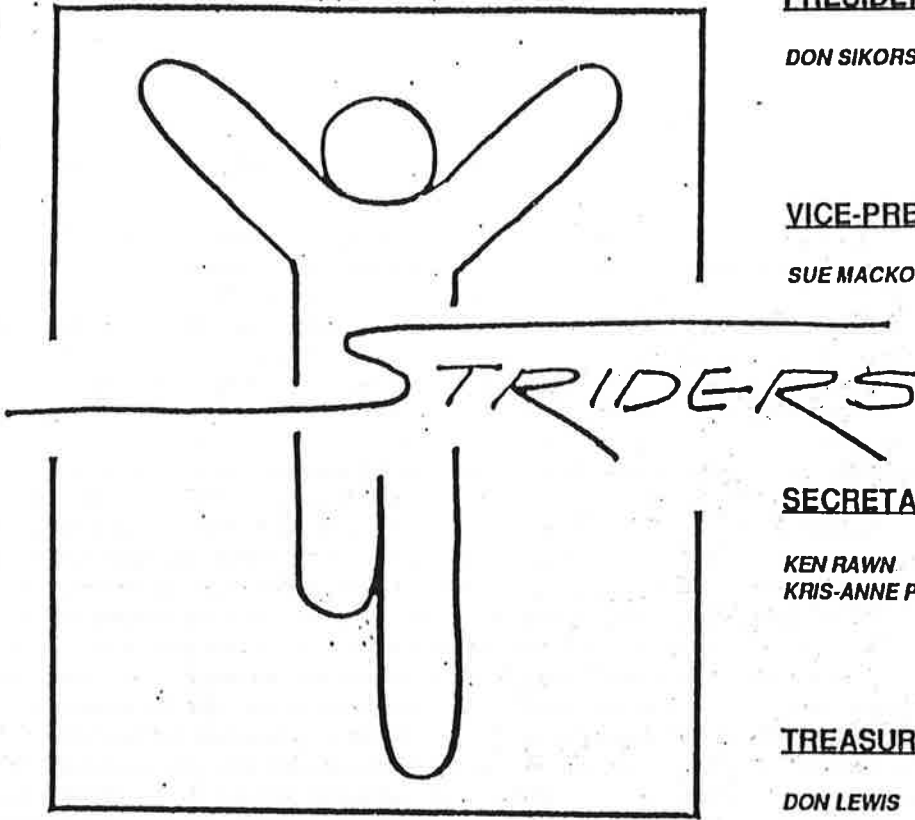


M  
O  
H  
E  
G  
A  
N



PRESIDENT

DON SIKORSKI

VICE-PRESIDENT

SUE MACKOWICKI

SECRETARY

KEN RAWN  
KRIS-ANNE PARDO

TREASURER

DON LEWIS

May 1990

Membership : 245  
TAC Team No. : 28

PRESIDENT'S CORNER :

*Dear Striders,*

*1990 looks to be another strong year for the Mohegan Striders. Masters team winning at Hamden only one short week after Boston, and Open's 15K Mens team 2nd place and Womens team 3rd place finishes at Meriden have set the stage for a strong and competitive team battle this year.*

*The next few months will be busy ones. Fairfield hosts the next TAC Championship with its Half-Marathon on June 3, followed by Prospect's 5 mile Championship on June 30. The Grand Prix kicks off with the Reliance House 5K in Norwich on June 7, and don't forget Rose Arts (Anyone who attended the Spring meeting won't forget Rose Arts--Seems like the hot topic!). But these events cannot be successful without the help of more club members. Volunteers are needed for the Mens Open Racing Team and the Norwich Summer Rec. Runs. If volunteers do not come forward in the near future, the club may not be able to participate in these events. Please contact me at 376-9686 (home) or 447-1235 (work) if you wish to contribute to these events.*

*Hope to see everyone at the races...*

Don

# SHORT TAKES

---

Had I known that one little comment could cause such controversy...had I known that my not-so-subtle attempt at humor would be soooooo misconstrued...had I known that I would receive threatening mail and middle-of-the-night wake-up calls by his fan club, I might not have printed that comment about Joe Banas. But you know what??? IT WAS A JOKE. And just to prove that I am capable of being human, I will (somehow) find it in my heart (somewhere) to print something kind about **Conner** in this column. I'll lie if I have to (as I'm sure I will have to) but I'll do it.....Who says women can't run 10 miles?? I mean...Who Says Women Can't Run The World?? Not **Jen** (or **Becky**) **Harter**. Not **The-mum Pardo**. Not **Susan 'My Man Jorge' Gilger**. And not **Short**. These Lady **Striders** braved foul weather, tots of shequila, Al Hibler's friend, and the **Andy/Marty** duo to compete in and complete (some of us had relatively simple goals) the L'eggs Mini-Marathon. **Kris-Anne** led the way (slept the way??), finishing 129th overall (that's out of 6000 women, folks!) with a time of 42:53 while **Sue** ran a PR in 48:25. Blackmail pictures to follow.....**Dean Festa** was nominated for an Oscar for his rendition of Bobby Knight at the post Walk-A-Thon basketball game.....**Franny Houle** has an exciting new game for the **Striders**. It'll have your head spinning. Find out about it at the **Strider** picnic on August 25.....Thanks for the SNERRO hat, **Tommy Lee** (now if I could only make it look as cute on me).....**Gosh, Pretty Boy**, you sure are pretty (and he dances, too!).....**George Wallace** recently told me that 'Mohegan' means 'one who sleeps in graveyards.' Should I believe him?? Afterall, he does run for Kelley's Pace so his credibility is already questionable. Seems to me that **we** frequently bury them.....Run for your lives! Retaining women ahead!.....**Volkmar** and **Glanni** roadtripped to Far Hills, NJ to run the Midland 15K. PRs were set that day with **Glanni** cruising through the course in 53:20 and **Volkmar** hammering out a 67:32. (Uh, gee, G., can you say possum??).....Welcome back to the racing circuit, **Mikay**.....**New Strider, Cindy Garland**, is following in her hubby's footsteps by being plagued with injuries (seems to be contagious among Kelley's Pacers).....Finish your laundry yet, **Bob Knowles**??.....**Strider** Spy Scene : Spotted **Carla Brown** running quite briskly up Reynolds Road in Norwich. Comeback time, **Carla**?? We miss you out there...Saw new **Strider** (ex-Floridian), **Linda Showln**, sweating in her tights on a sunny 60-degree spring day. Welcome to Ct., **Linda**...Snagged **Jack Hammer Brown** doing some secret training on his bike after the SUBBASE race. Don't worry, **JB**, your secret is safe with me.....**Kenny W** : THIS IS A TEST!! (How does that siren sound?? Where are those big, gray speakers?? Niantic?? ).....Enjoy the shower (was that baby, bridal, or both??), **Steve Middel**??.....**GOGOGO, Brenda Crank**. Got a good glimpse of your back at Danielson. Keep it up!.....Hey, **K-A**, how's them dinkies...I mean, twinkies?? Lots of nutritional value, I'm sure.....AND...Sincere thanks to my buddy, **Conner**, who not only kept me company by blah-blahing to my gasping at the SUBBASE 2 miler, but also graciously takes my constant harassment.....

And, in closing, I made enough money to buy Miami but I pissed it away so fast. Never meant to last.

---



## STRIDER SUMMER MEETING

Monday, July 23, 1990 6:30 p.m.

Otis Library

**TOP STRIDERS**

|     |                   |       |              |     |                   |       |
|-----|-------------------|-------|--------------|-----|-------------------|-------|
| 1.  | Darrin Eisman     | 25:53 |              | 28. | Jerry LeVasseur   | 31:30 |
| 5.  | Bill Marshall     | 28:32 | (1st Master) | 33. | Steve Middel      | 32:18 |
| 6.  | Jack Silva        | 28:43 |              | 37. | Dave Lang         | 32:40 |
| 7.  | Mike Fusaro       | 28:47 |              | 43. | Kris-Anne Pardo   | 33:18 |
| 10. | Kevin Gallerani   | 29:02 |              | 47. | Conner Brosnahan  | 33:30 |
| 12. | Dave Mills        | 29:19 |              | 67. | Cindy Garland     | 35:33 |
| 15. | Mike Moore        | 29:42 |              | 88. | Pat Swim          | 36:10 |
| 18. | Karl Christiansen | 30:20 |              | 89. | Virginia Ereshena | 36:12 |
| 23. | Dave Jacobs       | 30:58 |              |     |                   |       |
| 25. | Don Lewis         | 31:25 |              |     |                   |       |
| 26. | Mark Law          | 31:27 |              |     |                   |       |

1st Stroller Division - Megan Smolenski

**Racing Shorts** : Keith Pigeon and Joe Swift went 1-2 in a Hartford 5K on May 12 then went 3-2 at Danielson on May 19. (I hope Roger Zotti covered this "north of Norwich" race elsewhere in this issue).....Trailrunners - Striders Craig Eisman and Dennis Tetreault finished 5th (1:38:32) and 9th (1:41:15), respectively, in the Soapstone Mountain Half Marathon, May 20, in Somers. The course featured trails, streams, and a 2000 ft climb over the mountain.....The Pigeon brothers, Keith and Kevin, tied for first in 34:32 and Kelly Pinckney was top woman at the Woodstock Memorial Day 10K.

**GOLDEN BELLS 5 MILE RACE, APRIL 22, HAMDEN**

*-Submitted by Tim Smith*

|     |                 |       |            |          |
|-----|-----------------|-------|------------|----------|
| 1.  | Rodney LaFlamme | 26:03 |            | Libra AA |
| 4.  | Bill Marshall   | 27:14 | 1st Master |          |
| 8.  | Tim Smith       | 28:14 | 3rd Master |          |
| 11. | Dave Mills      | 28:48 | 6th Master |          |
| 29. | Sam Murrallo    | 30:49 |            |          |
| 63. | Richard Delorge | 33:18 |            |          |
| 76. | Ron Dombrowski  | 34:02 |            |          |
| 86. | Way Hedding     | 34:49 |            |          |

**Master Men Team Results**

|    |                  |       |
|----|------------------|-------|
| 1. | Mohegan Striders | 84:16 |
| 2. | Libra AA         |       |
| 3. | Kelley's Pace    |       |

**Grandmaster Men Team Results**

|    |                      |        |  |
|----|----------------------|--------|--|
| 1. | Mohegan Striders     | 97:02  | (Jerry LeVasseur (31:20), John Thomas (32:43), Jim Latourette (32:59)) |
| 2. | Wolfpit Running Club | 100:42 |  |

## RACING ROUNDUP

-By Biff Laidback

Sad, but true. I concur with our Editors' assessment in the last issue that this issue will be J&K's last as publishers par excellence. A brief summary of their accomplishments for the uninitiated among us who may take their job for granted : 1). Rigid adherence to the bimonthly deadlines. Only offers of airplane rides and an occasional "The article is in the mail" disrupted the schedule. 2). The use of desktop publishing software to make our newsletter the cleanest, slickest publication in Southeastern Ct. (But what happened to the hand drawn Indian?). Which brings me to 3). Stirring up a little controversy. Never did the Arrowhead get as much notice as did the Mohegan Strider Newsletter over the past 2 years. Who could ever forget "groinal servant"? 4). J&K successfully maintained the secret, true identity of yours truly. Now, if those don't get you guys an Editors Desk Award or Pulitzer Prize, what does it take? Many thanks for all your efforts to keep our membership informed! (Editors' note : sniff sniff. WOW! Heartfelt thanks, Biff. You almost talked us out of giving up this job. Almost...)

### April 16 - Boston Marathon

Tim Smith's 42 year old legs may have lost a step or two to the "kids" in a 5 miler, but put him on the starting line at The Big One and suddenly things get pretty even. So even in fact that Tim was the region's top finisher this year at Boston (2nd overall in Ct). He turned in a fine 2:35:59, good for 124th overall. Other Striders with nice Boston performances included Jon Bell (2:38:45, 166th), Dennis Tetreault (2:48:49, 434th), Steve Hancock (2:51:34, PR), Dave Mills (2:55:53), Kevin Gallerani (2:59:50), Tommy Lee (3:06:18), Kelly Pinckney (3:06:42), Jack Silva (3:06:51), and Steve Middel (3:20:52).

### May 5 - L & M Hospital Spring Stride 3.5 Miles, New London

Race director (and Strider Treasurer) Don Lewis was a happy dude as Striders copped both team awards, and Sean Delaney was the overall winner. As he was overheard saying to Marie Gravel of Kelley's Pace, "What's wrong with putting on a race where your friends win a lot of stuff?" or something like that. Other division winners included Tim Smith (masters), Don Werling (veterans), Kris-Anne Pardo (open), Virginia Ereshena (masters) and Bettine Delea (grandmasters).

### TOP STRIDERS

|     |                  |       |     |                   |       |
|-----|------------------|-------|-----|-------------------|-------|
| 1.  | Sean Delaney     | 18:17 | 20. | Dave Lathrop      | 19:55 |
| 3.  | Walt Smolenski   | 18:37 | 22. | Karl Christiansen | 20:07 |
| 6.  | Don Sikorski     | 18:51 | 27. | Dave Jacobs       | 20:30 |
| 7.  | Dennis Tetreault | 19:00 | 33. | Jerry LeVasseur   | 20:44 |
| 10. | Tim Smith        | 19:05 | 35. | Sam Murrallo      | 20:52 |
| 11. | Tom Lee          | 19:08 | 38. | Steve Hancock     | 21:08 |
| 12. | Mike Fusaro      | 19:09 | 43. | Mark Law          | 21:21 |
| 13. | Kevin Gallerani  | 19:10 | 45. | Steve Middel      | 21:30 |
| 16. | John Brown       | 19:34 | 47. | Conner Brosnahan  | 21:39 |
| 18. | Dave Mills       | 19:42 | 51. | Dean Festa        | 21:53 |

### May 28- SUBBASE Memorial Day 5 Miles, Groton

The first hot day of the '90 racing season greeted over 300 who trudged up (and I mean trudged) the Base's Hospital Hill on Memorial Day. Steve "DI" Hancock led his squad of flag bearers over the route with some of the best "sounding off" heard this side of Full Metal Jacket. Darrin Eisman led everybody, winning in 25:53. Kris-Anne Pardo finished a close second in the womens' field; her second second of the month. Number one is coming soon, so keep working Kris-Annel

**STRIDER TIDBITS STRIDER TIDBITS STRIDER TIDBITS**

**DEACON'S DEN ROAD TRIP**

Leaves Friday June 8 and returns on Sunday June 10. 3 mile and 6.4 mile road races, Brattleboro, VT. Contact Don Sikorski or Tom Swim.

**RIVERSIDE ROAD RACE**

June 24 7:00 p.m. This is a fantastic race with a world class field, plenty of free beer, free admission to Riverside Park, and is considered the fastest 5 miler in the country. If there is enough interest, a bus can be arranged. Call Don Sikorski for race information.

**TRACK WORKOUTS - WOMEN**

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

**SUMMER DISTANCE RUNS**

Norwich Free Academy 6:00 p.m. Wednesdays May 23 - June 13 Rose Arts Race course - 10.4 miles.

Ocean Beach Park 6:00 p.m Wednesdays June 20 - August 2 John Kelly Race course - 11.5 miles.

East Lyme High School 6:00 p.m. Tuesdays August 22 - whenever. Sections of East Lyme Marathon course 7-12 miles. Contact Don Sikorski or Way Hedding.

**REC. RUNS**

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. Help is needed to coordinate these runs.

**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.

**FALL AWARDS BANQUET**

Tickets will be available at the Summer Meeting or anytime thereafter. Please purchase your tickets in advance to insure an accurate count of attendees. Contact Don Sikorski or Kevin Gallerani.

**NOTES**

Anyone interested in a possible bus trip to Atlantic City for a full day (Saturday) should contact Don Sikorski. Trip is tentatively scheduled for the fall...**MENS OPEN TEAM RACE COORDINATORS NEEDED!!** Currently, there is no coordinator for the Southington 12K on 7/15. Chris Hansen is handling the Prospect 5 Miler on 6/30; Mike Fusaro has the Willimantic 5K on 8/12; Sean Delaney is coordinating the Old Saybrook 10K (date TBA). Please contact Don Sikorski for the Southington race...Hey, Kevin G. Never bet beer with those young guys on the track anymore!.....**Strider Noteables : Don Werling**, a Strider for the past 10 years, was recently honored by "Triathlon Today" Magazine as one of the top eight Biathletes (run, bike, run) competing in the U.S. and Canada in his age group. Criteria for selection to the All-American Team was based on consistantly excellent performance in major races with head to head competition against other team contenders. Last year, only two Biathletes in the 55-59 age group were picked for the team. Don went on to defeat both in races in New York and Massachusetts. He had first place biathlon finishes in BIG APPLE TRIATHLON CLUB events in Queens and Brooklyn, N.Y., Lions Club in Boylston, Mass. and Coors Light in Boston. He placed second in the U.S. Biathlon Federation National Championship. In addition, Don won his age group at the local Mystic Valley Triathlon. He competes in numerous local running events and participates in the Pequot Cyclists sponsored Lantern Hill Bicycle Time Trials...**The other Kevin (Pigeon, that is)** was the winner in the Vernon 5 miler on 4/2...**Slim Jim Latourette** completed the Lake Waramaug 50 Mile Ultramarathon (measured by the Guido Brothers Escort Service...) on 4/29 in New Preston, Ct. Jim finished the Ultra in 7:24:57, placed 11th out of 35 participants, and ran the second half faster than the first half. He recommends this race to anyone who likes to run all day, mostly alone, and with no spectator support...Mohegan Striders defeated Kelley's Pace to win the team title at the L&M Hospital Race. Team members were Sean Delaney (1), Walt Smolenski(3), Don Sikorski(6), Dennis Tetreault(7), and Tim Smith(10).....

## STRIDER HOOPS

-Written by Tom Lee

I would like to extend a big thank you to all Striders who took part in the Walk America Walk-A-Thon. Great job! We looked exceptionally good in our team red. At this point in time, I'm not sure how much money we collected but whatever it is, I'm sure it is much appreciated.

On a more serious note : After the run, about a dozen Striders strode up the the basketball courts in Mohegan Park for a little grog and some hoops (John Brown, where were you??). Let me tell you, there is some hidden talent among these harriers. I was totally impressed with the scrapiness of Spud Gallerani and Too Tall Pardo. Too Tall has an outrageous jump shot from three point range. Crashing the boards on every play were the two dominating southpaw centers, Mad Mike Fusaro and Lean Lee Johnson. They also shot pretty well. I know we have all heard of Chicago's Air Jordan with his great hang time. Well, with great pleasure, I would like to introduce the Mohegan Striders' very own Air Houle. What a show!! He scored 99 points--just one away from his old record. Speaking of air, there were many air balls tossed up this day, most of them by me, Too Loose Lee. And Sam Murrallo was always there for the easy rebound.

We all remember that famous Boston Celtic, K. C. Jones. This man was the best defensive player ever, or so I thought. Then I saw the dazzling ability of Hands Hancock. His skills were so amazing that it appeared he was the only one on the court playing defense, or so he thought. Then there was Dean the Dream Festa. His double dribble was so fast it didn't even appear to be a violation. A few of us had the opportunity to collide with Gary Piszczek (Editors' note : sorry, Gary, but we had to leave this one in...) and are still nursing our bruises. Thanks, Gary. The Polish Prince, Don S., wasn't afraid to take the ball up the lane against the big man. You could see the determination in his eyes! The rookie on the court this day was Nasty Nick Kelo. After two Pepsis he was too dizzy to continue with the second half. To everyone's surprise, Bob Knowles came alive in the second half and started dropping them in one after the other until he landed in the courtside bleachers and lost his glasses.

Our biggest thanks go out to our fans who supported us all the way. The Smolenskis were cheering us on from special closed-in box seats in the half court area. We would also like to thank them for the cold brews. Our thanks also go out out to our cheerleading squad, headed up by Ron LaFleur, Ann Powich, and her daughter. We hope to see them again next year. We hope to see everyone again next year!

---

### PRIZE DISTRIBUTION

*-Given to the Editors by Don Sikorski who got it from Jack Curran who said Bob Miles wrote it*

Not every runner who enters a road race expects to win a prize. In fact, most runners who enter road races never win a prize. It seems that prize distribution is restricted to a select few--as it should be, generally. However, in a race such as the Rose Arts, in which about 400 runners will enter in 1990, the same 30-40 runners (depending on prize availability that year) win the prizes each year. The other 350 runners, however, continue to support the race and make it possible for the 'select' runners to claim their prizes. Of course, without the generosity of Eastern Savings & Loan, very little would be possible. At this juncture, allow me to digress a bit.

Most, if not all, major road races distribute prizes between men and women according to the number of entrants in those divisions. The Rose Arts did this as well, except for 1989 and 1990. The Rose Arts achieved much of its reputation because of its prize structure. Although the amount of dollars being expended on prizes now is commendable, perhaps in the future we should consider some more equitable distribution based on the numbers of runners within the various divisions. Here I am especially referring to the male/female differences, but the growing number of masters should also be considered. Perhaps we should consider the runners who support the race but do not place. Intrinsic awards are nice but something you can show makes the effort even more rewarding.

Whereas the Mohegan Striders are co-sponsors of the Rose Arts Road Race, perhaps they could advise the race committee somewhat on prize distribution. I would suggest that the Mohegan Striders offer, as the Treasurer sees fit, an amount of money to be given as random drawings. I would suggest \$100 be allotted to be given as 10 drawings of \$10. The finishing places should be drawn after the start of the race. The prizes will be put into envelopes marked with the finishing place numbers. These will be given to the runner as he or she crosses the finish line--or as the person is given his place number at the end of the chute. I do not believe that this will draw any more runners to the Rose Arts Race but it is a nice gesture to the back of the pack race supporters.

**STRIDER NOSTALGIA**  
- Courtesy of Tim Smith

**15 years ago:** Strider Newsletter dated July 1, 1975.

OH, WHAT SWEET VICTORY!! . . .Gather together one of America's premier distance runners, the 1975 Conn. A.A.U. Marathon champion, and the 1975 Conn. A.A.U. Fifty-Mile champion and State record holder; next supplement them with a host of solid, fun-loving runners; and them firmly unite them under the name "Mohegan Striders." The result is the winning club of the Ninth Annual Rose Arts Road Race. Amby Burfoot (1), Tim Smith (9), and Rory Suomi(10) chalked up 20 points to outclass a highly rated Greater Boston Track Club with 35 points. The Hartford Track Club finished 3rd with 62 points. Other Mohegan prize winners in a truly classic field of 180 competitors were Larry Rice, 19th, Julio Rodrigues, 22nd, and Joe Banas, 25th. Not to be outdone by the men, our Lady Mohegans commanded the limelight in the women's awards as Kathy Glenney won that race while Sue Hoagland finished third.

**10 years ago:** Strider Newsletter dated May 1, 1980.

MARCH 1980 AAU NOTES : Registration now at 3,606. Two-thirds being swimmers. Donnelly also brought up fact that a runner who refuses to join the AAU has been allowed to run. His name is not known but he should not be allowed to take prizes. Editor's note : why not? Did she, or the AAU put up the prizes? We know T.S. We know AAU.

---

**One Last Letter From The Editors (Can Someone Play "Taps", Please??) :**

Two years and twelve newsletters later, we're FINALLY at a loss for words. So, rather than fill space by droning on with emotional slop, we've summarized our feelings below.

Things we've learned :

1. You'll never please everybody but those who complain won't make an effort and those who complement make the rest worthwhile.
2. Editing a newsletter is a lot of work but can be a lot of fun (especially when aided by a few glasses of Zin...).
3. Tradition dies a slow, painful death (ask that hand drawn Indian)--if it dies at all.
4. Home phone numbers of all Strider men.
5. Mohegan Striders are good people.
6. DO NOT PASS IN THE CHUTE!!

Things we haven't learned :

1. How to spell Jerry Lavasseur LaVasseur LeVesseur LeVessaur LeVasseur's name.
2. The outcome of the Rose Arts controversies (but we can discuss them at the next meeting).
3. To like THE ARROWHEAD as the newsletter name.
4. How to take advantage of number 4 (above).

Okay, we lied. Now comes the emotional slop. Although we've received (and appreciated) numerous "great job, girls" from numerous, well-meaning members, we do have to personalize a thank-you or two for those individuals who continually supported our efforts--no matter how liberal/offensive/crude our editorial privileges allowed us to be. Special thanks to Walt Smolenski, Don Sikorski, Clem McGrath, Don Lewis, Pat Lathrop, Walt and Sandy Thoma, Mo-Linda Hedding, Lynn Valorie (you know, Chris Hansen's girlfriend...), Gianni Ficarra (hey, he drew the new logo so blame him...), Tommy Lee, Tim Smith, Joe Banas, Crank, Kris-Anne Pardo, Volkmar, AND Biff.

J & K

**STRIDER MEETING MINUTES 4/19/90**  
*-By Kris-Anne Pardo, Recording Secretary*

Meeting began at 7:15 p.m.

A proposal for the Mohegan Striders bylaws was distributed by Tim Smith. Striders are asked to look over the bylaws and give feedback to Tim at the next meeting.

Ken Rawn now has new Strider applications with his new address on it.

#### COMMITTEE REPORTS

Mens Racing - Billy Shea was not present at the meeting. If anyone is interested in helping out with the Mens Racing Team, please see Don Sikorski. Race coordinators are needed for upcoming races.

Womens Racing - Rose Buckingham reported that Peter Leeds needs to see your TAC card when you run a TAC race. He just needs to see it once during the racing year. Photocopies of your card can be mailed to Peter instead. Note : this applies to Open division runners only.

Masters Racing - Jerry LeVasseur announced the racing schedule for this year. Please contact Jerry for race dates and Grand Prix prize money information.

Club Circuit - Don Sikorski spoke on behalf of Lynn Valorie, who was not present. The point system will be the same as last year : 50 points for races run within Norwich, 100 points for races run outside of Norwich, and 10 points for the summer rec. runs. Please be sure to sign up for raffles at the beginning of all races!

Newsletter - Karen Short was not present but reported via a letter that there will be only one more issue of the Newsletter unless someone else takes over the committee. Karen and Jen are willing to provide their Macintosh disks if needed.

Community Service - Tom Lee encouraged members to take part in this year's March of Dimes Walk-A-Thon which Striders run instead of walk.

Social Activities - Kris-Anne Pardo reported a successful Milk Run Bus Trip. Special thanks to Way Hedding who coordinated this event for the second year in a row. The annual picnic will be on Saturday, August 25 at 12:00 (noon) at the Mohegan Park Pavilion. Anyone interested in helping should contact Kris-Anne.

#### NEW BUSINESS

Distance training runs begin May 22 at 6:00 p.m. at the NFA track.

Members are asked to give Don Sikorski feedback regarding the possibility of having a banquet style Strider meeting this fall. Year-end awards would be given out at the meeting. Also, there is a strong possibility that Kevin Gallerani would be catering this event.

Phil Doyle announced that he will not be coordinating the summer rec. runs, so help is needed. First rec. run is Thursday, July 5 at 7:00 p.m. at Kelly Jr. High. Phil also asked for volunteers to hand out water at the 7 and 8 mile marks of the Rose Arts course, or to call out split times throughout the race course. A brief discussion was held on the prize structure of the Rose Arts race. Phil is open to suggestions for next year's race. Norwich Police Department Chief Abele contacted Phil recently and asked that next year's race not be held on Father's Day due to police staffing problems.

Gary Makowicki is proposing to the NFA Board to have improvements done on the NFA track. Being a very costly endeavor, Gary asked for feedback from the club on the possibility of having a fund raiser committee for this cause.

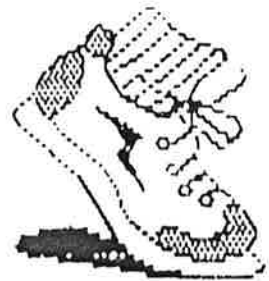
Way Hedding announced this year's Deacon's Den road races will be on June 9. Please contact Way for details about the weekend bus trip, which has been a very wild and fun time for the past two years.

Next meeting will be held Monday, July 23, at 6:30 p.m., Otis Library. Don motioned to adjourn the meeting. Tom Lee seconded. Meeting adjourned at 8:28 p.m.





# MOHEGAN STRIDERS



112E

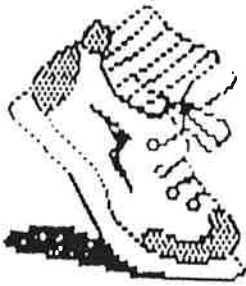
TAC GRAND PRIX CHAMPIONS 1990 1989 1988 THREE IN A ROW

MOHEGAN STRIDERS LOCK UP GRAND PRIX TITLE IN NEW HAVEN: The STRIDERS once again won the TAC Title (three in a row, I think, but who's counting) by taking a third place team finish at New Haven. Yale loaded up for their "home" race with 5:42:56, Top Gun was second in 5:57:31, and the STRIDERS were third in 6:02:42. This makes the TAC standings look like this: MOHEGAN STRIDERS-21, Top Gun-14, Yale Co-op- 10 and Kelley,s Pace-9. Only Guilford 10 miler on Sept. 16 remains on the TAC schedule for Grand Prix points. The STRIDERS masters and grandmasters are going to load up for Guilford. It would be a nice touch for us to help them make it a "clean sweep" at Guilford. I'm so psyched up for Guilford even I'm running.

NEW HAVEN NOTES: Going into New Haven we had some tired STRIDERS who were passing on this 20 K and we had just added Walt Smolenski to our injured reserve list (see below). But we had enough to finish five and score a team. Mike Chasse didn't run because of a bruised knee (the band-aid wasn't enough for me to put him on the injured list), but he says he will be ready for Guilford. Mike won the Bridgeport Barnum Festival race in July. Sal Ulto was forced to drop out at 8.5 miles, feeling sick. Mike Fusaro, the former #1 Uconn alumni, was a spectator. Ed Zubritsky was #1 for us in 26th place at 69:55. Ed has made every TAC Championship Race the year. Mike, 31st, Whittlesey, #1 UConn alumni, was second for us in 70:38, Jon Bell was third in 70:54 for 36th. After this it got interesting for the STRIDERS. In each of our TAC races we seem to have an ace in the hole. At Meriden it was Dave Lathrop. At Prospect it was Mike Whittlesey, Jon Bell, and Craig Eisman. At Southington it was Pat Swift and in Willimantic it was Steve Swift and Mike Fusaro. Our first surprise was Mike Smith in 64th place at 74:06 (sub-6:00 at New Haven, actually 5:58, but who's counting, right, Mike) for fourth STRIDER. After that it looked like President Sikorski was fifth, jogging through at 88:21. Adding Don as our fifth runner would have put the green team in front of us. In fact it was scored that way until our Masters coordinator Jerry Levasseur pointed out a STRIDER at 77:09. 54 year old Otto Schaefer, third in the 50+ division, was one of the best STRIDER aces I've ever played and the 11 minute drop from President Sikorski's time put us 4 minutes ahead of the green team. Our New Haven team was like 5 aces and a president (almost a king, Don). It's been a great season so far. Let's play the full deck at Guilford.

STRIDER NOTES: The reports are that Walt was doing some sort of ladder workout up in Colchester and broke his elbow. He'll have to explain how it happened when you see him.... There will be a TAC Cross-country Championship Race at Mansfield Hollow in Willimantic on Nov. 11. I'll be forwarding information. This race is separate from the Grand Prix which we have already wrapped up...





# MOHEGAN STRIDERS



TO: Mohegan Strider Racing Team

FROM: Kevin Crowley, Open Team Coordinator

ANOTHER GREAT MOHEGAN STRIDER WIN: An outstanding job at the Willi 5 K Race was another chance to show the great STRIDER depth. A gap of only 1:10 for our top five was overshadowed by the gap of our top ten. We put ten runners in within 1:29 of our #1, Steve Swift. That's right, our second five finished within 19 seconds of our #5, President Sikorski. We clobbered Top Gun again. This time by 43 seconds and this great depth has to have them wondering. Our Top Ten: 3. Steve Swift-15:23, (Steve earned Rookie of the Week honors for his lead running performance); 8. Joe Swift-15:41, 11. Ed Zubritsky-15:55, 14. Chris Hansen- 15:59, 26. Don Sikorski-16:33, 27. Mike Fusaro (Top UConn Alum)-16:36, 32. Mike Whittlesey-16:41, 33. Walt Smolenski- 16:42, 36. Sal Ulto-16:50, 39. Dave Mills (40+) 16:52. STRIDER pride grows with a team effort like this.

TAC NEWS: Current TAC Team Standings- 1. MOHEGAN STRIDERS-19, Top Gun-11. 3. Kelley's Pace- 8, and Yale Coop- 6. Point system is 4,3,2,1 for first, second, third and fourth. New Haven 20 K is a team scoring event on the green at 8:30 A.M. on Labor Day. The Guilford 10 mile race on Sept. 16 at 10:00 A.M. has been added to the Grand Prix schedule. If Top Gun wins both and we don't finish a team, they tie us, so we have to atleast "show up" at these races. Let me know if you intend to "show up" at either of these races so we can insure having five finishers at each race. You can leave a message on my answering machine or let me know at the STRIDER picnic on Saturday, Aug. 25 at the Mohegan Park Pavillion. We can discuss racing strategy or have contests with the water hat.

RACING TEAM NOTES: Team racing stalwart Sean Delaney kept his TAC Championship Race streak intact by making an appearance at Willimantic. Unfortunately, Sean has a leg injury suffered in a beach accident (he'll explain it at the picnic), and he has been placed on the injured reserve list for the remainder of the season...Joe Swift should be commended for carrying his younger brother for the first mile and a half in Willi. Joe, you can explain the rest of the race at the picnic....And Steve it's not true that President Sikorski is trying to make it the official STRIDER Racing Team haircut... Mike Fusaro, aka the fuzzmann, was at Walt Smolenski's after the race and was regaling his #1 UConn alumni status with such comments as, "Bring on Giffen, Rea, and Ball. I'll be ready for the Big East this year on Oct. 20." Mike outkicked Mike Cobb at the line. Nice race. See you at the picnic...

Kevin Crowley      33 Pearl St.      Norwich, CT 06360      887-8662

