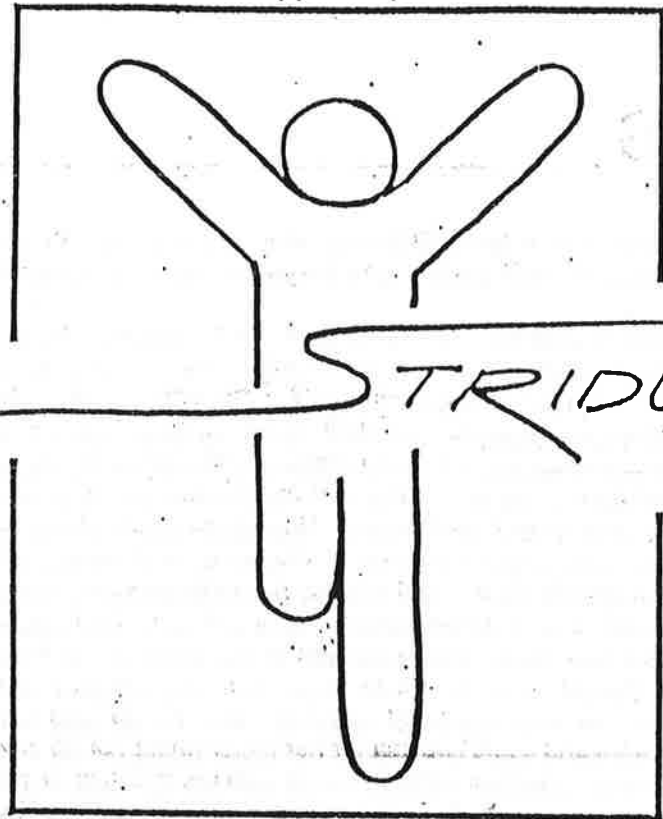


M  
O  
H  
E  
G  
A  
N



PRESIDENT

DON SIKORSKI

VICE-PRESIDENT

SUE MACKOWICKI

SECRETARY

KEN RAWN  
KRIS-ANNE PARDO

TREASURER

DON LEWIS

March 1990

Membership : 245  
TAC Team No. : 28

PRESIDENT'S CORNER :

Dear Striders,

I'd like to thank everyone who attended the January meeting and everyone who volunteered their time to work on a club committee. There can't be enough said for the amount of work they do; as Walt always said, they're the backbone of the club.

With Spring comes the busiest time of the road racing season. The TAC races start on April 22 with the Meriden 15K, while the Mohegan Strider Grand Prix Circuit kicks off June 7 with the Reliance House 5K at Billy Wilson's in Norwich. For race information, call me at 447-1235 (work) or 376-9666 (home), or contact your race team coordinator.

I hope to see everyone at the Spring meeting. There is still time to sign up and get involved with any of the club committees. I hope everyone has a healthy racing season ahead.

Don

P.S. Be sure to thank your race directors, timers, and coordinators for the job they have done. SNERRO has proven time and time again that they are the superior timing system in the state, and it demands a great deal of time and energy. Let them know that their effort is appreciated.

# SHORT TAKES

---

Due to heart-wrenching circumstances so tragic in proportion that I am overcome by emotion and unable to type, there will be no Shorttakes column this issue -- **Joe Banas** has quit the *Striders*.

Now, now...just a little humor there to start the creative juices flowing. Actually, I'll miss **Yogi**. Now I have no one to humiliate...er...I mean...bestow affection upon whenever the mood strikes me. I need a new whipping boy. So, **Conner**, what's happenin' there, **Buddy**?? Long time no see.....Can anyone spare 6 bucks?? **DLang** hasn't renewed his membership...AGAIN!! Geez, he even received a *Strider* siglet for a birthday present, too.....Heard some great stories about **Clem** and **Gene** on St. Patty's Day. Seems the male half of the Colchester Contingency couldn't hang with the women and was home, tucked safely in bed, while **Les** and **Judy** waited...and waited...and waited. How about singing us a few rounds of 'Danny Boy', **Gene**?? Unless, of course, you forgot the words.....Speaking of musically gifted *Striders*, don't miss our beloved **Crank** at the Subbase race. He'll proudly be performing the National Anthem (as an invited guest!!).....TskTskTsk. Look what happens when one of our own associates with those boys in green : **Paul Palermo**, owner of a fine Italian eatery located in the heart of EB-infested Groton, had to physically remove **Kris-Anne Pardo** from his Pasta shop after she refused to stop disturbing the customers with her constant chatter and incessant giggling. Ms. Pardo was last seen in Cancun, purchasing bowling balls for her ears and cubic zirconia for her finger (must not be any upcoming holidays or big events approaching in her life).....He flies through the air with the greatest of ease.....Congrats on a great April Fool's Day race at Conn College, **Sue**...I mean **Lynne**...or was it **Laurie**?? (heck, I mean **Chris Hansen's** girlfriend).....Feeling any better, **Brenda**?? Not to worry, **Glanni**--the stain will come out.....**John 'Hammerhead' Brown** outlasted the hills and humidity (what was I supposed to write, **JB**...93%??) to run a 3:02 at the Los Angeles Marathon. Next up, Boston. Best of luck to you and the crew of red and silver **Hedding** up Heartbreak Hill.....WOW!!! He's back. And he's still bad. **John Ficarra** finished the New Bedford Half Marathon in an impressive 1:17:58, placing 188th out of 2,200 runners. Other *Strider* reps were **Dave Mills** and **Pete Volkmar**. Gasparilla must've been just another training run for the **Guldo Brothers**.....**Spotted Biff** and **Mrs. Biff** (or was it **Biff** and **Mr. Biff**??) at Ocean Beach, enjoying the tunes and blahblahing with friends. Too bad you left before I asked one of you to dance (Ahh, but which one would've been chosen??).....Okay, **Danny**, does Van sound as sweet in the clean, crisp Colrido air??.....

And, in closing, it was raining hard in Frisco.....

---

## Since We Weren't Kidding Last Issue, It's Time for Another Letter From the Editors :

The offers are pouring in. Our mailboxes are overflowing. Fred hates us (we're on a first name basis with the postal service). Soooooo many of you want our job that we just don't know what to do. April Fool's. (Actually, this newsletter would've stood a chance of being delivered around April Fool's Day if The Prince/Prez had remembered the deadline...)

Sad, but true. Despite the numerous compliments and verbal praises, we are still determined to resign our position as Head Honchos of this fine, upstanding piece of running-community news (Tim Smith, you had better be saving these...). One more newsletter. We need successors. Give it some more thought. And call us.

Karen Short 446-1966

Jen Harter 448-0184

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

## RACING ROUNDUP

-By Biff Laidback

Well, now that all this Husky Hoopla is over, perhaps we'll see a little more coverage in the local press for the sport of running. One last basketball question, though. What is the only New England team to go to the Final Four in the last twenty years? (Hint: They did it twice. Answer below.) Speaking of press coverage of local runners, how come Johnny Kelley's column in the Sunday Day seems to feature only runners from Kelley's Pace Racing Team? Mere coincidence or fiendish plot? If you see Johnny, ask him.

Still pretty slim pickings on the local racing scene. Many *Striders* are gearing up for the trips to Boston with the Milk Run and Marathon both set for April. May brings the start of the Friday Night Groton Long Point Fun Runs, along with L & M Hospitals' Spring Stride, the Danielson Festival 5K and the Subase Memorial Day 2 & 5 Milers.

The results from a few early season events...

### March 4 - Kelley's Pace Hare Hop 5K, Mystic

*Strider* Jon Bell, now residing in Chesire, showed excellent early season form in dusting off the field at this flat 5K. Jon's 15:29 time bodes well for the '90 season. Dennis Tetreault joined Jon in the top 10 with a 17:10, good for 8th place. Rapidly improving, Al Chapman topped all masters with a 17:48. Matt Shafner registered a 2nd in the grandmaster division with a 22:58.

The women were also paced by a *Strider* as Kelly Pinckney registered a 19:03 for her first '90 win. She was followed by a well-healed Kris-Anne Pardo in 19:41 (the Cancun sun does wonders for injuries), Hollis Franklin in 20:01, Cindy Garland in 20:58, and Virginia Ereshena in 21:27, good for 1st in the masters group. A frequent division winner, Arlene Liggett, again led the veterans at 41:36.

### March 11 - Bud Jennings Memorial 5K, Groton

144 runners turned out for race director, Ron LeFleur's, 5K fundraiser under sunny near-spring conditions. Registering his first victory was *Strider* Dennis Tetreault in 16:35 over the certified course. He was followed closely by Mike Fusaro (3rd, 16:49) and Jack Silva (4th, 16:51). (As rumored by Biff some time ago, Jack was presented with the 1989 MVP award during this year's Millrose Games bus trip.) The masters crown was won by Al Chapman in 17:11. Look for big things in '90 from this strong over 40 competitor.

Michelle Keegan picked up where she left off in '89 with a 1st in 19:01, followed by *Striders* Hollis Franklin (2nd, 20:05), Virginia Ereshena (3rd, 20:34, 1st master) and Rose Buckingham (5th, 21:55). 16 year old Megan Collins topped the juniors with a 28:55.

### March 18 - St. Patricks Day 5 Miller, Mystic

The fastest bank treasurer I know, Tim Smith nipped *ex-Strider*, Joe Banas (yes, those horrible rumors are true) for second place at the always hilly St. Pats run. Kudos also to Dennis Tetreault (4th, 28:35) and ex-president, Walt Smolenski (5th, 29:05) for fine performances and good press coverage of *Strider* uniforms. Gotta fill up that scrapbook! Rounding out the top ten were Al Chapman (9th, 30:21) and Dave Lathrop (10th, 30:55). Jerry LeVasseur was grandmaster winner in 32:26.

On the female side, Rose Buckingham was a strong second in 38:24, followed by her masters counterpart, Geraldine Palonen in 39:02. They went 1-2 in the masters.

Racing Shorts: Spotted on Pequot Ave. in New London on a beautiful, Sunday afternoon - Gianni, Volkmar and "Wrong Way" Brown...the Swim family recuperating from injuries and ailments. Pat had a recent operation and Tom is recovering from a stress fracture. Good luck healing and hope to see you soon...Our running thespian, Dean Festa (that's with a "T") recently starred in an off-off-Broadway production of "Tribute" in the lead role...Gene McGrath, the answer to the basketball question is the Providence College Friars. Go PC!

# STRIDER SPRING MEETING

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

## Club Correspondence

To the Editors of the Newsletter:

I was misquoted in your last issue regarding the January club meeting. It should have read: "Thank you, Don. BLAH. BLAH. Dues are the same for '90 as in '89. BLAH. BLAH. Back to you, Don."

Respectfully,

Don Lewis  
Treasurer

### 1990 TAC Team Registration

- Peter Leeds, Long Distance Running Chairman, CT-TAC



1. The following rules apply to both Open and Masters team championships.
2. To be eligible for team scoring, an athlete must present his or her TAC card at least once during the season.
  - A. Card need only be shown once. Athlete's name is then put on a master list. Card need not be shown again in 1990.
  - B. A photocopy of the athlete's TAC card can be sent, in lieu of presenting it at a race, to Peter Leeds at 9 Robin Road, Willimantic, CT. 06226 (Note new address).
  - C. TAC wants the responsibility of team registration.
3. In 1990, athletes will not be required to pre-register in races to be eligible for team scoring. This is a change.
4. All questions regarding team scoring should be directed to Peter Leeds at 456-3175.

TAC meetings are held at Moore Field House on the third Wednesday of each month. Call Bill Mongovan @ 327-6360 for information. Moore Field House is on the campus of SCSU in New Haven.

**STRIDER TIDBITS STRIDER TIDBITS STRIDER TIDBITS****ROAD TRIP**

The second annual Deacon's Den road trip is currently being organized. 3 mile and 10K road races. Brattleboro, Vermont. June 9, 1990. Trip begins Friday evening and returns on Sunday afternoon. Contact Don Sikorski at 376-9666 for details. This was a huge success in 1989 thanks to Tom Swim and family!!!!

**ROSE ARTS**

Wanted : four (4) volunteers to help post finish results for the Rose Arts Race on June 17.  
Wanted : volunteers to staff water stops for the Rose Arts Race at the 7, 8, 9, and 10 mile marks.  
Call Phil Doyle at 887-6326.

**SECRETARY MOVES**

Membership Secretary, Ken Rawn, has changed his residence. His new address is : 186 Hanover Road, Canterbury, Ct. 06331. Please note this new address when renewing your membership or when distributing applications to prospective Striders.

**GRAND PRIX CIRCUIT**

At all Grand Prix events, every Mohegan Strider must sign the attendance sheet at the race. The race coordinator will not sign you up. You are responsible for signing in order to be eligible for the raffle. You must be present at the post-race award ceremony to be eligible for a raffle prize. (Editors' note : while at said race, Do Not Pass in the Chute!!!!!!!)

**TAC CARDS**

Please bring your TAC membership card to every TAC race so your eligibility cannot be questioned.

**QUESTIONNAIRE**

Are you interested in attending a Mohegan Striders Awards Banquet on Friday, November 9, 1990?? The banquet would consist of the annual Fall meeting from 7:00 pm to 8:00 pm, and a social banquet catered by Kevin Gallerani from 8:00 pm to whenever. After dinner, all trophies and money won during the racing season, as well as Grand Prix prizes and miscellaneous awards, will be distributed. Please fill out the attached questionnaire and return to : Don Sikorski, 16 Pulaski St., Jewett City, Ct. 06351. This is not a commitment to attend but instead a method of determining interest among the club members.

**UNRAVELLING THE MYSTERIES OF TAC RULE 185.5**  
*-By Wayne Nicoll, Eastern US Region TAC Technical Committee Chairman*

As a race representative you may be confused by the recent controversy over the effect of the new TAC/USA Rule on the Boston and NYC Marathons. This sheet is intended to explain the impact of the new rule on road racing and to provide guidance to race directors to assess the effect of the rule upon their road race.

At the recent TAC/USA Convention, TAC Rule 185.5 was revised to incorporate several important changes. The category, most commonly referred to as "point to point", will no longer be eligible for road records. A new term was coined - "record quality course" - and new standards were set for record quality courses. The amount of drop in elevation from the start to the finish cannot exceed one meter per kilometer (10 meters in a 10K race). It was formerly a drop of 2 meters per kilometer. It has been shown repeatedly in studies of the downhill effect that a meter of drop equates to more than 2.5 meters in advantage over a runner who runs a flat course. The allowable separation between the start and finish was opened up from 10% to 30%. The purpose of a separation limit is to reduce the possible wind aid on the course. Although several high profile events appeared to be hurt by the rule, the overall effect on road racing was a significant increase in the number of courses now considered to be record quality.

It is quite possible that your course may have been affected by this rule, and probably to the benefit of the participants. If you have a course which has always had a drop of 1 meter/kilometer or less but was designated point to point because the separation exceeded 10%, you may now have a record quality event if the separation is 30% or less. For example, the Utica Boilermaker 15K was a point to point course with a negligible difference in start and finish elevations but the start and finish points were over 4 kilometers apart, or about 27.4 percent apart. The new rule qualifies this race as a records eligible event. Conversely, you may have a course which met the former drop requirement of 2 meters/kilometer but now cannot meet the requirement with a drop of 1.2 meters/kilometer. If you were interested in having record quality status for your course, it would be fairly easy to study the elevations in the start and finish area and come up with recommendations for moving one or both of the points. The course would need to be re-certified but total re-measurement may not be necessary.

A record quality course must be one of the distances for which records are maintained - 5, 8, 10, 12, 15, 20, 25, 30, 50, 100 kilometers, 5, 10, 20, 50, 100 miles, half marathon, and marathon. The race course must be measured and TAC certified. There has been rapid growth in the development of state open and age group record programs. In those states with strong programs, race directors, who are willing to submit race results and record applications, are reaping the benefits of stronger competitive fields, more participants, and greater publicity benefits from the records achievements in the event.

---

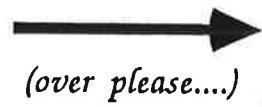
**Master and Grand Master Racing 1990**  
*- By Jerry LeVasseur*

There will be a TAC Grand Prix for Masters and Grand Masters this year. Mick Midkiff will head up the Masters and Jerry LeVasseur will coordinate the Grand Masters. The Masters competition will be the same as last year with three runners scoring for men's and women's teams. The decision was to go another year with three in an effort to get more team participation. The Grand Masters competition will be a mixed (men and women) team with three runners scoring. You will be expected to show your TAC card at the first race that you participate in. The open rules apply to Masters and Grand Master teams. The race and race coordinators are:

Date	Race	Ma	Grand Masters Coordinator
------	------	----	---------------------------

IRISHMEN J. IRISHMEN  
BALANCE SHEET  
12/31/72

That was then....



9c.

ASSETS			
Cash on Hand			.95
Cash in Bank			54.55
<u>TOTAL ASSETS</u>			<u>55.50</u>
LIABILITIES AND FUND BALANCE			
LIABILITIES			
Advance Memberships	38 @ 1.00		38.00
FUND BALANCE			
Fund Balance (NET FROM INCOME STATEMENT)			17.50
<u>TOTAL LIABILITIES AND FUND BALANCE</u>			<u>55.50</u>

9d.

INCOME STATEMENT FOR THE PERIOD ENDED 12/31/72			
INCOME			
1972 Memberships	83 @ 1.00	83.00	
Contributions		2.95	85.95
EXPENSES			
AAU Registration		25.00	
Supplies, Postage		33.00	
Scrapbook		5.45	
Team Picture		5.00	68.45
<u>Net Fund Increase</u>			<u>17.50</u>

11/16/89

## Mohegan Striders Association, Inc.

## 1989 Income Statement &amp; Balance Sheet

*This is NOW !!!*

Assets:		Liabilities:	
=====		=====	
Cash (Checking, Savings, \$3,427.57 Travel Fund)		Awards Payable	\$250.00
		Sweatsuit Deposits	175.00
		<hr/>	
Uniforms	400.00	Total Liabilities	\$425.00
TAC Awards Due Club	250.00		
Megaphone (net)	25.00		
Decals	10.00	Fund Balance:	
		<hr/>	
		Fund Balance 1/1/89	2,743.71
		Net Gain To Date	943.86
		<hr/>	
		Total Fund Balance	3,687.57
		<hr/>	
TOTAL ASSETS	\$4,112.57	TOTAL LIABILITIES & FUND BALANCE	\$4,112.57
	<hr/>		<hr/>

Income 1989		Expenses 1988	
=====		=====	
Sponsorship Agreements	\$4,200.00	TAC Awards	\$2,960.00
TAC Race Awards	2,655.00	Racing Expenses	1,932.00
Dues (322 members)	1,251.50	Social Committee	810.03
Rec Run Fee	240.00	Club Circuit Racing	948.38
Interest	147.74	Uniforms & Tights	468.87
Sponsor Adjustment 1988	537.63	Postage	349.50
		Printing	112.90
		Donations	100.00
		Travel Fund Award	100.00
		Community Service Comm.	81.00
		Newsletter Supplies	78.02
		Miscellaneous	72.11
		Sponsor Plaques	48.00
		Decals	10.00
		Depreciation	9.00
		Checking Account	8.20
		<hr/>	
TOTAL INCOME	\$9,031.87	TOTAL EXPENSES	\$8,088.01
	<hr/>		<hr/>
Net Gain To Date 1989	\$406.23		
Adjustment For 1988	537.63		
Net Gain To Date	\$943.86		
	<hr/>		



05/04/90 Groton Long Point Fun Runs  
1.5 Mi. & 3.0 Mi  
Start: Baker Point Beach  
Groton, CT  
Cost: Free  
Race Director: Eric Isbister  
Phone: (203)-599-5824

05/05/90 L&M Hospital Spring Stride  
3.5 Mi  
Start: L&M Hospital Montauk Ave.  
New London, CT  
Cost: \$5.00 (\$6.00 on Race Day)  
Race Director: Development Office L&M Hospital  
Phone: (203)-442-0711

05/19/90 K-B Springtime Festival 5K (Danielson)  
5 K Certified  
Start: Davis Park  
Danielson, CT  
Cost: \$5.00 (\$10.00 On Race Day)  
Race Director: Glen and Marge Stacey  
Phone: (203)-774-6712

05/20/90 Groton City Police Memorial 5 Mile Run  
5 Mi  
Start: Eastern Point Beach  
Groton, CT  
Cost: \$6.00 (\$8.00 After May 11)  
Race Director: Bhatt D'Amico-Police Department  
Phone: (203)-441-2186

05/28/90 Woodstock Memorial Road Race  
10 K  
Start: Woodstock Academy  
Woodstock, CT  
Cost: \$5.00 (\$10.00 After May 18)  
Race Director: Barry Kroner  
Phone: (203)-928-6207

05/28/90 SUBASE 10th Annual Memorial Day Road Races  
2 Mi. (at 9:00), 5 Mi. (at 11:00)  
Start: North Lake, Submarine Base  
Groton, CT  
Cost: \$7.00 (\$8.00 on Race Day)  
Race Director: Lt. McPherson  
Phone: (203)-449-3840

06/03/90 Father Casey Road Race  
Start: Gales Ferry Elementary School  
Gales Ferry, CT  
Cost: \$5.00 (6.00 On Race Day)  
Race Director: Tom Forbes  
Phone: (203)-448-0039

06/07/90 Al Morrison Run for Reliance Hse.  
5 K  
Start: Norwich YMCA  
Norwich, CT  
Cost: \$6.00 (\$7.00 on Race Day)  
Race Director: Bill Shea  
Phone: (203)-887-7295

06/09/90 Franklin Flats Road Race  
4.5 Mi.  
Start: Giddings Park, Rt. 207  
Franklin, CT  
Cost: \$4.00 (\$2.00 Juniors)  
Race Director: Alden Minor  
Phone: (203)-642-6042

06/10/90 Connecticut Corporate Challenge  
5k Certified  
Start: Hampton Inn  
Meriden, CT  
Cost: \$10.00  
Race Director: Christine Randolph  
Phone: (203)-235-5154

06/17/90 Rose Arts Road Race  
10.6 Mi.  
Start: M.F.A. Campus  
Norwich, CT  
Cost: \$6.00 (\$15.00 on Race Day)  
Race Director: Phil Doyle  
Phone: (203)-887-6326

06/19/90 Westerly Track Club Fun Runs  
1.5 K, 5 K Adults, (1/4-1/2 Mi Kids Run)  
Start: Misquamicut Fire House-Crandall Ave  
Westerly, RI  
Cost: Free-Tuesdays 6/19 thru End of August  
Race Director: Tom McCoy  
Phone: (203)-599-1219

06/21/90 St. Cathrine of Siena 3.8 Mi.  
3.8 Mi.  
Start: St Cathrine Church Rt 164  
Preston, CT  
Cost: \$5.00 (\$6.00 on Race Day)  
Race Director: James Landherr  
Phone: (203)-886-2902

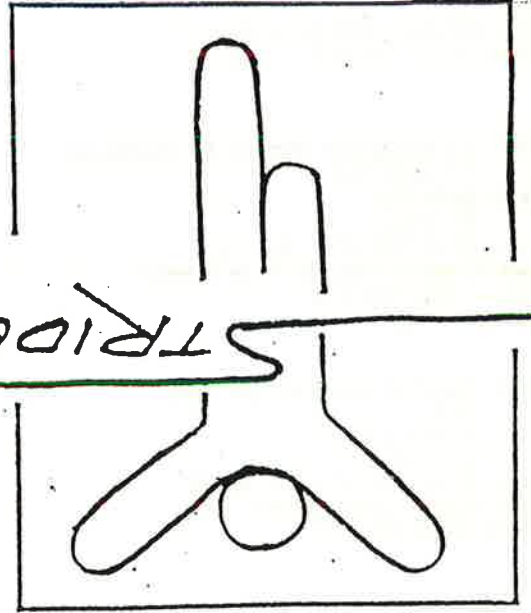
06/24/90 East Lyme PBA Run  
5K  
Start: East Lyme Town Hall  
Atlantic, CT  
Cost: \$5.00 (\$6.00 on Race Day)  
Race Director: George Cirillo  
Phone: (203)-442-8010

07/03/90 Groton Week 3.1 Mi Fun Run  
3.1 Mi.  
Start: US Navy Submarine Base-North Lake  
Groton, CT  
Cost: \$8.00 (\$6.00 Without Tee Shirt)  
Race Director: Nancy Clark  
Phone: (203)-449-2655

07/03/90 Family Track Meets (7/3/90 - 8/14/90)  
Kids Track & Field Events, 1 & 2 Mi. Adult  
Start: Windham High School  
Willimantic, CT  
Cost: \$1.00 (\$3.00 Family) Every Other Tuesday  
Race Director: Peter Leeds  
Phone: (203)-456-3175

N·E·W·S·L·E·T·T·E·R

SMITH  
43 BEECH ST.  
NORWICH, CT 06360



N  
A  
G  
E  
H  
O  
M

STRIDERS

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



**BUD LIGHT**  
BEER

LEVINE DISTRIBUTING

**NORWICH  
PHYSICAL  
THERAPY  
SERVICES**

MURILLO REALTY