



# Arrowhead

VOLUME #2

NUMBER 24

JAN. 1, 1978

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

ANNUAL CLUB MEETING

This is your once a year chance to give some time and some of your thoughts to Club administration. The agenda includes discussion of A.A.U./R.R.C.A.; a representative from Big Brothers/Big Sisters; elections; potential 1978 activities; and any other items you wish to present. The meeting will be held at N.F.A.'s Norton Peck Library at 7p.m. on Friday, January 13th. Snow date is set for January 20th.

MANCHESTER 1977

Not as homey and pleasing to all participants as in past years. The old adage that there is strength in numbers is not bearing true in the running world. Many sponsors are woefully taking hard looks at their races and see inadequate facilities, inadequate help, at times an undisciplined field, and just one general overall headache. Nothing has been firmly set regarding next year's Turkey Trot but some changes are unavoidable if the race is to continue.

One element of the race has, however, remained unchanged over the past six years: as if by clockwork Amby Burfoot continues to breeze across the finish line in the top slot making it seven consecutive wins and nine in total. His pace-setting 22:41 was only 20 seconds off his record 22:22 set in 1972. Club members Bill Sanders, Wayne Jacobs, Bill Shea, and Rob Huntington also finished in the top forty, a real feat against the fine quality that gathers here annually to challenge the quick course.

SHORTS

John Martin's 59th birthday was briskly celebrated by 30 Club members in November with a Sunday morning run over Uncasville's Raymond Hill Road followed by cider and doughnuts afterwards. Keep up the partying, John! .. Shirts & shorts will be available at the Club meeting for \$7 and \$6 respectively. . . . Forward any roster corrections to Secretary Bob Carbray, 8 Sunset Avenue, Ledyard. . . . Waterford ace Mike Plaisted will wed Renee Miller in July of '78.

POTENTIALS FOR '78

You name it, and YOU be willing to do it and IT will be. How about new, zippy uniforms this coming year? How about a social with our loved ones and friends? Let's really have a blowout for the 100th running of the Norwich rec runs which began in 1965. Let's put together a "power" team. Let's assemble a WOMEN'S "power" team. Would you like to schedule more informal Club runs? Should the Club participate more in the Norwich Rose Arts run planning? Perhaps the Club should back the A.A.U. more faithfully? Perhaps the Club should become a major critic of the A.A.U. Whatever the flow or the direction, the Club will pursue it, but only as members come to realize that the Club is THEM; without this understanding and participation nothing can be accomplished.

ANNUAL CLUB MEETING: JANUARY 13, 1978

"Training for distance running is much more than a mere matter of mileage and intensity: it is best thought of as a way of life and reaches its highest level when developed within a mature and well-balanced person."

by J. Kenneth Dougherty

MAY THE CLUB'S SUCCESSES BE GREAT IN 'SEVENTY-EIGHT

THE MOHEGAN STRIDERS 1977

Harvey Alpert  
73 Boretz Road  
Colchester 06415  
537-1200

Vic A. Altshul  
29 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  
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889-6698

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

Bob S. Chalifoux, Jr.  
Route 289  
Lebanon 06249

Bob & Linda Chamberland  
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646-0346

Gerry Chester  
170 Washington Street  
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Larry Coletti  
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889-4444

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537-3095

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442-1019

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822-8952

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RFD #3  
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Ellen DiGangi  
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Gales Ferry 06335  
464-7514

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138 Elliott Drive  
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537-5079

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Stonington 06378  
536-4891

Bruce Douglass  
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Mystic 06355  
536-1309

Ernie Dumas  
Pomfret Landing Road  
Brooklyn 06234

Charlie Ewers  
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464-6139

Rick Fargo  
35 Walter Fish Avenue  
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536-1987

Terry Fedors  
1196 Flanders Road  
Mystic  
536-7825

Jack & Susan Fields  
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886-0926

Janet & Pam Fortin  
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889-8985

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

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

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37 Arnold Place  
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83 Ocean Avenue  
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442-7718

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Gilman  
42 Beech Street  
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Christopher, Kathy,  
Carol, & Judy  
16 Huntington Lane  
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Marc Gottesdiener  
140 Kane Street  
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THE MOHEGAN STRIDERS 1977

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889-6630

Ben Hull  
334 Scotland Road  
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889-0465

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

The Huntington's:  
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887-0343

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

Wayne Jacob  
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536-1296

Christopher Job  
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Fitchville 06334  
859-0054

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Niantic 06357

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887-4551

Jon Kornacki  
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889-0839

Gary LaBonte  
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443-2260

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464-7861

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Al Morrison, Honorary  
Wauregan Hotel  
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822-6349

Sandy Nicola  
Boretz Road  
Colchester  
537-5572

Joe Norton  
117 State Avenue  
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Jim Oldham  
11 Plant Street  
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443-2261

Bob Olkin  
4 Lauren Lane  
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887-4971

Jim Olson  
50 School Street  
Taftville 06380  
887-8467

Carl Quellet  
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Plainfield 06374  
564-2938

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