



Arrowhead

VOLUME #3

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

SPECIAL ISSUE

In its ongoing commitment to the sport of running, the Mohegan Strider publication is here two weeks ahead of its November 1st schedule. The reason is to aid the success of two local races which have not received too much publicity. Hence, attached to this issue of the Arrowhead are applications for the October 21st Norwich YMCA run and the 4th annual Mystic Tarzan Brown run to be held November 4th. Both these races deserve our support because they are truly a commitment to the runner.

The Norwich race course is a scenic dandy: beautiful country roads. The hill and dale should prove very interesting as it will require varying strategies depending on the runner's particular strengths and weaknesses. The last mile of the route is a gradual down hill.

The Tarzan Brown run can stand on its history of being a real fun day. The race winds along the scenic Mystic River; dumps in to a wooded cul de sac and swings back on the same river view road. The chow and entertainment after is relaxing and reviving.

MOHEGAN STRIDER WEEKEND Nov. 9th - 11th

Big weekend to strengthen the Mohegan comraderie. Friday, November 9th is the annual meeting at N.F.A.'s Norton Peck Library from 7-9:30 p.m. Tradition demands that at the formal closing of the meeting the entire body proper will descend upon one Bid's Tavern to collectively down a large quantity of grinders, soda, and grog.

November 10th: rest and watch college football.

Sunday, November 11th the Mohegans and others will gather at Ledyard High School for the 2nd annual Al Morrison road race. Al will make an appearance and will extend formal invitations to all to join with him in a post-race bash at Norwich's Billy Wilson's Ageing Still. DON'T MISS THE FUN: RESERVE THESE DATES NOW.

CLUB MEETING

As mentioned above the Mohegan Striders will kick off its eighth year with a business meeting at N.F.A.'s Norton Peck Library on Friday evening, November 9th, at 7 p. m. If you've felt the Club has not served you, or that it has not recognized you, or whatever the criticism, you belong there. Come share your thoughts and make the Club a much better Club.

SHORTS

Bob Carbray and family hosted a most welcomed keg party after the Ledyard Fair race . . . Mississippian Ross Huntington is back to Norwich after some fine running success in the South . . . Coach Norm Higgins has returned after seven years in doing what he does best - running. Norm recently ran two races in fine fashion and is a good bet to rewrite the age group record book.

IF ITS TO BE YOUR CLUB, THEN ITS GOT TO BE
 YOUR MEETING.

Norwich Hot

2.3 Mile

FUN RUN

5.3 Mile

Organized by the Norwich YMCA

Sunday, October 21st, 1979

Post Entries Begin 11:00 A.M.

Start 1:00 p.m. at Norwichtown Mall

42 Town Street, Norwich

Proceeds to Benefit Norwich YMCA

Pre-Entry Fee: \$4.00 (with T-Shirt)

By October 8th

2.00 (without T-Shirt)

Post-Entry Fee: \$5.00 (with T-Shirt)

3.00 (without T-Shirt)

Pick up entry form at:

YMCA, 337 Main St., Norwich, Tel: 889-7349 All Shops at Norwichtown Mall

Awards in both races: 1st, 2nd, 3rd place in both Men & Women's

Jr. Division—Open Division—Masters Division

Prizes: Many Fantastic Prizes

Fun for the Whole Family: Pepsi Challenge,

*Anheuser Busch Hot Air Balloon & *Pepsi Cola Skate Board Demonstration.

(*Subject to availability)

Refreshments available for registered runners after race.

Showers and changing facilities available at Norwich YMCA 337 Main St., after race.

Sponsored by Norwich Rotary Club,
Levine Distributing Co., Pepsi-Cola and Norwichtown Mall

Clip and Return

Please return with your check made payable to Norwich YMCA, P. O. Box 549, Norwich, Conn. 06360.

WAIVER must be signed: In consideration of your accepting this entry, I do, hereby, for myself, my heirs, and executors, waive and release forever and discharge any and all claims for damages which I may have or which hereafter may accrue to me, against the Norwichtown Mall Road Race and any other sponsors for any claims arising or growing out of participation in said athletic event. I also understand that any pictures taken of me having to do with said Road Race, can be used for publicity, promotion or showing and waive compensation and or any claim in regard thereto.

Signature _____ Date _____
(Parent must sign if under 18)

Name _____ Telephone _____ Age _____
Address _____
T-Shirt Size — Circle One S M L XL

Check One Boys 17 and under _____ Men's Open (18+) _____ Men's Master (40+) _____
Girls 17 and under _____ Women's Open (18+) _____ Women's Master (40+) _____

4th ANNUAL TARZAN BROWN
MYSTIC RIVER RUN

5.5 Mile AAU Sanctioned Road Race
Sunday, November 4, 1979
Mystic, Ct. 06355

SPONSORED BY THE MYSTIC COMMUNITY CENTER AND CHUCK'S STEAK HOUSE

SCHEDULE

11:30 - 1:00pm. REGISTRATION - Mystic Community Center, 23 Pearl St.
Mystic, Conn.

FEES: Road Race, \$3.00 (If mailed before Oct. 31, 1979)
\$4.00 ON RACE DAY

NO POST ENTRIES ACCEPTED ATER 1:00 P.M.

1:30 START OF RACE AT THE MYSTIC COMMUNITY CENTER

POST RACE ACTIVITIES

DINNER (Seacoast Cuisine)- AWARDS & STORYTELLING - MOVIE

AT THE MYSTIC ACADEMY SCHOOL

Changing Facilities: The Mystic Academy (Directly over the Center)

NO SHOWERS PARKING Follow the Signs

DIRECTION. I95- Take Exit 89(Allyn St. Exit) proceed south on Allyn Street
toward Mystic, Noank, and Groton Long Point until you reach the lights
on Allyn Street and Route 1. Turn left down the hill. Take the fourth
left (Pearl St.). The Mystic Community Center is a green building on
the left - just past the church.

T-SHIRTS ISSUED TO THE FIRST 400 REGISTRANTS

DETACH & MAIL ENTRY FORM BY OCT.31, 1979 TO ROGER QUESNEL, MYSTIC
COMMUNITY CENTER, 23 PEARL ST, MYSTIC, CONN. 06355

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ENTRY FORM

NAME _____ AGE _____ AAU# _____

ADDRESS _____

CLUB OR TEAM REPRESENTED _____

DIVISION (CHECK ONE) OPEN MEN _____ OPEN WOMEN _____ MASTERS MEN _____
(18-39) (18-39) (over 40)

MASTERS WOMEN _____ H.S. MEN _____ H.S. WOMEN _____
(OVER 40) (15-17) (15-17)

UNDER 15 BOY _____ UNDER 15 GIRL _____

AS a condition for the acceptance of my entry, I hereby for myself, my
heirs, executors, and administrators, waive and release the Mystic
Community Center, The organizing committee, their representatives and the
executors of the Arms Property, for any injuries suffered by me while com-
peting in or traveling to and from the event described in this entry
application. I certify that I have sufficiently trained and to the best
of my knowledge, am physically fit for this run.

SIGNED _____

SIGNED _____
PARENT OR GUARDIAN, IF
PARTICIPANT IS UNDER 18
YEARS OF AGE