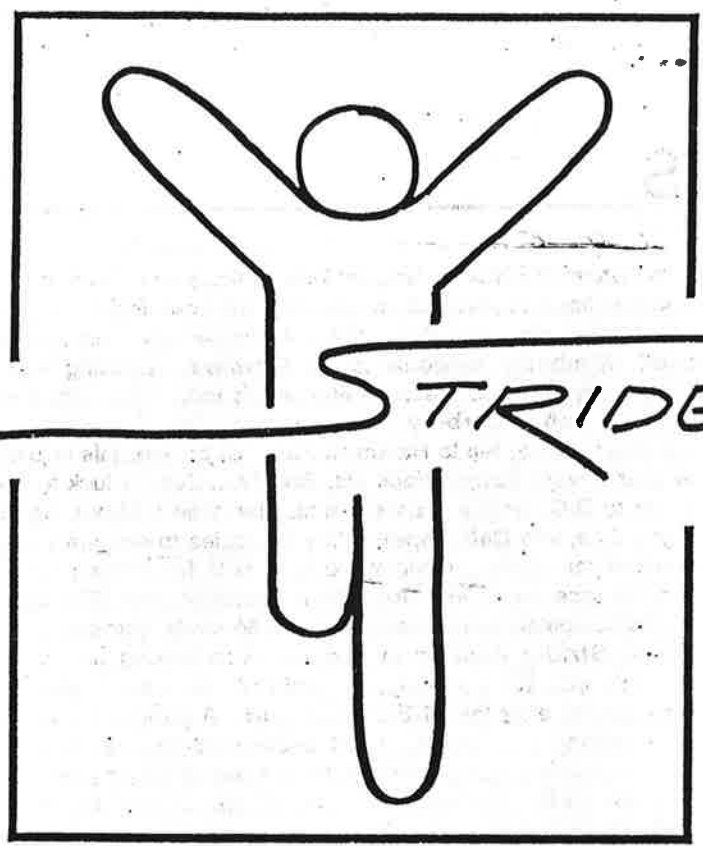


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PRESIDENT
WALT SMOLENSKI

VICE-PRESIDENT
RON DOMBROWSKI

SECRETARY
BOB CARBRAY

TREASURER
DON LEWIS

October 1988

Membership:335

PRESIDENT'S CORNER :

Dear Fellow Striders,

I'd like to begin this message by saying thank you! Eleven months ago, at the November meeting, I stated that I would only accept being elected President if the membership vowed to get involved. Your answer rang out loud and clear this past year and the success of the club echoes that response. The latest reverberation is the overwhelming response to the nominating committee. As you will see, it is the largest slate of candidates this club has seen in a long time.

The fall meeting, as usual, will focus on the election of officers, but alot of work must still be accomplished. The committees should plan to report on 1988 achievements and express 1989 goals. Those members willing to (or continue to) chair a committee should attend this meeting to solicit support. Other members should look to join a committee. We can never have enough help.

To further strengthen the club, I will propose moving to a four meeting year. To kick this off, I am calling a special meeting to be held on Sunday, January 15, 1989 at the Norwich Recreational Department. (I'll give more details at the fall meeting.) The growth of our club dictates a move in this direction to keep all of us more in touch, to monitor our progress and reinforce our commitments.

So, let's continue to build our club. Let's have the largest turnout ever at this November meeting. Make it a point to be part of the group that votes in our officers. Make it a point to cast a vote of confidence in the Mohegan Striders.

Walt

SHORT TAKES

The unmistakable signs of Fall : tights instead of SHORTs (er...not long pants...) on an evening run, that wonderfully stimulating ocean breeze (a.k.a hurricane Gloria) in your face as you run from Avery Point, the return of a fat and furry Skid, and marathon madness around the corner. What happened to those lazy, hazy, hot and humid days of summer??.....Heyhayhey, **Maxwell Wimberly**, welcome to the *Striders*. Looking real good these days, **Kenny**.....Also looking slim and trim is **Kelly Crouch**. Keep an eye on this lady, folks. She's improving with every race.....Heard a rumor that our very own **Bobby Carbray** recently became buddies with the East Lyme police. Something about not paying the two dollar parking fee to Harkness Park. Of course, this is just hearsay, but in this column, that's close enough. Get your driver's license back yet, **Bob**??.....Best of luck to the crew of *Striders* heading (no, not *Way-Waying*) down to D.C. for the Marine Corps. Marathon : **Steve Hancock, Dean Festa, John Brown, Dave Lathrop, Tommy Lee, and Gall Popelka** (my apologies to anyone I might have forgotten). Special wishes to you, **Crank**, from all of your Buds.....Congrats to **Paul Toth** for winning the unofficial East Lyme Marathon. Other *Striders* finishing the race were **Don Roy, Gary Piszczek, and Silm Jim Latourette**. Not to be ignored is **Jeanne Busslere** who competed in and completed the Montreal Marathon.....Saw **Billy Marshall** swinging on the dance floor at a non-*Strider* wedding in August. Also kicking up her heels was **Brenda Handcrank** (or were those my heels you were kicking, **Brenda**?? Or was it one of yours and one of mine??).....Thanks, **Jim Hill**, for the dances after the SNEEKERS' RUN. A great time was had by all (with the possible exception of **Biff**, who was looking a bit green. Can't understand why...). Don't miss this race next year.....**Jeff Mattison** is on the road to recovery and (hopefully) will be racing for us again soon. Maybe all you need is a good, satisfying backrub, **Jeff**. Ladies, start lining up.....Ohwhereohwhere has **D Lang** gone??.....AND.....thank you, **Tom Swim**, for the generous gift of water bottles that you donated to the *Striders* at the picnic. Now, if you could only get your wife to join our club.....

Coming soon to a race near you : **Vito**, the newest edition to the *Striders*!! He's fast, sleek, extremely sexy (like fathers like son) and has a hood that won't quit. Details forthcoming so stand by.....

And, in closing, have you hugged your groinal servant today??

Another Letter From the Editors :

Thank you, thank you, thank you to everyone who submitted articles to us for this newsletter. Unfortunately, the amount of information we received was extensive and somewhat repetitious so we were forced to utilize our editorial privileges (i.e. cut, paste, pick, choose) and file some articles away for future issues. In no way do we mean to discourage anyone from sending us anything (keep those glossy prints and phone numbers coming...), but sometimes we have to decide which stuff stays and which stuff gets the proverbial ax. We would also like it to be known that we do not write the articles (with the exception of one rather witty piece) and only type what is given to us. Translated : if no one reports the Womens' race results, we don't have them to print. So, keep those articles coming.

A moment of silence is in order for our dearly departed Mohegan Warrior. The warpath got the best of him, may he rest in peace! He has been replaced, courtesy of the artistic talents of Gianni Ficarra--a welcomed addition to our staff. Our next goal is to rename the newsletter. (The 'Arrowhead' has got to go, too.) We'd like to have a 'Name-the-Newsletter' Contest. Winner gets a free night out on the town with us in Vito (drivers to be determined), or a free subscription to the newsletter (a.k.a. The Arrowhead)...winner's choice! Just remember that we choose the winner (may he be rich and handsome!). So get creative, kinky, or just have fun over a few Buds (where do you think our creativity comes from??).

Feedback from our first issue was positive (special thanks to Pat Lathrop and Melinda Hedding for their support), but we are still looking for input. Comments/articles/letters/propositions (we're still waiting...) and new newsletter names can be sent to us :

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

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

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

RACING ROUNDUP

-By Biff Laidback

Some highlights from the late summer/early fall racing scene.

August 20 - Preston City 7.2 Mile

Many Striders turned out for this Roger Zotti-directed Grand Prix event. Joe Banas settled for a (gaspl) tie with one of those Kelley guys and split the bushel of corn. Tim Smith was third. By the way, Tim and his family were the subject of a great write-up the following day in the Bulletin. Hope you all got to see it including a great color photo of Tim in his Strider uniform. Great recognition for one of the classiest guys in our area.

1.	Joe Banas	37:33	13.	Janice Boyes	44:23 - 1 st Woman
3.	Tim Smith	37:44	14.	Lance Magnuson	44:47
5.	Karl Christiansen	40:35	16.	Jerry LaVasseur	45:28
8.	Tom Lee	42:20	18.	Irv Miller	45:50
9.	Mike Smith	42:34	20.	Jim Latourette	46:00
			21.	Jim Hill	46:20

Others: Sue Makowicki (48:27, 2nd Open), Pat Lathrop (53:09, 1st Submaster), Geraldine Palonen (50:06, 1st Master), Rose Buckingham (52:57, 2nd Master), Judy McGrath (56:08, 3rd Master)

August 21 - Sneekers' Run 2 & 5 Milers, Groton

SNERRO/Striders Pete Volkmar and Gianni Ficarra made their race directing debut at this hot March of Dimes fundraiser. This race marked the first time that sunglasses were given to entrants in lieu of T-shirts in the area. Post race activities included a mini-parade with kazoos and flags to "Stars and Stripes Forever". Don Sikorski won the world's largest pair of sunglasses (with windshield wipers) for his 2 mile victory in 10:16. Darrin Eisman copped a more conventional prize, cash, for his 5 mile triumph in 26:09.

<u>2 Mile</u>			<u>5 Mile</u>		
1.	Don Sikorski	10:16	1.	Darrin Eisman	26:09
3.	Chris Hansen	10:16.1	6.	Dennis Tetreault	27:28
5.	Dave Lathrop	10:45	7.	Jack Silva	28:15
6.	Wayne Hanson	10:46	10.	Don Lewis	29:51
8.	Dave Lang	11:27	12.	Mike Smith	30:26
			16.	Jim Tetreault	31:03 - 1 st Junior
			18.	Steve Hancock	31:28 - 2 nd Master
			22.	Irv Miller	32:55
			23.	Jim Hill	33:19
			29.	Tom Swim	34:48
			45.	Bob Miles	41:18
			50.	Kris-Anne Pardo	43:04

September 10 - Block Island 15K

It was a beautiful day for a boat ride as Striders boarded ferries in New London and Pt. Judith for this challenging offshore 15K. As has been the case most of the summer, the Greenhouse Effect brought 80 degree temps, and, with only 3 water stops, this race seemed alot longer than 9.3 miles. Bill Marshall took first place for Masters, while Jerry LeVasseur was 2nd Grandmaster. Those lunchtime speed workouts with club president Walt Smolenski are paying off for Jerry!

14.	Bill Marshall	54:44	184.	Leeland Cole-Chu	69:38
32.	Don Lewis	57:12	187.	Ken Rawn	69:48
40.	Jerry LeVasseur	58:28	227.	Tom Swim	71:47
86.	Marshall Collins	63:09	230.	Gail Popelka	71:57
182.	Way Hedding	69:32	255.	Nancy Rawn	73:59
183.	John Brown	69:32.1	304.	Glenn Stacy	76:59
			418.	Paul DeAngelis	85:54

September 15 - Downtown Norwich 2 & 4 Mile (Sponsored)

This Grand Prix event was totally dominated by past and present Striders. In the 2 mile, Kevin (Luciano) Gallerani avenged his controversial second place finish from last year, nipping John Brown by 3 seconds. In the 4 mile, Mike Cotton moved early on Wayne Jacobs and won by 20 seconds in 18:59. Mike, while not registered with the Striders this year, wore one of last year's Bud Light racing singlets, which must have made Lenny Levine happy. Carla Brown took first in the 4 at 23:31, while Sue Makowicki copped 2 mile honors at 12:25.

<u>2 Mile</u>			<u>4 Mile</u>		
1.	Kevin Gallerani	10:50	4.	Sean Delaney	19:45
2.	John Brown	10:53	5.	Ed Zubritsky	19:49
3.	Wayne Hanson	11:16	6.	Chris Hansen	19:54
5.	Dave Lathrop	11:30	7.	Joe Banas	20:21
6.	Dean Festa	11:38	8.	Tim Smith	20:32 - 1 st Master
8.	Irv Miller	12:11	9.	Mike Fusaro	20:42
10.	Sue Makowicki	12:25	10.	Dennis Tetreault	20:5

Others: 2 Mile - Tom Lee (22:38, 2nd Master), Frank Russell (23:35, 3rd Master), Jerry LeVasseur (23:34, 1st Grandmaster), Don Werling (27:47, 3rd Grandmaster), Chad Johnson (24:43, 1st Junior). 4 Mile - Kelly Crouch (26:08, 3rd Open), Gerry Palonen (27:14, 1st Master), Rose Buckingham (28:13, 2nd Master).

September 17 - Downtown New London 5 Mile

Strider women made the big noise at this quick 5 miler which, considering the prizes offered, had a disappointing turnout. Carla Brown took 1st and a \$500 savings bond, and if that wasn't enough, topped rival Margaret Beardslee of Groton by at least 30 seconds. Also cashing in was Janice Boyes, with a new running suit, 3rd Woman at 30:19. Karl Christiansen was 1st Strider at 27:23, followed by Julio Murillo (10th, 27:37), Don Lewis (12th, 28:03), Jim Latourette (28th, 30:54, 1st Grandmaster) and Dennis Zajekowski (29th, 31:25).

September 25 - East Lyme Marathon

128 runners turned out for the biggest non-race of the year. Way Hedding and Marie Gravell conspired to keep the memory of the ELM alive even if the "official" organization couldn't. It was truly a pleasant sight to see so many runners show up for this one. Many congratulations to the 12 who ran the whole thing, especially Strider Paul Toth who "won" in 2:41. Perhaps there are some Striders out there who would like to take a more active role in trying to make the ELM an "official" race next year. Contact Way for info.

October 2 - Ridgefield Half Marathon

A nice group of Striders made the trip to Ridgefield with several using the race as a fall marathon tune-up. The Striders grabbed 2nd place in the Masters-only team competition. Tim Smith finished 3rd overall, 1st Master in 1:13:02 while, Mike Smith was 9th overall, 2nd Submaster.

19.	John Brown	1:21:53	70.	Jan Slonski	1:29:28
23.	Steve Hancock	1:22:37	182.	Rose Buckingham	1:44:22
65.	Way Hedding	1:28:38		Tom Swim	1:45:59
				Lloyd Whitman	2:05:52

Racing Shorts: Sue Makowicki 1st Woman, 15th overall in 19:27 at Coventry 5K on 10/2...Welcome to new Strider Jeff Walter, who completed Cape Cod Ironman Triathlon (yes, the full distances) in under 12 hours on 9/11...Strider Masters team at Boston Marathon was recently informed of 11th place finish. Nice going Tim Smith, Steve Hancock, Jim Hill...Hello to St. Bernard's X-C coach Doug Sharples, beginning his 21st season. Biff is saddened to report that the S.B. Alumni team was beaten by this year's Saints on 9/2. Injuries, absences and old age hindered Alumni performances...Ex-Pres Jim Butler in his second season coaching Conn College men harriers. You may have seen two of his runners recently on I-95 in Providence...It was nice to see Mike Smith back on the racing circuit. The original "Iron Mike", he set single season race completion record of 72 several years back...Mark your racing calendars for 11/6 - Tarzan Brown 5.5 mile - Mystic (Sponsored with raffle and cash prizes), 11/19 Way's Fall Challenge 5 Mile, New London (be a Hombre or Pinhead for a day!) and 12/16 Tommy Toy Fund Run, 7 p.m. at Billy Wilson's, Norwich. Bring a wrapped toy and let's make this year's run the biggest yet. It's a great cause and a lot of fun.

WOMEN'S RACING TIDBITS
- By Pat Lathrop

August 7 - Willimantic 5K

15 Strider Ladies ran this 5K and captured 2nd place defeating the Groton Track Club by 20 seconds. Placing for the Striders were: Carla Brown (18:45, 1st overall), Janice Boyes (19:11, 2nd overall), and Micki Levin (19:30).

August 21 - Shelton 10K

The Strider Ladies copped 3rd place in this TAC Road Race Championship. Top Strider finishers included: Janice Boyes (39:56), Rose Buckingham (45:35), Geri Palonen (45:54), Michaeleen Haessler (50:57). This race completed the 6 races entered for the Grand Prix. The Women's Grand Prix results:

- | | | |
|----------------------------|------|-----------------------|
| 1. Meriden 15K | 4/24 | 2 nd place |
| 2. Fairfield Half Marathon | 6/26 | 4 th place |
| 3. Prospect 5 Mile | 7/2 | 3 rd place |
| 3. Southington 12K | 7/17 | 3 rd place |
| 5. Willimantic 5K | 8/7 | 2 nd place |
| 6. Shelton 10K | 8/21 | 3 rd place |

September 17 - Lisbon 3.5 Mile

Top Strider Women:

- | | | | |
|-----------------------|-------|-------------------------|-------|
| 16. Sue Makowicki | 22:26 | 39. Judy McGrath | 26:01 |
| 22. Virginia Ereshena | 23:20 | 42. Michaeleen Haessler | 26:32 |
| 29. Geraldine Palonen | 24:25 | 55. Pat Tetreault | 28:46 |
| 32. Pat Lathrop | 24:40 | 61. Melinda Hedding | 29:56 |
| 33. Rose Buckingham | 24:50 | 62. Jan Mallet | 30:13 |

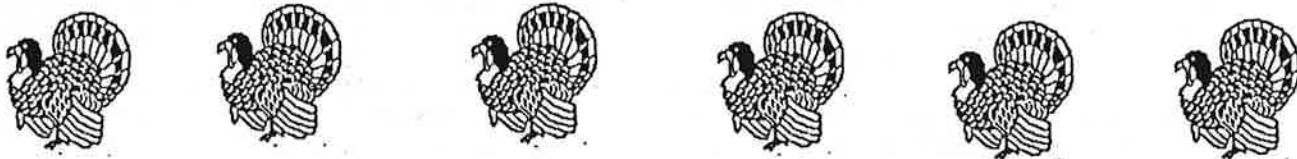
September 25 - G.H.A.D.A. 2 Mile

This all-female race was held in Hartford and has a great course. All female runners are encouraged to run next year. Top Ladies were: Sue Makowicki (11:52), Kris-Anne Pardo (12:45), Pat Lathrop (13:05) and Geri Palonen (13:12).

October 8 - Wickham Park 5K Cross Country Championship

This day turned out rainy and cold for the seven Strider Ladies who captured 1st place. Brave Strider finishers: Carla Brown (19:37), Micki Levin (19:48), Janice Boyes (20:20), Sue Makowicki (21:12), Geri Palonen (23:25), Rose Buckingham (23:58), and Judy McGrath (25:14 -- she went off the course!!!!)

Additional Racing Shorts: Strider Don Werling was recently featured in articles in The New London Day and Triathlon Today. Competing in the 55-59 year old age group, Don was rated 15th in the country by Triathlon Today. Not bad for someone who didn't start running until he was 49 and who couldn't swim a lap in the pool until he was 53!! Don's accomplishments are an inspiration to us all. So, Don, what's next??



From : THE ATHLETICS CONGRESS OF THE USA (Connecticut Association)
Peter Leeds, Long Distance Running Chairman 9/27/88

To all club officials and media contacts :

With the running of the Shelton Road Race on August 21, with that race serving as the CT TAC Championship for the 10K distance, Connecticut TAC's 1988 Road Race Grand Prix was brought to a close. This year, the first ever for this innovative program, more than ten men's teams and a like number of women's teams competed in the Grand Prix. Points were allotted for the top three places (4,3,2), as well as a point being given to every non-scoring, but complete team. The top teams earned \$150 for their coffers, while the 5th place teams earned \$50. The Shelton team results are as follows :

Men :	Mohegan Striders	Women :	Groton Track Club
	Yale Co-op		B & W Tool
	Warren St.		Mohegan Striders

One team, Payne's Corner A. C., was eliminated from the scoring, as they counted two members who were registered with other clubs.

Thus, the overall champions in this Grand Prix were Mohegan Striders for men (21 points) and B & W Tool for women (23 points). (Mohegan's women placed 2nd to make that club the top combination.) Both Mohegan and B & W won five of the six races in the series to earn their points. Races which contributed to the Grand Prix were the Daffodil 15K, the Prospect 5 Miler, the Southington Distance Classic 12K, the Fairfield Half Marathon, the Willimantic 5K, and Shelton.

Besides checks for their clubs, the champions will receive a plaque. In addition, another plaque will be on display in the CT TAC trophy case, with each year's champions being added. The presentation of this award will be made on Saturday, October 8, at about 3:30, at the conclusion of the CT TAC Cross Country Championships.

Grand Prix Results :

Men :	1.	Mohegan Striders	21	Women :	1.	B & W Tool	23
	2.	Yale Co-op	11		2.	Mohegan Striders	12
	3.	Lead Pack Sports RT	10		3.	Libra A. A.	8
	4.	Hartford Track Club	7		4.	Groton Track Club	6
	5.	Willimantic A. C.	6		5.	Hartford Track Club	5

SNERRO NOTES FOR STRIDERS

- By Pete Volkmar

The Schedule: Each year (if we can) SNERRO compiles and issues a road race schedule for the coming year. We must send it to the newspapers early in January (the 15th at the latest), therefore, we can't wait for information to trickle in. Last year we sent questionnaires to all the previous year's race directors. The schedule which was in the newspaper and in this newsletter was made from the responses to those questionnaires. The time has come to make the 1989 schedule and again we will send out questionnaires. If any Strider puts on a race or knows a race director whose race did not appear in last year's race schedule, have the race information sent to SNERRO at: 57 Laurelwood Dr., Niantic, CT. 06357. We need to know: race name, date, time, distance, cost, race director's name and phone number. We need the information by mid-December.

Millrose Games: In past years, Kevin Crowley and Mike Hutchinson have organized a bus trip to the Millrose Games in New York City. This has traditionally been a Boys Night Out (which some of the boys don't remember all of) with significant Strider participation. This year SNERRO has purchased 46 tickets and rented a bus (similar to what was done for the Milk Run). A seat on the bus and ticket to the track meet will cost \$50.00. There will be no profit from this adventure. The seats are in the first or second promenade and are very good seats. Any spare change will be used to provide liquid refreshment for the participants. In previous years, this has been a sell out. Any interested male Strider, 21 or older, can reserve a seat by sending a check to SNERRO, 57 Laurelwood Dr., Niantic, CT. 06357. Pete Volkmar or Way Hedding will, of course, take cash. The meet is on Friday, February 3, 1989. The bus will leave from the commuter lot under Rte. 395 (on Rte. 85) at 3:00 p.m. and will leave New York City around midnight. The 1987 MVP award will be presented on the way to the meet. I will be glad to provide advance group ticket ordering information to any Strider wishing to organize a similar trip. See you on the bus...Pete Volkmar

P.S. This is a quiz...is it o.k. to pass in the chute???? How about be passed???? O.K.....sneak out of the chute????

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STRIDER MEETING MINUTES 6/21/88

-By Robert Carbray, Secretary..

The eighth semi-annual meeting of the Mohegan Striders was held on Thursday evening, April 21, 1988 in the Norton-Peck Library on the campus of The Norwich Free Academy. President Walt Smolenski opened the meeting at 7:18 p.m. and welcomed the 44 members and their guests.

The minutes of our November meeting were not read as a synopsis of same were printed in the newsletter. Questions concerning these minutes were welcomed. There being none, Pete Volkmar moved their acceptance as printed and Phil Doyle seconded it. The motion passed unanimously.

The only item of Old Business was Walt Smolenski's report of our special meeting held at the Otis Library on Thursday, January 28, 1988. The purpose of this gathering was to organize committees and to solicit more individuals to come forward to help the club. Walt expressed his pleasure with the number of new faces willing to lend a hand to work on committees.

The first item of New Business was Phil Doyle's report on the Men's Racing Team. This was a recap of what was printed in the latest newsletter. It also dealt with the six Connecticut TAC championship races to be held this summer.

Pat Lathrop's Women's Racing Team report was basically the same.

The third item of New Business was Dave Lathrop's report on the 1988 Mohegan Striders Club Racing Grand Prix. This consisted of six road races : the Danielson Spring Festival, the Norwich Rose Arts Race, the Willimantic TAC 5K, the Preston Fair Race, the Downtown Norwich Race, and the Tarzan Brown Race. A flyer was issued to all members present explaining the point breakdown.

Ron Dombrowski then presented the Social Committee report which included the possibility of raffles and summer outings as well as our annual picnic tentatively set for September 11, 1988 at the pavilion in Mohegan Park.

The Community Service report was presented by Ron LaFleur. This included the Al Morrison Run for the Reliance House, the youth track program in May, the Thursday night youth track program at Fontaine Field during the summer, and the Tommy Toy Fund Run.

Pete Volkmar then modeled our latest uniforms. Singlets, shorts, and sweats will be available for those wishing to purchase same.

It was then announced that the June newsletter will be the last edited by Deb Webster. Those with Women's race results should get them to Ken Rawn or Don Lewis. Deb sent word that she was most happy with everyone's help and co-operation. Deb received a well deserved round of applause.

A discussion on how club uniforms would be distributed among the racing team was led by Walt Smolenski. Also discussed was "do we want something new" for our uniforms. Pete Volkmar moved that we adopt the new red, white, and silver uniforms with the racing team logo, seconded by Ron LaFleur. The motion passed by a 2 to 1 margin.

Secretary Carbray then discussed the East Lyme Marathon and told the group present that it was doubtful that there would be one this year.

The establishment of a nominating committee was again brought up this year. Many felt that this was not necessary. Ken Rawn volunteered to serve on such a committee if it was established. Since no chairperson volunteered, the matter seemed to die a quiet death.

In Bill Marshall's absence, a general discussion took place concerning the Rose Arts Road Race. The Mohegan Striders will help but will not direct this event. Volunteers should contact our Community Service Committee and/or Bill Marshall.

Don Lewis announced the first annual Spring Stride - a Lawrence and Memorial race to be held May 7, 1988 at 10:00 a.m.

Jack Curran announced that the Monday night meets at the track are now being held on Tuesdays.

Phil Doyle announced that the summer rec runs will start on July 7, 1988 at 7:00 p.m.

November 17, 1988 was selected for our next annual meeting to be held at the Otis Library at 7:00 p.m. An alternate date of November 10, 1988, same time and place, was also selected.

The motion to adjourn was made by Jack Curran, seconded by Doug Montie, and passed unanimously.

PRESTON IS REAL AT LAST

-By Roger Zotti

On August 20, 1988, two unique things happened at the 8th annual Preston City Road Race. First, Norwich's Joe Banas and New London's Jeff Kotecki ran to a first place tie. And second...well, listen. The Preston race has always been official. But it became more official this year when its first bandit veered to the right of the finish line, and much to timekeeper Al Darling's chagrin, disappeared into the fairground area.

Like last year, the highlights of the run were videotaped but, unfortunately this historic incident was missed. You see, I saw the runner, a male, run toward the fairground and then I spotted Al Darling, starting pistol in hand, making ready to pursue the individual. "Don't pull a Jock Semple, Al," I bellowed, and Al, in slightly more than dulcet tones, responded: "Okay! Okay! Don't worry. Just keep the camera rolling."

"Not to worry," Matt Cavan, Al's timekeeping partner, intoned. "Al can't see three feet in front of him. But, ah, just keep the camera rolling."

Whoever the runner was--well, he made history. Preston history, that is. And making Preston history is not something to sneer at.

"A race isn't really and truly a race until it has, I'd say, one or more bandits in it," Vic Sitty said as he adjusted his crutch. Vic's point is one no sane runner would quibble with.

So mark the date--August 20, 1988--in your Runner's World Training Log as the day the PCR² had its first bandit. (Ah, where was Josh Randall-Steve McQueen when we needed him?)

As for the results, Banas and Kotecki ran to a stalemate (37:33). It was Lake Street Joe's third straight first place Preston finish. Tim Smith, also a three-time winner and certainly no stranger to winning, grabbed first men's Masters (37:44). Jerry LaVasseur won the men's Grandmasters (45:28), and Waterford's popular Pete Pantelis, the area's best salad maker, captured the men's Supermasters for the 4th straight year.

Janice Boyes and Geraldine Palonen continued to dominate their respective divisions: Janice won her sixth straight women's Open (44:23) and Geri garnered her sixth straight women's Masters (50:06). Norwich's Pat Lathrop took top spot in the women's Submasters (53:09).

First Preston finisher was Richard Fleming. (Fleming and Rich Podurgiel of Norwich have competed in every PCR² and have been, we just learned, knighted by the Road Race Committee as charter members.)

Cheers, too, for nine-month-old Megan Cundy and her parents: pushed the distance in a stroller by her parents, Megan became the youngest finisher in the race's eight year history.

Once again, residents along the course responded with water and cheers, and in Billy "Hot Shoes" Warzecha's words, "Some lemonade--I grabbed a swig or two near the five mile mark, took off, and burned the pavement for my best time ever. Ya-hoo!"

UPCOMING RACES

- | | |
|--|---|
| <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>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> |
| <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>NOV 24 - Manchester 5 Mi. Road Race, 4.75 Mi., Main St., Manchester, CT., 10:00 a.m., \$6.00 before 11 Nov 88, \$8.00 after, Race Director - Manchester Road Race Committee P.O. Box 211, Manchester, CT. 06040.</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>DEC 4 - Pearl Harbor Memorial Road Race 5.1 Mi. VFW Waterford, 1:00 p.m., \$5.00/\$6.00 on race day, Race Director - Paul Eccard, 203-4345-8881.</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>DEC 16 - Tommy Toy Fund Fun Run, 5K, Billy Wilson's Aging Still, Norwich, CT., 7:00 p.m., No charge - bring a children's gift, Race Director - Bob Miles, 203-889-5842.</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 McGulrk, 203-442-9713.</p> | <p>JAN 1 - 1989 Marty's Run, 5 Mi. Run, Brief Swim, 5Mi. return run (voluntary), Pequot Ave., Mystic, CT., 12:00 p.m., No charge, No Race Director.</p> |

STRIDER FALL MEETING

November 17, 1988. 7:30 p.m. Otis Library, Norwich

AGENDA

- 1. Welcome
- 2. Acceptance of Minutes
- 3. Treasurer's Report
- 4. Old Business
 - a. Committee Reports
 - b. 1988 goals
- 5. New Business
 - a. Increase the number of meetings
 - b. Dues increase
 - c. Rose Arts Race Report
 - d. Tommy Toy Fund Run
 - e. Club trip chairperson selection
 - f. Charter revision committee

Note: Other items will be accepted from the floor. Also, the election of officers for 1989 will be the last item of new business.

**NOMINATING COMMITTEE'S
SLATE OF OFFICERS - 1989**

PRESIDENT
Walt Smolenski

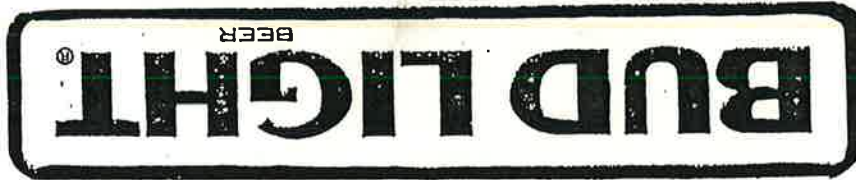
TREASURER
Don Lewis

VICE PRESIDENT
Ron Dombrowski
Irv Miller
Nancy Rawn
Don Sikorski

SECRETARY
Michelle Levin
Carl Mailhot
Geraldine Palonen
Ken Rawn

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