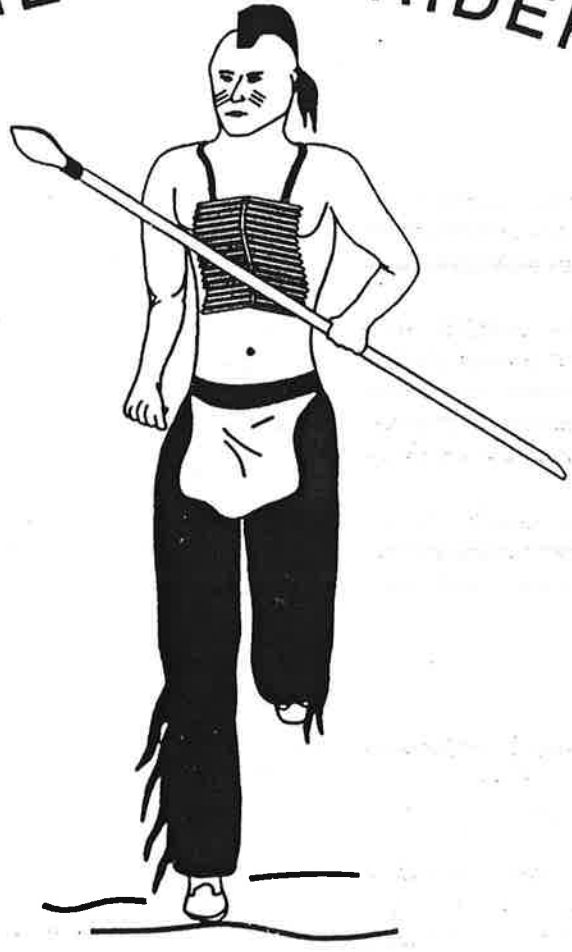


MOHEGAN STRIDERS



ARROWHEAD

December 1987

Membership 291

PRESIDENT Walt Smolenski

VICE PRESIDENT Ron Dombrowski

SECRETARY Bob Carbray

TREASURER Don Lewis

COMMITTEES

Newsletter Coordinator: Deborah Webster
Printer: Walt Thoma

Scrapbook: Tim Smith
Publicity: Bob Miles

Picnic Committee: Ron Dombrowski, Joan Hill

The Annual Fall Meeting of the Mohegan Striders, held November 13, proved to be a very interesting meeting in many aspects. Not only did the meeting begin on time, but there was a record number of members present. Congratulations to Walt Smolenski, our new President, and Ron Dombrowski, the incoming Vice President. They will be, I am sure, the shakers and movers of the NEW MOHEGAN STRIDERS. Also, congratulations and our gratitude goes to Bob Carbray, Secretary for 15 years, and Don Lewis, Treasurer for 3 years for continuing their service to the Club. We've got a great team to lead us through 1988, and with everyone's help the possibilities for the Club are limitless. Congratulations to all the Officers of 1988!

To the Mohegan Striders:

I would like to take this opportunity to thank you for having the confidence to elect me as president. I've already met with the newly elected officers and we are very enthusiastic about the upcoming year.

The changes the Striders took on in 1987 regarding the racing team and our sponsors Budlight/Levine Distributors and Norwich Physical Therapy Services have sent us down a new path. The elected officers and I have accepted this challenge to guide the Striders down this path and our goal cannot be reached without the support of each member.

The first priority for the Striders is to organize committees that address the key areas of involvement, which includes the men's racing team, women's racing team, club running, club promotion, newsletter and social activities.

A special meeting has been scheduled for January 28, 1988 and I urge every member to attend and be a part of the changes that face us. The agenda will be as follows:

- Discuss 1988 goals and objectives
- Form committees (see above)
- Update on new business if time allows

Many members have already expressed interest in committee involvement and I feel a good turnout at this meeting will indicate the members are interested in the growth and vitality of our Club. Please contact me or any officer if you have any questions or ideas.

Good luck in 1988
Walt

SPECIAL MEETING

THURSDAY JANUARY 28, 1988

From 7:00 pm to 9:00 pm

OTIS LIBRARY COMMUNITY ROOM
Downtown Norwich (next to the Y)

MASTERS RACE TEAM RESULTS 1987
(Contributed by Ron Dombrowski)

In the two races we entered we came away with the first place Open Masters. At Wickham Park in Manchester we had the following people on our team: Lance Magnuson, Ron LaFleur, Doug Monti, Ken Rawn and Ron Dombrowski. The race was listed as TAC Masters Race; 5K for the distance. The course was a pretty tough one; every time you turned a corner there was another hill - but we all did well.

E.B.A.C OCEAN BEACH PARK 4.7 MILES

Lance Magnuson led the way for us, followed by Jim Hill, Jack Curran, Ron Dombrowski and Ken Rawn. It sure was a bear running against that wind. I do believe that we all could have run 30 seconds faster without the wind.

TURKEY DAY AT MANCHESTER

Another beautiful day for a race: we beat the heavy rain just in time. We were well represented by our members, but not too many people knew who we were because we didn't have our club shirts on. Hmmm.....

MASTER'S RACE WATERFORD, DECEMBER 6

The following members showed up at the race:

Roger Zotti	Don Werling	Ken Rawn	George Potter
Lloyd Whitman	Judy McGrath	Bob Harding	Jack Curran
Alan Stacy	Jim Rowan	Lance Magnuson	Dave Burnett
Master Creamer	Ron LaFleur	Jim Hill	Pete Volkmar
Michaeleen Haessler	Geraldine Palonen	Melinda Hedding	Way Hedding

The race was run on a pretty good day, as far as weather was concerned. We had 109 runners start and finish the race. The first mile was very windy, but after that it was a piece of cake.

And speaking of food, all was eaten, not even a little scrap was left. It looks like we will have a good turnout again next year, with all the new people turning 40.

Some possible new members for next year: Mr. Burnett, age 75, Dan Kerwin, age 41 and Jim Latourette, age 50+. General information pertaining to Masters only - do you all know about the Master's magazine? If you are interested, feel free to call me and I will give you the info that you will need to subscribe. (Ron 889-1221)

I hope that next year we will be able to compete in more events, and let's see if we can keep up our winning ways.

Turkey Day Results, Manchester: (contributed by W. Smolenski) If this race is any indication of what the future holds for the Mohegan Striders men's racing team - all other teams BEWARE: Top Strider Joe Swift finished 1st in 22:49, followed by Sean Delaney, 32nd, in 24:01, Fran Houle 35th in 24:08 (welcome back Fran), Kevin Grant, 50th in 24:46, the Jewett City Prince don Sikorski, 52nd in 24:50, and Joe Banas 60th, Chris Hansen 67th, Dennis Tetreault 74th, and Walt Smolenski 90th to round out the top one hundred finishers. Not bad at all.

RACING RUNDOWN.....

It took quite a while for the team results to be tallied, but it's official now. The Striders are CT TAC 20K Champions as a result of their performance at the NEW HAVEN 20K on Labor Day. Joe Swift, a strong candidate for State Runner Of The Year, finished 6th overall against a field of international competitors, including winner Rex Wilson of New Zealand.

Joe averaged 5:10 per mile over the 12.4 mile distance (wow!), Darrin Eisman also cracked the top 10 with a 66:53 time, and Bill Marshall won the Masters title by over two and a half minutes! This guy just gets better with age. Other Strider scorers included: Sean Delaney, Doug Kewley (our Aussie racing machine), Jeff Kotecki, Mike Smith and the irrepressible Way Hedding.

Chalk up another Connecticut TAC Team Title for the Strider Men! To go with the 5 mile and 20K Championships, our guys added the 10 mile title on September 20th at Guilford. Joe Swift blazed to a course record of 50:37 and taking first. He was followed by Darrin Eisman (4th), Sean Delaney (5th), Bill Marshall (7th overall & 1st Master) and Walt Smolenski (18th). Fine performances were also turned in by Pete Volkmar and Way Hedding.

Contributed by Biff Laidback

GETTING THE RUN AROUND.....

One of the Striders top runners had not run a Boston qualifier as of Turkey Day 1988. The next day he ventured to New York for the Sri-Chinmoy Marathon. About 1/2 mile into the race the course made a 180 degree turn; upon reaching the original starting line the course reversed again; 50 similar turns later he not only qualified for Boston, but he won the race in 2:45!

He confessed to this author that the Moonies didn't convert him, but I saw him at a barber shop recently. One question we must ask you Darrin Eisman - was this race a "turning" point in your running career???

- Walt Smolenski

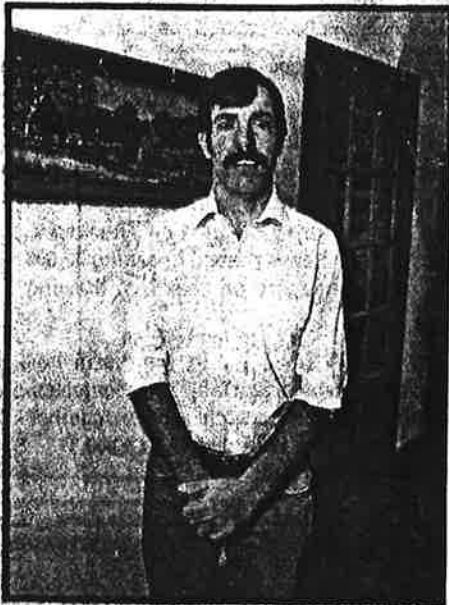
Glad to see so many runners going so good!

SPECIAL THANKS going to those who have contributed to this month's newsletter:
Ron Dombrowski, Walt Smolenski, Biff Laidback (who?!) and The Norwich Bulletin.

WITHOUT CONTRIBUTIONS THERE IS NO NEWSLETTER! PLEASE KEEP THAT IN MIND!

Profile

... of a sports figure



Bulletin photo

WALT SMOLENSKI

Starting things off with a bang.....
Go to it Walt!

CONGRATULATIONS TO WALT & SANDY THOMA IN THEIR
NEWEST ADDITON TO THE FAMILY: Joshua Damian

Not only have the officers of the Club changed;
but new volunteers have come forward to assist
them. Thanks, Pat Lathrop, for your interest
in promoting the Women's racing team. I'm sure
Jack Curran will appreciate your help.


JUST A REMINDER: Special Meeting: January 28th.
New loçation - Otis Library. Please come, support
the Club with your presence and your skills.

Dues for 1988 are now being accepted: \$5.00 for
initial member, 50¢ for each additional household
member; and unattached Junior member (under 16) \$1.00.

For those who missed the fall meeting: two beautiful
plaques were presented to the following: Bob Carbray
for 15 years of service as Club Secretary, and to Carl
Mailhot for his monetary contribution to the Club's
racing teams. A plaque has also been presented to
Levine Distributing for their more-than-generous support
of the Club's racing teams.

*Congratulations to one of the Club's best young runners:
Chad Johnson, 12, recently competed in the National
Junior Olympics in Raleigh, NC. He placed 26th out of
206 runners, covering the 3000 meter course in 11:11.
Chad qualifed for this race by placing 4th in the New
England Regional Race. Congratulations, Chad - keep
up the good running, and don't forget to tell them
you're a MOHEGAN STRIDER.*

NEWS WANTED: Let us know what is going on with you and
your family. Let us know if you have some ideas about
where the Club should be headed, if there are some
improvements needing to be made, whatever. Your five
dollars entitles you to a say in Club matters. Make
that \$5 a good investment!



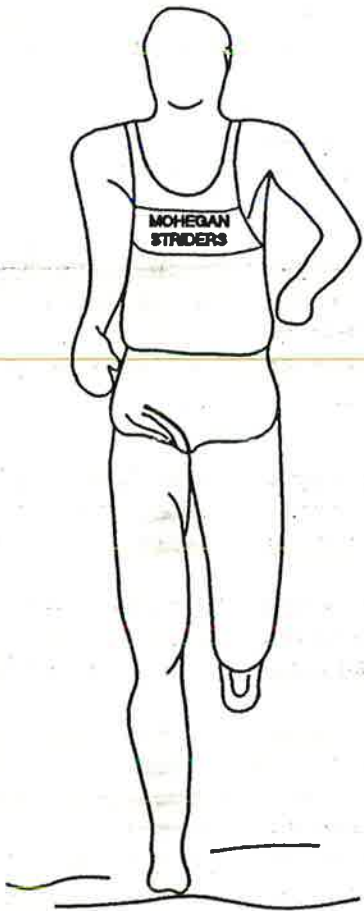
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HAPPY . HAPPY HOLIDAYS!



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RUNNING NEWS

Keep On Striding