



Arrowhead

Pres. Jack Curran
 V.P. John Leslie
 Sec. Bob Carbray
 Treas. Tim Smith

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REMEMBERING THE 24-HOUR RELAY by John Brady

New that the Club relay is over and we stop to reflect upon it I wonder, a year or two from now, what we'll remember of it.

The pain? We'll probably forget. We've forgotten past marathons before. The fatigue? We'll probably forget that too, in time. No, I think we'll remember other things. Things like Wayne and Kim's sub-fives and Amby's 4:21. I think we'll remember Julie's remarkable consistency and young Sean Bennett's great times before they were forced to drop out. We'll remember a room full of corpses late at night while the girls laughed and played games in the middle. The camaraderie will stay in our minds along with the strength of the Masters who once again proved that old runners never die, they just get tougher. And I think we'll remember the coming of the sun after the long night and Tim's flashing smile that never wavered.

Will we do it again? Who knows. Not for a while anyway, but even if we don't at least we have these memories.

GUILFORD FAIR 10-MILER, SEPT. 18TH.

Club member Vic Altshul's second annual race swelled to almost double the participants of the prior year. The exceptional talent was immediately evident when the first three runners broke Keith Woodward's year-old course record of 53:17. Keith was ninth this year. Kim Murphy clocked a quick 52:48 to lead the Mohegans with a third place finish, some forty seconds behind winner Bob Anastasia from the Bronx, New York. Gene McMerriman placed 33rd overall among the 259 finishers to claim the first Masters award and nine-year old Robbie Carbray, the youngest to finish the tough ten, placed 203rd. Vic's persistent effort in this fine race program is bringing positive results.

LEDYARD FAIR 8.8-MILER, SEPT. 10TH.

Al Williams started his troops off in the rain once again in this popular hilly, country fair race. The rain, however, did little to dampen the competition, and prior to the race one would swear that Kim Murphy did the rain dance. Kim felt exceptionally hopeful of a victory as the pre-race rain fell. He was ready and he knew it, and consequently he did pull out the number one slot from under the sleek feet of the Fleras, Burfoot, Jacob, and Senick. Kim has established himself as one to be regarded on the New England fall running scene.

NEWSLETTER FORMAT

Highlighting this month's newsletter is a striking new letter head. Club member Pat Kelbaugh was interested and gracious enough to design the above layout. Pat and her husband Paul are one of the newer couples to join the Club.

BANAS BOUNDS BACK

Last year about this time Joe Banas's schedule was one of intense training. Joe was really uncerking his running potential and proved it by winning East Hampton's "Bell Town" 5-miler in late November. Today, Joe is recovering from a foot operation which left him with 36 stitches. A lot has happened to Joe during the year; the best thing being an introduction to Dr. Myles Schneider of Virginia. It was Doc Schneider who recently diagnosed and operated upon Joe's nagging foot problem of about eight months. Joe was suffering from the presence of two neuromas in the bottom of his foot. A neuroma is like a tumor, a knot-like piece of muscle. Joe now knows that his problems were real and not psychosomatic. It's only a matter of regaining physical health before he once again sets upon ripening that running potential. According to Joe Doc Schneider is most interested in the Club's existence and welcomes any correspondence.

ANNUAL MEETING

The Club has raced, trained, and jogged its way through another year. 1978 will mark the seventh year for The Striders. Friday, January 13th has been reserved for the Club at N.F.A.'S Norton Peck Library for the regular annual meeting. This is the forum for all those ideas, opinions, and criticisms that swell up inside you on those long, solitary nightly runs. The agenda includes elections, affiliation with the A.A.U., plight of the Norwich Rec runs and, of course, a post-meeting stop at one of the local watering holes. Please try to reserve this evening for a most important 7:30 meeting.

JOHN MARTIN'S BIRTHDAY

Yep, its another birthday party for former treasurer John Martin. Over the past years, every Sunday has been a favorite time to gather at John's for a sociable run. But John's birthday runs have been something special, at times drawing over thirty hearty souls. Come along on Sunday, November 20th at 8 a.m. sharp; have a run and share in some cider and doughnuts after with John. John lives at 7 Edwards Street in Uncasville; its right off route 32 by the Mohegan Fire Dept.

SHORTS

Amby and Susan Burfoot's son, Daniel, entered the human race on Sept. 20th. Daniel, due in early October, jumped the gun a bit; not far behind was Timothy Christian Thoma, born October 25th, the second son of former president Walt Thoma and his wife Sandy . . . Mississippian Ross Huntington is recovering from an unnerving one-car accident that occurred when his auto's tie rod broke, allowing it to plummet down a steep embankment . . . Gerry Chester's St. Pat's grammar school girls team is proving to be an excellent foundation for top women's talent. This year is no exception as his girls continually roll over all opposition . . . Sometime next summer will be the 100th running of the Norwich Rec Run; the Club could make it an unforgettable memory.

CONN. A.A.U. 5,000-METERS MASTERS CHAMPIONSHIPS

Fifty masters gathered in Hamden on October 23rd to take on this annual event. Don Pirie, running 30 seconds faster than last year, placed second in his division and fourth overall with a quick 17:34 clocking. Lou Free, also from Uncasville, placed 27th overall.

THE CLUB'S HIGH SCHOOLERS

The Mohegans once again represent their high schools in fine style as they prepare for the season's big ones. Lyman's Bob Chalifoux grabbed 1st place in the QVC Meet . . . Bacon's Chris McGrath was 2nd in the COC Meet . . . Bill Murphy notched top slot in the SEAC . . . Pammy McMerriman(2nd), Pam Fortin(6th), Kathy Murphy(7th), Elise Friedman(12th), Lisa Sisco(15th), and Cheryl Thayer(17th) all placed well in the SEAC Meet . . . Waterford's Mike Plaisted and Ledyard's Bob Walling placed 2nd and 8th respectively in the ECC Meet while Ledyard's Ellen DeGangi was 4th in the women's division. Good Luck in the big ones!

OCEAN STATE MARATHON

25 Striders gave this scenic race their best. Jim Butler 3rd Club man last year in 2:37:07 was 2nd Club finisher this year with a 2:38:13 for 25th place. Top Mohegan was one place up on Jim in 2:38:01 and that was Hal Bennett who viewed the race from the sidelines last year. Ernie Dumas ran a 2:48 while Bob Babbitt clocked 3:14 for his first 26er. Chris Portelance, Tim MacDonald, and Bob Miles worked it in together in a fine sub 3:20. John Martin held on for a 4:15, taking the last mile and a half in about sixteen minutes. The race up front was really spectacular with Doyle, Larry Olsen, Ray Currier, and the likes of Kim Murphy and Bill Sanders holding on to top spots and a torrid pace set by Doyle. Bobby came through nine miles in about 46 minutes and only Olsen could barely hang on. Doyle hit 19-plus in about 1:40 and looked as though he would hit the wall but he continued on for a beautiful 2:18:37. Many of the top runners got burnt with Olsen finishing 9th and Currier dropping out. Bill Sanders(50th) and Kim Murphy(dropped out after 20-plus) also paid for the fast early pace. Johnson & Wales AC displayed a commendable team effort with Doyle, Hollie Walton, and Willie Speck all easily in the top ten.

KEEP RUNNING. PERSIST. ADAPT. ABSORB. ONLY BY STOPPING AND NOT WANTING TO START AGAIN CAN YOU FALL.

by JOE HENDERSON

THE MOHEGAN STRIDERS 1977

26

23
Harvey Alpert
73 Boretz Road
Colchester 06415
537-1200

Vic A. Altshul
20 Winthrop Road
Guilford 06437

Bob Babbitt
Maple Street
Danielson 06329
774-4904

Joe Banas
58 Lake Street
Norwich 06360
887-8074

John & Jamie Barry
8 Sycamore Road
Norwich
887-1277

Hal & Shawn Bennett
34 Riched Lane
Uncasville 06382
848-3025

The Bessenaire's:
Paul, Gloria, Paul, Jr.,
Peter, & Patrick
RFD #2 Route 6
Danielson
774-4700

Bill Billings
Top Hill Apts. #31
Balaban Road
Colchester

Walt P. Blanker
29 Penn. Avenue
Groton 06340
445-6715

Sheldon Booze
RFD #2
Ellsworth, ME 04605
667-4531

John & Michelle Brady
20 Pine Crest Drive
Danielson
774-9276

Jerry Browning
Denison Hill Road
N. Stonington 06359
535-0302

Jeff Buddington
45 Dunham Street
Norwich
889-4171

Amby Burfoot
72 Jefferson Avenue
New London 06320
447-2303

Jim Butler
28 Pacific Street
New London

Patrick Butler
580 Ocean Avenue
New London
443-0793

Jodi Canova
RFD #2 Old Salem Road
Norwich 06360
889-6698

The Carbray's:
Bob, Sheila, Michelle,
Robbie, & Kevin
8 Sunset Avenue
Ledyard 06339
464-9022

Bob S. Chalifoux, Jr.
Route 289
Lebanon 06249

Bob & Linda Chamberland
149 Hebron Road
Bolton 06040
646-0346

Gerry Chester
170 Washington Street
Norwich

Larry Coletti
RFD #2 Cedar Lane
Norwich
889-4444

Marshall Collins
139 Elliot Drive
Colchester 06415
537-3095

Jack & Mark Curran
7 Pine Street
Norwich
889-0874

John DeGange, Honorary
95 Oneco Avenue
New London 06320
442-1019

The Dempsey's:
Bob, Terri, Paul, & Mike
Box 354
Versailles 06383
822-8952

Andy DePino
Rattlesnake Ledge Road
RFD #3
Colchester

Ellen DiGangi
N. Glenwoods Road
Gales Ferry 06335
464-7514

Jeff Doenges
138 Elliott Drive
Colchester
537-5079

Vincent Dorsey
Box 176 RFD #1
Cove Road
Stonington 06378
536-4891

Bruce Douglass
26 Canterbury Lane
Mystic 06355
536-1309

Ernie Dumas
Pomfret Landing Road
Brooklyn 06234

Charlie Ewers
859 Long Cove Road
Gales Ferry 06335
464-6139

Rick Fargo
35 Walter Fish Avenue
Mystic 06355
536-1987

Terry Fedors
1196 Flanders Road
Mystic
536-7825

Jack & Susan Fields
175 Broadway
Norwich 06360
886-0926

Janet & Pam Fortin
35 Arnold Place
Norwich
889-8985

Pete Fox
217 Shore Avenue
Groton Long Point 06340
536-8601

Lou & Louie, Jr. Free
40 Linda Avenue
Uncasville 06382
848-8748

Elise Friedman
37 Arnold Place
Norwich
887-7860

Rocco Gentilella
83 Ocean Avenue
New London 06320
442-7718

Theresa, Thelma, & Rita
Gilman
42 Beech Street
Norwich

The Glenney's:
Christopher, Kathy,
Carol, & Judy
16 Huntington Lane
Norwich

Marc Gottesdiener
140 Kane Street
West Hartford 06119
236-3100

Chip Hallas
25 Carriage Hill Drive
Niantic 06357
739-2153

Tom Harding
11 Huntington Lane
Norwich
887-0881

Brian Heidtman
8974 Watchlight Court
Columbia, MD 21045

The Hobaica's:
Ed, Steve, & Tommy
13 Heath Street
Mystic
536-6012

THE MOHEGAN STRIDERS 1977

Ron Howard
58 Quarto Road
Norwich 06360
889-6630

Ben Hull
334 Scotland Road
Norwich
889-0465

John & Tammy Lee Hull
3 Griswold Road
Oxford 06483
729-8871

The Huntington's:
Bob, Flo, & Ross
60 Lorenzo Street
Norwich
887-0343

Rob Huntington
Village Apts. #6-1
Jerome Road
Uncasville 06382
887-0

Wayne Jacob
51 Nantucket Drive
Mystic, CT 06355
536-1296

Christopher Job
RFD #1 South Road
Fitchville 06334
859-0054

Paul & Patricia Kelbaugh
33 York Avenue
Niantic 06357

Len & Holly Kimsey
122 Rockwell Street
Norwich
887-4551

Jon Kornacki
66 Eleventh Street
Norwich
889-0839

Gary LaBonte
Colorado

Art LaPrade
RFD #3 Proulx Street
Danielson 06239

Diane LeFrancois
49 Broad Street
Norwich

Jerry Lentz
5 Hilltop Drive
Ledyard 06339
464-9877

John & Mark Leslie
5 Deborah Street
Waterford 06385
443-2260

Phil Ludlow
105 Baltic Street
Norwich
887-0240

Clem & Chris McGrath
5 Jaffe Terrace
Colchester 06415
537-7592

Eugene McGrath
18 Wall Street
Colchester 06415
537-1209

The McMerriman's:
Gene, Jim, & Pam
36 Convent Avenue
Norwich 06360
889-7154

Tim MacDonald
169 Franklin Street
Norwich
887-8037

George Maine
RFD #3 Box 282
Lisbon 06351
376-0054

Bill Markley
23 South Glenwoods Rd.
Gales Ferry 06335
464-7861

John & Pearl Martin
7 Edwards Road
Uncasville 06382
848-9761

Ralph May
Patton Court
Groton 06340

Bob Miles
15 Green Valley Drive
RFD #2
Norwich
889-5842

Jeff Morin
69 Oneco Avenue
New London 06320
443-4685

Al Morrison, Honorary
Wauregan Hotel
Norwich

Kim Murphy
302 Ridgewood Drive
Mystic 06355
536-1383

The Murphy's:
Jerry, Kathryn, & Bill
Paulbaug Lane
Franklin 06254
822-6349

Sandy Nicola
Boretz Road
Colchester
537-7572

Joe Norton
117 State Avenue
Rogers 06263

Jim Oldham
11 Plant Street
New London 06320
443-2261

Bob Olkin
4 Lauren Lane
Norwich
887-4871

Jim Olson
50 School Street
Taftville 06380
887-8467

Carl Quellet
Lover's Lane
Plainfield 06374
564-2938

Bruce Patterson
8 Hardwick Road
Quaker Hill 06375
442-4509

Lee Peret
380 Massapeag Side Road
Uncasville 06382
848-8891

Dianne Pietras
29 Sherwood Lane
Norwich 06360
887-2787

The Pirie's:
Don, Don, Jr., & John
8 Jacop Drive
Uncasville
848-0964

Mike Plaisted
81 Gallup Lane
Waterford 06385
442-8475

Todd Pomazon
Route 163
Oakdale 06370
848-7081

Chris & Judy Portelance
12 Cedar Lane RFD #2
Norwich
889-6941

Joe Portelance III
493 Boswell Avenue
Norwich
887-2070

Ray Portelance
16 Canterbury Road
Mystic 06355
536-8262

The Raddatz's:
Paul, Madeline, & Kristine
295 Coleman Street
New London 06320
443-7196

Ken Rawn, Jr.
Caroline Road RFD #1
Bozrah 06334
889-6497

Ed Reynolds
Box 237
Eastford 06242
974-1493

George & Patricia Rice
2260 Nor.-New London Tpke.
Uncasville
848-0385

John Riley, Sr.
10 Autumn Way
Norwich
889-8648

THE MOHEGAN STRIDERS 1977

Ray Roberge
RFD #3 Town House Road
Lisbon 06351
376-2686

Julio Rodriguez
New London 06320

Jim Rowan
6 Valarie Street
Waterford 06385
442-5576

Bill Sanders
950 Farmington Avenue
Apt. C-3
New Britain 06053
224-7532

Doug Sharples
79 Skyline Drive
Groton 06340
536-1260

Bill Shea
5 Everett Avenue
Norwich 06360
889-3495

Lisa Sisco
5 Joseph Perkins Road
Norwich
887-0020

Bill Shuleshko
428 Gay Hill Road
Uncasville 06382
848-9528

Jeff Smith
9 Champlin Hill Court
Niantic 06357
739-7679

Tim Smith
43 Beech Street
Norwich
887-1518

Hilary Snell
RFD #1
Colchester 06415
267-4985

Milton Sniegowski
Dunham Street
Westledge Apts. Apt. 7A
Norwich
886-0222

Henry Soboleski
49 Phoenix Avenue
Naugatuck 06770
723-1237

Everett Stone
17 Hayward Avenue
Colchester
537-5131

Sue Strawderman
55 Homestead Road
Ledyard 06339
536-1522

David Stygar
367 Boswell Avenue
Norwich
880-9785

Rory Suomi
Gorman Road
Brooklyn 06234
774-4941

Amedeo Tagliapietra
P.O. Box 175
Gales Ferry 06335
464-2750

Harold Tantaquidgeon, Honorary
1819 Nor.-New London Tpke.
Uncasville 06382
848-9145

Maynard Teigen
Apt. 6
107 Benham Road
Groton 06340
445-5144

Cheryl Thayer
55 Williams Street
Norwich 06360
887-1420

Roy Thoma (Sgt.)
PSC Box 1028
APO San Francisco, CA 96334

The Toma's:
Walt, Sandy, & Tremayne
78 Allyn Avenue
Norwich
889-5184

Bob Volkman
100 Water Street
Stonington 06378
535-3292

Bob Weeks
27 Lincoln Drive
Gales Ferry
464-6033

Paul Weeks
4 Quail Meadow Lane
Gales Ferry
464-2325

Al Williams
66 Meetinghouse Lane
Ledyard 06339
536-8797

Wil & Helen Zinser
69 Oak Street
Norwich
887-4778

Dana Blonshine
124 Canterbury Tpke.
Norwich 889-9747

Jim Uhrig
195 Long Hill Street
East Hartford 06108