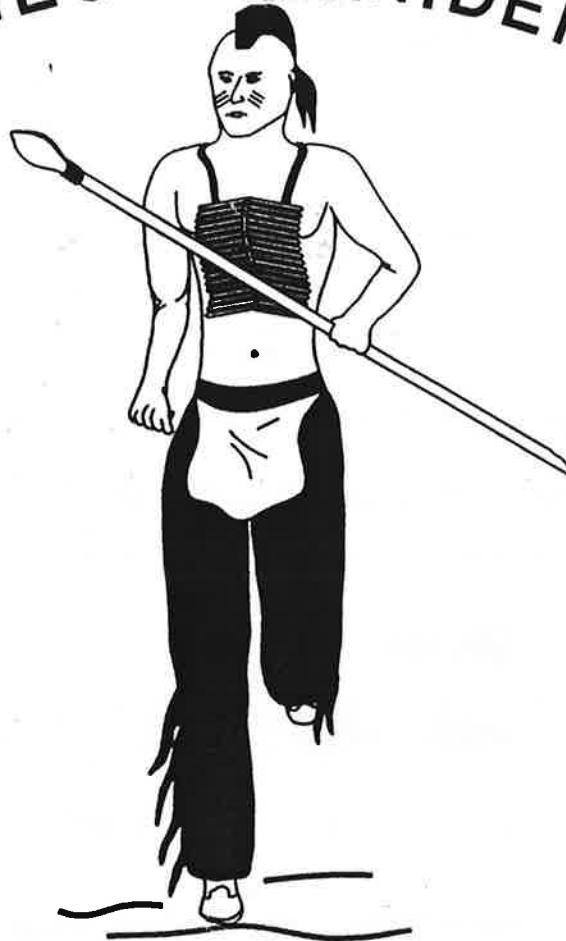


MOHEGAN STRIDERS

93A



February 1987

ARROWHEAD

Membership 1986
342

President Joan Hill

Vice President Debbie Deveau

Secretary Bob Carbray

Treasurer Don Lewis

Newsletter Coordinator - Joan Hill

Printer Walt Thoma

Typist- Debbie Deveau

Publicity- Bob Miles

NEWSLETTER COORDINATOR

The newsletter coordinator is Joan Hill who can be reached at 150 Yantic Street, apt 146, Norwich, Ct. 06360 8875498 Or days at work phone 889-3333 ext 241 242 Or 245.

This newsletter belongs to all the STRIDERS and this coordinator only compiles and sifts thru the information that is fed in. If you expect to see something printed and it isn't then the info was never submitted.

If you see something printed that you don't like then speak up. I will never knowingly criticize anyone or make fun or pun except in jest. I started this newsletter on May 1, 1981 and took over a two page letter which came out at various times. At that particular time we had a membership of about 185. within two years time our club shot up to 408 members, and a newsletter every 6-8 weeks of 11 pages. At one time we had a sizable staff of dedicated people who helped out with the newsletter. Those few who have stayed with it are the very heart of the club's inner workings and I thank them. To the other 332 members.. where are you when we need ya?

SPRING MEETING SPRING MEETING SPRING MEETING SPRING MEETING

NEW DAY NEW DAY NEW DAY NEW DAY NEW DAY

MONDAY APRIL 27th 1987

7 PM SHARP AT NORTON PECK LIBRARY

Please be there. Take an active part in your club and it's activities. We have changed the night to a Monday for those of you who have said that you would rather not meet on a Friday night. We will have another letter out before the meeting to remind the membership and also a printed agenda of everything we will be discussing and voting on. If you do not attend the spring meeting then you should not complain about the decisions that are made.

UNIFORMS Some ladies uniform tops are still available from treasurer DON LEWIS at 442-6148. Both the old style and the new mesh tops are on sale at cost for \$5. each.

CLUB DUES Have been increased to \$5.00 for the first family member and 50¢ for each additional family member residing in the SAME household. We felt that it was necessary to increase the dues this year to keep up with expenses and hopefully have some spare \$\$ to help our team racers.

CLUB UNIFORMS there is some re-newed interest in getting the running tops and shorts. Perhaps SRRING will inspire more to decide too, Call DON LEWIS at 442-6148 to place your order now.....

LICENCE PLATES MOHEGAN STRIDER LICENCE PLATES are available at \$6.00 each. They are metal and in brown and white with the running indian on them along with are lettering. A good value and excellant advertisement for our club. Contact Don Lewis at 442-6148

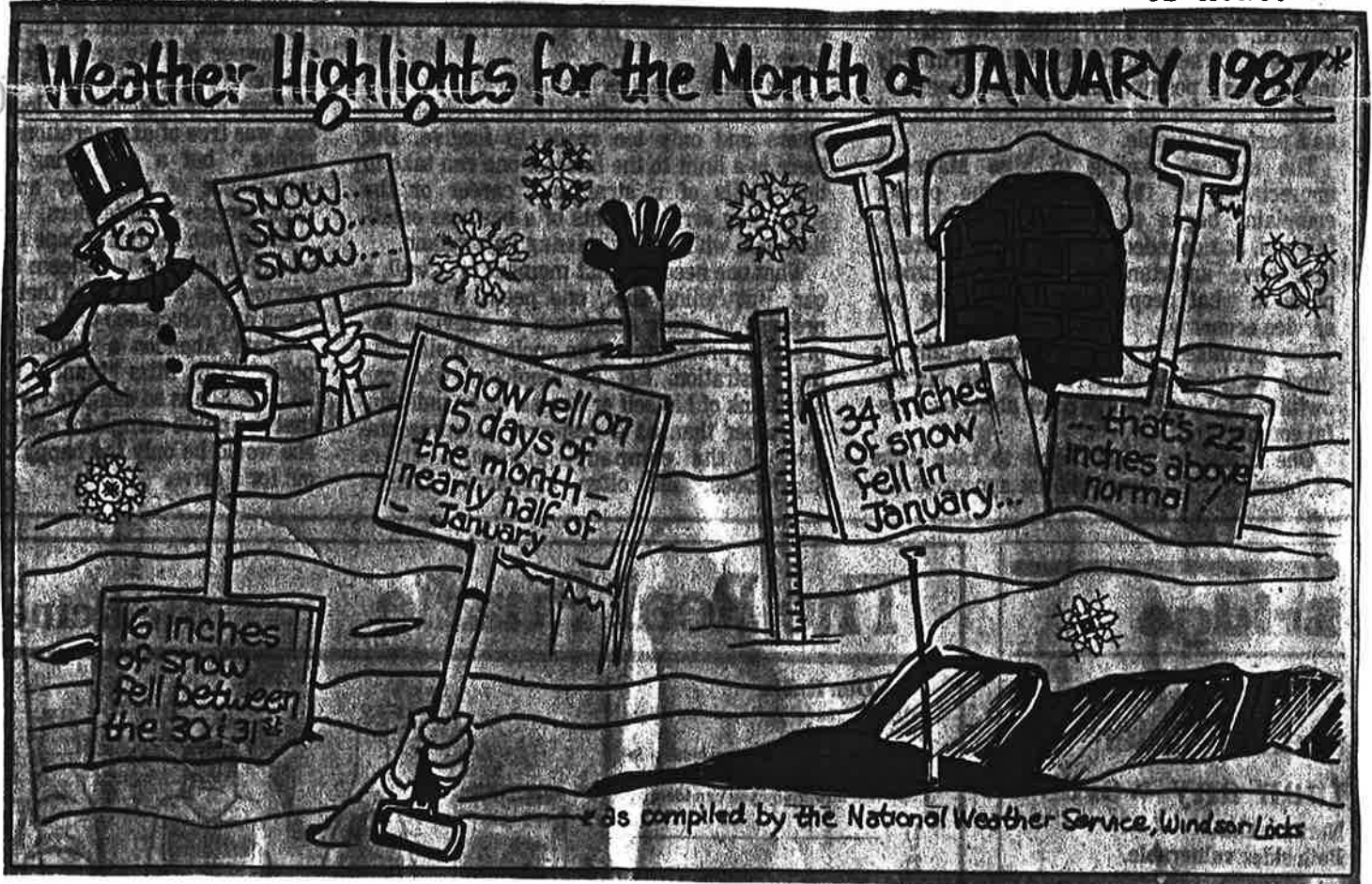
Hats

We have brown and white strider hats at 4 3.50 each. Guess who you are to see ?? JIM BUTLER 443-7437

DECALS

These decals liik great in any truck or car window and stay on for years. Quite a few left. We are asking for a donation of anything over \$1.00 for each one. All profits (if we ever realize one) will go to our team races. See bob carbray 464-9022.

Doesn't everyone just love this winter??? Nothing like a brisk run in the snow or ice. Heard that spring is just around the corner. Most all have had the bug this season too. Take heart. Soon we will all complain of heat.



SNERRO & company are retiring from the scoring of races. All their equipment including the clocks, cones and van will be for sale. Please contact any club officer and we can put you in touch with Tony Sabilia for more details. We will greatly miss all those great guys and gals in their bright orange shirts and black pants. They were really professional and anyone will be very hard pressed to ever come up with a bunch of dedicated people such as they are. We will miss each one of you.

MANY THANKS TO JACK CURRAN and a bunch of other dedicated people in the club including ; PHIL DOYLE, WALT SMOLENSKI, LYNN WISNEWSKI and others for donating your time to help organise the team races. Hopefully in the new year more will come forward to run and help out especially the ladies.

PEOPLE ON THE MOVE the latest dirt gossip and news about you and your running buddies. AUNTIE JOAN will print any printable bit you may want to pass along. Get me at home nights 887-5498 or if you can't wait till then call me at work 889-3333 ext 241 242 245.

BILL RODGERS now re-located in Seattle Wash. We wish him and his lovely wife and family all the very best in the future years. Hope you get back for a visit now and then. JIM ROWAN looking as spry as ever when we saw him recently. He is mending very nicely after a long long bout with that leg injury. He never lost faith in his ability to get back running. Let's let his example be of use to us should we ever need it. LOVE YA JIM.....

JIM UHRIG also recovering from surgery of foot as is DON SIKORSKI. Another fine person in the club is CHRIS HANSEN who always takes an active part in all meetings and decisions. And this guy is off to college most of the time and he STILL participates. Thanks to PETER REYER for helping Auntie hand address the last newsletter to all the club members. Only took us about 4 hours to do. PETER is Auntie's running partner and bestest friend. Speaking of friends, where are all my former running buddies??? They are all working at full time jobs. JUDY POPROSKY at Lisbon Town hall, JAN MALLETT

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is a real estate agent with the Boyer agency in Norwich, and PAT BAKER is a secretary at Montville High School. PAT RICE another partner is busy with TRI-Country business. MARY FREE has had to give up running in favor of fast brisk walks. At last word MARY HAYDEN was hard at work at a nursery where she also planted and worked with the flowers. Sweetheart JOE BANAS is back into the groove. He has even been seen eating JUNK FOOD..... Is this the JOE we used to know?? He has turned into a snazzy dresser also.. Thanks to TIM SMITH the norwich rec dept. has seen fit to increase funding for the summer rec fun runs in Norwich this year to \$240.00. See the copy of letter further in newsletter. Also big thanks to all who helped with this one.
Walt, Walt

DEAR STRIDERS,

At the fall meeting I questioned why more meetings are not slated throughout the year. A special meeting was scheduled where I was to address this issue. At this special meeting a dozen members attended and while I think some good ideas resulted, it will take more membership participation to put these ideas in action.

A proposal to have club sponsored informal meetings between the biannual meetings was offered. These could focus around such events as the winter fun run final run road race, a track run, a selected road race, a track run, or any IDEA YOU MAY HAVE... We would like to clear this issue up at the spring meeting, so please come and support the direction you want the club to take.

A second topic discussed was the Mohegan STRIDER racing team. DON LEWIS suggested we make a club goal to defend the championship titles we took in 1986. This is a great idea!! One thing to point out is that every STRIDER is a member of the team. The first five across the finish line do score points for the team but everyone can shoot for one of those spots. And beyond that, club support can be quite an experience. Ask anyone that ran the Willi 5 K last year.

So mark these dates on your calendar as STRIDER GOAL EVENTS.

- APRIL 26 Mystic 5 mile championship race (new) Call Kellys pace
- AUGUST 9 Willimantic 5 K Championship (86 champs)
- SEPT 7 New Haven 20K Chamionship (new)
- SEPT 27 GUILDFORD 10mile Championship (86 champ)

If you are interested in a 15 K Championship on April 19th at MERIDEN call me at 537-3950 What about Plymouth to Provincetown??? Come to the spring meeting and lets discuss these issues.

WALT SMOLENSKI



MOHEGAN STRIDERS



MOHEGAN STRIDER 1987 MAMBERSHIP APPLICATION

date of birth age sex

NAME

May we make a list
and include yours on it??

OCCUPATION:

ADDRESS

PHONE

Zip

Mail check or money order to MOHEGAN STRIDERS
 c/o BOB CARBRAY
 8 Sunset Avenue
 Ledyard , Conn. 06339

REMEMBER: Dues are as follows:: \$5.00 for the first family mamber
 and 50¢ for each additional family member residing at the same address.

Comments or suggestions always welcome

Attention

This is the last newsletter for those of you who have not yet submitted their 1987 dues.



TRY WEIGHTS: Marathon hopeful Robert L. Hudon practices leg lifts to strengthen his inner thigh muscle. The exercise should relieve a painful knee problem that limits his running. By B. Henrich

Cure nagging knee pain first, then train to run in marathon

Jonathan Walters

A nagging knee injury is stopping Robert L. Hudon from doing what he would like to do most — race in a marathon.

The 36-year-old Erie, Pa., loan officer has been running for more than a year and is up to 20 miles a week, with long

runs of six miles. But knee pain is stopping him there.

Marathon master Bill Rodgers, who is running Sunday in the Chicago Marathon, and knee injury expert Dr. William Southmayd think Hudon can eventually compete in a 26-miler if he strengthens the right muscles and slowly builds his distance.

Expert 1: Strengthen the knee

Hudon's knee pain could be a result of two things, according to Southmayd, co-author of *The Sports Performance Factors* (Pedigree, \$8.95).

Southmayd recommends the runner first have his legs measured by a doctor. A mismatch is not uncommon and can cause the pain. Inserts in running shoe can eliminate the problem.

If that is not the problem, then Southmayd says the pain might be the result of an outside thigh muscle that is stronger than the inside thigh muscle.

When that occurs, the stronger muscle pulls the kneecap to one side and the knee joint out of alignment. Result: Inflammation of surrounding tendons and ligaments.

Hudon should consider a weightlifting regimen to strengthen the inside thigh muscle near the troubled knee. The best exercise consists of straight-leg leg lifts.

- Here's how:
- Lie on your back with a 5-pound weight on your ankle.
 - Bend your good leg to take the strain off your lower back.
 - With your ailing leg straight, lift your ankle 12 inches off the ground and hold it for a full three seconds.
 - Do a set of 12 every day.

Southmayd also suggests Hudon wrap a simple elastic brace around his knee. And aspirin — two at breakfast,

Expert 2: Train smart

Hudon needs to start preparing now for a marathon in the spring, says Rodgers, who has won the Boston Marathon and the N.Y. Marathon four times each.

The key is to build gradually, Rodgers says. He should increase his distance to 35 miles a week by the end of November, to 40 by the end of December, 50 by the end of January, 60 by the end of February, then back to 50 in March.

- A strategy for building:
- Sunday: 15 miles.
 - Monday: Take the day off.
 - Tuesday: 9 miles at close to race pace.
 - Wednesday: Run an easy mile warmup, then run one to three minutes at a race pace, one to three minutes at a jog. Alternate your speed in that fashion for seven miles. Run a cool-down mile.
 - Thursday: Run an easy 10 miles.
 - Friday: Do eight 400-yd race-pace intervals and six 200-yd race-pace intervals. Run 400 yds, then walk 400 yds, run, then walk until you complete eight cycles. Repeat for six 200-yd intervals.
 - Saturday: Take the day off.
 - Once a month: Run a 10K or 20K race. □



CITY OF NORWICH
CONNECTICUT

January 30, 1987

Mohegan Striders Assoc., Inc.
43 Beech Street
Norwich, CT 06360

ATTN: Tim Smith

Dear Tim:

Your request for increased funding is very well justified. I will increase your allocation to \$240.00 during the 1987 season.

The Mohegan Striders have done a wonderful job in promoting, organizing, and supervising the fun runs. All of your efforts are greatly appreciated.

If there is anything else I can do, please feel free to contact me.

Sincerely yours,

Luis DePina
Recreation Director