

THE ARROWHEAD

March, 1981

PRESIDENT: Kevin Crowley
VICE-PRESIDENT: Robert Miles
SECRETARY: Robert Carbray
TREASURER: Timothy Smith

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NEWSLETTER ITEMS

RESULTS

Results being placed in our newsletter is an issue that was voted on and approved at our last meeting. The executive committee met and discussed methods of handling this. It was decided that at each race there would be a designated Strider who would coordinate the results of that particular race. This person will be someone different at each race. It would then be the responsibility of each Strider to seek out the results-coordinator and submit the performance (time, place overall, place within division, and any other pertinent information). The results-coordinator would then forward in writing to the compiler (Clem McGrath) the performances of all the Striders that were reported to him along with a brief story (5-7 lines) about the race itself and the first 3-5 finishers overall plus any divisional firsts that are available.

The Newsletter results-compiler: Clem McGrath
5 Jaffe Terrace
Colchester, CT. 06415

All results that go to Clem must be either handed to him in writing or they must be mailed to him. This is a voluntary position for Clem so it is requested that he does not get phone calls reporting results or phone calls complaining about results since he is only compiling what you report.

This system of reporting will bring Striders together both before and after races, something that has not happened as much as possible in the past. The one final key to this system is that it cannot be expected to be the same person reporting results at every race. It will only work if everyone pitches in.....

SPRING MEETING - A spring meeting will be held this year on April 24, 1981 at N.F.A. Library at 7:00 p.m.
If you have any ideas you would like to have put on the agenda please let me know..... Kevin Crowley

BOSTON MARATHON - Team entry, 5 names are submitted, with top three finishers scoring. Remember you must be TAC registration forms registered in order to be official. I have Contact Bill Marshall We will enter our top 5 predicted entries for team information.

15 Kilometer Team Race in Phillie - if interested, contact Jim Butler.

Millrose Game rapup - great trip, plan for two buses next year. There were a lot of great stories after this one. It was a great meet, too.

Kudos to Mike Hutchinson for a great organizational job.

RUN FOR FUN - April 11, 1981, Saturday-11:00 a.m.-3 mile 11:45-5 mile. Start and registration corner Main & Jackson Streets downtown Willimantic. Entry fee \$3.00 (pre); day of race (4.00) Mail to: Greater Willimantic Chamber of Commerce-Easter Road Race-1010 Main St.-Willimantic, CT. 06226. Pre-registration enclose a self-addressed, stamped envelope, numbers and course map will be forwarded.

MEMBERSHIP - We are encoiraging runners to join the Striders. There is an information sheet that will be available at all races.

CLUB PICNIC - ideas are being developed for a club picnic that will include some type of club championship race. If you have any ideas, please let me know - Kevin Crowley.

RACE SCHEDULE - Jim Uhrig is compiling a list of all area road races that will be available soon.

NEWSLETTER - any items for the next newsletter (April) must be submitted to George Maine-March, 28 and NO LATER.

In November a group of junior runners represented the Mohegan Striders at the National Junior Cross Country Championship at Raleigh, North Carolina. Although the selection of this team may be open to criticism, our participation in this event is a plus for our club. Continued participation in this and similiar events would be to the advantage of the Striders. It would serve as an incentive to junior runners to join with us and also be good public relations for the Club. Although the race is nearly a year away, thought should be given now to the possibility of sending a team, or teams; how runners should be selected, who will supervise and accompany the team, and how it will be financed. These and other questions can be brought up at our April meeting.

Bob Miles

FOCUS ON WOMEN'S RUNNING, ON THE RUN

Reading the President's message in the December Arrowhead, and the four goals Kevin has set, brought to mind some concerns with respect to the goal on, "Focus on Women's Running." While I'm in total agreement with it and thrilled with the prospect, I wonder about the attainability of this goal and its relationship with the two other goals of increased activities and membership. I'm not saying this goal is impossible to attain, I merely want to point out some areas that I feel should be considered when planning running activities for women and seeking their membership.

If I may take the "Devil's Advocate" for a moment (please), and ask, "Where does the American woman today find the time and/or energy for more activity and more membership?" Consider this: 1) more women with families are finding it necessary to return to the work force, 2) the holding of multiple jobs among high school and college women to pay for their education or to save for it is very much in evidence, 3) the increase in the number of women who are single parents, holding full-time jobs, 4) the rising number of women returning to school to begin, finish, refresh or to change careers, and 5) the many women who do a combination of all of the above. How do you even go about getting their attention??????????

(continued)

For whatever reason many women tremble at the thought of taking on more responsibility no matter how beneficial it would be for them physically and mentally simply because they are needed elsewhere for some very real and serious reasons. Working and family pressures many times removes or reduces the time a women (and men too) has for herself and this greatly concerns me as a firm believer in "Alone-time." One might retort with, "she can make time if she really wants to do it," and I agree for I have heard, read and come up with some pretty unusual ways for finding time for "me." But, still, something to be considered. Maybe then, the real problem' is commitment. If running involves (as I believe) such a total self commitment to sometime pain but mostly pleasure how then, do you get a women to make this self commitment when her self is already running in many other ways in so many other directions? A question of priorities? Perhaps, but well worth considering in the recruitment process.

Perhaps, if I may suggest, a Strider membership seminar for women which includes some value clarification exercises and open and frank discussion by women in the Striders who have found the way, time, effort and energy to run. Do this first, then bring in the pros who can teach the mechanics. Maybe at the end of the seminar three quarters of the women' will walk out of the place but they will have said no with a clear mind. Does that mean you've failed? NO! It means those who have stayed truly feel they want to do it? How many people do you know who have attempted running, invested money in shoes and other running gear only to quit within a short period of time? Peer pressures, the "in" thing to do, misinformed????????? NO COMMITMENT. Societal pressures, commerical "hype", and women's lib have in some measure made some women think they can have it all, be it all and do it all! How tragic, how synthethic, how impossible. Yet, some go for it all and lose their "selves" in the process. Running is to personal a thing for this.

(Prettty heavy stuff, Nan) I know, but important to consider if the Striders want to increase membership and sponsor more activities for women runners. Impossible? NO. Not if careful planning is exercised and methods used are appropriate and positive. Nifty uniforms won't draw them in, and neither will approaching them talking and acting like they are all potential marathoners. Truth and positive reinforcement are they way to go.

"Sounds like a "handle with care" approach Nan; if you want to do what the big boys do you gotta be tough." OK, makes sense but first you have to be tough in the self commitment and the rest (toughness included) is sure to follow!

Nan Quinlan

MARATHON MARATHON MARATHON MARATHON MARATHON MARATHON

We are compiling a list of all (as many as possible) Striders best marathons. Please submit to me your name, time, date of race, and location of race. It should be interesting.....Kevin Crowley

BE SURE TO KEEP APRIL 24 OPEN FOR THE SPRING MEETING.....

RACE RESULTS

NUMBER OF ENTRIES: _____

DATE: _____

DISTANCE: _____

LOCATION: _____

SUBMITTED BY: _____

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STRIDERS

TIME

OVERALL PLACE

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____

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* DIVISIONS

JUNIOR-Male

JUNIOR-Female

1.	_____
2.	_____
3.	_____
4.	_____
5.	_____

1.	_____
2.	_____
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OPEN-Male

OPEN-Female

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2.	_____
3.	_____
4.	_____
5.	_____

1.	_____
2.	_____
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MASTERS-Male

MASTERS-Female

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2.	_____
3.	_____
4.	_____
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1.	_____
2.	_____
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4.	_____
5.	_____

* If divisions are recorded differently, please indicate.

Please write any comments on back of sheet and mail to: Clem McGrath
5 Jaffe Terrace - Colchester, CT. 06415