

PRESIDENT KEVIN CROWLEY  
SECRETARY ROBERT CARBRAY

VICEPRESIDENT ROBERT MILES  
TREASURER TIMOTHY SMITH

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EAST LYME MARATHON Our own Tim Smith finished up number one. No one could have deserved it more. Tim you were magnificent.. I had you picked as the winner two weeks before. It was a rough race for all runners. The heat was a major factor although it took it's toll on each of us in a different manner. Some suffered from the heat, some had stitches, others just wore out. Most who finished did not finish in the times they had predicted. A few did better than last year. Some barely made it in at all. What a rude awakening after a whole year of waiting and training. The only consolation is that we who finished up slower than we predicted, did finish. Many dropped out and face the dis-apointment of waiting till next year. Running a marathon is a grueling venture and whether you ran 12,20 or all 26 miles of it you deserve a big hand. Wonder just how many of us ran on the 28th. Many came down with flu like syptoms which lasted several days or up to three weeks. Wait till next year.....  
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ATTENTION ANNUAL STRIDER MEETING FRIDAY NITE NOVEMBER 6,1981

7pm. Friday November 6, 1981 Norrton Peck Library on the campus of Norwich Free acad. Norwich, conn. Please keep this date open.  
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WARM -UP SUITS all nylon, brown and white. Jacket in two styles, Contact Jim Butler at 443-7437. The first order is taking forever but IS NOT Jim's fault. They are using a secret process to manufacture the suits and it's taking time.  
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STRIDER DISCOUNT remember the discount at Coopers Drug Store. Mr. Hansen is offering all striders a 10% discount on all cash purchases including prescriptions upon presentation of STRIDER membership card. This includes line of Hudson Vitamins.  
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RACE RESULTS Clem McGrath 5 Jaffe Terr. Colchester, Conn. 06415  
Clem is in charge of compiling all race results. If you have raced and finished regardless if you were first or last you are entitled to be included in our rundowns. Drop Clem a card telling him what race, date, your place and any other particulars like age group. A lot of you new members are racing and we are interested in hearing from you too.  
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NEWS ITEMS, GRIPES, SUGGESTIONS, ECT. Joan T. Hill 181 Park Avenue Extension, Uncasville, Conn. 06382 848-0346 The ARROWHEAD is printed about every 6 weeks. This is your newsletter and all our efforts are channeled towards not only the people who run 12 miles a day but those who run a few. Each member contributes to our club.  
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WHEN YOU HIT THIS WALL, IT'S HARD

There was a fellow who had started running to improve his health and lengthen his life span. A religious man, he wondered about the running opportunities in heaven. So he went to a local priest, who agreed to consult the heavenly authorities. The following day the runner returned to get the priest's answer. "I've got good news and I've got bad news", said the priest. "The good news is that everyone in heaven runs as often and as far as they want. The bad news is that they've scheduled you for a marathon next Saturday".

PROFILE ON PEOPLE: EAST LYME MARATHON STAND-OUTMARSHALL COLLINS

Marshall Collins, 32, (Randy to his oldest friends) hails from the Enfield, Suffield area. He started running in high school and ran track for two years. One day he observed how refreshed the Golf team looked after THEIR competition and being no dummy Marshall decided to play golf in his last two years of high school. He also competed in swimming and was on the school football team as well.

After graduation the University of Hartford followed, then Law School at the University of South Carolina with graduation in 1975 at age 24. He was married to wife Marueen in his senior year of law school. Maureen had graduated from UCONN with a degree in nursing. They met at a Fraternity party at the univ. of Hartford. Marshall said that without Marueen's help he might not have been able to finish his last year of college. After law school Marshall went into private practice for 2 years then was Assistant Attorney General. He now holds the position of Assistant Councilor for Connecticut Businesses and Industry Association, which encompasses over 3,000 companies in Connecticut. He spends considerable time in Washington dealing with energy, transportation and PUC matters.

In 1972 at 199 lbs. (and smoking cigarettes) Marshall wasn't very happy with himself. He decided to kick the smoking and lose some weight. At about that time he met up with Jeff Morin and Ken Rawn. Before long he was hooked on running and entering such races like the Manchester Thanksgiving Day Race and the Newport Marathon. First try he finished up with a time of 3:45. He now runs an average of 65 miles a week and mostly in Hartford in Bushnell Park, near the Airport or near the capital. He finished up 32nd overall at the Block Island race this summer and finished the East Lyme Marathon in 106th place overall in the time of 3:03:13.9. It was his 11th marathon to date. Not his fastest marathon finish but in view of those who didn't finish at all he was more than satisfied.

Marshall is active in the Rec Dept. in Salem and helped establish the 5 mile Salem race as a yearly must. He was also instrumental in the summer rec runs (Salem) and has helped many youngsters get into running. He is in close contact with members of the Hartford Track Club and has in the works a 18 milerun starting and ending in Salem, and another 18 miler in Hartford. This would be in February and March and would bring members of the Hartford club and some of the STRIDERS together on two occasions.

The whole Collins family runs. Wife Marueen runs several times a week on the nearby track. At times the children have to be herded in the middle of the field for lack of a sitter, but she gets the running in. Meghan 7, and Randy 5, both participated in the NFA age group meet this summer and both earned ribbons. Both ran in the rec runs each week in Salem.

Marshall is the type person that will accomplish whatever goals he sets out for. Right now he is very busy with his diversified career and his young family to devote any more time to running. He does appreciate the many benefits he has gotten from the sport and plans to continue for quite some time. He's been a STRIDER for 3 years is a very cordial intellectual person and a valued member of our club.

PROFILE ON JOE BANAS

24 year old Joe Banas, a Norwich native graduated from Norwich Tech in 1975 majoring in Carpentry. He was an ace runner on the cross country team and track. After high school he entered College at Johnston And Wales in Providence R.I. (after coming in 2nd in the Quinnipiac Valley Conference in his senior year.) He was good enough



to be offered a running scholarship. He finished up 5th overall in the Jr. college championship race that year. Deciding to quit college Joe worked at various jobs and continued to race in such races as Goodwin Park in Hartford where he came in 5th overall and the Manchester 6.2 in New Hampshire where he garnered a 4th with a finishing time of 32:59. Everything was going great until a race in Middletown in 1977 when Joe experienced pain in his foot so severe that he had to stop. He went thru a series of treatments over the next three years that would fill a book, going as far south as Florida and as far west as California searching for a cure. Exercises, pain pills, acupuncture, Cortizone injections, 12 ultra-sound treatments, whirlpool treatments, fasting for two weeks, taking excessive amounts of some vitamins. He was finally told that he suffered from neurlogia which was thought to be tumors on the nerves in his foot. Joe was now working two jobs just to pay the medical expenses. He consented to surgery which resulted in 125 stitches only to be told that the procedure would have to be repeated. After the second surgical procedure was deemed a failure Joe gave up all hope of running. He wasn't even WALKING now. He couldn't work and had to elevate his foot every few hours just to keep the circulation in it. In desperation he landed a job at the "Y" handing out towels. That was the closest thing to sports he could participate in. There he was lucky enough to meet a guy who put him in touch with the rehabilitation center which then referred him to the Computer Processing Institute where he was trained as a handicapped worker. After schooling he was able to land a job with telephone company (SNETCO) and he moved to Meriden.

After deaths in the family moved him back to Norwich, Joe decided that he was going to get back to running. Thru his faith alone Joe believes that his foot has healed and the doctors that recently re-evaluated his medical case could not find anything wrong with his foot or any valid explanation as to why it suddenly healed without treatment. Needless to say Joe got off the handicapped list and got the lineman's job he had wanted. To this day he uses no special shoes, takes only one vitamin a day, eats a low animal protein diet and runs about 55 miles a week. He gets up at 4:55 every day to run. So far he has a win at North Stonington and another at Moosup. He has several 2nd's and always finishes in the top 5 in any race he enters. Although he likes the 10K or shorter distances he will make the Norwich Rose Arts race his "marathon" next year.

While training for his next impressive win you are likely to see Joe running in the NFA area with the guys or with his dog Yogi (his old nickname in high school) He doesn't train hard and says "if you are all worn out before a race you cannot run well" he also said "if I can't read the house numbers while I'm running then I'm running too fast" Joe does do speedwork at NFA track but not in excess

You'll see Joe at all the local races in his blue running suit with Jesus Strider on the front and a white dove on the back. Joe is a deeply religious person, a fantastic runner and a really likeable guy. He is an example to the rest of us who complain about a stitch, shin splints or tired legs. Joe overcame something not many of us could even deal with. Right on Joe..... You're on the right team.

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#### PEOPLE ON THE MOVE

First let me get the apologies out of the way before forgetting. I misspelled BOB CARBRAY'S name 3 times in the last newsletter. He should be so lucky to get his name in. I only get mine in because no one knows where to send the gripes if I don't. (only kidding BOB. Also forgot to tell all that the last of the renegade runners of Montville

has finally joined the club. JEAN ANN SCADUTO our newest ladies master runner finished her first marathon at East Lyme in fine style even though she had a bum knee. RON GAGONG has finished his first marathon. He trained very hard, lost a lot of lbs. and had a lot of determination. Other STRIDERS finishing for the first time include PAT AND TOM BAKER. JAN SLONSKI has to wake up every morning and decide which of 11 pair of running shoes he will wear. He still has navy blue feet from the marathon. Little MATTHEW SMITH was the happiest person at the marathon. HIS daddy won. HAL BENNETT has an alarm watch that always goes berserk while he is running or sleeping. JIM SORENSON has been seen burning up the roads in the NFA area. He will be someone to watch out for. CLEM McGRATH collects T-shirts. Hear that he has 63 of them to date. VICKI and KEN RAWN are the new parents of a daughter born to them on Sept. 14th. Talk about a proud father... KEN couldn't be more pleased with little EMILY. TOM BAKER raced in a 100 mile bike race in MASS. MIKE HUTCHINSON and GEORGE RICE have outdone themselves in canoe racing this summer. They take nothing less than 2nd place in whatever races they've competed in. Latest was 7th team overall with a 1st in masters. This was 500 teams. JON KORNACKI former NFA standout runner was one of the first to join the STRIDERS way back. Other long standing members include JOHN MARTIN who just left to winter in Florida and JOHN LESLIE. JOHN M. & wife PEARL just celebrated their 40th anniversary. JULIO MURILLO has been showing the way to the finish line these days. He is some runner. AL MORRISON only has to meet you once and he will never forget you. JOE LONADELLI has been at many rec runs. He's the guy that directs traffic so we don't get run over. PAT and DAVE LATHROP both fine runners. PAT beat me twice at the rec runs. Last year she ran till a month before she had her daughter KELLY. MARY HAYDEN bettered her time in the E.L. marathon by over 8 minutes from last year. She is the fastest lady STRIDER. 232 overall finisher with a time of 3:21:51:2. Sorry John KRESSLAY. Didn't go to press in time. BOB and FLO HUNTINGTON both in fine form this year. Bob sporting a fine tan and Flo very thin. They are both getting back into running. BOB missed the Rose Arts race this year. KEVIN (Crowley of course) has been putting out some fantastic articles in the Bulletin on Sundays. We have been getting great race coverage lately too. If you are happy with the Bulletin let them know what you appreciate reading. They will be changing ownership and we cannot lose race coverage. We runners are finally getting some space. Thru the efforts of PAT RICE and cooperation of Bill Donavon the Bulletin agreed to publish the entire list of the finishers of East Lyme Marathon. PAT and her sister MARY HAYDEN typed the list of the 668 finishers. BILL MARSHALL, JULIO MURILLO, and HAL BENNETT did not run the marathon. They might be the smartest ones. CLEM let it be known that he will beat KEVIN good in their next race. GENE McGRATH has a fine team of cross country runners up at NFA. They came away with two trophies at recent meet at Fort Shantok. PAT and ANNA FUERY have joined the STRIDERS. Both ran the summer rec runs in Norwich. PAUL HILL is still handsome. JIM BUTLER 2nd fastest STRIDER at ELM. We have word that one of our STRIDERS gets TALLER from running. HARRY CGULNICK is training in sunny Bermuda these days. JOANNE HUTCHINSON has been winning prizes in the ladies master division nearly every week it seems. Hear tell MIKE is getting the radio she won from SANTA this xmas. MIKE AND JOANNE won the couples caper in their division. Where is JOHN CURRAN these days? RICHARD COOK, 35, finished the marathon in 3:45:17:2. He was the only person who personally ASKED to be remembered. Richard ran his first one and did it in exactly what I should have finished it in. DON'T ask my time. Hi LEE. Have to get BOB P. to join up. No more space. Need news and gossip badly. Or will have to make it up.

CLEM'S CORNER- RACE RESULTS

COLCHESTER ROTARY Colchester, Conn. 200 runners AUG. 23, 1981  
5 Miles

1. Dave Litoff 25:09 2. Dan MacAlpine 25:36

STRIDERS 4. Tim Smith 25:44

42. Clem McGrath 30:08

47. Chris Hennessey 30:27 (3rd Woman)

GOOD RACE, NICE PRIZES, PLENTY OF BEER AFTER. GREAT MASTERS FIELD.  
(Dumas, Kenefick, Landry, Golet, Slonski

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WOMEN'S CENTER Norwich, Conn. Aug. 30, 1981

4.8 Miles 1. Nick Manuzzi 23:00 2. Jeff McCarthy 23:02

STRIDERS 3. Bill Marshall 23:06

5. Tim Smith 23:28

12. Jon Kornacki 24:52 Larry Settje 27:10 3rd Master

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LIONS OLD SAYBROOK, CONN. 300 Runners SEPT. 5, 1981

10K 6.2 Miles

1. Sean Delaney 31:30 2. Joe Banas 31:59 STRIDER

STRIDERS 18. John Ficarra 35:10

48. Clem McGrath 37:22

Michelle Carbray (2nd women's Jr.)

51. Jack Curran 37:39

6 K Race- Kelly Hawkes 24:39 (2nd Women's Jr.)

ONE OF MY FAVORITE COURSES. NICE AND FLAT. ALSO PLENTY OF YOGURT.

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NEW HAVEN 20K 12.4 Miles SEPTEMBER 7, 1981

1. Greg Meyer 59:08 2. Bill Rogers 1:00:26

STRIDERS

44. Joe Portelance 1:08:31

54. Jim Butler 1:09:35

WOW !! THIS THE BIG TIME

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TOM HEWES 8.8 Miles September 12, 1981 LEDYARD, CONN.

1. Bob Flora 2. Nick Manuzzi 47:30

STRIDERS

3. Tim Smith 47:44

48. George Potter 62:26

5. Steve Hall 50:10

52. Dick Podurgiel 62:50

6. Charlie Ewers 50:30

66. Rose Buckingham

12. Hal Bennett 51:53

65:25

13. John Ficarra 52:30

67. Chet Creamer 65:29

14. Jan Slonski 52:59 1st Master

70 Ken Rawn 65:59

22. Bob Miles 56:17

71. Geraldine Palonen

24. Larry Settje 57:06

67:32

33. Robbie Carbray 59:02 1st Men's Jr.

RECORD

72. Ron LaFleur 67:37

38. Ken Murkett 60:11

73. Bob Dempsy 67:49

96. Bob Carbray 81:54 99. Sumner Lang 84:39 100. Bob Chamberland

86:04

3 MILES

2. Mike Hutchinson 17:52

7. George Potter 18:56

24. Michelle Carbray 22:26

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DOWNTOWN MERCHANTS NORWICH, CONN 150 runners SEPTEMBER 17, 1981

4 MILES

1. Jim Crowley 20:01 2. Bill Rogers 20:11

STRIDERS 3. Tim Smith 20:18 9. Cas Grygorcewicz 22:00

Downtowns merchants race Con'td

- 15. Robbie Carbray 23:12 1st jr.
- 19. Bob Miles 23:21
- 21. Mike Hutchinson 23:31 3rd mast.
- 22. Larry Settje 23:32
- 23. Clem McGrath 23:35
- 24. Jack Curran 23:45
- 25. Ken Murkett 24:03
- 26. George Rice 24:18
- 27. Bob Babbitt 24:32
- 29. Dean Festa 24:48

CHECK PLACES 21 THRU 27 AND YOU'LL FIND A DOG FIGHT OF STRIDER MASTERS. THIS RACE I FEEL, HAS A LOT OF POTENTIAL. BOB MILES, HARRY OGULNICK, ET AL, DID A FINE JOB. MERCHANTS WERE VERY GENEROUS WITH GRUB AND GROG.

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EAST LYME MARATHON

A LOT HAS BEEN WRITTEN AND A LOT HAS BEEN SAID BUT AS A STRIDER I WOULD LIKE TO CONGRATULATE TIM AMITH FOR HIS BEAUTIFUL WIN IN THE EAST LYME MARATHON. I THINK I SPEAK FOR ALL OF US WHEN I SAY HOW PROUD WE ARE AND IF THERE IS A NICER, MORE DESERVING GUY, THEN I HOPE HE TOO WILL JOIN THE MOHEGAN STRIDERS.

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EAST LYME MARATHON      EASY LYME, CONN.      SEPTEMBER 27, 1981  
26.2 miles

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| <u>WINNER</u> TIM SMITH    2:26:29.5 | 385. Tom Baker 3:43:16.6         |
| 14. Jim Butler 2:41:37.6             | 393. Geraldine Palonen 3:43:46.7 |
| 19. Joe Portelance 2:45:02.6         | 402. Richard Cook 3:45:17.2      |
| 54. Jeff McClosky 2:52:38.7          | 417. Lee Peret 3:46:58.7         |
| 93. Jan Slonski 2:59:58.9            | 434. Chester Creamer 3:48:43.6   |
| 106. Marshall Collins 3:03:13.7      | 489. Dave Lathrop 3:59:05.0      |
| 134. James Watson 3:08:26.7          | 522. Pat Baker 4:06:06.4         |
| 143. Mike Herrick 3:09:35.3          | 524. Joan Hill 4:06:09.2         |
| 170. John Ficarra 3:14:13.5          | 552. Richard Podurgiel 4:12:34.5 |
| 171. Bob Kolodziej 3:14:45.4         | 553. Larry Carver 4:12:41.8      |
| 176. Mike Hutchinson 3:15:17.2       | 561. John Kressley 4:15:02.8     |
| 232. Mary Hayden 3:21:51.2           | 581. George Potter 4:20:00.3     |
| MARY WAS THE 1ST WOMAN STRIDER TO    | 604. JeanAnn Scudato 4:25:26.5   |
| FINISH THE MARATHON.                 | 619. Ron Ganong 4:34:03.9        |
| 236. George Rice 3:22:48.2           | 643. Robert Dempsey 4:45:30.8    |
| 247. Rose Buckingham 3:37:03.3       | 645. Lynn Wisniewski 4:26:23.5   |
|                                      | 646. John Martin 4:47:48.1       |
|                                      | 658. Fred Perkins 5:05:41.4      |

OVER 50 % of the STRIDER finishers are over 35 years old.

John Martin 63, was the oldest finisher in the entire marathon.

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CHUCK'S COUPLES CAPER NEW LONDON, CONN,      OCTOBER 3, 1981

OCEAN BEACH

3 miles each

- Combined age :under 30 1st. Jon Plucker/Kelly Hawkes (strider) 37:39  
80- 89 1st. Mike & Joanne Hutchinson 38:34

BEST TIME: Bill Marshall 15:15

MIKE AND JOANNE LOCK LIKE A FAST COUPLE

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AL MARRISON    LEDYARD, CONN.      7.9 miles    OCTOBER 4, 1981

- 1. Jim Crowley 41:23
- 2. Joe Banas 41:39 STRIDER
- STRIDERS 4. Tim Smith      5. Bill Marshall 42:14

- 7. Julio Mueillo 43:13
- 10. Charlie Ewers 44:09
- 11. Mike Herrick 44:24
- 13. Jim Butler 45:10
- 16. Hal Bennett 45:48
- 18. John Ficarra 46:37
- 20. Bill Billings 47:22
- 24. Paul Hill 48:19

- 28. Kevin Crowley 49:29
- 32. Jan Slonski 50:43
- 33. Clem McGrath 50:53
- Goerge Potter 52:53
- Rose Buckingham 58:10 2nd lady
- Geraldine Palonen 62:44
- Joanne Hutchinson 62:02 1st ladies master

A GREAT DAY FOR AL MORRISON. KEVIN STARTED IT OFF WITH A NICE ARTICLE ON AL IN THE NORWICH BULLETIN. WEATHER WAS BEAUTIFUL. QUALITY FIELD. PRIZES FOR EVERYONE. A CAKE WAS PRESENTED TO AL AND A POST RACE PARTY AT BILLY WILSON'S WITH BEER ANS SANDWICHES. THE ONLY BAD THING ABOUT THE WHOLE DAY WAS THE COURSE AND KEVIN BEATING ME ( AND LETTING ME KNOW ABOUT IT TOO ) A FINE TRIBUTE TO A VERY FINE GENTLEMAN, AL MORRISON.

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FIRST CRISTOFORO COLOMBO ROAD RACE NORWICH OCT. 11, 1981

4.8 Miles

- STRIDERS
- 3. Bill Marshall 25:10.5
  - 4. Tim Smith 25:37.9
  - masters Larry Settje 29:11.7
  - Women master- Joanne Hutchinson 36:17.4

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WESTERLY R.I. HALF MARATHON WESTERLY, R.I. OCT. 11, 1981

13.1 Miles

STRIDERS

- 2. Julio Murillo 1:14:16 95 Finishers
- 3. Jim Butler 1:14:35
- 5. John Brown 1:17.00 Rose Buckingham, 1st Women's
- 8. Cas Grygorcewicz 1:17.36 Sub-masters

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CONNECTICUT T.A.C. CHAMPIONSHIP CROSS COUNTRY RACE

SUNDAT NOVEMBER 15, 1981 in DARIEN CONN.

Keep this date open. Any STRIDER wanting to go please be sure to be at the meeting on Nov. 6th at Norton Peck Library, to discuss going. THIS RACE IS FOR EVERYONE.

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AL MORRISON HAS ANNOUNCED JUST ABOUT EVERY RACE THERE IS. EVEN HIS OWN. (THEY WOULDN'T EVEN GIVE HIM THAT DAY OFF) HIS LATEST WAS THE 3 MILER IN LISBON ON OCT. 17 TH. HIS SIDE-KICK WAS BOB CARBRAY.

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Next newsletter will feature a profile on John Martin and some info on all our officers. Also results of the November meeting. We have added pages 6 & 7 to the newsletter, so we now have more room for additional news items.

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Jess Kelley will soon be opening a running store in Mystic. More details in the next issue.

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At the club meeting we will be setting up some of our activities for the coming year. We will be looking for volunteers to chair various committees. If we are to continue to grow, we need involvement by many people. Kevin Crowley



Jim Smith  
43 Beech Street  
Norwich, Conn. 06360  
Class  
Mail  
First



Mohagan Striders

CA