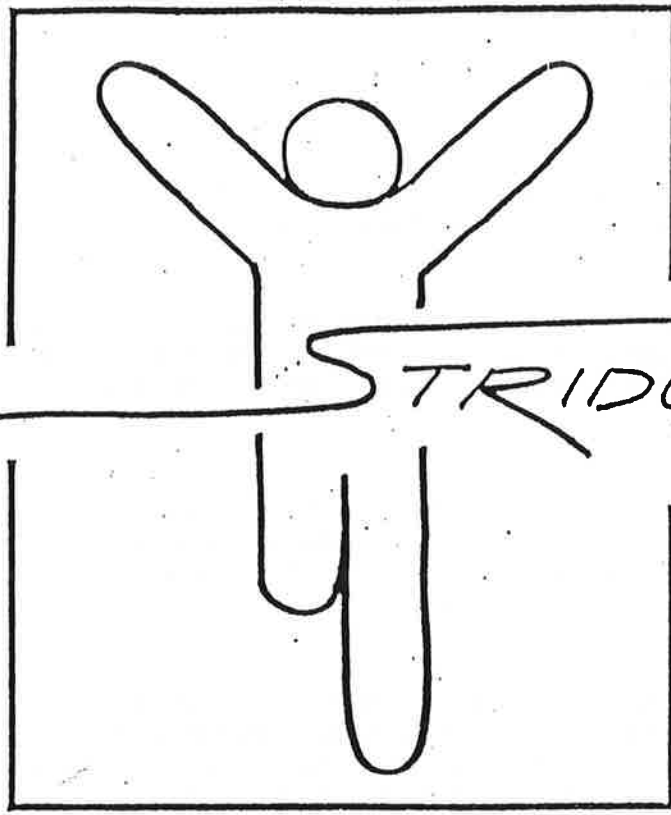


M  
O  
H  
E  
G  
A  
N



PRESIDENT  
WALT SMOLENSKI

VICE-PRESIDENT  
DON SIKORSKI

SECRETARY  
KEN RAWN  
MICKI LEVIN

TREASURER  
DON LEWIS

**STRIDER FALL MEETING**

Thursday, November 16, 1989 7:00 p.m.

Knights of Columbus Hall, Taftville

(Exit 83, 395 North. Go right for 2 miles. Across from Levine Distr.)

October 1989

Membership : 245

TAC Team No. : 28

## PRESIDENT'S CORNER :

Dear Striders,

*This is my last column to you as president of our club. I'd like to pass on some thoughts that mean a lot to me. I've been going through one of those phases so bear with me.*

### Phase I

*I joined the Striders when I first got involved in the road racing scene. I went to club functions and meetings, taking a sideline approach to the whole thing. I decided to get more involved, so I approached Joan Hill about using my computer to assist with the club roster and mailings (sorry about those misspelled names). This led to...*

### Phase II

*Now, unknown to me, my fat foot was in the door. One day I complained to Jack Curran that I could not believe that the Striders were unable to field a team at the Willi 5K (wonder why I like our team to win that one?). He said, "Why don't you and I do something about it?" So we put into motion the goal of winning a TAC team championship. Then...*

### Phase III

*The first year is successful and Jack (you sly devil!) lets me take the helm as team coordinator. My first responsibility is to rebuild the team, due to the newly formed Kelley's Pace racing team. I owe the success of the racing team to our ambassador, Way Hedding, to Joe Swift-the runner who has never missed a race, Ron Cozean (for recruiting Joe Swift), Tim Smith, Bill Marshall, Joe Banas, Fran Houle, Darrin Eisman, Sean Delaney and Ed Zubritsky for coming to the rescue. (God help me if I forgot someone!). My confidence now building, we start...*

### Phase IV

*Welcome Lenny Levine, Budlight, Levine Distributing, Carl Mailhot, Norwich Physical Therapy Services, Julio Murillo, and Murillo Realty. The impetus given to the club by this group can only be measured by our success. Which brings...*

### Phase V

*The women's racing team! A lot of hard work by Pat Lathrop, Rose Buckingham, and "the instigator", Jack Curran. Moving to...*

### Phase VI

*Well, I guess it had to happen, club president. I don't know where to begin thanking everyone involved, but obviously my wife, Kathy, for all her support, Don Lewis and Clem McGrath for listening to all my bull..., once again Way Hedding for everything he has done, and to all who served with me on the executive board. Now on to...*

### Phase VII

*The COMMITTEES, you all know who you are, you all know what you mean to this club, keep up the good work! Next is...*

### Phase VIII

*The men's and women's masters teams. Then...*

### Phase IX

*As I said in my last message, it's time to move aside and give another member the opportunity and privilege to serve the greatest running club in Connecticut (in the world!)...*

### Phase X(it)

*Finally, I'd like to thank each and every member of you, "the Mohegan Striders", for all the support you have given me. You have made this club what it is today!*

Walt

# SHORT TAKES

Dashing through the snow in a one horse open sleigh...Deck the halls with boughs of holly...Chestnuts roasting...Okay, okay, so we're a wee bit early this year, but since this is the last newsletter of the 1989 running season, we decided to get an early start on our Christmas shopping. Once again, Jen and I have put together a Christmas list for some of our *Strider* friends (AND, once again, our apologies to anyone inadvertently left off...we STILL 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 Laidback - Another year of anonymity (right, Jen...oops!!).
- Pete Volkmar - A full moon, La Mela, lots of wine, 196 on the juke box in the Spring Lounge, and me.
- Kris-Anne Pardo - 366 cameras, 52 Pictionary games, 25 quarts of cottage cheese, and a new ankle.
- Brenda Hancock - A nursing degree...and a good night's sleep.
- Steve Middel - A PR at the Boilermaker.
- Susan Wyatt - Batteries for that \$7.95 headset (What a bargain!!!).
- Mike Moore - A fond farewell to Mr. Oshgood.
- Conner Brosnahan - A date with your secret admirer.
- Jeff Mattison - An official Strider Newsletter Mailing Label of your very own.
- Wayne Hanson - A refund on Craig's skateboard.
- Walt Thoma - A very happy holiday season for our silent partner in the newsletter business.
- Gianni Ficarra - Fur.
- John Brown - A seat next to Kenny.
- Franny Houle - WHO??? Anyone know this guy??
- The Bussieres - The three Springsteen tickets that you didn't get last year.
- Al Lyman - 50 more miles and 2000 more dollars.
- Jen Harter - An additional 20lb loss and more REAL dates (none of this Dan-the-Coat nonsense).
- Kenny Wimberly - A bronzed barstool engraved with your name at SNEEKERS.
- DLang - Plane fare to Rochester (and a chaffeured limo at the airport...).
- Dennis Tetreault - Recognition as the number one EBAC runner (right behind Ed...).
- Don Sikorski - A night out at SNEEKERS with the editors (maybe this year....).
- Julio Murillo - Another year as a sponsor for the best running club in the state.
- Jack Curran - An arrowhead.
- Clem McGrath - A healthy and successful return to the racing circuit.
- Carla Brown - A healthy and successful return to the racing circuit.
- The Heddings - A new clock box.
- Jack Silva - Bruce Christie's tooth (this time for keeps).
- Walt Smo - Another trip to the Super Bowl for our buddies.
- Roger Zotti - Continued imagination for future newsletter input.
- Bob Carbray - A trip to Spain (go to all the places I went, Bob).
- Dean Festa - Stardom. And lots of autograph-seeking sex slaves to go along with it.
- KarenShort - A year's supply of cinnamon toast.
- Kevin Gallerani - Room in your jacuzzi for your friends (and a full bottle of Dom).
- Gail Popelka - A *Mohegan Strider* for a boyfriend.
- Ed Zubritsky - Recognition as the number one EBAC runner (right behind Dennis...).
- Molly Colgan - A night of dirty dancing to Five After Five.
- Phil Doyle - A trouble-free 1990 Rose Arts.
- Kathy Cross - More color in your cheeks at next year's SNEEKERS RUN.
- Gabriele Keegan - WOW!! Even greater successes in the coming year.
- Tommy Lee - A football victory over those young whippersnappers.
- Timmy Smith - A safe place to store OUR newsletters for when they become *Strider* Nostalgia.
- Lloyd Whitman - Backpay for all the SNERRO races you've worked. (Editors' note : us, too!)
- Aldo - Skid.

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

**Masters Team Update**  
- By Jerry LeVasseur

Thanks to all the Master Striders who ran for the team. It was a great effort by all, with one more race left, a 5K in Norwalk on November 12. We sit in the unofficial Grand Prix with 11 points followed by Kelley's Pace with 7 and Wolfpit with 6. Our effort to attend all but one race put us in the lead. The team individual point standings (including points for race attendance) are as follows :

Tim Smith	22	Dave Jacobs	4
Tom Lee	16	Sam Murrollo	4
Jerry LeVasseur	10	Steve Hancock	4
Bill Marshall	6	Jan Slanski	2
Tony Strazzo	5	Tom Jacobs	1
Dave Mills	4		

The Masters men have won \$400 to date as have the women. The Womens team, I believe, has 12 points (attending all races ) to 11 for Wolfpit and 7 for Converse.

Next year the TAC Masters coordinator will be Mick Midkiff from Wolfpit and Jerry LeVasseur will do the Grand Masters, if TAC approves. We hope to have five races with a Grand Prix running both classes at the same races. Five would score for Masters and three for Grand Masters. The race prize money would be less, therefore, enabling there to be Grand Prix prize money.

If you have ideas about what races should be TAC races, talk it up with race sponsors and TAC officials. Now is the time to start. Old Saybrook wants the 10K. Possibly the 10 mile at Rose Arts (to spread the events out). Possibly the 5K at Danielson.

If Hamden will agree, that is a good time for the 5 mile. Wolfpit will probably want to keep the half. The proposal to TAC for the prize money would be a budget of \$2000 broken down as follows : Master men and women -- \$200 each race (TAC \$100) \$100 1st, \$60 2nd, \$40 3rd. Grand Prix of \$250 each (1st \$100, 2nd \$75, 3rd \$50, 4th \$25). Grand Masters -- \$100 per race (TAC \$50) \$50, \$30, \$20 and Grand Prix of \$250 (\$100, \$75, \$50, \$25).

RECAP :	TAC COST	GRAND	RACE COST	TOTAL
	<u>RACE</u>	<u>PRIX</u>	<u>(EACH)</u>	<u>TAC</u>
Masters Men	(\$100) \$500	\$250	(\$100) \$500	\$750
Masters Women	(\$100) \$500	\$250	(\$100) \$500	\$750
Grand Masters	(\$50) \$250	\$250	(\$50) \$250	\$500
			<u>\$250</u>	<u>\$2000</u>

There is also a Cross Country Masters race on November 12. We hope to have a team at each race. Other team news is that there was a very competitive race in Block Island for the Masters title. Kelley's beat us by 10 seconds due to the strong effort by Jeff Morin and Grant Ritter. Bill Marshall ran a strong race placing second behind Grant, and Dave Mills held on to beat Jeff. Tom Peck was beaten by Al Chapman, a new Strider. Jerry LeVasseur followed Tom Peck in for 2nd overall Grand Master behind the undefeated 50 year old at Block Island, Hank Golet. Next year if we can get at least 3 teams, there will be a Grand Masters team competition (per Paul R.). Talk it up.

The following week some Striders ventured to New Hampshire to run the hilly Winnepeasoukee Relay. Bill Marshall and Dave Mills ran with a combined Kelley's Team placing 2nd in the Masters division. Jerry LeVasseur ran with a combined Connecticut team which placed 1st in the Grand Masters Division. Put this race on your calendar for next year. Maybe Way could lead us there, either as Strider teams or combined teams. It will be a great one with much fun before, during, and after the race.

### RACING ROUNDUP

-By Biff Laidback

Hey, Roger Zotti, that was a great review of the Preston City Farm Road Race in the last issue. It was so good that I got the feeling you're bucking for Biff's job! Just kidding. Biff can't make it to all the races, so any additional coverage provided by other Striders is much appreciated!

#### September 14 - Greater Norwich Races, 2 Mile and 4 Mile

There was so much Strider red in the square downtown that night I thought I was in Moscow (Get it, Red Square?? Roger has really got me going now. (Editors' note : keep going, Biff...)) Striders continued their recent domination of this event, packing the top ten in both races. Alden Miner and Kevin Gallerani staged a duel in the 2, with Alden blasting away on the final straightaway. Pat Lathrop won the Womens Open division, and Judy McGrath the Masters. In the 4, Ed Zubritsky was the top Strider in 3rd, followed by those cagy veterans, Bill Marshall and Tim Smith. Billy won the Masters division, as did Jerry LeVasseur in the Grandmasters. Michelle Keegan was second in the Womens Open, followed closely by Gail Popelka. Geraldine Palonen topped the Masters field.

##### 2 Mile

- 1. Alden Miner 9:59
- 2. Kevin Gallerani 10:33
- 5. Wayne Hanson 11:47
- 6. Dean Festa 11:58
- 7. Steve Hancock 12:04
- 8. Bruce Christie 12:20
- 10. Ron Dombrowski 12:39
- Pat Lathrop 13:50
- Kathy Smolenski 14:02
- Michaeleen Hasseler 14:11
- Judy McGrath 15:46
- Pat Tetreault 16:21
- Lynn Wisniewski 20:02

##### 4 Mile

- 3. Ed Zubritsky 20:19
- 4. Bill Marshall 21:05
- 5. Tim Smith 21:11
- 8. Dennis Tetreault 21:44
- 9. Jack Silva 21:54
- Jeff Walter 22:02
- Mike Smith 22:07
- Don Lewis 23:01
- Tom Lee 23:08
- Walt Smolenski 23:19
- Lance Magnuson 24:54
- Jerry LeVasseur 24:56
- Clem McGrath 25:10
- Michelle Keegan 25:43
- Gail Popelka 26:24
- Geraldine Palonen 27:59

#### September 17 - Guilford 10 mile TAC Championship

The Strider Mens Open team put an emphatic exclamation point on the State Champs! title for the season long TAC Grand Prix with a convincing win at Guilford. Joe Swift's second paced a 2-3-5-7-9-10 finish, which was representative of the team's domination at most TAC events this past season : first place at 6 of the 7 races, with only a second at Southington preventing a perfect record. The TAC series pointed out several key attributes which make our club the best in the state : talented athletes, generous sponsors, dedicated race coordinators, depth, enthusiasm, reliability, and commitment. Hats off to the many Striders that made it happen. Let's go for 3 in a row in '90!!!!

- 2. Joe Swift 52:57
- 3. Gary Nixon 52:57
- 5. Sean Delaney 53:55
- 7. Joe Banas 54:55
- 9. Tim Smith 55:33 (1st Master)
- 10. Kevin Pidgeon 56:00
- 15. John Bell 57:23
- 16. Walt Smolenski 57:44
- 34. Tom Lee 61:49
- 44. Dave Jacobs 63:05
- 58. Sam Murallo 65:08
- 67. Jerry LeVasseur 65:33 (1st Grandmaster)

### September 17 - Crystal Mall 5K, Waterford

Striders that didn't make the trip to Guilford made a stop in Waterford instead, trying out the new Crystal Mall race. Running 2 loops through the mall parking lot proved easier than winning the Rolling Stones ticket raffle for our Steve Hancock, who suffered from writer's cramp after stuffing the entry box. Needless to say, Steve didn't win. Darrin Eisman topped the Striders in 15:35, good for 2nd. He was followed by other top-teners Chris Hansen (3rd, 15:56), Jack Silva (7th, 16:43), Kevin Gallerani (8th, 16:55), Mike Smith (9th, 17:03) and Tony Strazzo (10th, 17:23).

### September 24 - Montreal Marathon

The "bon jour"s were rolling off the lips of the Strider contingent by the time they hit the Canadian border in preparation for the Big One, French Style. Most of the weekend's activity probably isn't suitable for a family newsletter, but I can report that the weather was cold and Darrin Eisman was fast. He finished 17th out of 8,000 in 2:38:13. Other Strider finishers were Chris Hansen - 2:47:02, Jack Silva - 2:52:10, Don Sikorski - 2:52:18, Steve Hancock - 2:52:18 (a PR!!!!), Craig Eisman - 2:52:28, Steve Middel - 3:10:26, Dave Mills - 3:13:54, Ron LaFleur - 3:15:04 (cousin of Montreal hockey great, Guy LaFleur!!!!), Jerry LeVasseur - 3:15:04 (tour group translator), Way Hedding - 3:17:50, Gail Popelka - 3:25:37 (Gail, you're very brave to travel with this bunch), and Conner Brosnahan - 3:42:25.

### October 1 - East Lyme Marathon

The first "official" ELM in 2 years hosted over 200 runners and was directed by our own Way Hedding, with organizational assistance from Bob Carbray. It was a great comeback for a race which has served as a first time marathon for so many locals, Biff included. "Mr. ELM", Tim Smith, couldn't run down Spyros Barres but did post a nice 2:36 for second place. Other fine performances were turned in by Jeff McClosky, just getting in under 3 hours and Michelle Keegan, 3rd in the Womens division. Mike Smith was a top twenty finisher. Not to be forgotten were other Strider finishers : Tom Lee, Bob Knowles, Ron Dombrowski, Bruce Christie and Lloyd Whitman. The best quote of the day belonged to Bruce Christie : "Hey, Jack, can you hold my tooth?" The second best quote of the day belonged to Jack Silva : "Hey, Gianni, can you hold Bruce's tooth?" And, finally, Gianni to Monica : "Here, hold your father's tooth....."

### October 29 - Strides for the Handicapped, 3 and 5 Miles, Waterford

Darrin Eisman is on a roll this fall, as his first ever double win at the Strides races attest. After a 15:11 3 mile, he rested for an hour then won the 5 mile in 25:48. The Keegan family also had a big day, with 10 year old Gabriele winning the 3 in 21:16, and mom, Michelle the 5 in 30:57.

<u>3 Mile</u>		<u>5 Mile</u>	
1.	Darrin Eisman 15:11	1.	Darrin Eisman 25:48
3.	Mike Fusaro 16:33	2.	Ed Zubritsky 25:58
8.	Dave Mills 17:18	5.	Walt Smolenski 27:10
9.	Don Lewis 17:19	6.	Don Sikorski 27:15
10.	Tom Lee 17:20	11.	Kevin Gallerani 27:41
15.	Jeff Walter 17:35	14.	Tony Strazzo 29:02
24.	Wayne Hanson 18:20	15.	Al Lyman 29:04
30.	Dean Festa 18:40	18.	Karl Christiansen 29:41
	Gabriele Keegan 21:16	19.	Steve Hancock 29:48
	Jan Damon 22:18	21.	Dave Jacobs 29:59
	Kathy Smolenski 22:18	24.	Jerry LeVasseur 30:19
	Barbara Williams 22:23	28.	Michelle Keegan 30:57
	Judy McGrath 23:13	29.	Don Lewis 31:01
	Andrew Lee 23:58		Carla Brown 31:29
	Bettine Delea 24:36		Hollis Franklin 32:17

**Racing Shorts** : Upcoming events include the Fall Challenge 4.75 miler at Ocean Beach on November 18 (Way promises live entertainment), Manchester Thanksgiving Race on November 23, Pearl Harbor Masters on December 3, the Tommy Toy Fund Fun Run, 7 p.m., Friday, December 15 (a club sponsored event) and the always refreshing January 1 Marty's Run from Johnny Kelley's home in Mystic. You've got to do it at least once in your lifetime. Also, don't forget the big club meeting on Thursday, November 16, with election of officers. **Show up to vote!!**

**UPCOMING RACES**

- NOV 12 - New London 4 Miler, American Legion, Williams St., New London, 11:00 a.m., \$6.00/\$7.00 on race day, Race Director - Carole Bobruff, 203-442-8396.
- NOV 12 - CT. TAC Junior Olympic Cross Country Championship, 3000M to 5000M, Eastern Connecticut State University, Willimantic, CT., 10:00 a.m., \$4.00, Race Director - Peter Leeds, 203-456-3175.
- NOV 18 - Fall Challenge 4.75 Mi. Road Race, Ocean Beach Park New London, CT., 10:00 a.m., \$6.00/\$7.00 after Nov 17th (5 person team competition included), Race Director - Way Hedding, 203-739-2864.
- NOV 19 - Westerly K of C 5K, Wilcox Park, Westerly, R.I., 11:00 a.m., \$6.00, Race Director - Westerly Knights of Columbus, Box 227, Westerly, R.I. 02891.
- NOV 23 - Manchester 5 Mi. Road Race, 4.75 Mi., Main St., Manchester, CT., 10:00 a.m., \$6.00 before Nov 10th, \$8.00 after, Race Director - Manchester Road Race Committee P.O. Box 211, Manchester, CT. 06040.
- DEC 3 - Pearl Harbor Memorial Masters Road Race 5.2 Mi. VFW Waterford, 1:00 p.m., \$5.00, Race Director - Paul Eccard, 203-4345-8881.
- DEC 15 - Tommy Toy Fund Fun Run, 5K, Billy Wilson's Aging Still, Norwich, CT., 7:00 p.m., No charge - bring a children's gift, Race Director - Bob Miles, 203-889-5842.
- DEC 19 - We Can Run, 3 to 8 Mile Fun Run, St. Paul's Church, Valley St., Willimantic, CT., 6:30 p.m., Cost - Donation of Canned Goods, Race Director - Bob Panclera, 203-423-1137.
- JAN 1 - 1990 Marty's Run, 5 Mi. Run, Brief Swim, 5Mi. return run (voluntary), Pequot Ave., Mystic, CT., 12:00 p.m., No charge, No Race Director.
- JAN 14 - 1990 Kelley's Pace Frostbite 5 Mile (Certified), Old Mystic Village, Mystic, CT., 1:00 p.m., \$5.00, Race Director - Kelley's Pace, 203-536-8175.

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

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

RESULTS. . LEDYARD 8.8, Sept. 7th. Vitale in a record performance (44:40) for the 4th annual running of this one on a cold, rainy day. The club finished strong with Amby's 45:24 (2nd), Crother's 46:51 (4th), Tim's 46:59 (5th), and Billy Shea and Gene McMerriman 13th and 14th. Twenty-six of the fifty-nine finishers were Mohegans. Highlighting the competition was the presence of the Flora twins who normally refrain from outside competition during the summer months. They gave a preview of why they are now running as top men at Northeastern University as they placed 3rd and 9th in Ledyard. On a sour note, the picnic was rained out. Better luck next year!

**10 years ago:** Strider Newsletter dated October 14, 1979.

MOHEGAN STRIDER WEEKEND NOV. 9th - 11th. . Big weekend to strengthen the Mohegan comraderie. Friday, November 9th is the annual meeting at N.F.A.'s Norton Peck Library from 7-9:30 p.m. Tradition demands that at the formal closing of the meeting the entire body proper will descend upon one Bid's Tavern to collectively down a large quantity of grinders, soda, and grog.

November 10th : rest and watch college football.

Sunday, November 11th : the Mohegans and others will gather at Ledyard High School for the 2nd annual Al Morrison road race. Al will make an appearance and will extend formal invitations to all to join with him in a post-race bash at Norwich's Billy Wilson's Aging Still. **DON'T MISS THE FUN : RESERVE THESE DATES NOW!!!**

**Women's Racing Circuit**  
- By Rose Buckingham

The TAC Grand Prix 1989 Final Standings (7 races) are:

1. Converse-Athlete's Foot	27 points
2. Mohegan Striders	15 points
3. Groton Track Club	12 points
4. Willimantic Athletic Club	10 points
5. Prospect Running Club	3 points

Individual Women Striders Final Results:

	<u>Points</u>
1. Geri Palonen	136
2. Kris-Anne Pardo	134
3. Michelle Keegan	98
4. Pat Lathrop	90
5. Michaeleen Haeseler	82
6. Judy McGrath	80
7. Gail Popelka	74
8. Lynne Valorie	44
9. Kathy Smolenski	40
10. Janice Boyes	27
11. Laurie Bartnicki	26
12. Molly Colgan	25
12. Hollis Franklin	25
13. Kelly Hawkes	21

The team money and awards will be distributed at the fall Strider meeting, so be there to get your bucks!  
(Note: Team Coordinator, Rose Buckingham earned 106 points, but took herself out of this contest...)

***First Annual Old Guys vs. Young Guys Touch Football Game***

The First Annual Striders Old Guys vs. Young Guys Touch Football Game will be held on November 26, 1989 (the Sunday following Thanksgiving) at Kelly Jr. High School in Norwich. Kickoff is scheduled for 10:00 a.m. sharp.

The game is two-hand touch played under modified rules in an effort to safeguard our running careers and the ability to sire children. Everyone is welcome. A tailgate party will follow the game, so bring some goodies to eat and drink.

For more information, contact Steve "Sticky Fingers" Hancock or Tommy "TD" Lee.