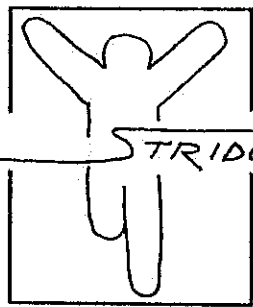


MOHEGAN



President
Don Sikorski

Vice-President
David Lathrop

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Ken Flawn
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The Arrowhead Newsletter

The official voice of the Mohegan Strider Running Club

Membership: 358
TAC Team #28

PRESIDENT'S CORNER Dear Strider's--I would like to express my thanks to every Strider for re-electing myself and the other three officers, plus newly-elected Vice President David Lathrop. 1990 was another fantastic year for the Mohegan Striders! The Men's Racing Team was dominant state-wide, with the Open Team winning an unprecedented 3rd consecutive State Title; and the Master's and Grand Masters winning every title that there was to win. The Women's Team showed fantastic improvement with their best season ever. The Converse Racing Team had better watch out in 1991. Thanks to Kevin, Jerry, Pat, Rose, and everyone who helped with the racing teams. Now is the time to set 1991 goals--more involvement is the key to the success of the Striders. With 338 members in 1990, there is no reason for me not to see 338 active Striders helping out and participating this year. Please step forward and participate in any and all club functions. Help is always needed. There is no way one person can control a group of 300+ without the help of others. I wish to thank all Club Committee Chairpersons and members and all who helped out in 1990. They are the reason the club is successful. I'm proud to say that I am a member of the Mohegan Strider's Running Club. Best Wishes for 1991. Don
(Don's new home phone 886-4959).

MOHEGAN STRIDER COMMITTEE MEMBERS 1991 New Committee members are always welcome to join! Social Committee Kris-Anne Pardo, Chairperson, Karen Short, Judy McGrath Community Services Tom Lee, Walt Smolenski, Chairs, Al Lyman, Steve Midel Racing Circuit Club Lynne Valorie, Chris Hanson, Chairs Newsletter Carl Mailhot, Chair Mens Open Racing Team Kevin Crowley, Chair Men's Master & Grand Master Team Gerry Lavasseur, Chairman, Dave Mills Women's Open Racing Team Pat Lathrop, Chair, Kelly Lathrop, Kris-Anne Pardo Women's Masters & Grand Masters Racing Team Rose Buckingham Chair

MOHEGAN STRIDERS CLUB CIRCUIT -- GRAND PRIX FINAL RESULTS by Lynne Valorie and Chris Hansen

Top Male Finishers

- | | | |
|-------------------|--------------------|--------------------|
| Males <20 | Males 20-29 | Males 30-39 |
| 1 Nick Kelo | 1 Don Sikorsky | 1 Dave Lathrop |
| 2 George Jennings | 2 Mike Fusaro | 2 Dennis Tetreault |
| 3 Sam Leon | 3 Ed Zubritsky | 3 Kevin Gallerani |
| 4 Chad Johnson | 4 Conner Bagsnahan | 4 Gary Piszczek |
| 5 Stephen Hancock | 5 Charlie Spellman | 4 Mike Smith |
| | | 5 Walt Smolenski |
| Males 40-49 | Males >50 | |
| 1 Sam Murallo | 1 Clem McGrath | |
| 2 Dave Mills | 2 Jerry Levasseur | |
| 3 Tim Smith | 3 Jack Curran | |
| 4 Ron Dombrowski | 4 Ron Lafleur | |
| 5 Tom Lee | 5 Jim Latourette | |

MOHEGAN STRIDERS CLUB CIRCUIT -- GRAND PRIX FINAL RESULTS - ContinuedTop Female Finishers

Females <20	Females 20-29	Females 30-39
1 Tina Tetreault	1 Kelly Hawkes	1 Kathy Smolenski
2 Michelle Hancock	2 Krisanne Pardo	2 Pat Tetreault
3 Kelley Lathrop	3 Laurie Bartnicki	3 Anne Powich
4 Michelle Podraza	4 Lynne Valorie	4 Pat Lathrop
5 Kristen Przekop	5 Cindy Garland	5 Kelly Crouch
Females >40		
1 Virginia Ereshena		
2 Gerry Palonen		
3 Rose Buckingham		
4 Judy McGrath		
5 Nancy Przekop		

STRIDER RACE REPORT By Don Sikorski The Fall Challenge held November 17, 1990. Way Hedding directs the wildest road race there is ... case closed! No questions asked! Anyone at the Fall Challenge could testify to that statement. Who else brings in a quality field with no prize money, \$7.00 buys a tanktop, unlimited (well, almost unlimited) beer, clam chowder, D.J. music, and an entry to the 4.75 mile road race. The talking starts around mid-September. When you have teams with names like "The Skoal Bandits", "Hellgate Farms", and "Team Pinhead" doing battle, nothing is surprising. It is pure war (without SCUDS)--some of the strongest rivalries ever. At the gun, it was clear Darrin Eisman of "Team Pinhead" meant business with an opening mile of 4:39. Scary, but the pack put on a chase that certainly was equal. The "Skoal Bandit" brothers of Joe and Pat Swift, "Pinheads" Wayne Jacob, Jon Bell, Chris Hansen, and Greg Quint, "Bandits" Tom Wimler, Tom Cary, and Sean Cullen, plus Kelly's Pace Grant Ritter were now within 10 seconds of Eisman, and closing. Meanwhile, "Pinhead" Donna Kay was having a field day against the "Hellgate Farm" women. The individual women's race was clearly for second place. By 2 miles, Wimler and Cary had faded, with a "Pinhead" trio of Striders Don Sikorski, Jeff Green, and Mike Fusaro moving in for the kill. Joe and Pat Swift continued to push, with Jacob and Eisman hanging tough. At the base of Montauk Avenue, Joe Swift led Jacob by only a step; Pat Swift, Eisman, and Quint were chasing. 4 miles in, Swift passed Jacob and joined brother Joe, moving in for a tie-win in 23:26. Jacob followed 10 seconds back and lead a mass of "Pinheads" including Darrin Eisman (4th), Greg Quint (5th), Chris Hansen (6th), and Ed Zubritsky (7th), all of whom are Striders. "Team Pinhead" proceeded to place 9 in the top 16 for a 9 point win. Only Grant Ritter (10th) of Kelly's Pace was not a "Pinhead" or a "Bandit" in the top 16 runners. Donna Kay was also leading "Team Pinhead" for the women in a sweep with 42nd place overall and 1st woman in 28:06. "Pinhead" depth outmatched "Hellgate Farms" as Fran Spaulding (82nd 30:10) and Terri Guivas (85th 30:12) held off "Hellgate's" top Strider runner, Jill Nye (30:36). "Pinheads" Karen Craig and Lynn Valorie (who battled Ken "Maxwell" Webberly to the end) edged "Hellgate's" Pat Swim, who was followed by a pair of Strider "Pinheads", Cathy Cross and Kelly Hawkes. The race was Strider dominated, with division winners including Virginia Ereshena of "Hellgate Farms" (Women's Masters) and Don Werling (Men's Veterans). Special thanks to Way (top "Blues Brother" finisher) for putting on a great race with a great rivalry.

SPECIAL THANKS To Lenny Levine (alias Levine Distributors) and Carl Mailhot (alias Norwich Physical Therapy Services) for without their generosity our club could not function as successfully as it does. Also, special thanks to Kevin and Sharon Gallerini and their kitchen help, and Tom and Pat Swim, who reserved the Yacht Club and donated tremendous amounts of beer. (There were 105 attendees) It has already been decided that there will be a second annual banquet in 1991. Please send suggestions, comments, criticisms, compliments, complaints, and ideas about the banquet to Don Sikorski. Kevin and Don came up with the idea in July and worked hard to make it a success. Your help is needed for next year.

RACE RESULTS YMCA CYRUTHON Held at the YMCA Outdoor Center in Preston sponsored by Levine Distributing on October 14, 1990 by Carl Mailhot This fall event is not to be attempted by the fainthearted or those who want a precisely measured event ie: Opening Run 3.1 miles, Bike 24 miles, Run 2 miles. However, there were great prizes, both in quality and depth, for each division and a beautiful day, if not slightly warmer than needed for this endurance event. The Striders were well represented by 7 runners/bikers ranging in place from 9th to 44th. There were approximately 150 registrants with over 100 finishing this event. The first Strider across the line was Carl Mailhot (9th overall, 3rd Sub-Masters Division), Don Werling (22nd overall, 1st Sr. Men Master), Bill Marshall (25th, 4th Men's Master), Jack Curran (27th, 1st Grand Master), Brian Illencik (33rd, Men's Master), Dave Burnett (37th, Men's Master), and Frank Wilcox (44th).

RACE RESULTS 1990 PEARL HARBOR DAY ROAD RACE The following is a list of all Mohegan Striders who ran the race and their place and time:

Tim Smith (2)	27:59	Bob Miles (50)	36:21
Bill Marshall (3)	28:33	Virginia Ereshena (53)	36:34
Dennis Tetreault (4)	28:58	Bruce Christe (56)	36:44
Sam Murallo (14)	31:03	Paul Deangelas (66)	37:55
Don Roy (16)	31:25	Gary Dela (67)	38:04
Tom Lee (19)	32:07	Rose Buckingham (68)	38:14
Jerry Levasseur (20)	32:23	Gerry Palonen (75)	38:57
Lance Magnuson (21)	32:30	M. Haeseler (77)	39:12
Clem McGrath (23)	33:04	Glenn Stacy (84)	40:04
Mark Muto (28)	33:42	Judy McGrath (87)	40:33
David Lemieux (29)	33:43	Bob Morphis (90)	40:51
Way Hedding (30)	33:48	M. Koozmitch (92)	41:05
Jack Curran (32)	33:58	Peter Pantelis (100)	42:13
Jim Riley (36)	34:30	Roger Zotti (104)	43:14
Ron Dombrowski (37)	34:44	Bettine Dela (110)	44:43
Don Werling (42)	35:22	Robert Burnett (122)	61:25
Jim Wight (46)	36:07	Arlene Liggett (123)	62:19
Doug Montie (47)	36:08		

The weather couldn't have been any better for this time of year. This was the most people at this race ever. (123 Finishers). The awards were broken up into 5 year age groups--which is a good move for the Master runners and makes everyone try a little harder. An assortment of game food was on hand for everyone to sample. Hope at least half of these Master runners will show up at the Montville Masters 10K on July 7, 1991 at 10:00 am. Contact Ron Dombrowski at 889-1221 or Montville Rec. Dept. at 848-0277.

GENERAL INFO SNERRO presents April 7 (Sunday) 10K Boston Milk Run. Bus departing from Norwich Sheraton at 9:00am returning at 8:00pm. \$20.00 per person with Milk Run application not included. Call 886-2809 or 739-2864.

GREETINGS FROM PAT LATHROP A few brief thoughts/expectations for the 1991 Racing Season. I will be organizing the Women's Open Division Racing Team TAC Races and Rose Buckingham will be organizing the Women's Master's Division Racing Team TAC Races. TAC rules and regulations will remain the same as previous years: Yearly TAC membership mandatory, please renew membership in January or February. Individual and team preregistration is strongly recommended. I will be recruiting individuals to assist with the races. Any volunteers will be greatly appreciated. I have the tentative list of TAC Races which follows:

Meriden 15K - Date Unavailable - last year's race was in April.
Fairfield Half Marathon - Date Unavailable - last year was in June.
Prospect 5K - Date Unavailable - last year was in June.
Southington 12K - Date Unavailable - last year was in July.
Willimantic 5K - Date Unavailable - last year held in August.
New Haven 20K - Date Unavailable - last year's race in September.
Guilford 10 mile - Date Unavailable - last year held in September.

Any volunteers or anyone with informatin/suggestions regarding the races, feel free to contact me at 889-4457 or Rose Buckingham at 535-3017. A point system will be established involving all participants and the money will be distributed at the end of the 1991 Racing Season. Have a restful December and January. A REMINDER track work-outs are Wednesday 6pm at NEA (until the ice and snow put an end to them), Saturday 9am semi-long run at a relaxed pace from my house, and Sunday 9am 4-6 mile run thru Mohegan Park beginning at the Rec Complex.

LETTER FROM JERRY LEVASSEUR Master's Media Man The Old Guys Thanks for making the year successful for the club. Your participation and help as coordinators did the Striders proud. Not only did we have enough for a five man team at every race, we won every race! The participation did it for us. Congratulations Masters and Grand Masters on a great year. 1991 may start with a 5K in Naugatuck in March. Mick should have a schedule in January. The National half-marathon championship will be run in Connecticut in '91, either at Fairfield or Ridgefield. Five man teams are needed for men 40-49, and 50-59; three person teams are needed for men 60 and over, and women's teams 40-49, 50-59, and 60 and over. Bermuda Visit Over Thanksgiving I ran in 2 races in Bermuda. The largest club, MAAC (300 members) may be interested in sending a few members or a team to the Block Island race and staying for the Winnepausakee relay. If anyone is interested in housing a runner for the week, let me know.

STRIDER NEWS REEL Excerpts from letter from Dick Hoch (Somewhere in Southern California) Dick Hoch from Fisher's Island was thoroughly impressed with mention of fellow Strider Kris Ann Pardo's (Oceanside) San Diego O.B. 5K taking the women's division with a time of 19:19, placing 18th overall. She's quoted as admitting it's the 1st time she's gotten to "break the tape". Dick writes--San Diego marathon course a bit more demanding than I expected. Several rolling hills and a slight incline to the finish...much of it right by the ocean--but, an island loop that is mountainous. What bothered me: no shade. However, this marathon was tops for water availability for the runners; it was needed! Sun all the way with temperatures in the high 40's to start and to the 70's by late morning. About 1800 entrants from 38 states and Mexico. Post race feed excellent--entertainment, too! I recommend it.

SECOND ANNUAL MOHEGAN STRIDERS FOOTBALL GAME-NOVEMBER 25, 1990 by Don Sikorski

It wasn't the "Mud Bowl II" that the fans anticipated...60 degree weather with no rain or snow in sight, playing conditions definately favored the Young Guys. But last year's champions of "Mud Bowl I" had something to say about that. Referees Don "Blindman" Lewis and Pete "The Vulture" Volkman faced a tough task ahead. The Young Guys planned to use their speed and stamina against the Old Guys size and experience. The Old Guys wasted no time. On their first possession, they moved the ball at will. After two misses to receiver Way Hedding, "Iron" Mike Smith finally capitalized on his 6'5" frame to catch the touchdown pass to put the Old Guys on top. South-eastern Connecticut's fastest race starter, "Rocket" Ron Dombrowski wasted no time in scoring the extra point, and it was quickly a 7-0 game. The offense of the Young Guy's was determined. A flash of light appeared as former NFA quarterback, Andy Lee and Cheshire's Greg Quint drove into the parking lot, definately showing the effects of a late Saturday night. But the Old Guys again attacked with a monstrous front line of Dave "The Hammer" Mills, "Downtown" Don Roy, and Wayne "Wildman" Hansen. The 2nd quarters only score was a John Ficarra reception that turned into a display of Gianni's dazzling maneuvers. After a failed extra point, and little offense to follow, the half ended with the Old Guys in charge 13-0. The halftime beers might have had an effect, as the Young Guys offense attacked early and often. Carl Mailhot (whose Norwich Physical Therapy office volunteered to sponsor this event next year to capitalize on the injury rate per minute that occured in the second half), completed passes to Fran Houle, Jack Silva, and Nick "Hellgate, Jr." Kelo that set up back to back touchdown receptions by Sal Ulto and Jim "The Younger" Tetreault. Even father Dennis Tetreault's "L.T.-like" defense couldn't stop him. The action-packed third quarter was not over. The Old Guys countered with a Billy Costello short reception that turned into one of the day's longest gains and the third Old Guy touchdown. The extra point was good, and the Old Guys increased the lead to 20-13. The Young Guys trouble had just begun. Co-Captains Steve "Senior" Hancock and Tommy "You can cut my tail off, if we lose" Lee allowed nothing on a stingy Old Guy defense. Joe "Whiner" Lemieux, Nick "The Brick" Checker, and Lee "Double Vision" Johnson attacked QB Carl Mailhot like there was no tomorrow. Sammy "The Hatchet" Murallo and Gary "Hellgate, Sr." Piszczek haunted Young Guy receivers Kevin Gallerini and Mark Law all day long. Dean "The Dream" Festa (the only guy to play defense in the Strider hoop game) continued to play more awesome defense. A Dave Lemieus scamper down the sidelines, followed by another extra point, made it 27-13, with the Old Guys definately in charge. Before the celebration could begin, co-captains Don "The Prez" Sikorski and Mike "THE Fuzz" Fusaro got just plain mean for the young guys. Despite the absence of Walt "L.T." Smolinski, they put up a solid defense to 4th quarter Old Guy offensive surges. There was still hope for the Young Guys. Eric "Pacer turned Strider" Isbister's pass was picked off, and Kevin Gallerini scampered for a quick touchdown on a short pass by Mailhot. The extra point failed, and the score was 27-19. That is how it would end. As "Mud Bowl II" came to a close the camera crew and fans celebrated as they do best, with good food and friends following the game. (Now the Young Guys want a shot at the Old Guys on the basketball court--date to be set for sometime late winter or early spring. I guess one punishment is not enough!)

MOHEGAN STRIDERS 1991 TRAINING RUNS & WORKOUTS (All dates tentative)

Winter Runs Mohegan Park, Norwich 9:00 a.m. Sundays Dec. 2-Feb. ? 4-8miles through the park. Start: Norwich Rec Building. Millrose Games Trip Feb.1, 1991 Madison Square Garden (Sorry Ladies/MEN ONLY) Call Way Hedding 739-2864

Track Workouts East Lyme High School 6:00 p.m. Tuesday March 5-May 7, Call Way Hedding 739-2864, 2-5 mile warmup & track work of various speeds and distances, 1st Annual Strider Training Mud Run, Colchester, Call Darrin Eisman 537-1630

Bicycle Time Trials Route 2, Preston 6:00 p.m. Tuesday May 14-August 20, 6.2 miles all on Rte. 2, full computer timing and results.

3rd Annual Deacon's Den Road Trip June 7-9 Call Tom or Pat Swim 444-0051

Distance Runs NFA 6:00 p.m. Wednesdays May 15-June 19, Rose Arts Road Race Course, 10.5 miles Ocean Beach Park 6:00 p.m. Wednesdays June 26-July 31, John Kelly Road Race Course, 11.5 miles East Lyme High School 6:00 p.m. Wednesdays August 7-September 4, Sections of the East Lyme Marathon Course, 7 to 12 miles, and Tuesdays Dec 4, 1990-Feb. 26, 1991

Rec. Races Jogger Joe Fun Runs 6:00 p.m. Fridays May 3-June 28, Groton Long Point (near The Fisherman Restaurant) 1.5 mile warmup/3 mile race, Call Eric Isbister 599-5824. Montville Rec. Races 6:00 p.m. Mondays June 24-August 12 Fort Shantok State Park, Uncasville, 5000m. Cross Country and 500m, 1000m, & 2000m kids races. Norwich Rec. Runs 7:00 p.m. Thursdays July 11-August 29,

Kelly Jr. High School, Norwich, 3 mile and 2 mile races through Mohegan Park

Track Workouts Fall Challenge Series (Come join "Team Pinhead" every Tuesday) East Lyme High School 6:00 p.m. Tuesdays September 24-November 12, 1991, 2-5 mile warmup & Track Work of various speeds & distances.

3RD ANNUAL STRIDER TOUCH FOOTBALL GAME November 24, 1991, Hamilton Field, Norwich, 10:00 a.m. Contact Steve Hancock >36 years of age or Don Sikorski under 36 years of age.

If anyone has any suggestions, comments, questions, opinions, criticisms, or additions for the running schedule, please contact Don Sikorski at 886-4959.



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MOHEGAN STRIDER MEETING
MINUTES

JAN. 1991

Meeting was called to order at 7:12 pm.

Steve Hancock was absent, so National Anthem was not sung.

Ken Rawn announced the new membership fees for 1991, and informed members that dues will be collected throughout the year.

Don Lewis presented the Treasurer's report. If anyone would like a copy of the 1990 Balance Sheet, please contact Don.

Kris-Anne Pardo presented the Social Committee report- announced this year's Strider Picnic is set for August 24- a Saturday- at the Pavilion in Mohegan Park. All those interested in helping out with the picnic, please contact Kris-Anne.

Tom Lee represented Community Services Committee. He urged members to volunteer their time to serve as coordinators for the "kids rec runs" which begin the first Sunday after the Boston Marathon. Walt Smolenski and Steve Midel have been regular volunteers for these races, let's get some new faces to help out.

Lynne Valorie and Chris Hanson reported for the Racing Circuit Club. The race schedule and point distribution system will be available in April. The race schedule will be similar to last year's schedule.

Newsletter- Carl Maillot announced he does not want to become the "editor" of the Newsletter, he encouraged Members to submit articles on Strider happenings, races....

Don Lewis reported for Kevin Crowley on the Racing Team. The Mens open division finished first in Connecticut last year. Those wishing to join the racing team, please see Kevin Crowley.

Pat Lathrop spoke on behalf of the Women's open division; encouraged women to serve as race coordinators for the 1991 TAC races.

Tim Smith announced that the TAC Masters Chairperson was concerned about the lack of depth in teams at last year's races. There may be more emphasis on individual rather than team finishes.

Walt Smolenski added that the TAC gives poor recognition to the team races, and he encouraged members to voice their opinions to Connecticut TAC. TAC meetings are held the 2nd Tuesday of each month at Southern Ct. State Univ. in New Haven.

Old Business: The Old vs. Young guys Football Game was discussed; Don Sikorski asked that spectators donate VCR batteries for this year's game.

Dave Lathrop offered suggestion of having a short distance race for the last Winter Rec Run which will be held Sunday, Feb. 24 at 9 am at the Mohegan Park Rec. Bldg.

Jack Curran suggested the old Rec Run course be used. It is measured at 2.4 miles.

The Summer rec runs begin Thursday, July 11 at 7pm. The races are still in need of a race director. The rec runs provide revenue for the club! Joe Lonadelli and Kevin Crowley have both been longtime volunteers for these races, lets see some new faces!!

Tom Lee suggested sending an all-Strider team to the Lake Winapausakee Relays this year. Tim Smith noted the exposure this race offers to team races. Tom asked that those who will commit to being part of this race, let him know at the April Strider meeting.

Al Lyman suggested members consider the "Josh Billings" race which is a Bike-Canoe-Run held in mid-September.

Don announced a Golf Tournament is being planned for the year, more details will be announced at the next meeting.

For New Business, Don announced that 1992 marks the 20th anniversary of the founding of the Mohegan Striders. Ideas to celebrate were discussed. These ideas include a Bus Trip to the NYC Central Park Midnight Run held New Year's Eve, and also renting a banquet hall at some time during the year.

Pete Volkmar spoke on behalf of the Rose Arts Race Director- GBES. Pete asked that the Mohegan Striders form a Rose Arts Committee comprised of 25 people to help out with the race.

Pete announced that the Rose Arts Road Race will be held on June 30. The Norwich Police Dept. would not give the Striders a permit for Fathers Day. It was suggested that the post Rose Arts Race party be held immediately following the race at the Chelsea Parade.

Don asked for cooperation on this year's scrapbook for Lenny Levine, our sponsor. The following members volunteered to cut pictures out of the local newspapers for the scrapbook: Kris-Anne Pardo - Norwich Bulletin; Kevin Gallerini - The Day; Cathy Cross - The Hartford Courant. Kris-Anne requested all pictures be sent to her .

Dave Lathrop suggested that the chairperson of each race be in charge of calling in race results. Members who participate at TAC races are encouraged to assist the chairperson with duties such as this if the chairperson is unable to do so.

Chris Hanson motioned to adjourn meeting. Ron Dombrowski seconded motion. Meeting was adjourned at 8:20 pm. 36 members were in attendance.

Respectfully submitted,

Kris-Anne Pardo

Kris-Anne Pardo,
Recording Secretary

ROSE ARTS REPORT

The 1991 Rose Arts Festival Road Race will be run on June 30, 1991 starting at 9:00 AM. The race will be run over the TAC certified 10.4 mile course. This year's race will be the 25th consecutive running. There is a new race director this year: The Guido Brothers Escort Service. John Ficarra and Pete Volkmar (both Striders) are The Guido Brothers.

The Mohegan Striders have been associated with the race since about 1979. This association began with Jim Butler becoming race director in an effort to make the race more attractive to runners. The club's involvement has generally consisted of the race director being a Strider and some race day volunteers helping with posting and splits. The Striders, as an organization, have not had a great deal of control or input into the race policy and decisions.

This year, the race director is offering the Striders the opportunity to become a highly visible part of the operation of the Rose Arts Festival Road Race. A race volunteer committee has been formed. The race director has asked the Striders for 25 volunteers for race day assignments. All volunteers will be assigned duties in advance of race day. The Strider runners normally present a "Sea of Red" in the race; maybe this year, there will be a "Sea of Red" volunteers also. If so, there will be no doubt that the Mohegan Striders put on one of the best races in Connecticut.

Any Striders interested in volunteering for race day assignments can contact the Rose Arts Volunteer Committee Chairwoman, Karen Short at 446-1966. Striders, families, relatives, neighbors etc. are welcome! All Striders who would like to help out but want to run the race please offer your services to the race director 886-2809.

The race director's plans are only preliminary at this time, but, here are some of the things planned for the 25th running.

Invitations to all the past winners. Locations for all but three of the male winners have been found. Any information on locations of Dan Moynahan, Jim Keefe or Bobby Doyle will be appreciated. The women are a little tougher. Any information on the current name or address of Toby Lenner, Kathy Glenny, Robin Graff, Cherrie Bridges, or Robin Snyder will be very helpful. Contact the race director with any information. Any historical information on the race, such as that in the Mohegan Strider Scrap book will be useful as well.

Post Race Picnic - Each year there are several post race house parties. This year, the race director is trying to keep the runners around the Chelsea Parade area for a picnic. Bring your coolers. Maybe a DJ can be found? An elegant picnic contest? (The International Food Festival will be available if you want to buy food). Kids games?

Kids Race - The idea of a kids race during the main race is being looked at. Any ideas? Kevin Crowley?

Again, this is a chance to show off the Mohegan Striders, not only as runners but also as a club!!

Remember; call Karen Short (446-1966) to be a race day volunteer, call the race director (886-2809) with information, ideas, suggestions or to offer help other than during the race.

ROSE ARTS PAST WINNERS & No. of FINISHERS

<u>YEAR</u>	<u>FIRST MALE</u>	<u>TIME</u>	<u>FIRST FEMALE</u>	<u>TIME</u>	<u>PLACE</u>	<u>NO. OF FINISHERS</u>
1967	Amby Burfoot	54:41	None			37
1968	Jim Keefe	54:46.5	None			51
1969	Amby Burfoot	55:52	None			85
1970	Dan Moinahan	55:30	None			143
1971	John Vitalae	53:28	None			122
1972	Amby Burfoot	56:32.6	None			142
1973	Dan Moinahan	55:49.2	Toby Lenner	93:07	106	135
1974	John Vitalae	52:32.6	Sue Hoagland	74:45		167
1975	Amby Burfoot	53:43	Kathy Glenny	76:45		170
1976	Amby Burfoot	53:14	Robin Graff	79:59		165
1977	John Vitalae	54:21	Cherrie Bridges	65:58	49	223
1978	John Vitalae	54:07	Carolyn Bravakis	65:26		418
1979	John Flora	52:11	Carolyn Bravakis	65:05		411
1980	Jim Uhrig	55:37	Robin Snyder	66:58		511
1981	John Vitalae	53:17.5	Carolyn Bravakis	66:39		603
1982	Bobby Doyle	52:59	Sally Zimmer	63:13	77	731
1983	Jay O'Feeffe	52:36	Carla Dossett	66:26	86	593
1984	Dave Raunig	52:48	Carla Dossett	65:31		525
1985	Wayne Jacob	53:46	Carla Dossett	64:16		441
1986	Ron Cozean	55:06	Carla Dossett	65:01		443
1987	Bart Petracca	53:18	Carla Dossett	66:54		370
1988	Scott Mason	53:11.7	Carla Dossett	69:01	78	370
1989	Scott Mason	52:50	Sally Zimmer	64:47		
1990	Spiros Barres	54:21	Sue Faber	63:29		
1991	?????		?????			

(Please call the race director if you
have any of the missing information)

SHORT TAKES

Dear Santa (alias St. Nick, Kris Kringle, Jolly Ol' Soul (or was that Frosty?) and Head Elf),

My Christmas list is a wee-bit lengthy this year, but I have faith that all my *Strider* friends are deserving of only goodness and joy and lots of neat stuff (while those other guys in green (hey, notice who wears the RED suits) could probably use some lead liners in their Nikes).....So, if you don't mind, please deliver some Christmas cheer for me :

- Biff Laidback - Bylines.
- The-mum Pardo - A sub-18 minute 5K.
- Kenny Wimberly - A sub-20 minute 5K.
- Ed Zubriltsky - A healthy, happy newborn.
- Steve Middel - Ditto.
- Mike Moore - A PR at Rose Arts and a SHORT, blond SNERRO volunteer awaiting you in the chute.
- Conner Brosnahan - A tee-off time at the SNEEKERS' golf tournament (or a spot on the 15th tee).
- Pat Lathrop - Red fishnets to complement your black ones.
- The Hansons - A baseball bat to help fend off pubescent teenage boys.
- Glanni Ficarra - A healed Achilles tendon and an April reservation on the *Striders* Mighty Masters Team.
- Franny Houle - WHO??? Anyone know this guy??
- The Bussieres - Puppies.
- Jen Harter - A successful knee operation. A quick recovery. And a kitten. With double claws.
- DLang - Who??? Does Franny Houle know this guy??
- Pat Tetreault - An elevator in Cloud Nine.
- Don Sikorski - A pink leisure suit and a pocket full of stogies.
- Clem McGrath - A lunch partner with hair.
- The Crank - A microphone.
- The Heddings - An answering machine that answers.
- Walt Smo - Another trip to the Super Bowl for our buddies (maybe this year this wish will come true).
- Nick Checker - A tranquilizer.
- Steve Lamb - Another 'Teacher of the Year' Award.
- Billy Marshall - A down-to-the-wire, last-quarter-of-a-mile sprint to outkick Timmy Smith at Rose Arts.
- Clancy - A prime rib. Or two.
- Short - 365 days exactly like your 30th birthday.
- Ed & Arlene - An age-group victory at the Sweetheart Run.
- Cindy Garland - Paid membership to a REAL running club for your hubby.
- Sue Gilger - A 1991 appointment book to help organize your extra-curricular activities.
- Bruce Christie - More races with a Clydesdale division.
- Guido Bros. - Deserved recognition as race directors/course measurers par excellence.
- Carl Mallhot - A new gossip columnist. Shorttakes has run its course.
- Greg Quint - Speed, speed, and more speed.
- Name Withheld - An engraved band of gold.
- Lynn Valorie - WOW!! Even greater successes in the coming year.
- Dave Mills - A single digit body fat percentage...or do you already own one??
- Tommy Lee - 1991 finishes to best your fantastic 1990 season.
- Timmy Smith - A down-to-the-wire, last-quarter-of-a-mile sprint to outkick Billy Marshall at Rose Arts.
- Lenny Levine - Heartfelt thanks for all you do.
- Team Pinheads - Real competition. And a new fashion co-ordinator.
- Vic Slitty - A 'Nice Guys Don't Always Finish Last' Award--because you are and because you don't.
- Mark Law - Ditto.
- Dennis Tetreault - Double Ditto.
- Janice Boyes - A comeback year.
- Bob Near - A race-of-your-choice victory over Stevie V.
- Bettine Delea - A HUGE trophy case to display all the awards you've reaped.
- The Swims - Calm seas on 9/7/91.
- Pretty Boy - Anything you want.
- Alyosha - Uninterrupted use of Pete's shoulder.
- Aido - Courage.

RUNNING RESEARCH NEWS Volume 6, Number 6 Copyright 1990 Running Research News November-December, 1990 The following is excerpted from the above.

SOME HEART RATES AND WHAT THEY REPRESENT

<u>Heart Rate</u>	<u>Corresponds to:</u>
100% of Maximal	VO2 max running speed
About 90% of Maximal	Lactate threshold running speed
About 80% of Maximal	70% VO2 max running speed

Please bear in mind that these heart rate vs. running speed relationships apply only to experienced runners who have been training steadily for at least a year, and remember that they are approximations which may be off by 5% or more. For example, some runners' heart rates at lactate threshold might be closer to 85% of maximal, rather than 90% as shown above.

Figuring your maximal heart rate is also a tricky business. The standard formulas (like 220 minus your age) tend to underestimate runners' maximal heart rates, and they also tend to be inaccurate due to the fairly large natural variation in heart rates which occurs between people of the same age. For instance, the 220 minus age method pegs maximal heart rate at 180 for 40 year old persons, whereas max. heart rates in reality would range from about 165 to 195 for such individuals.

If you detest ballpark figures and want to know your actual maximal heart rate, try the following: After getting an OK from your physician, head for the nearest running track and (1) Warm up thoroughly by jogging for a mile or two, (2) Run a half-mile at top speed, (3) Jog lightly for a minute or so and then (4) Run a second half-mile at full speed, taking your pulse at the end of this second half-mile to obtain maximal heart rate.

Use a full-fledged heart monitor--the kind with electrodes that fit on the chest--to take your pulse if possible; if you don't have a monitor, try to borrow one from a friend. If you can't get a monitor, take your pulse by pressing two fingers (not your thumb) against the inside of the wrist of your dominant hand and counting for 6 seconds, not 10. Taking a carotid pulse by pushing your fingers into the side of your neck can underestimate actual heart rate and might even make you pass out.

Although you might find these heart rate vs. running speed relationships to be useful, the lack of precision involved means that you should view the relationships with a skeptical eye. When you are running at a speed which produces 90% of your maximal heart rate, you indeed might be at your lactate threshold, but then again you might not--it's hard to know for sure. Don't be a slave to heart rates; it's probably wisest to use heart rate as just one of a number of different tools to determine training intensities. Some-what more reliable methods are described in the accompanying article by Massimo Podisto. It's sensible to think that heart rates are best used as a measure of improvements made during training--heart rates should fall over during standard training runs, as explained by Dr. Podisto.

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CAN MASSAGE IMPROVE FLEXIBILITY? Advocates of massage claim it produces a host of beneficial effects, including increased flexibility in the massaged muscles. To determine whether massage can improve muscle flexibility, Lee J. Crosman, Susan R. Chateauvert, and Joseph Weisberg carefully measured the range of motion permitted in the knee and hip joints before and after nine to twelve minutes of hamstring muscle massage ("The Effects of Massage to the Hamstring Muscle Group on Range of Motion," Journal of Orthopaedic and Sports Physical Therapy, Vol. 6, pp.168-172, 1984). The study involved thirty-four females ages eighteen to thirty-five years. Immediately after massage of the hamstring muscles, hip flexion increased by an average of 10.65 degrees, knee extension increased by 3.74 degrees, and the range of motion permitted in a straight leg raise increased by over an inch. All the effects were statistically significant. The authors recommended hamstring muscle massage for athletes with tight hamstrings and also for individuals with low back problems and scoliosis.