



arrowhead

VOLUME #3

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Pres. Jack Curran
 V.P. Bob Miles
 Sec. Bob Carbra
 Treas. Tim Smith

CLUB SUCCESSES

The Mohegans continue to wrap up team titles despite the presence of local competition on the summer road running scene. Led by sensational Bill Krohn and backed by Joe Portelance, Julio Murillo, Mike Law, and Shawn Bennett the Club captured the team title in the 6.3-mile North Stonington run in early July. The new two-club atmosphere also provided some excitement at the MTA's 10,000-meter track race on August 14th. Thames River took it by less than 2 minutes with a 163:55 combined time. Mohegans' depth was not quite enough to offset Thames River's fine up-front runners. Let's all look forward to a competitive fall season.

KROHN GOES MOHEGAN

During his off-season Bill Krohn has chosen to keep in shape with the Mohegan Striders. His participation has quickly bolstered our team efforts. Bill has won every event he competed in this summer, leading the Club in Voluntown (with a new record of 34:19), North Stonington, and Montville's 10,000-meter track run. Bill will be entering his final year at Manhattan this September and is confident that some top-flight performances are within reach. Good luck, Bill!

WHAT'S THE MTA?

The Mohegan Striders and the Thames River Road Runners pride themselves as runners and competitors, but as yet they have little to rest on as solid organizers. The MTA prides themselves as ORGANIZERS; and rightfully so as their actions surely speak for them. MTA stands for Montville Track Association whose backbone is a handful of dedicated individuals out of the Montville education system. Like the Thames River group, MTA has come upon the scene almost over night. The group to date has sponsored the unique one-hour track run, a women's 10,000-meter track championship, a men's 10,000-meter track run for both individual and team titles, and a few other nifties still on the drawing board. For further information call Kevin Crowley at 90 Cliff Street, Norwich.

THE MULTI-EVENT CRAZE

A relatively new animal on the scene, in terms of frequency anyway, is the multi-event competition. These competitions may be conducted on either an individual or team level. The idea behind the team competition is to gather athletes of diverse specialties to share in some good fun and collective effort. The Ledyard Rec Department organized probably the most involved competition of the summer with a quadrathlon: running, canoeing, biking and swimming. It was encouraging to note the corporate teams entered in the competition. Next year's event promises to be very competitive and undoubtedly the schedule will include a few more of these crazy endeavors.

SUMMER SPOILS

The sports section of this summer's Norwich Bulletin has shown an unusual interest in running; an interest that one better not become too dependent on. When Kevin O'Keefe and Padraic Riley were hired on as summer interns the Bulletin must not have realized what they were doing. Kevin, former all-state high school great and presently at Auburn, and Pat are "running nuts." Both may be seen at the summer races running wildly about to gather their own race observations, take pictures, and secure interviews. Their articles read like Olympic press clippings, exemplifying technical expertise and correctness in every way. We'll miss these young gentlemen as they leave to further their education and we'll hope for their return next year to spoil us again.

"I TRAVELLED THE WHOLE WORLD LOOKING FOR ADVENTURE
 AND FOUND IT IN MY OWN BODY." - from a runner.

RUNNERS' WORLD, December 1973

EFFORTS

After all the statistics were compiled in Norwich's Rose Arts race, Mohegan's Jim Rowan, at 61 years of age, was awarded the eldest finisher prize. Bill Krohn's record 34:19 at the Voluntown XC run broke Amby Burfoot's 1975 mark of 34:27. Rory Suomi relived memories of the past in this one as he took a wrong turn while in second spot but still managed to recover third spot. In Montville's Masters one-hour track run Gene McMerriman came so close to winning it all but was edged out by a younger George Gardner: the difference was a mere .003 km. Gene captured the 40-44 age group; Bob Babbitt took the 45-49 division and Jim Rowan grabbed the over-60 title. In the MTA 5,000-meter track championship for women Joanne Hutchinson took the 40-49 age group award and Mary Free's 50 and over division time of 26:25.7 is being submitted for consideration as a record time for the 56 yr. age division: we may have an American Record Holder amongst us. In the Montville Harvest Festival 6.7-mile road run Mike and Joanne Hutchinson both took their respective Masters titles. Hal Bennett took top Sub-masters honors and teamed up with his son Shawn to win the parent-child title. Shawn won the Junior high division and brother Todd placed third in the Elementary division.

ONE ON ONE

Volunteers are urgently needed to be Big Brothers and Big Sisters to children from single-parent families. A Big Brother or Big Sister is a friend who spends time with a child each week to play ball, go for a walk, pursue a project - but most of all develop a friendship. There are many children waiting for YOU. Please make that wait shorter. Call 442-5005 for further information.

SHORTS

The Saturday morning women's runs will continue into the fall. Come join the group at 9 a.m. at the NFA track. Routes vary from one to eight miles on the roads. . . . Post-Ledyard road race bash to be held at Bob Carbray's, 8 Sunset Avenue, Ledyard, (Aljen Heights); liquid refreshments provided. . . . Rob and Lois Huntington extend an open invitation to anyone wishing to run the Kansas City marathon on October 28th. They'll be happy to put you up. The address is 8312B Hillcrest Road, Kansas City, Mo. 64138. . . . quite evident in the Ocean Beach results was the participation of Shannon's Bar: three of the top ten men and the top three women finishers; Eddy Shannon must brew quite a potion. Actually the club is the Warren Street Athletic Club from Jersey City and is sponsored by Shannon. Bill Krohn put the runners up for the night here. . . . The annual Club meeting will be upon us soon. Please consider your possible contribution to the Club effort. It is safe to say at this point that all officer positions are wide open as well as editorship of the newsletter.

TO THE RACES

Sept. 8th	Ledyard Fair	8.78-miles, 10 a.m.
Sept. 30th	Stonington Village,	2 and 5-miles (application enc)
Nov. 11th	Al Morrison extravaganza	(application enclosed)

YOGA **** ESPECIALLY FOR RUNNERS

A concise yet complete pre and post race stretching program is part of the yoga lessons being offered at the Norwich YMCA. Classes begin Sept 17 and are on Mon. and Wed night from 6 to 7 pm. The instructor will be Sylvia Olkin, wife of Strider Bob. Yoga with Sylvia was featured in the Aug 26th Courier (Norwich Bulletin). Further information can be obtained by calling 889 7349.

FIRST ANNUAL

Stonington Junior Women's Club
Five Mile Road Race and Family Day

Sunday, September 30, 1979
Stonington Village, Ct.

SCHEDULE

12:00 - 1:45 Post Race Registration, Stonington Community Ctr.
1:00 P.M. FUN RACE - 2 Miles
2:00 P.M. Start of Race - Stonington Community Center
3:00 P.M. Refreshments and Awards (Prizes & T-shirts)

Registration Fee: \$2.00 to be in by September 15, 1979

Send Entries To: Mrs. Gerald Browning
c/o Stonington Junior Women's Club
RD 1, Box 159F
Denison Hill Road
North Stonington, Ct. 06359

Make checks payable to Stonington Jr. Women's Club

Categories

Open _____ 18- 39 Men & Women
Masters _____ 40 & Over Men & Women
High School _____ Girls & Boys
Junior _____ - Not yet in High School Boys & Girls

ENTRY BLANK

Name _____ Age _____

Address _____
Street City State

Club Affiliation _____

In Consideration of this entry being accepted, I hereby for myself, my, heirs, executors and administrators, waive and release the Town of Stonington, Stonington Junior Women's Club or the committee in charge, their assigns and representatives for any and all injuries suffered by me while competing in or traveling to and from the event described in this entry applications.

Signed _____

Signed _____
(parent or legal guardian if participant is under 18 years of age)



"Home of The Ledyard Oak"
Largest White Oak Tree in Connecticut

2ND ANNUAL
AL MORRISON LEDYARD ROAD RACE

SUNDAY NOVEMBER 11, 1979

CO-SPONSORED BY
LEDYARD JAYCEES

&
LEDYARD PARKS & RECREATION DEPARTMENT

DIVISIONS: OPEN DIVISION
MASTER DIVISION
HIGH SCHOOL DIVISION
WOMEN'S DIVISION
3 MEMBER TEAMS
JAYCEE TEAMS
JAYCEE INDIVIDUAL FINISHER

OFFICIAL RACE T-SHIRTS \$4.00
AVAILABLE FROM:
Hayloft Enterprises
P.O. Box 116
West Mystic, CT 06388
Price includes tax and postage.

PRIZES: MERCHANDISE AND DIVISION AWARDS
T-SHIRTS: FIRST FIFTEEN FINISHERS
COURSE: 8.2 MILE LOOP, HILL AT 5 MILES
REGISTRATION: 11:00 - 12:30 P.M. LEDYARD HIGH SCHOOL
START: 1:00 P.M.

ADDITIONAL ATTRACTIONS: POST-RACE REFRESHMENTS, LOCKER ROOM AND SHOWERS,
RESULTS AND TIMES, POST-RACE PARTY AT BILLY WILSON'S AGEING
STILL.

REGISTRATION FEE: \$2.00 CHECKS PAYABLE TO LEDYARD JAYCEES

MAIL ENTRIES MUST BE RECEIVED BY NOVEMBER 3

SEND TO: JIM UHRIG
c/o PARKS & RECREATION DEPARTMENT
TOWN HALL
LEDYARD, CT 06339

ENTRY BLANK

NAME _____ AGE _____ SEX _____

ADDRESS _____
STREET CITY STATE ZIP

DIVISION _____ CLUB AFFILIATION _____

CHECK IF JAYCEE _____ CHAPTER _____

IN consideration of this entry being accepted, I hereby for myself, my heirs, executors and administrators, waive and release the Town of Ledyard, Al Morrison, the Ledyard Jaycees, the committee in charge, their assigns and representatives for any and all injuries suffered by me while competing in or traveling to and from the event described in this entry application.

Signature _____

(parent or legal guardian's signature if under 18) _____