



arrowhead

Volume 4 Number 3 May 1, 1980

President Bob Miles
 V-President Denise Marshall
 Secretary Bob Carbray
 Treasurer Tim Smith

PRESIDENT'S MESSAGE:

Keep August 9th open. It is hoped that on that day we can stage a 10,000 meter run with Thames River Road Runners and the Springfield Harriers at Mohegan Park. Tentative plans are for a family day with a barrel of cheer. Bill Marshall will co-ordinate this affair. The Outfitter is offering a 15% discount on its running gear to Mohegan Striders. I have received the 1980 Runner*s Almanac, a listing of major races throughout the U.S. and Canada. The Rose Arts is listed. I will happily share its information. Rose Arts entries are coming in at a record pace. If you are going to register, do so soon. Club membership is going fine but there is room for more. Have a good run. With the advent of spring, there has been a noticeable increase of runners on the roads. The democratic, excepting Boston, sport of running truly blossoms with fair weather, as witnessed by the large group of entrants for Expo's inaugural road race. Expo's course was nice; its organization was lacking in many aspects. Hopefully, the race's planners will make the needed adjustments for future events. Denise Marshall did a superlative job in organizing the women's race on april 19th. There were 76 registered runners and at least one frantic, nerve-racked, last second unofficial runner in this first-ever event. (Note-I wonder who that was?) Other first time races should learn from Denise's fine example.

ROBERT CARBRAY -MOHEGAN STRIDER SECRETARY (Only one we've ever had):

Bob is 42 years old, a charter member of the Striders, and the only Secretary the Club has ever had (nobody else wants the job). He and his wife Sheila have three children -Michelle 13, Robbie 12 (both out-run their pop) and Kevin 7. Bob is a graduate of Central Connecticut State College with a B.S. (what) degree in Industrial Arts Education. He also has a M.A. Degree in Industrial Art Education from All State University. He has been teaching Industrial Arts for 18 years, the last 16 have been with Waterford, Ct. system. Bob averages about 20 miles weekly and this includes fair and foul weather running.

BOSTON-1980 = THE YEAR OF THE TOUGH RACE:

The year 1980 will be remembered as the year of the tough one. For those who had trained hard and long; it must be sad; for those who trained as the editor, well; it can be taken in stride. Bill Marshall was the one club member who had an outstanding race. Well done, Bill. We happy for you. Bill ran 2:29:31. Cas Grygorcewicz also ran a good race; but, alas, he neglected to enter. James Butler ran 2:42:22, George Maine 3:20:40 and Robert, the Rabbit, Babbitt ran a horrible 3:53. I guess the did not finish people would not like to see their names in print, but, thats the breaks. Jack Curran, Bill Billings, Mike Law and others I did not find out about. Several area runners ran their first Boston. Bob King of Danielson being one. Richard Fargo ran 2:36:38. Some guy by the name of Kelley is said to have run 2:42, but I don*t believe it. I don't know who, how or what caused the runners to have their problems but it was the type of race that you run when you know your not going to have a good one. I started out slow, 38 minutes for 5 miles and 75 minutes for 10 miles. Even this pace was too fast. I just could not run what I have done in the past. I slowed down at the 24-mile mark when I knew I was not going to qualify for 1981. I would have diid if I had tried to qualify. My legs were gone. I was not the exception. I was the rule. The parking level where the runners ended up was a disaster area. Doctor, report here and Doctor, report there. Guys (Gals) were passing out standing up. I personally layed on the concrete floor. Many others did the same.

NEW BEDFORD, MA. 13.1 miles:

Some 1400 runners awaited the starting gun. Some were tuning for Boston, some were just racing, and others were trying the distance for the first time. The course was conducive to speed since the hills were early and late. Down hill was aplenty. A Letter Carrier from Boston carried the mail all the way. Several local runners went up and ran their first race of 1980. No division winners, but it was a tough-fought race. Dick Mahoney won in 64:38. Ann Sullivan won female group in 73:17 for an unofficial USA Record at that distance. Local runner's time were;

Gene Mc Merriman	76:58	Robert Babbitt	87:58
Gerold Browning	77:17	Jeremiah Lowney	99:40
George R. Maine	80:47		

JOHN W. ENGLISH MARATHON RACE:

As usual, the weather played a very important part in the race. Choice of dress was imperative. Many Striders went up and ran various stages and some ran all-the-way. Tim Smith ran all the way with Vincenzo Falbo and Falbo crossed the finish line just ahead of him. Club finishers as follows:

3. Tim Smith	2:33:58	95. Charles Doyle	3:20:01
10. Bill Marshall	2:43:46	135. Charles Doyle	3:55:07
63. Larry Settje	3:13:02		

CONNECTICUT A.A.U. FLASHES:

Dot Donnelly reported (2-19-80 AAU Meeting) that as of Feb 1st Conn. AAU has 3,035 members. The AC of CT. authorized Lyle Hayes to investigate computerization for them and they hope swimming will join with them and note to have our association purchase a Computer. Much more study of this is certainly needed. President Laux appointed a committee of Dot Donnelly, Betty Philcox, Rich Spelland, Phil Moriarty, and Lyle Hayes to investigate a Computer Rental vs. buying for Connecticut. If you want to contact the AAU and find out how they can purchase a Computer for swimming vs. what they do for runners you can call or write as below:

President Michael A. Laux
P.O. Box # 5,
Westport, Ct. 06880

2nd Vp Dorothy L. Donnelly
5 Piggott Lane,
Avon, CT. 06001

Phone: 203-226-3392

203-677-9464

OTHER THINGS AND VENTS:

Mike Jordan, a Waterford High School Sophomore has been outstanding for the school track team; especially in the pole vault event. George Maine is trying to establish a list of the Over-40 runners. He feels that that group is not getting fair representation on an equal basis and would like all runner's names and dates of birth.... Bill Krohn is still running possessed. He is at Manhattan College and is really running super. Keep flying, Bill.....Another runner who is moving along is Manfred Kandishur. He recently ran a 10-miler at 55:21; some 12 seconds off his previous record. He'll be 50 years of age shortly. For those who plan to run Westfield, Ma. and Manchester, Ct. this year, and you are in 50 years age group---don't.....Rob Huntington ran 2:38:16 in the Arkansas Marathon. He figures he lost some 9 minutes with his problem. He loses muscular control. If anyone knows what can help him, he'd shore appreciate it. His folks live locally and attend many of the local races.

EDITORIAL:

Before I begin this Editorial I would like to make the following statement: The Race Director makes all his own rules and the Runners have to abide by this set of rules if they enter his Race. No one has to agree with him, but he is the boss:

Recently I ran in three races. New Bedford, MA. 13.1 miler; Mystic 3 & 5 milers; and, Expo '80 5.2 miler. The entry fee was \$400 each. The attendance was about 1400; 1000; and 600 respectively. We all know that Mystic benefited New London YMCA and Expo was for Expo '80. The runners at New Bedford and Mystic were given medallions and mugs for their efforts. Expo '80 had many prizes; such as watches and gift certificates. The race that will survive, one has said, is the good ones. Not so. All races will survive simply because there are too many runners at this time. In order to run the good ones we must run some of the bad ones for warm-ups. All must compete. What has to be done is the Race Directors must be aware and responsive to what the runner's expect. A well-run race, water stops, mile splits, effecient results during the race and an official results either mailed or made available as soon after day of race as is practical; and adequate prizes for each division. Age 50=60 division and over 60 are seldom seen in races. High Schoolers and pre-High School, it has been suggested, should run (or be told that they can run) in the Open Division so that they can accept a merchandise prize, or run in their category and accept trophy prizes. Some races are still held with no entryfee. They can do it? How? Easy answer. These races are held for the runners with prizes, numbers and time donated. Most races are held for someone's profit, or for some cause. You can name 1,000 causes; but, some are definately worthwhile. These races are held only to get as much money for their cause and no other consideration is worthwhile. Years ago, the runner was the silent one. Not anymore. If we remain quiet and let Race Directors exploit us; they well will. The prizes must be merchandise; even a bar of soap. They should be given out in order of finish; except maybe giving all Division Winners first pick in their order of finish. Some people will never win a prize. Everyone knows that. Not everyone can win. No one really looses in a foot race. There are some races where they give out so many prizes to each division and then draw lots for the rest of the prizes. All I can see here is some guy jumps into a race and walks half-way and then draws his number and wins a real nize prize ahead of some person who really put out. Somehow, I never saw that system as beingfair. For those who like trophies and medals, there are races up in Middletown throughout the summer and all these races pass out trophies. Summer recreation programs in the area are passing out these also. Last, but not least, let me either inform you or remind you that in each race there are volunteers. These people, like our own Al Morrison, never receive any money; but they are always there when needed. Cooperate with them during the race. Do not ask for special favors. The time to talk is in planning, not at the race. The Director has his hands full. Those that request special favors should be Race Directors in the next race. If you go to a race, and do not compete, volunteer your services.

MAIL:

John Curran informs me that there are two Curran's running. I missed him in the Norwich YMCA run last years when he finished 18th in the 5 miler in the time of 31:56. John took the time to write me and inform me. I met John later and was very pleased to have meet him. I hope I can meet all runners and be able to put a face with a name.

RICK BAYKO'S YANKEE RUNNER:

Dear Bob(Carbray), Here's my two bucks, please keep me on the ARROWHEAD mailing list (but change my address from 19 Grove St., Merrimac, MA. 01860) to the above (22 LibertyStreet, Newburyport, MA. 01950-Phone 617-465-0977). I like George Maine's stuff, I always did. He often threatened to start a publication on his own if I stopped doing the Yankee Runner. I'm glad to see he did the next best thing in taking over the ARROWHEAD.....I got stir-crazy after 6 months of not doing a magazine, so I'm giving a running shop a try. Newburyport is a neat area. I grew up here and love it. In the unlikely event any Striders get up this way, you can let them know through the newsletter or word of mouth that I'll give them a 10% discount on anything just by proving that they are a strider. (Maybe showing the ARROWHEAD could serve as proof). (NOT TOO GOOD RICK, EVERYONE WANTS A COPY NOW).It's been a while since I've been down that way. Hope to change that in '80. Rick Bayko.....

MARCH 1980 AAU Notes:

Registration now at 3,606. Two-thirds being swimmers. Donnelly also brought up fact that a runner who refuses to join the AAU but has been allowed to run. His name is not known but he should not be allowed to take prizes. Editors note; why not? Did she, or the AAU put up the prizes? We know T.S. We know AAU. The AAU will now spend \$312.00 to be listed in 26 directories in Conn. under the listing of /A.A.U., Conn. Assoc.*/ There will be an Annual Charge of \$16.00. Now all people will be able to voice opinions to AAU. Next purchase: Answering Service....There is listed in the minutes of Sports Committee expenditures: Boxing-56.00; Judo-53.00; TAC-329.00?-Bob Sled-1.00-Swimming-5,970.00-Master Swimming-117.00; Physique-3.00; and Power Lifting-8.00. Editor's question-nothing on running?

THAMES RIVER ROADRUNNERS NEWS:

Jack Kerivan, President; Mike Schefers, VP, Don Bingham, Secretary, Bill Roger, Treasurer and Al Darling, Program Chairman. Our neighbors to the south are active and we will just have to meet with them for inter-club rivalry. Amby has suggested a 5-event race some evening. First race would be a 5-miler, second race would be 440 yards, third race would be a two miler, fourth race would be an 880 and last race would be a milerace. We had this once before and we all had a ball. Only we did not know the rules and ran out of daylight. Suggest Butler and Darling get their acts together and get going on it. Another event is running, swimming and biking.

RESULTS:

The Editor is having a problem with results. His job has been somewhat hectic and will be worse for next month since he will have the Whole Thing plus annual Route Inspections. Time is important. Please assist me with articles, results and anything in the way of information. I just cannot do it all. I rush too much at the end of the month. Note: I have new typewriter at my disposal and it is Electric and the type is small. If you prefer the bigger type please let me know. I can put more info in less space with typewriter with small letters. No runner of the month nominations.....

LOCAL 1980 SOUTHEASTERN CONNECTICUT ROAD RACE CALENDAR:

Thanks to Thames River,

Westerly Track and Mohegan Striders:

May 4-Mohegan Comm. College Run for Hope(Cancer)	2.0 & 5.0
May 11-Groton, Groton Run Hers Rally for Women	3.0
May 18-Westerly, Westerly/Pawcatuck YMCA Physical Fitness	3-5 & 10
June 15-Groton, Groton Recreation Road Race	5.2
June 22-Norwich, Rose Arts Festival	10.6
July 12, North Stonington, Fair Race	6.3
July 19, Ledyard, 5-Person Relay Race, Swimming, Cycling Canoeing & Running	
July 26, Voluntown, Mt.Misery 10,000 Cross Country Race	10,000 meters
Aug. 2, New London, Kelley Ocean Beach Race	12.0
Aug.??-Montville, Harvest Festival	6.7
Sept. 6-Ledyard, Lions Club Tom Hewes Memorial	8.8
Sept. 14-Waterford, Waterford Week	5.0
Sept. 21-New London-Chuck's Couples Caper	3.0 each of couple
Sept. 28-Stonington, Stonington Jr. Womens Club	4.8
Oct. 5-Ledyard, Al Morrison Road Race	7.8
Oct. 19-Westerly-Pawcatuck YMCA Half-Marathon	13.1
Oct. 12-Lyme-Old Lyme, Lions Club Fall	3 & 5
Oct. 12-Mystic, Knights of Columbus	4.8
Oct. 19-Norwich, YMCA Run	2.3 & 5.3
Oct. 26-Waterford, Strides for the Handicap	5
Nov. 2-Mystic, Tarzan Brown Run	5.5

RACES FOR MAY AND JUNE 1980:

The list is staggering. There are some 14 races in R.I., Mass. and Conn. on May 4th alone. In order to list all the races I would need to use two or three pages of our Publication. I have a list. For those that do not get another magazine I'll give you only bare essentials here and you can either phone me or call someone who has all the information. The local list is complete. Town Recreation departments can be called for the runs they have during the evening. Sunday runs info not forthcoming. In order to relay information I must have it. If it is indirect, then it could be wrong. If you have any first-hand information that Club Members should have, please call me in the early evening; or at work. I am normally out running between 11-1 PM, and run from Norwich home evening when I ride to work with a friend, but the kids normally tell me someone called. I'll get back to you as soon as I can.

- May 3-Springfield, Ma. 5 miles 11 AM YMCA, Chestnut St.
- 4-Milford, Ct. 10 KILO, Women Only, 12 noon Carlyne Labregue 795-41820r 878-8315
Norwich, Ct. listed on page 4.
- Lincoln, RI, RIJC Campus, 10,000 meters and fun run, starts 11AM & noon
- Amherst, MA. 26.2 miles 9AM Contact Fred Pilon 413-586-1971
- Simsbury, Ct., 5 miles, 11AM, Simsbury Farms Recreation
- Newtown, Ct., 10 KILO, 1 PM Head O/meadow School
- Windsor, Ct., 7 Miles, Contact Charley Petrillo 688-3675.
- Conventry, Ri, 6.2 miles, 4 PM, Frank Sherman, 401-821-0156.
- Worcester, MA, 6.2 miles 1PM, POBox 2 Greendale Sta. Worcester, MA. 01606
- Lake Waramaug, Ct., 50 mile & 62.2(100 KILO) 7AM contact Deal Perry 266-7964.
- Brighton, MA., 7 miles, 1 PM Report Daly Field
- Palmer, Ma., 5 mile, 1 PM Town Hall, Contact Walter Childs, 413-566-3145
- Watertown, Ma., 6.5 mile, Contact Fred Brown, 617-391-1899
- May 11-Plainville, Ct., 5 mile, Norton Park, 2 mile run, Contact Richard Osborne 747-2701
- Norwalk, Ct., 10 Kilo, 1:05PM Report Calf Pasture Beach, Tim Scheibel 377-4528.
- Harrisville, RI, 3 miles 11AM, 6.2 miles Noon. Report Callahan School
- Worcester, MA., 10 mile, 2PM Boherty H.S., Highland St. Charlie's Surplus Run.
- Gloucester, Ma., 7 miles, 11:30AM, Contact Don Spittle, 617-281-342 2439.
- May 17-Danielson, Ct., 3-5 milers, 12 Noon, Contact Glenn Stacy, 16 Judd Avenue.
- Milford, Ma. 10Kilo Masters Championship, Contact Fred Brown
- Reading, Ma., 5 miles, Contact Fred Brown.
- Cumberland, RI, 2KM-1PM, 10 KM-1:15PM, Report Mercy Mount School.
- May 18-Framingham, Ma. 8 miles; Granby, Ma. 4&8 miles; Worcester, Ma. 6.2 miles;
Coventry, Ri, 10 miler; and Peterborough, NH, Women only 10,000 meters..
- May 25-Salem, Ma., New Bedford, Ma., Swansea, Ma., Providence, RI, West Boylston, Ma,
Westfield, Ma. and Saco, Me. a marathon.....
- May 26-Durham, Ct., 10 KILO, 10:30 AM, Route 17 at Coginchaug Reg. H.S.
Wickford, RI, 3.1 mile at 9AM
- June 1-Medford, Ma., Middletown, Ct.-Wesleyan Univ. at 1PM 2.7 & 4.25 milers., Newton
Centre, Ma., Chicopee, Ma. Contact Walter Childs 413-566-3145.
- June 7-Barre, Ma., Allston, Ma., & Westminster-Princeton, Ma.
- June 8-Holyoke, Ma-Marathon, Wakefield, Ma., Brockton, Ma. & Boston, Ma.
- Jun 15-Longmeadow, Ma., Mt. Washington, NH, Sudbury, Ma. & Fairhaven, Ma.
- Jun 22-Norwich, Ct., 10-6miles, 11AM Entry fee \$2, NO POST ENTRIES, Deadline June 16,
Contact Richard H. Fontaine, 75 Mohegan Road, Norwich, CT. 06360, call 889-4286
or 889-8576.
- June 29-Warwick, R.I., 8.2 miles, 6PM, Entry Fee?, Mike Rooney, 69 Julian St., Warwick,
RI, 02889, Phone 401-739-0089.

FOR THOSE WHO ARE LOOKING FOR RESULTS:

LATE ENTRY

I tried, but failed. I did not give up.

- 26 May Salem Mem. Day 5 Miler, Nancy Dytko, Rattlesnake Ledge Rd. Salem Time 0900/\$2.00
- 8 June Gales Ferry 5 Miler 1:00 Al Williams, 66 Meetinghouse Lane, Ledyard, Ct. /\$1.00

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T. Smith
43 Beech St
Norwich, Ct. 06360

