

PRESIDENT: KEVIN CROWLEY
 VICE-PRESIDENT: ROBERT MILES
 SECRETARY: ROBERT CARBREG
 TREASURER: TIMOTHY SMITH

PRESIDENT'S MESSAGE:

I'd like to look at this year as a year of growth with the Striders. Our club will be what we make it. So, let's make it the best club. Goals I have set for myself are:

- 1) Increase activities.
- 2) Increase membership.
- 3) Focus on women's running
- 4) Focus on age-group running

These are all related with one another and will reinforce each other.

The key is membership. If all members encourage and invite friends to join us, we will be able to serve the Striders in a better manner.

Any ideas and thoughts regarding Strider business please contact Kevin Crowley at 887-8552 (home) or 448-1285 (work).

The recent Monagan Striders vote may be interpreted to be a mandate for an affirmative policy concerning the club's philosophical basis. To implement such a policy is an undertaking that has eluded previous leaders of the club. For this ideal to succeed its supporters must make a firm commitment to it. They must be willing to sacrifice and forego some time to related events. To be complete, this commitment must include no putting aside of personal differences and consistently working together on events that have been initiated by our fellow club members. To this end, I shall work with others to continue the promotion of running and to turn our ideals into realities.

Thank-you,
Bob Miles

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1) MEMBERSHIP: \$4.00 membership fee for first member of a family. Each additional member is \$04 per person living in the same house. FEE CAN BE PAID AT ANY TIME. Please call checks to: Bob Carbreg - 5 Sunset Avenue Laguna, Ca. 92659.

2) WILSONS: Jim Swier has looked into wear-up suits. He needs recommendations for type of suit (color, style, etc.). Contact for order - 24 Pacific St. San Diego, Ca. 92101

RACE RESULTS: Forward individual results to George Maine if you want them published in the Arrowhead.

INSURANCE: Specific details are being worked on. \$160.00 per year. The club could be insured against any law suits.

BUSINESSES THAT GIVE DISCOUNTS TO STRIDERS
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Nassif in Willimantic Olympic in New London
Outfitter in Norwich Mystic Sporting Goods
Bill Wilson in Norwich - presentation of membership card entitles you to one free beer.

FUN RUN: The Mohegan Striders and the Norwich Rec Department will sponsor runs beginning Sunday 12/7 at 9 a.m. in Mohegan Park. This is a weekly event.

The races will begin at the Rec Department on Reynolds Rd. and there will be two courses, one four-mile and one six-mile. The layout will cover both trails and roads.

They are open to the public and no charge..... COME ONE AND ALL.....

SAINTS EIGHTH IN NATIONAL X-C: St. Bernard High School representing the Mohegan Striders, was paced by the 12th place finish of Todd Renehan as the Saints finished eighth with 164 points in the under 19 year old division of the National Junior Cross Country Championship.

Congratulations to Tim Smith and Bill Marshal on their recent running efforts.
Congratulations and best wishes to Jim Butler who was married recently.

John Kelley - Runner

An article appeared in The Compass published in Mystic on Sept. 17, 1980 concerning John Kelley and what keeps him running. It tells of Kelley starting to run as a school boy in New London and continuing on to the present time. It is a layman's article and certainly not from a runner's point of view. It shows two pictures of Kelley running in Rome - 1960. He has many articles written of him; but, not that pay the tribute to the man as I would deem he deserves. I have a copy of the article if anyone is interested in reading it.

1980 Ocean State Marathon

This could be called the drop-out marathon. Some 2,500 official starters and probably 1,000 unofficial runners and only 1,723 official finishers. Officially this writer did not know. He saw his number as finishing 82nd but it wasn't him. Apparently this writer dropped his number and someone picked it up and put it on. Thanks to that individual I had my best time. It has turned out to be somewhat embarrassing and it'll never happen again. I shall take good care of my official numbers from this day forward. Striders finishing are:

Eugene McMerriman	2:45	John Curran	3:09
Bill Marshall	2:50	Bob Kolodziej	3:11
Gerald Browning	2:52	George Potter	3:40
George Maine (approx.)		3:25	

Many local residents ran the race and Phil Garland was the first area finisher at 2:32. Some ran portions of the course and even others started to run only portions but ended up going the distance, and enjoying the total lack of pressure to run a time. Try it some time.....

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October 12, 1980 - A DAY TO RACE

Westerly, R.I., Old Lyme, and Mystic had races that day. The first event I'll report on is the Westerly run. Gene McMerriman and I started the race, but did not enter officially because they had trophy's only. We did, however, get to the finish line and cheer those that ran. Jim Crowley defend his 1979 title successfully, won in 1:10:31. He was 2 1/2 minutes ahead of Dave Holt on the 13.1 mile course. Striders:

Cas Grygorcewicz	1:21:07	Jeff Morin	1:24:37
Bob Babbitt	1:24:25		

The next event was the K of C race in Mystic. Tim Smith of the Striders fame, handily beat all the others to the thrown in 25:11. The good part came two minutes later when three Striders swept the Master's Division. Other Striders were: (we do not have a complete list)

Charles Ewers	26:12	George Maine	27:46
Bill Billings	27:01	Bob Kolodziej	28:22
Eugene McMerriman	27:36	Jan Sconaki	28:30

Last, but not least, was the Old Lyme run which had no Striders but several runners ran that we know. They had a three mile run and a seven six. The three mile winner was John Matthew and the 7.6 winner is Mark Connolly of St. Bernard fame in 42:57. They also had a grand masters division. Not many of those in this area.

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EAST LYME 1980

Enough has been said about East Lyme to last a lifetime and more will be said about East Lyme - 1981. The results were published in the September 19, 1980 issue of the New London Day.

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ASHFORD -- KNOWLTON RACE 11/26/80

Jay O'Keefee ran away from the pack and won the race by some 20 seconds, he had a 50 yd. lead on Bill Marshall at the three mile mark and opened that by almost two minutes on the ole hill runner - Marshall. No one can predict a good or a bad day, but Bill wasn't the only one to have a bad day. The hills were there and they were too much for hill runners Marshall and Maine. Striders were:

Bill Marshall	34:19	George Maine	38:08
Joe Banas	34:37	Kevin Buckley	35:16

A funny thing happened at the awards ceremony. It kept me laughing all the way home. They called some guy by the name of Joe Bananas and Joe Banas jumped up and took his prize. Can't figure out why Joe Banas would want to answer to Joe Bananas. Can anyone help me?????????

If anyone wants to run hills, hills and hills, save the date next year and go up to run the tough 6K race anywhere. I'll be there, as will Bill Marshall, next year.

EDITORIAL

Why have a club where people do not want to do anything? I guess most would say that there is no sense. I have been trying to put together enough stuff to make a newsletter. I really don't have enough at this time but it has been a long time. I do need articles for the next issue. I have it planned to be published in January, a very busy time for everyone, but please put some words in the mail if it's only a few words.

Now is the time for plans to be formulated for the summer months. All Club members and committees should be active at this time!!!!!! I know Bob Miles is still as active as he ever was. Is he the only one?????????

For those who want to volunteer, call the president or secretary should get the ball rolling. Take an active, even a small part. A few minutes a week will certainly help. Remember - an oak tree begins as a small acorn.

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FLASH - East Lyme Marathon Board Members decide to stay as we began. East Lyme Marathon. No big ideas. No big prizes. No big names. No national championships. Just little ole East Lyme Marathon from Eastern Connecticut that jogger joe can run and be treated just like the winner.

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Unfortunately I do not have an updated list of races for the month of January, 1981, but I will have it by the next issue.

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MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL

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