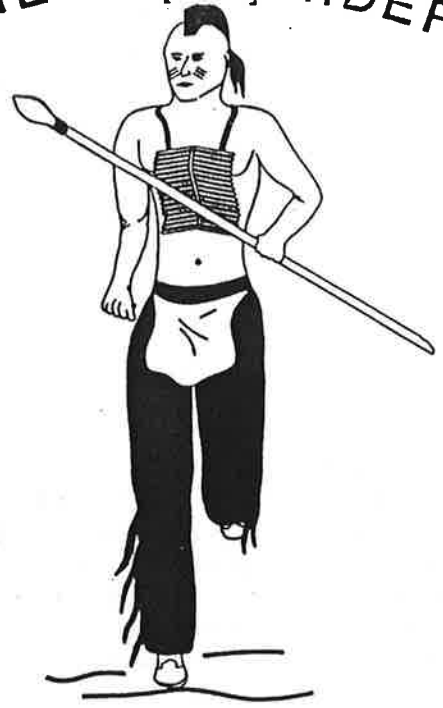


MOHEGAN STRIDERS



ARROWHEAD

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

June 1988

Membership: 276

Dear Fellow Striders,

I'd like to reflect on the past six months during which I've been more involved with the Striders than ever before and obviously have kept the interests of the Club as a top priority. I've made it a point to witness the Strider events that took place in the early running season, and I'm proud of what I've seen. The new uniforms and warm-up suits are an outward appearance of change but clearly this is overshadowed by the positive emotional changes I've seen. The spirit and camaraderie of the Striders is making us the envy of all clubs. The enthusiasm I saw at the Meriden and Danielson races is spreading, people came up to me complimenting the team spirit and pride the Club possesses, and members of our Club are asking more often "How can I help?" This makes being Club President a very rewarding experience, I can't wait to see what the rest of the year will bring!

I'd like to pause to congratulate Tim Smith for his induction into the Norwich Sports Hall of Fame, which sums up Tim's achievements and the impact he has made on the sport we love. I'd also like to thank Debbie Webster for her dedication and efforts to bring the Arrowhead Newsletter to our homes. Debbie is stepping down as Newsletter Editor and will be missed.

So, to wrap up, I hope to see you all at the upcoming Strider events. Come out, get involved and feel the spirit!

Walt

THE ARROWHEAD IS IN NEED OF A NEWSLETTER COORDINATOR/EDITOR. If you would like to help fill this position please contact Walt Smolenski or Pete Volkmar, or Debs Webster. We need your HELP!

RACING ROUNDUP BY BIFF LAIDBACK

Deb Webster, say it ain't so! As one of the few individuals able to read Biff's handwriting, your departure from the ARROWHEAD will be a great loss. Hope you'll reconsider.

Much to write about, re: the local racing scene. Several groups of Striders made visits to Boston in April for the Milk Run on 4/10 and the BIG ONE (Marathon) on 4/18. The first bus trip in several years, for the Milk Run, was a big success and organizers predict two buses for '89. Sounded like fun, with a real big-time race sandwiched in between the bus festivities. No word on race results, but I'm pleased to report all made it back to SE Conn.

An international flavor dominated the Boston marathon this year, due to a conflict with the U.S. Trials, and a small but hearty group of Strider regulars made the annual trek, led by Tim Smith, Ron Lafleur, Jim Hill, Dennis Tetreault, Dan Kerwin and Steve Hancock. Notable by his absence, and breaking a consecutive racing string of 13 Bostons, was ex-Strider President Jim Butler. Bitten by the injury bug, but passed up his first Boston since his college days. Hope to see you But, and wife Debbie and handsome son Bredan, cheering on Striders at local races. Don't worry, people will still remember you even if you have put on a few pounds.

Ed Zubritsky showed fine early season form in taking 2nd place overall at the Run For The Blind on 4/9 in New London. A couple of fine masters members, Ron Lafleur and Lance Magnuson, made good showings in cracking the top 15.

Connecticut club teams have their work cut out for them this year if the male Striders can keep up the kind of performance they put in on 4/24 to win the Meriden Dafodil 15K TAC Championship. Led by Joe Swift's 1st place finish in 48:33, the Strider's took places 4,5,7,9,10 and 15. Awesome. (Specific names and times are listed in Phil Doyle's report.) Michelle (Mickey) Levin led the female Striders to a 2nd place showing, clocking 62:17 for 4th place. Other gals scoring included Rose Buckingham, Geri Palonen, and Judy McGrath. Great going, teams!

Many Striders visited New London on 5/7 for L & M Hospital's first Spring Stride 3.5 Mile Race. Co-directed by Striders Don Lewis and (recent addition) Joel Patinre, the 400 starters were treated to pre-race entertainment by a swing band from Waterford, a color guard from the National Guard, and the not-soon-to-be-forgotten Runnin' McCrackins from the Sub Base. Much food and prizes were gobbled up by Striders present. Hey, Judy McGrath, what did you do with that carpeting? Who won the "Oh Calcutta" tickets?

Top male Striders: Fran Houle (3), Darrin Eisman (4), Sean Delaney (5), Joe Banas (6), Bill Marshall (7), Don Sikorski (10), Tim Sith (12), Luciano Galleran (13), Paul Toth (14), Mike Moore (18), Walt Smolenski (20), Jerry Lévasseur (26), and Don Lewis (27). Top Female Striders: Sue Mackowicki, Geri Palonen, Rose Buckingham. Many thanks to all Striders who helped get this race off on the right foot - DL.

Tremendous. Can't miss'em. Professional. Sharp. All these adjectives greeted the debut of our new club uniforms on 5/21 at the Danielson 5K. If you haven't seen them yet, you will! Red singlets and shorts, with white and silver lettering make for a real eye-catching running outfit. To order yours, (if you haven't already) fill out the order form in this newsletter.

At the Danielson 5K, Striders blazed over the fast course, led by Joe Swift (4th, 15:04), Fran Houle (5th, 15:06), Ed Zubritsky (15:24), Chris Hansen (15:26), Sean Delaney (15:28), Joe Banas (15:32), Don Sikorski (15:28), Bill Marshall (1st Master, 15:44), Tim Smith (15:51), Dennis Letreault (16:11), Mike Moore, Gianni Ficarra and Jack Silva broke 6:30 as well. Strider women were led by Kim Hawkes (welcome back to the Club!), Sue Mackowicki and Virginia Ereshena.

Ed Zubritsky continued his hot racing at the Sub Base's Memorial Day 5 Miler on 5/30. Ed took the lead on the grueling hospital hill portion of the course and wasn't challenged afterwards. Biff was very encouraged by the job the Sub School did as 1st time race directors, taking over for the Marines. The new start/finish area at North Lake is an ideal spot for a family event. When last spotted, dozens of Striders were moving their feet to Scoop's version of "Gimme Three Steps". Try this race next year, it's a good one.

Top Strider men: Zubritsky (26:56), Bill Marshall (3rd, 28:08), Mike Fusaro (4th, 28:17), Jack Silva (5th, 28:26), Mike Moore (6th, 28:38), Luciano Gallerani (7th, 28:58), Julio Murillo (10th, 29:26), Don Lewis (12th, 29:46), Walt Smolenski (14th, 29:53), Tony Strazzo (15th, 29:58), and Karl Christiansen (20th, 30:56). Top Strider women: Carla Brown (32:19), Sue Mackowicki (33:39) and Virginia Ereshena (36:07).

A WORD FROM KAP... & KATE....

After reading an article about Katherine Hepburn's winter ritual of swimming in Long Island Sound, I came up with an idea, to write to Ms. Hepburn and invite her to join us at Groton Long Point for the New Year's Day Run/Swim. Three weeks after sending my letter, I received a letter! I guess I should have emphasized she doesn't have to run the five miles, but just join us for the swim. Oh well, no local celebrities will be at the Point next year. I guess Pete Volkmar will have to do....

Katharine Houghton Hepburn

V - 25 - 1988

Dear Kris Anne Pardo --

I'm honored that you consider me capable of a road race -- I shan't accept because I might win and it would be so humiliating to all of you -- Good luck --

I think my story is that I just like to exercise and was brought up by a father who liked to exercise --

Banas 75th in Milk Run

Bulletin Staff Reports BOSTON - Seven area runners finished in the top 200 in the seventh annual Boston Milk Run yesterday. The 6.2-mile race attracted a field of 4,000.

Norwich's Joe Banas was 75th at 32:26. Bob Stack of New London was 82nd with a 35:50. Other local finishers were Ledyard's John Ficcar (111th, 34:01), Colchester's Walt Smolenski (114th, 34:17), Uncasville's Kevin Gallerani (135th, 34:49), Quaker Hill's Jack Silva (141th, 35:03) and Norwich's Joe Portelance (175th, 35:20). Jim Cooper of Charlotte, N.C., won with a time of 28:24.

SHORT TAKES

101C

Tragedy struck unexpectedly at the MDA Milk Run, April 10, 1988 : **Joe Banas** was beaten...by a WOMAN (or is that WHOAMAN, Mr. Springsteen?). Hard to swallow (without smiling), I know, but **Joe** couldn't withstand HER challenge, strength, and (dare I say it?) speed and SHE beat HIM. Chin up there, buddy, you were the first *Strider* finisher and you done us proud...Other Milk Run Highlights : **Fran Houle's** Main Squeeze blinded the back of the bus with that precious gem she's displaying on her left hand. Big date sometime next summer. Congrats to the happy couple...A recently passed Ct. law now permits buses that are filled with Gortex-clad legs and inoperable bathrooms to perform U-turns (or was that a K-turn??) on state highways when necessary...Which soft-spoken *Strider* reached out and touched (grabbed, pinched, glombed on) a Harty chunk of **Jen Harter's** left cheek (no facial tissue referred to here) on the return trip home?? He may not remember it, but she's still smiling. And I witnessed the inconspicuous goosing! But don't fret, **Mr. L.**, I'll never tell (not without making a reasonable profit first)...Major league thanks to **Way-Way** for the bus trip. Great time. Lots of laughs. Let's do it again next year. (Personal thanks to my race partner and Co-Sandbagger Award winner, **Danny F.** Somehow, you made a gruelling 6 miles fun. Now if I could only get you to either join our club or cancel your wedding plans -- and not necessarily in that order!??).....Ooooooh, **Volkmar**, I love it when you grrrrrrrrrowl.....But wait, fellow runners, just when all hope was gone and a meaning to life was never to be found, a faint glimmer of light is shining in the future. Incessant nagging appears (key word : appears) to have culminated in a victory for the *Mohegan Striders* (namely yours truly and **Mike Moore**) : **Dave Lang** (note the bold print, **Dave**. Only *Strider* members get bold print) has joined our ranks and will soon be proudly clothed in one of our sexy *Strider* uniforms. Can't wait to see you in red, **DLang**.....Speaking of which, boyohboyohboy did **Bliff** look GREAT in red and black tights warming up prior to the Danielson run.....Hey, **Luclano Gallerani** -- do you and Sharon really own a pool?? Summer's here and the time is right.....Newsflash : **Kathy Smo** continues to grow. Maybe by press time she'll have made our Prez a proud Daddy. Got that GIANTS uniform ready, **Walt**??.....A round of Pomp and Circumstance to **Carla Brown** and **Slim Jim LaTourette**. Both have managed to squeeze some studying into their training schedules and have completed their college degrees.....Someone's been doing some serious secret training and promises to be a major threat at an upcoming event. No turgid flesh here, folks. But don't sweat (well, maybe, on occasion...), **SB**, your secret(s) is(are) safe with me (as mine are with you, right??).....Caught **Dean Festa** onstage in The Odd Couple last month. Funny show. Talented guy. What's next, **Manolo**??.....You won't want to miss the SNEEKERS Run on August 21. Race directors are **Volkmar** and **Glanni**. Need I say more??.....Serious Stuff : **Mike Moore** is distributing the *Strider* Sweats. Anyone interested in purchasing the eye-catching, navy blue Bud Light/*Mohegan Strider* sweatshirts or sweatpants should contact **MIKE** at 376-2701 (Hey, **MIKEY**, **Wendy** gave me that phone number. Said she saw it etched on the wall in the Ladies room while she was 'Cleaning Your Bathroom').....

SNERRO Tip of the Month : **Bandits** -- those runners without official registration numbers -- should NOT cross the finish line. If you're running unofficially (or if you've already finished and have gone back out to escort in another runner), please please please exit the course BEFORE the finish line.

And, in closing, **Victor Mature**, where are you (and your thongs)??



for
The March of Dimes

Sunday, August 21, 1988.

12:00 p.m.
1:00 p.m.

2 Mile
5 Mile

Start & Finish: Sneekers Cafe, 568 Poquonnock Road, Groton, CT. 06340

Entry Fee: 2 Mile - \$5.00
5 Mile - \$7.00 if received before 18 August 1988.
\$10.00 after 18 August 1988 or on race day.

Note: Divisions, Distribution of awards and Refreshments will be based on the number of pre-registered runners.

- TAC Sanction - pending
- Start/Finish Line Services by SNERRO.
- The proceeds from this race will be presented to The March of Dimes.
- Pick up numbers and late registration at Sneekers Cafe between 10:30 a.m. and race time on Sunday, August 21, 1988.
- Team registration on race day only.
- Post race awards and refreshments at Sneekers Cafe.
- For team info and rules send SASE.
- Come dressed to run rain or shine.
- Special Gift to first 250 entrants.
- Individual/Team TAC number not required.

2 Mile Fun Run 12:00 p.m. Divisions - Men and Women's Open
Teams - Largest, Best Dressed, Worst Dressed
(5 people Minimum per team)
Fun Run awards will be FUN! - 1st Place each division

5 Mile Run 1:00 p.m. Divisions - Men and Women Junior (<18 race day)
Accurate Wheeled Open (18-39)
Course - Certification Master (40-49)
Pending Grandmaster (50+)
Open Team

• Cash Award to overall male and female winners - pending TAC sanction.
Depth of awards will be based on the number of pre-registered runners.

Checks Payable to: Race Director - Sneekers Cafe
568 Poquonnock Road
Groton, CT. 06340

Pete Volkmar - Race Director

Please enter me as a contestant in the 1988 Sneekers' Run Road Race. In consideration of this entry being accepted, I hereby for myself and my heirs, executors and administrators, waive and release any and all claim for damages I may incur, against any or all race sponsors or the committee in charge, their assigns and representatives, Sneekers Cafe, TAC/USA, and CT/TAC, for any and all injuries suffered by me while competing in or traveling to and from the event described in this entry application. IAAF Rule 144 applies.

Committee Use

NAME _____ AGE ON DAY OF RACE _____
 STREET _____ () FEMALE
 CITY _____ STATE _____ ZIP _____ () MALE
 TEAM NAME _____ 2 MI () 5 MI ()
 SIGNATURE _____

**EAST CONNECTICUT
RPT Services**

p.o. box 354, dayville, ct 06241-0354

1010

203-779-0150

Eastern Connecticut Region Physical Therapy Services

June 10, 1988

To: Mohegan Striders:

We have to date 16 questionnaires and/or willing subjects (more or less, one or the other). Thanks to those who have volunteered, however we are aiming for 30 people (60 feet) so if you have not sent anything yet, please do so for our and your benefit. Also, a reminder that the total cost for each subject is \$30.00; \$15.00 per test. WE are running a pre and post test. This is only for the cost of the electrodynogram electrodes, which are disposed of after each test.

Testing will begin on 6.9.88 for those who have responded. Cindy will be intouch with you regarding an appointment for this test.

Carl

"Staying Loose"

Carl Mailhot

The mental and physical state of an athlete will affect the outcome of a race or hard workout. Knowing how to get the most out of oneself is not a singular event. Many factors affect tuning up for a hard run. So much of an athlete's mental preparation lies within his/her perception of physical well being. Keying in on any chronic or lingering injuries, keeping up a training schedule as well as reaching P.R. goals all play a part in mental preparation. Often times we try to convince ourselves that we are ready, but because of underlying lingering aches and pains or unrealistic expectations, we fail. It then gets tougher to have that competitive feeling because of self doubt.

Avoiding this "uptight" feeling requires "staying loose" physically and mentally. Taking care of old, nagging injuries and stepping down from too aggressive a work out schedule is critically important. I know from personal experience that this is undeniably true. This spring/late winter I systematically strained my (R) hamstring, calf and foot muscles and needed to reassess my game plan for this spring racing season. I've learned a great deal from this experience, mostly centered around the concept of backing off when, or before I get too intense and reagravate my symptoms. I'd say I'm 85 to 95% better, but my conservative nature keeps me from overdoing it, and therefor keeping my expectations very reasonable and modest. Mentally, this has helped a great deal to prevent frustration at not hitting P.R.'s that are unrealistic.

After winning a small triathalon this spring (3 mile R; 10 mile B; 5 rep. max. weightlifting), the preparation was more then worth the effort and the "loosing" which I tried to exhibit this spring. The best part about all this is that I learned to keep a better perspective on my training and racing and, to "stay loose" with my program. Safe Running.

MEN'S RACING REPORT

MERIDEN 15K TAC CHAMPIONSHIP

IN AN AWESOME display of strength and depth, the Mohegan Striders Men's racing team captured the first TAC Championship of the season (4/24/88). Leading the entire field over a very hilly course, was JOE SWIFT in a time of 48:33, far outdistancing his nearest competitor. The hills didn't seem to bother FRAN HOULE or JOE BANAS either, as Fran finished fourth in 50:30 and Joe fifth at 50:43. When a team places three men in the top five, you know that's strength, especially in a championship race. But then the real test of the team began. And that's when the Striders really blew everyone away. The Mohegan Striders commenced to place their entire five scorers in the top nine, with CHRIS HANSEN seventh (51:05) and BILL MARSHALL ninth (Number 1 Master, by the way) at 51:34. Really rubbing it in was SEAN DELANEY, tenth in 51:53 and ED ZUBRITSKY fifteenth in 53:59. Let in sink in one more time folks: Five out of the top nine in a championship race; the entire seven man team in the top fifteen! Strength, depth, power - the MOHEGAN STRIDERS! CHAMPIONS!
-Phil Doyle

- AUG 25 Waterford Recreation X-Country Runs, Harkness Memorial State Park, Waterford, CT., 6:30 p.m. every Thursday, No charge, Race Director - Paul Eccard, 203-444-5881.
- JULY 4 - Chester Road Race, 4 MI., Chester Center, Chester, CT., 10:00 a.m., \$5.00/ \$6.00 on Race Day, Race Director - Frank Cadwell, 203-663-3006.
- JULY 6 - 8th Annual Groton Week, 3.1 MI., North Lake, U.S. Naval Submarine Base, Groton, CT., 7:00 p.m., \$6.00 (\$4.00 w/out tee-shirt) before 2 July 88, No post entries, Race Director - Tammy Stockdill, 203-449-2655.
- JULY 9 - Canterbury Road Race, 5K & 10K, Canterbury Fire House, Canterbury, CT., 9:00 a.m. (5K), 10:00 a.m (10K), \$5.00/ \$6.00 on Race Day, Race Director - George Maine, 203-546-0697 (after 8:00 p.m.).
- JULY 10 - Sallfest 5K, Water St. Parking Garage, Water St., New London, CT., Start time and cost TBD, Race Director - Lori Hopkins, 203-447-3271.
- JULY 10 - 17th Annual Vito Bonalito - Lucy Bettencourt 5 MI., Snow School Middletown, CT., 9:00 a.m., \$2.00, Race Director - Middletown Park & Rec, 203-344-3468.
- JULY 14 - Thursdays July 14 thru Sept 1, Mohegan Striders Rec Runs, 2MI. & 5 MI., Mohegan Park, 7:00 p.m., No charge, Race Director - Phil Doyle, 203-886-6326.
- JULY 16 - Ledyard 5 Person Relay 6 MI. Run, 6 MI. Canoe, 20 MI. Bike, 1/2 MI. Swim, Ledyard High School, Ledyard, CT., 8:00 a.m., \$75.00 per team before 24 June 88, \$100.00 after. Race Director - Don Grise, 203-464-8740 ext. 240.
- JULY 22 - Narragansett Blessing of the Fleet 10 MI., Narragansett High School, Narragansett, R.I., 6:00 p.m., Cost TBD, Race Director - Narragansett Lions Club. Rec, 203-344-3468.

- JULY 31 - 19th Annual Dr. Robert McCarthy 6.5 MI., Snow School School, Middletown, CT., 6:00 p.m., \$2.00, Race Director - Middletown Park & Rec, 203-344-3468.
- AUG 6 - John J. Kelley - Ocean Beach, 11.6 MI. Ocean Beach Park, New London, CT., 9:00 a.m., No Cost, 29 July 88 Registration Deadline, No Post entries, Race Director - Tony Sabilla, 203-443-6617.
- AUG 14 - Moosup 10K, American Legion Prospect St. Moosup, CT., 10:30 a.m., \$5.00/ \$6.00 on raceday, Race Director - Joe Krodel, 203-564-5893.
- AUG 14 - 16th Annual Dr. William Wrang Blathlon, 1/2 MI. Swim, 4 MI. Run, Don McCutcheon Park, Crystal Lake, Sommers, CT., 9:00 a.m. \$2.00, Race Director - Middletown Park & Rec, 203-344-3468.
- AUG 20 - 8th Annual Preston City Road Race, 7.2 MI., Preston Fairgrounds, Preston, CT., 9:00 a.m. \$3.00, Race Director - Roger Zottl, 203-889-3029.
- AUG 28 - 11th Waterford Week 5 MI. (3/4 MI. (LFR) Children's Run prior), Waterford High School, Waterford, CT., 10:30 a.m., \$5.00/ \$6.00 on Race Day, Race Director - Paul Eccard, 203-444-5881.
- AUG 28 - 25th Annual Dr. Charles Robbins 5 MI., Snow School, Middletown, CT., 9:00 a.m., \$2.00, Race Director - Middletown Park & Rec 203-344-3468.
- SEPT 4 - Montreal International Marathon, 9:00 a.m. \$15.00, Race Director - COMIM, P.O. Box 1570 St. B, Montreal, Quebec, H3B3L2 Canada, 514-879-1027
- SEPT 10 - Run Around the Block, 15K, Block Island, R.I., 1:00 p.m., Cost TBD, Race Director - Block Island Chamber of Commerce, 401-466-2982.

 ORDER FORM FOR CLUB UNIFORMS
 Dolphin shorts and tank \$25 (set) Warm-up Suit \$25 (set)
 Sizes can be mixed and matched

Indicate the NUMBER of each that you wish to reserve:

Women's SHORTS	SM ___ MED ___ LAR ___ XTRA LAR ___	TOPS SM ___ MED ___ LAR ___ XTRA LAR ___
Women's PANTS	SM ___ MED ___ LAR ___ XTRA LAR ___	S. SHIRT SM ___ MED ___ LAR ___ XTRA LAR ___
Men's SHORTS	SM ___ MED ___ LAR ___ XTRA LAR ___	TOPS SM ___ MED ___ LAR ___ XTRA LAR ___
Men's PANTS	SM ___ MED ___ LAR ___ XTRA LAR ___	S. SHIRTS SM ___ MED ___ LAR ___ XTRA LAR ___

NAME _____ PHONE _____

DO NOT SEND MONEY NOW!!! You will be notified when uniforms are available.
 Reserve your uniform and/or warmups now by filling out and sending this form to:
 Tom Lee, 3 Julian Terrace, Norwich, CT 06360



The Mohegan Striders
8 Sunset Ave.
Ledyard, CT 06339



First Class Postage

— MOHEGAN STRIDERS — RUNNING CLUB

SMITH
43 BEECH ST.
NORWICH, CT, 06360

RUNNING NEWS

STRIDER BULLETIN BOARD

EAST LYME MARATHON IS ON!!!! Scheduled for Sunday, September 25, 1988, at 8:30 am. A race that is favored by many - we're glad to see that it is being continued for at least another year. For more information, contact the East Lyme Chamber of Commerce.

The 8th Annual Fall Festival Race, held at the intersection of Rtes 169 and 138 in Lisbon, is scheduled for Saturday, September 17th, at 10:00 am. Race distance: 3.5 miles - a very pleasant run. Contact Judy Poprosky at 886-1058 for additional info.

BIRTHDAY SALUTATIONS TO: Dennis-Jon-Tom-Cliff & Cliff-Ron-Phil-Carla-Craig-Pat-Dave-Alissa-Jim-Lynne-Ted-Bob-Matthew-Bob-Pete-Kevin-Mickey-Piero-Karen-Clem-George-Karl-Jim-Laura-Mike-Jason-Greg-Jim-Kevin-JoAnne-Mike-Brian-Kim and Kathy.

A ROSE OF A RACE.....Best of luck (and weather) to the Striders running the Annual Rose Arts Race, and overdue thanks to those helping out. Special thanks going to Bill Marshall for running the event for his second year.

