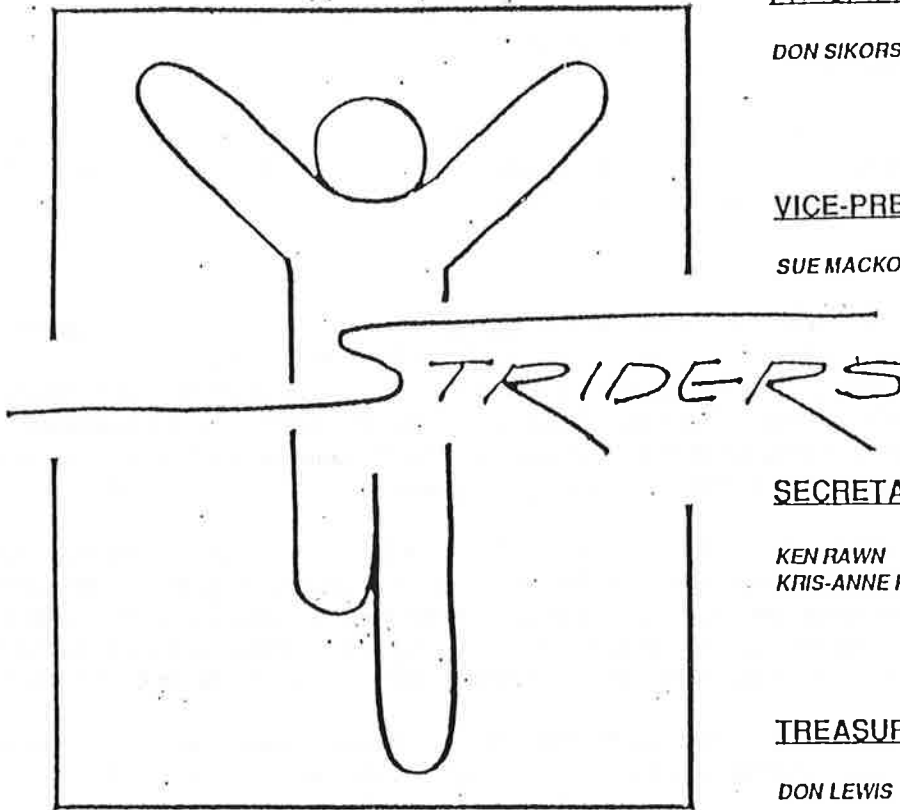


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PRESIDENT

DON SIKORSKI

VICE-PRESIDENT

SUE MACKOWICKI

SECRETARY

KEN RAWN
KRIS-ANNE PARDO

TREASURER

DON LEWIS

January 1990

Membership : 245
TAC Team No. : 28

PRESIDENT'S CORNER :

Dear Striders,

I'd like to start by wishing everyone a prosperous new year and I hope everyone had a nice Christmas. Although the racing season may not begin for a few months, we still need the same involvement we had last year right now. Anyone interested in joining one of the committees should contact either myself or the committee chairperson. As Walt often stressed, these committees are the backbone of the club. It would be impossible for one or two people to do all of the work that is involved in organizing a club as large as the Mohegan Striders.

I hope to see everyone at the upcoming Spring Meeting, April 19 at the Otis Library, 6:45 p.m. The Winter meeting was an important start to the 1990 season. Hopefully, our success can continue into the next year. The Men's Open team successfully defended their TAC title by winning 5 of the 7 TAC events. The Women's Open team also had a successful season, finishing runner-up to the Converse Racing team. And both the Men's and Women's Masters teams dominated. Attendance at these races was excellent; let's hope to see more in 1990.

We must re-establish our goals for the upcoming season. If you have something to say, feel free to speak up at the upcoming meeting. Also, anyone who is new to the club or any members that I don't know, step forward and introduce yourselves to me. I have a difficult time remembering everyone's name, so step forward.

I'd like to thank everyone who donated their time, money, and effort in 1989. Keep up the great work. Let's help the Mohegan Striders to continue to dominate running not only in the area but also in the state of Connecticut like we have for the past two years.

Keep up the good work,
Don

STRIDER MEETING MINUTES 1/18/90
-By Kris-Anne Pardo, Recording Secretary

Meeting began at 7:04 p.m.

Ken Rawn read the minutes of the last meeting. Way Hedding motioned to accept the minutes, Ron Dombrowski seconded the motion. Don Lewis gave the Treasurer's Report. He indicated that there are very few changes for this is a slow time during the year.

COMMITTEE REPORTS

Billy Shea spoke of the Grand Prix Circuit. He reported 1989 as a successful year. The top 10 scorers of the year were as follows : 1. Joe Swift, 2. Sean Delaney, 3. Pat Swift, 4. Darrin Eisman, 5. Chris Hansen, 6. Ed Zubritski, 7. Gary Nixon, 8. Walt Smolenski and Joe Banas, 9. Jack Silva and Kevin Pidgeon, and 10. Jon Bell. For 1990, the Grand Prix racing schedule will remain the same except for the Mansfield cross country race which will be open to male and female participants. Four hundred dollars in incentives will be given out at this year's TAC races. Club T-shirts are currently being worked on for future sales for Strider members.

Rose Buckingham reported for the Womens Racing Team. She encouraged team members to obtain TAC cards soon and give them to Rose before the races begin to avoid problems. Rose announced track workouts will officially begin on February 7, 6:00 p.m. at NFA track. Jack Curren is faithfully at the track weekly to time and coach all women runners. Also, on Saturday mornings at 9:00 a.m. there is a group leaving from the Lathrop home on Sycamore Street (across from Norwich Tech) for a 10-12 mile run.

Tim Smith reported for Jerry LeVasseur on the Mens Masters Racing Team. Tim reports Jerry will remain as Masters team coordinator, and the TAC racing schedule will remain the same as last year.

Community Service was reported by Tom Lee. This year the committee took part in promoting the Run for Caitlin Charity fun run. The club donated 100 dollars. April 29 is the date set for the March of Dimes Fund Raiser. Tom hopes to see even more Striders participate this year.

Speaking on behalf of the Social Committee was chairperson Kris-Anne Pardo. The annual Strider picnic will be held on Saturday, August 25. The committee will be working with Way Hedding on the Boston Milk Run coming up April 8. Anyone who would like to help work with the committee on the picnic, please contact Kris-Anne.

Steve Hancock reported for the Hall of Fame Committee. He will be taking names for inductees. Criteria includes : individual must have been with the club for a period of 10 years and have, in some way, helped the club progress forward throughout the years.

Karen Short reported on the Newsletter Committee. She stated that dues must be paid at the end of the meeting or members must reregister using the application to be enclosed in the next newsletter. Failure to pay dues will result in membership expiration.

NEW BUSINESS

A new policy brought up by Don Sikorski stated that at all TAC races, all members are asked to wear team uniforms. Also, monies from club sponsor, Lenny Levine, will only be available to the persons who wear the uniforms. All Striders are encouraged to wear their uniforms at all running events.

Phil Doyle gave a brief report on the Rose Arts Race. June 17 is the race date which has been proposed. Discussion was held on the future directorship of the race. Phil would like to see a committee formed within the Striders to organize this year's Rose Arts Road Race.

Way Hedding reported that the annual "Men's trip" to the Millrose Games in New York City will be Friday, February 2.

Next meeting will be held Thursday, April 19, at 6:45 p.m. at the Otis Library.

Way made a motion to adjourn the meeting at 8:05 p.m. Kevin Gallerani seconded the motion.

MOHEGAN STRIDERS

PRESIDENT DON SIKORSKI
 VICE PRESIDENT SUE MAKOWICKI
 MEMBERSHIP SECRETARY KEN RAWN
 RECORDING SECRETARY KRIS-ANNE PARDO
 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. 1989 membership was over 325 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.

1990 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. 25
4. Many good times at Strider Events
5. Racing Teams in all age divisions

JOIN THE MOHEGAN STRIDERS

NAME: _____ DATE OF
 BIRTH: _____ 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

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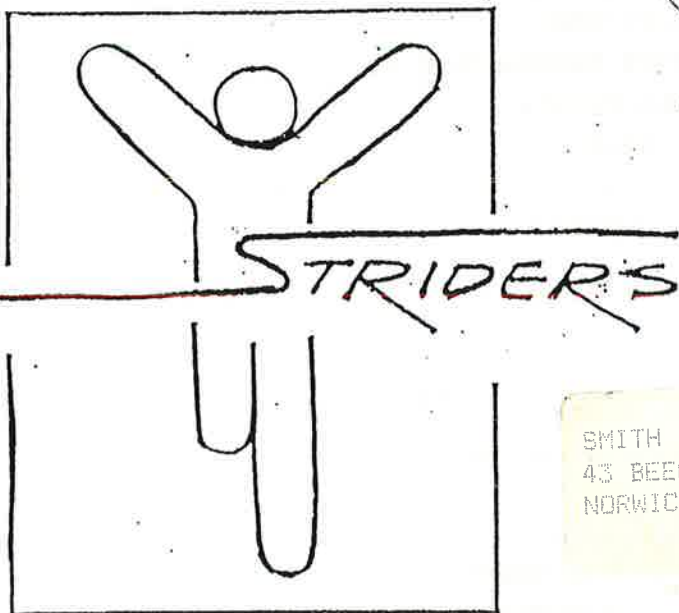
The Mohegan Striders
50 Forest Street Apt. 1
Groton, CT. 06340



PRAY FOR PEACE



M
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SMITH
43 BEECH ST.
NORWICH, CT 06360

N.E.W.S.L.E.T.T.E.R

CLUB CORRESPONDENCE
-Written by Carl Mailhot, P.T.

Dear Don,

Congratulations on your recent election to President of the Mohegan Striders. I am sure that your enthusiasm and leadership will continue to be a force in guiding our membership and racing team affiliations and that we'll continue to grow in popularity and size. I would like to take this opportunity to assure you of my continued support with sponsorship representing Norwich Physical Therapy Services and Eastern Connecticut RPT Services. Please have the Treasurer call and/or write me regarding the sponsorship monies.

Secondly, NPTS/EastConn RPT Services is in the business of helping prevent injury as well as rehabilitate sports injuries from participants who have suffered trauma whether it be as a result of sports, work, auto or just plain personal accident. Our staff of registered physical therapists, as well as certified massage therapists and athletic trainers, can provide the Striders with effective care and treatment to hopefully restore optimal athletic performance. Nothing is more frustrating to an athlete than a nagging injury. Oftentimes, appropriate instruction and soothing, pain relieving modalities go a long way to restoring health and well-being. As per state law, physical therapy for injury rehabilitation requires a physician's prescription (orthopedists, family practitioners, internists, gynecologists, osteopaths, naturopaths, chiropractic, podiatrists, dentists, pediatricians, just to mention the most common sources of referral).

We are also fortunate enough to have two certified massage therapists with unique credentials to maximize performance, reduce soreness from heavy training, and/or improve muscular flexibility and strength. Both Gerald Monahan, C.M.T. and Laurie Cote, C.M.T. provide these services and are available to the public without the need of physician referral. The only exception to this is in cases where there is current trauma and/or injury. Part of our aim in the sponsorship of the Mohegan Striders is to avail these services to Strider members and the public at-large, with the assurance of professional quality and the therapeutic benefit of massage and movement reeducation.

Through the expertise of our sports physical therapists and athletic trainers, we can provide remedial exercise programs to restore function if the sports participant is unable to attend regular physical therapy sessions. This would require an appointment time set up with one of our staff or myself. If there is need for further medical evaluation and consultation, we can direct you towards a sports medicine practitioner.

As evident by the variety and number of services available, NPTS/EastConn RPT Services is a proud sponsor of the Mohegan Striders and feel that both our monetary support and professional expertise can continue to help maintain high visibility of Strider racing team accomplishments as well as maintaining a healthy approach to maintaining a running participation.

Again, congratulations and good luck in the New Year and please call me if you have any concerns or questions regarding our sponsorship or services that we may avail to the Striders.

MORE CLUB CORRESPONDENCE
-Written by Tom Lee

Dear Fellow Striders :

Everyone is entitled to at least one blunder a year. As I see it, my big one was recommending that we use the Knights of Columbus Hall in Taftville for our final meeting of the year. Believe me, my intentions were good. I thought the facility would be perfect for us. When we made initial arrangements to use the facility, we were told we could use a separate Council room for our meeting and then the lounge for our social gathering. At the time, there didn't appear there would be any problems. Unfortunately, there was a problem, and we didn't deserve the treatment that we received. I was under the impression that the Wicked Witch of the East lost it in Oz. Maybe not.

I took the liberty of writing a letter (with the President's approval) to the Board of Directors of the Ponemah Council and explained what had happened. I don't know if it will do any good but I don't think we will be going back there again.

My apologies go out to all Striders who attended the meeting. Next time, I'll recommend Bids Tavern--it's reopening soon. There we never had a problem.

WINTER RUNS

Mohegan Park, Norwich 9:00 a.m. **Sundays** Jan 7 - Feb ? 4-8 miles through the park

TRACK WORKOUTS - MEN

Norwich Free Academy 6:00 p.m. **Tuesdays** March 6 - May 8 2-5 mile warmup & track work of various speeds and distances

TRACK WORKOUTS - WOMEN

Norwich Free Academy 6:00 p.m. **Wednesdays** Feb 7 - ?

TRACK WORKOUTS - UNISEX

East Lyme High School 6:00 p.m. **Tuesdays** October 2 - December 18 2-5 mile warmup & track work of various speeds and distances

LONG RUNS - WOMEN

Pat Lathrop's House, Sycamore St., Norwich 9:00 a.m. **Saturdays** 10-12 mile run

OTHER LONG RUNS

Norwich Free Academy 6:00 p.m. **Wednesdays** May 16 - June 13 Rose Arts Race course - 10.5 miles

Ocean Beach Park 6:00 p.m. **Wednesdays** June 20 - August 1 John Kelly Race course - 11.5 miles

East Lyme High School 6:00 p.m. **Wednesdays** August 8 - September 26 Sections of East Lyme Marathon course 7-12 miles

REC. RUNS

Jogger Joe Fun Runs 6:00 p.m. **Fridays** May 4 - June 29 Groton Long Point (near The Fisherman Restaurant) 1.5 mile warmup/3 mile race

Montville Rec. Races 6:00 p.m. **Mondays** June 18 - August 6 Fort Shantok State Park, Uncasville 5000m Cross Country & 500m, 1000m, 2000m kids' races

Norwich Rec. Runs 7:00 p.m. **Thursdays** July 5 - August 23 Kelly Jr. High School, Norwich 3 mile & 2 mile races through Mohegan Park

BICYCLE TIME TRIALS

Route 2, Preston 6:00 p.m. **Tuesdays** May 15 - August 21 6.2 miles all on Rte. 2 Full computer timing and results

NOTES

Pete Volkmar has extra TAC applications for those who need them. Pete can be reached at 433-3191 (work) or 886-2809 (home)...And a reminder to the Womens Racing Teams from Rose -- get those TAC cards taken care of early!!!!...In the continuing saga of the Rose Arts Race/Strider Sponsorship debate, Tim Smith located an old newsletter dated June 26, 1977 which referred to the Striders as an "associate sponsor" of the Rose Arts Race. So, Tim requests that the membership touch bases with race director Phil Doyle and offer help providing constructive advice and runners' expertise...Cooper's Pharmacy, Norwich (located around the 1/2 mile mark of the Rose Arts course) gives a Strider Discount. Just show your membership card when you stop in and see Art Hamsen... Sweatshirts - Bud Light, Navy Blue are on sale for 20 dollars. See Don Sikorski or call him at 376-9666...Runners - no, not you, but **RUNNERS**, a new Bakery-Deli-Catering business recently opened by Kevin Gallerani (GSK Productions), Phone : 848-8059. Yum...Yum...Yum...**Attention All Members** : The Hall of Fame Committee is now accepting nominees for induction. Any member may submit--in writing--a candidate that he/she feels should be considered. Please give a short write-up as to the reason for selection. A candidate should have been a member for 10 years or more and have contributed to the advancement of the club's goals and purpose. Note : a candidate need not be a runner. Nominations should be sent to Steve Hancock, 450 Fitchville Road, Bozrah, Ct. 06334

OLD GUYS WIN FIRST ANNUAL TOUCH FOOTBALL GAME

-By Strider Cub Reporter, Jimmy Olsen

Defense. Trench Warfare. Mud. Blood. Beer. Guts. Glory. A setting from "All Quiet On The Western Front"? A training run with Bob Miles? Nope, just images from the First Annual Old Guys vs. Young Guys Touch Football Game held November 26, 1989 at Kelly Jr. High.

Defense was the name of the game that day as the snowfall that gifted us with an unexpected white Thanksgiving Day threatened to retitle this game "Slush Bowl I". The first half statistics, though wholly indicative of the caliber of play, gave mute testimony to the field conditions and the ferocity of defense played by both teams. On offense, The Old Guys were led by a suddenly aged Steve "Mr. Clean" Middel whose precision passes to Wayne "Mr. Glue" Hanson ate up huge chunks of Mohegan Park turf.

Trying to apply pressure on this potent offensive fell on the shoulders of a small but ugly group of Mafia hitmen headed by Dean "The Dream" Festa, Mike "Pretty Boy" Fusaro, Gianni "Guido" Ficarra, Kevin "Luciano" Gallerani, and Don "Corleone" Lewis. More at ease packing pasta than a defensive line, this courageous band of garlic-heads would rally again and again to keep The Old Guys from scoring.

Offensively, The Young Guys gained more laughs than yards as time and again QB "Guido" Ficarra was chased from the pocket, turning an elaborate offensive play into a Keystone Kops Komedey. Providing the defensive rush was Dave "The Wall" Mills, Dennis "The Mogul Warrior" Tetreault, Way "The Stork" Hedding and the ever present "Mr. Glue" Hanson. The Young Guys, however, did manage three first downs and in the closing minutes of the first half threw a scare into The Old Guys. On third and long, behind perfect pass protection, Ficarra launched a missile downfield to a wide open Connor "Goin' Long" Brosnahan, only to have the ball bounce off his chest leaving him with egg on his face and Pete Rozelle's signature on his shirt. He claimed later that the pass was long.

Having played the first half to a scoreless tie, both teams returned to the field to once more join in battle. The second half proved to be almost a replay of the first with The Old Guys marching up and down the field (but failing to score) and The Young Guys unable to put together a consistent drive. Then, with less than fifteen minutes to play, Ron "The Polish Pistol" Dombrowski took over as QB for The Old Guys. With two defenders sidelined with hamstring injuries, the weakened and tired defense was no match for the brief but brutal aerial assault which followed. A pass over the middle and two sideline tosses brought The Old Guys within the shadow of the goal posts. On second and long, the curmudgeonly Dombrowski read the defense perfectly and threaded a pass between two defenders to Mark "The Man" Keegan in the end zone for the only score they would need. Bolstered by the never-say-die spirit of Don "The Prez" Sikorski, The Young Guys tried gamely to come back. But it was to no avail as time ran out on the game. Score : Old Guys 6--Young Guys 0.

If the game itself was not reason enough to establish a tradition, certainly the tailgate party which immediately followed would be. A variety of foods including two venison dishes, hot dogs, sausages and chili were consumed along with a few obligatory libations. All of this was played out against a back-drop of good-natured ribbing as the highlights (and low) were replayed.

Yes, a tradition was born November 26, 1989 and until November 1990 when once again the forces of youth take on the ranks of the aged, The Old Guys are the Touch Football Champions of the Mohegan Striders. Along with the championship goes the all important bragging rights which were earned fair and square.

And once the soreness and stiffness leaves their bodies, they will be able to straighten up and once more hold their heads high. Earliest estimates of this occurrence is mid-April.

Congratulations, Old Guys.



SHORT TAKES

Question : which came first the stress or the fracture?? Got me, but if one goes away, will the other??...Sorry 'bout that. Just wallowing in a bit of self-pity. Anyone care to join me?? **Kris-Anne** (oh, you're running again, aren't you??)? **MIkey**? How about you, **Glanni**? Hey, what's wrong with this picture??.....HOWEVER, there is optimism to be found. Place : Hope Air Force Base, Fayetteville, North Carolina. Event : 1990 Armed Forces Cross Country Championship. **Strider** Rep : **Gall Popelka**, who completed the course in 20:06 and finished 13th overall. Looks like your 18 stress fractures healed just fine, **Gall**. May others be as fortunate.....Was that **Steve Middel** I spotted at the January **Strider** meeting?? Nah. Just like that wasn't **Joe Swift** I saw pounding brews in the parking lot before the meeting even began...And now, for the Treasurer's Report--**Don Lewis**. Thank you, **Don**. Blah Blah Blah. Back to you, **Don**. Thank you, **Don**.....Yes, do a doubletake. That is indeed **Jen Harter** and she has indeed lost 30 pounds. Next goal : a PR at the Milk Run??.....Okay, **Ron D.**, what's this gossip about a football towel??.....GoGoGo in Toronto, **Jeanne Busslere**.....And what's this I hear about **Gene McGrath** providing the entertainment on the bus ride to NYC for the Millrose games?? What, no Jimmy Buffett?? Just Irish Folk songs?? Heard **Clem** was dancin' in the aisle. Heard **Walt Smo** found THE BAR to visit when visiting The Big Apple. And, I heard that no one received the coveted MVP award this year (But I also heard that **Way 'Head-Bob' Hedding** was an Honorable Mention).....Looks like love is in the air for two somewhat soft-spoken **Striders**. But, I won't mention any names. Just initials. **J** and **K** (and I'm not referring to the editors, either).....Hey, **Grrrrrr**, I brought back a rash from KW, and you??.....

And, in closing, goodbye, **TW2**. I will miss you. A lot.

It's Been A While So It's Time For Another Letter From the Editors :

Some rather insightful human being once coined a cliché about all good things coming to an end someday. Well, the time is rapidly approaching for us to turn over our Macintosh disks and oh-so-quick-wit to a fresher, more enthusiastic, Strider (or Striders)--someone who is capable of bringing new life and energy into the making of the Strider Newsletter (come on, girls, you can type it...The Arrowhead) and who will continue the production of a first-class, top-notch, fine-quality piece of literature. Translated : we're calling it quits and we need someone to take over for us. We are committed to publishing two more newsletters after this one (that will give us 12 total or two years worth of press) but we want to start soliciting successors now. Give it some thought. Call if you have any questions.

Karen Short 446-1966

Jen Harter 448-0184

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

Mens Masters

Chair : Jerry LeVasseur
Ken Rawn

Mens Racing Team

Chair : Billy Shea
Mike Fusaro
Chris Hansen
Jack Silva

Hall of Fame

Chair : Steve Hancock
Tom Lee
Dean Festa
Dave Lathrop
John Jacobs

Womens Masters

Chair : Rose Buckingham

Womens Racing Team

Chair : Rose Buckingham
Geraldine Palonen
Michaeleen Haeseler
Peter Keegan

Social Committee

Chair : Kris-Anne Pardo
Geraldine Palonen
Michaeleen Haeseler

Community Service

Chair : Ron LaFleur/Tom Lee
Steve Lamb
Walt Smolenski

Club Circuit

Chair : OPEN
Lynne Valorie
Cathy Cross
Laurie Bartnicki

Newsletter

Chair : Karen Short/Jen Harter

RACING ROUNDUP

-By Biff Laidback

A final look at the last races of 1989, as we prepare ourselves for the challenges of the new decade.

November 12 - American Legion 4 Miles, New London

Several Striders copped top age group awards in this rolling 2 lap race. Hollis Franklin was top Woman in 24:57, while new Club President, Don Sikorski, was 1st in the Mens Open (21:27), Bettine Delea in the Womens Grandmasters (31:57), Glen Stacy for Mens Seniors (29:08), and Arlene Liggett for Womens Seniors (49:25). Biff is hoping he'll still have as much "get up and go" as some of our Strider veterans when he hits those over 50 categories. Great going Bettine, Glen, and Arlene!

November 12 -TAC 5K Cross Country Championship, Mansfield

Strider teams won 3 of the 4 titles up for grabs at the state cross country meet. The Strider men, who already locked up the season team title, took a second to the Hartford Track Club, while victories were scored by our Womens team and the Men and Women Masters teams.

Womens Open

Michelle Keegan	20:07
Laurie Bartnicki	20:47
Sue Mackowicki	21:07
Lynne Valorie	22:15
Kathy Smolenski	23:34

Mens Open

Joe Swift	15:42
Darrin Eisman	15:49
Kevin Pigeon	16:15
Ed Zubritsky	16:20
Sean Delaney	16:27
Chris Hansen	16:31

Womens Masters

Virginia Ereshena
Geraldine Palonen
Rose Buckingham
Judy McGrath

Mens Masters

Dave Mills
Jerry LeVasseur
Lance Magnuson
Ron Dombrowski
Ken Rawn

November 18- Fall Challenge 4.75 miles, Ocean Beach Park, New London

The always interesting team battles highlighted this year's Fall Challenge conducted under sunny yet breezy November conditions. The Skoal Racing Team, a SCSU-based contingent bolstered by the late signing of Joe Swift (this is a one-day team commitment) edged the Strider dominated Team Pinhead for the Open Team title. Love those shirts, Pinheads ("I'm beating you", "No fat chicks" among the decorations). Walt Smolenski led Turbo Products to victory in the Industrial II category, while EBAC won the Industrial I and Masters crowns.

Top Strider Men

1.	Joe Swift	23:54
2.	Darrin Eisman	24:09
3.	Tom Wimler	24:12
6.	Chris Hansen	24:49
9.	Sean Delaney	24:59
11.	Don Sikorski	25:25
16.	Walt Smolenski	25:49
20.	Dennis Tetreault	26:05
	Tim Smith - Mens Master 1st	
	Greg Swift - Male Juniors 1st	
	Jerry LeVasseur - Mens Grandmasters 1st	

Top Strider Women

1.	Hollis Franklin	29:40
6.	Gail Popelka	32:00
8.	Pat Swim	32:36
9.	Cathy Cross	32:51
11.	Lynn Valorie	33:21
15.	Gerry Palonen	34:17
	Tina Tetreault - Female Juniors 1st	

November 23 - Manchester 4.75 Miles Thanksgiving Day Race

Horrible conditions greeted 5,000 runners at this nationally rated holiday race. Heavy snow and slushy roads made Manchester '89 a mess for competitors and spectators alike. John Gregorek (22:13) and Judi St. Hilaire (25:05, 44th overall) were the Open division winners. Some of the hearty Strider contingent :

32.	Darrin Eisman	24:35	121.	Kevin Gallerani	27:25	
34.	Sean Delaney	24:37	315.	Hollis Franklin	30:11	(14th woman)
38.	Joe Swift	24:42	351.	Lance Magnuson	30:37	
42.	Tom Wimler	24:51	510.	Way Hedding	32:03	
47.	Jon Bell	25:11	520.	Mark Law	32:07	
56.	Kevin Pigeon	25:29	600.	Ron Dombrowski	32:41	
76.	Mike Fusaro	26:14	676.	Clem McGrath	33:14	

While the sport of running can be a very intense, competitive one, two late season events a couple of weeks apart always give Biff a chance to reflect on the past year, to look forward to the new year, and to socialize with the people that make running fun and our club special. The donations to the Tommy Toy Fund Run on December 15 help provide a little joy on Christmas to those children less fortunate than we. The loosely organized, always bizarre, New Year's Day Run/Swim in Groton somehow makes normally rational adults temporarily insane, at least for the 30 seconds or so spent in the white capped waves of Long Island Sound.

MOHEGAN STRIDERS WIN TAC MASTERS CHAMPIONSHIP, NORWALK 5K


-Submitted by Tim Smith

1.	Jeff Morganti	15:42		
2.	Michael Smith	15:43		
3.	Tim Smith	16:28	1st Master	Strider
4.	Bill Marshall	16:41	2nd Master	Strider
14.	Gianni Ficarra	17:32	4th (30-39)	Strider
19.	Tom Lee	17:52	4th Master	Strider
22.	Steve Hancock	18:01	5th Master	Strider
49.	Dean Festa	19:15		Strider

CT. TAC MASTERS TEAM CHAMPIONSHIP

1.	Mohegan Striders	51:00
2.	Wolfpit Running Club	54:05
3.	Brookfield Running Club	56:33

The race was a memoriam to Vietnam Era Veterans. Bill Marshall was the first Vietnam Vet to finish and he stated that he would have finished higher if he had not caked mud on his shoes as he sought a quiet place to relieve himself prior to the race. (P.S. Bill, are you sure that was mud on your shoes?) Weather conditions : 35 mph headwinds from every direction.



STRIDER SPRING MEETING

Thursday, April 19, 1990 6:45 p.m.
Otis Library, Norwich