



Arrowhead

VOLUME #4 NUMBER 2 MARCH 1, 1980

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

CORRECTIONS:

The dues for the initial member is \$2.00 and all others in the same household is \$0.50. Somehow I typed \$1.50. Somehow I did not proof-read properly. I sincerely apologize to those I caused inconvenience and especially I apologize to Robert Carbray who spared no personal expense in returning excess money. Thanks Bob. I owe you one. By the way, this will be the last issue to those unpaid. Please send to Bob immediately. For those who don't know, Bob's address is 8 Sunset Avenue, Ledyard, Ct. 06339.

FORGETS OR MISSES:

Tom Harding passed Casy Grygrocewicz on the Queensborough Bridge in the New York City Marathon and eventually finished at 2:57. Congratulations Tom, you broke the three-hour barrier. I'll see you in Boston. Tom states that Casy wore a shirt with "Norwich, Conn." on the back (Hope it was a Mohegan Strider Shirt) and we had a brief chat. Out of 10,000 runners it was quite a coincidence meeting someone from Norwich in the middle of the New York City Marathon. Also missed Les Johnson in the Strides for Handicap and Tarzan Brown Race.

PRESIDENT'S MESSAGE:

Soon the 1980 racing season will be upon us. Two new runs will be added to the local calendar of races; Expo' 80 will feature a five-mile race beginning at the Groton-New London Airport and looping around the Eastern Point area; Strider Vice-President Denise Marshall is staging a women's three-mile run in Norwich for the Eastern Conn. Heart Association. The former race features T-shirts, refreshments and admission to Expo for participants only. Family members must pay to enter the exposition. Denise's race will begin and end at Moriarity School. I hope that the Striders will have an exemplary turnout. The Expo event is scheduled for April 13 and the Eastern Conn. Run for Life is April 19. Preparations for the Norwich Rose Arts are progressing. Missing from the race committee is Roger Marien who initiated the race and nurtured it along for thirteen years. Eastern Savings and Loan will co-sponsor the race this year. T-Shirts and refreshments will be provided. Also, prizes will be awarded according to divisions. The total number of prizes has been increased as well. A man's sub-master's division has been created and the women's masters division will begin at age 35. These changes were made as a result of 1979 registration. We believe that the 1980 Rose Arts Race will outshine all other area races and we, the committee, thank and solicit you for your suggestions. Although the winter to date has been comparatively mild and conducive to running, I am certain that each of us yearn for a few more degrees. I hope that the hoped-for and anticipated increased temperatures will bring us together for a run. If you haven't signed up for 1980, do so soon and try to bring along a friend. --Bob Miles

ATTENTION ALL RACE PARTICIPANTS:

In order to clearly identify you as a Mohegan Strider Runner you should list the Club on the entry Form. All entry forms should be typed or printed clearly in order that Race Director can properly document your time and place. If possible, fill in the entry blank prior to a race, because once your at the race you must hurry, hurry, and really hurry the last four hours before the gun goes off. It is this Editor's policy to list all runners from the club, in each and every race. I may miss you; or your name may be a different (nick-name) form than the Official Club Membership List published 1-1-80. Your Club name on the Race Results helps me pick you from the unlisted. When the Race Director lists no Club, I'm bogged down. I try to obtain the Official Results, but have not always been successful. North Stonington's second race is one. I just haven't been able to obtain the results. You can help by seeing that I get one copy. May your next race be your best race.

NORWICHTOWN YMCA RACE-1980:

The day could not have been more conducive to running. The preparations were more than ample. Fields and Company had to have spent a lot of time. The races were speed and stamina. The courses's were fast and tough. The prizes were generous. Although these results are late, they are here:

5-Miler

1. Casey Gawlak	26:55	17. Ross Huntington	31:37
2. Bill Marshall	27:24	20. Jack Curran	33:09
4. Tim Smith	28:01	23. Bob Miles	33:35
5. Bill Markley	28:18	35. Jeff Mc Closkey	35:09
6. Jim Butler	28:28	58. Jeremiah Lowney	37:58
8. Mike Herrick	29:18	68. Fred Perkins	38:52
9. Jerry Lentz	29:47	90. James Waldron	40:14
10. Hal Bennett	29:58	99. Robert Huntington	41:21
11. Gerry Chester	29:58	101. Denise Marshall	41:31
12. Gene McMerriman	30:30	115. David Cressey	43:19
13. Bill Billings	30:51	121. Chris Glenney	44:04
16. Chris Portelance	31:27	131. Nancy Quinlan	46:29

2-Miler

1. Mark Sullivan	12:52	19. Pam McMerriam (Women)	16:11
2. Jon Kornacki	12:57	59. Susan Fields	19:24
3. Don Pirie (Master)	12:58	82. Gail Acosta	20:55
5. George R. Maine	13:45	88. Florence Huntington	21:23
17. Louis Free, Sr.	15:57	98. Judi Portelance	21:52
104. Elizabeth Cressey	22:52		

MANCHESTER ROAD RACE-1980:

Treacy boys did it to us. Popular race now an international event with Providence College boys breaking records. Patti Lyons sets record that will hold for some time: 25:37.

24:55 Bill Marshall	Ed Reynolds	30:15
25:48 Steve Lamb	Charles Whitty	32:10
25:30 Robert Huntington	Douglas Sharples	35:25
27:05 Bill Billings	Robert Bourassa	37:05
27:50 Chris Portelance	Denise Marshall	37:10
28:00 George R. Maine	Chris Glenney	39:05
29:00 Everett Stone	Susan Fields	40:10
29:10 Jack Fields	Florence Huntington	48:20

OTHER RESULTS:

Foxboro-2:47 McMerriman, Slonski 2:58, King 2:59, Kolojieg 3:12, Babbit 3:12, Potter 3:28 and Casy (unknown).

OTHER THINGS AND VENTS:

Pat Rice is compiling a list of Sub-Master's and Masters (Women) joggers and/or runners. She says "I would like them to know that there are several of us who would be interested in working together to expand our group and to help encourage each other to start running or, do better and go further than we already are. Vin Fandetti has moved to 11 Bantel Road, Glastonbury, Ct. 1980 AAU cards are \$4.00. He also informed me that the Middletown Marathon Course is now certified. Date this year is 3-2-80. Course is extremely tough, but fun to watch. The 11th annual New York City Marathon will be contested on Sunday, Oct. 26, starting at 10:30 AM. Entries increased to 15,000. Race officials will begin accepting entries postmarked no earlier than Monday, June 3, 1980. Requests for entries must include a stamped, self-addressed, legal-sized envelope. All entry request forms should be mailed to Marathon Entries, P.O. Box 1388, GPO, New York, NY 10001. The club will accept the first 10,000 entry requests on a first-come, first-serve basis. The remaining 5,000 positions will be selected by a lottery system. Bob Seelig is planning track meets during the year. For further information you can write bob at 1284 Wolf Hill Road, Cheshire, CT. 06410. Amby Burfoot has showed interest in Club Rivalry between his Club and the Striders. He has several ideas, but nothing definite. Speaking of Amby, for those who are interested in Health Foods, Amby has started a Store next to Higgins shop on Williams Street in New London. I am going in during the week and make several purchases. I know Amby went out on a limb, so a little help will go a long way. Lets support Amby. He is moving his office into his Home at 75 Jefferson Avenue, New London, Ct. 06320, also. Application requests for the 5th Ocean State Marathon scheduled for Nov. 2 at Newport, R.I. are being accepted. Prospective entrants should mail a stamped, self-addressed envelope to Ray Nelson, entry chairman, Ocean State Marathon Committee, 80 Lincoln St., North Kingstown, R.I. 02852. Only 2500 entries will be mailed out and this will be begining Aug. 1.

FROM THE MAIL:

Dear George---I wish to compliment you on the quantity of information the latest issue of the Arrowhead contained. With you as editor the newsletter will become a more vital part of the running scene in this area. Here's the time and place of a fun run that some club members may be interested in. Every Saturday at 9:30 AM. The Ledyard Parks & Recreation Department hosts a 3.2 mile run through the woods at the Morgan Pond Reservoir. The run is timed, but the atmosphere is casual. Bill Billings and I (Charlie Ewers) have been working the run in as part of a longer (12-15 miler) workeout, and we usually do another loop in the woods before hitting the road again. To get to the reservoir from Norwich head south on Route 12 to the light at Route #214 in Gales Ferry. Make a left at the light on 214, then drive 2 miles and make a right onto Whalehead Road. Continue on Whalehead 3/10ths of a mile, then take a left on Sandy Hollow Road. A half mile down Sandy Hollow is a dirt road on the left, which marks the start of the run. If anyone wants further information they can give me a call at 464-6139. Sincerely, Charlie Ewers..

Our Vice President, Denise Marshall, is directing a 3.1 mile Women's Road Race for the Heart Association on April 19, 1980. Denise would appreciate some race-day help from club members. If your willing to do anything please call Denise at 822-6175 after 5 PM.

GIRLS.....GIRLS.....GIRLS:

The women's Strider Uniforms are in. They're royal blue and white and you can have one for \$12.00 (top \$7.00 and Shorts \$5.00) by calling Denise Marshall at 822-6175 after 5:00 PM.

DENISE MARSHALL***VICE-PRESIDENT--MOHEGAN STRIDERS:

Female, age 30 years young, 2 children, Tyler 5, and Kailyn 22 months. Has been running for 1½ years. Longest race has been Norwich Rose Arts. Best time for five miles was 36:20 minutes. Not telling where. Graduated from University of Connecticut with B.S. in Physical Therapy. Has been Director of Physical Medicine at Backup Hospital for past 4 years but will move to Director of Therapy, Easter Seal Rehabilitation Center, Uncasville, Ct. on April 1, 1980. Husband's name is more familiar to us. Bill.

DEAR GEORGE--FROM JOHN:

Well, here I am, at last. I just can't seem to get the old desk cleared off in time to do anything! As I understood it, you'd like my general thoughts on masters' training... Here goes: First of all, I'm not really a master in your best sense. That's because I'm just an "old boy" who ran for 25 years before he realized he was a master! So, if you want a true master's slant, you should interview yourself! There is one point at which old boys and true masters must agree, I think, and that is that people taking up running at 15 and those doint so at 40 are both likely to do too much, too soon, out of their enthusiasm and inexperience. Therefore, I'd recommend an experienced coach or adviser for either the young or the re-born young runner! That coach or advisor should ideally have gone "the distance" him/herself. My own good luck in this way was meeting Jock Semple when I was but 17. He was every good coach boiled down into one furious Scotch temper ensuring that the kid either took his advice or suffered at the less sympathetic hands of Mother Nature. For example, my kid's enthusiasm to run the Boston Marathon in 1949 wouldn't take "You shouldna r-rr-r-run on a knee injur-r-ry," for a deterrent. So...I ran, or, rather, I started. By 13 miles I was down to a painful hobble, and at 19 I sat on a curbstone waiting for a magic carpet! Back in the old BAA clubhouse off Massachusetts Avenue, Jock didn't have to pop his well-known cork at me. All he said was, "I t-r-r-r-ried that tr-r-r-ick in a mar-r-r-athon in Edinbur-r-r-gh when I was young. It didn't wor-r-r-rk any better-r-r- for-r-r me." Now, if the older runner isn't lucky enough to have an advisor, maybe he/she is actually better off, because, being a master implies an accretion of sobering experiences and the ability to survive on the basis of them. A master's runner isn't quite as likely to make a harmful training or racing judgment as is a teen-ager, I suppose. What can I say by way of a prescription for the sedentary forty-year-old experiencing athletic enlightenment, but, PLAN, WALK, JOG, JOG-WALK-JOG, RUN-JOG-WALK-JOG-RUN, JOG-RUN, RUN, RACE (if you wish). Now, this is by way of cramming a month or more, os systematic, inspired exercise into your ARROWHEAD Column. After all is said, I guess good sense (prudence) has to be the base of the triangle involving also enthusiasm and experience. I'm off somewhere to get this article to you, George. It'll be ironic if it doesn't reach you because you're in the post office, won't it? Thanks and best regards, JOHN.....

A QUOTE....Running is a means of expression, just as music or sculpture. When done at its highest levels with intelligence and discipline, it is also an art....Doherty.....Tim's Grins....Volume 1, Number 1 14 June 72.

FLASH.....FLASH.....FLASH.....FLASH

Just received notification of my acceptance to run Boston---barring any last minute AAU ban. Look for them, fellow marathoner. You may get your's today. Good Luck.

EDITORIAL

To boycott or not to boycott. Speaking as a competitor and athletic nut; I say no. Speaking as a citizen of the free world; I say yes. To do or not to do. If, and I use the word "if", there were no politics in the Olympic Committee and the Games, the answer would be simple. To occupy a free country, for any reason, is immoral and should not be tolerated. Whatever can be done to offset this action or to seek any type of repunative measure must be taken. If any other country were not envolved. Russia does nothing, absolutely nothing; except, politic. Our own AAU does nothing but politic. I would have to guess that the IOC does politic. Therefore, you have politics in the Games. Therefore, I say that President Carter should have committed us to the path he chose. The TV networks should also pull out of Russia. Unless they do so, a boycott by USA and Britain will be like a limp rag. We have just witnessed a victory over the Russian Hockey Team. That Victory should never have taken place. Russian Athletes should never have been allowed in this country. This country must remain firm on this issue; but, I really do not think that you will not see our Athletes in Russia.

GEORGE.....FROM.....RORY SUOMI

I'm writing to give you some results and information about my girlfriend and New Mohegan Strider---Joanne Costabile....She is twenty-two and relatively unknown in running circles. She attended Southern Connecticut State College where she Captained the cross-country and track teams her senior year (1978-79). She ran for best times--63.4 in 440; 2:23 for 880 and 4.51 for 1500, and 5.10 mile--with no coaching (very poor). She ran 5 days, 25 miles weekly. She now has been running under me and has attained her best times under me in her Senior year. In 1979 she ran 7 road races and won five, came in 2nd in the other two. Her best times were 18.22 --3 miles and 50.50 -8 miles. Now she has been training very well, and we are planning for a sub-five minute mile in June. So far she has run a 2:25.2 880 which came out to 11th in 33 competitors in the North Eastern Regionals. She just won the Hamden Elks 4.5 mile race Feb. 10th running a 27.08 (6.02 pace.) setting a course record and beating rival Ann Dunham by 1 minute and 16 seconds. She will be competing in the March 2nd Conn. Indoor Women's Championships at the mile event.

RUNNER OF THE MONTH

I feel that one vote is good enough---since that was the only vote received. Therefore, Joanne Costabile you are the Mohegan Striders choice of Runner of the Month. Congratulations.....

FUN RUNS

Are you running from you/home in a group? Do you have a special route? Would you invite other runners to your home? Please let me know so that I can print your time, place, route and distances.

BOLTON-L980

I have some 25 applications to Bolton. Let me know if you would like one and I'll see that you get it. Copy of application is also attached here. Please note the pre and post entry fees.

UPCOMING RACES AND HAPPENINGS

- Runner's Fair at Olde Mystic Village on 29th-30th of March with a 5 and 10 mile race on the 30th.
- 3-9 Middletown 10 miles at 1 PM Snow School, Wadsworth St.
- 3-9 Lowell Ma. 26.2 miles
- 3-15 Holyoke, Ma. 8 miler 1PM Limit 1000-must mail by 1-1-80 to Mike Tierney, 252 Maple St., Holyoke, MA. 01040.
- 3-16 New Bedford, MA. 13.1 miles 11AM Entry \$3.00 Post \$3. Contact New Bedford TC, PO Box C-209, New Bedford 02740. Call Finnerty 998-2455.
- 3-16 West Warwick, R.I. 5 mile Noon NO POST ENTRIES. Contact Mike Rooney, 69 Julian St., Warwick, R.I. 02889 Phone 739-0089.
- 3-15&Williamstown, Ma. 10AM to 10AM 24 hour indoor relay at Williams College. Contact Chuck Stewart SU 2521, Williams College 597-2680.
- 3-22 Peabody, Ma. 6.2 mile 10AM report St. John's Church, Lowell St.
- 3-23 Ludlow, Ma. 5 miles Contact Walter Childs.
- 3-23 Coventry, RI 3.1 miles at 1:30 PM and 6.2 miles at 2:30 PM Contact Mike Mangasarian, 118 Harmon Av., Cranston, RI 942-8849.
- 3-29 Foxboro, Ma. 2Km-\$1 and 10km -\$25 km \$2, Post \$3. PM1* Report Foxboro Company 38 Neponset Av. Phone Robt. Spitler 695-7775.
- 3-30 Boylston, Ma. 18.6 miles NEAAAU Championship, 1PM Contact CMS
- 3-30 Middletown, CT. 10 miles 1PM Snow School
- 4-13 Groton, Ct. 5 miler 10AM \$4 entry fee until 3-21-80 then \$4. No T-shirt. Contact William Donovan, One Whale Oil Row New London PHONE 447-3111.
- 4-13 Holyoke, Ma. 6 miles Contact Walter Childs
- 4-27 New London, Ct. 5 miles 11AM Entry fee \$4 until 3-30 \$5. Contact Donovan at Hedden Ins. 89 Boston Post Road, Waterford 447-3111.
- 5-4 Lincoln, RI 6.2 miles Noon Fun Run at 11AM Entry Fee \$3. Report RIJC Campus, Lincoln, RI Meeting Street School will benefit 438-9500
- 5-4 26.2 miler, 9AM Entry fee \$4 until 4-18 then \$6. Contact Fred Pilson, Sugarloaf Mountain AC Box 659 Amherst, MA. 586-1971
- 5-11 Harrisville, RI 3 miles at 11AM, 6.2 miles at noon. Entry fee \$3 Post \$4. Report to W.L. Callahan Schol. Contact Barbara Cooper at 61 Steere Farm Rd., Harrisville, RI 568-2725 or 831-7900 ext. 291.

FUTURE ISSUES

I await your pleasure. Please keep letters coming and please give me your thoughts. This newsletter is for you. Tell us about yourself and even give an opinion. We'll print all. Race results from Middletown and Boston Marathons will be key to next issue. See me at Ken's Pub across from the Pru after the race. I'll be the guy with his head on the table and tim will be wiping the ----- from the table about my face.

Keep your feet moving forward and run off the road at night.

THIRD ANNUAL 5.0 MILE BOLTON ROAD RACE
BOLTON, CONNECTICUT

Sanctioned by the CONNECTICUT A.A.U. Complete shower facilities available
Complete vehicle and pet control during the race

Sponsored by: BOLTON ATHLETIC ASSOCIATION

SUNDAY, APRIL 27, 1980 - STARTING 1:00 P.M.

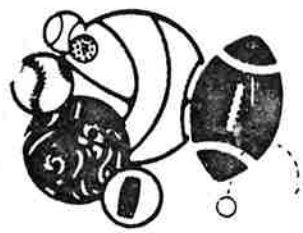
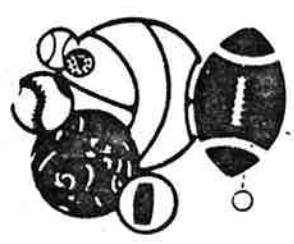
\$3.00 Entry Fee - Post Entries \$3.50

No entries accepted after 12:15 P.M. Day of Race

Refreshments to all Registered

* A W A R D S *

TROPHIES - MERCHANDISE PRIZES



DIVISIONS

JUNIORS (12-17)
OPEN (18-29)

WOMENS OPEN
SUB MASTERS (30-39)
MASTERS (40-49)

GRANDMASTERS (50-59)
SUPERMASTERS (60 +)

ADDITIONAL AWARDS

FIRST BOLTON FINISHER
FIRST SUBJUNIOR FINISHER
RANDOM DRAWING

TEAM AWARD
YOUNGEST FINISHER
OLDEST FINISHER

DIRECTIONS TO BOLTON - Accessible from Rtes. 6, 85 and I-84 to Bolton Center.
Bolton High School, Brandy Lane, Bolton, Connecticut

Entries wishing official race results must submit self-addressed stamped envelope

Detach Here

ENTRY BLANK

Detach Here

MAIL TO: BOLTON ATHLETIC ASSOCIATION
P. O. BOX 182
BOLTON, CONNECTICUT 06040

TELEPHONE: (203) 646-0346

Please enter me in the Bolton Road Race (5.0 miles). In consideration of this entry being accepted, I hereby for myself, my heirs, executors, administrators, waive and release any and all rights and claims for damages I may have against the Bolton Athletic Association for any and all injuries suffered by me at the said race. Any runner under 18 years of age must have parent's written permission to compete.

ENTRY FEE OF \$3.00 ATTACHED POST ENTRIES \$3.50

PRINT NAME AGE
ADDRESS
CLUB/SCHOOL A.A.U. REG. NO.
(Optional)
SIGNATURE
PARENT'S SIGNATURE (where required)

I. Smith
43 Beech St
Norwich, Ct. 06360

