of staying with the front pack is a change from years past.

"I won't go out if one person flies out, but I'll stay with the lead pack," said Hansen, who attends Holy Cross. "In the past, I've lost too much ground on the hills. I sat back too much and I've been so far back that I can't catch up."

For Garland and Banas, today's race marks a step in comebacks from injuries.

"I had surgery after the East Lyme Marathon last fall and I really didn't get back on my feet until March," said Banas, who was third in the Rose Arts the past two years. "But I've been consistently improving."

"I've been trying to do a crash course since March, and I've been aiming for Norwich. This week I've tapered down, and I'm really hoping."

No matter how good he feels, Banas won't set the pace.

"The last two years I was seventh going through Taftville (midway through the course) and I worked my way up to third," he said. "That's my kind of race. I'm the kind of person people have to look back over their shoulders at. If this were a five-mile race, I'd count myself out, but it's a longer race so I don't think you can count me out."

Garland's problems have included a hamstring injury he suffered last year.

"It really took a long, long time for me to bounce back from that," he said. "I ran a terrible, horrendous race at Danielson and I was really kind of wondering if I'd ever get back."

"Since then, I've been feeling really good."

He'll know for sure today once he gets to the top of Canterbury Turnpike.

"I'll try to go out hard but relaxed through the hills," he said. "Every year by the four-mile mark I know if I'm ready to pop a good one. If I can get through the hills in good shape, I'll be fine."

Race officials expected between 400 and 450 entries this year, but were instead surprised by 553 applications. It should be noted, however, that two of those entrants are Peter Townshend and Keith Moon, who list their address as 66 Eleventh St., Norwich. No one is sure who they are.

Carla Brown of Norwich is the favorite to win her fourth straight women's title. Other top women's runners include Deb DeVeau of Norwich, Kim Hawkes of Oakdale and Janice Boyes of Canterbury. . . . Ernie Dumas of Danielson will be looking to repeat as the men's masters' champion. . . . Rogers is a submasters runner for the first time and could make a run at that title, along with Smith.

The Rose Arts is offering cash prizes for the first time this year, with the men's and women's winners receiving \$150 and the second-place finishers getting \$75. . . . The winners in each of six divisions receive \$50 and the winners in the boys' and girls' junior divisions each receive a \$50 gift certificate. . . . Defending champion Wayne Jacob is passing up the Rose Arts to compete in a half-marathon in Fairfield today. . . . The winner of the first Rose Arts race, Amby Burfoot, is registered to run today as is Johnny Kelley, who was second in 1967. Burfoot and

Bob Miles sees the race from more than 1 angle

Bob Miles is more familiar with the Rose Arts Road Race than most people.

This year's race was his 12th as runner, his 10th as organizer, and his eighth and last as director.

"When I joined the club (Mohegan Striders) I decided I wanted to be motivated," Miles said.

So he joined the organizing committee, which is made up of Striders members as well as employees of Eastern Savings and

Loan, the race's sponsors.

"Once Eastern took over as our sponsor, a position became available for a director," said Miles. So he took the job.

Miles said that the race has changed in many ways since he began serving on the organizing committee.

"When I first became involved there was a total of 25 prizes," he said. This year for the first time, cash was awarded to the top finishers in each division.

The race has become more efficiently run over the years, Miles explained. The number of divisions has increased, and runners now get color-coded tags on their numbers to make it easier to rank their times.

Miles has watched the number of entrants rise and fall, peaking at 855 in 1982 before falling to 533 this year.

As a long-time entrant, Miles understands the race as a competitor as well as an organizer. "The first couple of miles are pretty good, but then you have a couple of hills and you feel it," he said.

But Miles gets an extra surge of adrenalin knowing it is "his" race. He said a number of people on the course who know him cheer him on.

Miles said he was happy with his finish of 71:24. "I'm not in shape right now, but I ran it quite nicely," he said.

Miles is now resigning from the race directorship. He said that he has other commitments, and that the position needed someone with new ideas.



Hansen rolls to victory in Father Casey road race

By BILL TOSCANO
Assistant Sports Editor

GALES FERRY — Chris Hansen was pleasantly surprised.

"No one went out with me," Hansen said after taking off from the start and easily winning yesterday's seventh annual Father Casey 4.7-mile road race during the Our Lady of Lourdes Parish Festival.

"I've been running well in road races so far," said Hansen, a Norwich resident who will be a senior at Holy Cross in the fall. "If I can take it out and get ahead, I figure they'll have to come and get me."

Yesterday, on a hot and muggy afternoon, no one could.

Hansen finished in 24:57, well ahead of second-place runner Dave Raunig's 25:47.

Raunig, who recently retired from the Navy, said before the race he is still recovering from a pulled muscle and would not race hard.

Masters' runner Ernie Dumas of Danielson was third in 25:48, followed by Dennis Crowe (25:57) and Norwich's Tim Smith (26:07).

Chari Radin was the first women's finisher, clocking 29:56 and placing 29th overall. Robin Willett of Norwich Free Academy was the top women's high school runner, finishing 48th overall in 32:38.

Brown does it again

By MIKE ENRIGHT
Special to the Bulletin

NORWICH — Same winner. Same strategy.

"I made my move on the hills of Canterbury Turnpike," said Norwich's Carla Brown, the women's champion in the Rose Arts Festival Road Race for four straight years.

Brown's winning time of 1:05:01 yesterday was the second-fastest by a woman in the race. Sally Zimmer ran 1:03:13 in 1982. Brown now owns four of the top 10 times in Rose Arts history, but she says it isn't as easy as it looks.

"Every time you run this race you have to work hard," Brown said. "I try to run the hills at a good pace, but come off them with something left."

"I ran really hard. I came here to come away with the win."

Brown pulled ahead of her chief competitors — Oakdale's Kim Hawkes and Canterbury's Janice Boyes — at the peak of the Canterbury Turnpike hills, four miles into the 10.47-mile course.

"My first mile was fast," Brown said. "But, it seems it always is because everyone is psyched. Janice and Kim went out fast too, so it didn't make a difference."

Hawkes finished second in 1:07:00 and Boyes was third in 1:11:29.

"I wasn't planning on running,

NORW. BUL 6/29/86

Striders take state title race

□ PROSPECT — Rose Arts Road Race winner Ron Cozean was the individual winner as the Mohegan Striders captured the team title at the TAC five-mile state championship race yesterday.

Cozean's time of 24:56 was a course record and nearly a minute ahead of second-place finisher Don Cavanaugh, the former record-holder. Cozean earned \$100 for breaking the 25-minute mark. Bob Hensley of the Milford Road Runners was third in 26:11.

The Striders' five-man team time of 2 hours, 12 minutes was 10 minutes ahead of the second-place Warren Street Athletic Club and 19 minutes in front of the Libra Athletic Association.

After Hensley came four straight Striders, Bill Rogers (26:41), Joe Banas (26:52), Bob Stack (27:04) and Jim Uhrig (27:12).

Tim Smith of the Striders was 10th in 27:24, Bill Marshall finished 12th and set a masters' record of 28:25 and Phil Garland was 14th in 27:49.

but I decided to do it just for training," said Hawkes, a distance runner for UConn. "It's a long race and it's boring in the city. I was racing against the clock, but I tried to keep Carla in site."

Said Boyes: "I've been sick for two weeks and I haven't run over six miles for a week. I knew I didn't have it in me to win. When I

started to run, I became queasy and my legs were really weak."

Beth Lebel finished fourth in 1:13:00 and Linda Sprague was fifth in 1:16:19.

Most of the runners agreed that the weather was fine but the traffic wasn't.

"The traffic on the course was the worse it's been," Brown said.



Bulletin photo by Carol Phelps

Charles C. Whitty signs the first application form for the St. Patrick's Cathedral Broadway Mile, which will be held Aug. 22 in Norwich. Looking on are race director Peter Nystrom and Monsignor James J. O'Brien. This year's race honors Whitty, former city manager. Entry forms are available at the YMCA, Ogulnick's Jewelers and Norwich Savings Society branches. Further information is below.

"I was dodging between cars the whole race. I even had to wave my hand once so I wouldn't get hit. You don't want to dodge all over the place because it makes the race longer."

Barbara Gorr won the masters division, Rose Buckingham the sub-masters and Bernadette Krodol the juniors.

Records fall in TAC race

Bulletin Staff Reports

WILLIMANTIC — Southbury's Rodney LaFlamme and Susan Baxter-Faber of Seymour each set state records yesterday in the Connecticut TAC 5-kilometer championship road race.

LaFlamme was the first finisher, in 15:04, breaking Mike Ambrose's 1984 record of 15:08. Ambrose finished second yesterday in 15:09.

Baxter-Faber won the women's open division in 16:55, breaking Denise Valk's 1984 record of 17:54. Valk was second in 17:28.

Jose Martinez finished third

(15:15), Nick Perrow fourth (15:18) and Russ Blatt fifth (15:23). Dave Raunig of Groton was sixth overall and won the 30-39 age group.

In the women's race, Jane Demarco finished third (17:49), Cheryl Simoni fourth (18:15) and Norwich's Carla Brown fifth (18:21).

The Mohegan Striders won the team title in the men's division, while the Hartford Track Club won the women's division.

The Willimantic Athletic Club finished second in the men's division, while the Silk City Striders placed

third.

8-10-86
The Groton Track Club was second in the women's division behind a sixth-place finish from Norwich's Pat Swim (18:24) and a ninth-place finish from Shari Radin (19:14).

Jewett City's Frances Spaulding won the female 13-and-under division in 20:21, while Geraldine Palonen of Canterbury won the women's 40-49 division at 23:04.

Norwich's Bill Marshall won the men's 40-49 division with a mark of 16:21.

Connecticut TAC

5-kilometer championship

Top 20

Rodney LaFlamme, 15:04 (state record, breaks mark of 15:08, set by Mike Ambrose in 1984); Mike Ambrose, 15:09; Jose Martinez, 15:15; Nick Perrow, 15:18; Russ Blatt, 15:23; David Raunig, 15:35; David Liloff, 15:36; Peter Hohmelster, 15:36; David Dunleavy, 15:37; Jim Wadsworth, 15:39; Mike Giza, 15:51; Burt Marlowe, 15:52; Robert Stack, 15:52; Luis Amaral, 15:58; Glenn Reese, 16:00; Tim Smith, 16:04; Christopher Hansen, 16:05; David Ott, 16:06; Kevin McCaffrey, 16:06; Albin Swenson, 16:07; Phil Garland

Top 10 Women

Susan Baxter-Faber, 16:55 (state record, breaks mark of 17:54 set by Denise Valk in 1984); Denise Valk, 17:28; Jane Demarco, 17:49; Cheryl Simoni, 18:15; Carla Brown, 18:21; Pat Swim, 18:24; Cynthia Hopfe, 18:26; Barbara Lewis, 18:45; Shari Radin, 19:14; Patricia Kelly, 19:35

Division winners

MALE

13 and under: Bryan Zadora, 20:52; 14-19: John Geier, 16:27; 20-29: Rodney LaFlamme, 15:04; 30-39: Dave Raunig, 15:35; 40-49: Bill Marshall, 16:21; 50-59: Barrie Almond, 18:06; 60-69: Herb Silander, 20:38; 70 and over: Paul Kaplitz, 36:21.

FEMALE

13 and under: Frances Spaulding, 20:21; 14-19: Barbara Lewis, 18:45; 20-29: Susan Baxter, 16:55; 30-39: Denise Valk, 17:28; 40-49: Geraldine Palonen, 23:04; 50-59: Tami Graf, 24:27; 70 and over: Mary Haines, 32:00.

Team Results

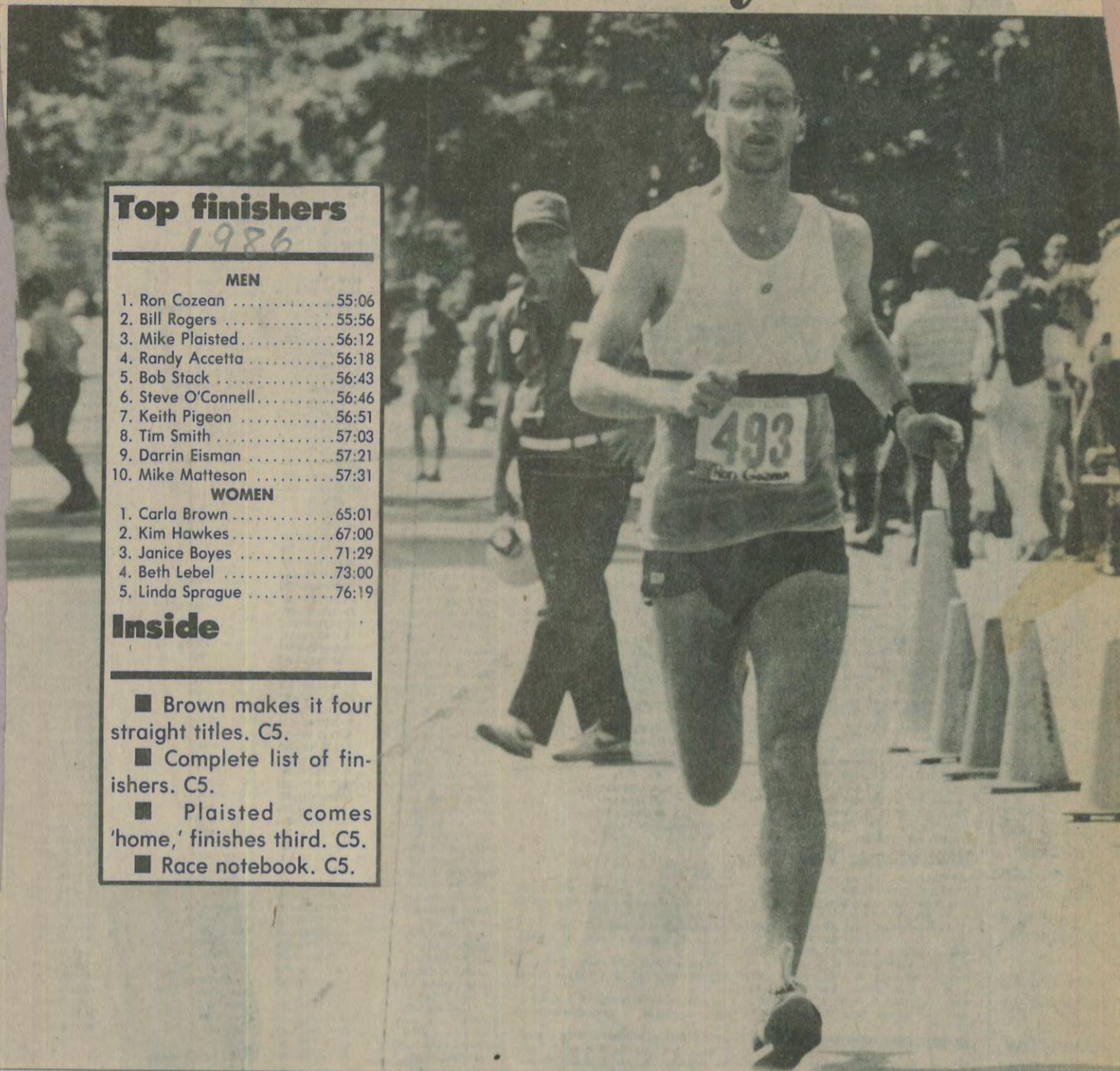
MALE

Mohegan Striders, Willimantic Athletic Club, Silk City Striders (Manchester).

FEMALE

Hartford Track Club, Groton Track Club, Willimantic Athletic Club.

Cozean runs away with it



Bulletin photo by Carol Phelps

Top finishers

1986

MEN

1. Ron Cozean55:06
2. Bill Rogers55:56
3. Mike Plaisted56:12
4. Randy Accetta56:18
5. Bob Stack56:43
6. Steve O'Connell56:46
7. Keith Pigeon56:51
8. Tim Smith57:03
9. Darrin Eisman57:21
10. Mike Matteson57:31

WOMEN

1. Carla Brown65:01
2. Kim Hawkes67:00
3. Janice Boyes71:29
4. Beth Lebel73:00
5. Linda Sprague76:19

Inside

■ Brown makes it four straight titles. C5.

■ Complete list of finishers. C5.

■ Plaisted comes 'home,' finishes third. C5.

■ Race notebook. C5.

Ron Cozean heads for the finish line and first place in the Rose Arts Road Race.

Wins Rose Arts in 55:06 — Rogers second

By BILL TOSCANO
Assistant Sports Editor

NORWICH — A week ago, Ron Cozean was recovering from a race he called "a disaster."

Yesterday, he was enjoying an easy victory.

Cozean, of Moodus, made his first appearance in the Rose Arts Festival 10.47-mile Road Race a successful one, winning by nearly a minute in 55 minutes, 6 seconds. He took home \$150 as the Rose Arts offered cash prizes for the first time in its 20-year history.

Carla Brown of Norwich won her fourth

miles and I felt it on the last couple of miles."

Mike Plaisted, formerly of Waterford and now of Washington, D.C., was third in 56:12, followed by Randy Accetta, a former Wesleyan University student who now lives in San Francisco.

New London's Bob Stack was fifth, Steve O'Connell of New Britain sixth and former Ellis Tech standout Keith Pigeon of Danielson seventh.

Tim Smith of Norwich, the only runner to compete in all 20 Rose Arts races, was eighth in 57:03, followed by Eisman and Mike Matteson.

consecutive women's title in 1:05:01, the second-fastest women's time ever here. UConn's Kim Hawkes, of Oakdale, was second in 1:07:00.

Going into yesterday's race, Cozean was thinking about a 7.5-miler he ran last Sunday in Branford.

"I just didn't run well at all last week," said Cozean, who was 13th in a top-flight field in that race. "But now I think running it, especially because it was such a hot day, really helped me here today.

"It felt nice to have a good one after last week," added Cozean, a Yale graduate who teaches and coaches at Xavier High in

Bill Marshall of Norwich, who had been injured and didn't expect to race hard, won the masters division, finishing 17th overall in 59:25. Defending masters champ Ernie Dumas of Danielson suffered through a "bad day" and was 61st in 1:05:21.

"I went out well after the first mile but when I hit the hills my legs just went dead," Dumas said.

Marshall, who was about 50 yards behind Dumas at the time, was surprised, but quickly took advantage of the situation.

"I ran what I was capable of,"

Middletown. "It gives you some extra incentive after having a disaster."

Cozean had never run the Rose Arts course before, and as the lead group reached the two-mile mark — the base of the long hill on the Canterbury Turnpike — in 10:12, he was part of a 10-man pack.

By the crest of the hill — the four-mile mark — Cozean had pulled into a 15-second lead. He cruised the rest of the way.

Just as Cozean was taking his solid lead, Bill Rogers of North Stonington was gaining command of what had been a tight race for second place.

said Marshall, who has been been struggling with leg problems this year.

"I felt good enough to run off Ernie, but when he pulled over on the hill, I went by him," added Marshall, who ran much of the race with 15th-place finisher Craig Cotnoir.

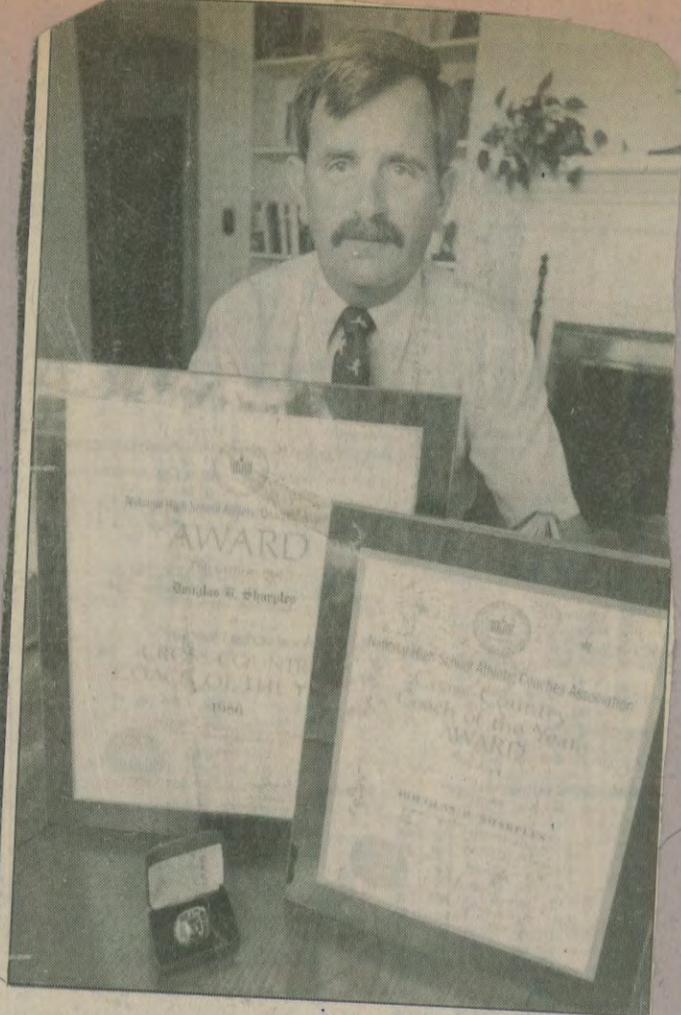
"All I wanted to do was try to get the masters title. I didn't really expect to win it."

Jon Jacaruso of Norwich Free Academy won the men's junior title, Gene McMerriman was the top grandmasters' runner and Jim Taylor took the seniors' title.

"Ron and another guy (ninth-place finisher Darrin Eisman) put on about 50 yards on the hill, but I took second at the top of the hill," said Rogers, who won the submasters division in 55:56. "I had a friend on a bike tell me I had a six-second lead on two guys at the five-mile mark and at the A&P (six-mile mark), I started to pull away."

But the rest of the race wasn't easy.

"I felt good for eight or nine miles," Rogers said. "I've been trying to get into good shape on low



Bulletin photo by Randy Flaum

Doug Sharples with coaching awards.

Sharples

Award is just part of his SB success story

By BILL TOSCANO
Assistant Sports Editor

The numbers are a comfortable backdrop: Three State Open cross country championships in 18 years at St. Bernard. Three class meet titles in that time, and eight second- or third-place finishes. Dual meet record of 261-54.

His personal history is an easy story, too. Ran cross country at Norwich Free Academy and Georgetown (Ky.) College. Taught at Kelly Junior High, then St. Bernard. Coached football one year, then track and cross country. Dropped track to spend more time with his family.

The award is equally easy to fall back on: National High School Coaches Association cross country coach of the year. Think about it, national coach of the year.

But there are even easier ways to tell Doug Sharples story.

First off, talk to a couple of his former runners.

"He can get a team so incredibly psyched up for a meet and so prepared that there's no way anyone can compete with them," said Chris Hansen, a member of Sharples' 1981 team which won the State Open and earned All-America honors.

"I can remember finishing races like the State Open the year we won it, but you can't remember parts of the race because you were running out of your mind," said Hansen, who will be a senior at Holy Cross.

"We finished the race and we were still jumping out of our minds with all this adrenaline flowing. He could get us to run out of our trees. I don't think I'll ever forget it."

That State Open title was Sharples' third. The Saints

also won in 1968 and 1969, and while Sharples says "all three are special in their own way," he could probably tell you about 1981 for the next hour or so.

"You've got to understand, it was a year of great individual runners, but not strong teams," Sharples said.

"We have Chris Abate and Brian Pisacich finish 10th and 11, just one-tenth of a second apart, then Chris van der Velde, Chris Hansen and Adrian Pelchat finish 36-37-38, just seven-tenths of a second apart.

"And the guy who led us with Abate all year, Walt Nagle, was sick that day," Sharples added. "That was just a fantastic group. It was a great team. We went undefeated and made All-America.

"So many things went right for us that year. We never went anywhere and didn't win. It was a perfect season."

Beginning to see why you really don't need the numbers, the history or the award to find out about Doug Sharples?

"He maintains a lot of respect. He's like a father figure," said Todd Renehan, who graduated in 1981 and ran in an All-America meet that year, which also marked the first time Sharples was nominated for national coach of the year.

Burfoot's legacy — warmth

Two events that share the names of the best southeastern Connecticut offers in road racing will be brought together for the first time — and regrettably the last — on Aug 2.

The day will begin with the annual John J. Kelley Road Race and conclude with a testimonial dinner for Amby Burfoot, both at Ocean Beach Park.

Anybody from southeastern Connecticut who's either plodded through a fun run or churned out a five-miler at a 5-minute pace is familiar with the pair of area runners who built up national reputations with victories at the Boston Marathon. Kelley took the title in 1957 and Burfoot matched the effort 11 years later.

But more important, these two men who began pounding pavement long before it was fashionable to do so shared themselves with the region's running community. Their names became synonymous with running and their presence at road races, fun runs and even daily training runs helped make the sport both acceptable and accessible.

Burfoot has already moved out of the region and is setting up house in Emmaus, Penn., where he has taken a position as executive editor of Runner's World Magazine.

"Amby helped put southeastern Connecticut running on the

"He's with the kids almost as much as their parents and he gets to know how far you can go and you know how far you can go with him.

"It's respect and a caring relationship. We'd lose a meet and feel bad because we'd let him down."

Respect. It comes back to that. Bob Michalski has been coaching for 20 years and his Xavier teams are setting a new standard in Connecticut cross country. He knows about respect.

"You want to be their friend and everything, but you've got to have that respect," Michalski said. "It's not like a coat you can put on.

"Why is Doug successful? He gets some pretty good kids and he does a lot with what he gets. His rapport is pretty good and the kids respect him."

You've seen the numbers, heard two runners and another coach. What about Doug Sharples?

"It's more of a benevolent dictatorship. It's a democracy until it contradicts with what I believe in," he said.

"There are times when they get to go out and be crazy and play cowboys and indians, chasing each other through the fields. But when it detracts from what I'm trying to accomplish, it stops.

map," said Jim Butler of New London, one of the region's Boston Marathon regulars and a training partner of Burfoot's the past 12 years. "He's been a good friend to running in southeastern Connecticut.

"When I was young, guys like Amby and Kelley had a great influence on me; they gave me someone to look up to," Butler added. "And even though he was a runner with credentials on the national level, he was always your peer when he ran with you."

A 1964 graduate of Fitch Senior High School, where he had Kelley as a cross country coach, Burfoot went to Wesleyan University in Middletown and was a two-time New England and IC4A champion and NCAA All-American.

His best year as a competitor was 1968 when he won the Boston Marathon, the prestigious Spring Bank 12-Mile Invitational in Ontario and was the top United States finisher in the Fukuoka, Japan, Marathon, finishing sixth in 2:14:28.8, eight-tenths of a second off the American record.

Burfoot moved to New London in 1974 and continued to have a profound influence on running in the region and the state. He won the Manchester Road Race nine times, seven in a row at one stretch; the Norwich Rose Arts race five times and the Kelley race seven times, more than anybody else in the 24-year history of that event.

During that stretch until around 1980 when he went into semi-retirement, Burfoot won more than just a string of road races. His talent and warm demeanor helped win over an entire community as he shared his knowledge and enjoyment of the sport with anybody who wanted to run with him.

"His abiding love of running is the determinant factor in almost everything Amby does," Kelley said. "He has always worked to promote running and to create more opportunities for others to run.

"And throughout it all, he always keeps his sense of fun," Kelley added. "He has a way of making what some consider drudgery into something tempting, a challenge."

To that end, Burfoot helped establish a New Year's Day run that concludes with a dunk in the Thames River. He also got his family involved in his running, pushing a baby carriage while running or even bringing his children to a race and trot along with them.

"The emphasis was on participation, not just the competition," Kelley said. "His approach has always been low key, but he's still had a profound effect on running in the area."

Butler said his good-bye this week after the two completed their final training run.

"It was a sad day for me because I not only lost a great training partner, but also a good friend," he said.

Kelley feels the same way.

"We've always been close because we've shared the same perception of things," Kelley said. "There were a lot of things we could say without having to say them."

The Aug. 2 testimonial is billed as a surprise party, but Kelley admitted he almost spilled the beans.

"I felt badly that he was leaving and not knowing about how much we all care," Kelley said. "But he's intelligent enough to know that we wouldn't let him go without a proper sendoff."

On Aug. 2, Amby's friends will make sure of it.

Ed Murphy is...

'Mount Misery' can be misnomer

"The race," says Tim Smith with a fond chuckle, "is true European cross country."

"The blacktop portion at the start lasts no more than 300 yards. The path you then enter, which takes you through the first mile, allows only single-file running. Incidentally, that path is also the last mile."

"You can't go off the line in the traditional fashion, because you'd be dead on your feet in short order. On the other hand, the position you have going into the first-mile path is going to be the position you have when you come out onto the gravelly path of the mid-race."

"It's a very fatiguing course, very deceptive. You're always either dodging a puddle or jacking around a stone. Although the gravelly path is wide enough for people to pass at will, it's no bargain either."

Interestingly, Smith has run every one of the 11 Mount Misery Cross Country Races (6.7 miles) staged to date, and he fairly waters at the mouth at the thought of his 12th go on Saturday, July 26.

The entry blanks being distributed by Smith's friends, Bob Carbray and Debbie Deveau, call the Mount Misery run "a unique 7-mile experience." He calls it "delightful."

Be that as it may, Carbray, of the co-sponsoring Mohegan Striders, has been handling MM XII the way Doc Kildare would an emphysema patient in a heat wave.

Why this concern? A race



John Kelley

On running

named "Mount Misery" has already beaten the odds by being alive on its 12th birthday, hasn't it?

"Well, it has a couple of additional strikes against it this year," Carbray explains. "First, it was mistakenly listed on the Southeastern Connecticut Road Race Calendar as being on Aug. 26, when in fact, the date is July 26."

"Second, the Saint Mary's Festival 5-mile Race is set for Friday evening, July 25, and that's bound to draw off some prospective entries."

Mount Misery peaked in 1980 with a record 232 runners, paced by Smith who won in 35:02, followed by Bill Rogers of Uncasville and Mike Reagan of Guilford.

Two years later, Reagan set the current record of 33:46.

According to Smith's Mount Misery file, "Only Billy Krohn and Amby Burfoot have joined Reagan in the sub-34-minute circle."

If all this has you wondering whether to box July 26 on your own racing calendar, you might consider 1980 masters winner

Roland Cormier's summation of his Mount Misery debut: "An enjoyable race. You get to run on the back roads and into the forest. I think next year I'll come back and bring my family."

And, ah, those famous giant potholes. Smith recalls, with yet another fond chuckle, how, "in the race's early years the (then-sponsoring) Voluntown Fire Department would take the pumper truck out and fill the potholes with water, to make things more interesting."

"One year, while running full throttle, I spotted Rory Suomi's hat bobbing in the middle of one of these puddles. It shook me, but in the next instant, I saw Rory running, apart from his hat, and I just scooted on."

"And, oh, I should tell anybody not familiar with the race: it doesn't really climb the 'mountain.' The course runs around it."

(Continued from Page C1)

Boyes (44:35) in the women's open division and her mother, Geraldine Palonen (57:50), in the women's masters.

"If you go too fast you can really get hurt," said Palonen. "Mount Misery is kind of an appropriate name."

Keith Slonski (41:03) and Kathy Sullivan (55:21) won the boys' and girls' junior divisions. And for the sixth straight year, Danielson's Doug Kenefick (39:06) took the men's masters.

"It was a little muggy today, but the course was in the best shape it's ever been in," Kenefick said. "That is, the best shape considering what kind of race this is."

In bold black letters on the entry form, the race is called a "unique 6.7 mile experience."

Winding up a course in the Pachaug State Forest, runners encounter everything from hanging branches to fallen trees to potholes to darting hills, and finish on a winding dirt road which has seen more than one competitor in the last 12 years get lost.

Said Tim Smith: "I remember in 1976, I was running behind Amby Burfoot and Kim Murphy, and would have settled for third, but then they took the wrong turn on the road to the finish line."

"But I stopped and waited for them to come back around and they were madder than hell that I waited. All three of us ran through the finish together, with Amby stepping first, Kim second and me third. That's what kind of race it is — a gentleman's race. We're all a close-knit bunch."

Smith, who helped design the

Striders take Guilford title

□ GUILFORD — The Mohegan Striders placed four runners in the top 10 to claim the team title in yesterday's Great Guilford 10-miler, the state TAC championship race for that distance.

North Stonington's Bill Rogers was the first sub-masters runner and sixth overall in 53:15. Ron Cozean of Moodus was eighth in 53:40, followed by New London's Phil Garland (53:50) and Norwich's Bill Marshall (10th, 53:55), who won the masters division and established a state division record. Bob Stack of New London rounded out the top five Striders, placing 15th in 55:10.

Middletown's Gary Nixon won the race and Sally Zimmer was the first female finisher.

□ NORWICH — Todd Lathrop, 22, of Norwich

Cozean captures Mt. Misery race in time of 36:13

By PAUL ORZULAK
Bulletin Sports Writer

VOLUNTOWN — With a small tree shading him from the sun, Ron Cozean of Moodus stood off to the side of the road, watching the last runners come in.

"I should've worn my glasses out there, because a few of those trails were really rough," said Cozean after winning the 12th annual 6.7-mile Mount Misery Cross Country Race in 36 minutes, 13 seconds yesterday morning.

"It's hard to tell how you're doing (time-wise) because you have to concentrate on your footing for rocks and roots," added the Yale graduate, who also won this year's Rose Arts Festival Road Race. "It's a strength race, a different kind of event."

Surviving the strength race ahead of the field were Janice

□ MONTREAL — Four members of the Mohegan Striders competed in Sunday's Montreal Marathon, with two of them qualifying for next year's Boston Marathon.

Steve Hancock of Lisbon finished in 2:52:30 and Ledyard's Ron LaFleur timed 3:01:20, both good enough to qualify for Boston in their age groups. Peter Volkmar and Way Hedding, both of East Lyme, finished together in 3:29:46.

course 12 years ago, and John Saari are the only two to run the race every year. Smith finished fourth yesterday.

Handshakes and wide smiles abounded when former Waterford resident Mike Plaisted, now living in Maryland, showed up for the race. He finished second in 36:42 but, at 6-foot-6, had problems with the hanging branches.

"I'm too tall to run cross country, and with those vines and other stuff, I couldn't see where I was going," Plaisted said. "There's some real bad ditches and potholes. I would have been happy to win, and I should have finished a minute faster, so I'm disappointed."

But third-place finisher John Carey of Willimantic (36:55) was satisfied.

"The thing about this race is that if you lose contact with the guy in front of you, it's hard to keep pace," Carey said. "You had to keep a certain distance to see where you were going."

The race almost didn't take place this year, but the Mohegan Striders and resident Debbie Deveau approached Voluntown recreation director Bill LaChapelle early in the year. Monthly meetings and the sponsorship of Eastern Savings and Loan made the event possible. Seventy-one runners finished.

After fruit baskets and bottles of wine were handed out to the winners, the region's "Dean of Running," Al Morrison, sat back and looked out at the forest.

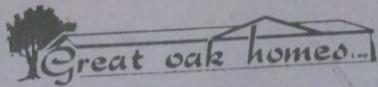
"You've got to be gutty to finish this course," said Morrison with a gruff wisdom. "You not only have to be fast and durable, you have to be strong."

"You have to be a survivor"

Willimantic Athletic Club
P.O. BOX 812
WILLIMANTIC, CT 06226

4th Annual

Connecticut TAC 5 K Championship
Willimantic, Sunday, August 10, 9 a.m.



745 Main Street Eastbrook Mall
Willimantic, CT Mansfield, CT

PRIME TIME
GENUINE NEW STATE RECORD OR AGE RECORD

Rank	Final Time	Name	Division	Rank	Hometown	Pace
1	*15:04.0	RODNEY LaFLAMME (overall)	M 20-29	1	SOUTHBURY, CT	4:51 T03
2	*15:08.7	MIKE AMBROSE 24	M 20-29	2	BRIDGEPORT, CT	4:53 T61
3	*15:14.4	JOSE MARTINEZ 28	M 20-29	3	NEW MILFORD, CT	4:54 T
4	15:17.7	NICHOLAS PERROW	M 20-29	4	GUILFORD, CT	4:56
5	*15:22.5	RUSS BLATT 29	M 20-29	5	GLASTONBURY, CT	4:57 T41
6	*15:34.7	DAVID RAJUNIG 31	M 30-39	1	GALES FERRY, CT	5:01 T28
7	*15:35.8	DAVID LITTOFF 25	M 20-29	6	CROMWELL, CT	5:01 T54
8	15:36.0	PETER HOMMEISTER	M 20-29	7	NEW HAVEN, CT	5:01 T61
9	15:36.3	DAVID DUNLEAVY	M 30-39	2	BROOKFIELD, CT	5:02 T77
10	15:39.0	JIM WADSWORTH	M 20-29	8	STORRS, CT	5:02 T54
11	15:50.2	MIKE GIZA	M 20-29	9	WILLIMANTIC, CT	5:06 T54
12	15:51.2	BURT MARLOWE	M 20-29	10	HARTFORD, CT	5:06 T41
13	15:51.6	ROBERT STACK	M 20-29	11	NEW LONDON, CT	5:06 T28
14	15:57.3	LUIS C AMARAL	M 20-29	12	NEW MILFORD, CT	5:08 T77
15	15:59.1	GLENN REESE	M 20-29	13	ENFIELD, CT	5:09 T19
16	16:03.3	TIM SMITH	M 30-39	3	NORWICH, CT	5:10 T28
17	16:04.8	CHRISTOPHER HANSEN	M 20-29	14	NORWICH, CT	5:11 T28
18	16:05.4	DAVID OTT	M 20-29	15	NORRISTOWN, PA	5:11
19	16:05.8	KEVIN J McCAFFREY	M 20-29	16	LYTONVILLE, CT	5:11 T19
20	*16:06.1	ALBIN W SWENSON 39	M 30-39	4	WOLCOTT, CT	5:11 T19
21	16:08.2	PHILIP A GARLAND	M 20-29	17	NEW LONDON, CT	5:12 T28
22	16:08.6	CHRIS DICKERSON	M 20-29	18	WOODBRIDGE, CT	5:12 T
23	16:10.3	MARK W DAVIS	M 30-39	5	MANCHESTER, CT	5:13 T19
24	16:11.0	STEPHEN H HALL	M 20-29	19	NAUGATUCK, CT	5:13 T77
25	16:11.5	WALTER J SMOLENSKI	M 30-39	6	COLCHESTER, CT	5:13 T28
26	16:11.9	DAVID REIK	M 30-39	7	HARTFORD, CT	5:13 T19
27	*16:13.0	PETER CARNES 36	M 30-39	8	BLOOMFIELD, CT	5:13 T19
28	16:14.7	MARK CHILD	M 30-39	9	WINDSOR, CT	5:14 T41
29	16:16.5	GREG BEST	M 30-39	10	MANCHESTER, CT	5:15 T41
30	16:18.4	BOB PANCIERA	M 30-39	11	STORRS, CT	5:15 T54
31	16:19.0	KEVIN CONNELL	M 30-39	12	BRANFORD, CT	5:15 T61
32	*16:20.8	BILL MARSHALL 41	M 40-49	1	YANTIC, CT	5:16 T28



Bulletin photo by Randy Flaum
Rudy Sroka won the event in 1:41:59.
Jim Murphy is first on his bicycle in yesterday's YMCA Biathlon in Preston.

Kane, Butler share victory

By BILL TOSCANO
Assistant Sports Editor
LEDYARD — Tim Kane was in a familiar position after yesterday's Tom Hewes 10-kilometer relay road race.
But his partner, Jim Butler, had moved up a notch.
Last year, the first time the race was run in a two-man relay fashion, Kane and partner Phil Garland won by more than a minute over Butler and Amby Burfoot.
Yesterday, Kane ran the first five-kilometer loop in 16:35, giving Butler a two-minute lead, and Butler ran his leg in 17:18 for an easy victory in 33:53. John Kester and Sam Singer were second in 36:21 and Steve Fagan and Joe Light third in 36:26.
"My time was even similar last year. I'm really happy," said Kane, whose roommate Garland ran a 15-kilometer race on Block

Running 9-6-86
Island yesterday.
Butler said he needed no extra motivation when he saw Kane finish the first loop all alone.
"I knew he'd be mad if I lost the lead," Butler said. "Last year, I got the pass in third and I concentrated on second place. I knew Phil (Garland) was gone."
Kane took off quickly and was well in the lead even before the first mile. He never let up.
"It's hard to run easy once you get started like that," he said.
The first all-female team to finish was Mary O'Hara and Ann Pace (41:57). The mixed winners were Barbara and David Eck, (42:26), who were also the first husband and wife team.

Bill Marshall of the Mohegan Striders lost a record but claimed another in the 15-kilometer Blockbuster race yesterday on Block Island.
Bill Rogers, Marshall's teammate, was fifth in in 49:15. The time broke Marshall's two-year-old sub-masters record of 49:19.
But Marshall, seventh in 49:59, broke the masters record of 50:22, set by Bob McCarthy of Middletown, Conn., in 1984.
The Striders, who sent 15 runners to the race, won the three-man team title with Garland finishing 14th in 52:21.
Other Striders in the top 25 were John Brown, 20th in 54:08, and Jack Silva, 23rd in 54:34.
James Zimmerly, an Oregon resident who attends Providence College, was the winner in 47:56. Kim Goff was the first woman, in 58:22. Nearly 500 runners finished.

Constitution celebration gets a hand from Ledyard

By JANET THOUIN LUSSIER
Bulletin Staff Writer

LEDYARD — A Ledyard man will help publicize next year's celebration of the 200th anniversary of the U.S. Constitution tomorrow when he runs a half-marathon in Philadelphia.

Ron LaFleur of 45 Arrowhead Drive, will be one of 49 runners serving as state representatives in the Philadelphia Distance Run, a 13.1-mile road race starting at Philadelphia City Hall, said Mary Kimmit, associate director of "We The People 200."

The half-marathon is an annual event which draws about 6,000 runners, Kimmit said.

After the race, each runner will receive an invitation from the mayor of Philadelphia for the citizens of his or her state to enjoy special events the city has planned in 1987 to commemorate the anniversary.

The runners are to present the invitations to their respective governors at their state capitols Wednesday — the 199th anniversary of the Constitution's adoption, Kimmit said.

Participants were chosen from names submitted by YMCAs around the country, she said.

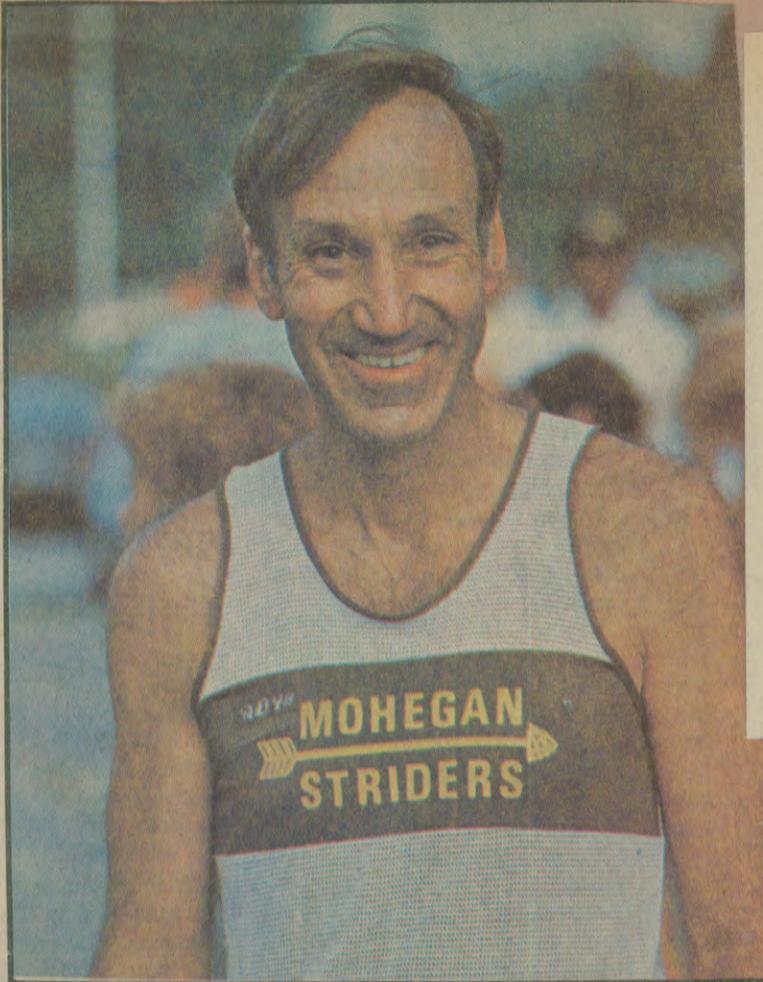
LaFleur, an engineer at Electric Boat in Groton, was entered by Jacqueline Pfeifer, program director for the YMCA of Southeastern Connecticut in Norwich.

A long-time member of the Mohegan Striders, LaFleur competed in the Boston Marathon last April. He is scheduled to participate Sept. 28 in the Montreal Marathon.

He is registered with The Athletics Congress and runs in the Masters Division, a category for runners between 40 and 49.

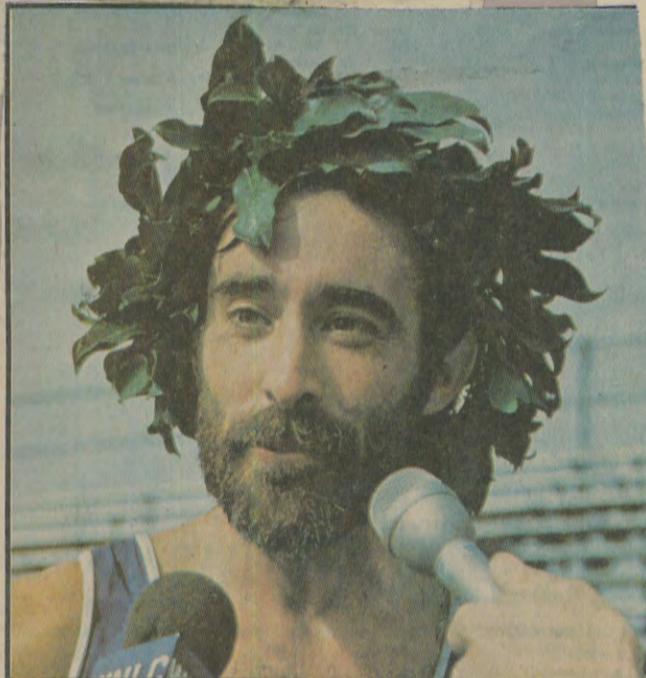
"We weren't looking for great runners, although we do have some world-class runners participating," Kimmit said. "Most are everyday American citizens."

The runners will attend briefings during the weekend "so they will be effective spokespeople for We The People 200," she said.



Bulletin photo by Jeff Evans

Ron LaFleur of Ledyard is one of 49 runners acting as state representatives in the Philadelphia Distance Run, a 13.1-mile road race starting at Philadelphia City Hall and sponsored by 'We The People 200.'



Bulletin photo by Carol Phelps

BILL ROGERS . . . Victory wreath.

Rogers No. 1 marathon man

By JEFF HOOD
Bulletin Sports Writer

EAST LYME — Joe Banas thought it was his day, and it was — until there were about three miles left in yesterday's East Lyme Marathon.

At that point, Bill Rogers had closed Banas' one-time lead of some 300 yards to none.

Banas, who moments earlier had raised his hands in exasperation after seeing a glimpse of Rogers over his left shoulder, held out his right hand to the eventual winner. Rogers clasped it, passed Banas and went on to capture his second East Lyme Marathon.

Rogers, a 35-year-old research psychologist from North Stonington, finished in 2 hours, 26 minutes and 22 seconds, 2:26 slower than the course record held by Tim Smith.

Banas, who finished 3:23 later in 2:29:45, struggled through the final 3.2 miles at 7:20 a mile. He still was able to

See MARATHON/Page C2



10-23-86

Anne Powich

Alumni officers — Officers of the Chapman Technical High School Alumni Association gather at Ocean Beach Park during the group's recent seventh annual dinner-dance. From left, they are John DeGange, secretary; Edmund Bonafede, president; Rowe Messina, guest of honor; and Wesley Stoffel, treasurer.

beat third-place finisher Darrin Eisman (2:33:34) by 3:49.

Cindy Scott of Patchogue, N.Y., was the women's champion, finishing in 3:06:14, 17 seconds ahead of Kim Goff, a Smithfield, R.I., resident. Lorraine Gersitz of New Brunswick, N.J., was third in 3:15:17.

Rogers, who previously won the marathon in 1983, also earned the Triple Crown of racing in southeastern Connecticut, having the lowest cumulative time in the Rose Arts road race, the John J. Kelley race in New London and the marathon.

"I feel sorry for Joe, he felt so great 18 miles into the race," Rogers said. "If Joe had been able to maintain it at the end, I wouldn't have caught him."

The victory completes a comeback for Rogers, who voluntarily left racing in 1984 and was injured last summer.

"I built a home and I started a family in 1984," Rogers said. "And then I had some non-racing injuries (in 1985). I dropped a log on my foot and I broke a toe, and playing softball I wrenched a knee."

Rogers was at the front at the start, holding a 20-yard lead over Jeff Kotecki at the two-mile mark. By the eighth mile, Banas had worked into second place, passing Celio Hernandez, Kotecki and Eisman and closing within 25 yards of Rogers.

At 9¾ miles, Banas passed Rogers and was feeling good. The 29-year-old Norwich resident clapped his hands and, six miles later, pumped his fist in the air as a spectator cheered.

"I wanted this race more than I wanted any race in 15 years," said Banas, a telephone company employee who has had extra time to train the last two weeks with his union on strike. "I really believed at 15 miles this was mine. I really didn't think anyone would catch me."

"Right around the 21-mile mark, I knew that if (Rogers) had anything, he would win. I knew how my legs felt. When he went by me, I gave him my hand. I knew it was over. I told him, 'Go for it.'"

Rogers ran the 24th mile in 5:33, and slowed to a 5:46 pace the final 2.2 miles.

Hernandez, of Springfield, placed fourth in 2:34:23 after running second the first quarter of the race. Jack Cleland was fifth (2:36:07) and Smith, the defending champion and three-time winner, was sixth in 2:36:43.

Janice Boyes, who won the women's division last year, was sixth this time.

Scott, 31, decided to race in the marathon Saturday evening after a friend invited her to run with him.

"I train 70 miles a week, so I was ready for it," said Scott, who quit smoking and took up running four years ago. "I thought the course was excellent and the people in the area are wonderful."

Scott's time was a personal best in her five marathons.

Goff, who said she ran the marathon as a training run for the Marine Corps Marathon in Washington, D.C., later this fall, trailed Scott by 10 minutes at the 16-mile mark.

"I'm not disappointed by my place by any means," Goff said. "My PR (personal record) was 3:16 and a half. We (Goff and her husband, David) were going to do this in 3:30, 3:45."

David Buddington was the men's masters winner (2:43:02) and Guss Stepp Jr. took the grandmasters division (3:11:16).



Bulletin photo by John Shishmanian

Way Hedding, in Santa hat, left, and Robert fellow runners in last night's Tommy Toy Miles, in Santa outfit, right, start with Fun Run.

Santa wins Tommy Toy Fund run

"Santa Claus" finished first in the Tommy Toy Fund's Fun Run held last night.

But Robert Miles, the winner and organizer of the four-mile road race, was quick to point out that the race isn't really a race. "We all stick together and sing Christmas carols while we run."

The event was held to benefit the fund, which provides needy children with a toy for Christmas. About 40 people ran in the race and that means at least 40 more children will have a gift to open. The entry fee was a new toy.

Rebecca Ouellet, 10, said she has run in the race twice before. "We brought a whole box of toys," she said.



Bulletin photo by Randy Flaum

Chris Portelance, center, player-coach of Wonder Bar, is pictured with Norwich recreation director Lou DePina, left, and basketball director Tony Orsini. Wonder Bar won regular-season and playoff titles in the Over-30 League.

NORW BUL 3/17/87

Banas wins marathon

Staff and Wire Reports

MIDDLETOWN — Norwich's Joe Banas won his first marathon yesterday, capturing the 16th John W. English Marathon at Middletown in the event's last running at 26 miles, 385 yards.

Banas, 29, who has competed in 11 marathons, finished in 2 hours, 43 minutes, 32 seconds in rainy and windy conditions. Rick Kozlin was second in 2:46:29 and Rich Fargo of Newington, formerly of Groton, third in 2:50:40.

Ray Cote of Columbia (2:58:08) was sixth and Harry Lepp of Danielson (2:59:55) eighth.

The women's winner was Zofia Turvsz of Hartford in 3:11:54. The English race will switch to a half-marathon next year.

2/3/87 DAY

Striders 4th in Y race

MILFORD — The Mohegan Striders placed fourth among teams entered in Sunday's Milford-Orange YMCA 5-Mile Road Race, with the Striders' Bob Stack, of New London, completing the course in 27 minutes, 36 seconds.

Ron LaFlame, the overall winner, finished in 25:29.

1987

Runners greet new year with frigid dip

By PAUL CHOINIERE
Bulletin Staff Writer

GROTON — About 135 people participated in the annual New Year's Day swim at Groton Long Point yesterday, while a crowd estimated at about 250 looked on in amazement.

The event began in 1969 with only three participants, but that year the swimmers drove to the water before taking a dip. Since the early 1970s the participants have been gathering at the Mystic home of John J. Kelley and running the five miles to the beach, and taking a dip.

Many also run back.

Kelley, a marathon runner and owner of a sports store in Mystic, was one of the original participants.

Participants said this year's weather was about average. The air temperature, according to one thermometer, was 32 degrees. The Coast Guard estimated the water temperature at about 40 degrees.

One added discomfort this year, however, was the snow which covered the beach.

"It was great," said John Hallisey, 40, of Mystic. "The only cold part is the bottom of your feet when you come out of the water into the snow."

The men, women and one dog ran hooting, hollering and barking into the water, while many of the spectators winced.

Jack Dempsey, former director of the Southern New England World Race Officials, stood watching in a straw hat and tuxedo.

The organization sponsors numerous running events in the region. Dempsey called the annual swim-and-run "a special, and certainly unusual, event."

The dapper Dempsey passed out a warm liquid concoction to the swimmers, explaining that its most important ingredient was "plenty of Tabasco sauce."

The event appears to be growing in popularity each year. The number of spectators appeared to be the largest ever, said police.



Bulletin photo by Randy Flaum

Participants in the annual New Year's Day run-swim spell out seasons greet-

ing for those people watching at the Groton Long Point Beach yesterday.

The reasons aren't necessary

By PAUL CHOINIERE
Bulletin Staff Writer

GROTON — "Why do you do it?"

Every year the reporters ask the question of the men and women who take a swim on Jan. 1 in the icy waters off Groton Long Point. And every year no one seems to have a good answer.

Yesterday the search for an answer continued, with several of the swimmers who participated in the annual lunacy taking a stab at an explanation.

Heather Apgar, 15, kept her explanation simple.

"It's fun," said the Groton teen-ager, participating in her third swim.

But this explanation has to be placed in perspective. It was made by a girl who was sitting on the hood of a car in 32-degree weather, soaking wet from head to foot.

Boy, what fun!

"Aren't you freezing?" she was asked.

"Not really," said Apgar.

Rich Fargo, 28, comes from his home in Newington to swim. It was his ninth visit.

"I like to come down and see old friends," said Fargo.

together with old friends than subjecting oneself to such brutal cold?

"It's never really been that cold," said Fargo.

Whatever you say, sir.

Michael Law, 49, of Mystic, responded to the question of why with a statement.

"I always do it if I'm home. I wouldn't miss it," said Law.

Judging by Law's dress, one could not expect a rational explanation.

On his head he wore a red plastic baseball cap, fitted on both sides with cans of beer, straws providing Law with access to the suds. He also wore a T-shirt "tuxedo" and matching black shorts.

"I usually have something weird on," Law explained.

Fresh from his swim, Frans Alatalo, 45, of New London, sipped on a cold beer as he contemplated the question.

"It's a great way to start the year," said Alatalo.

"What's so great about it?" he was asked.

"You can get all the craziness, all the insanity out of your system on the first day. You're set for

Swim starts new year right

From Page B1

Cold or not, Phyllis Lindy was impressed even before the runners arrived. Bundled up against the chill, she waited for the event that she didn't want to miss again this year.

"I just wish I had as much courage. I think it's great. I really do," she said.

Her 7-year-old daughter, Katie, agreed. "You have to be brave to do that," she said.

Thursday's temperature, in the low 30s, was downright balmy to some of the runners, including two who took the splash 18 years ago when the mercury was in the teens and the wind was blowing at 35 miles an hour. The water temperature Thursday, according to the National Weather Service, was 42 degrees.

Amby Burfoot, a marathoner, executive editor of Runner's World Magazine and one of the three men who started the tradition, returned from Pennsylvania this year to participate.

"The really remarkable thing is, if you do it once you keep going back because you know it's the right way to start the New Year," he said.

The 1987 run also was a solemn occasion, especially for Burfoot and Leland W. Burbank, who also took the first New Year's Day plunge. The third founder, Marty Valentine, was murdered last year in Alaska.

After everyone was out of the water, Burfoot and Kelly watched a single rose float out toward open water in his memory.

Burbank waded in the water long after others had had enough.

"I think it's a little more tame

than the outside world imagines. In another hour, we'll all be in a warm place," Burbank said.

Jack Dempsey, dressed in a tuxedo and straw hat, with a whistle and a few streamers left over from a New Year's Eve party draped around his neck, poured hot Bloody Marys from a picnic jug and offered white wine from a Moet champagne bottle — he and his wife drank the expensive stuff to herald in the New Year, he admitted.

A contingent from the Groton Long Point Fire Company also made an event out of the swim. They staked out a section of sand with beach chairs, towels and a pair of surf boards.

"This is the first beach party of 1987," announced Chief Peter Pappas. "This started out to be a parody of what the other guys are doing. It looks like it's in danger of becoming another crazy New Year's tradition."

The department ambulance was standing by, but as in the past, there were no medical problems.

Scott Berry, 30, of Mystic, took a slug of the bubbly offered by friends moments after he emerged from the sound, his leopard skin outfit dripping and his bare legs bright red.

"It's colder than you can imagine," said Berry, who participated in the race and swim for the third time this year. "It's a good way to cure a hangover!"

Besides the constitutional amendment, Nystrom is this year proposing legislation that would relegate the insanity defense to the penalty portion of a trial; expand state-financed victims' compensation to cover some property losses by the elderly; and create a legislative committee to deal with proposed victims' legislation.

Next: He will lobby legislative committees to call public hearings on his proposals.

Profile

... on a legislator

1/27/87
N.B.



Bulletin photo

PETER A. NYSTROM

Occupation: Second-term Republican legislator from the 46th District, which includes the southern portion of Norwich.

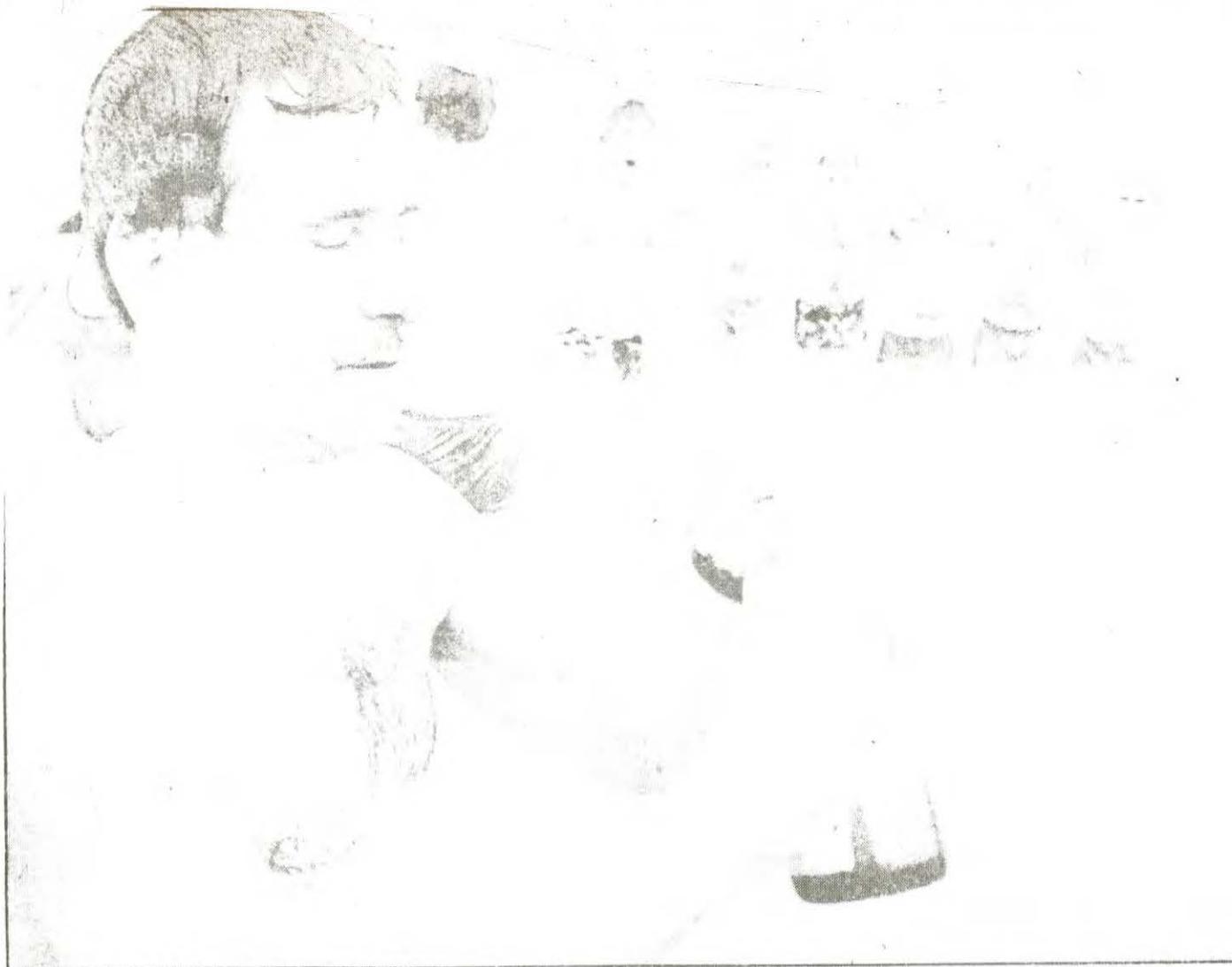
Background: Former elementary school teacher, college track coach, Norwich City Council member.

In the news: He is seeking an amendment to the state constitution antedating legal rights of crime vic-

Quotable: "I feel that it is very important that we in Hartford seek to maintain balance in the judicial system. During my first term, we passed more than 20 new laws concerning the rights of crime victims. I hope that we continue our efforts during this term."

Potlight: He became interested in victims' rights during his first term when he attended a meeting of the Eastern Connecticut Homicide Survivors. What shocked me was the map of Norwich and surrounding towns. They had a red pin where a death had occurred in the past year. In an 8-mile radius, there were 23 pins, each one representing a loss of life from murder or other accidents, or whatever."

He is credited with developing, or contributing to, the concept behind many state laws dealing with victims' compensation.



William Shea of Norwich pops a champagne cork at East Beach in Groton Long Point

Gordon

A brrr-isk way to start 1987

By Karen Clark
Day Staff Writer

While most southeastern Connecticut residents were recovering from a rousing New Year's Eve or enjoying a quiet day off Thursday, about 125 brave souls had a different idea of how to spend the first day of 1987.

They set out on a five-mile run from Pequot Avenue in Mystic and took a break at Groton Long Point — just long enough to take a dip in frigid Long Island Sound.

"It was tremendous," a wet John J. Kelley said as he greeted friends and the media after his plunge into the water off East Beach. The event began at his home and after their swim, runners were invited back for a hot meal prepared by his wife, Jessie.

"It's a crazy thing. You're not as awed as you are attracted by it. It's so bizarre. It's so different from what you would normally be impelled to do. Once you're in, every molecule rebels against you. That's where some of the hilarity comes

'This is the first beach party of 1987. This started out to be a parody of what the other guys are doing. It looks like it's in danger of becoming another crazy New Year's tradition.'

Peter Pappas

from," said Kelley, a Boston marathon winner and owner of Kelley's Pace in Mystic.

The mass of runners, mostly men, appeared at the steps leading to the beach at 12:55 p.m. Some were bare-chested, some were clad in shorts, one — Kim Murphy of Groton — wore a tuxedo and another, Rich Fargo, of Newington,

was barefoot. One young man had "Happy New Year" written across his back.

Some of the runners also managed to keep warm by guzzling liquid refreshments en route. Way Hedding of East Lyme calculated that six bottles of schnapps and assorted other beverages were consumed.

Seconds after their arrival the runners peeled off their sweatshirts, kicked off their shoes and sprinted over the snow-covered beach. Whoops and cries arose from the first group to hit the water. Among them was Douglas Manfred, 23, of Mystic.

"It was pretty cold," the bearded young man said as he used a large towel to wipe the water that dripped from his hair. This was Manfred's first time participating in what has been an annual event since 1969.

"I figured it was a good way to start the new year. The water's not that cold," he said.

Swim/B2



Bulletin photo by Randy Flaum

Jim Butler, Jeff Kotecki and Bob Stack train together for the Boston Marathon.

Teaming up for Boston

Running together is half the 'fun' for local threesome

By TOM BOLAND
Bulletin Sports Writer

NEW LONDON — It takes six good legs to run the Boston Marathon.

At least as far as Jim Butler, Jeff Kotecki and Bob Stack are concerned.

Members of the Mohegan Striders, they are among many local runners who will make the "pilgrimage" to the Boston Marathon tomorrow.

But Butler, Kotecki and Stack aren't going just to run. They are going to race. To try to improve their already fast personal records. And in a marathon, that's not easy.

"It takes an incredible amount of time and energy to train right," said Butler, 33, who is director of planning for the town of East Lyme. "And the biggest key to get through it all is to have somebody else to run with."

Of equal ability if possible. The best marathon times for the three are between 2 hours, 27 minutes (Stack) and 2:36 (Butler). Kotecki's best is about 2:34 at East Lyme.

How fast is that? A 2:30 marathon (26.2 miles) requires a pace of faster than six minutes a mile. Go to a nearby quarter-mile track and run one lap in 87 seconds. Now think of doing that 105 times in a row.

"We usually run twice a day with each other," said Kotecki, 26, who teaches and coaches at St. Bernard. "If we don't get in at least 1½ hours in a day, we're falling behind."

Butler and Kotecki log close to 100 miles a week and Stack about

EConn entrants in Boston Marathon

LIST SUPPLIED BY BAA

Geoffrey Akers, Norwich; Anne Bing, Old Lyme; Janice Boyes, Canterbury; Walter Brady, New London; James Butler, New London; David Caron, Plainfield; Michael Erlich, Waterford; Steve Fagin, Ledyard; Michael Ferra, Canterbury; Kevin Gallerani, Uncasville; George Graeber, Mansfield; Mark Guadiana, Stonington.

Stephen Hancock, Jewett City; Jim Hill, North Franklin; Eric Isbister, Mystic; Stephen Johnson, Groton; John Kelley, Mystic; Douglas Kewley, Waterford; Jeff Kotecki, New London; Ron LaFleur, Ledyard; Jeff Lancaster, Coventry; James LaTourette, Quaker Hill; Harry Lepp, Danielson; Mark Lunsford, Groton; George Maine, Canterbury; Jack McGetrick, Coventry; Thomas McIntosh, Coventry; Gary McLaughlin, New London; Thomas Peck, Waterford; Joe Portelance, Norwich.

Warren Ruddlesdem, Waterford; Gregory Runge, Uncasville; Bill Shea, Danielson; Jan Slonski, Canterbury; Robert Stack, New London; Glenn Stacy, Danielson; Paul Stensland, Hampton; Dennis Tetreault, Lisbon; Paul Toth, New London; Craig Zettergren, Storrs.

75.

Tack on time for stretching — before and after the run — and a shower and the demands are almost greater on a runner's family than on the runner.

"My wife knew what she was getting into when we met," said Butler. "Running was just part of the deal. But we are going to be having a baby soon and I know my running won't take priority over that."

Kotecki also has an understanding wife while Stack (30 and a

pressman for Thames Printing) is single.

For Boston, they say, the training time is worth it.

"That is the grand-daddy of them all," said Stack. "It's changed a lot but there's still nothing like it."

The beef stew, once a staple of post-race fare, is gone but the clogged start in Hopkinton, dreaded Heartbreak Hill and the finish in downtown Boston remain.

Prize money is in and the field is world class but Stack, Kotecki and Butler won't get much more than a T-shirt at the end.

"You run Boston because you love it," said Kotecki. "It's crowded, you never know about the weather and the course kills you, but it's still great."

It is a chance, though, for anybody who trains hard enough to run in the same race with the world's best. Think of a local country club champion playing in The Masters.

"It's nice to see the famous runners there," said Butler. "But once the race starts, there's bigger things to think about."

Like Heartbreak Hill, waiting at the 18-mile mark.

"That's somewhat of a myth," said Butler. "It's not the hill that gets you. It's coming down afterward that does. I've had times where going up the hill felt easy."

"I'm never more sore after a race than I am after Boston," said Stack. "It feels like someone is sticking a knife in your thigh after pounding down the hills."

But each year they are back. This will be Boston Marathon No. 15 for Butler, No. 9 for Stack and No. 7 for Kotecki.

"I'd like to keep going there as long as I'm healthy," said Kotecki. "Staying in shape for that race keeps you going. It's just a great place to run each year."

Raunig returns in triumph

By Hilary Kraus
Day Staff Writer

MYSTIC — Dave Raunig, the soft-spoken New London runner, made a rather loud statement Sunday morning at the Kelley's Pace 5-mile TAC Championship run.

"I'm back," he said jokingly, just minutes after capturing first-place with an uncontested 24.322 time.

Raunig, 32, was absent from the local racing scene for two years because of military obligations.

In Sunday's race, he welcomed himself back to the spring road racing season by finishing 18 seconds better than second-place finisher Joe Swift, a Cromwell runner who fell behind Raunig about 1 1/4 miles into the race. Third-place went to Rodney LaFlamme of Southbury with a 25:04 time while local runner Dave Litoff's 25:15 time earned him a fourth-place finish.

In women's competition, 24-year-old Susan Faber clocked a 28.21 time for a personal best and a first-place medal.

"In 1982 I won about every race around here," said Raunig, who was representing the Kelley's Pace team Sunday. "I won quite a few of them in 1983 too."

From 1984 until last year, Raunig, a former lieutenant in the U.S. Navy, was out at sea on a submarine. Running became impractical, but not impossible.

Raunig explained that he'd run on a 75-foot long, 2-foot wide makeshift track. He said he could barely clear his course, considering it was just one inch taller than his 5-foot-10-inch frame.

"There were 36 laps to the mile. I would do 10 miles," he said.

Raunig's return to sea level running has come in fine fashion. In January, he took second place on a race run the same Mystic course. He said Sunday's first-place finish was his third on the course.

Raunig pulled ahead of the pack after the leader runners circled Olde Mistick Village and began the Coogan Boulevard stretch.

"The first part was a very tactical race because of the wind," he said. "But when we

Kelly's Pace 5-Miler

At Mystic

1. Dave Raunig, 24:32; 2. Joe Swift, 24:50; Rodney LaFlamme, 25:04.

14-under

1. Eli Carrington, 35:42.

14-17

1. Todd Callaghan, 29:10; 2. Danny Kerwin, 29:32; 3. Peter Swim, 33:41.

18-29

1. Joe Swift, 25:04; 2. Rod LaFlamme, 25:15; 3. Dave Litoff, 25:25.

30-39

1. Dave Raunig, 24:32; 2. Tim Kaner, 25:58; 3. Ray Nelson, 26:20.

40-49

1. Bill Marshall, 26:20; 2. Bob Beardslee, 28:50; 3. Ted Phillips, 29:23.

50-59

1. Hank Galet, 28:33; 2. Dick Hines, 33:29; 3. Clifford Deveau, 35:35.

60-older

1. Herb Silander, 34:36.

Team

1. Mohegan Striders, 2:11:21; 2. Lead Pack Sports, 2:11:33; 3. Kelley's Pace, 2:12:03.

WOMEN

1. Susan Faber, 28:20; 2. Denise Valk, 29:03; Margaret Beardslee, 29:35.

18-29

1. Susan Faber, 28:20; 2. Margaret Beardslee, 29:35; 3. Kim Marie Koff, 20:23.

30-39

1. Denise Valk, 29:03; 2. Pat Swim, 32:41; 3. Nancy Boudreau, 32:42.

40-49

1. Janice McKrown, 30:12; 2. Jennifer Calder, 31:41; 3. Fran Ellesio, 33:04.

50-59

1. Mary Lou Mucci, 49:56; 2. Rita Perdix, 50:43.

60-69

1. Arlene Liggett, 58:32.

Team
1. B&W Tool, 1:31:29; 2. Libra AA, 1:37:55; 3. Groton T.C., 1:39:02.

OTHER CATEGORIES

Mystic resident

Men—Ken Cox, 28:50; Women—Mary Lynn Brower, 37:01.

U.S. Service

Men—Mark Munyon, 28:20; Women—Kathie Arbuckle, 47:44.

Electric Boat

Men—Ed Zubritzky, 26:32; Women—Terry Weiss, 37:00.

Pfizer

Men—Peter Silva, 29:41; Women—Maria Moalli, 32:52.

Lidoff wins Woodstock 10K

Bulletin Staff Reports

WOODSTOCK — Dave Lidoff of Cromwell shattered his own course record yesterday in the Woodstock Memorial 10K Road Race.

Lidoff, running for the Willimantic Athletic Club, covered the course in 31:16.1, 33.5 seconds faster than his record time last year.

Fran Houle of Norwich, running for the Central Mass. Striders, was second in 32:07.5, while John Carey

was third in 33:12.4.

Gail Parent of Dudley, Mass., running for the Central Mass. Striders, cruised to win the women's race in 39:46.6. Janice Boyes of Canterbury was second in 40:28.2.

The Willimantic Athletic Club, with six runners in the men's top 10, won the team title. The Central Mass. Striders were second while the Mohegan Striders finished third.

NORW BUL 5/26/87

turned the corner (out of Old Mistick Village), we lost the wind completely."

From then on, Raunig led.

"He made a move on the hills and I was caught by surprise," said Swift, 24, who represented the Mohegan Striders team of Norwich. "I wasn't ready to stick with him."

Swift's second-place finish, however, helped the Mohegan Striders win the team competition. The four other top finishers on his team were Darrin Eisman at 25:58, Bill Marshall (26:14), Ed Zubnitsky (26:24) and Tim Smith (27:20).

The second-place finish was Lead Park Sports of Watertown and Kelley's Pace placed third.

In women's team competition,

Faber helped her B&W Tool Women's Racing Team of Prospect take home the first-place award. Libra AA of Waterbury finished second and the Groton Track Club followed.

"It was an excellent course," said Faber, 24, who ran the course for the first time. "The downhills came at the right time."

Much like Raunig, Faber led the women runners from the start. Her biggest threat proved to be Denise Valk, who clocked a second-place 29.03 time.

Valk said she stayed with Faber for the first mile and was about 100 yards in back of her until Fader pulled ahead during the last mile.

Banas finishes 5th

Bulletin Staff Reports

BIDDEFORD, Ma. — Joe Banas of Norwich placed fifth in the Maine Coast Marathon yesterday.

Banas, of the Mohegan Striders, was the top runner in the 30-34 age bracket with a time of 2:33.59. Chris Moulton of Keene, N.H. was the overall winner in 2:28.30.

Dean Hill of Norwich placed 82nd (3:06.23), Rodney Barnes (3:13.40). John Michaelwicz (3:38.45) of New London placed 135th and 279th, respectively. Groton's Mark Lunsford (3:52.12) finished 339th and Roger Zotti of Preston was 390th (4:12.12).

Over 700 runners competed in the race.

NFA coaches to start youth track program

NORWICH — Gary Makowicki and Kevin Crowley are trying to bolster interest in track and field in the area, and they're starting at the bottom.

Makowicki, Norwich Free Academy's boys track coach, and Crowley, who coaches the NFA boys cross country team, are starting an age-group track program (6 through 14) under the sponsorship of the Mohegan Striders.

"We're trying to develop some interest in track and field," said Makowicki. "We're looking to include kids from Norwich, Canterbury, Lisbon, Preston and surrounding towns."

The meets, every Thursday this month from 6 to 7:30 p.m., are open to boys and girls.

Said Crowley: "Thursday night is going to be instructional in different events and the things that happen at a track meet. We'll teach them starting commands and what goes on at the long jump, things like that. We're trying to develop the junior program of the Mohegan Striders."

Included in the program are Norwich's annual recreation track and field meet (May 30) and a Hershey qualifying meet (June 7). Athletes who do well in those meets will be encouraged to participate in the TAC Junior Olympics in Hartford June 21.

NL DAY 6/16/87

McGrath ends long career of coaching track at NFA

By Jeff Warner
Day Sports Writer

NEW BRITAIN — In his 25 or so years as cross country and track coach at Norwich Free Academy, Gene McGrath never got into the habit of relaxing at his meets.

So he was enjoying the lack of pressure at Saturday's State Boys' Track Open at Willow Brook Park. He was taking it easy.

Then, senior John Newson got into the thick of the Open long jump title chase, and McGrath tightened up. "I was nice and relaxed for a change, today," said McGrath. "And then John had to go and break a meet record and get me all on edge again."

But McGrath must have been smiling inside, for he was watching his final state champion perform at the final meet of his coaching career. After nearly 25 years, McGrath said he is ready to turn over the program at NFA.

"I've put in quite a few years, and it's time for a younger guy to step in," he said as Newson continued his performance, working his way into second place in the triple jump. "It's been a long year. December to June makes a long season, and a few of those can begin to wear on you."

An NFA graduate and standout in cross country and track, McGrath began his coaching career as a volunteer at Durham High School. He joined the Academy, where he will continue to teach drafting and related subjects, a year later as an assistant.

In 1966, McGrath took over the boys' cross country pro-



Gene McGrath
25 years is enough

gram, which he headed up until 1984, compiling a 153-60-2 record.

"Gene's ability to develop winning teams and outstanding individuals is evidenced by his record," said NFA athletic director Bob McPhail. "The record speaks for itself. He was successful because he was dedicated to his sport, devoted to his athletes and loyal to the school."

But it wasn't just boys' cross country. Eventually, McGrath had a hand in every running program at NFA. He coached girls' cross country for two years and girls' track for three, and took on both boys' and indoor track each of the last five seasons.

His overall dual-meet coaching record is 257-100-2. His squads won two state cross country titles, and in 1971 he was honored as Connecticut Coach of the Year for his efforts in cross country, and Sportsman of the Year by The Athletics Congress Hall of Fame Committee.

McPhail said, "He enjoyed the relatively unique distinction of returning to his alma mater to coach the teams he had competed for, and he made the most of it."

McGrath started to name some of the top athletes he had coached — names like Alden Miner, who led the 1971 state champions, and Billy Krohn, a New England cross country champ — but the list never seemed to stop. He could always think of somebody else.

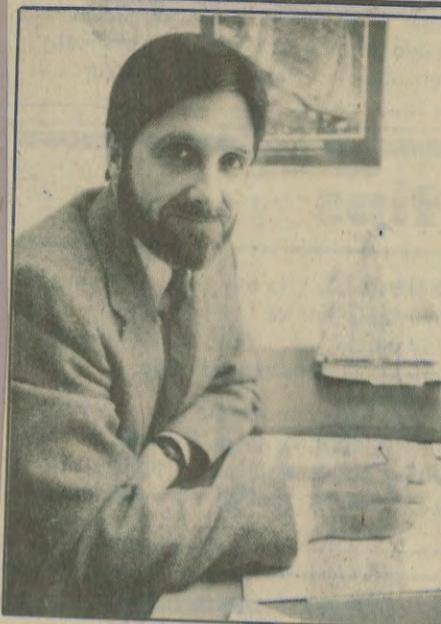
"A lot of coaches go through their careers with 500 records and not much individual talent," said McGrath. "But we've had tremendous individuals. This school has been graced with talent through the years, and that has helped make coaching enjoyable. It's a lot easier than to coach without any."

McPhail said that it would be good to have McGrath remain at the Academy as an instructor.

"No matter how busy he was, he always found time to support other Academy programs," said McPhail. "You could find him all over the state, at softball games, football games. You won't find many people who are willing to do that, especially when they're busy coaching their own teams."

Profile

... of a newsmaker



Bulletin photo

DAVID BURNETT

■ **Occupation:** Director of Reliance House, which provides opportunities for people with past or present psychiatric or emotional difficulties.

■ **Background:** Burnett was raised in Mystic and lives in Norwich. He earned his bachelor's degree from San Diego State University and his master's degree in psychology from Springfield College. He has been director of Reliance House since 1978.

■ **In the news:** The non-profit organization recently moved its offices to 40 Broadway. With a grant from the Gannett Corporation, Burnett said the agency is working to rebuild the 11,000 square-foot building in Norwich. The new building houses agency administration and vocational and social services. Residential housing for mentally ill people is scattered throughout Norwich and surrounding towns.

■ **Quotable:** "Mental illness is a traumatic blow which strikes without rhyme or reason. The fact that I am not mentally ill, as I see it, luck of the draw. People who become mentally ill have a right to quality lives as do the rest of us. They have a right at least to live without fear."

■ **Spotlight:** He said Reliance House, once an agency with a \$23,000 annual budget, now has a \$1.2 million budget. It provides the mentally ill with jobs, housing and social activities.

Burnett said the cooperation from local businesses has been outstanding. "We can develop more jobs than we can fill," he said.

Burnett said mental illness is a blameless illness, much like diabetes or heart disease.

"There's no reason the mentally ill should not have a quality life," he said.

KERRI BAXTER

Marshall R. Collins joins Hartford firm

SALEM — Marshall R. Collins has been named special counsel for the Hartford law firm of Gross, Hyde & Williams.

His practice will concentrate on representation of clients before government, particularly the Connecticut legislature, and on administrative law matters.

Collins most recently was director of public affairs and assistant counsel for the Connecticut Business and Industry Association. He is a former assistant attorney general for the state of Connecticut and represented the Department of Public Utility Control.

Collins received his juris doctorate from the University of South Carolina School of Law in 1973 and a bachelor's degree from the University of Hartford in 1971. He lives in Salem.

NORW BUL 6/5/87

June 1987

Conn. TAC Half-Marathon

At Fairfield
13.1 miles

MEN

1. Mike Cotton, New Haven, 1:06:17.

Mohegan Striders results

13. Darrin Eisman 1:10:30; 16. Joe Banas 1:10:47; 20. Joe Swift 1:12:00; 35. Doug Kewley 1:15:03; 112. Mike Smith 1:23:36; 208. Way Hedding 1:29:35; 224. Don Sikorki 1:30:10; 333. Pete Volkmar 1:34:46.

Local results

7. Wayne Jacob, Mystic, 1:08:34; 14. Steve O'Connell, Chicopee, Mass., 1:10:34; 25. Fran Houle, Norwich, 1:13:00; 223. John Brown, Norwich, 1:30:09.

WOMEN

Local result
6. (126 overall) Jan McKeown, Norwich, 1:24:27 (Masters division winner).

Team results

Central Mass. Striders (Bart Petracca, Wayne Jacob, Fran Houle, Steve O'Connell, Ernie Dumas), 278:03; Mohegan Striders (Joe Swift, Darrin Eisman, Joe Banas, Bill Marshall, Tim Smith), 284:34; Kelley's Pace (Dave Raunig, Tim Kane, Phil Garland, Bob Stack, Dennis Crowe), 287:09.

Rose Arts
1987

Nothing confusing about Swift's finish

1987

By PETER ABRAHAM
Bulletin Sports Writer

NORWICH — Bart Petracca was the favorite. Everybody knew him.

Wayne Jacob won the Norwich Rose Arts Festival Road Race two years ago. He had no recognition problem.

Dave Raunig, the 1984 winner, was expected to be among the leaders.

But Joe Swift was an unknown. Leaving his shirt at the start and wearing his number crumpled on his blue shorts, Swift confused many, including radio station WICH, which identified him as Peter Kolonis, who finished 139th.

The riders on the press truck summoned a bike rider to pedal next to Swift for a glimpse of his number. The biker caught Swift, got the number (163), returned to the truck and sent the media scrambling for their entry sheets to find who this guy was.

Swift might've been unknown at the start. But by the finish everybody had heard of him.

As the leaders broke away from the pack during yesterday's 10.47 mile race, Swift went with them. When Petracca broke away, only Swift stayed with him.

"I didn't know who he was," said

Petracca, the eventual winner in 53:18. "But he gave me a good race. We were running side by side for a while before I took off."

"I never ran this race before. I'm sure people were wondering who I was," said Swift, who took second in 54:05. "But despite not having run the course before, I felt pretty comfortable. Until he (Petracca) took off, I thought I'd have a

chance to win. I came here to win. You never really know what to expect when you come to a race for the first time. I didn't know any of the people or the course, but it worked out well. I lost to a good runner and it looks like I beat some good runners. I have no complaints."

Swift, a Middletown resident, is

primarily a shorter distance runner, specializing in five-mile races.

"I've run marathons before, so I'm not afraid of going 10 miles, but I feel better competing at the short distances," said Swift. "I'm pleased that I came in second. Petracca's a good runner. But I like to think I can win whenever I run."

Take the money and run

Most agreed it adds to the competition. And for the Central Massachusetts Striders, it also added to team members' wallets.

Central Mass. won the team title yesterday, pocketing \$350 in the first year team prizes have been awarded at the Rose Arts. The Mohegan Striders (\$150) were second and Kelley's Pace (\$100) third.

"I'll give the money to my wife, we just bought a new car," said Central Mass. Strider Bart Petracca, who added \$70 to the \$150 he earned as overall winner.

Central Mass. had five runners in the top 11 — Petracca, Wayne Jacob (second overall), Fran Houle (fifth), Steve O'Connell (seventh) and Ernie Dumas (11th) — for a total time of four hours, 38 minutes, three seconds. Mohegan finished in 4:44:34 and Kelley's in 4:47:09.

"No matter where we go in New England, I think we're the team to beat," O'Connell said. "Depth is the key. The way we raced today, when you have a top five like this the other teams are going to have a problem."

Petracca's winning time was almost two minutes ahead of Ron Cozean's last year and the 20th finisher, Ed Zubritsky (1:00:08) was only 11 seconds faster than Kurt Porta's 20th-place time last year.

Striders, Levine team up

By JIM KONRAD
Bulletin Sports Writer

NORWICH — The Mohegan Striders, one of the state's dominant road running teams, added a little incentive to their program recently, courtesy of a local business.

For six races this year, Levine Distributing Co. of Taftville is sponsoring the Striders with incentive money. Levine will give cash prizes to the top three or six Striders in a race — depending on the event's size — as well as a bonus of \$25 to \$50 if a Strider wins the race outright. Levine is also sponsoring \$50 in Strider entry fees, and has a \$50 drawing eligible to all competing Striders following each race.

In all, the beer distributor is putting up \$2,000. Norwich Physical Therapy, a co-sponsor has added \$500.

"It's a step in the right direction," said Strider and Rose Arts Festival Road Race director Bill Marshall of the sponsorship money. "The main thing is to have the team do well, and to get top-flight

runners to join the club. Now that we're doing so well, it was easy to get a sponsor.

"What this will hopefully do is increase the fast runners joining the team. We've been a force in the past, but now we can entice more of the cream of the crop to join the club."

Walt Smolenski of the Striders and representatives from Levine put the package together, Marshall said. He believes the Striders are the only sponsored team in the state. The region's dominant team, the Central Massachusetts Striders, is sponsored by Bud Light.

"They get a lot of money, they're a national club," Marshall said of CMS. "By far they're the best team in New England, and that sponsorship has helped them do it."

Levine is promoting Bud Light, and will have its logo on the front of the Striders' singlets.

The first sponsored race was last week's St. Mary's 5-miler in Norwich. The next is the Aug. 9 Connecticut TAC 5K Championship in Willimantic.



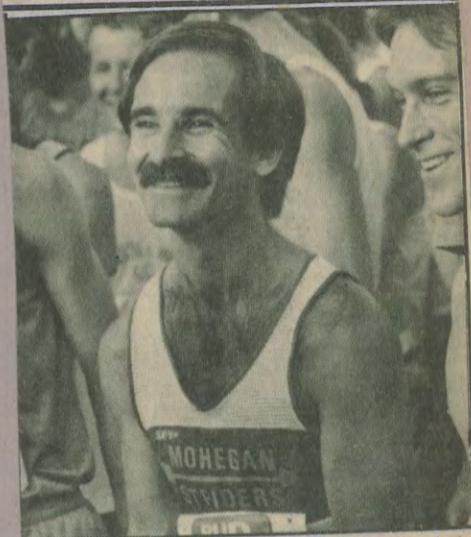
Peter A. Crizer of Waterford waits for the wheel to stop spinning at the Norwich Health and Racquet Club's exhibit

on the second day of Innovations '87. Also watching the wheel is Kris-Anne Pardo, a fitness director with the club.

Bulletin photo by Randy Flaum

Profile

... of a sports figure



Bulletin photo

BILL MARSHALL

■ **Occupation:** Audiologist and real estate broker. Director of tomorrow's Norwich Rose Arts Festival Road Race.

■ **Background:** Marshall, 42, started to run in junior high school and later led Norwich Free Academy to two state cross country titles. Marshall graduated from the University of Connecticut in 1972 after a four-year stint in the Army. He has a graduate degree from the University of New Mexico. Twelve years ago he was smoking a pack of cigarettes daily. An old high school friend, Chris Portelance, asked him to go out for a run. Portelance beat Marshall, but it got Marshall back on the running circuit and off cigarettes. Marshall's best effort in the Rose Arts was a second-place finish in 1980.

■ **In the news:** Marshall takes over as head of the Rose Arts race from Bob Miles, who was director for seven years. Marshall oversees everything from registration to making sure there are enough water stops on the course.

■ **Quotable:** "Fortunately for me, most of the activity dealing with the race was already in place. Bob Miles had a pretty good organizational structure set up and has walked me through a lot of it. In terms of chairing, my main responsibility has been to make sure all the different facets of the race mesh together and nothing is left unattended."

■ **Spotlight:** Marshall will also run in the race, as Miles did during his tenure. Marshall says the only difference is that he will get to the finish line a lot faster than Miles did. Marshall hopes to finish in the top 20 and win the masters division.

■ **MIKE ENRIGHT**

Norw Bul 5/11/87

Jacob, Brown cruise

Take Kelley titles

By JIM KONRAD
Bulletin Sports Writer

NEW LONDON — The John J. Kelley/Ocean Beach Road Race was an 11.35-mile event. But for all intents and purposes, it was over after the first mile.

Wayne Jacob of Norwich yesterday became the fourth runner to win the Kelley twice, cruising to an easy victory on the race's silver anniversary for his second straight title.

Jacob, with a time of 57 minutes, 32.8 seconds, outdistanced roommate Joe Banas (59:13). Spyros Barres of Mystic was third in 1:00:06.

Carla Brown of Norwich won the women's title in 1:10:55, followed by Mary Gallagher in 1:14:27.

No records were set; the race was shortened a quarter-mile this year because of construction on the former course.

Jacob had a simple strategy: turn the burners on early and see who can keep up. Nobody ever came close.

"I knew if Joe was in second, I have an easy run. I know what I can do and what I can do," said Jacob, running for the Central Massachusetts Striders. "I found out the first half-mile. I figured someone's not going to (keep up there, they're not going to do it.)"

It was a fact Banas was aware of. From the beginning, second place was his main priority.

"I knew it when we woke up this morning and (Jacob) said what he wanted to run," said Banas, a Mohegan Strider. "The closest I got to him was in the apartment."

Jacob, who finished third in the Rose Arts Festival race in June, ran consistent five-minute miles throughout, slowing only when traffic began to thicken on Route 1 in Waterford.

"I didn't feel great at the Rose Arts (on a muggy day)," Jacob said. "I felt much better today. It was a dry day."

Banas, Barres and fourth-place finisher Darrin Eisman of Colchester (1:00:37) stayed in a pack about 300 yards behind Jacob through four miles.

At the five-mile marker, Jacob (24:47 at that point) had a 52-second lead over Banas, who had pulled away himself. By seven miles, Jacob's edge was more than a minute.

Kelley/Ocean Beach

At New London

11.35 miles

Men

Open

Wayne Jacob, Norwich, 57:32.8; Joe Banas, Norwich, 59:13.0; Spyros Barres, Mystic, 60:06.4; Darrin Eisman, 60:37.7; Peter Hohmeister, New Haven, 61:16.5; Jeff Kotecki, New London, 62:32.2; Tim Smith, Norwich, 62:42.0; Mark Paparella, Cromwell, 62:43.7; Bob Stack, New London; Paul Toth, New London, 63:14.2; Rich Fargo, town unavailable, 63:40.1; Harry Lepp, Danielson, 63:48.4; Jeff Vannini, New York, 63:54.1; Douglas Kewley, Waterford, 63:55.6; Mike Moore, Griswold, 64:17.5; Jack Silva, Quaker Hill, 64:27.6; Gary Debenian, Rocky Hill, 64:38.4; Walter Severini, New York, 64:53.3; Ed Gorecki, Farmington, 65:00.1; Willy Kaye, town unavailable, 65:15.9

High school

Mike Cummings, Waterford, 69:44; Tony Baldwin, Groton, 73:00.

Masters

Willy Kaye, New York, 65:15; Peter Madden, Bethany, 66:58; Bob Beardslee, Waterford, 67:37; Tom Peck, Waterford, 68:24; Ted Phillips, East Lyme, 69:12.

Grandmasters

Kirk Davis, Washington Grove, Md., 70:34; George Maine, Canterbury, 72:50.

Veterans

Herb Silander, Voluntown, 81:14; Andy Heiding, Sag Harbor, N.Y., 83:03.

Team

Open: Mohegan Striders (Banas, Eisman, Kotecki), 182:13; Masters: Old Farfleks (Madden, Bob Rovin, Jerry Lavasseur), 210:37; Industrial: EBAC (Toth, Moore, Silva), 192:26.

Women

Open

Carla Brown, Norwich, 70:55; Mary Gallagher, town unavailable, 74:27; Linda Sprague, Guilford, 76:16; Andrea Eschen, New York, 76:19; Janice Boyes, Canterbury, 76:59; Leslie Brown, Prospect, 77:10; Gail Schomovitz, town unavailable, 77:45; Denise Daviau, Woodstock, 77:54; Nancy Forrest, Norwich, 79:02; Laura Barnicki, Lenox, Mass., 80:11.

High school

Robin Willett, Lisbon, 85:45; Kathy Sullivan, Waterford, 97:20.

Masters

Anne Bing, Old Lyme, 88:43; Geraldine Palonen, Canterbury, 90:13.

Grandmasters

Bettine Delea, East Lyme, 104:03; Billie Moten, town unavailable, 106:27.

Veterans

Evelyn Havens, New York, 144:44.

Team

Open: Groton TC (Brown, Cathy Carpenter, Willett), 241:32; Masters: Millrose AA (Mary Spera, Ruth Greher, Bonnie Fisher), 334:14.

Swift beats the heat, wins V-J Day 10K

By MIKE ENRIGHT

Special to the Bulletin

MOOSUP — The old saying is the race does not go to the swift. Well, yesterday the old saying was thrown out the window.

Joe Swift of Cromwell pulled away from two other contenders during the third mile of yesterday's 10-kilometer (6.2 miles) 10th annual V-J Day Road Race through the streets of Moosup.

Swift, Fran Houle and Darrin Eisman went ahead of the pack from the start, running a quick first mile in 4:55. During the second mile Houle and Swift remained equal while Eisman dropped behind by about 10 yards.

Swift made his move and pulled ahead by 45 yards after three miles. Swift wound up winning the race by 85 yards in a time of 31:52.

"I gave myself a little surge during the third mile and Fran did not respond well," said Swift. "I knew I had him on the ropes and I didn't want to give him another chance."

Houle of Norwich was second in 32:15 and Eisman, of Colchester, third in 32:42. Jeff Kotecki was fourth at 34:20 and Doug Kewley was fifth in 34:24.

"The early pace was pretty quick," said Houle. "But I did feel pretty comfortable until Joe passed me. Then it felt like someone hit me with a sledgehammer."

Seven of the top 10 finishers were members of the Mohegan Striders, which finished second in the team competition at last week's TAC 5 kilometer championship in Willimantic.

Canterbury's Janice Boyes had no problem winning the women's title. Boyes clocked in at 40:19, while second-place finisher Denise Daviau had a time of 41:51. Virginia Ereshena (43:45) was third. Boyes' mother, Geraldine Palonen, was fourth in 48:00 and Kathy Smolenski (48:31) was fifth.

The race was run under hazy skies with temperatures in the mid 80s.

"The heat was terrible," Boyes said. "(Norwich's) Carla Brown wasn't here, she doesn't come up for this race, so there wasn't anyone here for me to face."

Brown won the Norwich Rose Arts Road Race and the John J. Kelly/Ocean Beach Road Race in New London this year.

"I'm not a good heat runner," said Swift. "I felt a little light-headed at about four miles and the hills really get to you. I didn't want to pour it on that hard. I didn't want to do anything crazy and wind up on the side of the road."



Willimantic Athletic Club

P.O. BOX 812
WILLIMANTIC, CT 06226



CONNECTICUT ASSOCIATION

5th Annual

Connecticut TAC 5 K Championship
Willimantic, Sunday, August 9, 9 a.m.

For the second consecutive year, a shirtless LaFlamme ran away from the field yesterday morning in course-record time (14:55.56) to capture the Connecticut TAC 5K Road Race through the streets of Willimantic.

LaFlamme, of Southbury, ran 15:04 last year in the race, the designated state championship at 5 kilometers. A record field of 323 competed yesterday.

Waterbury's Susan Faber (16:50.84) broke the women's course record of 16:55 she set last year, finishing 62nd overall.

"I got the most out of myself today," said the 24-year-old Faber, who led B&W Tool Racing (53:48 for three runners) to the women's team title. "There were a lot of men running around me today, and they really pushed me. I couldn't have gone any faster."

LaFlamme paced Lead Pack Sports (1:17:52 for five runners) to the men's team crown. After jockeying for the lead with Hartford's Ed Sparkowski (who finished third,

August
1987

(Continued from Page C1)

behind Bridgeport's Michael Ambrose), LaFlamme built a one-second lead at the one-mile mark and a four-second edge three-quarters of a mile later after a hill climb.

"I knew it would take a course-record time to win today," said the

25-year-old LaFlamme, who beat Ambrose by 7½ seconds. "The field was really deep, and I knew if Ambrose was close to me the last 600 yards, with his kick, he would have beaten me."

Norwich's Carla Brown (18:09.39) finished second in the women's open, 106th overall.

Conn. TAC 5K

At Willimantic

Top 50 overall

Rodney LaFlamme, 14:55.56 (course record); Michael Ambrose, 15:02; Edward Sparkowski, 15:05; Joe Swift, 15:21; Greg Quint, 15:23; Jim Wadsworth, 15:25; Tim Kane, 15:27; Alex Magdun, 15:28; Darrin Eisman, 15:30; Peter Hohmeister, 15:32; Stephen Hall, 15:34; Luis Amaral, 15:35; Pedro Cobos, 15:40; Russell Blatt, 15:43; Cliff Matthews, 15:46; John Matthews, 15:48; Peter Carnes, 15:51; Bill Marshall, 15:51; Greg Best, 15:52; Ken Forzley, 15:53; Ed Zubritsky, 15:54; Chris Hansen, 16:02; Joe Seeley, 16:06; Burt Marlowe, 16:06; Jason Sparkowski, 16:06.

Mike Zadora, 16:08; Bill Renkert, 16:08; Bob Stack, 16:09; John Carey, 16:09; Rene Charlan, 16:10; Guy Cain, 16:11; Ron Knapp, 16:11; Tim Smith, 16:12; Israel Caro, 16:13; David Reik, 16:14; Phil Garland, 16:14; William Priobe, 16:15; Jeff Kotecki, 16:16; Mike Moore, 16:17; Mike Monticello, 16:19; Bob Panciera, 16:19; Bill Thomson, 16:21; Paul Hermes, 16:22; John Geier, 16:23; Thomas Houreffe, 16:25; Christian Morrison, 16:25; Ron Cozean, 16:27; Shaun Brophy, 16:28; Eric Gyurickso, 16:28; Walt Smolenski, 16:31.

Top 10 women

Susan Faber (62nd overall), 16:50.84 (course record); Carla Brown (106), 18:09; Christine Tattersall (115), 18:26; Margaret Chappuis (118), 18:28; Chari Radin (119), 18:29; Jan McKeown (120), 18:29; Danielle Benoit (124), 18:36; Beth Lebel (131), 18:48; Sue Mantie (141), 19:00; Mary Cobb (144), 19:10.

Division winners

Team scores:

Men: Lead Pack Sports (LaFlamme, Hall, Amaral, Cobos, Seeley) 77:54

Mohegan Striders (Swift, Eisman, Marshall[at 42], Zubritsky, Hansen) 78:43

Hartford Track Club (E. Sparkowski, Magoun, Carnes, J. Sparkowski, Charland) 78:45

Women: B & W Tool (Faber, Radin, Lebel) 54:10

Groton Track Club (Brown, Carpenter, Knowles) 59:15

Mohegan Striders (Forrest, Ereshena, Crouch) 62:02

Other clubs with teams were host WAC (4th both ways), Kelley's Pace, Silk City Striders, Top Gun TC, and HTC women. Thanks to you all, too.

Mohegan Striders, 1:01:48.

TAC CHAMPIONSHIPS

20-Kilometer, New Haven, Sept. 7, 1987 Swift (6),
Eismann (10th), Delaney (16th), Marshall (25th), Kewley (43rd)

10 MI Guilford, Sept. 20, 1987 Swift (1st)
Eismann (4th), Delaney (5th), Marshall (7th), Smolenski (18th)

5-Kilometer X-Country, Manchester Wickham Park, Oct. 10, 1987
Women Striders Victorious

5-MI Prospect July 2, 1988 Houle (3), Hansen (4),
Swift (5), Eisman (6), Sikorsky (8)

12-Kilometer, Southington July 17, 1988 Swift (4),
Houle, Delaney, Banas, Zubritsky

5-Kilometer Willimantic August 7, 1988 Gary Nixon (1),
Swift (4), Eisman (8), Delaney (12), Hansen (14)

5-Kilometer X-Country, Manchester Wickham Park, Oct. 8, 1988
Carla Brown (3), Mickie Levin (4), Janice Boyer (8), Geraldine
Palonen (13), ~~Ann Gentry (14)~~, Sue Mackowicki (11)

5-MI MASTERS WOMEN, Hamden, April 23, 1989
Palonen, Rose Buckingham, Michaela Haeder

15-Kilometer Meriden, April 23, 1989 Patrick Swift (3), Nixon (5),
Joe Swift (6), Banas (10), Eisman (11)

Half Marathon, Fairfield June 25, 1989 Eisman, Hansen, Delaney,
Silva, Swift

5-MI Prospect July 9, 1989 Joe Swift (2), Pat Swift (5),
Eisman (7), Delaney (9), Hansen (10)

5-Kilometer ~~Willimantic~~ ~~August~~ 1989 Pat Swift (3), Joe Swift (4),
Eisman (10), Hansen (12), Delaney (13)

10-Kilometer Old Saybrook, Sep. 2, 1989

OPEN:

MASTERS: Marshall, Smith, Mills

10-MI Guilford Sep. 16, 1989

OPEN: J. Swift, Nixon, Delaney, Banas, Kevin Pigeon

MASTERS: Smith, Tom Lee, Dave Jacobs

5-Kilometer Masters Norwalk Nov. 12, 1989

Smith (3), Marshall (4), Lee (19)

5-Kilometer XC Willimantic Nov. 12, 1989 Masters Men and Women win

Open women win: Michelle Keegan (2), Laurie Bortnicki (3), Mackowicki (4),
Lynn Valerie (8), Kathy Smolenski (12)

* 1987 Club Sponsors

MOHEGAN STRIDER'S RACING TEAM

- * SPONSOR #1
BUDLIGHT and Levine Distributing Co. Inc.

UNIFORMS

- 1.) Singlets to be given to top Striders (to be determined by committee)

ELIGIBILITY

- 1.) All registered Striders can receive sponsorship awards
2.) Members given uniforms must wear them in sponsored races to earn awards.

COMMITMENT

- 1.) Striders given uniforms should wear them at all sponsored events
2.) Wearing uniforms at other local events is encouraged.
3.) Promoting the sponsors products is also encouraged.

SPONSORED RACES

- 1.) Norwich St. Marys 7/24/87
2.) Willimantic Tac Team Championship 8/9/87
3.) Moosup 8/16/87
4.) Colchester ?
5.) Downtown Norwich 9/10/87
6.) Lisbon 9/19/87
Tarzan Brown 11/01/87 (alternate)

DISBURSEMENT OF FUNDS FOR 6 SPONSORED RACES

- 1.) Reimbursement of entry fees to top 10 strider finishers at each race (based on pre-entry fee)
2.) cash prizes for top strider finishers (see supplement)
3.) cash bonus for a strider winning the race outright (see supplement)

The following prizes require members to sign up IN PERSON at each race to be eligible. A sign up sheet will be provided at the registrarion area. If you don't race you can still sign up.
4.) Random drawing prizes for all members attending each race.
5.) Year end awards for attendance at the races based on sign up sheets (all awards determined by the race committee)
6.) Year end drawing based on sign up sheets (attending 6 races gives 6 chances).

- * SPONSOR #2
Norwich Physical Therapy Services

Funds will be used to pay entry fees to send top striders to team events and some local races. On the schedule so far is New Haven 20K, East Lyme Marathon, Guilford 10MI.

9/7
Labor Day 9/7/87

The Mohegan Striders placed five runners in the top 50 yesterday in the New Haven 20-kilometer road race.

The Striders were led by Cromwell's Joe Swift, who was sixth. Swift was the first Connecticut finisher in 1:04:10.

Colchester's Darrin Eisman was 10th (1:06:53), Sean Delaney of Old Saybrook 16th (1:08:10), Bill Marshall of Norwich 25th (1:09:23) and Doug Kewely of Australia (now living in Groton) 43rd (1:11:35).

Rex Wilson of New Zealand won in 59:55.

Running 9/20/87

Guilford 10-miler (TAC state championship)

Team results
Mohegan Striders finished first (Joe Swift, 1st overall, 50:16; Darrin Eisman, 4th, 53:19; Sean Delaney, 5th, 53:38; Bill Marshall, 7th, 56:42; Walt Smoleski, 18th, 59:26).

Other Striders: Way Hedding, 58th, 1:05:09; Pete Volkmar, 115th, 1:10:15. Swift set course record, breaking old record of 51:03. Marshall was first masters finisher.

October 11, 1987 Sports — C7

Oct. 10, 1987 Jacob wins

By JIM KONRAD
Bulletin Sports Writer

MANCHESTER — It was the perfect time and place for Wayne Jacob to race.

Jacob, the girls cross country coach at Holy Family, brought his team to the Wickham Park Invitational yesterday. The Marists finished fifth in their race, then stayed and cheered as Jacob won the Connecticut TAC cross country championship at the park, covering 3.1 miles in 15:24.

Jacob, 32, was looking for a race yesterday, one in this area that wouldn't interfere with his coaching. The TAC race was run immediately after the Invite. And although yesterday's mostly grass course was a little different than he's used to, Jacob said he felt comfortable.

"I like them both. I don't run on grass that often, but it breaks the monotony," said Jacob, of Norwich. "I've seen a lot tougher (cross country) courses than this."

Jacob beat Mike Cobb by six seconds. Dave Raunig was third in 15:45, Paul Bolick fourth (15:51) and Steve Gates fifth (15:53).

Paula Brunetto of Litchfield won the women's race in 18:20, followed by Mary Jo Henderson (19:36) and Mary Cobb (19:43).

The Mohegan Striders won the masters team championship. Running for the team were Lance Magnuson, Ron Lafleur, Ron Domrowski, Ken Rawn and Docey Montie.

Women also won title!

SUPPLEMENT-6 SPONSORED RACES

St. Marys 5 mile race 7/24/87

Entry fees.....\$50
 Awards(top Striders)
 1st.....\$25
 2nd.....\$20
 3rd.....\$15
 4th.....\$10
 5th.....\$05

 Bonus(if Strider wins).....\$25
 Random prizes.....\$50

 Total.....\$200

Willimantic tac 5K 8/9/87

Entry fees.....\$50
 Awards(top Striders)
 1st.....\$50
 2nd.....\$30
 3rd.....\$20
 4th.....\$15
 5th.....\$10
 6th.....\$05

 Bonus(if Strider wins).....\$50
 Random prizes.....\$50

 Total.....\$280

Moosup 10K 8/16/87

Entry fees.....\$50
 Awards(top Striders)
 1st.....\$40
 2nd.....\$30
 3rd.....\$20
 4th.....\$10
 5th.....\$05

 Bonus(if Strider wins).....\$25
 Random prizes.....\$50

 Total.....\$230

Mystic 5.5 MI TARZAN BROWN
~~Colchester 5MI ?~~

Entry fees.....\$50
 Awards(top Striders)
 1st.....\$25
 2nd.....\$15
 3rd.....\$10

 Bonus(if Strider wins).....\$25
 Random prizes.....\$50

 Total.....\$175

Downtown Norwich 4MI & 2MI 9/10/87

Entry fees(4MI only).....\$50
 Awards(top Striders 4MI only)
 1st.....\$35
 2nd.....\$25
 3rd.....\$20
 4th.....\$15
 5th.....\$10

 Bonus(if Strider wins) 4MI.\$25
 2MI.\$25
 Random prizes (both races).\$50

 Total.....\$255

Lisbon Road Race 9/19/87

Entry fees.....\$50
 Awards(top striders)
 1st.....\$25
 2nd.....\$15
 3rd.....\$10

 Bonus(if Strider wins).....\$25
 Random prizes.....\$50

 Total.....\$175

Profile

... of a sports figure



Bulletin photo

WALT SMOLENSKI

Occupation: Engineer at Turbo Products in Ivoryton and the newly elected president of the Mohegan Striders running club.

Background: Walt Smolenski, who began running seriously about six years ago, helped direct the Striders racing team in 1985 and took over the director's job last year. His main duty as director was to make sure the Striders defend titles they won the previous year and to keep the runners informed of coming races. He declined a nomination for vice president last year before being elected president for a one-year term.

In the news: Smolenski, 31, wants the club to form into committees to get more members involved. One committee would handle the Striders' relationship with sponsors Levine Distributors and Norwich Physical Therapy Services. As well as prize money for top Strider finishers in six races last season, Levine also held raffles for members present at the race. Smolenski says the committee may be able to come up with new ways to use sponsor money to serve the entire club.

Quotable: "If running as a whole or certain races are dying out, let's see what we can do to stop that. And through team racing we can increase the running image for the club."

Next: The Striders have 350 members, a fraction of which are runners. Smolenski likes the idea of a large membership, but wants to put the emphasis on the team's running.

"We've been touted as a social club in the past. We want to retain some of that flavor, but we're in the club for the running. Our future goals are how we can support it."

■ JIM KONRAD

Timely trim

11/17/87



Randy Flaum/Norwich Bulletin

Thinking of spring — Norwich Park Department employees Tom Lee and Cheryl Lee trim back the flowers along Franklin Square yesterday in preparation for winter.

New officers

NORWICH — Walter Smolenski of Colchester has been elected president of the Mohegan Striders Association, Southeastern Connecticut's oldest and largest running club.

Ron Dombrowski of Norwich has been elected vice president, Bob Carbray of Ledyard has been elected secretary and Don Lewis New London is the new treasurer.

Joe Swift, Darrin Eisman, Bill Marshall were given top runner honors while Darrin Eisman was given the sportsmanship award and Bob Carbray won the service award.

DAY 11/22/87

Howie Housler
NEW LONDON — Fran Houle's 24-minute, 39-second time led all runners Saturday in the Southeastern Connecticut Fall Challenge 5-mile Road Race at Ocean Beach Park.

Nearly 250 runners participated in the race, an annual event which includes both individual and team competitors. Houle ran for the second-place Hombre team. He was followed by Ed Zubritsky, who finished second at 24:58. Joe Banas was third at 25:03.

The men's team title went to the Pinheads, a team from Southern Connecticut State University. Colleen Jones, the top woman runner at 29:48, ran for the second-place women's team finisher, the women Pinheads.

Mohegan Striders captured first place in the women's team division.

UConn Advance • Nov. 19, 1987

JAN JASKIEWICZ

Jan Bessette wasn't too far into the 26-plus-mile New York City Marathon when she noticed she was crying.

And, although her legs ached and her feet were pounding the unyielding New York pavement at a fearful cadence, it wasn't pain that brought the tears welling to her eyes.

In fact, it was the cheers of the crowd. And they weren't even cheering for her.

Bessette, a senior in UConn's School of Allied Health Professions, was one of six students from the school who this year volunteered to accompany racers from the Achilles Track Club of New York -- 80 racers who are disabled -- as they made the long, grueling trek through the city's five boroughs.

And they weren't alone.

Allied health professor Art Cosmas has run it five times. And senior allied health major Craig Zettergren has run it once.

Zettergren, who finished the marathon in a relatively good three hours, eight minutes, (the race was won in slightly more than 2:10), says he didn't enter the race to set any record times for himself, but, rather, to work on his distance and to have fun.

Although Zettergren has now run in several marathons, he says he finds the triathlon more appealing, which explains why he's spent his last two summers participating in about 15 of them, usually placing among the top 10 finishers -- a credit to the advantage of staying in shape year-round, partly owing to his position as assistant cross country coach at UConn.

Besides running with that team, he also gets a regular workout as a member of the Norwich-based runner's club, the Mohegan Striders.

All of which doesn't earn Zettergren the credit he deserves. Nor the credit Bessette and the other dozen volunteers are accorded.

Road Racing

SeConn Fall Challenge 5-mile Road Race

Overall
1. Fran Houle, 24:39; 2. Ed Zubritsky, 24:58; 3. Joe Banas, 25:03; 4. Rich Biondi, 25:06; 5. Richard Riccio, 25:07; 6. Don Sikorski, 25:25; 7. Chris Hansen, 25:28; 8. Bob Stack, 25:28; 9. Mike Monticello, 25:33; 10. Jeff Green, 25:42; 11. Mike Chasse, 25:47.

Team Divisions
Industrial I Division
1. EBAC; 2. Pfizer.
Industrial II Division
1. NUSC; 2. Turbo Products; 3. A&P.
Open Division
1. Pinheads; 2. Hombres; 3. Ice Mountain.
Women's Division
1. Mohegan Striders; 2. Pinheads.
Masters Division Industrial I
1. EBAC.
Masters Division Industrial 2
1. NUSC.
Open Masters
1. Mohegan Striders.
Military Division
1. USCG; 2. SSN 754 Topeka; 3. Sub Base Runners.
Open High School
1. First Baptist Church of Waterford; 2. East Lyme Jaguars.
Teachers teams
1. E.O. Smith; 2. Connecticut Teachers Affiliated.
Individual Men
19-under
1. Monticello, 25:33; 2. Buyak, 26:49; 3. Nyvelt, 28:51.
20-29
1. Houle, 24:39; 2. Zubritsky, 24:58; 3. Diondi, 25:06.
30-39
1. Banas, 25:03; 2. Stack, 25:28; 3. Walt Smolenski, 26:26.
40-49
1. Ted Phillips, 27:56; 2. Dave Jacobs, 28:08; 3. Lance Magnuson, 28:54.
50-59
1. Anderson, 32:13; 2. Porter, 32:15; 3. Burchell, 32:19.
60-plus
1. Pantellis, 36:59.
Individual Women
1. Colleen Jones, 29:48; 2. Goodrich, 33:03; 3. Grochowski, 36:59.
20-29
1. Levin, 29:59; 2. Ludwigsoh, 30:23; 3. Boyes, 30:28.
30-39
1. Forrest, 34:08; 2. Lathrop, 34:55; 3. Weiss, 35:35.
40-49
1. Haessler, 35:42; 2. Palonen, 36:11; 3. McGrath, 37:28.
50-59
1. Delea, 38:52.



Don Sikorski (right), top male finisher, and Ed Zubritsky, men's open winner, cross the finish line in Sunday's 4-mile road race

Aussies leave mark on local road race

NEW LONDON — Good day, mate.

A husband-and-wife team, on vacation here from Sydney, Australia, made their presence felt Sunday at the RSVP/American Legion 4-mile Road Race.

Margaret Beardsley was the first female finisher (23 minutes, 54 seconds) and her husband, Bob Beardsley, finished second in the masters (age 40-49) men's race in 23:02 to Joe Light, who clocked a 22:25.

Don Sikorski was the top male finisher with a time of 20:32.5, while Ed Zubritsky won the men's open race in 20:33, followed by Jeff Kotecki in 21:34. In the women's open race, Coast Guard's Julie Fritz was the winner in 25:34.

Molly Colgan won the women's masters race with a time of 26:42. Mary Lou Mucci won the women's grandmaster event in 36:51.

Joe Banas won the submasters men's race (20:57) and Linda Sprague took the female submasters race in 25:20 with Nancy Forrest second in 26:18. Barbara Goodrich was third in 26:21.

Ledyard High School's Steve Herrera won the men's junior race in 23:01. Hank Goulet was the men's grandmasters winner in 22:47.

Dumas, Boyes come back strong

By TOM BOLAND 1988
Bulletin Sports Writer

WOODSTOCK — Runners at the Woodstock Memorial Day 6.2-mile road race can expect two things.

First, they will rip through the first five miles in near personal-best time; then they will be wanting to dial 911 for the final 1.2 miles — all uphill.

Yesterday was no different — despite a slightly redesigned course — as 124 runners, led by men's winner Cliff Matthews of Bellingham, Mass. (33 minutes, 40 seconds) and women's winner Gail Parent of Dudley, Mass. (39:30) put up with the hot, humid conditions.

Ken Forzley of Manchester was second in the men's division at 34:03.3, followed by Jody Dumas of Killingly (35:14), Manchester's Phil Forzley (35:38) and Harry Lepp of Danielson (35:43).

For Dumas and Janice Boyes the severe race ("An 8.5 out of 10 for difficulty", said Matthews) was an

odd choice as each is attempting to come back from injuries.

Dumas, a 15-year-old sophomore at Killingly High, had been bothered by a bad back and hadn't done any "serious" training for three weeks.

It knocked him off the Redmen track team and forced him to ease back on his training.

"I was hurt but I wanted to keep training hard," said Dumas. "My father has been putting the reigns on me. We knew this was a tough course but I felt ready."

"I had no chance to win but I kept the lead runner in sight so I figure I did OK."

For Boyes, from Canterbury, just running is enough for now. She was in a car accident in early March that caused a stress fracture in her left ankle and a bruised knee.

It was almost a month before she ran after the accident and she hasn't done any speedwork since. Her second-place finish yesterday

(41:44) felt as good as any win.

"I've been going crazy not being able to run like I want," she said. "I had to miss the Boston Marathon because of the accident and that hurt. But I finished alive today and I'm not hurting that bad. I hope this means I'm back for the summer."

Memorial Day 10K

At Woodstock

Top 10

MEN

Cliff Matthews, 33:40.2; Ken Forzley, 34:03.3; Jody Dumas, 35:14.2; Phil Forzley, 35:38.2; Harry Lepp, 35:43.2; Paul Hermes, 36:07.6; Don Hodges, 36:14.7; Ernie Dumas, 36:39.0; Derek Albertson, 36:50.9; Eddie Fromm, 36:54.0.

WOMEN

Gail Parent, 39:30.6; Janice Boyes, 41:44.5; Nancy Corbett, 43:57.9; Rose Buckingham, 45:45.5; Geraldine Palonen, 46:02.0; Ellie Lowell, 46:15.5; Kathy Wilge, 47:45.0; Marjorie Porter, 50:23.1; Liz Upham, 50:47.0; Joan Crocker, 55:09.1.

Sub Base Memorial

8th annual

Submarine Base Memorial Day

5-MILE RACE

Top 10

Edward Zubritsky, 26:56.0; Dennis Crowe, 27:32.9; Bill Marshall, 28:06.4; Michael P. Fusaro, 28:16.9; Jack Silva, 28:26.5; Mike Moore, 28:38.5; Luciano Gallorani, 28:58.2; Ken Cox, 29:04.9; Jane Welzel, 29:13.5; Julio Murillo, 29:26.2.

Division Results

MEN

Grandmasters

Jim Latourette, 33:52.1; A. Mendez, 35:23.1; Dan Jacobs, 35:43.2.

Masters

Marshall, 28:06.4; Tom Peck, 29:26.9; Dave Jacobs, 30:05.7.

Submasters

Crowe, 27:32.9; Silva, 28:26.5; Moore, 28:38.5.

Open

Zubritsky, 26:56.0; Fusaro, 28:16.9; David Lafstead, 29:49.7.

Teen

Troy Christensen, 31:09; Steven Labranche, 37:53.2.

WOMEN

Grandmasters

Marylou Mucci, 49:19.4.

Masters

Ernie Richardson, 41:09.5; Pat Russack, 42:36.9; Patricia Gebow, 42:59.6.

Submasters

Pat Swim, 31:46.2; Virginia Ereshenu, 36:07.7; Mary Alice Curtiss, 36:13.0.

Open

Welzel, 29:13.5; Carla Brown, 32:19.6; Susan Makowicki, 33:34.2.

Junior

Sara Lewis, 45:47.8; Katie McGonnell, 51:18.8.

2-MILE RACE

Overall

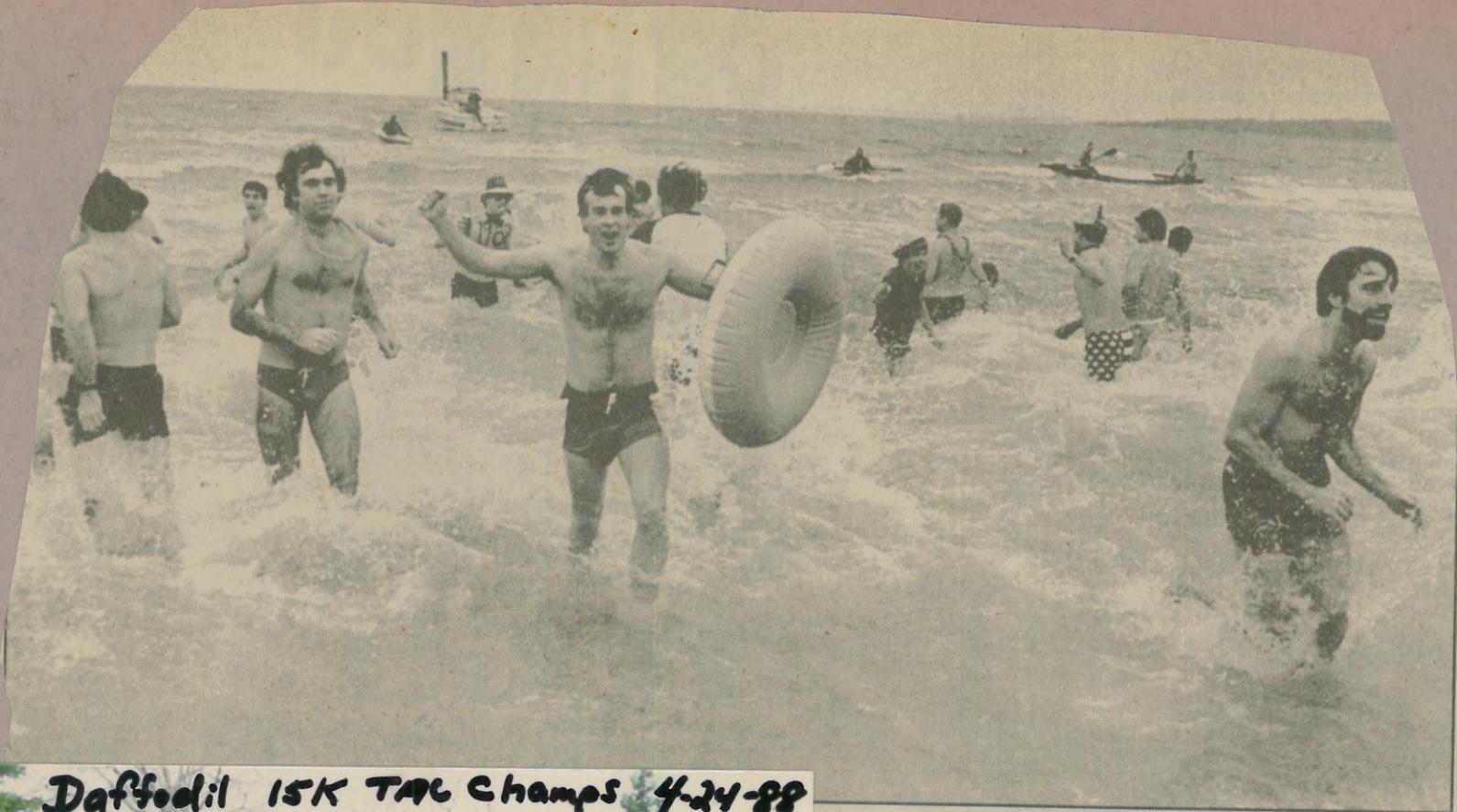
Troy Christensen 10:27.9, Karl Christensen 10:29.7.



Jeff Evans/Norwich Bulletin

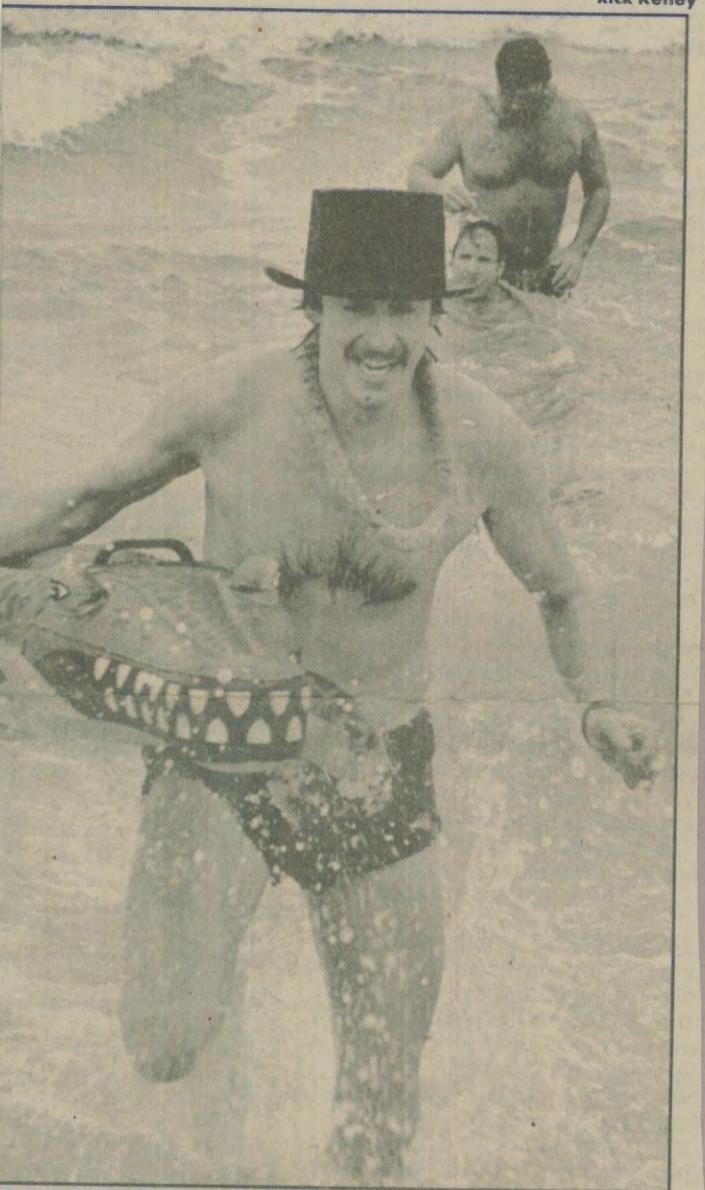
Benefit exercise — Bob Miles, dressed as Santa, leads a pack of runners at the start of a fun run in downtown Norwich last evening. About 50 runners, some dressed as elves and cartoon characters, took part in the run where the entry fee, a toy, will be donated to the Tommy Toy Fund.

1988



Rick Kelley

Daffodil 15K Triathlon Champs 4-24-88



Annual dip in Sound draws 100

By Yleana Martinez
Day Staff Writer

GROTON — Donning gay beach apparel, more than 100 courageous barely clad revelers took a traditional New Year's Day dip into Long Island Sound on Friday.

The plunge was preceded by a five-mile run that began at noon from the home of Mystic runner John J. Kelley and ended an hour later in 41-degree cloudy weather at the beach in Groton Long Point.

"It's the big kickoff for the New Year in this area for the running world," said Bob Cohoon, 39, of Gales Ferry, between swigs from a champagne bottle. Dressed in a black nylon swimsuit, paper top hat, tuxedo tie — and with "1988" emblazoned in black on



Susan Sataline of Chester tries to warm up after plunge

his chest — Cohoon looked every bit the madman that some said one must be to take part.

Conspicuously missing from the group was Kelley, who, due to a flu-like cold, missed his first New Year's Day run since 1972. Instead, he opted to take his 3-year-old golden retriever, Brutus, out for a walk.

Led by two gents who carried a canoe throughout the jog, the mostly male crowd stopped 20 feet from the water

long enough to kick off their shoes and strip down to nylon bikinis and brightly flowered swim trunks. As the group hit the water wearing party hats and with champagne bottles in hand, background music of the Beach Boys soon was drowned out by the resulting mass shriek.

Not even a shark fin bobbing off the shore — specially handcrafted for the event by members of the Groton Long Point

Fire Department — daunted the hardy ones who returned for obligatory second and third plunges.

"It's so cold you get an ice cream headache and your feet start to cramp up and you start to turn blue," said a shivering Dick Davidson, 30, of New Rochelle, N.Y., who then proceeded to head for the surf for the obligatory second and third dip.

S...



Jeff Evans/Norwich Bulletin

With a five-mile run behind them and the Atlantic Ocean in front, runners taking part in the 19th annual New Year's Day Run from Mystic to Groton Long Point prepare to plunge into the icy waters of Long Island Sound. See story on page C1.

Banas ^{Apr. 1 1988} 75th in Milk Run

Bulletin Staff Reports
BOSTON — Seven area runners finished in the top 200 in the seventh annual Boston Milk Run yesterday. The 6.2-mile race attracted a field of 4,000.
 Norwich's Joe Banas was 75th at 32:26. Bob Stack of New London was 82nd with a 35:50. Other local finishers were Ledyard's John Ficcar (111th, 34:01), Colchester's Walt Smolenski (114th, 34:17), Uncasville's Kevin Gallerani (135th, 34:49), Quaker Hill's Jack Silva (141th, 35:03) and Norwich's Joe Portelance (175th, 35:20).
 Jim Cooper of Charlotte, N.C., won with a time of 28:24.

Running
 4-24-88

Daffodil 15K
TAC 15K STATE CHAMPIONSHIP
 At Meriden

MEN'S RESULTS
 (Some times unavailable)
 Joe Swift 48:33, Paul Bolick, Dave Litoff, Fran Houle 50:33, Joe Banas 50:43.

Mohegan Striders
 Swift, Houle, Banas, Chris Hansen (7th) 51:05, Bill Marshall (9th) 51:34, Sean Delaney (10th) 51:53, Ed Zubritsky (15th) 53:59.

WOMEN'S RESULTS
 Sue Faber 55:02, Allison Quelch 57:29, Margaret Beardsley 58:13, Michell Levin 62:17, Sue Mantie 62:55.

Mohegan Striders
 Levin, Rose Buckingham (112th) 71:01, Geri Palonen (113th) 71:17, Judy McGrath (163rd) 82:44.

Over-30 set has a field day at races

4-2-88
 By TOM BOLAND
 Bulletin Sports Writer

WILLIMANTIC — The death of the Open racing division may be upon us.

The Open division means runners ages 18-29 and usually means top finishes. Yesterday at the 9th annual Chamber of Commerce Easter Road Races, however, it was the over-30 crowd that dominated.

While Wayne Jacob, 33, pulled off a 14-second win in the 5.12-mile event, Bill Marshall, 43, captured the masters titles in both the 2.75- and 5.12-mile races.

On the women's side, submaster (30-39) Gail Schlomawitz won the long race in 32:22 while master (40-49) Jan McKeown took the short title in 17:32. New Britain's Mike Cobb won the men's 2.75-miler in a record 13:20.

"In my case I've gotten smarter as I've gotten older," said Jacob, who won in 25:37 and missed Jim Uhrig's 1983 record by 13 seconds. "I've also added weight work and I've been able to stay injury-free."

In the 2.75 race, only seven of the top male 15 runners were from the open division while there were just four from the top 15 women. In the longer race, it was just six of the top 11 men and three of the top 15 women.

"Most runners over 30 tend to be more durable," said Marshall. "They also know when to back off. I took most of the winter off because I needed a break. Now I'm eager and when you feel like racing you usually do well."

Cobb will compete in three weeks at the New Jersey Marathon, which serves as the U.S. Olympic trial.

"I was pleased with the effort," said Cobb, who set the record despite having his shoe come untied at the start. "If it was a marathon I would have stopped and tied it. If I did that here I'd be out of the race."

He beat Reebok teammate Ed Sparkowski by 10 seconds.

With four-time champion Dave Litoff not entered this year, Jacob was the favorite in the 5-miler and led throughout. He had second-place finisher Ed Murdock, of New Britain, on his shoulder for three miles before pulling away.

"Anytime you get close to the race record you have to be happy," said Jacob. "This was an important race because it lets you know where you stand for the rest of the season."

Zubritsky tops at Base ¹⁹⁸⁸

By VICKIE FULKERSON
 Special to the Bulletin

GROTON — Ed Zubritsky wanted to pace himself on the hilly Naval Submarine Base Memorial Day Five-Miler road race, and instead set the pace.

Zubritsky, of Norwich, topped a field of 264 runners in the eighth annual event, winning the five-mile race in 26 minutes, 56 seconds.

The course, restructured this year, is "very hilly," said Zubritsky, a two-year member of the Mohegan Striders who was competing in his first Sub Base race.

"It starts out flat," he said. "But the second half is more of a survival. You really have to pace yourself."

Dennis Crowe of New London was second in 27:32.9, followed by Norwich's Bill Marshall (28:06.4).

The top woman in the race, Jane Welzel of Lee, N.H., finished ninth

overall in 29:13.5. Welzel placed 13th at the 1988 United States Olympic marathon Trials.

Pat Swim of Westerly was second in 31:46.2 and Carla Brown of Norwich third (32:19.6).

The race, sponsored by the Naval Submarine School, included two special interest groups: POW-MIA supporters and 12 British sailors from the HMS Turbulent.

The POW-MIA group ran the five-mile race in formation with an American flag held aloft as a fitting Memorial Day tribute. The group finished in about 40 minutes.

The 12 Turbulent crew members were at the Sub Base on a one-week port call and decided to participate in the event.

Troy Christensen of Ledyard won the two-mile Fun Run in 10:27.9, and also bested the teen division of the five-miler in 31:09.3.

Doyle looks to future

Between now and the firing of the starting gun for next year's race, Phil Doyle wants some changes.

Doyle will take over as race chairman for Bill Marshall, who held the post for two years.

"I think we have to increase the water stops," said Doyle. "We especially need more in Greenville. We can't rely on citizens to do it on their own, so I think we're going to have to make some official ones."

Doyle also said he plans to talk to Norwich police chief Richard Abele about making some roads on the course one-way during the race so runners won't have to deal with traffic.

In yesterday's race, leaders had to battle with traffic from Taftville through the end of the race.

Doyle said he also plans to make the team race more competitive, especially in the women's division.

Eisman got caught up ^{1988 Rose Arts}

Darrin Eisman has been taking it easy on road racing this year, cutting down his mileage to 30-40 a week to concentrate on triathlons — he bikes up to 200 miles weekly.

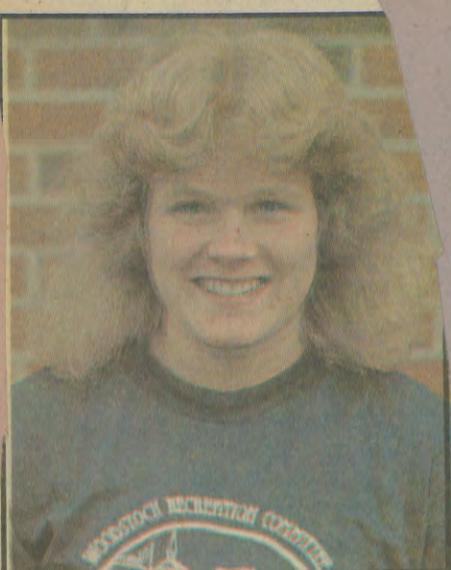
So yesterday was supposed to be a take-it-easy type of race for the Colchester runner, concentrating only on helping his team, the Mohegan Striders.

But Eisman got caught up in the quick pace, which Mason kept until the end. Eisman finished seventh in 56:17, just two seconds slower than his sixth-place showing last year.

"They went out quick, it wasn't what I expected," Eisman said. "It was a lot faster than I planned on running. I thought about doing 5:40 (per mile). This was a tough course on a hot day."

Profile

... of a sports figure



Bulletin photo

JANICE BOYES

Background: Boyes, 22, was a two-time CIAC Class LL cross country champion while a student at Norwich Free Academy. She is married and living in Canterbury now but she is still a runner. In early March she was involved in a car accident in New York and suffered a stress fracture of her right ankle and two bruised knees. She began running again early last month and has run in the Woodstock Memorial Day 6.2-mile race and Thursday's Al Morrison's Run for Reliance House.

Spotlight: The road back from her injuries has been slow but Boyes has already settled into her 10-mile runs six days a week. She is setting her sights on the Rose Arts Road Race June 19 and the East Lyme Marathon in September.

Quotable: "When the accident happened, the first thing I thought was, 'There goes the Boston Marathon.' I was really looking forward to that but there was no way I could do it."

Next: "It just feels great to get out and go running again. I was a wreck when I couldn't run. I probably drove my husband crazy but I didn't know what to do. I know I haven't taken a day off since I started in April. I used to rest if I was tired but I've been feeling too good to do that."

Race goes to the Swiftest

By MIKE ENRIGHT
Special to the Bulletin

NORWICH — If last night's Al Morrison Run for Reliance House was any indication on who will win the Rose Arts Road Race, then Joe Swift should have a big smile on his face come June 19.

Swift won the five-kilometer (3.1 miles) event in a time of 15:16, outdistancing fellow Mohegan Strider Fran Houle by 19 seconds.

Chris Hansen was third in 15:38, while Don Sikorski was fourth (15:56) and Bill Marshall fifth (16:03).

Kim Goff of the Ocean State Athletic Club won the women's race in 18:15, while Carla Brown was second in 18:33. Janice Boyes (19:44) was third, Denise Daviak (20:24) fourth and Virginia Ereshena (20:30) fifth. There were 236 finishers overall.

"This race has a lot in common with the Rose Arts," said Swift. "It's a hilly course and the timing works out well. We've got about 10 days to the Rose Arts (a 10.46-mile race) and this is a good final tune-up."

"You never know who shows up at the Rose Arts, but I think I have a shot of winning it."

Swift and Houle battled for the first mile of the race for the lead, but Swift took the upper hand during a hilly second mile.

"I knew that once I took the lead on the hills I had it for good, because I run downhill well," said the Cromwell resident. "It was a crowded start and in a short race, I don't want to get tripped up at the beginning. In a longer race, I wouldn't have gone out as fast."

Houle said that both he and Swift ran the first mile of the race in about 4:51.

"In the first mile, I did what I set out to do," said Houle, of Norwich. "And I figured I could keep up with Joe. But my arms and body felt heavy and I just tried to keep him close, but I couldn't."

Goff, the defending women's champion, said she came from Rhode Island to run the race to support the Reliance House and Al Morrison. She participated in the Olympic Marathon Trials in Pittsburgh May 1.

"I didn't think I'd have an easy time here today," said Goff. "Any race that has Carla in it will always be tough."



Jeff Evans/Norwich Bulletin

Joe Swift of Cromwell won the Al Morrison Run for Reliance House yesterday. Swift was followed by Fran Houle of Norwich.



KAREN E. HOAGLAND FRANCIS A. HOULE JR.

Mrs. Edwina Hoagland of Norwich and Mr. Vincent Hoagland of Old Saybrook announce the engagement of their daughter, Karen, to Francis A. Houle Jr., son of Mr. and Mrs. Francis Houle Sr. of Norwich.

Miss Hoagland is a 1984 graduate of Norwich Free Academy and a 1985 graduate of New London Academy of Hairdressing and Cosmetology. She is also a 1987 graduate of Manhattan school of Modeling. Miss Hoagland is employed at Rofler East Hair Design in Norwich.

Mr. Houle is a 1980 graduate of Norwich Free Academy and attended the University of Connecticut. He is employed by Petrowsky Real Estate Company as the advertising coordinator and is also Griswold High School girls track/cross country coach.

A May 6, 1989 wedding is being planned.



Photo by Bob MacDonnell

SECOND PLACE FINISHER
FRAN HOULE crosses the finish line in the Reliance House run.

Al Morrison 6/9/88
5 kilometers
Top 25

Joe Swift 15:16, Fran Houle 15:35, Chris Hansen 15:38, Don Sikorski 15:56, Bill Marshall 16:03, Bob Stack 16:06, Mike Fusaro 16:07, Tim Smith 16:10, Jeff Kotecki 16:24, Tim Kane 16:25, Dennis Tetreault 16:37, Alden Miller 16:39, Walt Smolenski 16:44, Kurt Porto 16:47, Ray Nelson 16:57, Joe Light 17:10, Troy Christensen 17:16, Derek Albertson 17:18, John Carey 17:18, Anthony Strazzo 17:20, Hank Golet 17:21, Mike Bendzinski 17:27, Al Lyman 17:31, Dean Hill 17:31, Jack Silva 17:37.

MEN'S DIVISIONS

Juniors
Troy Christensen 17:16, Rick Chann 17:45, Jim Tetreault 17:48.

Submasters
Bob Stack 16:06, Tim Kane 16:25, Dennis Tetreault 16:37.

Masters
Bill Marshall 16:03, Tim Smith 16:10, Ray Nelson 126:57.

Seniors
Hank Golet 17:21, Jerry Levasseur 18:32, Clifford Deveak 20:24.

Veterans
John More 23:44, Anthony Compo 26:36.

WOMEN'S DIVISIONS

Overall
Kim Goff 18:15, Carla Brown 18:33, Janice Boyes 19:44, Denise Daviak 20:24, Virginia Ereshena, 20:30.

Juniors
Robin Willett 21:21, Tina Tetreault 23:40, Alecia D'Angelo 27:53.

Submasters
Virginia Ereshena 20:30, Kelly Crouch 21:50, Margot Cundy 23:08.

Masters
Geraldine Palonen 21:36, Rose Buckingham 21:49, Barbara Zabel 24:22.

Seniors
Ann Wright 33:27, Terry St. George 34:11.

Veteran
Alice Compo 35:11.

Brown shooting for sixth title

By MIKE ENRIGHT
Special to the Bulletin

NORWICH — Her reign might end Sunday morning, or it could continue strong as ever. Carla Brown just isn't sure.

Brown goes for her sixth consecutive women's open title at the 22nd Annual Norwich Rose Arts Festival Road Race, but admits this could be her toughest defense.

"I think it's more of a race this year," said Brown. "I haven't been training a lot because I've needed a little bit of rest."

Others who will be in the chase include Kelly Pinckney of Montville, Janice Boyes of Canterbury, Sue Makowicki of Norwich and Michelle Levin of Norwich.

Montville High all-stater Kelly Hawkes will not run because of a foot injury. Pat Swim of Groton will run a seven mile race in Branford on Sunday.

Kim Hawkes, who finished second behind Brown for the past two years, has been on vacation and is not sure if she will run.

The 10.6-mile race begins at Chelsea Parade at 9:30 a.m.

This season Brown finished second at the 5K Al Morrison Run For Reliance House and third at the five-mile Sub Base Memorial Day Run.

Brown said she has just gone through three weeks of hard training, but didn't train hard over the winter because of student teaching

requirements at Eastern Connecticut State.

Boyes, the 1985 runnerup, is recovering from a stress fracture in her knee from a March car accident. She took second place at the Woodstock Memorial 10K and third in the Morrison Run.

"I'm just going to try to stay with Carla as long as I can," said Boyes. "I'm not really worried about it, because I'm looking for a good time."

Pinckney graduated from Montville High School in 1985 and just completed her junior year at the University of Rhode Island. She competed in track and cross country for two seasons, but left the team this year to concentrate on academics.

"I've been working towards getting back into road racing," said Pinckney, who ran this year's Boston Marathon in 3:13:30. "I'm going to try and win the race. But, I've really got no idea what my competition will be like."

Makowicki, who won the women's title in 1974 as a 12-year-old, made her return to track this year at ECSU. A 1980 St. Bernard graduate, she competed at the University of Missouri for two years. She withdrew from Missouri because of mononucleosis and stopped training for five years.

Makowicki said the distance of the race is not something she is used to after running the 1500 at Eastern all spring.

Team time for Houle Sunday

By MIKE ENRIGHT
Special to the Bulletin

NORWICH — To the spectator, road racing may seem to be an individual sport.

And as far as the publicity and glory goes, it probably is.

But to Norwich's Fran Houle, it is very much a team sport.

"There's a lot of incentive to run for a team," said Houle, who is a member of the Mohegan Striders. "There's a lot of guys counting on you."

The Striders and Kelley's Pace of Mystic expect to compete for the team title at Sunday's 10.47-mile Norwich Rose Arts Festival Road Race, which gets underway at Chelsea Parade at 9:30 a.m. There are 473 official entrants.

The team time is computed by taking the times of the first five team members that cross the finish line. The top team receives \$200.

Last year's race was the first time prize money was offered, including cash for the winning team.

"I'm leaning on concentrating on the team title in the Rose Arts," Houle said. "At the beginning of the year, the (Mohegan) Striders sat down and pointed out several races where we wanted to win the team title."

The Mohegan Striders have already won a team title this year, a 15K race in Meriden.

For the past three years, Houle was a member of the Central Massachusetts Striders. This year he is back with the Mohegan Striders, the team he originally joined out of college.

"When I left, the (Mohegan) Striders didn't have much organization, although they were all real good guys," said Houle. "Even when I was with Central Mass., I still was running with a lot of the guys from Mohegan."

"I went to Central Mass. because they had some very talented runners and I wanted some exposure."

Houle decided to rejoin the local club because the travelling became too much for him and the Mohegan organization improved.

Last year, the Central Mass. Striders won the Rose Arts team title behind overall winner Bart Petracca, Houle and Wayne Jacob. The Mohegan Striders were second and Kelley's Pace third.

The Massachusetts team will not be as strong this year with the absence of Petracca and other top members, who will be at a relay meet in New York. Jacob will not race because of a groin pull.

The Mohegan Striders should be led by Houle, Joe Swift of Cromwell (winner of this year's Al Morrison Run For Reliance House), Darrin Eisman of Colchester, and Norwich residents Bill Marshall, Chris Hansen and Tim Smith.

Houle has consistently been one of the top runners in the area, but he has not won a lot of races over the years.

"I guess it's in the back of my mind," said Houle. "I've got a lot of seconds and thirds and with all the talent in the area I think that's pretty good."

Houle graduated from NFA in 1980, where he ran cross country and track, and he also ran three years of cross country at UConn.

Brown's 6th title a 'special' one

By JOHN C. TURNER
Special to the Bulletin

NORWICH — She said she had not trained enough. She said she was out of shape.

But yesterday Carla Brown won the women's title for the sixth consecutive year at the 22nd Annual Norwich Rose Arts Festival Road Race.

The Norwich native finished the 10.6-mile race in 69:01 and finished 78th overall.

Karen Saunders of Manchester (70:22.9), the second women finisher, was 96th and Janice Boyes of Canterbury (70:33) was 98th.

"I'm real happy with the win," said the thoroughly exhausted Brown. "This is special because I haven't done much training. I started training about three weeks ago, but you really can't get in shape in three weeks."

Brown's road back to shape began with a third-place finish in the five-mile Sub Base Memorial Day Run.

"I was happy with that," she said. "I'm coming along quicker than expected."

Brown started yesterday's race behind Montville's Kelly Pinckney, who set a quick early pace.

But by the third mile, Pinckney began to fade and Brown slipped ahead for good.

"I over-trained for this race," said Pinckney. "I'm going to have to take some time off. By the sixth mile my legs seized. I was using my arms to bring my legs through. I was running like a sprinter."

Said Brown: "Kelly went out real fast. After two miles you could tell she wasn't going to keep it up."

Pinckney, who just completed her third year at the University of Rhode Island, was the fourth woman to finish with a time of 70:54 (104th overall).

Brown pulled away from her challengers, but wasn't feeling too well late in the race.

"I was all done by the last half mile," she said. "It was tough to get through it this year."



Carol Phelps/Nor

CARLA BROWN — yet another Rose Arts title.

Mason surprises the field

Rhode Island resident wins Rose Arts Road Race

By MIKE ENRIGHT
Special to the Bulletin

NORWICH — No one knew who Scott Mason was before the running of yesterday's 22nd annual Norwich Rose Arts Festival Road Race.

And that was fine with him.

The Warwick, R.I. resident won the race in 53:11.7, beating local favorites Joe Swift of Cromwell, who finished second in 54:49.0, and third-place finisher Dave Raunig of Groton (55:04.3).

Norwich's Fran Houle was fourth in 55:28.3, while Pat O'Neil of Newtown was fifth in 55:51.5.

Carla Brown of Norwich won her sixth consecutive women's title in a time of 1:09:01.7.

"If this was Rhode Island, my winning would be no surprise," Mason said. "I've never raced in Connecticut before. I recognized one or two faces, but I figured I could surprise the local runners."

Mason, 30, went for the lead early — running with Swift and Raunig for the first mile and taking a lead of about 25 yards in the second mile.

Mason went out hard on the Canterbury Turnpike hills and by the time the runners reached Taftville he had opened a 400-yard lead and the race was essentially over.

During the sixth and seventh mile, Swift ran on

the other side of the street in an attempt to catch Mason.

"I wanted to cut the angles the best I could," said Swift. "So, I changed sides for a while. I didn't give up, I just kept on pushing."

"I hadn't heard (Mason's) name before, but it didn't surprise me that a guy like him showed up."

The pace was quick at the start with the lead pack running a 4:31 first mile and Mason ran a 5:01 second. After five miles, Mason had a time of 25:11 and was on pace to beat the nine-year-old course record of 52:11 set by John Flora.

"I came here with the intention of winning," said Mason. "I didn't even know what the record was."

As it was, Mason's time was the seventh best in Rose Arts history.

The Mohegan Striders A team won the team title with Kelley's Pace finishing second and the Strider's B team finishing third. Three Mohegan Striders teams took the top spots for the women's teams.

■ Brown's sixth 'special,' D5.

■ Notebook, results, D5.

Who's 1st? Mason, of course

NORWICH — Wandering around Chelsea Parade on a hot Sunday morning, through a mass of sweated singlets and matted hair and ever-emptying cups of Coke and water and beer, the question kept arising.

"Who won the race?"

It is a simple enough question, for those 410 who completed the 10.6 miles of the 22nd annual Norwich Rose Arts Festival Road Race had more important things to worry about — like finding air and water and friends . . . and more air.

Mostly air.

And the answer was always the same: Scott Mason won, of course, and he did it in a blistering 53 minutes, 11 seconds, the seventh-fastest time ever in the history of this race.

"Who?"

Who. It was never, "Oh, I thought so." Or, "Really? He pulled it off, huh?"

Just, "Who?" Always, "Who?"

Mason could understand the ignorance. In fact, the lifelong Warwick, R.I., resident was counting on



Jim Konrad

it.

"We (the Amtrol Industries team) don't race in Connecticut, so nobody would know about me," Mason said. "I was kind of banking on it. I was hoping it would be to my advantage."

Mason, 30, a manager of an Athlete's Foot outlet in the Lincoln Mall, didn't race in high school or college. He took it up about 10 years ago with some friends and relatives, and though he has been hampered by injuries the last couple of years, he said, this has been a very good season for him. He

See KONRAD

Southington's Striders awarded 1st place after 2 Lead Pack proved ineligible.

TAC Championship

At Prospect
5 miles
Individual results

Greg Bonavito, 25:27; Don Cavanaugh, 25:27; Fran Houle, 26:01; Chris Hansen, 26:08; Joe Swift, 26:15; Darren Eisman, 26:17; Ron Cozean, 26:31; Don Sikorsky, 26:32; Ed Zubritsky, 26:39; Bob Stack, 26:51.

Team

1st, Mohegan Striders (Houle, Hansen, Swift, Eisman, Sikorsky).

TAC 5-mile

At Prospect
Mohegan Striders results

Team results

B & W Tool, Lebra, Mohegan Striders.

Individual Striders results

Susan Makowicki 34:10, Jeri Palonen 36:18, Kris Ann Pardo 36:50, Pat Lathrop 37:15, Rose Buckingham 37:18.

Striders place second first

SOUTHINGTON — The Mohegan Striders placed ~~second~~ ^{first} in the men's team competition and third in the women's team race at the Southington 12-kilometer distance classic.

Joe Swift, Fran Houle, Sean Delaney, Joe Banas and Ed Zubritsky combined for a 3:18.22, ~~only 15 seconds behind team winner~~ Lead Pack of Waterbury. ~~was second~~.

Carla Brown, Janice Boyes and Geri Palonen combined for a 2:32.41, good enough for third in the women's team competition.

Cromwell's Swift placed fourth in 38:37 in the men's open category while Norwich's Bill Marshall won the masters division with a 42:18.

John Bysiewicz of Middletown captured the race in 37:48.

THOMAS DIVER

Local: Striders take third

SOUTHINGTON — The Mohegan Striders finished third at the Southington 12K TAC women's championship yesterday.

The top runners for the Striders: Carla Brown (48:09), Janice Boyes (49:11), Geraldine Palonen (55:21), Rose Buckingham (56:31), Kelly Crouch (59:00).

Sue Faber was the overall winner in 42:11.

newcomer being part of the front pack. "What surprised me is I hadn't heard of him before."

The first hill, up Canterbury Turnpike in the third mile, was the test. It was another facet of the race Mason was counting on.

"I knew about the hill," Mason said. "I was confident I could run the hill, so I used it to help me out."

"I had a sneaking suspicion I would crest the hill alone."

That he did, and he opened up a 250-yard lead. And that lead kept increasing.

And after a while, all of us on the press truck could see only this newcomer, who had sent us scrambling for our entry list, taking in water like a camel at every possible stop, and the figures of Swift and Raunig slowly fading from sight.

And we, like Smith, wondered if Mason could keep that incredible lead in the increasing heat, or was just another 5K man having some fun before fading. But, of course, he was not.

When the race was through, trying to find the Rose Arts winner, I asked an official if he had seen Scott Mason.

"Who?"
Who indeed.

Swift Joe

by Chris Barlow

Acme Merit-thon 10k; Glastonbury, CT; June 5th - Cromwell's Joe Swift became the second runner in the ten year history of this race to win it three consecutive times by postings a 32:17 in this year's run.

Although far off his winning time of 30:52 of a year ago, Swift was nonetheless, still satisfied with his effort.

Commenting afterwards, Swift said he felt himself pushing more in this race, perhaps forcing the run a bit more. Regardless, it was still good enough for a 19 second margin of victory over Alex Magoun who crossed in 32:36.

The win was Swift's second in a week, having won the Washington Trail 10km on Memorial Day for the second year in a row. His third win here matched that of John Vitale who won three straight races in the first years of the run from 1979-81.

Fan misses Roy Orbison

Editor:

Your recent editorial about the late Roy Orbison was excellent and on target.

As a long-time Orbison fan, one of the things I looked forward to for the last three summers was seeing him in concert at the Warwick Musical Theater. As your editorial pointed out, Orbison never "pranced;" instead, he "simply stood there and sang." And could he sing! No gimmicks. Nothing fancy. Just Roy Orbison, guitar in hand, and his wonderful voice.

He was at his best this past summer when his voice simply soared, and in turn the audience soared with it.

But just as important as his voice — so powerful and sometimes scary — were the qualities of humility and gentleness he projected.

Audiences never had to worry about Roy Orbison making noise, not melody.

ROGER ZOTTI
Preston

won a couple of five-milers earlier this year, both with times under 25 minutes. He also won the Maine Coast Marathon in 1985.

Norwich runner Tim Smith, one of the "Whos" yesterday, could see how a runner could sneak up in a race of Rose Arts caliber.

"It always goes to show, what with 12 states represented, what can happen," said Smith, who finished 12th. "You don't know if he's a 5K man or not. He could take you out fast for three miles, and leave you out to dry."

Mason went out fast, and did leave the others out to dry, but did not wilt himself. He decided to run after talking with some friends in the area, and knew about the hills and the problems they could cause, especially on a warm, sunny day like yesterday.

He was a suprise before the hills. Favorites Joe Swift and Dave Raunig went out in front quick, with contenders Fran Houle and Pat O'Neil close behind. But like Butch and Sundance, Swift and Raunig had to be wondering who was this guy keeping up the pace.

"It didn't surprise me, it happens all the time when you have people from other states," Swift said of a

Prospect's Hot Prospect

by Chris Barlow

Prospect 5M/CT TAC Championship; Prospect, CT; July 2nd - Coming off his collegiate career a little over a month earlier, Greg Bonaiuto was a relative unknown to most of the road veterans prior to this race. Afterwards however, his presence quickly became known as he easily won in a comfortable 25:27 over a very challenging course.

With a downfall start over the first two miles, Bonaiuto, along with Joe Swift and Don Cavanaugh, hit the first two splits in 4:42 and 9:27. Through this section none of the three seemed to have any advantage - that is until the hills came.

Shortly after coming off the flats Bonaiuto took the lead from Swift who held a five yard lead on Cavanaugh. Within 3 seconds the race for first had broken open, as Swift was at least 15 yards behind and fading.

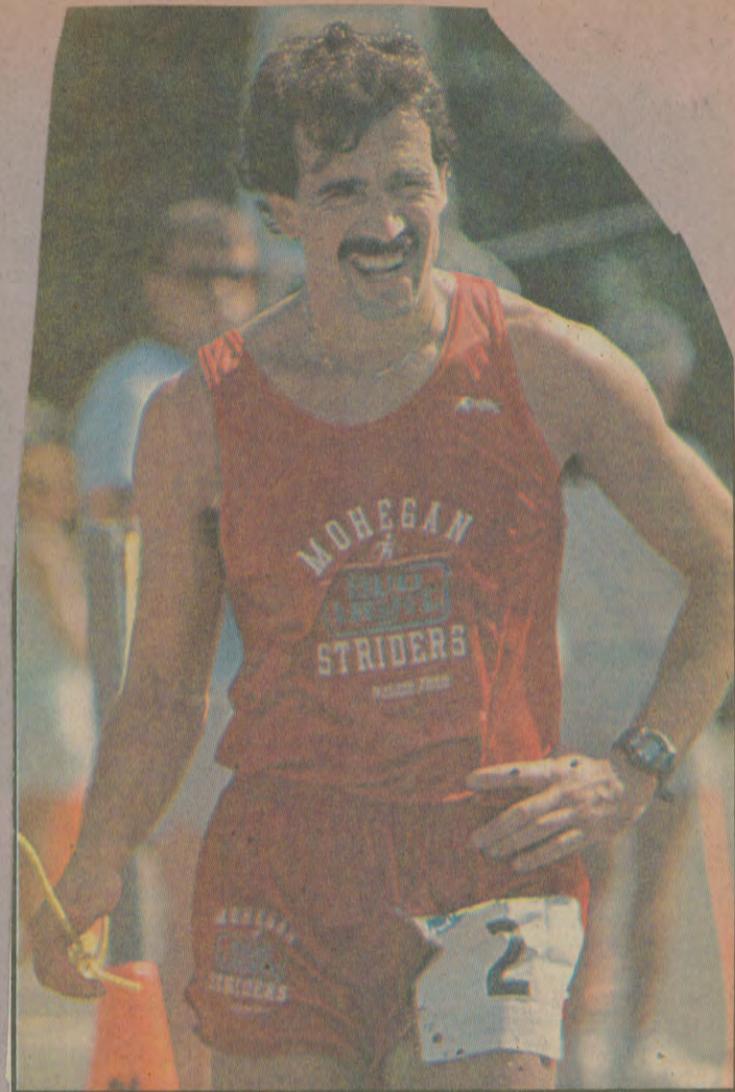
By three miles (14:49), Bonaiuto held an 11 second lead on Swift, who soon thereafter forfeited second to

Maintaining his pace as best he could up the final series of hills through the four mile mark, Bonaiuto's lead increased to more than 50 yards. Meanwhile, Cavanaugh was being pursued by a trio from the Mohegan Striders.

Through the final mile, Bonaiuto had the race wrapped up with Cavanaugh finishing second after holding off the late challenge. Swift wound up fifth after being passed by two teammates.

In the women's race, the story was all Agnes Ruane. Continuing her comeback after a layoff, Ruane dominated the women's field in setting a new course and submaster's division record of 29:06. The old mark of 31:42 had been held by top master's runner, Jan McKeown, who finished fourth in the race. Women's runner-up, Debbie Riley (30:50), also broke the old mark and set a new open division record.

In the TAC team competition, the Mohegan Striders placing of seven runners in the top 11 and eight in the top 15 easily outscored the Yale Co-Op and Libra A.A. teams. With Riley and third place runner Beth Lebel pacing them, the B&W Tool team finished first among the



Carol Phelps/Norwich Bulletin
Joe Banas of Norwich set a course record in winning the 26th annual John J. Kelley/Ocean Beach Road Race yesterday. Story, Page C5.

Sunday Bulletin, August 7, 1988

Sports —

Banas cools off Kelley field

By TOM BOLAND
Bulletin Sports Writer

NEW LONDON — If Joe Banas had any sense of humor, he'll finish sixth in next year's 27th John J. Kelley-Ocean Beach road race.

Yesterday Banas, of Norwich, completed a full house of top five finishes by winning the 11.6-mile event in steamy conditions in one hour, four minutes, 45 seconds, nearly seven minutes off the course record.

"It was suicidal out there," said Banas, who placed second last year, third in 1986, fourth in 1984 and fifth in 1985. "This is my favorite course but it was tough today. I don't think I could have gone another 50 yards at the finish."

He didn't have to as second place went to Jeff Kotecki of New London, in 1:05:41. Ernest Mossiah was third in 1:05:50, Keith Pigeon of Danielson fourth (1:06:12) and Tim Smith of Norwich fifth (1:06:37).

Kotecki never threatened. Banas took the lead at the three-mile mark after clocking 10:28 through two miles and led all the way in.

"I would rather miss the Rose Arts race than this one," said Banas. "I know I'm a Norwich native but I've been in awe of John Kelley since he spoke at my high school (Norwich Tech) athletic banquet back in the early '70s. He's just meant so much to my running career."

Many top runners chose to not to run this year to stay sharp for today's Connecticut TAC 5K championship in Willimantic at 9 a.m. The field here was still strong.

"Sure, some people stayed away but I challenge

anyone to match the times here under these conditions," Kotecki said. "Joe and I ran very hard and couldn't have gotten much faster."

The story was the heat and humidity, but the only thing it changed were the finishing times. While personal records certainly weren't the order of the day, all 340 or so who started the race finished, a testament to the numerous water stops and hoses strung out along the course.

"The fans really took care of the runners today," said Jack Dempsey, who directed his final Kelley race yesterday. "It's a tribute to them that no one needed medical attention during the race."

The women's race belonged to Avon's Mary-Lynn Pestizzo, who finished in 1:10:39 to beat Andrea Echen by more than 10 minutes.

Pestizzo, 24, won this year's Pittsburgh Marathon and her time of 2:55:10 was one minute off the final qualifying time for the U.S. Olympic marathon team.

"They (the U.S. Olympic committee) wouldn't let me compete for the team," she said. "I had submitted a 20-kilometer (12.4 miles) time of 1:11 and the committee didn't believe it. Today I ran 1:10 and now I'm looking forward to trying to qualify in 1992."

Pestizzo didn't know about race until Thursday night when a friend called her and asked her to run. Even though she ran 20 hard miles Wednesday, she said yes and didn't look back.

"It was fun out here," she said. "The people were great and there was lots of support. It's too bad I didn't know about this race before, but I think I'll be back next year."

John J. Kelley race

At New London
11.6 miles

Men's Open

Joe Banas 1:04:45, Jeff Kotecki 1:05:41, Ernest Mossiah 1:05:50, Keith Pigeon 1:06:12, Tim Smith 1:06:37, Jim Murphy 1:06:46, Jack Silva 1:06:52, Bob Stack 1:07:45, Eddie Cohn 1:08:10, Rich Fargo 1:09:19.

Women's Open

Mary-Lynn Pestizzo 1:10:39, Andrea Echen 1:20:47, Vivien Trepini 1:22:06, Linda Sprague 1:22:44, Kristen Vogel 1:24:52, Denise Daviau 1:25:20, Kimberly Dirlam 1:25:24, Edna Silva 1:27:01, Gail Marino 1:27:32, Barbara Goodrich 1:28:22.

Men's Masters

Bill Marshall 1:11:59, Bob Beardslee 1:14:02, Tom Peck 1:14:18, Ted Phillips 1:14:37, Frank Hoher 1:15:44, Bill Dunne 1:16:15.

Men's Grandmasters

John Dugdale 1:09:55, Dick Jamborsky 1:12:54, Jay Sturdevant 1:16:09, Jim Cottle 1:20:36, Tom McCoy 1:20:54, Jim Latourette 1:22:30, Kirk Davies 1:23:43.

Men's Veterans

Ed Vuolo 1:28:10.

Women's Masters

Debbie Adams 1:22:24, Kimche Sylvie 1:24:37, Geraldine Palonen 1:28:51, Rose Buckingham 1:30:22.



Randy Flaum/Norwich Bulletin

Gary Nixon had the right — and winning — time in yesterday's Connecticut TAC 5K championship at Willimantic.

Nixon rallies to win TAC 5K

By TOM BOLAND
Bulletin Sports Writer

WILLIMANTIC — Most images of a road race is that of sweat-drenched lead runners crossing the finish line.

What happens between the start and the finish often takes place on near-isolated back streets. People often don't know what they've missed in the middle, as was the case during yesterday's Connecticut TAC 5K championship.

When Gary Nixon, of Middletown, crossed the line in 14:59.52, ahead of Yale Co-op teammates Jim Gibson (15:07.52) and Greg Bonaiuto (15:11.35), his margin appeared dominating.

"If I had to go another 100 yards I was going to collapse," said Nixon, 36, who won this year's Springtime Festival race in Danielson. "I almost let myself get too far out of it but I had just enough to catch them."

Gibson, Bonaiuto and Nixon pulled away from the 350-person field early and were shoulder-to-shoulder through the first mile in 4:38.0.

As the leaders approached the one major hill on the course, Nixon was fading and was 30 yards back at the 2.5-mile mark.

His experience and the fatigue that was hitting Gibson and Bonaiuto pushed him ahead.

"I could hear his footsteps getting closer but I couldn't do anything to stop it," said Bonaiuto, who beat Nixon at the Chester 4-mile race on July 4. "I just wanted to push and try to break him but he wouldn't let go."

Said Nixon, who started running seriously in January after a two-year layoff: "I knew I didn't have it up the hill so I saved what I had for the end."

Sue Faber had no such problems to win the women's race.

"It was fun for the first mile," said Faber, 26, who finished in 17:18.52. "There were about five ladies running together and I don't see that happen much. Then I lost them."

After cruising through the first mile in 5:26, Faber kept going and the pack went south.

She ended up beating second-place finisher Debbie Riley by more than a minute.

In the team competition, it was a good day for the Mohegan Striders. The men's team of Nixon, Joe Swift, Tim Smith (who ran the John J. Kelley-Ocean Beach 11.6 mile race Saturday), Darrin Eisman and Chris Hansen, was first in a combined 1:16.57. Lead Pack from New Britain was second and the Hartford Track Club third.

B & W Tool, led by Faber, was first in the women's division at 54:37. The Mohegan Striders were second (57:27) and the Groton Track Club third (57:49.0).

Conn. TAC 5K championship

At Willimantic

Yesterday's results

MEN

Open

Jim Gibson 15:07.52, Greg Bonaiuto 15:11.35, Joe Swift 15:17.84, Don Cavanaugh 15:19.37, Craig Genwell 15:20.6, Jose Martinez 15:21.61, Darrin Eisman 15:24.14, David Litoff 15:28.20, Chris Hansen 15:41.11, Ed Zubritsky 15:54.34.

14-years-old and under

Bryan Zadora 17:53.12, Terrence McGovern 20:07.20, Kelly Gilman 22:13.68, Bruce McGovern 22:18.20.

Juniors

Geoffrey English 16:14.49, David Gallway 16:17.85, Eric Gyuricsko 16:19.3, David Cortese 16:22.77, Mike Zador 16:23.73.

Submasters

Gary Nixon 14:59.52, Allen Zetterlun 15:26.81, Edward Sparkowski 15:29.2, Sean Delaney 15:34.67, Russellk Blad 15:37.10, David Reik 15:41.54, Pedro Cob 15:41.87.

Masters

Tim Smith 16:43.76, Bert Allen 16:51.8, Jim Tero 17:21.98, James Wall 17:50.3, Art Fabritis 18:03.47, Tom Lee 18:48.0, Vito Bonaiuto 18:50.47.

Grandmasters

Howard Ellis 19:18.83, Richard Hin 20:34.92, Russ Burton 21:17.02, Roger Sm 22:42.47, Ronald Alleman 23:28.83, Pat 24:21.40.

Veterans

Herb Silander 21:32.20, Phil Mongi 21:36.63, Bill Tribou 21:37.16, Eduard Pa 23:10.18, John Kearney 25:16.32.

WOMEN

Open

Sue Faber 17:18.52, Debbie Riley 18:39, Susan Mantie 18:40.10, Carla Bra 18:45.53, Janice Boyes 19:11.08, Julie Li 19:20.35, Michelle Levin 19:30.64, Mauri Turner 19:39.55, Mary Ann Doss 20:10, Joann DeMarco 20:26.43, Cindy Know 20:30.69.

14-years-old and under

Leslie Almeida 20:21.46, Maureen McG 21:51.06, Jennifer Almeida 22:15, Heidi Sheckley 23:43.90, Erin Worsh 26:58.90.

Juniors

Caroline Johnson 18:42.90, Danielle noit 19:14.65, Katie McGovern 19:24, Valerie Johanness 20:12.55, Kelly Haw 20:21.86, Brenda O'Connell 20:37.09, Ra Willett 21:26.26, Jen Devine 21:50.23.

Submasters

Denise Valk 17:27.44, Margret Beards 18:30.58, Gail Schlomowitz 19:05.85, Swim 19:06.20, Hollis Franklin 19:48, Leslie Brown 20:02.70, Pat Kelly 20:36.41.

Masters

Jan McKeown 18:54.74, Ellie Low 22:23.56, Geraldine Palonen 22:34.96, diith McGrath 23:13.78, Michaelen Hae 23:46.65, Mariette Johnson 24:09.4, Judith Lohman 24:35.45.

Grandmasters

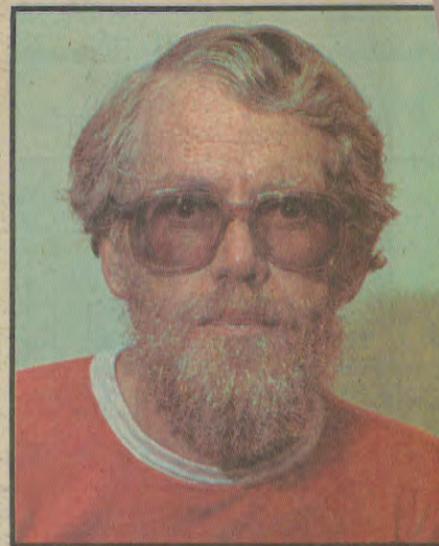
Zofia Turosx 19:16.15, Elizabeth Sp 24:20.45, Terry St. George 36:41.0

Veterans

Adeline Kearney 24:36.74, Mary Hain 32:13.80

Profile 7/30/88

... of a sports figure



Bulletin photo

JACK CURRAN

■ **Currently:** Curran has been the coordinator for the Mohegan Striders women's road racing program for the past 18 months. He is primarily responsible for overseeing the Striders' training procedures.

■ **Background:** Curran started running seriously about five years ago. When he was asked to help out with the Striders, it was as an organizer. Once he got involved with the club, he began spending more time developing workouts.

■ **In the news:** The Striders are gearing up for the Connecticut TAC 5-kilometer championship at Willimantic next Sunday. "We should be able to get second place in the team competition," said Curran. "We'd like to win but we can only use three people to score points. We usually use five and depth is one of our strengths."

■ **Quotable:** "Working with the women seems to be much different than working with men. The women come here wanting to train. Whatever workout we come up with, they want to do it."

"I think they've gone so long without having a coach that they are eager to have someone help them out."

■ **Next:** Curran says he will continue to help the women's program for as long as the members want a coach. "There is a lot of room for improvement on the team. What we need to do is start recruiting some younger members and keep the club growing."

■ TOM BOLAND

Local: Marshall second in 5K

WATERBURY — Bill Marshall of Norwich was outkicked and beaten by Hartford's Al Swenson in the Connecticut Masters 5K championship yesterday.

Swenson, the world record-holder in the masters mile, finished in 15 minutes, 54 seconds to beat Marshall by five seconds. Ed Cadman, of New Haven, was third in 16:06.

Smith masters field: Norwich's Tim Smith won the TAC state masters championship and the Mohegan Striders were second in the team standings at the Ridgefield Half-Marathon. Smith covered the 13.1-mile course in 1 hour, 13 minutes, 2 seconds. He was third overall. Norwich's Mike Smith (1:19:35) was second in the sub-masters and New London's Pat Swim was the top women's sub-master. (Results, D2.)

Ridgefield Half-Marathon

At Ridgefield
13.1 miles
Top 3 finishers

David Burke, Danbury, 1:11:59; Jamie Gomez, Stamford, 1:12:59; 3. Tim Smith, Norwich, 1:13:02.

Other local finishers

9. Mike Smith, Norwich, 1:19:35; 19. John Brown, Norwich, 1:21:53; 23. Steve Hancock, Bozrah, 1:22:37; 65. Way Hedding, Niantic, 1:28:38; 70. Jan Slonski, Canterbury, 1:29:28; Tom Swim, New London, 1:45:59; Lloyd Whitman, Norwich, 2:05:52.

Local women finishers

60. Pat Swim, New London (third woman); 82. Rose Buckingham, Waterford, 1:44:22.

Taking on challenges at 58

By **MARCUS CHAN**
Day Staff Writer

STONINGTON — If you can't teach an old dog new tricks, then Don Werling of Stonington, 58, is the exception to the old adage.

Qualifying for three consecutive national championship triathlons of the Bud Light Series (1985 to 1987), this single retired Navy lieutenant and grammar school teacher attempted his first triathlon at age 55 and is currently ranked 15th in the country for the 55- to 59-age group. He also placed first in his age group at the United States Triathlon Series in Boston, in August 1986.

Not bad, considering he didn't have any background in athletics. In fact, the closest he came to sports in high school was being the sports editor for the school newspaper.

"I never got involved in any sports," Werling admitted. "I was either too small, too light or too something."

'I never got involved in any sports. I was either too small, too light or too something.'

Don Werling,
Triathlon competitor

For a tough competitor like Werling, it is even more surprising that he did not start running until he was 49, when he and his brothers-in-law decided to run around the block after a Thanksgiving dinner. He couldn't even swim the length of a pool until he began taking lessons at the YMCA at age 53. A Navy lieutenant that couldn't swim?

"I have never been a swimmer," Werling explained. "We were always told to

keep away from the water and we won't drown, so I never swam."

Now you can't keep him out of the water. At a national championship at Hilton Head, S.C., it took him an hour and half to complete a mile swim (his average time is 35 minutes) because of the more than 4-foot waves that were created by the hurricane that struck the day before.

"The swim was just horrendous," Werling said. "That was the worst thing I encountered in a triathlon."

Werling's biking experience came after a stress fracture in his leg that kept him from running for 18 months. Since he could not run, he biked, and now it is his strongest sport, while swimming remains his weakest.

Favoring the triathlons that are of international distance (1-mile swim, 25-mile bike and 6-mile run), Werling trains by doing three times that distance in each sport each week.

Adding/C8

GRAND PRIX UPDATE

Long distance running action in Connecticut this year has taken on a little more zip with the addition of a Grand Prix format, tying the various road race championships together in one package. As of this writing, four races have been contested; soon after this writing, the other two will have been run, completing the series.

The races already completed are the 15 K in Meriden, the Half Marathon in Fairfield, the 5 Miler in Prospect, and the 12 K in Southington. Yet to be run are the 5 K in Willimantic and the 10 K in Shelton. CT TAC registered clubs are therefore not only eligible for individual team prizes at each race, but also for a season-end prize ranging from \$150 for 1st to \$50 for 5th, with some of the incentive being that simply entering a team can earn points toward the final award.

At this point in the series, the dominant leaders are Mohegan Striders for men and B & W Tool for women. Mohegan of Norwich has 13 points, while B & W of Prospect/Waterbury has 16. Other top teams for men are Lead Pack Sports with 7 and an insurgent Yale Coop team with 6. Among women Libra A. A runs a strong second with 8 points followed closely by Mohegan with



Marcus Chan

■ Triathlete Don Werling

Adding challenges at 58

From C5

Age, however, has posed little or no obstacle compared to inexperience in his pursuit to become the top contender.

"As long as you're in good shape and you do what you want to do, the age doesn't matter," Werling said. "I think that anything I could have done when I was 21, I'm in better shape to do it now."

He added, "Chronologically, I'm older, but I don't feel older. I see a lot of people who are a lot younger than me that act and appear to be more older than me, because they're out of shape or they just have a mind set."

Born in Mahwah, N.J., Werling retired from the Navy in 1972 after 24 years of service (22 of those years in the submarine force). Attending Eastern Connecticut State College after the Navy, he attained his bachelor of arts degree and master's degree in education, and has taught second- and third-graders and the learning disabled.

Through his success in education and as a triathlete, Werling has learned that limitations are self-imposed.

"I didn't do well in high school educationally," Werling said. "I wasn't one of the smart ones. I was told by one of my teachers that the only way I'd work in an office was

sweeping the floor. But, I did well in the Navy, went to college, and found that I wasn't so dumb after all and that I could do very well."

He added, "I saw then that I really didn't have a lot of limitations. In high school, I didn't apply myself educationally, but that didn't mean I couldn't and wouldn't do well, and just because I didn't participate in sports when I was younger doesn't mean the same. If my mind is set right, I can probably do anything I want to."

Werling's family of four sons and one daughter are supportive of their father's athletic endeavors and cheer him on at the races whenever they can.

"I don't have the wife to worry about, to spend all my time with," Werling said. "A lot of people have family commitments and children to take care of at home. I feel very fortunate that I can spend as much time training as what I have energy for."

Werling hopes to continue on with the triathlons and someday be able to compete in the 70 and older age group.

So what is his response to the old saying, "You can't teach an old dog new tricks"?

"It might be true in the canine field, but it doesn't apply to man, that is, man that wants to learn."



William Burrow

Carmen Cozza, the Yale football coach, is flanked by EBAC president Way Hedding, left, and EBAC secretary Al Vescovi

WICKHAM PARK, E. HARTFORD 10-8-88

1988 CT TAC CROSS COUNTRY CHAMPIONSHIPS

MENS OPEN DIVISION

1	PAZIK, PETER	15 52	M	OPEN CT. TAC	KELLEY'S PACE
2	COTTON, MIKE	16 01	M	OPEN CT. TAC	
3	RAUNIG, DAVID	16 07	M	OPEN CT. TAC	KELLEY'S PACE
4	SWIFT, JOE	16 18	M	OPEN CT. TAC	MOHEGAN STRIDERS
5	SPARKOWSKI, ED	16 20	M	OPEN CT. TAC	HARTFORD TRACK CLUB
6	O'NEIL, PAT	16 25	M	OPEN CT. TAC	KELLEY'S PACE
7	KANE, TIM	16 34	M	OPEN CT. TAC	KELLEY'S PACE
8	HANSEN, CHRIS	16 38	M	OPEN CT. TAC	MOHEGAN STRIDERS
9	DELANEY, SEAN	16 56	M	OPEN CT. TAC	MOHEGAN STRIDERS
10	COBB, MIKE	17 06	M	OPEN CT. TAC	HARTFORD TRACK CLUB

MENS MASTERS DIVISION

1	SMITH, TIM	17 14	M	MAST CT, TAC	MOHEGAN STRIDERS
2	MADDEN, PETER	18 48	M	MAST CT. TAC	PAYNES CORNER AC
3	NORRIS, STEVE	18 54	M	MAST CT. TAC	FAIRFIELD COUNTY STRID
4	RUSSELL, FRANK	19 40	M	MAST CT. TAC	MOHEGAN STRIDERS
5	ORGOVAN, BOB	19 44	M	MAST CT. TAC	PAYNES CORNER
6	DUPREE, KEITH	20 15	M	MAST CT. TAC	
7	MILLER, IRV	20 20	M	MAST CT. TAC	MOHEGAN STRIDERS
8	MACCARONE, AL	20 29	M	MAST CT. TAC	SILK CITY
9	HILL, JIM	20 34	M	MAST CT. TAC	MOHEGAN STRIDERS
10	DOMBROWSKI, RON	21 00	M	MAST CT. TAC	MOHEGAN STRIDERS

WOMENS OPEN DIVISION

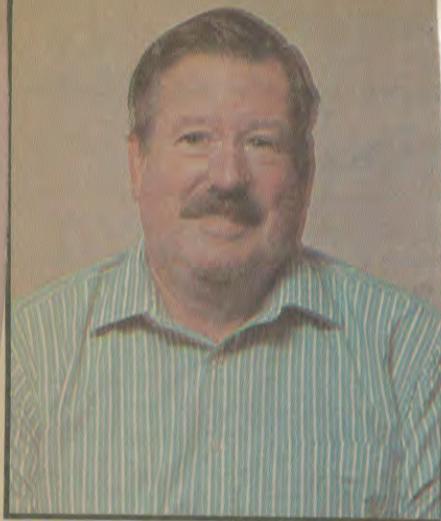
1	BRUNETTO, PAULA	17 35	F	OPEN CT. TAC	LITCHFIELD TC
2	BEARDSLEE, MARGARET	19 31	F	OPEN CT. TAC	GROTON TC
3	BROWN, CARLA	19 33	F	OPEN CT. TAC	MOHEGAN STRIDERS
4	LEVIN, MICKIE	19 47	F	OPEN CT. TAC	MOHEGAN STRIDERS
5	DOSS, MARY ANN	19 49	F	OPEN CT. TAC	B & W TOOL
6	TURNER, MAUREEN	20 00	F	OPEN CT. TAC	B & W TOOL
7	MANTIE, SUE	20 08	F	OPEN CT. TAC	B & W TOOL
8	BOYES, JANICE	20 18	F	OPEN CT. TAC	MOHEGAN STRIDERS
9	SWIM, PAT	20 47	F	OPEN CT. TAC	GROTON TC
10	MATHEWSON, BARBARA	21 01	F	OPEN CT. TAC	B & W TOOL

WOMENS MASTERS DIVISION

1	PALONEN, GERALDINE	23 09	F	MAST CT. TAC	MOHEGAN STRIDERS
2	BUCKINGHAM, ROSE	23 35	F	MAST CT. TAC	MOHEGAN STRIDERS
3	McGRATH, JUDITH	23 57	F	MAST CT. TAC	MOHEGAN STRIDERS
4	ROMAYKO, JANIT	25 15	F	MAST CT. TAC	SILK CITY STRIDERS

TEAM SCORING

MENS		WOMENS	
1.	KELLEY'S PACE - 82:18	1.	MOHEGAN STRIDERS - 39
2.	MOHEGAN STRIDERS "A" - 85:09	2.	B & W TOOL / SWIDERSKI - 40
3.	SHENIPSIT STRIDERS - 90:33		



Bulletin photo

BOB CARBRAY

Occupation: Bob Carbray of Ledyard teaches graphic arts at Clark Lane Junior High in Waterford. He is stepping down as secretary of the Mohegan Striders running club after 17 years.

Background: Carbray, 51, was one of the original members of the Striders, although he became club secretary somewhat by default. "I wasn't at the meeting where they voted on the position," he said. "I guess I got dominated, not nominated, into the job. I have no complaints though. It's been busy but fun."

Quotable: "I was about 100 pounds overweight when I started running. My goal was just to lose the weight, but I got hooked on the sport. I used to do 40 to 45 miles a week, map routes and keep a log of each run. I had some years where I ran 2,000 miles. Now I'm running very little but I try to get out at least twice a week and do some Nautilus work also."

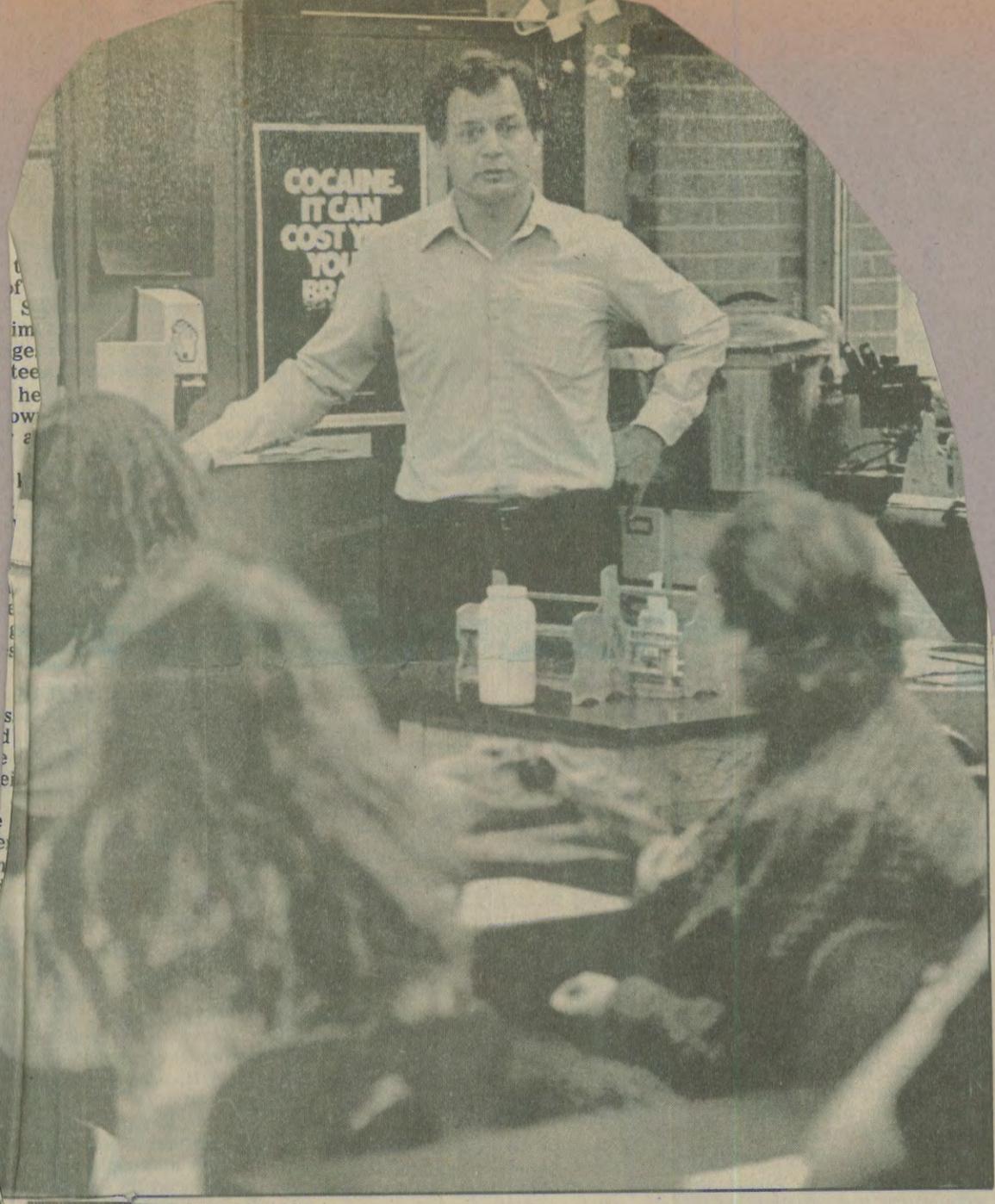
In the news: Two members were elected Striders officers for the first time while president Walt Smolenski and treasurer Don Lewis were re-elected. Don Sikorski is the new vice president and Ken Rawn takes over as secretary. "The secretary job is a busy one," said Carbray. "I put in about 20 hours a week during the peak times."

Next: Carbray is still a member of the Striders and looks forward to his weekly Sunday morning runs. The Striders' next event is the Tommy Toy Fund Run Dec. 16 at 7 p.m., starting at Billy Wilson's in Norwich. Entry fee is a wrapped toy. The club's next meeting is Jan. 12 at 7 p.m. at the Norwich Recreation Department building.

Mohegan Striders and B&W Tool Prepare To Defend Grand Prix

All winter long, according to carefully whispered reports, the teams that prevailed in CT TAC's first Road Race Grand Prix have been preparing to defend their titles. Men's winners Mohegan Striders had no potent competition last year, though Yale Coop mounted a challenge at season's end. On

the women's side B&W was also dominant, though the Mohegan women finished strong. According to sources, though, repeating in the Grand Prix is as tough as repeating as Super Bowl winner. And the bigger question is, can Mohegan and B&W muster masters teams?



John J. Kelley

Teacher of year aims at building confidence, arousing curiosity

By KEITH M. PHANEUF
Day Staff Writer

LEDYARD — High school teacher Jerry Lentz occasionally opens his classes with a little "science magic."

He organized a play in which his students assumed the roles of organs and hormones in the reproduction system and acted out the menstrual cycle, pregnancy, birth and birth control processes.

Another class, involving kinetic and potential energy, began with Lentz hurling Styrofoam balls against a wall across the room.

Lentz, 44, a biology and earth science instructor who was recently named the town's teacher of the year, said his classroom approach is simple: "Encourage kids to reach out for more, to get interested and ask questions. Then compliment the heck out of them," he said. "If they want to know why I'm throwing Styrofoam up against the wall, maybe they'll want to know about the kinetic energy involved."

A science teacher in Ledyard for 16 years, Lentz openly displays a great deal of enthusiasm for the subject. He runs his classes in a very democratic fashion, allowing students not only to ask questions, but to help determine when tests and major assignments will be scheduled.

But Lentz says his top priority "is to leave kids with a little more confidence in doing things they wouldn't do before." Self-confidence is the easiest thing to break and the hardest thing to reinforce in a young person, he said during an interview Monday.

Because of this, he tries to help students answer the occasional foolish question by themselves, so no one is embarrassed. If students ask whether they should begin studying immediately for a test review session scheduled for later in the week, Lentz will direct them not to do so. "By the end of the class, they're asking me, 'Why not?' I'd rather they realize why it's better to start earlier than just have me tell them to do it," he said.

He cites increasing social and academic pressures that lead more students to accept mediocre grades or to give up trying to learn entirely. Because students are forced to learn in 60 to 90 minutes blocks, facing different subjects, teachers and methods of teaching, they can easily become disoriented.

Lentz said he returns all tests and assignments the day after they are submitted, so students can always keep abreast of their grades. All problems with students are treated at a personal level and handled through private

meetings rather than through classroom confrontations. "If you explain to kids what you think is important, and don't leave them in the dark, they'll do anything for you," he said.

Lentz carries his democratic approach to his duties as a basketball coach at Ledyard Junior High School. During a team meeting Monday, he allowed his players to pick the penalty — 30 minutes off the court — for anyone who delays practice by starting at the girls' team in action.

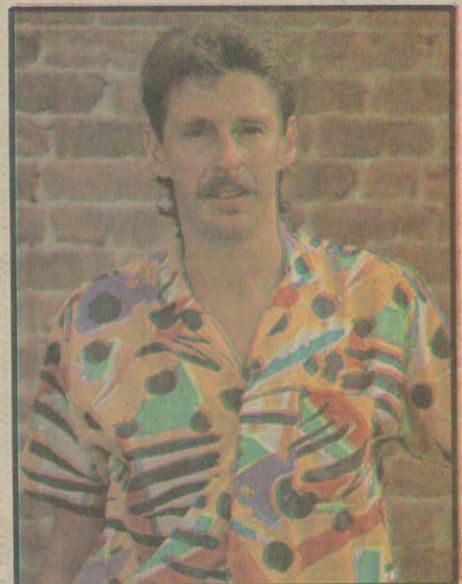
Lentz views coaching a basketball team and teaching a science class as similar activities, but finds great difficulty in having to cut students from the team. As a result, his team has 33 players and uses a constantly rotating line-up.

But he tries to compliment those students who are cut from the team, by citing their determination. "I tell them in some ways, it's good that they're disappointed. If they aren't, then they tried for something that didn't mean anything to them."

"I'm really not sure what teacher of the year means, but I'm obviously pleased to get (the award)," Lentz added. "In every school there are a few teachers that everyone knows are excellent. If that puts me in their company, then I'm very happy."

Profile 8/88

... of a sports figure



Bulletin photo

WAY HEDDING

■ **Occupation:** Way Hedding, 38, is employed at Electric Boat in Groton. He is vice president of the EB Athletic Club, is involved with the area Special Olympics program and is co-chairman — with Pete Volkmar — of the Southern New England Road Racing Officials Association.

■ **Background:** Hedding and other members of SNERRO can be seen at most local races. "We have three requirements — you've got to wear something orange, have crazy sunglasses and be willing to volunteer," he said.

The organization officiates up to 40 races each year. Hedding is preparing for the John J. Kelley-Ocean Beach Road Race this morning at 9 at Ocean Beach. He is co-director of the race, along with Jack Dempsey.

■ **In the news:** The heat will be on tomorrow for the runners, and that's a race director's nightmare. "Runners safety is our primary concern. Our biggest worry is the heat but it's obvious we're going to have that," Hedding said. "Water is the next concern. We'll have lots on the course but if people who live along the route would get out with hoses for the runners, it would be a great help."

■ **Spotlight:** Hedding is in the odd position of being an active runner who watches more races than he runs. "I run strictly for fun so it doesn't bother me. I try to run all the major races each year — the marathons in New York, Boston and Montreal with a few more races thrown in."

■ **Next:** Hedding's next big event is the Special Olympics softball tournament, which will include 22 teams. The tournament will take place in Groton later this month.

■ TOM BOLAND

Harold Albert Tantaquidgeon, 84; descendant of Mohegan Chief Uncas

MONTVILLE — "Chief" Harold Albert Tantaquidgeon, 84, of 1819 Norwich-New London Turnpike, Uncasville, died "proudly and peacefully at home Tuesday."



Tantaquidgeon

Great niece Melissa Fawcett-Sayt remembers the Chief as a positive man who never complained.

"He was never bitter about what had happened to Native Americans during the last 200 years," she said.

Tantaquidgeon was born June 18, 1904, in Montville, son of the late John and Harriet (Fielding) Tantaquidgeon.

He was a career soldier having served in the U.S. Army, the U.S. Air Force and the U.S. Coast Guard. He was a veteran of World War I, World War II and the Korean War. He received the Purple Heart and the Air Force Air Medal.

He received the Connecticut

Education Association Friend of Education Award and was named by Gov. William A. O'Neill as a hometown hero. In the 1930s he appeared on the "We The People" interview radio show program.

Tantaquidgeon toured with the movie "The Last of the Mohegans," which featured Randolph Scott. He was the subject of the biographical novel by Virginia F. Voight, "Mohegan Chief: The Story of Harold Tantaquidgeon."

Tantaquidgeon was curator of the 55-year-old Tantaquidgeon Indian Museum in Uncasville. He was also very active in Boy Scouting and the 4-H.

"He taught thousands of children about Indian lore and history at the museum," Fawcett-Sayt said.

He stressed native survival skills in both the Scouting and 4-H programs, skills he used when he was shot down in the jungles of New Guinea during the Korean war, Fawcett-Sayt added.

In 1976 he was honored by Montville High School students as a bicentennial symbol for their

yearbook and the Town of Montville dedicated their bicentennial town report to the Chief and the Tantaquidgeon family.

In 1967 he officiated, along with former Gov. Abraham Ribicoff, at the dedication of the Mohegan-Pequot Bridge. He was the one who suggested the name for the bridge.

He was a member of the Mohegan Congregational Church, Uncasville, and a member of American Legion Post No. 112, Montville.

Tantaquidgeon was the ninth generation descendant of Chief Uncas and was a descendant of the Rev. Samson Occom Tantaquidgeon, who was one of the first Indian ministers and founder of Dartmouth College.

Survivors include three sisters, Gladys and Ruth Tantaquidgeon and Winifred Grandchamp, all of Uncasville, and many nieces and nephews.

Montville Funeral Home of Church and Allen, Route 32, is in charge of arrangements.