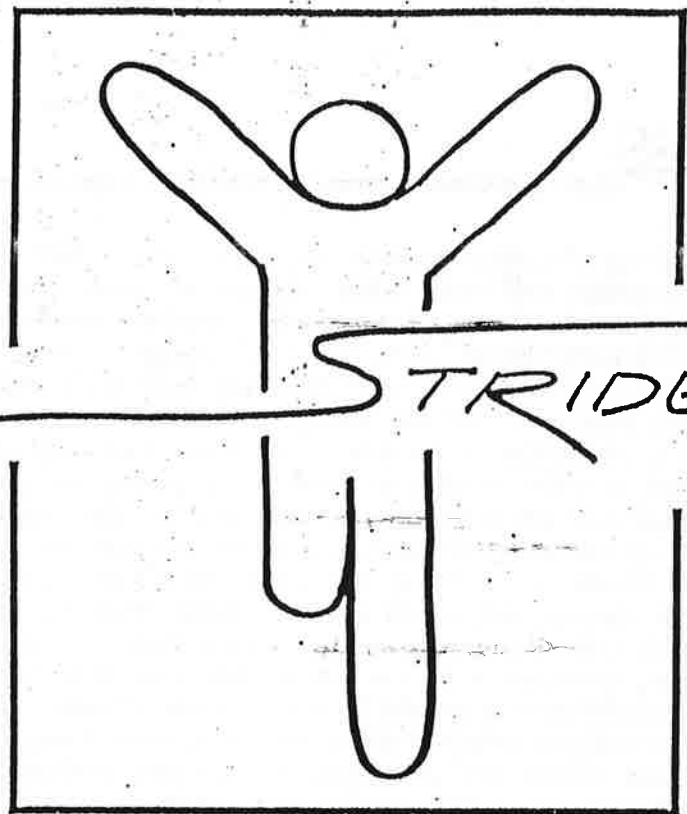


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PRESIDENT

WALT SMOLENSKI

VICE-PRESIDENT

DON SIKORSKI

SECRETARY

KEN RAWN  
MICKI LEVIN

TREASURER

DON LEWIS

April 1989

Membership : 222  
TAC Team No. : 28

PRESIDENT'S CORNER :

Dear Striders,

Spring has come upon us (though the temperature hasn't found out yet) and the daylight provides us with the much needed time to properly train our bodies and minds for the season ahead. Many people look forward to this time of year by gearing up for the Boston Marathon, but in recent years the Mohegan Striders have focused on the kick-off race of the Connecticut TAC Championships and this focus has paid off for the third straight year.

Congratulations to the victories attained by the Men's Open and Women's Master Teams and a strong second by the Men's Master Team. A technical problem caused some disappointment for the Women's Open Team but they will overcome this setback.

I enjoy talking up our racing teams because it is a focus of our club and I encourage all members to go to this year's championship races and support our teams - you won't be disappointed!

Turning to club activities, the spring meeting was well attended and several issues were resolved. One point I'd like to make is that this meeting was a little slow moving. It is very important that these meetings are smooth flowing and interesting. I promise to do all that I can to keep the meetings moving and make all the members that attend feel that time was well spent. I will continue to keep committees the spotlight of the meeting and will listen to any suggestions you may have to keep the quality of the meeting as high as possible.

I look forward to meeting all of our new and returning members during the upcoming racing season and if I don't meet you there, how about the summer meeting on July 21st or the club picnic?

Keep Running...

Walt

# SHORT TAKES

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Paparazzi take notice--we have some Celebs amongst our ranks. First, **Dean Festa** (who??) and **Kris-Anne Pardo** hit the big screen with parts (larger than life, I'm sure) in the Nick Nolte/Debra Winger movie that was recently filmed in beautiful downtown Norwich. **Montanegro** portrayed a copper while **Kris-Anne** had the more difficult task of acting like a jogger. Get ready to start signing autographs...AND...anyone besides **me** and **Guido** catch the **Crank** (clad in his sexy **Strider** red) in the chute at the finish of the Boston Marathon?? For one fleeting moment, **Mr. Hancock** and the **Mohegan Striders** were on national TV.....Speaking of the Boston Marathon, **Mo-Linda Hedding** and **Lesa Hanson** had pretty good seats by which to view the race. They worked the 30K point, helping to identify the lead runners and potential wrong-doers. Hey, **Mo**, with all your experience working road races, maybe **SNERRRO** could trust you??.....And, speaking of Boston, the Milk Run was another overload of fun. The aforementioned **Crank** ran a PR as did Arrowhead (what?? who??) co-editor, **Jen Harter**. More interesting stuff (gossip, dirt, sordid details) : **Brian Bertocki** got a wee-bit out of control in the Black Rose but his antics were surpassed by **Luclano Gallerani** and **John Brown** who insisted on butting heads in the commuter lot by the Norwich Sheraton...**Kris-Anne** lost a variety of articles including her Walkman headphones, a sweatshirt, and a couple of tapes. Found, however, was one bag of Tampa-bought (and overwhelmingly-nutritious) fried pork rinds...Never did find out if **Joe Banas** beat the first whoaman runner this year...And two forelorn **Striders** bid adieu to the Greyhound look-alike as it pulled into the sunset, leaving them stranded and desperate as nighttime gripped the air and the sounds of the city only reminded them that they were far from home (Uh, **Gianni**, I think the bus's wheels are moving...I'm serious...Wave goodbye to the bus...Bye Bus...Know how to get to the North End from here?? I'm hungry). Then, if fate hadn't dealt them enough cold, harsh blows, our two pathetic **Striders** had to suffer the Unbearable Lightness of Being on a train for two hours (seemed like a mere five minutes to me).....**Mickl Mickl Mickl**--I swear I didn't get the meeting minutes from the January meeting. Oh, and by the way, thanks to your Dad for his generous donation of 200 bucks to the **Strider** Social Committee.....Laughed up a storm at **LAFF'S** in Jewitt City (but the **Prince** was nowhere to be found) with **DLANG** last month. Bet you expected a peaceful Saturday night, quietly listening to the music, huh, **Dave**??.....Hey, **Biff**, about that tongue-lashing??.....Newsflash : Hearts all over Occum and surrounding communities were shattering rapidly on Saturday, May 6 as the ever-single and oh-so-gorgeous **Franny Houle** took the proverbial plunge and married his sweetheart with the great first name. Best wishes for a long and happy lifetime together, **Fran** and **Karen**.....

**Sneeker's** in Groton started boppin' when **Ron LeFleur**, **Jim Hill**, and **Bob Knowles** staggered...uh...waltzed gracefully in a few Saturday nights ago. Something about being at a stag party. Something about **Bob** running Yonkers marathon in 3:36. Something about **Jim** doing a 3:20 Boston (although **Biff** didn't have **Jim** recorded in his race results so who's a columnist to believe??). Something about **Ron** doing some shadow dancing. And something about **Annie**??.....**Striders** turned out in large numbers to participate in the Norwich Walkathon for the March of Dimes. Over 900 dollars was raised by those who ran/walked the route. Meanwhile, in New London, **Jan Damon** and **Karl Christiansen** were seen finishing the course well ahead of the rest of the pack.....The **Strider** picnic is officially being held on Sunday, August 27 at Harkness. Got that info from the Social Committee chairperson so we know it's accurate.....Rumor has it that this summer holds competition between **Maxwell Wimberly** and the **McGrath** clan. Something about **Kenny** finally beating **Judy** with **Clem** being the next target.....**Gail P**--many thanks.....And, thanks also to **Danny F.** for giving me back a part of me that I didn't realize was missing.....

And, in closing, if you're going to San Francisco, be sure to wear some flowers in your hair.

Next newsletter deadline : June 24<sup>th</sup>. Hope to be hearing from you.....J&K

**RACING ROUNDUP**  
*-By Biff Laidback*

Spring is finally here, and with it the official start of the local racing season (unless you jumped the gun and jetted down to Tampa for a warm tune up!). A brief look at the early goings on:

March 12 - Bud Jennings 5K, Groton

Strider Ron LeFleur on the other side of the starting line as race director for this Groton Elks benefit. Wayne Jacob was first overall. Hopefully the conflict with a race in Mystic can be avoided next year to increase participation.

April 9 - Boston Milk Run 10K, Boston

Two busloads of Striders made the trek to Beantown for this nationally ranked event. The stories are still rolling in (I'm sure there's some elsewhere in this issue). There were some pretty quick times too. Chris Hansen (31:51), Joe Banas (32:54), Walt Smolenski (33:13), Mike Fusaro (33:27), Jack Silva (34:02 - Could a Millrose MVP be in Jack's future?), John Brown (34:36), Mike Smith (35:04), Kevin Gallerani (35:26), and Julio Murillo (35:31).

April 17 - Boston Marathon

I can't remember the last time Tim Smith missed the Big One, but it did happen in '89. Tim has been nipped by the injury bug early this season, as has fellow master Bill Marshall. A healthy group of the boys performed well, but no Strider gals competed this year. Strider official finishers:

John Bell	2:41:23
Dennis Tetreault	2:47:39
Kevin Gallerani	2:51:37
Steve Hancock	2:56:14
Albert Lyman	2:56:14
Mike Smith	3:10:19
Dave Mills	3:11:51
Jim Latourette	3:15:54
Jan Slonski	3:34:48
Ron LeFleur	3:36:13
Jon Orris	3:37:07

Racing Shorts : Two of our Swift-er runners, Joe and Pat Swift, competed for the Connecticut team in America's Ekiden, a relay race held in New York City on April 9<sup>th</sup>. The team finished 32<sup>nd</sup> among the state entries. Ireland won the international team title...Speaking of the Swifts, the family did some serious damage at the John English now-half marathon in Middletown on March 5<sup>th</sup>. Young David won the under 18 title in 1:19:18, while brothers Joe and Pat were 2-3 in the open at 1:10:58 and 1:10:59 respectively. In the submasters, Gary Nixon was tops (and 3<sup>rd</sup> overall) at 1:10:27, and Joe Banas 2<sup>nd</sup> at 1:11:50. Some really good early season performances.....Look for many more Striders to be wearing race director hats in the next few months, beginning with club Treasurer Don Lewis at the L & M Spring Stride 3.5 Miler on 5/6, Glenn Stacy at Danielson's 5K on 5/20, Al and Barbara Williams' Father Casey 4.7 Miler on 6/4, Billy Shea at the Al Morrison/Reliance House 5K on 6/8 (a Thursday night), Alden Miner at the Franklin Flats 4.5 Miler on 6/10, Phil Doyle at the Rose Arts 10 point something (another standard Connecticut distance) on 6/18 (Father's Day), and Pete Volkmar and Gianni Ficarra at the Sneaker's Run 2 and 5 Milers on 8/20....Rumor of the week - Dave Lathrop still negotiating with Marcus O'Sullivan to wear the red and silver.

## WOMEN'S RACING CIRCUIT (and then some...)

-By Pat Lathrop

Another racing season, let's hope it's a good one...

### March 12 - Groton Elks - Bud Jennings Memorial Run

58.	Virginia Ereshena	21:23.7	Master
61.	Kris-Anne Pardo	21:33.3	Open
68.	Rose Buckingham	22:02.4	Master
77.	Pat Lathrop	22:36.0	Open
80.	Jan Damon	22:47.5	Open
92.	Judy McGrath	23:56.5	Master
97.	Pat Tetreault	24:09.8	Open
105.	Kathy Smolenski	24:57.9	Open

### April 23 - Connecticut TAC 5 Mile Masters Champlonship

The Strider ladies finished first with a total team time of 110.53 minutes. They were followed by Converse who had a total time of 113.30 minutes. Congratulations to a fine performance by the following masters:

99.	Geri Palonen	36:27
102.	Rose Buckingham	36:45
116.	Michaeleen Haeseler	37:41
133.	Judy McGrath	38:59

### April 23 - Meriden 15K

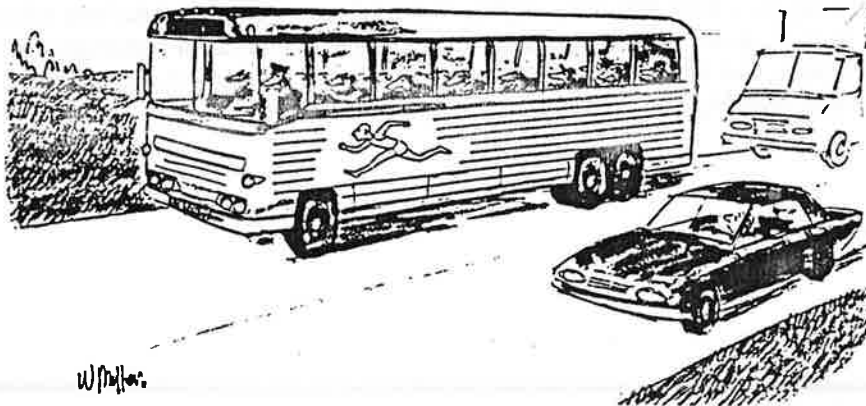
Due to a lack of communication, the Striders were not eligible for the team championship at this race. (Janice Boyes didn't have her TAC card with here and Micki Levin didn't pre-register). Regardless, the ladies went out with true Strider spirit as Converse took first place followed by the Westerly Track Club. The Strider men had better luck, however. They came out on top, beating Yale Co-op for the title.

#### Top Strider Ladies:

Janice Boyes	64:28 (88 <sup>th</sup> )
Micki Levin	65:53
Kris-Anne Pardo	69:41
Pat Lathrop	71:16

#### Top Strider Men:

3.	Pat Swift	48:38	16.	Mike Fusaro	53:39
5.	Gary Nixon	49:26	21.	Walt Smolenski	55:01
6.	Joe Swift	49:38	52.	Dave Lathrop	60:22
10.	Joe Banas	51:43	71.	Tom Wadecki	61:55
11.	Darrin Eisman	52:27	128.	Pete Volkmar	69:42
12.	Sean Delaney	52:34	151.	Tom Swim	72:52



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**STRIDER MEETING MINUTES 4/20/89**

*-By Micki Levin, Recording Secretary*

President Walt Smolenski commenced the meeting, held at Otis Library, at 7:12 p.m. with a moment of silence for Chief Harold Tantaquidgeon, an honorary Strider who died recently. Advocating that members join committees, Walt promoted them as the "backbone" of the club. Encouraging yet more involvement, he reminded the members of the many community service activities and the youth running programs in which members and their children can participate. Finally, he noted that the Milk Run was a huge success.

On a very positive note, Don Lewis then presented his treasurer's report and indicated that there has been an increase in both members and funds compared to this time last year. The member count is up to 222 compared to 193 at this time last year.

#### COMMITTEE REPORTS

Reporting for the Men's Racing Team was Walt who quickly informed the group that Sunday, April 23, is the Daffodil 15K in Meriden. Representing the men is a viable team. Although the competition is not yet known, Walt feels confident that the men are going to win. Reporting for the Women's Racing Teams (both Open and Masters) was Rose Buckingham who anticipates that the 5 races scheduled for the 5 or 6 women deep Masters Team could yield a significant purse should a team win all 5 races. That purse could be as high as \$900.00. Team earnings from each race will be totalled and held by the Treasurer. Heavily emphasizing the importance of attendance, Rose added that women will earn points for their attendance as well as performance. Turning to the Open team, Rose noted that the team is 7 or 8 solid totalling 14 for an Open TAC race; Master women are permitted to compete in the Open division as long as they're not also counting as Masters that day. The Meriden 15K team is being organized by Pat Lathrop; she anticipates participation from 12 Strider women.

Reporting for the Men's Masters was Tim Smith who foresees a turnout of 5 men for the Meriden race. The next Masters championship is right here in Norwich, the Rose Arts (although that point was debated by Rose Arts chairman, Phil Doyle...the money has not yet been paid to TAC and probably won't be). On May 7 there will be a run for the animals; those interested should talk to Way Hedding about the difficulty of the course. The men, like the women, are planning to compete in 5 races of the TAC circuit.

Reporting on Club Racing Circuit was Dave Lathrop who looks ahead at the Al Morrison 5K race on 6/8 worth 100 points, the first race of the circuit. Among the others are Rose Arts, Preston Ciry, Downtown Norwich, Lisbon, and Tarzan Brown (all worth either 100 or 150 points). An additional 10 points will be awarded to those who show up for the Norwich Rec. Runs July 6 - August 24.

Speaking on behalf of the Social Committee was chairperson Kris-Anne Pardo who reiterated that the Milk Run was a success. Those present voted to have the picnic location changed to August 26 at Mohegan Park, if we are still pencilled in for that date. She was given the down payment. Ahead she is planning a beach party and still welcomes pictures for a Strider photo album and articles on new Strider members.

In charge of Community Services, Tommy Lee anticipates an enjoyable day for those participating in the March of Dimes 12 miler on April 30. With 22 signed up, he is still welcoming others who wish to participate. All sponsorships must be collected in advance, to be handed in on the 30th. The Fidelco Guide Dog Foundation, based in Bloomfield, is holding a Walkathon on May 20. Unfortunately, that date conflicts with Danielson but we may want to get sponsors for Danielson in the name of Fidelco and send all the money raised there. A \$2000 goal of pooled funds would earn the club a Fischer VCR. Coming up also is a race sponsored by the Reliance House; Tommy Lee asks for team support in this endeavor.

Karen Short reporting for the Newsletter announced that the next deadline is April 24 but, because of the upcoming Meriden race, that deadline will be postponed a couple of days. She encourages those who have moved to update their addresses with Ken Rawn.

#### NEW BUSINESS

1. Congratulations are in order for Joe Swift named Connecticut Runner of the Year by New England Running News.
2. There will be 4 Strider meetings a year, the next one is on July 21 at the Rec. Dept. at 7 p.m.
3. VP Don Sikorski announced that the Riverside Run is May 21. Wednesday night Rose Arts training sessions begin May 24, leaving from NFA parking lot at 6 p.m. Tuesday night speed workouts begin at 6 p.m. at NFA.
4. Ken Rawn will pick up the Rec. key on July 21 before 4:30 p.m. for the next meeting.
5. The club voted to donate \$100 to the Indian Museum in Harold Tantaquidgeon's name.
6. Ken Rawn will be collecting dues 20 minutes before each meeting or by mail.

(continued on back)

7. Phil Doyle addressed the Rose Arts race by asking for volunteers to be at miles 7, 8, and 9 with water. On the issue of safety, he has resolved the concern on Boswell Ave. by recommending that runners stay on one side of the road and cross at the designated spot. Jack Curran voiced a concern that juniors who accept money will no longer be eligible to compete in high school or college; Doyle will substitute gift certificates for those. Doyle asked that those Striders who aren't competing to be willing to help as in the past. On the summer Rec. runs, Doyle asked that other Striders each organize one race. He will do the first on July 6 and the last on August 24 but needs others to take July 13, 29, 27, August 3, 10, and 17.
8. Way Hedding spoke on the Triple Crown made up of the Rose Arts race, the Kelley race, and the East Lyme Marathon. Male and female winners will have the lowest time for the three races combined. Deacon's Den held in Willimington, VT on June 10 will be a 2 day affair leaving Friday between 6 - 7 p.m. from the Skylight Inn in Franklin. Plans are to stay at a ski lodge provided exclusively for the club. There are 2 races, a 3 and 6 miler.

Motion to adjourn was made at 8:30 p.m. by Way Hedding and seconded by Clem McGrath.

### MOHEGAN STRIDERS CLUB RACING SCHEDULE

<u>RACE</u>	<u>DISTANCE</u>	<u>DATE</u>	<u>POINTS</u>
1. AL MORRISON	5K	JUNE 8	100
2. ROSE ARTS	10.47 Mi.	JUNE 18	150
3. PRESTON CITY	7.2 Mi.	AUGUST 19	100
4. DOWNTOWN NORWICH	2 or 4 Mi.	SEPTEMBER 14	150
5. LISBON	3.5 Mi.	SEPTEMBER 16	100
6. TARZAN BROWN	5.5 Mi.	NOVEMBER 5	150

**BONUS**      Points for running in the Norwich Recreational Runs! (10 each)  
July 6th - August 24th

Divisions - MALE and FEMALE



Point Breakdown

150 Point Races

100 Point Races

*Points will be broken down in increments of 2*

### FASTER OR SLOWER

-By Tony Strazzo

Over the past five years or more, there's been a gradual leveling off of the lead pack. The winners of the Men's division still run 25:00 for 8K, sometimes dropping to low 24s thanks to Dave Raunig or Wayne Jacob. It seems that our local best have "settled" for a certain fitness condition and knowledge that it's fast enough to claim a prize. The most puzzling question is, "where are the new runners to push the Old Guard?" Most of the best are in their early 30s. The only answer seems to be the real world of job and family has cut into training and gut desire to go faster, faster from days of our youth.

A few brief examples : the year Dave Raunig won Rose Arts, you would have to have run 62:05 to make the top 50. Last year, only 28 runners could accomplish that feat. The weather and lack of water on the back half of the course is the same year after year so these conditions pertain each year. Granted the number of total runners has dropped, but the quality of runners according to newspapers hasn't changed. But the facts say not so. In the 1983 Strides 5 miler, over 50 runners broke the 30 minute barrier but last year only 28 could do it.

People may mention there aren't as many runners as years ago, but those who have left the sport were not "racers" but people who jump from fad sport to fad sport. The Masters division times have dropped only because the best, whether local or world level runners, turned 40, not because of some human physical change. Remember the division was made up of only newborn runners for the past 10 years who had no running background.

Now for the local women's field. It consists of a total of 3 possible winners at each race. There is such a drop off after that it's amazing. It's not from lack of trying, but because the fields are so thin. Race results each week only give a passing mention on the women's race--the winner's time and name and other various division leaders. The men's race results show the top 15 or 20 every week. It's awfully hard for new women runners to get involved without getting publicity. Spread the word ladies--each week's race results should at least list the top 5 or 10 women along with the men's results.

The women's race times suffer the same as the men's. Example : out of the top 20 fastest times run by women in the Rose Arts, only 4 of them have been run in the last 3 years. The men are worse. Only 2 in the top 20 fastest have been run in the same span of time. In the short distances, local times for women have slowed. In the 1983 Strides race, Pat Swim ran 29:28 which was about 1 minute and 40 seconds behind the winning woman's time. Last year the race was won in 29:45, the only time under 30 minutes. Granted, women are under far more pressure than men. Juggling work, children, and homelife makes it difficult for women to find time to run other than at 5 in the morning or 7 at night.

Conclusion : none. Just run and race until you drop. See you at the starting line.....

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### TIDBITS FROM THE V.P.

-By Don Sikorski (the Prince of Jewett City)

#### Wednesday Nights, May 24 - August 5

Rose Arts training runs, 6:00 p.m. **sharp** from the NFA parking lot. All are welcome to attend. Training paces range from very fast to very slow (including a Way Hedding half-way package store stop for a quick 8-pack of Bud Light). Starting after the Rose Arts race, these Wednesday night runs will continue at Ocean Beach, running the Kelley course (no package store stop) each Wednesday until the Kelley race. Time : 6:00 p.m. **sharp**.

#### Track Workouts

6:00 p.m. at NFA. Thursday 4/27, Tuesday 5/2, Thursday 5/11, Tuesday 5/16, Thursday 5/25, Tuesday 5/30, Tuesday 6/13, Tuesday 6/20, Tuesday 6/27. All are encouraged to attend.

#### Other Notes

Anyone interested in Riverside 5 mile U.S. TAC Championship, Sunday, May 21, 7:00 p.m. should contact Don Sikorski, evenings after 6:00 at 376-9666. And, anyone wanting to race in a TAC Championship race (Prospect, Southington, Fairfield, Willimantic, or Shelton) must be TAC registered as well as **pre-registered** for that particular race as a Strider. Bring your TAC cards to the race at all times!!! **This is important!!!**

**TARGET : BOYLSTON**  
*-A race review by Roger Zotti*

### **One : The Bad News**

Reader, what do you know about the NEAC 30K Road Race--the one that was held in Boylston, Mass. on March 19? The day before its tenth running, Joe Banas asked this very question to Al Darling, a veteran runner who had trod the Boylston course five years ago. "Not easy," Al said. "No. Not easy at all. You're in for an interesting day."

"Well, compare it to Middletown," Joe said. "If Middletown is a seven in difficulty on a scale of one to ten, with ten being the most difficult, how'd you rate Boylston?"

"Fourteen," Al said, stirring his tea.

"H-hold on now," said Pete Pantelis, a 1989 Boston Marathon qualifier who was going to run Boylston as a tune-up. "That's mighty discouraging, Al. Mighty discouraging."

I decided it was time to intrude, and intrude I did. "Ah, let's change the subject." As far as Boylston was concerned, I wanted only positive images housed in my mind.

"Yes, indeed," said Al. "A fourteen." Al smacked his lips. "Have fun, guys."

"This French toast is great." I stabbed a piece of toast with my favorite fork. "This fork is neat, eh? This syrup--why it's great. Joe Williams--that man can really sing, eh? The Whalers, you know, might finish third. James Woods is a fine actor, No? It's supposed to rain next Saturday."

"Better you than me." Al's smile was fiendish.

### **Two : The Twilight Zone**

Directions were good but somewhere we took a left instead of a right and found ourselves in Worcester. "Over there," I said. "A convenience store. That means people and they'll give us directions."

The Banas-mobile swung into the parking lot. Joe and Pete got out and went inside. When they returned a few minutes later, they looked befuddled. "No one knows." Pete shook his head. "Do you believe it? They never heard of the race or Tahanto High School."

"Six people in there," Joe said. "None of them had any idea what we were talking about. They looked at us like we were nuts."

"Impossible," Pete said. "I know this wouldn't happen in Waterford."

"Or Preston," I countered.

"It's like we're in another world," Pete said.

"Like we're in . . .the twilight zone." I began humming the show's theme song as the Banas-mobile, agitated and coughing, pulled out of the parking lot.

### **Three : The Runner**

"Look, over there," Pete said. "A runner. Let's ask him. He'll know."

"When in doubt, always ask a runner," Joe said.

We pulled over. "Yo." Pete waved to the approaching runner. "Excuse me. Tahanto High School? The road race?"

"Ah," responded our salvation. "Sure I know where it is." He spoke with a neat brogue. "Just keep goin' straight. You'll soon be in the lovely center of Boylston. Lovely country. Keep goin' and on yer left you'll soon see Tahanto. Can't miss it."

"Hey, thanks." Pete should have stopped there, but he had to ask one more question. "What's the course like?"

The runner grinned. The runner said, "Gawd bless ya." The runner waved. The runner ran off.

Silence. As we drove to the school, which was slightly over a mile from where we had met the runner, we were stunned. Whose teeth were chattering?

### **Four : The Race**

Al Darling and the mysterious runner were right : the NEAC is one tough race. Hills, hills, hills, and more hills. But the area is beautiful and the race well organized. Lake Street Joe placed in the top ten and won himself a pair of running shorts that were too small but which he wasted no time in exchanging for a larger, gaudier pair. Pete placed 431; I was 489. There were between 550-600 participants.

And guess what? I'm wondering if that runner with the brogue and the blessing helped us more than we realized.

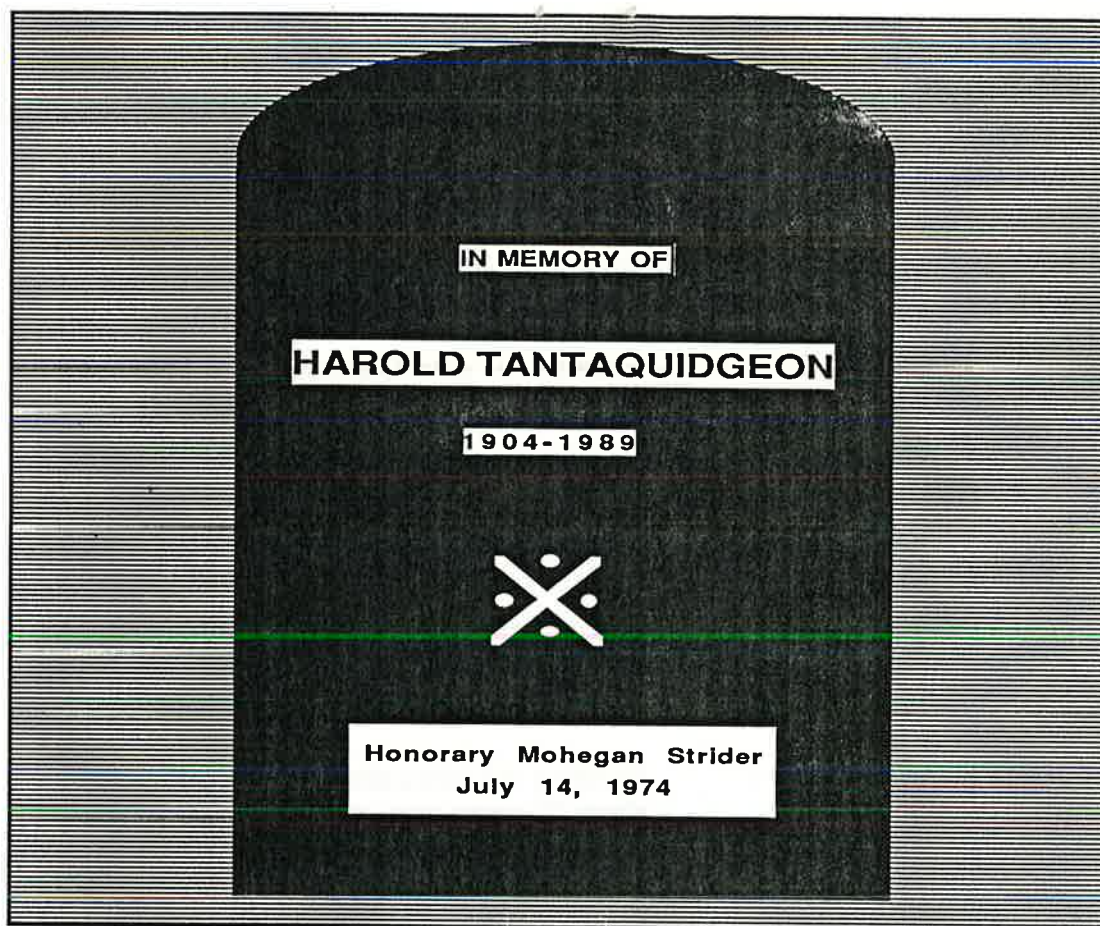


**MASTERS RACE CIRCUIT SCHEDULE**  
(Men's and Women's)

- APRIL 23                      Sunday 10 a.m. Goldenbells 5 Mile  
Hamden at Quinnipiac College
  
- AUGUST 20                    Sunday 10K Shelton  
Club Coordinator - Steve Hancock  
Assistant Coordinator - Jerry Levasseur
  
- OCTOBER 1                    Sunday Ridgefield Half Marathon 13.2 Mi.  
Club Coordinator - Tim Smith  
Assistant - Tom Lee
  
- NOVEMBER 11                Sunday 5K Norwalk  
Club Coordinator - Bill Marshall  
Assistant - Tony Strazzo

**OPEN RACE CIRCUIT SCHEDULE**  
(Tentative Women's Only)

- APRIL 23                      Meriden 15K
  
- JUNE 25                        Fairfield Half Marathon
  
- JULY 1                         Prospect 5 Mile
  
- JULY 16                       Southington 12K
  
- AUGUST 13                    Willimantic 5K
  
- AUGUST 20                    Shelton 10K



**STRIDER NOSTALGIA**  
- *Courtesy of Tim Smith*

**15 years ago:** Strider Newsletter dated September 1, 1974.

HONORARY MEMBER A clear bright Sunday morning in Uncasville was the setting for the induction of only the second honorary member to the club. Chief Harold Tantaquidgeon, direct descendant of Uncas, Chief of the powerful Mohegan Nation, joined retired sportswriter John Degange in this unique honor. A group of about thirty friends and club members witnessed the ceremony conducted by Walt Thoma, John Martin, and Bob Carbray. The Chief offered a brief, interesting look into the history of the Mohegan Indian. He wryly commented that striding or "streaking" began with the Indians, and then he cited Chief Running Bear (Bare?) the prime example. While claiming not to be a top runner, the fact remains that never once was Harold apprehended in the apple orchards in his younger days. We are pleased that you have become a part of us.

**15 years ago:** Strider Newsletter dated May 1, 1974.

At its monthly meeting on January 8, 1974 the Connecticut Association of the AAU acknowledged the fact that the sponsors of the annual TOM Turkey Day Race in Manchester did not have a Women's division. The AAU stated, however, that it is the sponsors' prerogative to fix the divisions in its race. The AAU has suggested that the sponsors do consider a Women's division in the future. But the fact that the sponsors do not have such a division is insufficient grounds for withholding sanction.

**10 years ago:** Strider Newsletter dated May 1, 1979.

WOMEN WANTED

The Striders want women to participate. July 1st's Arrowhead will feature a special supplement on our women Striders...Many women do not like to run alone; this is a problem the club will try to erase.