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MOHEGAN STRIDERS

October 1986

Membership

340

The ARROWHEAD

A MOHEGAN STRIDER PUBLICATION

President James Butler
Secretary Robert Carbray



Vice President Joan Hill
Treasurer Donald Lewis

ATTENTION

ANNUAL MEETING

Mohegan Striders



Friday November 14th 1986



7 PM SHARP NFA LIBRARY

Please mark the date on your calendar. You will not be sent any other reminder. Our fall meeting is very important because we elect officers for the coming year and if you have any suggestions or beefs, then is the time to voice your opinion. In the past we have had a sorry turn-out. This is your club and the very people who don't show up are the ones who gripe the most.



August 20, 1986

Dear Striders,

I want to extend to the membership of the Mohegan Striders my sincerest appreciation for their thoughtfulness in their presentation to me during our club picnic on August 17. Although many flattering comments have been made concerning my work with the Rose Arts Road Race, nothing could have been accomplished without the unselfish co-operation of many others. The diligent work of others has made the Rose Arts an event that the Striders can be proud of. I hope that in some manner I can continue to help with this very fine road race.

The Avocet Cyclometer presented to me with the Mohegan Striders inscription by Harry O. was a very pleasant surprise. (However, with it I must now recalculate distances and times previously run, thus deflating my ego somewhat!) I hope to make continued use of it.

It's a super feeling to be appreciated. I am grateful and thankful to the Mohegan Striders for their kind consideration.

Thank you,

Bob Miles

Bob Miles

Article Review from The Journal of Orthopedic & Sports Physical Therapy
Volume 8, Number 2, Pages 81 - 84

"A case-control study of running injuries: comparison of patterns of runners with and without running injuries"

by Kevin J. McQuaid, P.T.

This article looks at the incidence of running injuries as they relate to the number of miles run per week, the time spent stretching before or after running, or at all, and, the time spent in supplemental training (i.e. strength training or sport participation other than running).

Since it has been reported that 70 to 80% of acknowledged running participants suffer from some type of running-related injury; and, that jogging more than three times per week for greater than 30 minutes increases that chance of foot, leg and knee injuries, this article looks at the reporting system of injuries and variables related to injury versus non-injury. This study identified a community of runners prior to an acknowledged report of injury. Questionnaires were distributed in the Seattle, Washington, area to 250 runners; 214 returned the questionnaire-113 males, 92 females, and 9 non-disclaimers with a mean age of the runners 26 years old; the average number of miles run per week in ten mile intervals was 15-25 miles per week; average length of time of of running participation for each participant was 6 years; 59 were excluded for reported injuries unrelated to running.

The results of the data collected showed that 62% reported running related pain or injuries. The relative risk of injury was statistically significant for the number of miles run per week, and whether or not stretching exercises were performed. Other variables, such as sex and strength training were not statistically significant, nor were height and weight related to complaint, or number of years run versus type of complaint.

The risk of injury for a runner that did not stretch was twice that compared to the runner who did stretch. The highest proportion of injuries occurred in those running 10-20 mile per week category. It should be noted that other investigators in separate studies found injuries related to running increased up to 25-30 miles per week. At 30 miles per week or greater, there appeared to be a decreased incidence secondary to overall better training of the athlete. With relation to total time spent stretching, 17% of those in pain did not stretch versus 8.4% who did stretch and did report injury. Of the runners who did stretch, more reported stretching before than after running. However, if stretching has a protective effect, stretching after running has a greater effect in reducing injuries secondary to more physiological effect on soft tissues as they are warmed and more elastic, thereby enhancing and promoting greater flexibility and strength.

On the whole, that group which reported no injuries ran mileage between 25 and 30 miles per week (relatively fewer miles than high mileage athletes), spent more time doing stretching exercises and were involved in other activities. (Although strength training was not statistically significant, the combination of the strength training and involvement in other skill sports did appear to have some effect in overall reduction of injuries reported.) Lastly, as a side variable, 8 different types of shoes were correlated with injury versus non-injury groups. It was found that New Balance shoe were associated more with the injury reporting group, while Etonic shoes were equated more with the non-injury group. Nike had a greater percentage of non-injury runners, as did Adidas. In addition to New Balance, Brooks, Tigers, Sacauny and "others" were associated more with the injury related group.

Submitted by:
Carl R. Mailhot, P.T.

Reviewers Comments continued on Page 2

Reviewer's Comments

From this study, it appears that the advice here is to add stretching to your training routine, and to do so primarily after your running activity. Secondly, that alternate training methods, such as supplemental strength training and involvement in other activities, not only keeps a runner psychologically fresh, but also may enhance physical abilities by reducing injury and trauma to the lower extremities. This article really did not do a great job of telling us what the overall range of miles per week variable included, i.e. the range that each runner was categorized within a ten mile per week interval. Although they say that the non-injury reported runner ran fewer miles, we interpret that to mean fewer than say 60-100 miles per week, although we are not sure based upon the information in the article. This article makes a strong case for suggesting to therapists who give advice to their patients embarking on jogging programs be sure not to trade off the improved cardiovascular fitness of running for lower body injury, especially when alternatives to running for improved cardiovascular fitness exist. It has been my experience, as well as my advice, to my patients-clients, that they first embark in a graded walking program, followed by a walk-jog and a jogging program over a series of months and/or years. At the same time as they engage in these activities, they should be following a specific stretching and strengthening program for the trunk and legs to allow their bodies to adapt to greater amounts of physical stress.

Over the last several months, I have read a significant number of articles and editorials in my professional journals which seem to be condemning the running trend which we saw in the '70's and early '80's and taking a "giant step" backward towards advising against running and replace it with walking, cycling, and swimming modes of activity as they are less physically traumatic. I believe that it is important for us as runners to remember that we are engaged in an activity to enhance our health and well-being and that following a well structured training program that is not hell-bent on establishing PR's will help to reduce the chance of injury. Supplementing our running with other activities such as greater amounts of time spent in stretching and strengthening routines will allow our lower extremities to change the repetitive stresses of running.

Having reviewed and commented on this article, I would like to renew my efforts at establishing a remedial exercise program for those runners who wish to be involved in a more closely monitored program of strengthening and stretching to supplement their running by undergoing a series of flexibility and strength tests which I am able to administer. This may be important for those at high competitive levels or those who wish to return to running after either an injury or a long period of non-running. This would mean evaluation of an individual's flexibility, strength and posture, establishing an exercise program and a progressive walk to walk-jog to running program, if so desired. This can be set up on an individual basis by contacting me at my Norwich office. If enough people are interested, we can also conduct a group-type of program where we can meet for the purpose of instruction and performance of specific strengthening and stretching exercises. This may be particularly helpful during the "off season" of the winter months. If anyone is interested in this type of individual or group program, please feel free to contact me either at one of the road races or give me a call at my Norwich office, 889-1948.

Heard Through the Grapevine by Roger Zotti

What do actress Tuesday Weld, actor Tom Skeritt, ex-baseball player Bernie Carbo, the film Bullit, and singer Brenda Holloway have in common with the Preston City road race?

Answer: they all have a cult following. That's right. The PRR is a cult road race.

You see, a pattern emerged as I looked over this year's final results. There are, I noticed, a number of runners who do the race each year, which is proof positive, in anyone's book, that the run has a cult following.

Let's be specific. Take the two Richards--Podurgiel and Fleming. They've participated in the run for six--yes, that's six--straight years.

Leroy Falconi, who usually finishes second or third in his division, has run it five times.

Of the four times Tim Smith has run Preston, he's won it three times ('82, '83, and '84).

Harry Lepp, who always finishes in the top seven or eight, has been on hand four or five times.

Geri Palonen is the record holder in the women's master's division with four victories over the last four years; and daughter Janice has captured the women's open three years in a row.

Everett Fortin has toured the course for three years.

Ron LaFleur, over the last four years, has recorded some of his best times on Preston turf.

Other familiar names are Tom Wadecki and Joe Light, Frank Wilcox and Bill Warzecha, Peters Colonis and Pantelis (the awesome Greek duo), Don Werling and Tom Lee, Vic Sitty and Matt Cavan. (Matt, injured a few weeks ago, helped with the timing this year.)

Forgive me, please, if I haven't mentioned other runners who've done the PRR three or more times. Write and give me hell if I've omitted your name, okay?

Two years ago a runner said, "This race is something Mel Brooks would put on." Compliment! Another way of saying that the PRR is fun yet not easy and just a tad flaky.

What, then, has emerged is a low-keyed, small, imperfect, good-spirited, and unique road race with, well, the flavor of Blazing Saddles.

"Keep this race going next year," said Jim Murphy, this year's second place finisher. We'll try.

Lo and behold, someone on Old Jewett City Road, with hose in hand, was disguised as the Rotten Rodent. But, alas, it wasn't the rodent, just an impostor. The rodent, we know, hasn't an ounce of kindness in him. He was there, though. Ask Vic Sitty, Pete Pantelis, Mike Ferra, or Rose Buckingham--each now carry the beast's teethprints on their respective anatomies. (Way Hedding, so the rumor goes, jumped over the wretch at the four mile mark and avoided his bite.)

Name	Time
1- Banas, J.	37:08
2- Murphy, J.	37:53
3- Smith, T.	38:38
4- Silva, J.	40:53
5- Light, J.	40:58
6- Lepp, H.	41:22
7- Ferra, M.	42:08
8- Harding, B.	42:19
9- Lee, T.	43:23
10- Fisher, M.	44:18
11- Hedding, W.	44:36
12- Norton, J.	44:56
13- Piszcek, G.	45:14
14- Ludlow, W.	45:28
15- Boyes, J.	45:34
16- Magnuson, L.	46:11
17- Wadecki, T.	46:12
18- Fleming, L.	46:27
19- Bainton, K.	46:37
20- Larleur, H.	47:23
21- Falconi, L.	47:54
22- Colonis, P.	48:17
23- Ludlow, P.	50:00
24- Podurgiel, R.	50:29
25- White, J.	50:30
26- Werling, D.	51:32
27- Sitty, V.	51:34
28- Wilcox, F.	52:13
29- Buckingham, R.	52:27
30- Leroy, P.	53:41

Name	Time
31- Pantelis, P.	54:34
32- Marzecha, B.	54:39
33- Palonen, G.	55:56
34- Hawkins, M.	56:09
35- Popper, L.	58:07
36- Distasio, T.	58:16
37- LePeyre, J.	58:41
38- Fortin, E.	59:12
39- Piezzo, J.	59:12
40- Rodent, R.	60:00

Timers: Al Darling, Matt Cavan, Jennifer Kosinski

Men's Open Winners
Banas, Murphy, Smith, Silva, Light, Lepp, Ferra, Harding, Lee, and D. Fisher

Men's Masters
Harding, Magnuson, LaFleur

Women's Masters
Palonen

Women's Open
Boyes, Buckingham, Piezzo

Men's Grandmasters
Falconi, Werling, J. White

Men's Super-Grandmasters
Pantelis

First Reston Finisher
Piszcek

High School
Ludlow

ATTN: Bob Cabray, Jim Butler, Joan Hill, Don Lewis

SUGGESTION: Skills/Hobbies/Interests Inventory

A survey that would ask of our Strider members what SKILLS (including occupational skills)/HOBBIES/INTERESTS they have and might want to "donate" to the club. This would not be mandatory that if asked if you would like to donate some time for a certain activity within your SKILLS/HOBBIES/INTERESTS that you must do so. THEIR PARTICIPATION WOULD TOTALLY VOLUNTARY.

This survey would be able to present us with an inventory of our possible resources within the club, rather than assuming that only those who are currently participating are the only ones with anything to offer to the club's activities and functions.

For example: the Halloween party of 1985.* Perhaps there was some club member who is an amatuer DJ (with equipment, etc) that would have been willing to donate his/her time, or offer his/her services for a minimal fee, rather than hiring an outsider.

*Joan - please don't take offense! You did a great job in co-ordinating the whole thing, and I think you were certainly right in hiring a DJ. For those of us who attended the party - I think we all enjoyed the addition of a DJ.

I would be willing to take responsibility for this survey, both in drawing up a survey form, and also in compiling the data received, and then making the inventory available to any of the four officers of the club, and any member of the Executive Board.

I propose that this survey form could be included in a future newsletter; responses could be directed to me at my home address (with envelopes marked "Strider" on the outside). as follows:

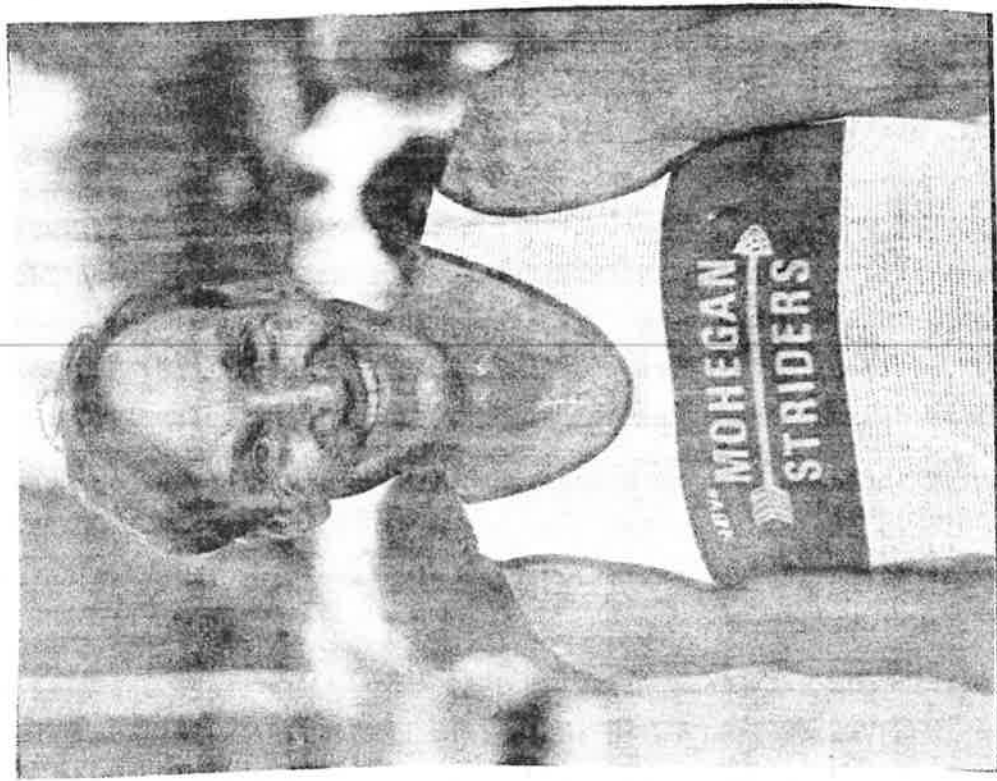
Deborah DeVeau
62 Starr St. Apt B
Norwich, CT 06360

or, if a member prefers to answer the survey by a phone call - I could be contacted at my home number (889-1751) in the evenings.

If anyone has any interest or questions concerning the formation of this survey, please feel free to contact me at home (889-1751) or at work (376-2513),



Rogers hangs tough to win EL Marathon



Bulletin photo by Jeff Evan:


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.'

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People on the move with AUNTIE JOAN. All the latest dirt gossip and news about you and your running buddies. Contact Auntie day night at new address 150 Yantic Street Apt. 146 Tel 887-5498

Newest additions to the family include a son to the LADD'S KATHY & MIKE and a daughter to BOO BOO BILLY SHEA and his lovely wife. What Mohegan Strider was recently employed at a local vineyard stomping grapes for grape wine ?? She told everybody she was just picking them. LARRY RICE is no longer a bachelor. He was recently married to a very lovely lady. LARRY is part owner of the comic den in Norwich. Aunties son JAMIE must have bought at least a half interest in the place so far. Charlie Ewers where are you?? haven't seen you since the Fr. Casey race way back in June. WALT THOMA our newsletter runner-offer is goin to make it to one meeting one of these years. He is active on the executive board and never misses a meeting. Dr. Jon Kornacki should be well established in New York by now/ will we be seeing any of you in the near future? JIM PERDIX recently had a foot injury. Hope is is all healed. He and wife RITA are such nice folks and a very welcomed new addition to the club. But both work 2nd shift so they aren't able to make a lot of the races. BOB HARDING continues to sneak in ther right at the top on any given race as does DENNIS TETREAUULT. Our Friend AMBY BURFOOT is now EDITOR IN CHIEF of RUNNERS WORLD MAGAZINE in Emmaus Pa. Good luck Amby, and we will look forward to reading more fine articles. KEN RAWN looking great these days. He is in the best shape we have seen him in years, great teacher, this guy. Another article from CARL MAILHOT, in this newsletter. BOB CHAMBERLAND recently started a new career in the banking field. Much sucess BOB. RON DOMBROWSKI not running as much these days but he is always one to reckon with in a road race. DAVE DEMBROW recently wed. OUR SWEETHEART



JOE BANAS was part of the wedding party. Speaking of JOE he really wanted a win at East Lyme but it was BILL RODGERS big day. He ran a real fine race and got a super win for himself. PHIL DOYLE our favorite running dentist and his wife ANNE are two of our newer STRIDERS yet, always there to help out if needed. Don't forget that dues are due and payable at the November meeting and we have not decided to raise the price as of this date. So bring your \$\$ or check book. Has everyone given up on racing?? Seems like everyone now runs for pleasure and good health while the numbers at the road races go down each year.

TOMMY TOY FUND FUN RUN

IN DECEMBER
 WATCH FOR THE DATE
 DON'T FORGET IT.

For those of you who have wondered where Auntie has been lately, (didn't make even one rec race at Norwich or Montville) glad to report that she finally has her act together, and back running again at 5:30 AM (yes) Even entered in a road race first one in 4 years. Also completing her 1st. year at Mallon Chev. 40 plus hrs. a week/ tough after not working full time for 18 years. (Note new address for all info)



RACE REPORTER

STILL LOOKING FOR SOMEONE TO REPORT ON AREA ROAD RACES. DEBBY DEVEAU HAS DONE A SUPER JOB FILLING IN AND CAN WRITE IN THE FUTURE BUT WE DO NEED SOME ADDITIONAL HELP.
