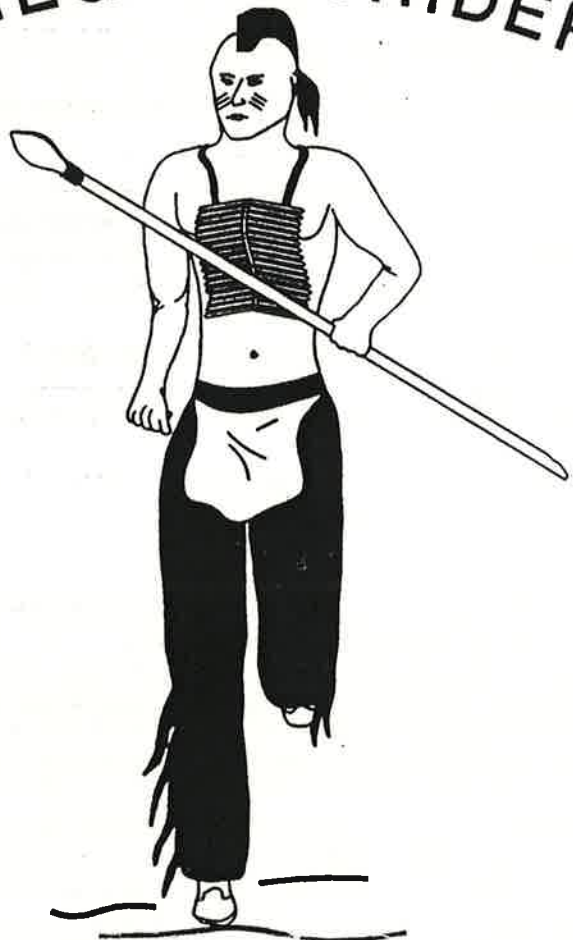


MOHEGAN STRIDERS

95A



JUNE 1987

ARROWHEAD

MEMBERSHIP 342

PRESIDENT Joan Hill

VICE PRESIDENT Debbie DeVeau

SECRETARY Bob Carbray

TREASURER Don Lewis

COMMITTEES

Newsletter Coordinator: Debbie DeVeau

Scrapbook: Tim Smith

Printer: Walt Thoma

Publicity: Bob Miles

Picninc Committee: Joan Hill, Ron Dombrowski

CLUB PICNIC - Scheduled for Sunday, August 23. Keep this day open - it's a family day for all of our Striders. For more info, see the special picnic insert. This year the club is celebrating its 15th birthday, so we plan on a very special day. See you all there.....

Club membership is down slightly this year. If you know someone who hasn't re-upped this year, invite them back.

Also, Jr. membership has been adopted by the Striders on a trial basis. Open to an unattached (not of a Strider family) runners under the age of 16. Membership is \$1.00. Encourage the young runners to take advantage of this offer to be part of the Striders.

Just a reminder.....We have club hats, uniforms and license plates still available. If you are interested in any of the above, contact Don Lewis. We've become a noteworthy running club, so let all know that you're one of us - show your colors!

JULY 9th is creeping our way....and every Thursday night after that. The Summer Rec Runs will begin this first Thursday after July 4th, with eight runs being scheduled. It was good to see so many volunteers for this event - not only are the runners necessary but those to run it too. Again, Jack thanks for your year(s) long dedication to the program.

THIS IS A REPEAT...THIS IS A REPEAT...THE MOHEGAN STRIDERS ARE IN NEED OF HELP!! We are looking for women who are interested in forming a ladies team. We've got the talent - so if you are racing and are serious about it - please get in touch with Jack Curran.

And speaking of teams, our compliments to the strong mens teams.....the MOHEGAN STRIDERS have become a contender for sure.....the mens teams also need your support in both running and praise..... Keep up the good work guys!

Heard a rumor of Saturday morning P.T. sessions with Carl Mailhot. If you have an interest, contact Carl at his office in Norwich. And, we hope to again run Carl's column on running, seen from the side of a physical therapist, not only the corrective aspect (injuries) but also the preventative measures..... Hope to hear from you Carl.

Our congratulations to GENE McGRATH on his recent retirement from many years of NFA coaching

ALL THE DETAILS AREN'T IN YET.....BUT, The MOHEGAN STRIDERS are on their way up to the BIG LEAGUE. Many thanks to WALT SMOLENSKI for his hard work already in gaining sponsorship from Levine Distributors for our running (racing) teams. Looks as though the Striders have much to gain, and not just for those 'elite' runners among us, but for the entire club Stay tuned for more details. Many thanks to you Walt, for your enthusiasm and perseverance.



Glad to see one of Norwich's most notable runners being honored. Harry Ogulnick, a former Strider, yearly holds the Downtown Merchants Race.

Mr. Ogulnick will always deserve respect and admiration from the STRIDERS.

Bulletin photo by Randy Flaum

The Norwich Hall of Fame welcomed its most recent class of inductees and Sportsperson of the year yesterday. From left, the group includes: sitting; Harry Ogulnick, Alice Sakowich (accepting for the late

George Sakowich), Greg Keith (Sportsperson of the Year); William F. O'Neil Jr. standing: Nick Depolito, Charley Plenaids, Joe Kobelski, David Silverman (accepting for the late Calvin Silverman) Dick Lussler

BOLTON FIVE-MILE ROAD RACE RESULTS May 3, 1987

Tim Smith was 6th with a time of 27:14, placing 2nd in the Sub-masters division. Walt Smolenski placed 16th with a time of 29:45. Tom Lee was 20th at 30:52, followed by Way Hedding 21st, at 31:12. Cliff DeVeau was 41st with a time of 35:24 and capturing 3rd place in the grand masters division. Kathy Smolenski was 67th at a time of 40:11 and placing 2nd in the womens Sub-masters division.

Individual performances were excellent and the club was well represented. The Striders were defending the team award won in Bolton in 1986. The Silk City Striders had a very strong team and once again won. Goals for next year are two-fold: 1. a presence of at least 20 Mohegan Striders at Bolton, and 2. a quality team to recapture the team award away from the Silk City Striders.

Although the Mohegan Striders did not take the title this year, we ran a good second.

Comments: The race course is tough but if you like a challenge you will love it. Traffic control is great (you will not see a car on the course or dogs or bikes, etc.). The town's people are friendly, with a lot of spectators, including a band which plays tunes while you run by the 3.5 mile mark. Food & refreshments are available at the high school (start and finish of the race). It is a fun race. Hope to see you there next year.

ON RUNNING A RACE.....

Bob Chamberland is now working with Walt Smolenski in the capacity of promoting teams for the Bolton Race. If anyone is interested in doing same for their hometown or favorite race, get in touch with Wait - he will appreciate your efforts.

Look for the never-fail team of Bob Carbray and Joan Hill at the finish line at many of the local races. Both have been doing this for years, it's time that they got a hand for their tireless efforts. Look for them at the upcoming East Lyme Marathon.....

Also at the finish line, look for SNERRO, under BRAND NEW MANAGEMENT. The reputation of the organization is being upheld, thank you Way Hedding and Pete Volkmar for picking up the ball and carrying on the great tradition. We've much more of you and your group to see this racing season.....

WE ARE LOOKING FOR VOLUNTEERS (AGAIN!)

WANTED: Someone or several someones to help keep the ARROWHEAD informed of race stats. In the past we've had several people helping out, but anyone who has a piece of paper and a pencil at a race is welcome to report on it. If you have race results to report, please contact Debbie DeVeau. We'd like to know what is going on with our runners.

ALSO WANTED: Any contributions, suggestions or miscellaneous items pertaining to the MOHEGAN STRIDERS and its members for the newsletter. As the old adage goes: "This newsletter is not only for you, but about you." So let us know what you've been up to.....Any contributions (excepting gossip - which goes to Auntie Joan!) to be made go to Debbie DeVeau. 376-3255 or 376-2513. And if I don't hear from you - you may hear from me asking for contributions.

HOW ABOUT THE ROSE ARTS??? Not Running?
-All helping hands are welcome in making
this the great race that it is..... Come be a part of the fun.

debs

BOSTON MARATHON



Bulletin photo by Randy Flaum

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

Thrill of Boston victory hasn't faded for Kelley

MYSTIC — You think Mystic's John Kelley doesn't remember well his win in the 1957 Boston Marathon?

"I ran the race in 2 hours, 20 minutes and 5 seconds," said Kelley. "And the fellow I beat was a Finnish runner named Veikko Karvonen."

He did make one mistake, though. For years he thought he won on a cool day, until he checked his diary.

"It turns out that it was 71 degrees that day," he said. "So I guess my legs are holding out longer than my brain."

Kelley, 56, intends to run at Boston tomorrow on the 30th anniversary of his victory. But running for him now is exercise, not competition.

"I don't train a whole lot anymore," he said. "It's more for health than anything else. I try to treat every run like a hike and just enjoy it."

But for a moment at the starting line tomorrow, the memories of past runs are bound to be present.

"I certainly won't feel 56 years old on the starting line," he said. "But I know that I'm sure going to feel 56 at about the 15-mile mark."

Kelley may have missed out on the big paydays that await the winners now, but he has no regrets.

"I got a bowl of beef stew and a diamond medallion when I won," he said. "I have to admit a slight tinge of envy at what runners get now. But I wouldn't trade my experiences at Boston for anything. It was and is a great race to run."

TOM BOLAND

CONGRATULATIONS TO ALL WHO PARTICIPATED IN THIS YEAR'S BOSTON - NO MATTER THE TIME, PLACE OR POSITION. IT'S JUST AS TOUGH A RACE IN THE BACK AS IT IS IN THE FRONT!

Some Striders participating in this year's field: Jim Butler, Kevin Gallerani, Steve Hancock, Jim Hill, John Kelley, Jeff Kotecki, Ron LaFleur, Billy Marshall, Joe Portelance, Jan Slonski, Bob Stack, and Dennis Tetreault.

(If your name isn't in the list - you were 't left out intentionally - three cheers for you effort too!)

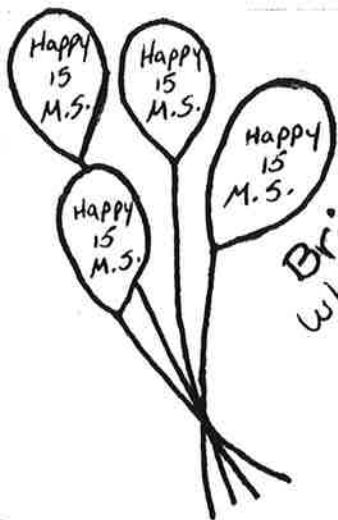
every calendar!

Are you going to do this →

Beer & Soda provided 95¢



and miss a great day?



Bring the whole family

Come help us celebrate the Mohegan Striders 15th Birthday

at the

Annual Picnic - Aug 23rd (Sunday)
Mohegan Park Pavilion
10 am - 6 pm

- Bring a tablecloth, some lunch & a goody for the community table -

It's a fun day so bring lots of energy & a sense of humor!

Everybody come & join in the Birthday Celebration!
games

Crazy Shorts Contest - Come prepared
(the weirder the better - kids count)



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.

Once again the Norwich Bulletin has chosen to honor a Strider member. Congratulations, Dave.

We are interested in what our Striders do when they're not running, especially in regard to occupation. If you'd like to share a bit about yourself; let people know what good work you're doing, I'm willing to print it. The Striders is made up of more than a group of one-dimensional people. Contact the Newsletter Coordinator for your story - I won't even tell that you're bragging about yourself!

MEMORIAL DAY 1987

Woodstock Memorial 10K: Congratualtions to Jeff Kotecki, Cliff DeVeau and Michaeleen Haessler for putting in a good race.

Sub Base Road Race : Taking positions 2, 3, and 5 in the 5 miler were: Phil Garland, Jim Murphy and Dennis Tetreault. Taking the Women's Division was Carla Brown with a time of 32:24.9.

There's always a good turn-out of Striders at the Sub Base - is it just the racing that draws them in? Also running that day: Tom Lee, Julio Murillo, Kelly Crouch, Cindy Knowles, and Tina Tetreault.(all taking a place). Many many more Striders were on hand.



And don't forget about the good ole Johnny Kelley.....

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MOHEGAN STRIDERS

95D

President	Jean Hill <i>Walt Smolenski</i>
Vice President	Debbie Deveau <i>Don Sisko</i>
Secretary	Bob Carbray <i>Ken Row</i>
Treasurer	Don Lewis

The Mohegan Striders is a club dedicated to the encouragement and improvement of distance running and track and field. The club was founded in April 1972 and is the oldest running club in Eastern Connecticut. 1986 membership was over 325.

The Mohegan Striders have won team awards at many races and many TAC Championship races in recent years. We encourage team involvement at all events.

1987 will see the club increase its involvement in all aspects of distance running. The following are just a few of the events the Striders are planning at present:

1. Rose Arts 10.6 miles in June
2. Norwich Rec Runs in Mohegan Park during the summer months
3. Winter fun runs in Mohegan Park. 6.2 race at end of season (mid February)
4. Tommy Toy Fun Run in December
5. Age group track & field program

Membership dues of ~~\$5.00~~ ^{6.00} per person and \$.50 for each additional family member in the same house or \$1.00 for a junior member (under 16) entitles each member to:

1. Annual membership directory at year end
2. Club newsletter, the Arrowhead, every 6-8 weeks (seven newsletters were published in 1986)
3. Discounts at area sporting goods stores
4. Club picnic in August at Mohegan Park Pavilion
5. Membership Card

JOIN THE MOHEGAN STRIDERS

	Date of Birth	Age	Sex
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NAME: _____

ADDRESS: _____ PHONE NO. _____

ADDITIONAL FAMILY MEMBERS: _____

Send membership information and check to: ~~Bob Carbray~~ *Ken Row*
payable to: Mohegan Striders
 c/o Mohegan Striders
~~8 Sunset Ave.~~ *105 Booth St. Apt. 1*
~~Ledyard, Ct. 06339~~
Norwich, CT 06380

PEOPLE ON THE MOVE

with Auntie Joan. All the latest dirt gossip a

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



WAY WAY HEDDING and PETE VOLKMAR & COMPANY doing a great job at finish line as the new SNERRO, keeping up their great reputation. JACK DEMPSEY and some of the boys were on hand..... Kelley's Pace has quite a good looking bunch of runners on their racing team - Nice to see the racing teams in keen competition.....The HANCOCKS were all on hand at the Sub Base race - looking good.....Little Melissa LEWIS had a run-in with a toy block - and is featuring three stitches on her tiny nose area.....JULIO and DEBBIE MURILLO have been busy the past year creating a masterpiece..... BOB DEMPSKY was among those running the Sub Base race as did ART PROVOST, who by the way.....did you really do that ART? PETER NYSTROM and his lovely wife LINDA paid dues twice, I think.....

JEFF McCLOSKY cut most of his beard off - look great JEFF.....MICHALEEN HAESSLER still in there running races - we have so few ladies running at all these days - but she hasn't given up under pressure of work, home and family like some of us.....Ever drink a fireball? Talk about good!.....Our club member BOB CARBRAY is celebrating his 15th year as club secretary - never before has anyone held office for so long - thanks for the good job, BOB.....

DENNIS TETREAULT sure did sail in at recent race - DENNIS you get better every year - wife PAT still in the running as is son JAMES and daughter TINA.....JOE BANAS is in the best shape this year too. He's already won one marathon and ran in two others just to pace friends - Watch out for JOE at any race - he's been lifting weights too.....DAVE BURNETT recently celebrity in Norwich Bulletin article.....

Our running dentist PHIL DOYLE will be at the seven mile mark again this year for the Rose Arts.....And speaking of the Rose Arts.....The MOHEGAN STRIDERS are one of the sponsors of this favorite race, so let's see everyone there with the family on race day. If you aren't running then help out - we can use you - the PERDIX'S have come forward several times offering help..... If you're running the race - good luck - hope its your best race ever.....

Help with the newsletter - thanks go to WALT SMOLENSKI for the labels and WALT THOMA for running off the newsletter AND folding it.....and as you probably know by now DEBBIE DEVEAU (doing the best she can!) has taken over the task of writing the newsletter, or as we call it the NEWSLETTER COORDINATOR.....PRESIDENT JOAN HILL will only retain the AUNTIE JOAN's "PEOPLE ON THE MOVE" column.....You can expect to get a top notch newsletter jam-packed with worthy items to please one and all.....DEBBIE has been involved for over a year and has on occasion covered for AUNTIE JOAN - so give DEBBIE all your newsy items for print.....

PAT and DAVE LATHROP on hand at Sub Base race minus the little ones.....Where are you JOHN SAARI?As a matter of fact, where are all you troopers?.....Glen Stacey put on another great race at Danielson recently. AUNTIE had the honor of doing the race commentary from the pace truck with Mary Anne Dumas - wife of the famous Ernie Dumas.....She is a delightfully pleasant lady and a great commentator - was a fun experience for AUNTIE as she's used to following up the rear..... ANN DOYLE in recent accident and suffered neck injury which is keeping her away from running - hoping that all is mending well - and will be able to run real soon.....

STRIDER PICNIC.....Remember the date - AUGUST 23rd. It's also our 15th birthday so let's see a real celebration - We may have a birthday cake and of course plenty of surprises..... Note: Crazy & Colorful Short Contest - This means you WAY and PETE & CO. (even if they are underwear!). We want the wackiest shorts, tops, suspenders.....Don't forget the picnic is a family day - Striders and families only.....If you're one of the lucky people to have gotten the men's sunglasses or clothespin - remember to pass them along to someone special AUNTIE has one of each..... See ya next issue!