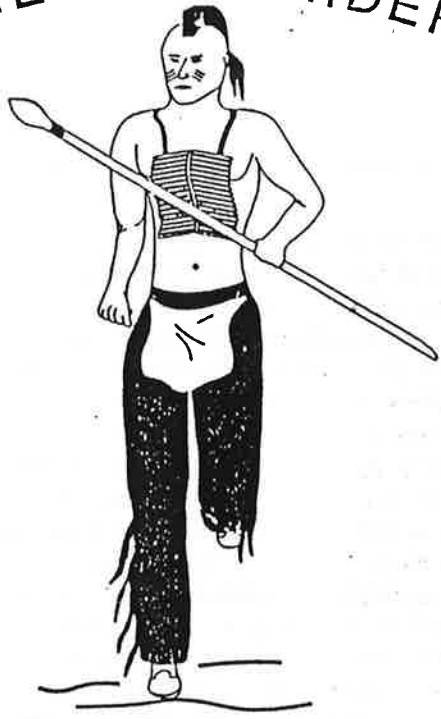


MOHEGAN STRIDERS



ARROWHEAD

PRESIDENT Walt Smolenski VICE PRESIDENT Ron Dombrowski

SECRETARY Bob Carbray TREASURER Don Lewis

August 1988

Membership: 333

PRESIDENT'S CORNER :

Dear Fellow Striders,

With any running program, a thought out plan with specific goals are what makes it successful. I think the Striders' planning for 1988 has shown how successful this club can be. I do believe we have only tapped into our potential. By honing our organizational skills, we can grow in strength, numbers, and vitality.

Planning is the key to handling the growth. Planning should begin now for the fall meeting. People interested in running for office should start letting their intentions be known. Prior to the fall meeting, I encourage committees to gather and evaluate the 1988 year and come up with some plans for 1989. I am going to form a budget committee with some key people that were involved in 1988 projects but I ask anyone wanting to serve on this committee to call me.

I continue to encourage everyone to get involved. Please be patient with the growing pains the club may exhibit at times. It's all necessary when venturing down new paths. The growth of the club demands many new ideas and many hands to carry out the responsibilities required to make the plan a SUCCESS.

I hope to see everyone at the picnic on August 28th.

Walt

SHORT TAKES

Well, well, well, did anyone happen to notice how unbelievably AWESOME the *Striders* were at Rose Arts this year?? I mean, did we, or did we not, do some serious butt-kicking?? And while I'm singing our praises, mega pats-on-the-back to anyone who successfully completed the Kelley race in conditions similar to those found in Hell (I think I slept there recently). Special congrats to good sport, **Joe Banas**, who finally achieved a deserved first place finish. And, before moving onto other news, anyone wishing to obtain a pair of **Way-Way's** SNERRO clown shorts (er...not long pants) should send **Mo-Linda** your measurements (Act now -- this could be your only chance to get into **Way's** pants). She has plenty of excess material.....Another Rose Arts, another great party. Heartfelt thanks to the **Houles** for hosting a bunch of fun-seeking, beer-drinking runners.....Welcome to the *Striders*, **Danny** and **Jeanne Busslere**. Now all we need to do is get Greg-Bob to join and we'll have a complete set of Data Center Singers (Santa Claus is coming to town.....).....Hey, **Blondie**, you're cute but those pink pants have got to go.....Caught our very own social committee chairman (a.k.a. **Ronny D.**) twisting the afternoon away at the VFW hall after the Montville Masters race. Also noteworthy was the unbeatable pool-playing wizardry of **Hancock** and **Ficarra** (next time, **Glanni**, you drive).....Don't forget the SNEEKERS' RUN on August 21st.....Heard a rumor that **Dean Festa** really makes the women scream in his next film. Hey, **Montenagro**, how about a demo??.....Was that **John Brown** I saw doing some secret training during lunch??.....**Debble** and **Jullo**, your house is beautiful but that view from the bedroom is breathtaking. How much for one night??.....AND, on a personal note (hey, this is my column, remember??), Happy 27th Birthday to **Pete Volkmar** (those of you who doubt his age haven't noticed his blonde hair either, I bet). My PR at Narragansett was because of you. May Montreal be as rewarding for you and that **SB** roommate of yours. My thoughts will be with you both. XOXOXOXOXOXOXO.....

And, in closing, what the hell does curmudgeon mean and how often can one repeat it during an 8 mile run?

A Letter From the Editors :

First and foremost, we would like to thank Deb Webster for the many hours she so generously put into the making of this newsletter. Only now can we begin to appreciate the dedication and effort that is required to publish and distribute the Strider News (a.k.a. 'The Arrowhead' -- how many of you knew that the newsletter even had a name??).

Secondly, we are new at this and are open to suggestions and input from anyone and everyone. Some of you know us; some of you may not have had that pleasure (and may wish to continue in that state). We are visible at the finish line of all SNERRO races (we're the ones with the matching orange tank tops and socks. Cute, huh?? We also operate the Chronomixes and, for a small fee, can provide you with that time that you have been struggling to achieve). We'd love to meet you and hear your thoughts and ideas on how to make this newsletter FUN (anyone objecting to the obliteration of that Mohegan Warrior logo better speak up because chances are he's history after this edition). In any case, comments/articles/letters/propositions can be sent to us :

Karen Short
50 Forest St.
Groton, Ct. 06340
446-1966

Yes, we're neighbors (cute, huh??)

Jen Harter
48 Forest St.
Groton, Ct. 06340
448-0184

Next newsletter deadline : October 10th. Hope to be hearing from you.....J&K

July 17 - Southington Distance Classic, 12K (TAC)

Folks got a little nervous when the race application said "starts and finishes at Mt. Southington ski area", but race organizers were pretty fair in laying out a relatively smooth course for this TAC championship. Striders were up bright and early again (except Darrin) for this 8:30 start. At least it gives the runners the rest of the day to do whatever. Strider men were nipped by Lead Pack AC for the team title by a scant 45 seconds. Strider women were 3rd behind B&W Tool and Libra AC. Joe Swift was top club runner in 38:37 for 4th. Way Hedding scored recruiting coup by inking race winner Bysiewicz and 3rd place Gary Nixon to Strider membership forms. Bill Marshall was 1st Master at 42:18. (I hear he was put up in a swank local motel the night before the race, too). Geri Polonen (55:21) and Rose Buckingham (56:31) took 3rd and 4th in the women's Masters category. Top Strider Men: Joe Swift, Fran Houle, Sean Delaney, Joe Banas, Ed Zubritsky (and wine raffle winner!). Top Strider Women: Carla Brown, Janice Boyes, Geri Palonen.

August 7 - John Kelley 11.6 Miller, New London

This one kicked off a big doubleheader race weekend as several Striders attempted the back-to-back Ocean Beach/Willimantic challenge. We managed a healthy turnout of Striders even with conflict of the TAC 5K championship the next day. Way Hedding, as race co-director, did another fine job as numerous water stops were set up on the hot course. Joe Banas made a smart tactical move by not following early leader Bob Stack, and had him reeled in by the 4 mile mark. Joe stretched it out from that point on and won in 64:45, which was a great effort in the 90° temperature. Tim Smith (1st Master) and Jack Silva (a fine 7th) teamed up with Joe to garner the team title for the red and silver. Steve Hancock surprised the crowd with a spirited version of the Star Spangled Banner prior to the start.

Strider Beach Blanketers

1.	Joe Banas	64:45		45.	Kurt Porta	75:26	
5.	Tim Smith	66:37	(1 st Master)	52.	John Brown	76:21	
7.	Jack Silva	66:52		55.	Dave Lang	76:29	
22.	Don Lewis	70:47		56.	Dave Lathrop	76:30	
25.	Paul Toth	71:15		60.	Jerry Levasseur	78:28	(4 th Grandmaster)
28.	Bill Marshall	71:59	(3 rd Master)	70.	Wayne Hanson	80:10	
29.	Julio Murillo	72:15		71.	Steve Hancock	80:10	

August 7 - Willimantic 5K (TAC, Sponsored)

All the big guns were out for this always competitive championship. Needing a strong showing to assure the state season-long championship, the men's team was well rested and ready for the stiff competition. The guys lived up to the challenge as they beat back Lead Pack by 1.5 minutes! New Strider Gary Nixon at 37 making a great comeback, closed a 30 yard deficit at 2.5 miles to win by 20 yards in 14:59, just seconds off the course record. Red uniforms were in abundance as Joe Swift, Darrin Eisman, Sean Delaney and Chris Hansen followed Gary to sew up the title. The Strider women's team finished a strong 3rd to B&W Tool and Groton Track Club. Club movie mogul Clem McGrath has it all on film. Top Strider Men: Gary Nixon(14:59), Joe Swift (15:17), Darrin Eisman (15:24), Sean Delaney (15:34), Chris Hansen (15:41). Women: Carla Brown (18:45), Janice Boyes (19:11), Micki Levin (19:30), Hollis Franklin (19:48), Kelly Hawkes (20:21).

Racing Shorts: Joe Swift 1st at June 9 Al Morrison-Reliance House 5K in Norwich. Carla Brown 2nd gal..... Dean "Oscar" Festa 2nd(!!) at Flag Day Run June 11 in East Lyme. Reports are Dean, dying to give an "acceptance speech" as race winners have prerogative to do, was pretty upset that the guy who beat him had heard about this underpublicized event.....Jan Damon placing consistently in top 3 at Waterford Rec Run Series on Thursdays.....Joe Banas 2nd at July 31 6.5 mile Dr. McCarthy race in Middletown.....Joe Swift won the lead-off running leg of Ledyard 5 Person Relay on July 16. Striders Tim Smith and Dave Lathrop also competed.....Darrin Eisman copped top finishes at the Ft. Shantok Monday night series, with new young Strider Ricky Chann placing on a regular basis.....Joe Swift 4th at Narragansett 10 miler on July 29. Pete Volkmar set a PR.....Tim Smith was the winner of the first Montville Masters 10K on July 31.

RACING ROUNDUP

-By Biff Laidback

Highlights from the summer racing season, as witnessed by Biff.

June 19 - Rose Arts Festival 10.47 Miles (Sponsored)

Striders were out in force again (nearly 100 present) to support the summer's biggest Norwich area event. Scott Mason of Rhode Island surprised the field and won in a quick 53:11. Strider teams placed 1st and 3rd for the men and 1,2,3 for the women! Phil Doyle and Bill Marshall did their best at the awards ceremony to expound on the glory of the Striders, much to the chagrin of the Kelley's Pace team members present. Hey, when you're good, you can blow your own horn a little. Congratulations to Bill for putting on another fine Rose Arts event.

Top Strider Men

2.	Joe Swift	54:49	21.	Bill Marshall	60:31	
4.	Fran Houle	55:28	22.	Gianni Ficarra	60:38	
7.	Darrin Eisman	56:17	24.	Dennis Tetreault	61:07	
8.	Chris Hansen	56:33	25.	Kevin Gallerani	61:30	
10.	Joe Banas	57:21	27.	Jack Silva	61:52	
11.	Don Sikorski	58:02	28.	Mike Moore	62:04	
12.	Tim Smith	58:07	(1 st Master)	35.	Don Lewis	63:11
14.	Sean Delaney	58:34	38.	Paul Toth	63:34	
15.	Ed Zubritsky	58:35	39.	Karl Christensen	63:34	
19.	Mike Fusaro	59:47				

June 26 - Fairfield Half Marathon (TAC)

This TAC championship race fell only 1 week after Rose Arts, but the Striders managed to field both a men's and women's team in order to score for the season-long championship. Joe Swift (73:02, 21st) and Carla Brown (85:52, 16th) led the way for the Red, White and Silver. A beachfront marathon volleyball game followed the race. Who wants Rodney?

July 2 - Prospect 5 Mile (TAC)

Another Strider road trip for the second TAC championship race in 7 days. Strider men won the team title by over 6 minutes; our women finished 3rd. Many Striders set personal bests for 2 miles during this race - too bad the last 3 miles were uphill. After toasting Walt and Kathy Smolenski's new addition, daughter Meghan, the Striders present were invited to a picnic at the home of local runner, Jan McKeown. Several days later, however, we were stunned to hear of the sudden death on July 4 of Agnes Ruane, who had competed and celebrated with us at Prospect. An accomplished racer, Agnes had just set a women's course record in her last race. Sad and ironic. Strider Road Warriors: Fran Houle (3rd), Chris Hansen (4th), Joe Swift (5th), Darrin Eisman (6th), Don Sikorski (8th), Ed Zubritsky (9th), Sean Delaney (11th), Walt Smolenski (15th), Don Lewis (22nd), Way Hedding (39th).

July 10 - Sallfest 5K, New London

The 9:15 a.m. start helped, but this race turned into another steam bath for the many Striders present. Dave Raunig led the field over the quick course in 15:04. Striders were led by Fran Houle in 5th at 15:46. Up and coming new Strider Mike Fusaro showed alot of speed in placing 9th overall, 3rd Strider. Watch these young guys in the short races! Honorary Strider Al Morrison was also on hand to lead our group through the post-race festivities. It's amazing, but several hearty members were still going strong when Roomful of Blues took the stage at 9:30 that night! Top Striders: (Men) Fran Houle (5th, 15:46), Ed Zubritsky (6th, 15:50), Mike Fusaro (9th, 16:12), Mike Moore (11th, 16:33), Jack Silva (17th, 16:45), Karl Christensen (20th, 16:56), (Women) Carla Brown (49th, 18:19), Cathy Cross (85th, 20:13), Kris-Anne Pardo (85th, 20:13), Kelly Crouch (115th, 21:28), Geraldine Palonen (116th, 21:32), Jan Damon (126th, 22:03).

From The Grand Prix Circuit. . .

The following list is the current Grand Prix standings after two of the six designated races. The four remaining races are : Preston 8/21, Downtown Norwich 9/15, Lisbon (date to be determined), and Tarzan Brown 11/6. Due to space limitations, only a partial list has been included. Dave Lathrop can provide the complete standings to anyone interested. Numbers in parentheses represent points accumulated to date.

MEN

<u><20 yrs</u>	<u>20-29 yrs</u>	<u>30-39 yrs</u>	<u>40-49 yrs</u>	<u>>50 yrs</u>
J. Tetreault(50)	J. Swift(100)	S. Delaney(96)	T. Smith(100)	J. LeVasseur(50)
	D. Eisman(94)	D. Tetreault(90)	T. Lee(94)	C. Deveau(48)
	C. Hansen(90)	J. Brown(72)	J. Hill(90)	R. Zotti(46)
	F. Houle(90)	G. Piszczek(56)	B. Marshall(48)	
	E. Zubrisky(84)	G. Nixon(50)	R. Lafleur(44)	
	D. Sikorski(80)	J. Banas(50)	S. Hancock(44)	
	M. Fusaro(78)	G. Ficarra(46)	J. McClosky(42)	

WOMEN

<u><20 yrs</u>	<u>20-29 yrs</u>	<u>30-39 yrs</u>	<u>40-49 yr</u>
R. Willet(98)	C. Brown(100)	P. Lathrop(94)	G. Palonen(100)
K. Hawkes(50)	J. Boyes(96)	H. Franklin(50)	J. McGrath(94)
	M. Levin(90)	K. Crouch(50)	M. Haeseler(90)
	S. Makowicki(84)	V. Ereshena(48)	R. Buckingham(48)
	J. Damon(78)	J. Poprosky(46)	

TOM LEE DOES SCOTLAND (the country, not the town)

-By Kris-Anne Pardo

Norwich Strider Tom Lee recently visited that plaid-skirt country of Scotland, and had the opportunity to take part in the annual Inverness 10K Road Race held in Inverness, Highlands of Scotland. Tom proudly wore his Bud Lite sponsored Strider uniform. "Everybody kept calling me Bud," said Tom. As for the course, Tom said, "it was tough but no tougher than our 10K races in the area." He turned in a good time of 37:54, placing him 116th out of 1100-plus runners, and took 7th place in the Masters division.

Doug McCallister beat Peter Fleming with a winning time of 29:17.

Rate Your Eating Habits! (A simple nutrition quiz to assess your eating habits)

A basic training diet for runners should be comprised of the following : 20% Fat (7% saturated and 13% unsaturated), 12% Protein, and 68% Carbohydrates (58% complex and 10% sugar). Use this quiz as a guideline to modify your diet to be more nutritionally sound. (Quiz and information is from "Food for Champions", Bayrd and Quittet, 1982.)

On the average, how many servings of each of the following do you have a day? (1 point per serving)

- | | | |
|---|--|--|
| <p>A. Whole milk, cream
Cheese, ice cream
Butter/margarine
Nuts
Bacon, ham, sausage
Bologna, cold cuts
Salad dressing
Fried foods</p> | <p>B. Sugar (in coffee or tea, etc.)
Breakfast cereal (presweetened)
Jelly, jam, etc.
Soft drinks
Cookie, brownies, candy bars
Pie, cake, desserts
Ketchup</p> | <p>C. Canned soups, sauces, etc
Canned vegetables
Boil-in-bag type foods
Cured meats (ham, bacon)
Pretzels, chips, crackers
Canned tomato juice, V-8
Soy sauce, hot sauce
Table salt (times/day)</p> |
|---|--|--|
- D. Do you take vitamin and mineral supplements? (yes - 5 points, no - 0 points)

If you scored 5 points or more on A, you're getting too many calories from fat. A high-fat diet is one of the most important causes of heart disease, which is epidemic in this country. A low-fat diet not only protects you from heart disease, it's a safe and effective way for athletes to lose pounds without sacrificing energy.

If you scored 5 points or more on B, you're getting too many calories from refined sugar, the one substance in our diet that has no nutritional value whatsoever. It is not a source of instant energy, as many athletes think, but only of empty calories. Sugar's intense, concentrated sweetness makes it difficult to appreciate nature's nutritious sweets : fresh fruits. And sugar is the primary cause of tooth decay.

A score of 3 points or more on C means that your salt intake is too high. The body needs the sodium that is in salt, but in nowhere near the amounts supplied by a typical American diet. The excess is dangerous for anyone with a genetic predisposition to high blood pressure, a condition that afflicts 20 percent of Americans.

If you scored 5 points on D, you're among the one of every three Americans who take supplements, even though there is absolutely no evidence that they do a bit of good. What vitamin and minerals can do, however, is give people a false sense of nutritional security.

THE RACE IS NOT OVER 'TIL THE END OF THE CHUTE

-By Pete Volkmar

It has happened to most of us. We trained and ran hard, finished the race and, after a cool-down run and maybe a beer, we wander over to the posting area to check the results. Sometimes we see strange things: the time may be off by seconds or even minutes, the place may be wrong, compared to someone we know we beat that day. Or, worst of all, our name may be missing completely from the posted results!

There's not much we can do. We can talk to the people doing the posting -- 'I know I beat that guy. I passed him at the last corner.' Or 'my watch said 37:50 and you have me down for 42:30! According to my watch, I had a PR.' Good luck!

What happened? The answer is that there were mistakes made or problems resulted from the 'processing' that occurs in the chute. All races have some kind of processing -- i.e. attaching a time and place to each runner and then matching him with the correct name, division, team, etc. This can be as simple as picking up a numbered popsicle stick from the hood of a car near the finish line then giving your name when someone yells, 'who got #23?' Or it can be as elaborate as a computerized scoring system using light pens to read your bib number.

These systems, from the simplest to the most complex, ALL rely on the runner in some way. In the popsicle stick scenario, the runner must pick up a stick and only one stick, and pick up the stick with the lowest number. In the technologically advanced light pen system, the runner must not pass another runner in the chute or let another runner pass him. The runner must also not exit the chute before being 'light penned.' In the system most of us are familiar with, we are handed a 3x5 card. The information asked for on the card is needed for scoring. The number printed on the card is our place. For this system to be accurate, the chute worker must accurately distribute the cards. (This problem is avoided in the computer scoring system).

The runner's responsibility starts at what is probably the worst time. We are near exhaustion, out of breath, maybe overheated, and ready to rest. But, if we expended that much energy, dedication, sweat and effort, then we should not throw away our time or place by our actions in the chute. The runner must maintain his or her place in the finishing order until the second step of the processing is complete (the first step is determining time and place). This means that we runners must assume some of the responsibility for maintaining the finishing order in the chute. We must make it a practice to avoid doing things which could lead to the finishing order being disrupted in the chute. One sure way to disrupt the finishing order is to have the chute fill with runners to the point where the deceleration area is congested or, worse, the chute fills to the point where the finish line is blocked. What can we do? We can **NOT STOP IN THE CHUTE!** We can decelerate and continue to jog to the end of the chute.

If we stop in the chute to catch our breath or stretch or talk or look for water, even for a few seconds, the chute will back up until there is a crowd instead of a line. Finish order is then lost. If we stop close to the finish line, the crowd will build up outside the chute and some runners will probably not be timed at all. Also, we must not pass in the chute (even if there was a big sprint to the finish!), prior to being given a card or being light penned or having your tear off number removed and spindled, etc. In addition, we must not allow another runner to pass us in the chute (if you wouldn't let him or her pass you on the course, why let it happen in the chute?).

Let's look at what happens when the runner's responsibility is not exercised. If a runner who finished 50th leaves the chute before being processed, the runner who finished 51st will get a card (or whatever) corresponding to 50th place. The time difference between 50th and 51st place may only be seconds but this time difference is passed on to every finisher from 51st on to the last. The result is that the times for all finishers from 50th to the end are less than the runners actually ran. If a runner passes you in the chute, that runner will get credit for the time you (or any others that were passed) earned. Even if the difference is only a few seconds, it could cost you a scoring position. In a multi-chute system, leaving one chute and entering another can easily result in time inaccuracies of over a minute. In addition to the effect on others, the runner who left the chute will not be posted and will probably blame the race director.

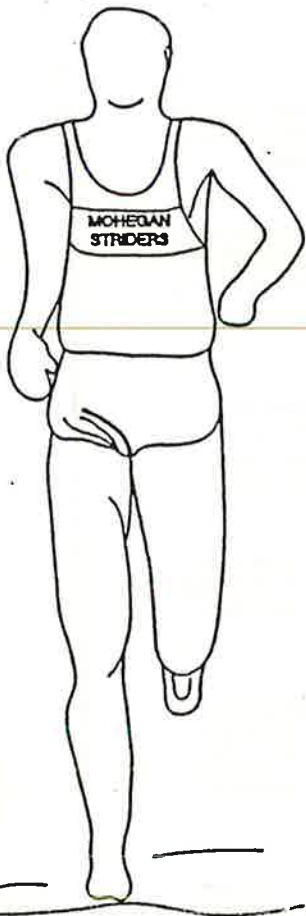
The runners have little control over the initial recording of time and place. That's the job of the timers. (However, the timers should not be disturbed with questions about where to turn in finish cards or how many runners finished or what was a particular person's place). Runners who run a hard race are usually less than fully efficient just after crossing the finish line. But we all should try to make it a habit to **NOT STOP IN THE CHUTE** and to **NOT PASS** or **BE PASSED IN THE CHUTE** and to **NOT EXIT THE CHUTE BEFORE BEING PROCESSED**. Even if we ran unofficially, if we cross the finish line, we must **STAY IN THE CHUTE!**

The main beneficiary of an uncongested, rapidly moving finishing chute is the runner! The timing company probably didn't spend a lot of time training to get ready for the race, and they will probably get paid even if your time is missing or inaccurate. Remember, you can only help yourself by **NOT STOPPING IN THE CHUTE, NOT EXITING THE CHUTE EARLY** and **NOT PASSING OR BEING PASSED IN THE CHUTE!**

See you in the chute!

UPCOMING RACES

- 1020
- | | |
|---|--|
| <p>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.</p> | <p>SEPT 17 - Downtown New London Merchants Assoc., 5 Mi., Harbor School, Montauk Ave., New London, CT., 10:00 a.m., \$5.00/\$6.00 on Race Day, Race Director - Dennis Kovalanka, 203-442-0696.</p> |
| <p>AUG 14 - 16th Annual Dr. William Wrang Biathlon, 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.</p> | <p>SEPT 18 - The Vineyard 5K, Mohegan Community College, Norwich, CT., 2:00 p.m., \$5.00/ \$6.00 on Race Day, Race Director - Randy Emelo, 203-848-5400.</p> |
| <p>AUG 20 - 8th Annual Preston City Road Race, 7.2 Mi., Preston Fairgrounds, Preston, CT., 9:00 a.m. \$3.00, Race Director - Roger Zotti, 203-889-3029.</p> | <p>SEPT 25 - East Lyme Marathon, East Lyme High School, East Lyme, CT., 8:30 a.m., Cost TBD, Race Director - East Lyme Marathon P.O. Box 262, East Lyme, CT. 06333</p> |
| <p>AUG 21 - Sneekers' Run, 2 Mi. Fun Run & 5 Mi. Run, Sneekers Cafe, Poquonnock Rd., Groton, CT., 12:00 p.m. (2 Mi.), 1:00 p.m. (5 Mi.), \$5.00 (2 Mi.), \$7.00 (5 Mi.) before 18 August 88, \$10.00 after, Race Director - Pete Volkmar, 203-886-2809.</p> | <p>OCT 2 - 17th Annual Jim Kelly-John Vitale 10 Mi., Snow School, Middletown, CT., 9:00 a.m., \$2.00, Race Director - Middletown Park & Rec, 203-344-3468.</p> |
| <p>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.</p> | <p>OCT 16 - (Tentative Date) Two For the Road 5K, Essex Town Hall, Essex, CT., 10:00 a.m., \$16.00 per Couple before 10 Oct 88, No Post Entries, Race Director - Joe Smith, 203-767-2375.</p> |
| <p>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.</p> | <p>OCT 22 - Cape Cod Relay 81 Mi., 8 Person Teams, Plymouth Rock, Plymouth, MA., 7:00 a.m., \$64.00 per team, Race Director - North Medford Club, 157 Walsh St., Medford, MA. 02155.</p> |
| <p>SEPT 4 - Montreal International Marathon, 9:00 a.m. \$15.00, Race Director - COMIM, P.O. Box 1570 Sta B, Montreal, Quebec, H3B3L2 Canada, 514-879-1027</p> | <p>OCT 30 - Strides for the Handicapped, 3Mi. & 5 Mi., Camp Harkness, Waterford, CT., 11:00 a.m. (3 Mi.), 1:00 p.m., (5 Mi.), \$5.00, Race Director - George Daly, 203-443-7818.</p> |
| <p>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.</p> | <p>NOV 6 - New York City Marathon, Verazanno Bridge, NYC, N.Y., 10:30 a.m., Race Director - New York Road Runners Club, 212-410-7770.</p> |
| <p>SEPT 10 - (Tentative Date) Tom Hewes Memorial 5K Team Race, Ledyard Fair, Ledyard High School, Ledyard, CT., 9:00 a.m., \$10.00 (per 2 person team), Registration deadline, 3 Sept 88, No Post Entries, Race Director - Jerry Lentz, 203- 464-9877.</p> | <p>NOV 6 - Tarzan Brown Mystic River Run, 5.5 Mi., Pearl St., Mystic, CT., Start time TBD, \$5.00, \$6.00 on Race Day, Race Director - Brad Vernet, 203-536-3575.</p> |
| <p>SEPT 11 - 5th Annual Bennett Wrubel 1 Mi., Fire Dept. Headquarters, Main St., Middletown, Ct., 9:00 a.m., \$2.00, Race Director - Middletown Park & Rec, 203-344-3468.</p> | <p>NOV 6 - 30th Annual J. Fred Martin 2.7 Mi. & 4.25 Mi., Wesleyan University Middletown, CT., 11:00 a.m., \$2.00, Race Director - Middletown Park & Rec, 203-344-3468.</p> |
| <p>SEPT 15 - 8th Annual Greater Norwich 4 Mi., 2 Mi., 1 Mi., YMCA Norwich, CT., 6:00 p.m. (1 Mi. (LFR) Children no cost), 6:15 p.m. (2 Mi.), 6:30 p.m. (4 Mi.), \$5.00/ \$6.00 on Race Day, Race Director - Harry Ogulnick, 203-887-5396.</p> | <p>NOV 13 - New London 4 Miler, American Legion, Williams St., New London, 11:00 a.m., \$5.00/ \$6.00 on Race Day, Race Director - John McGuirk, 203-442-9713.</p> |
| | <p>NOV 19 - Fall Challenge 5 Mi. Road Race, Ocean Beach Park New London, CT., 10:00 a.m., \$6.00 per runner (5 person team competition included), Race Director - Way Hedding, 203-739-2864.</p> |



The Mohegan Striders
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NORWICH, CT 06360

RUNNING NEWS

FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FU

IT'S TIME FOR THE STRIDER PICNIC!!!!!!!!!!

WHERE : FORT SHANTOK, MONTVILLE (RT. 32)

WHEN : AUGUST 28, 1988 10:00am or so.....

BRING : SALAD, DIPS, ETC. FOR THE COMMUNITY TABLE

(BBQ PIT ON PREMISES -- BYO HOT DOGS & BURGERS)

(BEER AND SODA PROVIDED BY THE CLUB)

NEED MORE INFO?? CONTACT RON DOMBROWSKI -- 889-1221

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