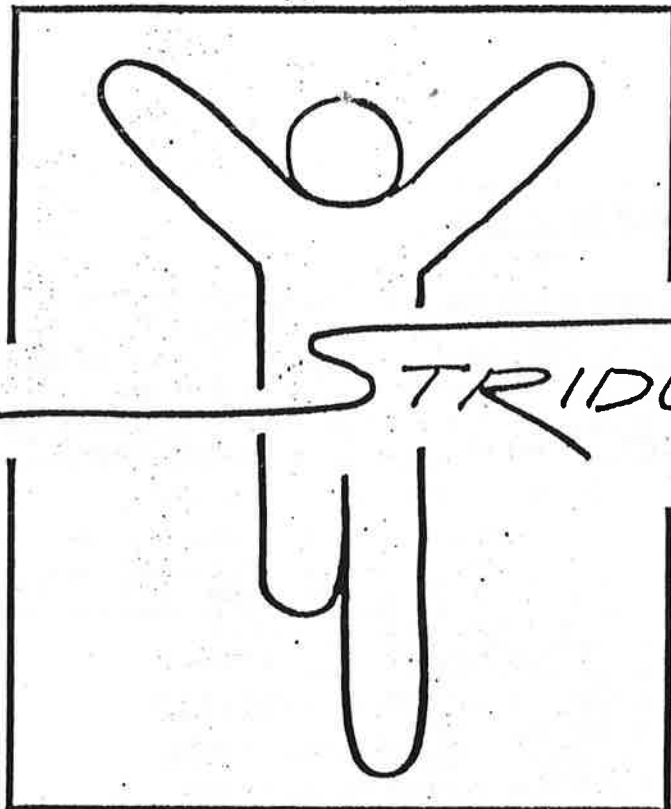


M
O
H
E
G
A
N



PRESIDENT

WALT SMOLENSKI

VICE-PRESIDENT

DON SIKORSKI

SECRETARY

KEN RAWN
MICKI LEVIN

TREASURER

DON LEWIS

December 1988

Membership:345

PRESIDENT'S CORNER :

Dear Striders,

As 1988 winds down, we can sit back and look at all the success this club had this year. It's important to take a long look at our accomplishments, relish them, then focus attention on the future. We must begin planning immediately so I am calling a special meeting to be held January 12th, 1989, 7 p.m. at the Norwich Rec. Dept. building. The purpose of this meeting is to have our committees state specific goals for 1989. The committees and chairpersons are as follows:

- | | | |
|------------------------------------|---|-------------------------------------|
| <i>Men's Open Racing Team</i> | - | <i>Bill Shea & Joe Banas</i> |
| <i>Women's Open Racing Team</i> | - | <i>Geraldine Palonen</i> |
| <i>Men's Masters Racing Team</i> | - | <i>Jerry Levasseur</i> |
| <i>Women's Masters Racing Team</i> | - | <i>Rose Buckingham</i> |
| <i>Club Running Circuit</i> | - | <i>Dave Lathrop</i> |
| <i>Social</i> | - | <i>Kris-Anne Pardo</i> |
| <i>Community Service</i> | - | <i>Ron LaFleur & Tom Lee</i> |
| <i>Newsletter</i> | - | <i>Karen Short & Jen Harter</i> |
| <i>Bylaws</i> | - | <i>Undefined</i> |

Also, the club will decide if it should go to four meetings a year and vote on the proposed constitutional amendment (enclosed). I urge every member to make this meeting and take part in the decisions that affect everyone.

Finally, I would like to congratulate the newly elected officers for 1989 and thank the officers and committee chairpeople for a job well done. Merry Christmas & Happy New Year.

Walt

SHORT TAKES

Hey, *Striders*...you guys know what time of year it is?? What time?? It's Christmastime!! You guys all been good and running real hard?? Yeah?? Everybody out there been good or what??.....HOHOHO.....Don't you just love this time of year?? Crowded shopping malls and Santas everywhere?? Well, to make this holiday season a little easier on all of us, Jen and I have put together a Christmas list for some of our *Strider* friends (once again, our apologies to anyone inadvertently left off...we just don't know everyone--yet!) So, if you've been *real good* this year, or if you've been *real bad* (even better...), then maybe Santa will bring you lots of toys and goodies and stuff :

- Biff Laldback - Another pair of red and black tights -- should the originals wear thin.
- Pete Volkmar - A set of arm weights to increase his biceps -- help make that juggling easier.
- The Heddings - Another road trip to Vermont for SNERRO.
- Handcrank - A marathon to match John Brown's.
- John Brown - Another marathon like this year's Marine Corps.
- Gail Popelka - An injury-free running year.
- Mike Moore - A cure for his Oshgood Schlaughters disease.
- Dean Festa - A career-making part in a play or commercial.
- Ron Dombrowski - Dombrowski-seeking bullets.
- Lesa Hanson - A rifle.
- Sharon Gallerani - A medal of patience for the hour spent with Jack after the Strides race.
- Glanni Ficarra - A sub-60 minute Rose Arts or that elusive marathon PR.
- Carla Brown - More first place finishes in 1989.
- Mickl Levin - More first place finishes in 1989.
- Janice Boyes - More first place finishes in 1989.
- Sue Makowicki - More first place finishes in 1989.
- Joe Swift - Continued creativity.
- Franny Houle - A long and happy marriage.
- The Bussleres - Three tickets to Springsteen's next concert.
- Jen Harter - A chicken samich.
- Deb Webster - The *Strider* Newsletter (a.k.a. the Arrowhead).
- DLang - 1989 *Strider* membership dues.
- Dennis Tetreault - Bail.
- Dave Kotula - Relief from his many ailments so he can start running again.
- Don Sikorski - A night out at SNEEKERS with the editors.
- Jullo Murillo - A hairpiece.
- Jlm Latourette - A PR in Boston.
- KarenShort - A new pair of little red gloves.
- Jack Curran - The name remains the same. Merry Christmas.
- Clem McGrath - A pint of properly roomed Guinness, a nip of Old Bushmills, and a Celtics win by 40.
- Paul Toth - A new bag.
- Pete Silva - A twin brother.
- Walt Smo - Another George Martin...Another Harry Carson...Another L.T....
- Tom Swim - A complete family of *Striders*.
- Rich Bremer - A partner for Rose Arts.
- BIII/Joe/Jerry - Continued success with the Men's Racing Teams.
- Geraldine/Rose - Continued success with the Women's Racing Teams.
- Irv Miller - Free stamp store advertising on WCTY and WSUB.
- Pinhead Women - Another crushing victory over your male counterparts in Billy Wilson's basketball.
- Vito - A newly polished hood, just waiting to be soiled.

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

RACING ROUNDUP

-By Biff Laidback

Another racing season is drawing to a close, the holidays are here and the New Year's Day Run/Swim is just around the corner. So, as we look ahead to '89, a final look back at the late season races.

October 30 - Strides for the Handicapped, Waterford

Close to 500 runners turned out on a beautiful fall day to participate in the 3 and 5 mile races over the scenic Harkness Park courses. This one's always interesting because you try to tell who really enjoyed themselves the night before at the Halloween parties. This year's races also marked the debut of Vito, that sleek SNERRO mobile hinted at in the last issue of the Arrowhead. Joe Banas led the Strider contingent over 3 miles, finishing a strong 2nd in 15:45. Joe had been coming off a couple sub-par training weeks and thus was encouraged with his effort. Karl Christiansen also cracked the top 10. The 5 miler saw 6 Striders in the top ten, led by Chris Hansen in 25:31. He was followed by Ed Zubritsky, John Brown, Julio Murillo, Paul Toth, and Kevin Gallerani. On the female side, Pat Lathrop at 21:39 in the 3 and Carla Brown at 29:45 in the 5 led the red and silver. Micki Levin at 30:02 helped the club to a 1-2 finish in the Women's Open. Another nice thing about this race -- every finisher gets her/his name in the paper.

<u>3 Mile :</u>	2.	Joe Banas	15:45	
	7.	Karl Christiansen	17:21	
	11.	Wayne Hanson	17:38	
	12.	Chad Johnson	17:39	(1 st Junior Male)
	13.	David Mills	17:42	
	15.	Dean Festa	17:56	
	16.	Steve Hancock	17:57	(3 rd Men's Master)
	17.	Dave Lathrop	17:58	
	23.	Art Hernandez	18:35	
	27.	Clem McGrath	19:06	
	29.	Ron Dombrowski	19:19	
	30.	Paul Galipeau	19:24	
	39.	Bob Mondani	20:14	
	46.	Brian Bertochi	20:31	
	52.	Reginald Lehouiller	20:47	
	56.	Jim Miller	21:06	
	68.	Pat Lathrop	21:39	
	74.	Jan Damon	21:51	
	77.	Al Williams	21:56	
	83.	Barbara Williams	22:27	(1 st Women's Master)
and...	95.	Judy McGrath	23:01	(2 nd Women's Master)
	104.	Craig Hanson	23:31	(1 st Boy)
 <u>5 Mile :</u>	3.	Chris Hansen	25:31	
	4.	Ed Zubritsky	25:49	
	7.	John Brown	27:23	
	8.	Julio Murillo	25:35	
	9.	Paul Toth	27:36	
	10.	Kevin Gallerani	27:44	
	12.	Walt Smolenski	27:58	
	17.	Mike Smith	28:25	
	20.	Don Lewis	28:35	
	23.	Robert Near	29:00	
	28.	Carla Brown	29:45	(1 st Woman)
	29.	Micki Levin	30:02	(2 nd Woman)
	33.	Jack Silva	30:29	
	41.	Tom Wadecki	31:17	
	50.	Karl Christiansen	31:38	
	52.	Danny Kerwin, Sr.	31:41	
	57.	Jim Latourette	31:52	(3 rd Men's Grandmaster)
	59.	Jim Hill	31:58	
	60.	Marshall Collins	32:02	
	63.	Hollie Franklin	32:16	
	66.	J. Blues Bros	32:27	
	67.	Art Hernandez	32:31	
	81.	Ron LaFleur	33:08	

November 6 - Tarzan Brown Mystic River Run, Mystic

Even with competition from 3 marathons, 50 Striders turned out for the last of the 6 Levine Grand Prix races on an unseasonably mild, yet breezy, afternoon. One of Biff's favorite race courses, runners had the wind to their backs on the way out, but right in the face the last 2.5 miles. Chris Hansen (28:28, 2nd), Ed Zubritsky (28:56, 4th) and Dennis Tetreault (29:55, 6th) all broke the 30 minute barrier for the 5.5 miles. Micki Levin, strong in the fall racing season, nipped Carla Brown for the 1st Strider finisher. Micki was 2nd Woman overall (32:49), Carla Brown was 3rd (33:00). Again many thanks to Dave Lathrop and Gary Piszczek for all their work at the Grand Prix races. They did a great job coordinating the raffles, distributing prizes and compiling age group results. Other Strider finishers :

7.	Mike Fusaro	30:04	33.	Bob Near	32:27
9.	Tim Smith	30:33	38.	Ricky Chan	32:48
16.	Mike Smith	31:06	45.	Dave Mills	33:09
17.	Jack Silva	31:14	58.	Jimmy Tetreault	34:11
18.	Karl Christiansen	31:17	71.	Art Hernandez	34:54
23.	Don Lewis	31:32	73.	Marshall Collins	35:05
24.	Jeff Walter	31:33	75.	Dennis Zajehowski	35:12
29.	Jerry Levasseur	31:55	76.	Dan Kerwin, Sr.	35:14
31.	Phil Doyle	32:13	77.	Irv Miller	35:19

November 11 - Fall Team Challenge, Ocean Beach, New London

Way Hedding and the EBAC crew did another great job with this year's Team Challenge. Why, they even arranged for near-tropical weather (those present in '87 for The Coldest Race Ever Run South of the Yukon appreciated it). New club V-P, Don Sikorski (and Pinhead team captain) brought in another group of bandits, the Skoal Racing Team, and these Southern Ct. State U. runners ended up winning the overall team title by 9 point over the Pinheads. Julio Murillo's Hombres, even with 1st place finisher Joe Swift, could manage only 5th overall. EBAC copped third place, edging out Connecticut College which was led by the 1-2 finish of 35 year old freshmen Jim Butler and Don Lewis. (Oh, to be in college again, if only for a day.) Walt Smolenski's Turbo Products team was #1 in Industrial II division and the Lathrop/Piszczek-led Hellgate Farming (with neat Holstein shirts) copped first in the County/Farming category. Art Hernandez and company of SSN754 Topeka were best in the Military division. The area's liveliest awards presentations were capped off with a rollicking performance by lounge lizard, Steve Hancock, who ran through a medley of hits by Elvis, Sinatra, and several Motown groups. He was helped out with background vocals by the Doo-Wop Sisters, Kris-Anne Pardo and Micki Levin. The race also featured not 1 but 2 Blues Brothers (Way-Way and John Brown) and the tumbling cameraman from TV26. Hey, we appreciate the coverage, but don't stand in the middle of the road next time.

December 4 - Pearl Harbor Day Masters Run, Waterford

Striders were well represented in the last area race for '88, the Masters-only 5.2 miler directed by Strider Jim Rowan. Tim Smith suffered one of his very rare over-40 defeats, finishing 2nd in 28:33 to New London's Dennis Crowe (hey, isn't he an Athletic Director somewhere??). Like Jack Dempsey remarked, Timmy doesn't really get warmed up till 10 miles. Jerry Levasseur (30:43, 9th) and Lance Magnuson (32:30, 14th) broke into the top 15. Strider gals took top 4 spots : Geraldine Palonen (36:55), Rose Buckingham (37:28), Michaelen Haeseler (38:23) and Judy McGrath (39:28). Other Strider finishers : Irv Miller (33:17), Clem McGrath (33:30), Jim Hill (33:39), Ron Dombrowski (33:17), Jack Curran (33:52), Jim Latourette (34:21), Ron LaFleur (34:30), Pete Volkmeyer (34:48, and, who was observed passing Ron LaFleur in the chute -- gasp!!), and Reggie Lahouillier (36:35).

Racing Shorts : Ed Zubritsky 1st in the Connecticut Classic 5K in New London on Columbus Day.....Congrats to John Brown for fine 2:44 Marine Corps. Marathon effort on Nov. 6. You could tell J.B. was ready for a great one and pulled it off in tough weather conditions.....Luciano Gallerani finished first New York City Marathon try in under 3 hours. Says he was inspired by other Italian NYC successes Pizollato and Poli (but we know that it was the Road Crew at the 12 mile mark donating those wet kisses that provided his energy).....Despite developing a stress fracture in his leg, Mike Moore completed the Newport Marathon in an enviable time of 2:54.....Volkmar, Ficarra and Hancock, a.k.a. The Three Plaiders, written up in Hartford Courant after Manchester Turkey Day performance of 'Tutti Frutti'.....Top Striders at Manchester were Joe Swift (23:18, 18th) and John Bysiewicz (23:25, 19th), fine showings against national-caliber competition.....Nasty rumors floating around Billy Wilson's had Dennis Tetreault behind bars after being arrested for running in Pachaug State Forest.....There are still some seats on the Millrose Bus -- call Way Hedding at 739-2864 for info.....Finally, another big thank you to our club sponsors, Lenny Levine of Levine Distributing/Bud Light, Carl Mailhot of Norwich Physical Therapy Services, and Julio Murillo of Murillo Realty. The support of our sponsors enabled the club to grow in stature on the state level as well as locally in '88, and helped underwrite a great many of our events. Again, many thanks from the entire club!!!

From The Grand Prix Circuit . . .

The following list represents the final Grand Prix standings after all six designated races. Numbers in parentheses are total points accumulated.

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(98) R. Chann(46)	C. Hansen(188) E. Zubritsky(182) M. Fusaro(170) K. Christiansen(141) J. Swift(100) D. Eisman(94) F. Houle(90) D. Sikorski(80) A. Hernandez(42) A. McGrath(34) M. Miller(32) J. Mattison(30)	D. Tetreault(200) J. Banas(148) S. Delaney(146) G. Piszczek(142) I. Miller(138) P. Galipeau(121) J. Brown(120) K. Gallerani(92) D. Lathrop(89) W. Smolenski(88) M. Smith(88) J. Silva(86) D. Festa(84) D. Lewis(80) B. Anstrom(76) M. Ladd(75) W. Hanson(75) P. Forlino(74) M. Collins(60) G. Nixon(50) G. Ficarra(46) D. Roy(42) J. Murillo(42) B. Near(42) P. Doyle(40) M. Moore(38) P. Toth(34) T. Strazzo(32) D. Lang(24) W. Hedding(21) P. Nystrom(12) L. Cole-Chu(10)	T. Smith(250) J. Hill(219) T. Lee(188) R. Dombrowski(132) D. Zayskowski(124) K. Rawn(102) L. Magnuson(87) R. LaFleur(86) R. Poduriel(85) J. Curran(76) V. Hadman(68) J. Prezkop(64) B. Miles(58) B. Marshall(48) D. Kerwin(46) S. Hancock(44) J. McCloskey(42) M. Miller(38) L. Venturi(38) J. Slonski(36) R. Cook(20) M. Koozmitch(18) W. Hayden(14)	J. Lefvasseur(200) R. Zotti(94) C. Deveau(72)

WOMEN

<u><20 yrs</u>	<u>20-29 yrs</u>	<u>30-39 yrs</u>	<u>40-49 yr</u>
T. Tetreault(98) R. Willet(97) K. Hawkes(50) M. Collins(46)	S. Makowicki(225) C. Brown(198) M. Levin(141) K. Pardo(134) J. Boyes(121) J. Damon(120) K. Pickney(46) K. Cross(44)	P. Lathrop(193) P. Tetreault(161) K. Crouch(146) H. Franklin(100) V. Ereshena(73) M. Hedding(66) J. Poprosky(46)	J. McGrath(236) M. Haeseler(228) G. Palonen(200) R. Buckingham(194)

WOMEN'S RACING TIDBITS

- By Pat Lathrop

November 6 - Newport Marathon

Two brave Strider women tackled this 26.2 miler. Janice Boyes finished the course in 3 hours 36 minutes and Geri Palonen finished in 3 hours and 48 minutes. Congratulations, ladies!

November 6 - Tarzan Brown 5.5 Mile

The Strider Ladies who participated in this scenic race were :

39.	Micki Levin	32:49	207.	Jan Damon	40:35 -
43.	Carla Brown	33:00	224.	Mary Hayden	41:10
94.	Hollis Franklin	36:16	230.	Tina Tetreault	41:31
116.	Kelly Crouch	37:11	249.	Michaeleen Haeseler	42:21
135.	Kris-Anne Pardo	37:53	261.	Judy McGrath	43:00
181.	Susan Makowicki	39:21	278.	Pat Tetreault	43:38
199.	Rose Buckingham	40:13	368.	Melinda Hedding	49:11

October 30 - Strides for the Handicapped

Top Strider Women:

3 Mile:

68.	Pat Lathrop	21:39
74.	Jan Damon	21:51
83.	Barbara Williams	22:27
95.	Judy McGrath	23:01
212.	Lynn Wisniewski	32:30
221.	Rosemary Lewis	35:17

5 Mile:

28.	Carla Brown	29:45
29.	Micki Levin	30:02
63.	Hollis Franklin	32:16
98.	Sue Makowicki	33:55
110.	Kris-Anne Pardo	34:29
142.	Mary Hayden	36:57
184.	Karen Short	39:44

November 13 - New London 4 Miler

The top Strider women who completed this 4 mile course were: Hollis Franklin (48th, 25:51), Sue Makowicki (58th, 26:33), Kris-Anne Pardo (77th, 27:34), Geri Palonen (90th, 28:16), Pat Lathrop (97th, 28:44), Jan Damon (98th, 28:46), Rose Buckingham (108th, 29:04), Nancy Rawn (121st, 29:56), Barbara Williams (135th, 30:52), Judy McGrath (136th, 30:55).

TONY'S ANGLE

- By Tony Strazzo

Waterford 5.1 Mile

Under the most oppressive hot and humid conditions, runners survived this local race. After 4 1/4 miles of racing, Jeff Kotecki pulled away from Bob Stack (Editors' Note: Who let the OTHER guys in here?) for the win. The Women's race was all Janice Boyes in a winning 31:49, followed by Tom Swim's wife, then Linda Sprague, and Hollis Franklin. First Master was Tom Peck and first Grandmaster was Hank Golet. First woman Master was Geraldine Palonen.

Old Saybrook 10K

A top field of middle distance talent showed for this truly flat and fast course. The Striders really gave fans along the roadside a show of team power. Leading the way was Connecticut top racer, Gary Nixon (31:33). In second was Sean Delaney (32:57). Fourth was an impressive Walt Smolenski (34:47). Striders in 1, 2, and 4. The Women's race was close almost all the way. It was Jan McKeown (40:36) pulling away from new Strider Hollis Franklin (40:52) during the last mile. First Grandmaster was Jerry Levasseur in 40:37. Jim Latourette followed in 40:55.

104D

STRIDER MEETING MINUTES 11/17/88
-By Robert Carbray, Secretary

The seventeenth annual meeting of the Mohegan Striders was held on Thursday evening, November 17, 1988 in the community room of the Otis Library. President Walt Smolenski opened the meeting at 7:30 p.m. and welcomed the 52 members and their guests and spent some time recapping the Racing Team's results.

Minutes of our April meeting were not read as they were printed in the newsletter. Questions concerning these minutes were welcomed. There being none, Clem McGrath moved their acceptance; seconded by Irv Miller, Jr. and passed unanimously.

Don Lewis then presented his Treasurer's Report. Copies of Don's balance sheet were available to interested members. There was no motion.

Old Business was next. This consisted of committee reports and a review of our 1988 goals :

1. Men's Racing Team's goal to win every race was achieved as well as the Grand Prix. This committee will be co-chaired in 1989 by Bill Shea and Joe Banas.
2. Sue Makowicki presented the Women's Racing Team results. The Strider gals won the TAC championship at Wickham Park.
3. Dave Lathrop was next with the Grand Prix results. Copies of same were distributed to the members present. Dave said our Grand Prix was very successful.
4. Ron Dombrowski reported on our annual picnic and announced that next year's gathering will be at the pavillion at Mohegan Park on August 27, 1989.
5. The Newsletter report was presented by Karen Short. She and Jen Harter will continue as co-editors.
6. Ron LaFleur handled the Community Service report which included helping out at the age group track meets and the Tommy Toy Fund Run to be held December 16, 1988 from Billy Wilson's.
7. Tom Lee announced that there are plenty of uniforms in stock.
8. Mike Moore reported that the latest order of warm-up suits was not received correctly.

The committee reports tell the whole story - 1988 was a hugh success. A club trip is being planned for 1989.

The next item was New Business. Walt Smolenski discussed the idea of increasing the number of meetings each year from two to four. After some discussion, a special meeting was called for January 12, 1989 at 7:00 p.m. at the Rec Department in Norwich to vote on this idea. Also, a proposed constitutional amendment to split the Secretary's job into two positions (Membership-Secretary and Recording-Secretary) will be read for the second time. (The Constitution calls for two readings before an amendment can be incorporated). A copy of this proposal was presented to those present.

Don Lewis then discussed raising our annual dues to \$6.00, with each additional family member residing in the same household still paying only \$.50. Also, junior membership would remain at \$1.00. The initial family member's dues would still be reduced 50% after September 1 of each year. After some discussion, Don Lewis moved to increase the dues to \$6.00; seconded by Jack Curran and passed unanimously.

President Smolenski discussed this year's Tommy Toy Fund Run. It is his wish that the 1988 run be an overwhelming success.

There was much discussion concerning a Charter Revision Committee. Carl Mailhot offered to serve on this committee but there was no volunteer to chair it.

The 1989 Men's Masters Team will be headed by Jerry Levasseur while the Women's Masters Team will see Gerry Palonen at the helm.

Anyone interested in working on our 1989 budget should contact President Walt Smolenski.

Elections of officers for 1989 was next. Way Hedding moved the nomination of Walt Smolenski for

re-election to the Presidency; seconded by Dave Burnett. There being no other nominations, the Secretary was authorized to cast a ballot of one for Walt.

There were three people on the ballot selected by the nominating committee for Vice-President. There were no other nominations from the floor. Before the elections took place, Nancy Rawn withdrew her name from consideration. By a majority vote, Don Sikorski was elected. (Ron Dombrowski also withdrew his name from consideration).

Joe Lonardelli moved the nomination of Don Lewis for Treasurer; seconded by Way Hedding. There being no other nominations, the Secretary was authorized to cast a ballot of one for Don.

Before the election for the Secretary's position, Carl Mailhot's decline for the nomination was read, leaving only three others in contention. Ron Dombrowski nominated Bob Carbray, but Bob immediately declined and thanked Ron for his thoughtfulness. By a majority vote, Ken Rawn was elected our new Membership-Secretary. Michelle Levin will be our unofficial Recording-Secretary until the Constitution can be amended in January, 1989.

Before the meeting was adjourned, Clem McGrath suggested that outgoing Secretary Bob Carbray be acknowledged for his seventeen years of service to the Mohegan Striders. Bob then received a round of applause from the members and guests present.

The motion to adjourn was made by Jack Curran; seconded by Way Hedding and passed unanimously.

A PROPOSAL TO AMEND THE CONSTITUTION OF THE MOHEGAN STRIDERS

ARTICLE 6. OFFICERS

Section 2. The officers of the club shall be : President, Vice-President, Membership-Secretary, Recording-Secretary, and Treasurer.

ARTICLE 7. DUTIES OF OFFICERS

Section 3. The Recording-Secretary shall record the minutes of the Club's meetings; notify members of annual and special meetings; maintain and have custody of the Club files.

Section 4. The Membership-Secretary shall maintain a current list of Club members, their telephone numbers and their mailing addresses; issue membership cards; and assist the Treasurer in the collection of annual dues.

Section 5. The Treasurer shall maintain the financial records of the Club; manage all cash and bank accounts in conjunction with the Membership-Secretary (remains unchanged).

A rationale for change :

1. In the past year, our club has been interested in broadening the involvement of our membership in leadership and decision-making. Adding a post to the Executive Board will enable us to use the talents and experience of more of our members.
2. The size of the membership and the complexity of the tasks of the Secretary warrant a division of labor.

The President's OTHER Corner :

- 1) As a thank you to Fran Houle for making the new *Strider* banners, this newsletter is proud to announce:

=====> Custom Signs by Fran Houle, Jr. <=====

Logo Design * Truck & Glass Lettering * Banners * Posters
 --- 822-6256 or 822-6114 ---

- 2) **Attention Club Members with journalistic dreams** : Please contact a club officer -- small articles about the *Striders* would look nice in some of the small local papers or magazines like New England Runner.
- 3) The *Striders* are planning a bus trip to the **Boston Milk Run** on April 9, 1989. More details and sign up will be available at the January 12th meeting. Bring plenty of money. First come, first serve.

Message from Carl Mailhot :

Dear Striders,

The research project I've talked to you all about was put on hold because there was no available money from Langer Laboratories to supply the electrodes for the Electrodynogram tests. Therefore, it would cost \$30.00/person for the two tests needed to complete the study. We had at least 25 returned questionnaires. However, we had few who would pay the \$30.00 on their own. In order to get funding, we are going to do a pilotstudy - all we need is a few good men and women - with a few bucks, \$30.00 to be exact. We'll be calling those responding to our questionnaire to get at least six runners (12 feet) to do this study. Please, if you can help be part of this, you and I will get a lot out of this.

Run Safely -
 Carl Mailhot

REFLECTIONS
 - By Joe Swift

Now that I've been a *Strider* for almost two years, it's time for my first and only contribution to the Arrowhead (Editors' note: THE WHAT?????) . What's about to spew forth from my word processor has no significance in the real world, but I'm determined to submit something to the newsletter, and anyhow, I'm having fun writing this.

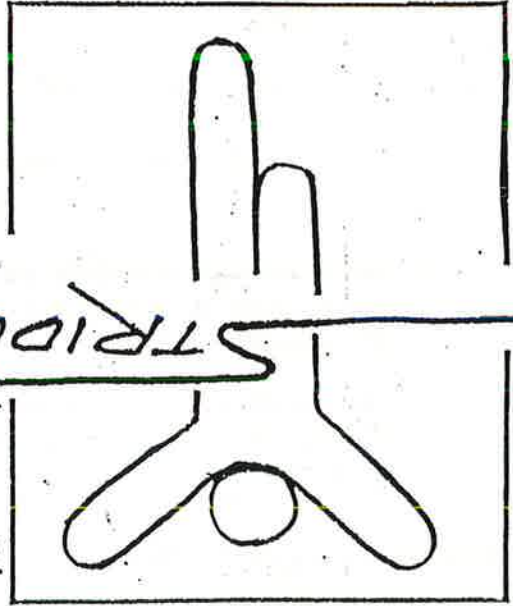
First, let it be known that the *Striders* are a most talented and diverse group, yet, as a whole, they are among the most deviating and irregular people I know. Stated a little less elaborately, the *Striders* are far from boring. Anyone who doubts this couldn't have been in New London a couple of weeks ago! I've always thought that distance runners possess some abstract quality that separates them from the norm. I'm not sure what brings it about; maybe it's the comaraderie we share, maybe it's insecurity as runners, maybe it's those wonderful endomorphines we read about, or maybe it's just too much running! For better or for worse, we're all different people because of our involvement in the sport of distance running, and vice versa.

I do know that joining the *Striders* was the best thing I could have done for all aspects of my running hobby (habit?). I shudder when I think of my first, and biased, impression of the *Striders* : I envisioned a group (I guessed membership was 15 or so) of level-minded, ordinary, and mundane people, all circling a cinder track somewhere in Occum, Lisbon, or Canterbury, with Al Morrison yelling split times. But alas, being young and naive, and never before meeting Way Hedding, how was I to know that Eastern Connecticut is a veritable hot bed for running on all levels (and its accompanied fun)? In fact, the *Striders* are probably the best kept secret in the east (that's not Eastern CT. either)!

O.K. I've said enough. Please don't hesitate to tell me my writing stinks. But I've read worse in the Arrowhead (Editors' note: THE WHAT????), and like I said, I'm just having fun as a writer and a *Strider*...

N·E·W·S·L·E·T·T·E·R

N
A
G
E
H
O
M



STRIDERS

SMITH
43 BEECH ST.
NORWICH, CT 06360



The Mokegan Striders
50 Forest Street
Groton, CT, 06340



LEVINE DISTRIBUTING

**NORWICH
PHYSICAL
THERAPY
SERVICES**

MURILLO REALTY