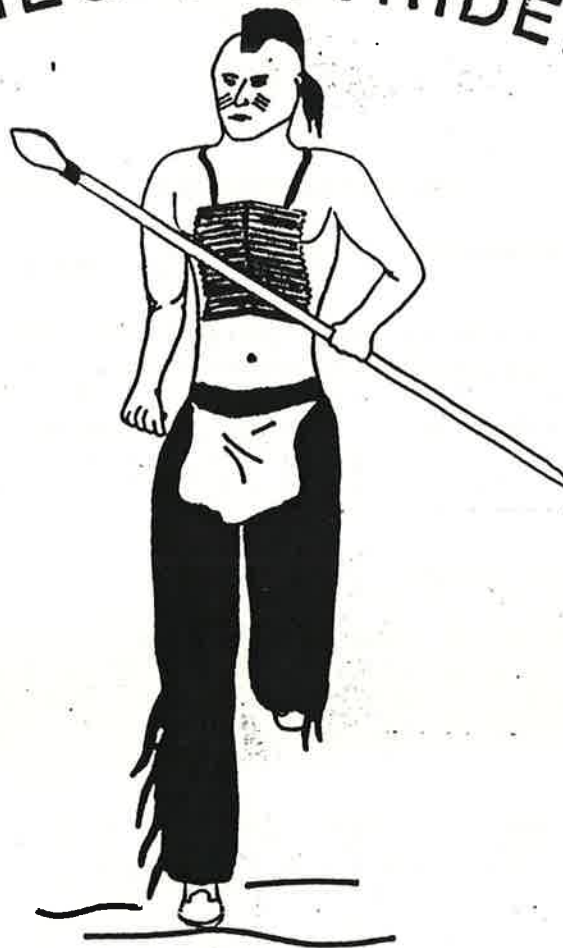


# MOHEGAN STRIDERS

94A



APRIL 1987

## ARROWHEAD

Membership 1986  
342

President Joan Hill  
Secretary Bob Carbray

Vice President Debbie Deveau  
Treasurer Don Lewis

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### COMMITTEES

Newsletter Coordinator: Joan Hill  
Typist: Debbie DeVeau

Printer: Walt Thoma  
Publicity: Bob Miles

Scrapbook: Tim Smith

Picnic Committee: Joan Hill, Ron Dombrowski

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CLUB DUES: Dues were due and payable back sometime around the first of the year; even though at this point we'll still take your money - you'd best do it soon - we really hate to lose touch via THE ARROWHEAD. Dues for this year are \$5.00 for the first family member and 50¢ additional family member residing at the same household.

SPRING MEETING....SPRING MEETING....SPRING MEETING....SPRING MEETING....THINK SPRING.....

A NOT-SO-SUBTLE REMINDER.....

STRIDER SPRING MEETING

MONDAY

APRIL 27TH 1987

NORTON PECK LIBRARY

7 PM SHARP

BE THERE. YOUR PRESENCE AND VOICE REALLY DOES MAKE A DIFFERENCE. IT'S YOUR CLUB TOO.

Club Uniforms, Club Hats: See Don Lewis. Now that the racing season is beginning in full force - we'd like to see some visual representation of the Mohegan Striders. Call Don at 442-6148 for any questions pertaining to the above. We've heard rumors that people are interested in showing their colors.....confirm that rumor by acting on it.

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CLUB PICNIC?????????

Sure enough, it's time to think about that already! How about some ideas about a theme? Suggestions for some new activities? How about a softball game? The Pavilion field can accomodate a good number of people - we could try to fill it again this year. We also need help to set up, clean up, etc. And don't forget the goodies for the community table.

AND THE DATE? AUGUST 23, 1987 SUNDAY 10 AM - 6 PM

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AND FROM THE PRESIDENT...

Fellow Striders,

1987 is well on it's way - spring is just around the corner - starting to see some Striders "stridin'" - It's a good sign. Hope we don't see NO MORE SNOW!!

As you probably know, this is my second term as your president. I have the honor of being the ugliest lady president so far. I hope that will change - we need more participation - both from the ladies and the gents. Please consider becoming more involved in the club.

We are in serious need of help on the committees - both race and picnic; also don't forget the Rose Arts Race and Kelly Race. We have plans for the neatest picnic yet - can use any suggestions....

Please try to attend the spring meeting - hoping that several of you will step forward and offer to take on an office. I would like to see at least three candidates vie for the presidency....

Last but not least, I've decided to relinquish the ARROWHEAD to a very competent lady - Debbie DeVeau. She has had a hand in the newsletter for nearly a year and does a wonderful job with the mes (sic) that Auntie Joan (no relation to your esteemed President Joan Hill) gives her.... Auntie will retain the "PEOPLE ON THE MOVE" column and will lend a hand if (and I'm sure she won't need much help at all) needed. Debbie is also Vice-President and will take over the reins whenever I cannot be there for you. STRIDE ON.....

HELP NEEDED with the Annual Kelly Race - contact any officer of the club. This is a volunteer-based race. Tony Sabilia has contacted the club as we have always helped in the past... for those who have never helped organize or pull off a race before, it can be quite an experience....

SUMMER REC RUNS - Scheduled to begin the first Thursday after July the 4th - July 9. Eight races are scheduled - prizes again are awarded according to a point system - so be there every week, whether you're after that prize or whether you're there to help or cheer on, we'd like to see a good crowd every week.

Jack Curran has asked for help in taking over these races - why not offer to do one week - if eight people volunteer then we have it made. A big hand of applause for Jack for putting the life into these weekly events - and especially on a volunteer basis - he's put in quite a few years.

WOMEN'S RACING TEAM: Desperately need a women's team. If you intend to race this year and are serious - no matter what pace you set - please get in touch with Jack Curran - we would like to see at least 8 - 10 serious running ladies. WE NEED THE SUPPORT OF THE LADIES IN OUR CLUB. The talent is there.

SNERRRO: Way Hedding and Pete Volkmar are now heading up SNERRRO. We're glad to see that such a valuable service was picked up by four capable hands. Please give these guys your support and if you are sponsoring a race, consider these two guys and SNERRRO at your finish line.

OUR CONGRATS TO YOU, JOE, FOR YOUR VICTORY AT MIDDLETOWN.....



(3/7/87)

Sherry Peters / The Hartford Courant

**SOGGY ENDING — Joseph Banas of Norwich approaches the finish line on the way to victory in the rain-soaked John W. English Marathon Sunday at Wesleyan University. Results, Page B6.**

# Profile

... on a business person



Bulletin photo

**BART A. SAYET**

■ **Occupation:** Attorney and chairman of the 1987 American Cancer Society Dafodil Drive for the Norwich-Quinebaug Unit.

# Profile

... on a legislator



Bulletin photo

**PETER A. NYSTROM**

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

THE MOHEGAN STRIDERS are proud that we not only have "People On the Move" but also "People Going Places". The two members above were featured in the Norwich Bulletin several weeks back, and below are a few more members making a name for themselves. We congratulate them all, and all those who are also lend a proud association for the STRIDERS. Let us know what you've been up to.....

(203) 889-3333

JOAN HILL  
Service Writer



Robert W. Chamberland  
Loan Officer

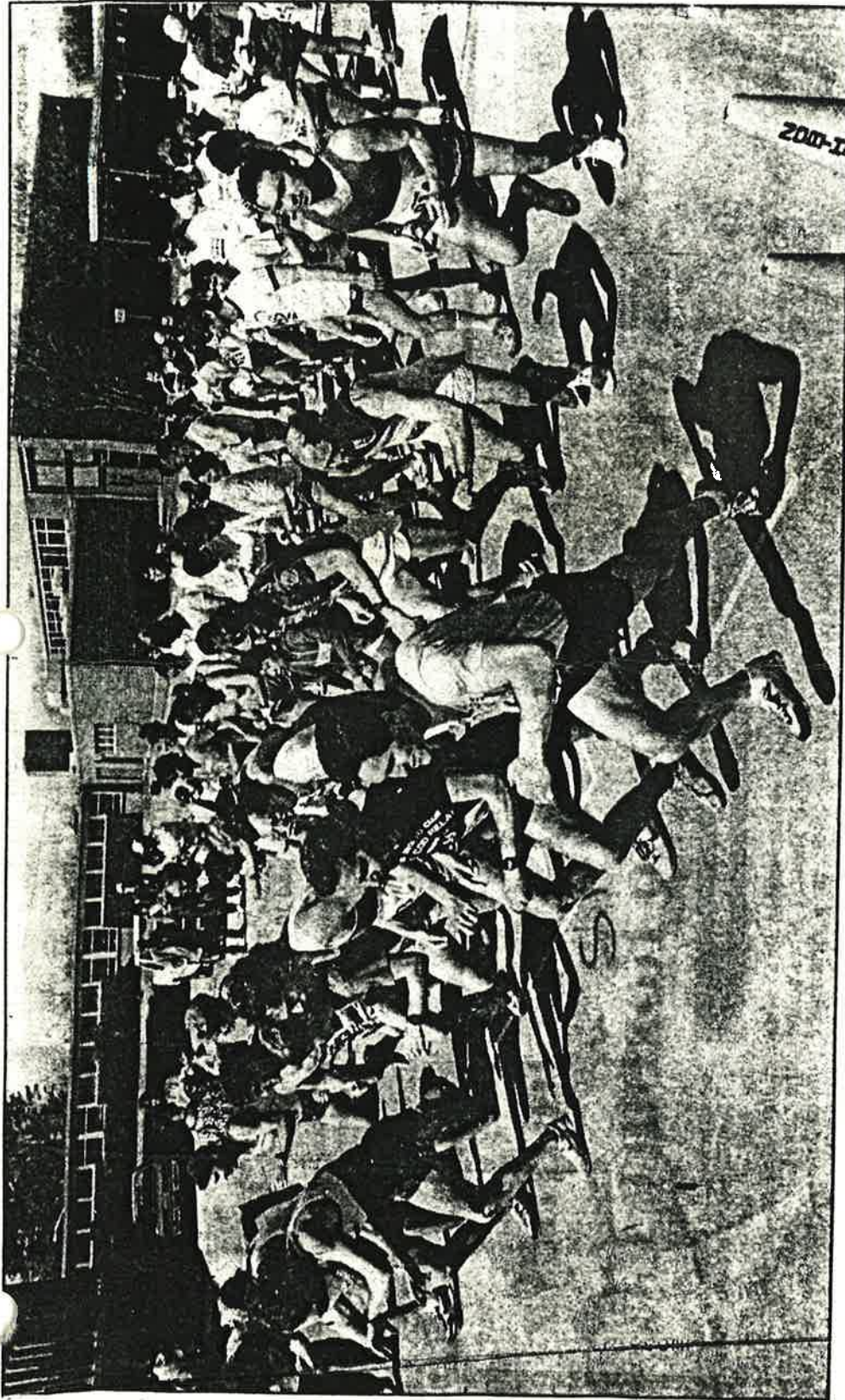
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Jack Sauer

Saturday's field for the sixth annual Run for the Health of It leaves the starting line in East Lyme under near-perfect running skies

# Cheshire runner wins 'Health' race

**EAST LYME** — Greg Quint from Cheshire led 70 runners on a five-mile course in 25:28.1 Saturday to win the feature event at the sixth annual Run for the Health of It road race.

Christian Morrison of Waterford placed first in the three-mile race with a time of 16:15.4, and Jan McKeown of Prospect swept the two women's events in times of 19:28.4 and 31:22.0.

This year's schedule was increased from last year's, which included only the five-mile road race.

In the five-miler, Phil Garland of Ledyard was runner-up with a time of 26:18.6, and Marlborough's Bill Morgan finished third in 27:04.9.

The rest of the top 10 was:

Bob Stack (New London), 27:17.4; John Brown (Norwich), 27:24.2; Joe Light (Westerly, R.I.), 27:51.6; Kurt Porta (Gales Ferry), 28:14.3; Tom Peck (Waterford), 28:49.3; Ted Phillips (Niantic), 28:51.3; Jack Silva (Quaker Hill), 28:58.1.

McKeown was followed by Janice Boyes of Canterbury and Cindy Knowles from Ledyard in the women's standings.

Kevin Gallerani of Uncasville finished second with a record of 16:33.8, and Ledyard's John LaMattina was third in 16:40.5.

Rounding out the top 10 were:

Glenn T. Seaborg (New London), 17:06.7; David Dorn (East Lyme), 17:18.6; Steve Hancock (Jewitt City), 17:30.5; Steve Fagin (Ledyard), 17:37.4; Donald Albert, (Pawcatuck), 17:40.9; Way Hedding (Niantic), 17:46.7; Dan Kerwin (Groton), 17:53.9.

In the women's three-miler, Chris Organek from Colchester was second and Cathy Carmoner of Lisbon third.

Dear fan,

3/4/87

When I got my last newsletter I realized two things. One - I had to pay my dues. Two - I missed the annual meeting!

Anyway this is just to let everyone know I am alive and slow. I changed jobs on the first of the year and joined a law firm in Hartford. Since then my running has been erratic.

I haven't raced since my annual death on the Clock Island 15K in September, mostly because of a persistent foot injury. The good thing about being hurt is that it gives me an excuse for letting work get in the way of running.

All in all though, everything is fine. Both Meghan and Randy are getting ready for track season and that may just inspire me as well.

Hopefully I will be back racing by the end of April and will be able to get all the news first-hand.

Very truly yours

Marshall Collins

PEOPLE ON THE MOVE

with Auntie Joan. All the latest dirt gossip



news about you and your running buddies. If I can't find news I make it  
ALL ANYTIME day or night. Send any info to Auntie Joan, 150 Yantic Street, Apt  
16, Norwich CT 06360. 887-5498 or 886-0561. Printable or unprintable.

JOE SWEETHEART BANAS recently won the Middletown Marathon. Joe is starting '87 in fine style and this may be his best year yet. He's not only running but also lifting weights - Joe seems to have gotten it all together - Love ya JOE - See, JOE babe, you never trained for it, you didn't plan on it, but you sure did win it.....New members include RON COZEAN, JOE SWIFT AND RICHARD WALSH - talk about fast runners??? These guys are sensational additions to our club - will get more on them in the future....we welcome all to the club - the membership is growing - hope to be hearing alot about you all in the future.....drop a line to Auntie.....looks like the field for the Rose Arts should be awesome this year.....

JOHN BROWN is recovering from serious injuries with a motorcycle accident - JOHN, hope you are on the mend and all the best to you on a very speedy recovery.....WALT THOMA, former president, is still running off our newsletters very capably - Auntie sees WALT almost weekly - huh, WALT? BOB DEMSPKY my good pal from Versailles - are you still installing pools?

JAMES CARPER and HEIDI CARPER with us again.....JIM SUAREZ, not only a Quality Guy, but also a Police Officer in New London.....ROSE BUCKINGHAM - what are you up to? Are you still packing in the mileage?

JAN SLONSKI Will you ever make a meeting during the week? We will someday have one on the weekend for you especially.....JOHN and PEARL MARTIN - where are you guys? Do I have to come to Florida to see you? Hope is all well - call when you get back.....TOM LEE is back with us - as is JOHN LESLIE from Waterford. Will we see you two at the meeting?

KE LADD and his lovely Mrs. are doing really well with newest addition to the family - Devin joins son Troy.....Saw RON DOMBROWSKI booking down the road recently. He looks like he's back in shape again....DON LEWIS recently returned from New Orleans where he took in a Championship Basketball game. This guy missed an Executive Board meeting to see a basketball game - way down in New Orleans?? How could you???

BOB and SHEILA CARBRAY were in Texas for vacation last month - heard they had a great time...DEBBIE DEVEAU getting back running after breaking a bone in her foot late November...JAN MALLET as re-uped (finally JAN!). She's the only one the four J's that is.....UNCLE KEVIE says he will be in fine shape to run the Rose Arts race (yes, he's running)...Ask him about his wrestling.....

CLIFF DEVEAU is staying slim and packing in the miles.....ROB HUNTINGTON - what are you up to? Where's my letter??? LOU and MARY FREE are back with us - LOU runs on his lunch hour - MARY (my mommy's friend) walks fast.....DEAN FESTA moved recently - so where are you now? Never see you anymore - except at NSC.

GOOD TALKING TO YOU ALL.....SEE YA NEXT ISSUE OF THE ARROWHEAD.....

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Typist's and future Newsletter coordinator's note: If you have anything you'd like to add or have any suggestions for the ARROWHEAD, please feel free to contact me (unless it's to criticize last issue's typing). I'm looking forward to serving you in this new capacity and will honor any input from you. I can be reached at 376-3255 (evenings), 376-2513 (days) or this address: D. DeVeau, c/o Pachaug State Nursery, Box 23A Voluntown, CT 06384.

Best of luck to all of you who are racing.....and for those of you who run just for the pleasure and fitness of it - keep it up and run safely - all runners of our club are just important as the next.

*Keep On Standing*

8 SUNSET AVENUE  
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**RUNNING NEWS**

