

ELECTION OF OFFICERS AND PRESENTATION OF PLAQUES
HIGHLIGHTS OF FALL MEETING*

The 16th annual Fall Meeting of the Mohegan Striders was held Nov. 13, 1987, with President Joan Hill presiding. Fifty-two members and guests were in attendance.

The highlight of the meeting was the election of officers for 1988. Since the offices of both President and Vice-President were being vacated, two members came forward expressing their interest. Up for nomination for President were Ron Dombrowski and Walt Smolenski. By a majority vote, Walt Smolenski won the Presidency. The nominees for the office of Vice President were Ron Dombrowski and Carl Mailhot. Again by majority vote, Ron Dombrowski was installed as Vice President.

The offices of Secretary and Treasurer were retained by Bob Carbray and Don Lewis respectively.

Items of Old Business discussed were: 1. the results of the Strider's Racing teams at the Men's Masters Race at Wickham Park and the Woman's TAC 5K Championship in Willimantic; 2. the beginning date for the Winter Rec Runs through Mohegan Park announced; 3. a report of the Rose Arts Race was presented, and, 4. a summary of the successful 1987 Summer Rec Runs and plans for 1988 closed out the old Business.

Under New Business the following items were presented for discussion: 1. dues for 1988: to remain at the previous level; \$5.00 for first member of household, 50¢ for each additional household member, and \$1.00 for unattached junior members. 2. the annual \$5.00 membership for primary sanctioned sponsors to be waived was passed unanimously, 3. dates and times announced for the 5 mile race at Ocean Beach, the Pearl Harbor 5 mile Race in Waterford, and the Tommy Toy Fund Run; 4. activities and ideas for the Women's Program was presented, along with an informal schedule of available group workouts; and 5. a call for assistance for the 1988 Thursday night Summer Rec Runs was made.

Also under New Business, several plaques were presented and/or displayed: the first to Bob Carbray for 15 years of service as Club Secretary; Carl Mailhot and Lenny Levine also received plaques for their contributions to the Club as financial sponsors for the racing teams. Other awards were presented to various members for attendance at the "designated six" races and TAC races.

*The Secretary's minutes summarized by Deborah Webster.

NO NONSENSE NUTRITION FOR RUNNING

"Eat a grapefruit after every meal and you'll lose weight." "Eat this box of super duper protein powder and you too can have muscles like Arnold."

You've heard claims like these and hopefully are avoiding them. There are no miracle wonders out there for losing or gaining weight. The same goes for running faster. Unfortunately, there are businesses in the marketplace to con runners into buying the high energy granola bars, (chocolate covered, of course), athlete's milkshakes, and pills - "scientifically proven to make you run faster".

The truth of the matter is that your body will absorb and utilize a high carbohydrate meal much easier and safer than by other means. The main source of energy our muscles need is glycogen. Glycogen is best obtained by eating a diet rich in complete carbohydrates, 55% - 65% of your total daily caloric intake.

So the next time you want to wolf down a "Super Athlete Energy Bar", have a plate of spaghetti instead. For more information on sports nutrition, I suggest reading Dr. Robert Haas' "Eat To Win" or Nancy Clark's "The Athlete's Kitchen".

THE LOCAL SCENE IS HEATING UP, along with the weather. Lots of activity has been happening behind the scenes as well, as noted elsewhere in this issue. My hat goes off to all Striders who are taking an active role in planning and organizing upcoming racing events. We've seen greater involvement by a larger number of members than ever before. The Club can only improve as a result.

I'm pleased to report that our Men's team captured first place (and nice gift certificates) at the March 27th Hare Hop 5 Miler in Mystic. Joe Swift topped the entire field in 24:56, with Striders Joe Banas, Fran Houle, and Tim Smith cracking the top ten. Way Hedding rounded out the team scoring.

Within the next month our Strider Racing teams will compete in the first TAC State Championship race, the Meriden 15K. This year, for the first time, an overall team award will be presented to the clubs that score best in the complete series of TAC races. I believe that both our men's and women's teams feel that capturing the overall State title is a realistic goal for 1988. The men's team has been bolstered by the return of Fran Houle, while the women's team, which made such a fine showing in the latter part of '87, has trained regularly as a group during the winter in the hopes of making some big noise in racing circles in '88. Best wishes to both groups and also our Master Men's Team.

A late addition to the local racing calendar was brought to Biff's attention by Club Treasurer Don Lewis, who is directing Lawrence & Memorial Hospital's 1st Annual Spring Stride 3.5 Miler on Saturday May 7th, at 10:00 am. The flat course and shorter distance make this a nice tune-up race. Don promises some real nice prizes, raffles, refreshments, live music and a surprise or two. I'll be there.... hope to see you there.....

THE WOMEN'S REPORT

BY KEN RAWN

There has been a good deal more activity on the local scene. I have seen more of us out and training in recent weeks and certainly race attendance has picked up the pace as well. The Groton Run, a 5K effort, based at the Groton's Elk's was well attended by Strider women. The race was won by Margaret Beardsley of Groton in a time of 17:17. Strider performances are as follows:

Women's Open: Micky Levin with a time of 18:14, Pat Lathrop in 21:03, and Jan Damon with 21:19. The Women's Masters: Rose Buckingham, first in the division, 21:19; Barbara Williams 22:12 second in division; and Judi McGrath with 22:59. Tina Tetreault placed first in the Women's Junior Division with a time of 22:06.

At the Campbell Memorial Run, (5.1 mi.) on 3/19/88 in Tolland, CT, Gail Shalowitz placed first in both the open and Women's Submaster's Divisions, set a course record of 32:12. Running and placing for the Strider's were Nancy Forrest, 2nd overall and in the submaster's division, with a time of 37:02, and Geraldine Palonen placing 3rd overall and 1st in the Women's Master's Division.

Ginnie Ereshena held 5th place overall, and 2nd in her division at the 9th Annual Willimantic Easter Race on 4/2 in the 3 mile run. Submaster Nancy Forrest ran the 5.1 miler in 37:22, and Women's Master Rose Buckingham took second in her division with a time of 36:59. Again Geraldine Palonen ran a good time of 37:10.

Now active in college competition, Sue Mackowicki runs for the E.C.S.U. track team. She reports that she is finding some of the quickness returning to her feet but running a hard 800 still burns the lungs. She recently won an 800 meter race at Worcester Tech, running a 2:31 with

To update earlier reports: Pat Lathrop is Chairperson for the TAC version of the Strider Women's Racing Team. Some up and coming events that maybe of interest: April 24, 10 am, Daffodil 15 K, Meriden CT TAC; May 21, 12:30 pm, Danielson Team Race; June 19, 9:30 am, Rose Arts 10.7 Team Race; June 26, Fairfield Half Marathon TAC Team Race; July 3, Prospect CT, 5 miler, TAC Team Race; and for the WOMEN ONLY: May 8, G. Fox 10K i. Hartford, and June 6, L'eggs Mini-Marathon 10K, NYC. Keep posted for more results and reports on the women's progress, and for future races.

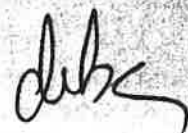
SHORT TAKES

The unmistakable signs of Spring: SHORTs (er...not long pants...) instead of tights on an afternoon run, Duke and Luna cruising topless, the Boston Marathon just weeks away, a slimmed-down version of Skid, and 'Warm Beer' Liggett back in the racing circuit. Yes, Spring is finally here....A hearty welcome to Data System Division's newest *Striders*: Dave 'See-You-At-The-Starting-Line' Kotula, Rich 'I'll-Run-Rose-Arts-With-You-Next-Year-I-Promise' Bremer, Slim Jim LaTourette, and Data Admin's very own Paul 'Ironman' Mykletyn (actually, I have no proof that Paul sent in his five dollar membership fee, but if he didn't, this tribute should be enough to humiliate him into doing so. Unlike that other DA runner who had a nice lunch on the generous contributions his co-workers collected toward his *Strider* membership fee. And, no, I'm not talking about Mike Moore...). Not to be forgotten is EB's Ed Murphy, who obviously has more class than his boss (Ed's boss was last seen wearing Steve Handcrank's oh-so-fashionable plaid jacket in the February *Strider* newsletter. Must admit that the jacket is more flattering than those lovely Kelly green uniforms that Eric...I mean...Ed's boss is usually seen wearing)...Congratulations to Micki Levin for her second place finish in the Bud Jennings Memorial 5K race. Method of prize distribution (reluctantly) aside, Micki should consider herself lucky that those choosing prizes ahead of her were either baseball fans or in desperate need of haircuts (is that why you didn't run this year, G?? You certainly don't need a haircut and you did win the bat last year)....And speaking of the Bud Jennings race, Special Merit awards to the Hanson LFRs - Craig, Kristen, and Corrie - for pacing Mom and Dad throughout the grueling 5K course....Hey, Arlene, just joking. It's nice to see you out there - you keep SNERRO sober....Speaking of SNERRO, ever wonder what those sexy SNERRO volunteers are up to while you're out there hammering?? Donate some time and find out - you may never run another race (is there an existential truth to be discovered in 'Whiter Shade of Pale' or not??)....Onto *Strider* Non-Running News: those of you who love watching Dean Festa in his purple and black tights are going to love him on stage at the Stonington Community Center, April 15, 16, 22, and 23 in the Stonington Players' adaptation of Neil Simon's *The Odd Couple*. Break a leg, Montenegro (well, maybe not. How about an arm??)...'Nantic Fats' (a.k.a. Mo Hedding) was recently spotted hustling pool at John's Bar in Mystic. Anyone fortunate enough to have (adventured into John's can appreciate the difficulty in recognizing anyone through the ever present cloud of smoke. Melinda, however, was resplendent in her SNERRO orange and was quite noticeable....Caught Clem McGrath in fine style on St. Patty's Day - limo service to the Lorelei followed by a wee bit o' aerobic action on the dance floor (ooh, Clem, how you move!!! Been getting lessons from Give-Em-What-They-Want??)....Anyone seen Kris-Anne Pardo lately?? She was last seen entering The Haunted Bathroom prior to the Holyoke race....Hey, Volkmar, have YOU replaced your dinosaur on the shelf??....AND....Very Special Birthday wishes to two Very Special friends - Gianni and Jen. I love you both lotsandlotsandlots....

Future ShortTakes: Highlights from the MDA Milk Run. Fun. Fun. Fun. Hedding-organized bus ride. Great race. Quincy Market. Hangovers (note who organized the bus ride...need I say more??) and sordid details to follow....

And, in closing, Why do you build me up, Buttercup??

Many thanks going out to those contributing items for the newsletter and their assistance in getting it ready for mailing. A little bit of help from a lot of people sure makes the work go easier - and during this season, the busiest time of the year for me, I appreciate every bit of help I can get. A great big thank you - again!



The Racing Committee met Feb. 23 and March 10 and accomplished several objectives:

1. Determined the Connecticut TAC Championship races in which the Striders will compete as a racing team.
2. Determined the so-called "Sponsored Races" during which monies from Levine Distributors, Murillo Reality and Norwich Physical Therapy Services will be distributed.
3. Established a budget for various aspects of the racing team, the Club and women's racing teams.
4. Determined the qualifications for the racing teams.
5. Established the method for reimbursement to the runners for the cost of the uniforms and sweats.
6. Established the method of payment of bonus money at "sponsored races".
7. Set up and assigned race coordinators for TAC races and sponsored races.

TAC RACES (6)

April 24 Sun	Meriden 15 K
June 26 Sun	Fairfield ½ Marathon
July 3 Sun	Prospect 5 mi.
July 17 Sun	Southington 12 K
Aug 7 Sun	Willimantic 5 K
Aug 13 Sat	Shelton 10 K

SPONSORED RACES (5)

May 21 Sat	Danielson 5 K
June 19 Sun	Rose Arts 10.47
Aug 7 Sun	Willimantic 5 K
Sept 15 Thurs	Downtown Norwich 2 & 5 mi.
Nov 6 Sun	Tarzan Brown 5 mi.

RACE TEAMS BUDGET

Budget total: \$5,000.00

- | | |
|--|--------------------------------|
| a. \$800 - Grand Prix and Raffles via club Committee | c. \$450 - Women's TAC Races |
| b. \$750 - Men's TAC Races | e. \$750 - Uniforms and sweats |
| d. \$2000 - Sponsored Race Payoffs | f. \$250 - Unallotted |

MEN'S RACING TEAM: Established by Committee based on past performances. The men's TAC racing team consists of the following ten members and will have other members added as performance and need dictate:

Joe Banas, Darrin Eisman, Fran Houle, Bill Marshall, Joe Swift, Sean Delaney, Chris Hansen, Don Sikorski, Tim Smith, Ed Zubritsky

REIMBURSEMENT of cost of sweats and uniforms is based on performances in TAC races. The following are awarded both sweats and uniforms based on last year's performance in TAC races:

Joe Swift, Darrin Eisman, Bill Marshall, Sean Delaney, Ed Zubritsky, Nancy Forrest; as sponsors Julio Murillo and Carl Mailhot qualify for uniforms.

Other members may qualify for uniforms and sweats reimbursement by scoring on a placing team in any two of the TAC races. A member scoring on a placing team in or one of the TAC races qualifies for uniform reimbursement only; 1 score = uniform only, 2 score = uniform and sweats.

PAYMENT OF BONUS MONEY AT "SPONSORED" RACES is based on race finish:

	MEN	WOMEN
Win Race:	\$15	\$15
1st Strider:	\$15	\$15
2nd Strider:	\$10	\$10
3rd Strider:	\$ 5	\$ 5

ADDITIONAL BONUS BASED ON RACE PERFORMANCE: Each sponsored race will have qualifications for Bonus payments determined by the Committee. For example, the Danielson 5 K performance bonus is as follows:

MEN		WOMEN	
14:56 and under	\$20	16:51 and under	\$20
15:00 and under	\$15	17:00 and under	\$15
15:30 and under	\$10	17:30 and under	\$10
16:30 and under	\$ 5	18:30 and under	\$ 5

Qualifying times are based on CT TAC Records: Men 14:56, Women 16:51

RACE COORDINATORS

April 24	Sunday	Meriden 15 K (TAC)	Phil Doyle	887-6326
May 21	Saturday	Danielson 5 K (Sponsored)	Lance Magnuson	642-7797
June 19	Sunday	Rose Arts (Sponsored)	Phil Doyle	887-6326
June 26	Sunday	Fairfield ½ Mar. (TAC)	Carl Mailhot	887-3279
July 3	Sunday	Prospect 5 mi. (TAC)	Fran Houle	822-6206
July 17	Sunday	Southington 12 K (TAC)	Michael Geison	886-2514
Aug 7	Sunday	Willimantic 5 K (TAC/Spon.)	Walt Smolenski	537-3950
Aug 13	Saturday	Shelton 10 K (TAC)	Undecided	-----
Sept 15	Thursday	Downtown Norwich (Sponsored)	Undecided	-----
Nov 6	Sunday	Tarzan Brown (Sponsored)	Undecided	-----

The Race Coordinator's duties include:

- | | |
|--|---|
| <p>A. APPLICATIONS:
Enter team with TAC numbers
Notify runners</p> | <p>B. AT RACE:
Coordinate team/set up banner
Enter team
Collect results
Accept awards
Disburse prize money after calculating same
Disburse travel allowances, entry fees, etc as applicable</p> |
| <p>C. AFTER RACE:
Call newspaper with results
Call Strider Newsletter
Contact Treasurer, turn in receipts extra cash, etc.</p> | |

STRIDER BULLETIN BOARD

Congrats to Way Hedding for getting a busload of Striders together to cheer on those racing the Boston Milk Run and visit Quincy Market. Quite a successful venture for the first time around....

Happy birthdays going out to: GARY-ROB-KRIS ANNE-BOB-JENNIFER-RON-DON-ANDY-RANDY-RACHAEL-CONNIE-RICHARD-WALT-GERARD-ROGER-EVERETT-NANCY-PAT-DON-ART-MARSHALL-RICH-JIM-WALT-JOE-JEFF-IRV...

Schedule of Club Running/Training Activities:

NFA Track, Monday nights, 6 pm; track work
Jack Curran's home, Pine St., 5 pm, medium distance workout
Thursday night Rec Runs - Mohegan Park

DUES ARE OVERDUE: Enclosed with this Newsletter is a FINAL DUES NOTICE for those carry-over members who have not yet paid their 1988 dues. According to our Constitution, dues are payable Jan 1, and are delinquent by February 1. We are becoming a stronger-than-ever Club, and this depends on people power! Make sure you're one of the people who wields this power! **IN OTHER WORDS, PAY YOUR DUES & BE ONE OF US!**

Don't forget to mark Sunday June 5th on your calendar. The 9th Annual Father Casey Memorial 4.7 miler is the occasion, along with the Our Lady of the Lourdes Parish Festival. It's a good hard race, a good fun time and generous prizes. Be there to run, fun, cheer on or assist timer Bob Carbray at the finish line.

