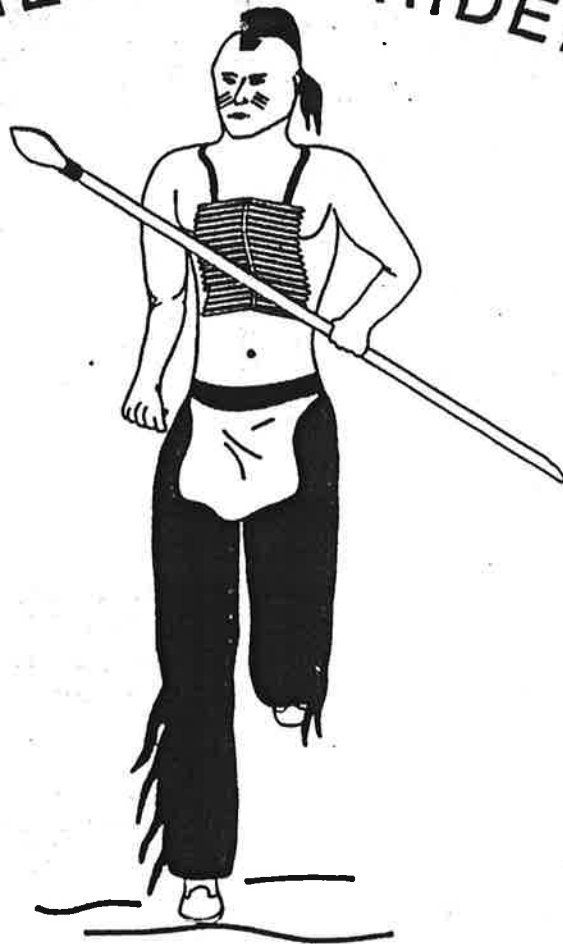


# MOHEGAN STRIDERS



August 1987

## ARROWHEAD

MEMBERSHIP 342

PRESIDENT Joan Hill

VICE PRESIDENT Debbie DeVeau

SECRETARY Bob Carbray

TREASURER Don Lewis

\*\*\*\*\*

### COMMITTEES

Newsletter Coordinator: Debbie DeVeau  
Printer: Walt Thoma

Scrapbook: Tim Smith  
Publicity: Bob Miles

Picninc Committee: Joan Hill, Ron Dombrowski

The Mohegan Striders  
15 th Birthday

Crazy Shorts Contest  
Beer & Soda provided

# PICNIC

Live band

Birthday cake

Sun. Aug. 23 rd

Attendance requested

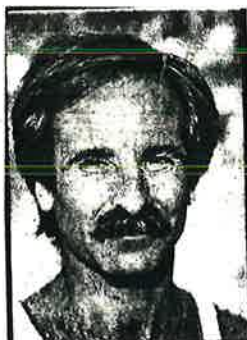
See insert for further details



REMEMBER THIS? Well.....Maybe not all of us do (including your newsletter coordinator), but this year we celebrate the existence of the Mohegan Striders for a grand total of 15 years! We've come a long way since then, many of the original members are still with us; many are brand new members of two or three years. We all have a reason to celebrate the past and the future of this club. 1987.

And....while I'm on the subject of honoring the club's fifteenth year, I'd like to extend my congratulations, along with many others, to BOB CARBRAY, who has served as the Strider's Secretary for the entire 15 years, and has served us well. THANK YOU BOB! Are you interested in another 15 years?!

Extending our congratulations to Carla for taking the title for the 5th time at the Rose Arts Race. We were behind you the whole way, Carla!



Also, our thanks to Billy Marshall, who as Race Director of the Rose Arts Race (for the first time) ran an exceedingly well organized race.



**NORWICH  
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NORWICH, CT 06360

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CORPORATE SPONSORSHIP BY NORWICH PHYSICAL  
THERAPY SERVICES

I'm glad to have the opportunity to contribute to the Mohegan Striders' Racing Team, and will be anxiously awaiting response by racing team members and club members alike on this new venture. My intent is threefold in providing funds for racing team members to compete in area (state wide) races. First of all, we have had, and continue to possess tremendous talent and skill in new and old Strider members. There's no reason to believe that we have to be second-best to any other running club in the open, masters or even woman's divisions if we, as a club, strive to enhance our image. I for one, believe that one of the goals of a running club should be to put it's best against any others as a team to show what we have. Granted, in the past we've lost members to other clubs whose team racing goals were higher in priority than the Striders. Well, with my help and others (Bud Lite - Levine Distributors) I think the Striders should re-establish and maintain itself as a competitive team, not just locally, but state-wide and regionally in New England.

Secondly, since much of Levine's sponsorship is to be used for local races and is available to all members with a chance to be rewarded for appearing/supporting local races, I wanted to devote more dollars to the statewide competitions to help the Striders to maintain strong racing teams and visibility. This is good for attracting new members, not only those who race rather than run, but it becomes a source of pride for all Mohegan Striders to be part of a prestigious club.

Thirdly, I have to be honest in saying that after running behind two women runners in April at Kelley's 5 miler with "Roger Swaderski Sports Physical Therapy" addressing me through most of that race, I was impressed with this form of marketing and publicity. Not to be outdone, though surely outspent, I wanted to display my name in a sport I love, and love to compete in. I know sports injuries and in particular runner's problems (having had a few myself) and felt that this form of advertising fit with my style of professional practice.

Lastly, let me offer a few suggestions for the future. First of all, I hope to have the resources to continue my support and wish to add dollars to a master's and woman's team as we have the ability in the club. Secondly, there may be monies left over at the end of the racing year to buy T-shirts with only "Mohegan Strider" on them so that all members, racers and runners may have an identity piece - pre, during or post races (as participants or spectators). Third, we as a club may want to look at our goals to establish future guidelines for corporate sponsorship to help govern future and present contributors to stay in compliance with the goals of our membership.

Happy and safe running - Carl Mailhot

*Applause going to Walt Smolenski for his enthusiasm and countless hours of work on obtaining sponsors for the Mohegan Strider racing teams. It is a brand-new venture for the Club, there is yet much to work out on how it will benefit the Club, but we are certainly grateful to be matched up with this challenge to make the Striders an even stronger and more visible Club.*

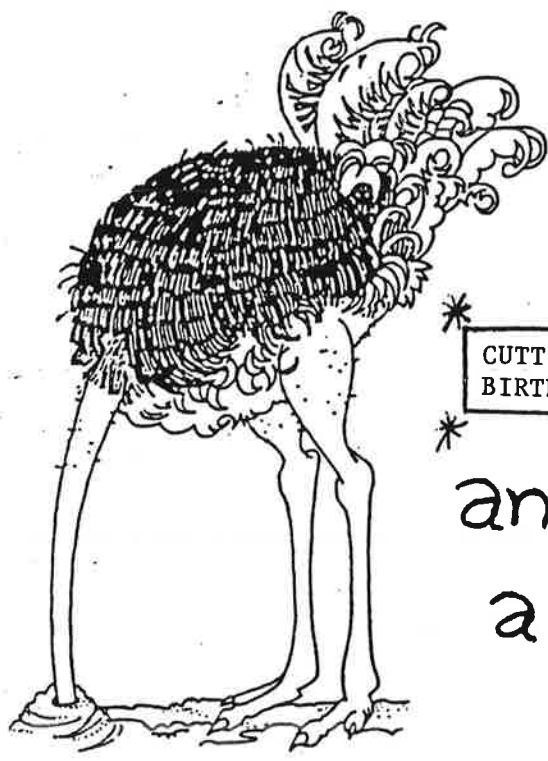
Congratulations to all those who ran in the Annual Kelley/Ocean Beach 11.35 mile run. It's a great time, a great course - a race that shouldn't slip by the wayside. Special congrats to Joe Banas and Carla Brown, Jeff Kotecki, Tim Smith, Bob Stack and all the rest.....keep up the good work.

Are you going  
to do this →

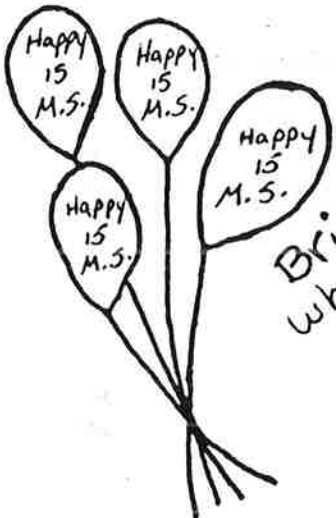
Live band featuring Chris Hanson &  
Don Sikorski!

Beer + Soda  
provided

CUTTING OF MOHEGAN STRIDER  
BIRTHDAY CAKE - 2:00 PM



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  
games in the Birthday  
celebration

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



## CONSTITUTION

## Article 1. Name

Section 1. This organization shall be known as the Mohegan Striders Association, herein referred to as the Club.

## Article 2. Purpose

Section 1. The primary purpose of the Club are the promotion and encouragement of track and field athletics, racewalking, and jogging; with an emphasis on long distance running as a competitive sport and as a means of healthful exercise.

Section 2. To further these objectives the Club may: promote and conduct track or road racing events; make awards, disseminate information on running; and sponsor related activities in cooperation with other entities advocating running as a means of physical fitness.

Section 3. The Club may be an affiliate of the Amateur Athletic Union of the United States and as such will abide by all its rules.

## Article 3. Membership

Section 1. An individual who is interested in jogging, long distance running, track and field competition, and/or race walking, shall become a member upon payment of dues as set forth in Article V "Dues and Expenses".

Section 2. If the member chooses to compete in A.A.U. competition, he must represent the Club in said competition.

## Article 4. Meetings

Section 1. The annual meeting of members shall be held on such date in January each year as may be determined by the Executive Board.

Section 2. Special meetings may be called by the President, the Executive Board, and/or 10% but not less than 10 (ten) members of the Club. The purpose or purposes for which the meeting is called shall be stated and debate shall be limited to the announced agenda.

Section 3. Notification of the annual meeting and/or special meetings shall be given not less than ten (10) days prior to said meeting.

## Article 5. Dues and Expenses

Section 1. The amount of dues to the Club for the current year shall be voted upon at the regular annual meeting at which time they shall become due and payable. Membership shall run from January 1st through December 31st.

- Section 2. A full-paying member's immediate relations residing in the same dwelling shall be assessed at .50 each for active current membership.
- Section 3. After August 31st of the current year, new full-paying members shall be assessed at 50% of the current dues fee.
- Section 4. Upon the December 31st expiration of dues, a member shall be covered by a thirty (30) day grace period through which active membership is retained. Upon lapse of the thirty day period such individual's membership shall be terminated.
- Section 5. No profits shall proceed to any officer or member.
- Section 6. In the event of dissolution, the disposal of net assets after payment of all debts will be determined by vote of the membership at a special meeting held for the dissolution.

#### Article 6. Officers

- Section 1. The officers of the Club shall be elected by a majority vote at the annual meeting; voting procedure to be determined at said meeting.
- Section 2. The elected officers shall be: President, Vice-President, Secretary, and Treasurer.
- Section 3. The Executive Board shall consist of the elected officers and the past Presidents, all of whom must be paid-up members.

#### Article 7. Duties of Officers

- Section 1. The President shall preside over meetings; appoint all committee Chairmen deemed necessary; and call special meetings.
- Section 2. The Vice-President shall assist the President in club administration; preside over meetings upon the President's absence; and assume the Presidential duties upon vacancy by the President.
- Section 3. The Secretary shall record the minutes of the Club; attend to Club correspondence; notify members of annual and special meetings; maintain and have custody of Club files; and assist the Treasurer in the collection of annual dues.
- Section 4. The Treasurer shall maintain the financial records of the Club; manage all cash and bank accounts in conjunction with the Club Secretary; pay all bills; prepare annually a balance sheet and operating statement; and prepare any interim statements upon collective request of not less than ten members.

#### Article 8. Amendments

- Section 1. This Constitution may be amended at any meeting, special or annual.



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 CALL ANYTIME day or night. Send any info to Auntie Joan, 150 Yantic Street, Apt 145, Norwich CT 06360. 887-5498 or 886-0561. Printable or unprintable.

JOHN DEGANGE, honorary member of the Striders, was on hand at the recent "Meet the Runners" event at Ocean Beach Park the evening before the John Kelley Race.....Honored were Norm Higgins and Jan Merrill.....All the "old guys" of SNERRO were there also.....TONY SABILIA, JACK DEMPSEY, BUTCH, all the ladies and their spouses - Auntie loved working with all you guys. She thinks what you'll miss the most is sponging down the runners (especially the ladies).....Don't forget your club picnic later this month - please be on hand to attend with your family - Don't forget to remember to wear your wildest clothes and bring food for the goodies table.....Auntie's "Sweetheart" JOE BANAS is now sharing living quarters with WAYNE "BABY" JACOB. Looks like the arrangement has worked out well. They got a 1-2 at the Kelley Race. JOE walked off with all the team money - paving the way for the award for the club.....LANCE MAGNUSON and son SHAWN have finally joined the club after several years of us begging and pleading.....LANCE is a highly respected and fantatstic teacher at Montville High School. TIFFANY HILL can attest to that. She used to come home and tell Auntie of her favorite teacher.....That's long before I knew you myself LANCE, we better see you and SHAWN and your lovely wife at the picnic, or else.....!

We may be losing sight of just why our running club was formed...We originally got together because a group of guys ran together and felt a club name would keep the running comradarie going and help interest others.....It has - we've had as many as 418 people in the club - We boast of an 80 year old Indian, small babies, and yes, a few dogs that really do run.....

ANN D. glad you're feeling better and back running after your stay at the hospital - you and PHIL are the special kind of people that are the solidness of our club.....The whole HOULE family is back - MOM, DAD and "P" and son DAVID, who by the way, is quite a baseball player.... BABBITT - master runner- has rejoined the club after a time lapse - glad to have you back with us.....MIKE SMITH of the Norwich Police Department has once again joined - as has CHARLIE EVANS and JERRY LENTZ.....DAVE LATHROP seen with the little guy who was just a wee small baby - wasn't he.....? DEBBIE and JIM BUTLER proud parents of BRIAN JAMES.....

Ladies are training at NFA on Monday nights with help of JACK CURRAN.....KEN RAWN'S special lady is now a member of the club - we had the honor of meeting her recently - They make such a nice couple.....AUNTIE thanks all those who helped at the Rose Arts Race - with all you guys and gals we couldn't have done it so well - you really made the difference.....special thanks to my right hand PETER REYER and little MICHAEL HAYDEN who at 11 years old is the youngest volunteer we've had... he was the KEY FACTOR to our posting system this year.....

Have you seen JOE "SKINNY" LONARDELLI lately? This guy looks sensational! Was quite ill this winter and hospitalized - but fine now.....We may be down slightly in membership this year but we have more hot shot runners in the club than ever.....LYNN WISNEWSKI doing great this year at the Montville Rec Races - racing every Monday night on a tough course.....AUNTIE has changed jobs - now at Goodwin Pontiac, Norwich, CT.....JUDY POPROSKY, DARRYLL and SPARKY are now members - "bout" time, you guys.....TIMMY SMITH team shirt got struck by lightening awhile back - good thing it was hanging on his clothesline at the time - actually the bolt struck his barn and scared the pigeons out of \_\_\_\_\_ years of egg laying..... TIMMY may be approaching the Masters Division but he can still show the "young dudes" how to run a road race - he did well at the Kelley race.....Disappointingly enough there was no Voluntown Race at Mt. Misery this year.....hoping that it can be revived.....WAY HEDDING was bitten recently by a copperhead while out running - he made a trip to the hospital and is now ok.....not sure about the snake's fate.....CRAIG EISEMAN also a new member of the club and on the team.....Also more on MIKE COTTON & KEVIN GRANT - Waterford High School standouts

Thanks go out to DEBBIE DEVEAU for all her help this year - not only for presiding over the spring meeting but also for taking over the newsletter.....WALT THOMA for his continued help running off our newsletter- he's always ready to help out - WALT do you have something to announce soon.....? WALT SMOLENSKI - thanks for keeping the labels for the newsletters coming... and for all he's done for the running team - his work will not go unrewarded.....JACK CURRAN hear your helping the gal runners on Monday nights - JACK helped Auntie so much way back when she first started out. Yes, AUNTIE really did run two marathons and countless races - even she can't believe those days.....



The Mohegan Striders  
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— RUNNING CLUB

SMITH  
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# RUNNING NEWS

TODAY - YOU.....

Heart beat - 103,389 times

Blood traveled - 168,000 miles

Breathed - 23,040 times

Inhaled - 438 cubic feet of air

Spoke - 2800 words

Moved - 750 major muscles

Exercised - 7 million brain cells

NO WONDER YOUR'RE TIRED!!!!