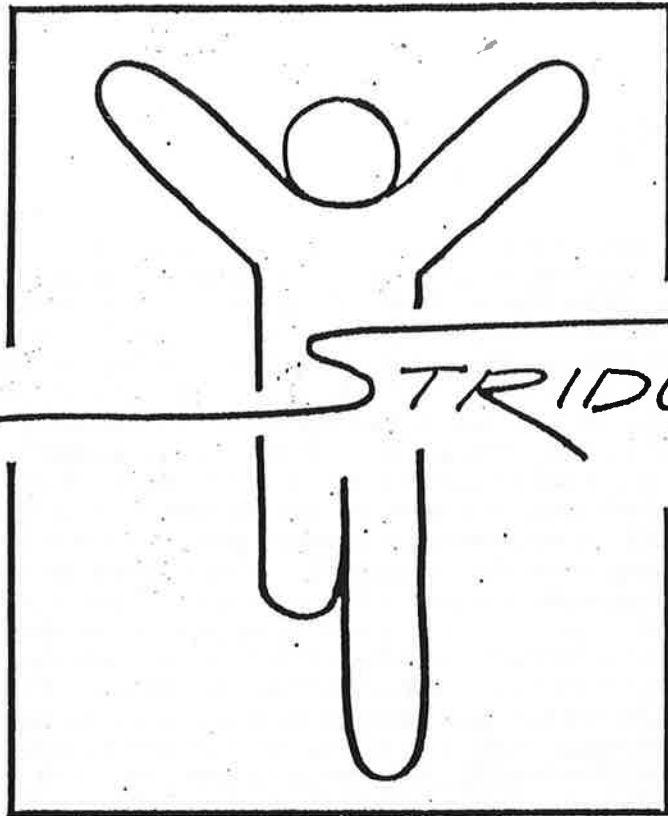


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PRESIDENT

WALT SMOLENSKI

VICE-PRESIDENT

DON SIKORSKI

SECRETARY

KEN RAWN
MICKI LEVIN

TREASURER

DON LEWIS

February 1989

Membership : 341
TAC Team No. : 28

PRESIDENT'S CORNER :

Fellow Striders,

The wheels are now in motion for what will prove to be an exciting running season for 1989. The January meetings went smoothly, which reflects the effort all the committee Chairpeople put forth in preparation. Thank you all.

The budget meeting was held on February 7th at my home and I'm glad to say the proposals that came forth are sound and put our club on course with success. I'd like to thank budget committee members : Don Sikorski, Don Lewis, Ken Rawn, Micki Levin, Clem McGrath, Bill Shea, Rose Buckingham, Jerry Levasseur, Dave Lathrop, Karen Short, and Kris-Anne Pardo for all their help.

I continue to encourage everyone to get involved in the club's events. I look forward to seeing everyone at the Milk Run and the Spring meeting. Keep Striding...

Walt

SHORT TAKES

Newsflash -- Date : February 11, 1989. Place : Tampa, Fla. Time : an ungodly 8:15 a.m. Noteworthy event : Gasparilla Distance Classic -- an unbelievably beautiful 15K course. *Strider* representation : **Kris-Anne Pardo, Karen Short, Pete Volkmar, and Gianni Ficarra**. For those of you who care, the women kicked ass (okay, so the guys were injured...details...details).....Hey, **Mikey**, howsh that Oshgood Schlaugter'sh??.....**Luciano Gallerani** was looking mighty sexy in his grandfather's bathrobe on New Year's Day. As was **Carla Brown** in her itsy-bitsy bikini. Too bad she was sober and having such a boring time. Special thanks to **Debbie Murillo** and **Mo-Linda Hedding** for driving their vehicles to and from the beach, storing warm clothing and offering a ride to those in need.....Which *Strider* V-P got blown off for a Friday night date a few weeks ago?? Don't worry, **Don**, we'll be worth the wait.....Has anyone posted bail for **Dennis Tetreault** yet??.....Caught **Brian Bertockl** dancing (or was that the two-step??) at the Norwich Sheraton a few weeks ago. He attributes his *Strider* membership to our beloved **Way-Way**. Seems to think that **Way** knows how to have a good time (with or without those inflatable women??).....Hey, **Yogi**, got anything in that pic-a-nic basket??.....Shhhhh, **Kris-Anne**, isn't that an UGLY dog (HUH)??.....Gogogogo **Slim Jim Latourette** in another Boston marathon bid.....Has anyone seen **Dean Festa** lately?? Miss those tights...that hair...those lips.....Okay, what really happened at the Millrose games?? Dirt only, please.....Seriously, folks, don't forget to represent the *Striders* at the March of Dimes Walk-a-Thon on April 30th. **Tommy Lee** is recruiting *Striders* to run the Norwich or New London courses this year and help raise money for the Campaign Against Birth Defects. Let's see how much money the *Striders* as a club can collect. So, get out there and participate for those who are physically unable to do so. Any questions should be addressed to **Tommy** (for instance, do we have to run...it is a WALK-a-Thon??).....And, when you're done with the Walk-a-Thon, wander on over to the EBAC Family Banquet and see one of our beloved *Striders* in his element. **Coco the Clown** has been replaced by our very own **Gianni Ficarra** who is just craaaaazzzzzy about children and will, without a doubt, show them LFRs a good time (you really should consider having a few of your own, **G**. Can't stay young forever, you know).....Next major road trip : San Francisco. Let's see if **Volkmar** leaves his heart out there.....

Attention all Women *Striders*, **Kris-Anne** is taking orders for the 1989 *Strider* running tights. Made by Dolphin, the tights are red lycra and have silver lettering on the sides. Twenty-five bucks a pair. Make checks payable to **Kris-Anne Pardo**, 11 Mello Drive, RFD #5, Preston, Ct. 06360. Sizes are unisex. Women who placed in the top 5 of 1988 will receive free tights : **Janice Boyes, Geri Palonen, Carla Brown, Rose Buckingham, and Micki Levin** (question: can the guys order them, too??).....

And, in closing, never underestimate the power of a pacer. Thank you, **SB**, for my indescribable moment of glory.

Another Letter From the Editors :

Okay, okay, so we're going to risk getting the whole club mad at us for taking up valuable newsletter space and turning it into a gripe session. But, editorship has its privileges.

Deadlines are a nuisance, we agree. BUT, they serve a purpose. We establish deadlines for the submission of input to the newsletter based on a two week time frame : we believe that we can have the newsletter in the mail two weeks after the deadline that we provide. That two weeks includes a 'buffer' for stragglers -- that stuff that shows up a few days late. That two week period also includes time for us to coordinate our schedules and find moments that we are both available to work on the newsletter. And when we make time to do the newsletter, we want to have ALL the input with us so that we can do a layout that looks both appealing and somewhat professional. We have alot of pride in our work and want you to be proud of what we do. BUT, we can't do our jobs if you don't do your job. Please get information to us in a timely fashion. If you're going to be late, just call and let us know so we can respond accordingly. We want to include ALL input given to us BUT we will start holding articles for future issues if we don't receive them on time.

Please don't take this lecturing personally (there are five of you out there who think that we're talking specifically to you). We enjoy putting out the newsletter (who typed that??) and would like to continue to do so. BUT the fun gets replaced with annoyance when we can't rely on our contributors.

Thanks for listening.....

Next newsletter deadline : April 24th. Hope to be hearing from you.....J&K

RACING ROUNDUP

-By Biff Laidback

Aloha, Striders! Wish you all were here to enjoy with me the slow part of the Connecticut running season. I caught a couple races before I left, which are noted below, but since I can't return to the mainland until SNERRO's race schedule hits the papers.....please pass the suntan lotion.

January 1 - New Year's Day 5 mile Run/Swim (optional)/Run (optional), Mystic

Organized chaos once again on Johnny Kelley's front yard as 150 hearty souls carried out the annual rite of winter. Nice to see more females taking part in this event, along with 6 reindeer, a couple of kayakers and one bicyclist who was a real good sport and took his bike into the water with him. The Browns won the Strider award for most press coverage but, unfortunately, were also the winners of the reddest eyes award.

January 15 - Kelley's Pace Frostbite 5 Miller, Mystic

Hey, who named this race? It's been 50 degrees the last 2 years, guys are running without shirts and sweat is pouring off people at the finish line. And those guys in the green shirts seem to come out of the woodwork for this one. Apparently more than one Strider feels as this writer does, and would rather watch this race than run while making comments like, "well, it's an early season race and I won't risk injury at a non-Strider event, the proceeds of which fund the efforts of the enemy" or words to that effect. But there was a good turnout of members anyway, including :

Joe Banas	26:29
Walt Smolenski	27:47
Dennis Tetreault	28:01
Julio Murillo	28:04
Tim Smith	28:23
Mike Smith	29:31
Dave Lathrop	30:27
Dave Mills	30:34
Art Hernandez	32:00
Janice Boyes	32:20
Way Hedding	32:26
Ron Dombrowski	33:38 (after a.m. rec run - nice double)
Reg Lahouillier	35:32
Gail Popelka	"37 something"

Luciano Gallerani was in there somewhere but he must have finished behind a tall guy so I missed him. The Pinheads also ran but did not finish before the course marshalls removed the finish line and SNERRO shut off the clocks.

Racing Shorts : Since I'm still waiting for the official SNERRO race schedule to arrive, I wanted to plug a few Strider-related races for the upcoming months. Ron LaFleur is directing the Groton Elks 5K on March 12. It's a morning race. There's also the eagerly awaited road trip for the Boston Milk Run 10K on April 9 via Strider bus. Club treasurer Don Lewis is putting on Spring Stride '89 for L&M Hospital on May 6, 10a.m. I'm pretty sure Glen Stacy is behind the Danielson 5K again on May 20. Running dentist Phil Doyle will be taking over the reins from Bill Marshall as director of the Rose Arts Festival 10.6 miler on June 18. And, of course, don't forget to support the Strider club circuit races this season, sponsored by Levine Distributing and Bud Light. Dave Lathrop has all the info.....Random notes from the Millrose Games trip Feb 3 : Nice seeing local talent (and future Strider??) J. T. Burke of Xavier High win the high school mile, leading start to finish. Bill Krohn, ex-NFA star, held his own in a super 3000 meter race won by Said Auoita. Couldn't pry the binoculars off V-P Sikorski's eyes when Mary Slaney hit the track. Hang around with Gene McGrath if you want to meet some track celebrities. Pinheads really enjoyed free cockroach show at McSorley's. Jim Uhrig looked in real good health, much better than during '87 MVP performance. No fear of Julio Murillo ever selling more records than Julio Iglesias, but he sure sings with more enthusiasm.

Strider Nostalgia
- Courtesy of Tim Smith

15 years ago: Strider Newsletter dated February 28, 1974.

Manchester Road Race, Thanksgiving Day. Our praise goes first to Amby Burfoot, who finished first overall in 22:37, next to our own Steve Flanagan and Ray Crothers, who finished third and fourth respectively in 23:05 and 23:07. Only John Vitale of the New Haven Track Club was able to prevent a 1-2-3 finish for the Striders...

1989: Amby Burfoot is now in Emmaus, Pa. working as editor of the Rodale's Press Runners' World ; Steve Flanagan is a member of the Colorado Track Club while Ray Crothers and John Vitale are co-owners of the Run-In sporting goods store in Rocky Hill. Both are Masters competitors for the Hartford Track Club.

10 years ago: Strider Newsletter dated March 1, 1979.

AAU's GRIP SERIOUSLY WEAKENED

. . . The battle for freedom is not yet won. Challenge your AAU reps. Ask them for an interpretation of the rulings. Go non-AAU.

Women's Racing Circuit
- By Rose Buckingham

We're shooting for both an Open and Masters racing team for 1989. There will be 6 Open races and 5 Masters races in the TAC Grand Prix Race Series 1989. The schedule for the Women's Masters Team has been established and is available from Rose Buckingham or Geri Palonen. The schedule for the Women's Open Division is pending. If you plan on running on either team, get your Strider dues paid and TAC registration in. You can get a TAC form by sending a Self-addressed stamped envelope to P.O. Box 207, Manchester CT. 06040. Any questions, call Rose (442-9903) or Geri (546-9932). Come on, let's work together for more recognition in the club!

A system is being devised whereby points are acquired by attendance in races. These points will lead to various cash awards. Points will be awarded, regardless of place. Everyone has a chance at this - points are awarded stressing consistent race attendance.....let's PARTICIPATE!

----- **ATTENTION LADIES** -----

TRACK WORKOUT

WEDNESDAY NIGHTS - 6:00 p.m.

NORWICH FREE ACADEMY

ALL STRIDER LADIES ARE INVITED

Social Activities Report
- By Kris-Anne Pardo

I was held up in Springfield, Ma. the night of the last Strider meeting due to a passing ice storm which made 91 South impossible to travel on. I was on my way back from a ski trip in Vt. with my report practically memorized in my head but instead I became stranded in the local Burger King for a couple of hours. My apologies to everyone.

My report basically stated the goals I have set for the coming year and the objectives by which I intend to reach them :

1. Increased Socialization.

We are a social club per se as well as a running club, therefore, I would like to have new Strider members recognized by a small article in the newsletter. Please contact a social activities committee member if you would like someone to be introduced. I would also like to recognize the 'older' members. If you feel someone in the club deserves special recognition and should have a personal write-up in the next newsletter, let us know.


2. Member Involvement.

Activities can't happen unless members tell us what they want. Please let us know what special events, prizes for raffles, or types of raffles you would like to see.

The 1989 Social Activities committee includes myself as Chairperson and Pete Volkmar and Gianni Ficarra as committee members. Anyone else interested in serving on the committee is certainly welcome. We had our first meeting January 1, running back to John Kelley's house from Groton Long Point. We agreed to have bi-monthly meetings throughout the year. Tentative plans for the year include :

1. A summer beach party after the Fairfield 1/2 marathon.
2. A contest involving a grand prize of a night on the town in Vito, care of the Guido Brothers Escort Service (Editor's note : will there be gas in Vito and will the headlights be fixed??).
3. An end of the year Strider award ceremony/banquet or maybe a dinner-dance, depending upon interest.
4. Post-race party for those participating in the April 30th March of Dimes Walk-A-Thon.

One last note, the annual Strider picnic is tentatively set for August 27th at Harkness Park in Waterford. The Waterford week race is the same day.



STRIDER SPRING MEETING

April 20, 1989. 7:00 p.m. Otis Library, Norwich

Endless Trails

- By Carl Mailhot

Every few months, something I have read or some post-graduate course I have taken, leads me down a new trail. These new trails unfold new territory, or, old territory seen in a different light. And so, it is with this thought that running and movement have taken on new meaning and direction. Each run, bike or calisthenic endeavor leads me to new awareness of myself and my body's movement patterns. Now, before I go off on a George Sheehan-esque tangent, let me fill you in on my latest path of thought.

Last November, I attended a 5-day seminar entitled *The Low Back Dilemma: An Eclectic Approach*. It was conducted by 5 physical therapists with international notoriety. Each specialist presented his/her own views and concerns regarding spinal care with a heavy accent on research to substantiate their hypotheses. One of these lecturers, Sandy Burkart, P.T., Ph.D., had the task of tying in these working treatment hypotheses, and finding a commonality in approaching the vast problem of low back pain treatment. What struck him was how we have used different theoretical models to explain some very common clinical practices. In other words, you and I may have entirely different reasons to achieve a goal, but we use similar skills to get there. In the treatment of low back pain, the common threshold is musculoligamentous pliability via movement. Whether we bend backwards, forwards, sideways or rotate, by discovery of the least painful way to re-organize and re-educate ourselves to move, we can overcome a disabling back problem. The cause of the problem may be simple or complex, profound or rather small in nature, but the commonality is the way we find (or are guided) into a movement pattern that eventually lessens our pain and regains our ability to perform physically. Some find this on their own, others (many) do not. Therefore, if all these different trails eventually lead to the same place, what is it that makes us decide to take a certain route? That's where my role as a physical therapist comes in. Through my education and clinical experience, I can and should be a facilitator or trailmaster to lead my patients/clients down a path that is right for them. Dr. Burkhart believes there is a higher brain function. A cortical, cerebral-interaction that determines how we physically function and, more importantly are lead to dysfunction (loss of normal movement).

In my own life and physical self, this is also true, whether training for a specific race or solely out for a mind clearing jog. As I plod or prance along, each step and each mile are both automatic and pattern-altering. I say pattern-altering, but I mean movement redundancy. Through the study of movement re-education with authors like Rolf, Feldenkrais, Alexander, and others, the simplest of movements can have profound effects on overall performance whether it be a race performance or injury recovery. I believe that our abilities and capabilities may be more endless if we take a step back and analyze some very simple movements. Our ability to sense these subtleties can re-program our master computer - the brain - and therefore create new movement awareness to some very seemingly common activities.

It, therefore, makes more sense to me to vary my workouts and running schedule not so much to avoid mental fatigue or physical injury, but to jumble my brain, to make me feel awkward so that my old ways can become a new sensation. Now, speed training, hopping, skipping, high-stepping, back peddling, and sprinting all have different sensations and rekindle the zeal as these "trails" lead to my ultimate goal of running safely and effortlessly, like flying.

As you read these words, don't think this is too ethereal or headsy to make sense or have practical application. Ask Jan Merrill what's happened to her as she works with Gerald M. Monahan, certified massage therapist, myself, and her sports physical therapist in Boston, Mr. Dyrek. Besides her tightened muscles, there were some very profound physical limitations discovered by Mr. Dyrek, Mr. Monahan and me, all relating to her movement patterns and compensatory altered movements. The result was musculoskeletal breakdown and injury. The solution was movement re-education, taking the simple and re-discovering the basics, sensing the body where it was blind and without sensation before. Jan still has a lot of training to do, but her way of moving has changed, and this has altered her perception of her physical abilities. She will know when she is ready - fully recovered - because she will truly sense it. I urge all runners and people struggling to improve their physical well-being to re-discover their movement and their body awareness of these movements which they may have given up or thought to be unproductive. By re-discovering how we move, I believe that we will be able to move with greater ease and more fluidity leading us to another trail of physical well-being.

Run Safely ,

Carl Mailhot, P.T.

Twenty-Five Years of Tim Smith
- An Appreciation by Tony Strazzo

This short story has taken 25 years to write. It all started in 1964 when I ran for New London High. We were bad, but my teammate, Way Hedding, made sure I had fun. (Editor's note: Some things never change!) We had a dual meet against the "powerful middle distance crew" from NFA, led by Mike Brault, Bruce McMahon, and Tim Smith. My attention was drawn to NFA's reddish-blond headed Tim Smith. I noticed he had the runner's shape, powerful legs and youthful lean upper body. The only thing different when the race was over was the kid from NFA obviously ran more with his heart than I and easily beat me. My coach, Larry Drew told me, "That's the kid you have to beat to be any good."

Our high school years went by, and each season--cross country, indoor and outdoor track--I would always try, but couldn't beat the kid from NFA. I did become friends with one runner from NFA named Bob Chamberlin. One year my Cross Country coach, Mal Greenaway, suspended me from the team for two weeks for being a "spy" for NFA and giving away team training secrets... "But Mal, we're last in the CDC standings." I told you that story so that I can tell you this one:

Tim Smith's last high school mile was to be against, of all schools, New London High. This was my last chance to "get" Tim Smith. In four years of track in the mile dual meets, he had never lost. The local newspaper was there, front page story, photos, even a track P.A. system was in place. (I kept the original newspaper story for years before giving it to Tim.)

The gun went off, Mike Brault went out hard, Timmy with him and myself just behind. The quarter was passed in 63 or 64, over my head, but I was determined. We flew through the half, at 2:15 or so, and Tim began to pull away, my hopes fading... at 3 quarters the race was Tim's. Then, and only then, for the first time, I walked off the track. I was disheartened to hear the P.A. system loudly proclaim, "Strazzo has dropped out." I let my teammates down, yet I watched Tim cross the finish line....and I still liked the runner from NFA.

Tim went off to college, I off to the Army for my tour of duty. I put running behind me and went on with life. In 1981 I bought a house in Niantic, unaware of the "Road Racing Boom" in the area. I remember cutting my grass one fall day and down the street comes a police car, lights flashing and behind it, Tim Smith! I asked following runners, "What's going on?" "It's the East Lyme Marathon," they replied. The next day I started running again, all because of Tim Smith. Thank you Tim, for planting the true "lover of running" in me from many years ago.

Wait! The story goes on. I still haven't beaten Tim Smith, and turning forty in February, I doubt very much if I'll beat Tim as a Master. Well, there's always Grandmaster.....

Don't be an Abdominal Snowman this Winter!
- By Kris-Anne Pardo

With cold temperatures and less daylight here, most of us probably have decided to cut back on training and exercising. What timing! The holiday season not only brings bundles of joy, but also bundles of calories. Too much eating, drinking, and being merry along with less physical activity can result in expanding hips and waistlines as well as a decrease in your lung capacity. And come your first race next spring, you may pay your price!

Whether you're a competitive runner or just the average weekend athlete, you should be aware of your weight. Remember it will take a lot more sweat in the spring if you let yourself get out of shape this winter. Energy consumption should be equal to energy output. In other words, don't eat what you can't burn off in exercise. Also, eat less but more frequently--eating three or four small meals a day is metabolically more beneficial for the body. Avoid rich sauces, dressings, and high fat desserts. Consider high carbohydrate, low-cal fruits and vegetables such as potatoes, squash, and apples. And finally, keep exercising. For some of us it may be too cold or too dark for a run, but we can still integrate indoor exercises such as aerobic dance, circuit weight training, cycling, rowing, or walking. And, don't forget, cross-country skiing 'is the number one fitness activity!'

MOHEGAN STRIDERS

PRESIDENT WALT SMOLENSKI
VICE PRESIDENT DON SIKORSKI
MEMBERSHIP SECRETARY KEN RAWN
RECORDING SECRETARY MICHELE LEVIN
TREASURER DON LEWIS

The Mohegan Striders is a club dedicated to the encouragement and improvement of distance running and track and field. The club was founded in April of 1972 and is the oldest running club in Eastern Connecticut. 1988 membership was over 340 members.

The Mohegan Striders have won team awards at many races and many TAC Championship events in recent years. We encourage team involvement at all events.

1989 will see the Striders increase their participation in all aspects of distance running. The following are just a few of the regularly scheduled events

1. Rose Arts 10.6 miles Race in June
2. Norwich Rec Runs in Mohegan Park during the summer months.
3. Winter fun runs in Mohegan Park.
4. Tommy Toy Fun Run in December
5. Age group track & field program
6. Team entry into many TAC Championships (road & track)

Membership dues of \$6.00 per person and \$.50 for each additional family member in the same household or \$1.00 for a junior member (under 16) entitles each member to:

1. Annual membership directory at year end.
2. Club newsletter, the "Strider News".
3. Club picnic at Mohegan Park Pavilion Aug. 26
4. Many good times at Strider Events
5. Racing Teams in all age divisions

JOIN THE MOHEGAN STRIDERS

NAME: _____ D.OB. _____ AGE _____ SEX _____

ADDRESS _____ PHONE _____

ADDITIONAL FAMILY MEMBERS: _____

Send membership information and check to: Ken Rawn

c/o Mohegan Striders
105 Roath St.
Norwich, Conn. 06360