

ARROWHEAD

PRESIDENT Walt Smolenski VICE PRESIDENT Ron Dombrowski
 SECRETARY Bob Carbray TREASURER Don Lewis

February 1988

News Deadline: April 10 1988

FROM PRESIDENT'S CORNER:

To the Strider Membership,

1988 has brought a lot of changes to our Club that we can all be proud of! First, the women's racing team is getting into a force that all team in Connecticut will have to contend with. Second, the men's racing team has been strengthened with the likes of Fran Houle that will keep them on top. Third, new uniforms have been designed for the racing teams that will make the Striders stand out in a crowd. Fourth, the Club has retained its sponsors, Bud Light-Levine Distributing Co., Norwich Physical Therapy Services, and newcomer Murillo Realty.

Finally, the involvement of you the members. At the special winter meeting the turnout was a sign of the interest the Club is taking in it's future. Committees were formed (see list next page) and the volunteers showed enthusiasm that can only bring good things to our Club and help it grow. If you have not expressed your interest to help, please contact one of the committee members and sign on with a group where your talents can best be used. I hope to see you all at the Spring Meeting and keep up the good work!

See you around - Walt.

MOHEGAN STRIDERS PHOTO ALBUM

The Mohegan Strider Social Activities Committee will be accepting pictures for the 1988 Strider Photo Album. Photos involving Striders at racing events, award ceremonies, social activities, etc. would be appreciated. Please contact KRIS ANNE PARDO (887-8963) or MICKI LEVIN (887-9547) if you would like to contribute to the album. **These pictures MUST be rated G!!**
 - KAP, Social Activities

Men's Racing Team
Lance Magnuson
Mike Geisen
Fran Houle
Joe Swift
Dean Festa

Women's Racing Team
Pat Lathrop
Sue Mackowicki
Nancy Forrest
Carl Mailhot
Kathy Smolenski

Club Racing
Dave Lathrop
Kevin Gallerini
Clam McGrath
Mike Moore

Social Activities
Ron Dombrowski
Micki Levin
Kris-Anne Pardo

Community Service
Tom Lee
Lynn Wisniewski
Dave Burnett
Doug Montie

Newsletters
Deb Webster
Don Lewis
Carl Mailhot
Ken Rawn
Karen Short
Walt Thoma

Uniforms
Pete Volkmar
John Ficarra

.....Many thanks already to Walt Smolenski and those who volunteered their time and efforts to contributing items for the Arrowhead. I was overwhelmed at the amount and variety of submissions coming arriving in my mailbox! The most mail I've received in ages! So here's to the NEW ARROWHEAD and those who are helping to make it more informative and interesting!

Debs

THE GRAND PRIX POINT SYSTEM

What's that?! According to VP Ron Dombrowski, the Grand Prix Point System is an additional incentive program that will be added to the "Designated Six" races and other selected races. Although the fine details are not worked out yet - you'll be hearing more about it soon, and suspicion is in order that this is yet to be another plus for the Club. Find out what it's all about - and then participate!

WELCOME TO ONE OF OUR NEWEST MEMBERS. We hope to meet you sometime soon at the races....

Dear Mr. Carbray,

(12/14/87)

My son David Burnett of Norwich suggested that I join the "Mohegan Striders". My check for \$5.00 is enclosed. My name and address is: Robert E. Burnett, P.O. Box 95, Mystic CT 06355.

I was born December 6, 1912 and I am 75 years old. I try to keep in shape by jogging at a pace of about 10½ minutes per mile; 3 to 5 miles, three times a week. I also try to enter two or three races a year.

Sincerely, Robert E. Burnett

!!

!JOE SWIFT WINS IN HARTFORD!

Mohegan Strider Joe Swift outdistanced more than 600 runners at the 2nd Annual Realty 10K Road Race held in Hartford February 7th. Joe's time of 30:51 was enough to beat out John Fitzgerald of Boston (30:58) and Mike Cobb of New Britain (31:08).

Norwich's Joe Banas placed 6th overall and captured the Submaster's title. Strider women Micki Levin and Kris-Anne Pardo both finished 287th with a time of 46:30.

Striders should consider running this fairly flat and enjoyable 10K next year. You'll be able to enjoy Hartford's Winter Festival while there.

-Kris-Anne Pardo

Since this is my column, I get to set the rules. So.....

- Rule #1 : This space will not have any format or purpose other than to provide factual information, dirt, and/or slanted views regarding *Striders* and/or *Strider* events, all or some of which may or may not be true. I don't know too many of you so my subject matter is limited until we have the pleasure of meeting (my pleasure or yours??).
- Rule #2 : The author reserves the right to lie (i.e. what I don't know, I'll make up).
- Rule #3 : What rules? There are no rules.

To begin...What has 14 legs (strong, muscular, and varying in length) and can be seen in the vicinity of Avery Point, weekdays, after 4pm? The EB CONNECTION -- John (Gianni, as in Poli) Ficarra, Way (Way-Way-Way-Way-Way-oops, got carried aWAY) Hedding, Pete (Volkmar) Volkmar and his proteges, Jen (Colan-Jello) Harter and Karen (Short) Short, and last but not least, the Tool Set : John (Jack Hammer) Brown and Steve (Handcrank) Hancock. Honorable Mentions to Kevin (Luciano) Gallerani and one of the Silva brothers (pick one).....Welcome back to the REAL *Striders*, Fran Houle.....Thanks bestowed upon SNERRO for compiling the 1988 Road Race Schedule. If you haven't gotten your copy yet, check local newspapers or ask any SNERRO rep at the next road race (you can't miss those SNERRO jac-kets).....Thanks also to the SNERRETES for their complete, selfless, dedicated, compassionate (passionate?) finish line services (have you been through our chute??). Coming Attractions: SNERRO sponsored Montauk Ave. Mile Run. Details forthcoming.....Congrats to Gianni and Volkmar for designing the NEW *Strider* uniforms -- they're HOT (as are the uniforms), and bear a striking color resemblance to a certain, equally HOT, moonroofed MR2 those guys have been seen cruising around in.....Hey, Santa, how about slowing the pace to a nice 10 minute slog (that's slow jog for you racers) at this year's Tommy Toy Fund Fun Run?? The GIMP (Give Into Maximum Pleasure) club in the back of the pack would rather sing with you than hear your echoes.....Good news for Mike Moore. Looks like he won't need ankle surgery after all. Mike has been seen pounding the pavement around Norwich during his lunch break. Hey, Mike, is your companion a *Strider* ?? Membership is cheap -- only a (paper) plate away.....The next serious run for the EB CONNECTION is the Boston MDA Milk Run on 4/10. A bus or van could be rented if there is sufficient *Strider* interest.....

Future **ShorTakes**: Marathon Madness from the Road Crew. The truth (see rule #2 above) about previous marathons and the inside scoop on incriminating developments from this year's Boston run. (Find out what the Wellesley women were really offering at their water stop).....

And, in closing, what DO those little shades REALLY mean??

THE WOMEN'S REPORT

- KEN RAWN

Pat Lathrop, the Mohegan Striders Women's Racing Committee Chairperson, reports that her group has been active in creating a calendar of events for Strider's interested in racing and race conditioning: weekly workouts are available at the NFA track on Mondays at 6:00 pm. A variety of distances and required efforts are to be found as no fixed workout schedule is being adhered to. As usual there is a crew running out of the Pine Street A.C. Thursday nights, 5:00 pm (Jack Curran's house, 9 miles, easy, depending on who's running). On Saturday at 9:00 am a group meets at Pat Lathrop's; the distance varies from 6 to 9 miles. Pat says "We go slowly". Sunday at 9:00 am Striders meet to run in Mohegan Park from the Rec Building.

A tentative race schedule has been planned for the early 1988 season. Those that are fit and able might consider the following: Sunday, Feb 28 - 10K race, Mohegan Park Rec Building; Saturday, March 12 - St. Pat's 5 miler - 1:00 pm in Mystic; Saturday, March 19 - Holyoke Mass; Sunday, April 3 - Connecticut College, New London, and Sunday, April 10 - Boston's Milk Run.

The Striders plan to have strong teams for the Rose Arts, TAC Championship in Willi and the TAC Cross Country Championship at Wickham Park this fall. If you are interested in being part of one of the Mohegan Strider's Racing Teams call Pat Lathrop or one of the other committee members (see page 2).

I will be following the road racing events for our newsletter. If you have information on the activities of our women's membership in out-of-the-area races, let me know and I'll make the effort to see that the Club is kept up to date.

A belated HAPPY NEW YEAR to all Striders. Hope your holidays were festive! Speaking of festive, the year's MOST FESTIVE RACE title has to go to the New Year's Run/Swim originating at Johnny Kelley's house in Mystic. Although not really a race, this event, now in its 19th year, continues to attract more runners (and cameras) each year. Approximately 150 souls set off at noon for Groton Long Point Beach led by cofounders Amby Burfoot and Lee Burbank. The event has been dubbed "Marty's Run" in recent years in memory of the late Marty Valentine, also a cofounder. Striders were well represented as usual, although many were not at their peak efficiency due to Dec. 31 excesses.



Left to right: Steve Hancock's coat; Pete Volkmar & Gianni Ficarra wishing all Striders a Happy '88!

Photo courtesy of Runner's World Magazine

A couple of hearty Striders completed a unique New Years Day double by competing in the Central Park Midnight 5 Mile Race in New York City and then driving back to Mystic for the noon Run/Swim. Pete Volkmar and Gianni Ficarra donned on their trademark plaid jackets and completed the NYC run in a leisurely one hour and four minutes. As noted in Runner's World Magazine, the fellows had a bit of a problem leaving the champagne stop at 3 miles, thus contributing to their non-P.R. performances.

Joe Swift, top Strider runner for 1987, started 1988 off on the right foot by winning two recent races. He captured the Kelley's Pace Frostbite 5 mile of January 24 in 24:55 and the Winter Challenge 10K in Hartford on February 7 in 30:52. Strider Joe Banas finished 5th in Hartford against a field of 500. Fine early-season performances including Darrin Eisman, Dennis Tetreault, Walt Smolenski and Nancy Forrest. Personally, Biff is waiting for warmer weather before lacing up the racing shoes.

Finally, everybody and their brother does a "Best of" or "Top Ten of" or "Best and Worst of" 1987 list at year's end. And hey, even though it's February, here's a list of Biff's 1987 BEST RACING MOMENTS:

BEST RACE PERFORMANCE BY A STRIDER: Joe Swift's 6th place finish at the New Haven 20K. Try 12.4 miles at 5:10 per.

BEST RACING BARGAINS: Kelley/Ocean Beach 11.6 Miler. Medals, refreshments, free parking, beach. Entry fee: \$0.00.

BEST RACE COURSE: Tarzan Brown, Mystic. Flat, fast, beautiful river views and a neat through-the-woods turnaround.

MOST ORGANIZED RACE: Rose Arts Festival 10.6 Miler. From a runner's viewpoint this one seems to come off without a hitch. Nice location, easy number pickup, radio coverage, finish line announcements, fast results (no card need to be filled out), and for a long race - no one gets lost on the course. 99C

BEST RACE TO MAKE A WEEKEND OF: Tie. Montreal Marathon and Block Island 15K. These two seem to bring out the best of all Striders who attend. For Block Island, make sure you take the big boat.

MOST COMPETITIVE RACE: Willimantic 5K. This TAC Championship run had a loaded field with super-fast times. 50th place was 16-something.

BEST RELATIVELY NEW RACE: Fall Team Challenge 5 Miler. Way Hedding has done a great job in making this a don't-miss, late November Classic. Forming a team for one day is half the fun. Gotta do something about last year's weather, however.

BEST RACING TREND: The emergence in '87 of a solid core of women Striders racing on a competitive basis.

RACE I'D HATE TO SEE DISAPPEAR: Sub Base Memorial Day 5 Miler. This one has it all. Organization, challenging course, great hospitality, patriotism, marching Marines, live band, etc. It'll be tough to top the job the Marines have done with this race, over the years, but I'm hoping this one will continue under new sponsorship.

Winter time and the 4R's; rest, re-evaluate, rehabilitate, rejuvenate - My own perspective of January to March:

- I. **REST:** The need to let the mind and body wind down
 - to let the body recuperate
 - to find a new beginning
 - to slow the pace down

- II. **RE-EVALUATE:** The need to re-examine yourself as an athlete
 - to help balance the need to compete with the need to feel healthy
 - to reflect on what you've accomplished
 - to remind yourself of why you train

- III. **REHABILITATE:** The need to restore your optimum level of function
 - to find the balance between strength and endurance
 - to find the balance between flexibility and stability
 - to give yourself time to heal old injuries

- IV. **REJUVENATE:** The need to rekindle the flame
 - to redefine your desires and potential
 - to resolve to make yourself feel motivated
 - to clearly see the end result

JUST A REMINDER:

For those who've signed up or wish to, the research project of Harris Kleinkopf, D.P.M. and Carl R. Mailhot, P.T. is moving forward, albeit slowly. Research review of literature has not been completed but we hope to complete this soon. I've got names of those interested from the Fall 87 meeting, but we still are taking names for potential candidates. I'm sure we'll be in touch in February, 1988.

Carl

**NORWICH
PHYSICAL THERAPY
SERVICES**

SUNDAY, Feb 28. Last Rec Run! 10K thru scenic Mohegan Park. 9:30 starting time. Entry fee: 1 trash/treasure item.

RESERVE THIS DATE: Thursday, April 21, 1988. 7:00 pm. Annual Mohegan Strider Spring Meeting. Location to be announced in next issue of ARROWHEAD.

WELCOME! WELCOME! WELCOME to newest RACING TEAM SPONSOR Julio Murillo (MURILLO REALTY) to the other side of racing. The Strider's Racing teams are really getting the backing they deserve! Thank you, Julio.

HAPPY BIRTHDAY TO: Jeannie-Nancy-Terrie-Pete-Adam-Erik-Kelley-Gerry-Andrew-Peter-Vincent-Molly-Ed-Gary-Tim-John-Kelly-Gary & Sue....

DUES are now payable for 1988. \$5.00 initial member of household; \$.50 each additional member. IT'S WORTH THE INVESTMENT.

BEWARE: THIS WILL BE YOUR LAST NEWSLETTER IF YOU HAVE NOT PAID YOUR DUES FOR 1988. PLEASE PAY'EM AND KEEP IN TOUCH WITH US - OR AT THE VERY LEAST, PAY'EM AND LET US KEEP IN TOUCH WITH YOU!



THE days are getting longer and warmer - and the "serious" racing season is approaching as quickly as some of the notorious "Super Speeds" of the Mohegan Striders.

Since more and more races are starting to fill up our schedules, the following are a few tips (or reminders) for a safer and more successful racing season.

Good luck in all your endeavors!

Hints from SNERRO
(Southern New England Road Race Officials)

Keep in mind the following suggestions when running races:

1. Once you cross the finish line, STAY in the chute. Don't cut out before you've gone completely through.
2. Please be sure that your race number is visible when crossing the finish line. Only genuine rookies put their number on their back.
3. When you wear a 'tear-off' number, please don't pin down the part that will be torn off at the finish.
4. Those of you that don't officially enter a race, but still run (a.k.a. BANDITS!!!), please don't cross the finish line as it causes confusion when the results are posted. If you find that you can't muster up the entry fee, please DON'T cross the finish line.
5. Once you cross the finish line, stay in line. Don't pass in the chute.
6. Don't stop after you cross the finish line. Keep moving to avoid a backup of runners in the chute. If you need assistance, ask someone working in the chute to help.
7. Please don't talk to the timers and other finish line workers during the race. Often runners will ask for their times etc. This only distracts the workers and can cause errors in the results.
8. If you time yourself with your own watch, try to be accurate and don't clear the time after finishing. It could provide a backup if there is a malfunction of the official timing systems.
9. If given an index card in the chute, fill it out quickly and COMPLETELY, and turn it in before it gets wet and unreadable.

If all runners abide by these suggestions, races will 'run' more smoothly and the results will be posted sooner.

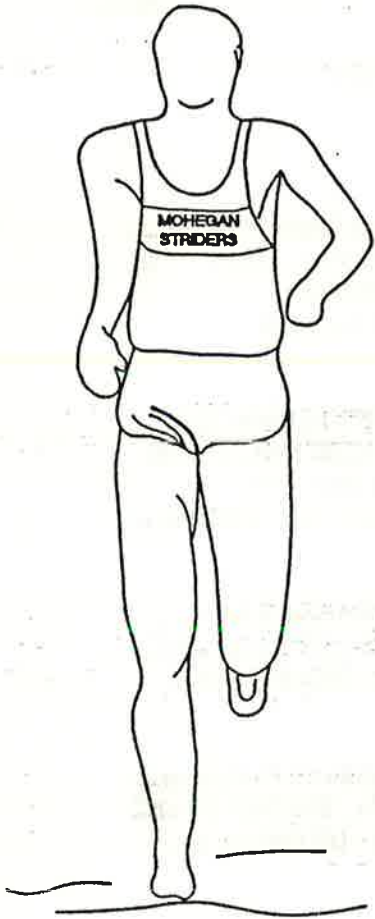
1988 ROAD RACE SCHEDULE

1/25/88

99D

Prepared by the Southern New England Road Race Officials. (SNERRO)

- JAN 24 - Kelley's Pace Frostbite 5 Mi.
Old Mystic Village, Mystic, CT.,
1:00 p.m. \$6.00 before 18 Jan 88,
\$8.00 after. Race Director -
Kelley's Pace, 203-536-8175.
- FEB 14 - Cupid's Run 3 Mi. Couples Relay
Mystic Community Center, Mystic, CT.,
\$5.00 Start Time TBD. Race Director -
Brad Vernet, 203-536-3575.
- MAR 6 - 1st Annual John W. English
1/2 Marathon - Snow School,
Middletown, CT., 11:00 a.m., \$5.00
Race Director - Middletown Park & Rec
203-344-3468.
- MAR 12 - Leprechaun Leap, 5 Mi., Mystic River
Bridge, Rt. 1 Mystic, CT., 1:00 p.m.
\$7.00, Race Director - Kathy Isbister,
203-536-8352.
- MAR 13 - Bud Jennings Memorial 5K, Groton
Lodge of Elks, Groton, CT., 11:00 a.m.,
\$5.00 before 11 Mar 88, \$6.00 after.
Race Director - Ron LeFleur, 203-464-8190.
- MAR 20 - Mystic Lions Run for Sight, 5 Mi., Mystic
Community Center, Mystic, CT., 1:30 p.m.,
\$5.00/\$6.00 on Race Day, Race
Director - Bruce Holstein, 203-536-9651.
- MAR 27 - Kelley's Pace 5 Mi. (Tentative), Old
Mystic Village, Mystic, CT., Start time and
cost TBD. Race Director - Kelley's Pace,
203-536-8175.
- MAR 27 - 20th Annual Bernie Gaza - Walter Kowal
5 Mi., Snow School Middletown, CT.,
11:00 a.m. \$2.00. Race Director -
Middletown Park & Rec, 203-344-3468.
- APR 3 - April Fool's 5K - Connecticut College
Student Center, New London, CT.,
1:30 p.m., \$5.00/\$6.00 on Race day.
Race Director - Ned Bishop, 203- 447-7695.
- APR 9 - Spring Run - 5 Mi. Ocean Beach Park,
New London, CT., 10:00 a.m., \$5.00
before 29 Mar 88, \$6.00 after.
Race Director - Barbara Bostwick,
203-447-2048
- APR 10 - MDA Boston Milk Run 10 K, Emmanuel
College, Boston, MA., 12:00 p.m., \$10.00
before 1 Apr 88, \$12.00 after. Race
Director - MDA 430C Salem St., Medford,
MA. 02155.
- APR 17 - 13th Annual Arthur J. Warnsley 5 Mi.,
Snow School, Middletown, CT., 9:00 a.m.,
Middletown Park & Rec., 203-344-3468.
- APR 17 - Clamdigger 5 Mi., Misquamicut Firehouse,
Westerly, R.I., 11:00 a.m., \$5.00/\$7.00 on
Race Day, Race Director - Bill Pedace Jr.,
401-596-8228.
- APR 18 - Boston Marathon, Hopkinton, MA.
12:00 p.m., \$15.00, Race Director -
BAA 17 Main St., Boston, MA. 01748
- MAY 2 - JUN 22 Groton Long Point Fun Runs, 1.5 Mi. &
3 Mi., 6:00 p.m. every Friday, No Cost,
Esquer Point Beach, Groton, CT., Race
Director - Eric Isbister, 203-572-9284.
- MAY 15 - Groton Road Race, 2.7 Mi. & 5.2 Mi.,
Starting Place TBD, 1:00 p.m., \$4.00/\$5.00
on Race Day, Race Director - Lee Delisle,
203-536-2669.
- MAY 21 - Springtime Festival 5K, Davis Park
Danielson, CT., 12:30 p.m., \$4.00/ \$8.00 on
race day. Teams must be entered prior to
19 May 88. Race Director - Glen and Marge
Stacy, 203-774-4272.
- MAY 22 - 1st Annual Carlyle G. Holt 5K, Snow School
Middletown, CT., 7:30 a.m., \$2.00, Race
Director - Middletown Park & Rec,
203-344-3468.



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RUNNING NEWS