



Arrowhead

VOLUME #4

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Pres. Bob Miles
 V.P. Denise Marshall
 Sec. Bob Carbray
 Treas. Tim Smith

CLUB MEETING

The 8th Annual Meeting of the Mohegan Striders was held on November 9, 1979 in The Norton-Peck Library of Norwich Free Academy. Among items acted upon were the issuing of our new decals to all members in 1980; continuing to support the Rose Arts Road Race in 1980; and the dues for 1980 (to remain at \$2.00 for the initial member and \$1.50 for all others in the same household). Once again Tim Smith discussed individual membership in AAU. The present ruling now requires membership for National Championships only, although some local race directors are still insisting that runners be affiliated with the AAU. Election of Officers ended the Meeting. Bob Miles, Tim Smith and Bob Carbray all ran unopposed for President, Treasurer and Secretary, respectively. Denise Marshall out-pollled Cazy Grygrocewicz for the Vice-Presidency.

PRESIDENT'S MESSAGE FOR 1980

It is with great pleasure and aspirations that I begin my tensure as President of the Mohegan Striders. Our Club is comprised of individuals who are of outstanding character. Together these fine people make a super organization. I hope, that as President I can equal the record of my predecessor and live up to the standards of our membership. I strongly encourage those members who have proposals that would benefit our Club to make them known. We can not meet our members' needs if we are not aware of them. We are a group of people who seek to promote running as a healthful and enjoyable form of recreation. To this extent, I support our further cooperation with the Rose Arts and their Road Race. I also encourage cooperation with other organizations in the promotion of running events. Running is a term that is sometimes linked with racing which conotes work which does not always imply enjoyment. I hope that in some way we can keep the fun in running while working to achieve our sometimes elusive goals. My goal as Strider President is to somehow, in some small way at least, promote running.

PROFILE OF ROBERT MILES

Bob is 34 years young. His wife is Judy and they have two sons, Timmy and Jason, who was born the evening before the 1979 Rose Arts Road Race (he ran about 4 feet off the road the next day). He has been running form five now years; but ran at Fitch High while in school. He is a Veteran of the US Air Force and is currently a Support Teacher at Mystic Academy.

SUCMI IS BACK

Rory Suomi ran Ridgefield Marathon in 1979. He has been plagued with injuries since he established the USA 50-mile record in 5:54:40 (correction State Record) at Lake Waramaug on May 19, 1975. A long time to be down; but hopefully Rory is back and will continue to improve until he, once again, will be one of the Club's top runners. Rory finished second to John Stopa in 2:33:41. No other results are available.

NEW EDITOR OF THE ARROWHEAD

The new Editor of the Arrowhead is no stranger to writing. He has been associated with Rag 2/Yankee Runner and still contributes to Front Runner. He is a Runner. He is dedicated to running. His name is George R. Maine. He is 47 years of age and has been running some 7 years. He is married and employed with the U.S. Postal Service at the Waterford, Ct. Post Office. He is outspoken, and will, in many cases, say things that are on his mind. You may not agree, but you know how you stand with this individual. As the new Editor I propose changes, but hopefully, changes for better, to this publication. I intend to promote running and keep the members of the Mohegan Striders informed and up-to-date on any and all activities. I intend to utilize every scrap you, the reader, can give to me and hope that you will allow my opinion, as I will allow all others to be published in this, your publication. I am not changing everything at once; but will introduce a change every now and then. What I need most is information about you, the club member, and your thoughts. One thing I would like to start immediately is Our Runner of the Month. Ground rules are simple. What runner, within the Club, has performed above their normal. The top runners are not the only persons we call Runners of the Month. The last guy or gal in suddenly runs a couple faster-than-normal races. Here is a candidate. For votes I believe only written votes should be accepted by me. In order to reach me I live on RFD3, Box 282, Lisbon, Ct. 06351. I work at Waterford, Ct. Post Office and can receive mail in care of the Postmaster. Although I can receive phone calls at home I would very much like to limit them. If you have something please call between 6-7 PM. I work Tuesday's through Saturday's with only 11-1PM lunch(Irun). I leave at 4:00 PM. I may be out, but I can talk for a few moments only, if I'm working. I hope this does not turn you off: but I feel I should limit my availability to non-family times. I hope that you will enjoy this publication, and that you will assist me in compiling info. Home telephone is 376-0054 and at work its 443-8407.

EDITORIAL

It has come to my attention that during the last State Legislature session, a bill was submitted to the Public Safety Committee requiring runners to wear reflective devices while running on state roads. Never left committee, the information states. Now, however, another bill is to be introduced to ban all running from state roads. Please, please, please contact your State Senator and Representative and let him know your displeasure. My displeasure is so great, its blasting. We all have paid for those roads and they can never kick us off because we paid for them. It's as simple as that. With the shortage of energy, guess who should be kicked off the state roads? As far as running as the road, remember, defence is better than on the fence.

STRIDERS WIN FOR AL MORRISON

Tim Smith led the way to a one-point victory over Thames River in the Second Annual Al Morrison Road Race held in a cold-wet rain in Ledyard on Sunday, November 11, 1979. Jim Crowley (Westerly Track) in 41:32 was 4 seconds off Jim Urig's (then a Strider) course record. The tough Gallup Hill almost did a job on Crowley, but the man from Stonington overcame the hill and won by some 18 seconds ahead of Don Ricciante of Boston (Greater Boston Track)

Tim Smith finishes third with Bill Marshall and Mike Herrick sevenths and eighth respectfully. Johnny Kelley (the younger) won the Master's division and pretty Carol Caccavelli of Groton won the Women's Division. Other Club Members who ran are:

9. Charlie Ewers	43:42	39. George Maine	48:35
13. Jim Butler	44:43	48. Cas Grygorewicz	49:57
15. Shawn Bennett (HS)	44:53	53. Jack Curran	50:51
16. Hal Bennett	45:02	61. Michael Ladd	52:45
23. Jerry Lentz	45:52	62. Jack Fields	52:48
27. Bill Billing	46:17	70. John Leslie	54:01

STRIDES FOR THE HANDICAPPED 5 MILE ROAD RACE

The race of the year for those not so fortunate was a huge success, as usual. Tom Sullivan made this race a success for the first time last year. It just happened to be the first Strides for Handicapped. Bob Flora did it all while almost unknown Norman Higgins did it all in the Masters. Pat Swim in Women's Division. Day was cool, but not cold. Results went up quick. Hot Dog was OK, other things for vegeterian's and cool drinks. Plenty of prizes. First three in 8 disivisions received merchandise and then they started to draw. This drawing yielded many solid prizes, including first prize in the Master's Division which Higgins threw into that drawing instead of letting the Second or Third Masters have the prize, that he could have taken. Keep up the good work Tom and the Mohegan Striders will keep coming to your Race. Other Striders finishing are:

9. Charlie Ewers	26:24	283. Cynthia Mc Carthy
14. Jerry Lentz	26:24	313. Bob Huntington
18. Bill Billings	27:52	331. Peter Volkman
28. George R. Maine	29:01	368. Michella Carbray
30. Bob Volkman	29:08	381. Richard Mc Carthy
52. Bob Kolodgie	30:31	389. Chris Glenney
94. Jack Fields	31:52	434. Jim Rowan
109. Ed Reynolds	32:22	450. Elaine Mc Carthy
134. John Leslie	32:59	453. Robert Carbray
139. Bob Smith	33:03	516. Florence Huntington

Note Worthy is that Flora established a course record at 24:00 flat.

ATTENTION--WANAMAKER MILE VIEWERS--ATTENTION ALL WHO ENJOY TRACK

Mike Hutchinson, of Montreal's beer location fame, has arranged to have a bus available for 48 (first-come-First-serve) persons to see the Millrose Games in New York in Madison Square Garden on February 8, 1980. All interested must contact Mike at 887-4444 immediately as the seats are going quickly. We leave from Norwichtown Mall (infront of Caldor's) at 3:00Pm and will also stop at Commutor Parking Location at Routes 85, and 52. Tickets are \$17.00 for each individual. It includes ride both to and from New York and an \$8.00 seat at Madison Square Garden. You cannot beat that. Your liable to see runners you'll never see again. We should be back around 2:00AM depending how often the bus has to stop for a time outs. The stop in Waterford is planned at 3:15PM so don't be late. Come prepared to enjoy yourself. The bus will be shock-proof.

PRESIDENT HOPES FOR MOHEGAN STRIDERS TEAM THIS YEAR.

I hope verymuch that we can field a representative women's team this year. We have some fine women runners in our membership and they should be encouraged to continue their running and to invite other women runners to join them.

A RUNNER'S COMPARISON OF OTHER SPORTS TO HIS OWN.

Two hundred yards to those behind you.

Fifteen minute rest at 2,500 meters and finish the balance of 2,500 meters.

Take a five hundred yard lead in 10,000 meter race.

hitter-Bill Rodgers running for Jim Rowan in New London.

200 yards of course.

a race with someone pushing you, while you hold onto an eel.

riding Cas Grygorcewicz's shoulders in arec run.

wind-breaker as a sail while running Boston on a windy day.

a marathon from your lounge chair.

Basketball-Foul shoot.

Football-Half-Time.

Soccer-free shot-

Baseball-Designated

Tennis-Net Ball-Cut

Auto Race-Like running

Horse Race-Fran Houle

Sailing-Using your

Fishing-Like running

TARZAN BROWN RACE

Flora did again. Some young individual went out very strong for about one-half mile and Flora went into some gear I know nothing about and stayed in that gear for 5.5 miles. The young man did not last long. No one seems to know who he was. Kelley and Bennett had another race together with the younger man winning. The amazing John Kelley out-dueling the equally amazing Shawn Bennett. Father Hal now follows Shawn like a lot more will be doing as Shawn grows older. Other Striders are below: (note-please forgive editor if he misses you)

8. Bill Marshall	29:00	74. Marshall Collins	32:58
9. Tim Smith	29:13	94. Bob Kolodziej	34:04
15. Shawn Bennett	30:09	107. Ken Rawn	34:28
17. Steve Lamb	30:13	113. Jack Fields	34:40
20. Hal Bennett	30:27	134. James Della Valle	35:11
30. Jerry A. Lentz	31:20	135. Todd Pamazon	35:12
38. Cas Grygorcewicz	31:42	137. John Leslie	35:13
57. Larry Settje	32:26	156. Charles Whitty	35:38
63. George R. Maine	32:39	158. Ed Reynolds	35:40
		169. Bob Smith	36:06

KEVIN CROWLEY ON WOMEN'S RUNNING IN THIS AREA.

Women's running in southeastern Connecticut is at a point where its growth can be explosive. High school teams in the area are growing larger every year and they are becoming very successful around the state. Both Saint Bernard's and Montville won State Championships this year and Ledyard was second in Class "L" Division. Most of the Junior High's in the area now field cross-country teams. In ten years these junior high athletes will all be in their early twenties and will be the completion of one generation of women who have begun running at an early age. This idea has ramifications in the sociological domain in that all of these runners will have children who will develop positive attitudes towards athletics and specifically, running.

Currently, we must be supportive of women's age-group running in southeastern Connecticut. Races should have age-group divisions for women as well as men. This will encourage the many women we see running along the roads to come out to the races. I think the Chuck's Couple's Capers proved that there are a lot of women runners of all ages around

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here. There were 192 racers that day. If we have age divisions at all of our races, we will soon be having 100 women at our races. All runners, including women themselves, must encourage women runners to get to the races and support women's age-divisions.

A.A.U. REGION I WOMEN'S CHAMPIONSHIP

Jan Merrill won the overall race at 5,000 meters on the Norwich Golf Course. Mary Stoner was the first High School girl to finish even though there was no division. Gateway Track Club won the Team Trophy with 28 points. They fielded some 8 runners.

In the Junior Race, Alice R. Crosby outran Lisa Starkweather for the individual title; but Lisa's team won the Team Championship with 24 points. Lisa is part of Kevin Crowley's Montville Track Association.

OTHER THINGS AND VENTS

Shawn Bennett is the official-unofficial Freshman State Champ. He won the Holy Cross Invitational in Waterbury, Ct. in record time. I don't have his time and couldn't get it for this time. For the second year in a row, Don Pirie places third in the Connecticut A.A.U. 5000 meters Masters Championship in New Haven, Ct. Mary Free was third in her age division. Congratulations runners. On 11-4-79 Don Pirie Jr. High Run was held at Montville. Michelle Carbray placed third in the girls 7-8th grade while her brother Robbie bettered his sister's mark by coming in 2nd in the 5/6th grade boy race. I hear there are more Carbray's running. Seems to me one of them is somewhat bigger. Cas Gry(to heck with you cas. If your going to run every race, your going to have to shorten that damn name.) There.... Anyway Cas ran 3:21 in New York, but was at half in 1:22. Rob Huntington placed 9th in the KC Royals 10K in 33:14. He won 4 tickets to Royal's ballgame. some 15 competed. The Hartford Track Club renamed the Winter run at the Goodwin Park after a runner. It is now called the 6.4 mile Joe Vailonis Memorial Race. To those who don't know, Joe died after a hard workout on a track. He just tried to hard. I had the pleasure to run a lap at the Goodwin Park Race last year with Joe and found out he had been a Champion Ice Skater(Speed type), and was active in other sports. He just tried too, too hard and paid the price. Amby Burfoot told me that a man 64 years of age ran a thon in 2:42. Details unknown. Higgins is into running again. He finished second behind Moore(hold USA mile record at 4:24.4 set 1-12-79 at Cole Field House (I was there) in Maryland) in New York after using two Connecticut races as warmups.

WOMEN'S SHIRTS

From Champion will be available soon; like the men's but solid material and tailored more elegant; same color, same logo. Sizes S - M - L. Price \$7.00 to \$8.00.

RACES -- Feb 8th ?-Newton, Ma. 26.2-Garden City Marathon-Fred Brown. Feb 10th 2:00PM 4.5 11th Annual Elks Club Race. Sleeping Giant Junior High School on Washington Avenue, Hamden, Ct. Free meal at Elks after. Call Cathy Gervasi at 265-0745 or Carl Westberg at 288-7508 for info.

TO COME Results from Manchester and Norwichtown 2 & 5 milers. Articles from Kelley and Burfoot and many items of interest.

LATE Its firm. Its official. Its coming. 1980 Rose Arts Race to be bigger and better than ever before. President Miles announces greatest event this year is on June 22, 1980. Come prepared to run.

T. SMITH
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