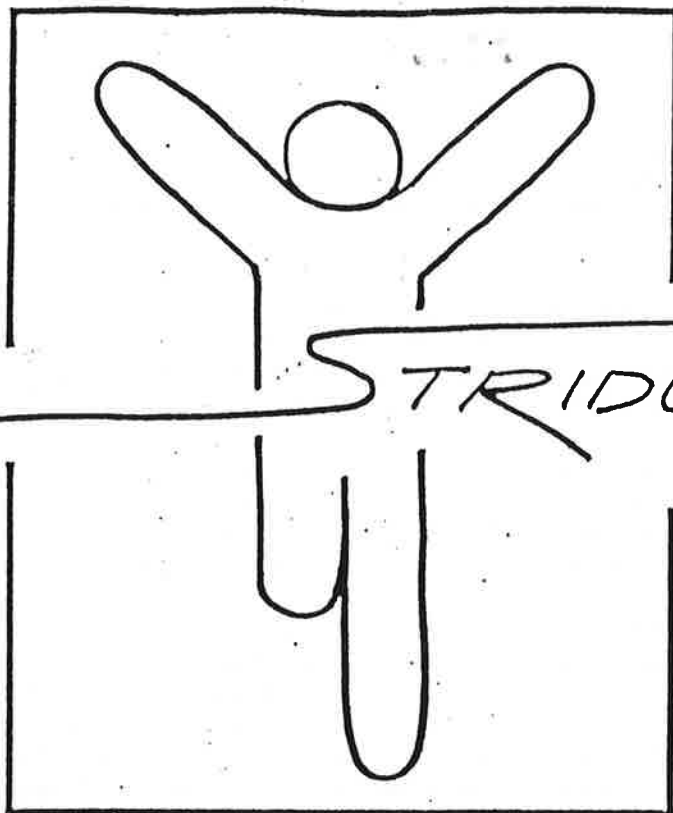


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PRESIDENT

WALT SMOLENSKI

VICE-PRESIDENT

DON SIKORSKI

SECRETARY

KEN RAWN
MICKI LEVIN

TREASURER

DON LEWIS

June 1989

Membership : 235
TAC Team No. : 28

PRESIDENT'S CORNER :

Dear Striders,

I'd like to start by taking stock of the Mohegan Striders at this, the midpoint of the 1989 season. The Mens Racing Team leads the Conn. TAC Grandprix, the Womens Racing Team leads the Conn. TAC Masters Grandprix, our other teams are in the hunt for Grandprix titles, we swept the Mens and Womens Team titles at the Rose Arts, we collected a tidy sum for the March of Dimes, and our membership count continues to climb. All of this adds up to success. Success for each individual, for the club, and for the community. I'm proud to represent this club and each and every one of you can be proud of the part you have played in making this club HAPPEN!

We can't let down if we want to keep riding this success wave. The summer meeting is in front of us and I'd like the committees (our backbone) to formalize plans for the remainder of the year and announce this plan at the meeting. This is a crucial time to keep the club informed of what's ahead. This meeting is a great opportunity to reinforce our 1989 goals.

Looking beyond the meeting, I again would like to encourage all our members to attend the Open and Masters TAC Grandprix races, to take part in the club running circuit, and to support the weekly fun runs. The club picnic is just around the corner and I hope every member and his/her family can make it to what promises to be a very good time. I look forward to seeing you there.

Before signing off, I'd like to thank the person(s) who placed the Strider banner on the finish line of the Rose Arts race. It looked great on the front page of the Norwich Bulletin. One Way or another, it had to pay off.

Keep up the good work, Striders....

Walt

SHORT TAKES

Cultured, pasteurized skim milk, pasteurized milk, whey (Way??), cream, nonfat milk, salt, sorbic acid, xanthan gum, carob bean gum, and guar gum with added onions and chives. Such are the ingredients of cottage cheese. Just thought I'd share that with you all.....Well, once again, the *Striders* proved themselves massive and mighty at Rose Arts. **Ron Dombrowski** was looking exceptional as he ran with the lead pack past Chelsea Parade (I believe I saw him running third for a moment there...). **Tommy Lee** and I exchanged pleasantries between Port-O-Potties prior to the start of the race. (If you were pleased with your race, Tom, I'll be happy to make our intimate moment a tradition.) **Wayne Hanson** showed us all what a fashion plate he really is with his oh-so-stylish belt. **Biff** was looking lean and mean on his bicycle-machine. The Distinguished Members of SNERRO were HOT and I'm not talking about the weather either. (Coming attractions : cantaloupes and pumpkins...). But the faux pas of the day goes to that non-*Strider*, Wayne Jacob, who, after running countless races, stilled pinned his tear-away name/number to his SHORTS. Anyone who does that next year will lose his SHORTS and anything else that should accidentally be removed as a result. (This applies to the men only; ladies can feel safe with me at the end of the chute...). AND, no, **Don Sikorski**, **Volkmar** and I didn't do our track workout after the race (but we did beat feet for quite a few miles). All in all, Rose Arts was another huge success. Congrats to **Phil Doyle** for a job well done.....Heeey, **Yogi Banas**, did you enjoy your free lube job yet??.....Anyone besides me notice how awesome **Dennis Tetreault** is this year??.....**DLANG DLANG DLANG. DLANG DLANG** -- He's so fine (The Chiffons got nothin' on me).....The *Strider* women were well represented at the L'eggs Mini Marathon in the Big Apple on June 24. **Pat Lathrop**, **Judy McGrath**, **Sue Makowicki**, **Jen Harter**, **Karen Short**, and new *Strider*, **Susan Wyatt** (a.k.a. TW2) were among the 5600-plus women who joined together to run in this all-women event. It was quite an experience. How about more *Strider* participation next year?? Special thanks to my buddy, **Pete**, for being there. Love to see that face at the end of the chute.....Welcome back to the starting line-up, **Jeff Mattison**. Missed those legs.....But, it's no more **Mike Moore**. Oshgood has gotten the best of **Blondie** and he'll be sidelined for yet another season. I'm sure you and **Danny 'change-control-is-my-life' Busslere** can find alternative methods of staying in shape (Budweiser bicep curls, maybe??).....If you thought it was safe to bring the kids to Sailfest, you'd better think again. New London county was outraged by an oh-so-obvious PDA (that's Public Display of Affection) right there on the docks (on the what, **G.??**). The guilty duo (are you ready for this??) was none-other-than our very own **Way** and **Mo-Linda Hedding**. There they were, kissing and squeezing for all the world to see. Disgraceful. Icky-Pooh. Yucko. Check next week's Enquirer for all the gory details and color photos.....Obsequious : made with potatoes and a hint of onions. Surly : the bartender in the Aub Zam Zam Room, San Francisco. Sexy : moonlit roses and a black derby.....OHMYGOD, **Kris-Anne!!** Don't look now but the YIM is behind us and gaining fast. Quick, grab a cab to take us to the Raccoon Lodge (but don't sit in the front seat. You never know if the driver has that STD TDS (Taxi Driver Syndrome) or if the cab has headlights!!).....Tom Jones : does he or doesn't he??.....Hey, **Steve Middel**, beat your wife in racquetball yet??.....Heard **Clam** had a good time at his **Clembake**.....Okay, **Kathy Smo**, what's your secret?? You're looking better and better at every race!!.....Entertainment at the last *Strider* meeting was provided by **Tim Smith**, who showed us all how to properly remove bubble gum (inconspicuously) from one's coif without the use of ice (the aforementioned information on **Mr. Smith** was provided anonymously (right, **Jen??**)).....Don't miss the SNEEKIS RUN on August 20. Come for the fun. Come for the prizes. Come see **Danny F.** (why do you think I'll be there??). Come see TW2 kick Boo-Boo's butt!! (Go Big Little Sistah!!) Just come.....AND, IMMSB.....

And, in closing, who says women can't run the world??

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

RACING ROUNDUP

-By Biff Larback

107B

Busy, busy, busy. It's full tilt racing action almost every weekend now, and it's tough keeping up with all the goings on involving the Striders. Unfortunately, I missed this year's Bay to Breakers in San Fran, but 2 cub reporters, K. Short and P. Volkmar, covered it for me. It seems that Karen and Pete, running in the megaevent/race/party dressed as GDE's (General Dynamics Employees), were beaten by the Cal Tech Centipede but did finish in front of the Village People, Sonny Bono and the 49er Cheerleaders. Sounds like fun.

Biff is the first to admit to making a mistake, but since the editor brought it to my attention in front of the whole club in the last newsletter, I'll just say many apologies to Jim Hill for omitting his fine 3:20:49 Boston Marathon finish from the results in the last issue. So much pressure with these deadlines and all (Editors' note : whine, whine, whine).....

May 6 - L & M Hospital Spring Stride 3.5 miles, New London

The rain stopped just in time for the start of this quick, early season race. Striders were in abundance but a few notables were missing as Fran Houle had booked a wedding for the same day. (Make sure it doesn't happen next year, OK Fran?). A hot Kelley's Pace team also showed up to give the Strider men a rare defeat. OUCH! Top men included Darrin Eisman, Chris Hansen, Prince Sikorski, Tim Smith, Jack Silva, and John Brown. The women won the team title to salvage the day for the red and silver. Top gals were Cathy Cross, Gerry Palonen, Pat Lathrop, and Rose Buckingham.

May 29 - Sub Base Memorial Day 5 miles, Groton

Ed Zubritsky returned to defend his 1988 title on a pleasant Memorial Day but finished a close 2nd. Carla Brown took care of all the competition on the women's side with a convincing victory. Is it my imagination or is that hill getting steeper every year? After the race, the Striders dominated both the volleyball court and the dance floor, as usual.

June 4 - Father Casey 4.7 miles, Gales Ferry

Everyone needs a road map for this one, except Julio, as it winds its way through the residential area of Gales Ferry, along Military Highway, and Route 12. Steamy conditions slowed down the entire field. Jack Silva was top Strider (3rd, 26:14) followed by Mike Smith (7th, 27:07), Julio Murillo (9th, 27:15) of Murillo Realty, and Carl Mailhot (11th, 27:54) of Norwich Physical Therapy Services. This marked the first time 2 of our 3 sponsors finished in the top 11 at any race! Where's Lenny Levine of Levine Distributing? Again, many thanks to these 3 fine supporters of our club. Dave Mills finished a strong 13th (3rd Master, 28:42) trailed by Dave Lang (29:34), Dean Festa (29:50) and new Strider Master, Sam Murallo (29:55). First gal was "social" Strider Pat Swim in 30:46. Pat, you'd look great in a red and silver uniform. Nice seeing Lance Magnuson back on the circuit after a lengthy absence. Another one of the really nice people that make up our club.

June 10 - Deacon's Den 6.4 miles, West Dover, VT

Way said it was time for a road trip, so we took a road trip. A great time was had by all (except the couple of SNERRO gals who were no-shows!). (Editors' note : Hot dates, Biff. Hot dates). Even Volkmar stopped by for a cup of coffee. Mark your calendars for this one next year. A real interesting course - 2 miles gradual climb, 4 miles gradual decent on dirt roads. Great post-race reception, raffles, games (our favorite was "Get Con Brosnahan"), picnic, party and Sunday morning run up Mt. Snow. NO KIDDING. Chris Hansen led a 2-4-7-12 Strider finish with Darrin Eisman, Jack Silva, and Don Lewis following. Women were led by Pat Swim, Cathy Cross, and Gail Popelka. Don Sikorski copped the 3 mile fun run, with Peter Swim in 3rd and the versatile Way Hedding in 4th.

June 18 - Rose Arts Festival 10.6 miles, Norwich

I have to admit I enjoyed this year's race more than any other Rose Arts in recent memory. It wasn't because of the great job Phil Doyle did in directing and assembling a terrific field, or the fairly balmy weather, or the fast posting or the fact that the Strider men put down those green upstarts from Mystic by over 2:30. No, it's

because I didn't run. But I had a great vantage point to view the race from - a bicycle. (I still don't have the clout of a Tony Strazzo who rides on the press truck). (Another Editors' note : is that another whine we hear, Biff?). It was a super race to watch : Scott Mason and Mike Cotton hammering the first 2 miles at 4:40 pace: heady Joe Swift hanging on to 4th to anchor the team title defense; Tim Smith biding his time before pouncing on Grant Ritter at mile 7 to break open the Masters race; steady Sean Delaney and Ed Zubritsky working together to ensure the team victory; new Striders Kevin and Keith Pigeon matching each other stride for stride; and numerous other club mates giving it their all on a beautiful Sunday morning. Top Strider finishers are listed (our apologies to those individuals who finished but who are not listed).

4.	Joe Swift	56:23	
7.	Gary Nixon	57:14	
9.	Joe Banas	57:49	
11.	Sean Delaney	58:29	
12.	Ed Zubritsky	58:43	
13.	Tim Smith	58:46	
15.	Kevin Pigeon	59:09	
16.	Keith Pigeon	59:10	
24.	Dennis Tetreault	61:33	
27.	Luciano Gallerani	61:52	
29.	Scott Fisher	62:19	
30.	Stephen Lamb	62:29	
32.	Michael Smith	62:55	
33.	Jack Silva	63:01	
36.	John Brown	63:30	
40.	Karl Christiansen	64:28	
45.	David Mills	64:59	
49.	Jeff Walter	65:20	
53.	Tom Lee	65:28	
57.	David Lathrop	66:57	
58.	Ricky Chann	66:59	
61.	Walt Smolenski	68:18	
63.	David Lang	68:34	
65.	Jeff McClosky	68:38	
72.	Carla Brown	69:17	
75.	Samuel Murallo	69:44	
77.	Tom Wadecki	69:55	
81.	Steve Middel	70:28	
82.	Wayne Hanson	70:51	
88.	Dean Festa	71:19	
97.	Michelle Levin	72:05	
and...	142.	Kris-Anne Pardo	76:05
	177.	Michelle Keegan	79:00
	200.	Geraldine Palonen	81:01

Racing Shorts : Joe Swift wins Washington Trails 10K in Durham on May 28. Joe also 2nd overall at Al Morrison/Reliance House race June 8 in Norwich. Striders took 8 of top 10 spots.Darrin Eisman first at St. Catherine's of Preston 3.8 miles on June 15.....Darrin is also leading the early season standings at the Tuesday night bike time trials in Preston with at least one sub 15:00 for the 10K course on Rt. 2.....Triathlon on June 17 - Bob Near (12th, 1:25:29), Don Lewis (24th, 1:29:37), Don Werling (61st, 1:39:37, 1st over 50), Vic Sitty (74th, 1:41:34, 2nd over 50).....Fran Houle spotted on the sports pages of the June 8 Hartford Courant wearing his official Bud Light sweatshirt.....Late breaking news - Strider Men cop team title at Fairfield Half Marathon on June 25, besting Kelley's Pace and Yale Co-Op. We had 8 runners in front of Kelley's 3rd. Awesome. Women finished 3rd to Converse and Groton Track Club.....Thursday night Mohegan Park fun runs starting July 6, 7:00 p.m., Kelly Jr. High, Norwich. If you can't run, lend a hand.....Upcoming races - August 5, Kelley 11.6 miles, Ocean Beach...August 13, TAC 5K Championship, Willimantic...August 19, Preston City 7.2 miles...August 20, Sneekers 5 mile (a Volkmar/Gianni Production)...NOTE : TAC 10K Championships have been moved from Shelton to Old Saybrook, date September 2, place, time, cost TBD, Race Director : Pete Webster, 669-9937. Course will be certified by the Guido Brothers Escort Service (and yet another Volkmar/Gianni Production).....Rumor of the month : Dean "Oscar" Festa and Kris-Anne Pardo seen with MGM Studio bigwigs having a power lunch to discuss their expanded roles in "Everybody Wins II."

STRIDER NOSTALGIA

- Courtesy of Tim Smith

15 years ago: Strider Newsletter dated July 1, 1974.

ROSE ARTS ELUSIVENESS COMES TO AN END. . . Nothing less than all out efforts by Ray Crothers (4th), Amby Burfoot (7th), and Steve Flanagan (8th) enabled the Striders to shake off two consecutive one-point losses in 1972 and 1973 and come up with the big win in the talent laden 1974 Rose Arts Road Race. The outstanding trio tallied just 16 points compared to 33 for the Pequot Pacers and 43 for the BAA. Other Strider crowd pleasers in the Rose Arts Road Race included 12-year old Susan Hoagland, the first woman home in 74:45 and also 10-year old Tim MacDonald, the youngest runner entered. (Isn't that Sue Makowicki? And isn't it interesting to note that her time as a 12-year old would place her third on the Strider Womens team in this year's Rose Arts race!!! Pretty awesome.....) NOTE : Team score was tallied after non-team runners were deleted from overall finishers.

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

THAT SWEET SUMMER SEASON. . . John Flora displayed some of his near-world class running by logging a new Rose Arts record in his one-man performance. The three-man team race was dominated by Thames River and Mohegan with Thames River's 19 points (Raunig, Rogers, and Peterson) besting the Striders' 29 points tallied by Bill Marshall, Rory Suomi, and Joe Portelance. The Striders also came up dry in the Womens Division as the Montville Track Association placed all three scorers in the top fifteen women. Pam McMerriman led Mohegan in 7th. Shawn Bennett turned in a fine performance for the second week in a row, taking top junior honors at both Groton and Norwich. . .

DANIELSON '89

-Courtesy of Glenn and Marge Stacy

The 1989 Killingly-Brooklyn Springtime Festival 5K Road Race, hosted in Danielson, CT., brought out the best in the Striders this year, getting us off to another great start for the racing season. From a field of over 300 runners, several Striders took top honors in their divisions. Joe Swift captured the highest race honors, nudging out the familiar legs of Wayne Jacob. The following Striders topped their age groups:

Men 25-29	Joe Swift	14:59	(1st overall)
Men 35-39	Dennis Tetreault	16:31	(14th overall)
Men 40-44	Tim Smith	16:19	(13th overall)
Women 20-24	Gail Popelka	22:03	(158th overall)
Women 25-29	Carla Brown	18:34	(49th overall)
Women 40-49	Virginia Ereshena	21:04	(127th overall)
Women 50+	Bettine Delea	26:02	(249th overall)

Other Strider finishers:

MEN

6	Keith Pigeon	15:41
7	Sean Delaney	15:43
10	Ed Zubritsky	15:51
11	Don Sikorski	16:14
15	Walt Smolenski	16:36
16	Jack Silva	16:42
23	Karl Christianson	17:08
24	Julio Murillo	17:12
25	John Brown	17:13

WOMEN

85	Kris-Anne Pardo	19:45
101	Hollis Franklin	20:15
146	Geraldine Palonen	21:38
164	Cathy Cross	22:22
183	Michaleen Haeseler	23:09
198	Pat Lathrop	23:58
208	Judy McGrath	24:12
215	Pat Tetreault	24:44
279	Susan Wyatt	28:01

CHASING THE DREAM

-By Anthony Strazzo

The Dream. We all have the one that stays with us from childhood, or perhaps one that grows as we become adults. For one young lady, it's the Women's Olympic Marathon Trials. Here's how this story got started.

It's last November. "Excuse me. Are you Tony Strazzo?"

"Yes," I answer, turning to see a tall, very lean, young lady (they all look young to a Master runner).

"Hi. My name is Katherine Winship. I'm from Simsbury and run for the Hartford Track Club (that's how all runners give info out -- name, city, club). I was talking to some runners in the club and began asking around for the name of someone who could coach me. Would you?," she asked.

"Whoa," I said. "Coach you for what? Do you mean running in general or racing for your club?," I asked

"Well, no," she answered. "I mean for the Women's Olympic Marathon Trials!"

"Young lady, do you have any conception of what you're saying?" I then followed with a one hour question and answer period about her training, racing times, and, most of all, her total commitment (let alone mine) to the quest.

Here's what we have to work with : a true novice, ran last year's New Haven 20K at 8 minute pace, a 10K in 45 minutes and an "over" 4 hour marathon. However, in the whole conversation, her desire to succeed, to sacrifice the amount of time needed, came across and we decided to go after The Dream.

A three year plan was devised, with both short and long range goals. First we set sights on a 3.5 mile race called Santa's Run. She ran just over 22:40, not bad for 20 degrees and windy. Now the long, cold winter of base training. The winter turned warm and she trained hard. Our next goal was the John English Half-Marathon. A very hilly and tough course, I told her, and she said that she was ready. Great day! Katherine ran 7:17 pace for 13.1 miles and finished around 8th or 9th woman overall. I was fairly impressed, but realized vast improvement always comes early. But, it was promising to our first year goal of a 3:30 marathon in the coming fall.

After the English race, we set on Drake Hill River Run. Running in her hometown race, she finished 6th woman overall, and she averaged around 6:40 pace. Now we had to get ready for Rose Arts. "What race is that?," she asked.

Training suffers a setback as her job swallows up large portions of her life. She has to transfer to Headquarters in New York come September.

Well, the Rose Arts race has come and gone. Katherine met Mr. Sun at the hill leading to the A&P store. Her race literally came to an end, from an even 7 minute pace to over 9 to the finish. She staggered in and was emotionally lower than the road. The Dream, part one, goes on hold until she recovers and we get ready for Marine Corps. Marathon.

Stay tuned.....

CLUB CORRESPONDENCE

-Submitted by Don Lewis, Treasurer

Tantaquidgeon Indian Museum
Route 32, Norwich-New London Rd.
Uncasville, Connecticut 06302
848-9145

May 8, 1989

Mohegan Striders Association
Mr. Donald Lewis, Treasurer
New London, Connecticut 06320

Dear Mr. Lewis :

We wish to thank the Mohegan Striders for the contribution of \$100.00 in memory of Harold Tantaquidgeon. It will be added to our Museum Fund. Harold was always interested in the activities of your group. He will be greatly missed by family and friends.

Sincerely,

Gladys Tantaquidgeon

PRINCE'S PAGE

-By Don Sikorski (the Prince of Jewett City)

Vermont Trip

Those who attended the Vermont trip to Deacon's Den on 6/10 would like to thank Tom and Pat Swim for their generosity. The Striders had a pretty good impact on the race, as is reported in Biff's column. Special thanks to SNERRO for their excellent job with the race. After-race activities were worth the trip alone. Jack Silva, Don Lewis, Don Sikorski, Conner "The MVP", and Darrin Eisman all looked like pool hustlers. Don S., Darrin, and Jack closed the Inn at Mt. Snow (Hey, Conner, lock your door next time). Rumor also had it that Way Hedding was 2nd to bed and voted runner-up MVP. Bruce Christie won't let him forget it. It must have been the Harley-Davidson shots he did with Sikorski and Eisman (or else Lloyd Whitman's Black Velvet). Overall, the trip was a great success and, once again, thanks to the Swim family.

Tuesday Night Bike Time Trials

6:00 p.m. on Rt.2, Preston. Quite a few Striders are beginning to take over. The betting is ferocious -- either Way Hedding or Darrin Eisman will have blonde hair at the Strider picnic. All Julio can win is Schlitz Beer. Hedding, Isbister, and Eisman vs. Murrillo, Sikorski, and Tetreault for a quarter barrel on August 1st. All this goes on while Pete and John aren't even home (but they can pay their mortgage with the returnables left behind).

Other Notes

Wednesday Night Kelley runs are at 6:00 sharp, Ocean Beach, New London. Narragansett 10 mile road race is Friday, July 28th, 6:00 p.m. Contact Don Sikorski for more info. Great post-Rose Arts party at the Pardo residence in Preston (a stone's throw away from the Brookside Cafe). Rumor had it that 5 individuals ventured to B. B. King that night (tough to get Kevin Crowley out of Wilson's). Hey, Kevin, how come no one would get in the car with you on the way back? Next Strider meeting is July 21st (Friday) at the Norwich Rec. Building. Questions, comments or any feedback about the meetings or anything about the club, contact Don Sikorski, 16 Pulaski St., Jewett City, Ct. 06351. Phone is 376-9666.

STRIDER SUMMER MEETING

July 21, 1989 7:00 p.m. Norwich Rec. Building

COMMUNITY SERVICE CORNER

On July 2nd, fellow Strider Al Lyman ran 50 miles to raise money to help fight cancer. Al is continuing to solicit pledges to benefit this good cause. He is accepting pledges on a per mile basis. Although the run has already occurred, Al has waited to submit his total contribution, in hopes that the Strider community will support his efforts. For more information, call Al at 848-7995 or send checks payable to the American Cancer Society directly to Al at 110 Forest Drive, Uncasville, CT. 06382. Congratulations Al, for your monumental accomplishment!! We need more Striders like you who are willing to sacrifice for those who are less fortunate.

STRESS SUPPLEMENTS -- ARE THEY NECESSARY?

-By Kris-Anne Pardo

We all get "stressed out" from time to time -- preparing for a big race, becoming injured, missing a P. R. by 2 seconds, etc. And we all handle stress differently. Many of us take a shortcut and take stress tablets. Stress tablets are based on a formula originally developed for post-operative patients and victims of severe trauma. Acute stress can and does increase the body's need for energy and nutrients, but the stresses that we encounter in everyday life do not substantially increase these needs.

Supplement manufacturers push the fact that vitamin B₆ levels are decreased when under daily stress. Research has shown that there has been neurological damage in women who have taken B₆ over a long period of time. Simply eating a healthy, well-balanced diet will return these levels to normal. One nutrient that is of growing concern for runners is potassium. To replenish the potassium stores in your blood more efficiently, it is better to eat foods high in potassium rather than take supplements. Fruits, especially apricots and bananas, fruit juices, and vegetables are high in potassium.

Here are some guidelines to help you cope better with stress :

1. Eat regular meals in small amounts, since stress can slow the digestive process.
2. Increase the amount of fruits and vegetables in the diet.
3. Eat high quality protein foods to protect against muscle breakdown.
4. Drink plenty of fluids.
5. Exercise to reduce anxiety and to feel a sense of control.
6. Use relaxation techniques to counteract tension.
7. Enjoy "comfort foods" like baked custard or chicken soup in moderation. Individual comfort foods are more likely to relieve stress than a pill!

Guidelines from "Healthy Eating for Busy People," Post Center for Nutrition and Health.

FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN

STRIDER PICNIC

When: Sunday, August 27, 1989

Where: Harkness Park, Waterford

Bring: Salad, Dips, etc. for the Community Table

BYO Hot Dogs, Burgers, etc. in case there are BBQ grills

Entertainment: Could be another rendition of the Star Spangled Banner

For More Info Contact: Kris-Anne Pardo, 889-8963, hope you can reach her...we couldn't!

• Beer and Soda provided by the Club • *(we think)*

P.S. We've done our best....we know there IS a picnic that day somewhere.....

FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN*FUN