

THE ARROWHEAD

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VICE-PRESIDENT	ROBERT MITES
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NEWSLETTER COORDINATOR The new coordinator of this newsletter is Joan Hill who can be reached at 181 Park Avenue Extension, Uncasville 06382. This publication belongs to all the Striders and the coordinator only compiles and sifts through the information that is sent in. Send in your suggestions, gripes, ideas, news items, anything that will be of interest to us all. Thru the ARROWHEAD we intend to keep you up to date on what the STRIDERS are doing, what's happening in the area, who's winning the races and just who is who. You'll get a jam-packed every 6 weeks or sooner. (I only hope I can squeeze all that I have in mind into the allotted space.) This coordinator will profile different STRIDERS from time to time and find out how they tick. We'll also give bits of information which may benefit us all. After all the Tim Smith's, Bill Marshall's, and Jim Butler's are not so different from the rest of us. They just run faster sometimes. If you see something printed that you don't like, then speak up. I will never criticize or make fun of anyone knowingly. If you feel the paper is getting too personal say so or how are we going to know? We need input from people outside the Montville-Norwich area. You will see quotes, running tips, race results, correspondence, and whatever else can be thought of. Thanks to Pat Lathrop for typing past newsletters. She may be called on again if this coordinator does not learn to type better. Have patience.....

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BOSTON MARATHON 1981 TOSHIHIKO SEVO 2:09:26 ALLISON ROE 2:26:45
 The 1981 Boston Marathon is just a memory to shoot for in 1982 but area STRIDERS can take pride in knowing they ran and competed with the best darn runners in the world. Credit is due to our own Bill Marshall who finished 148th OVERALL. He ran it in the time of 2:25:15. Out of a field of over 7,000 runners a 148th finish. You were just flying low weren't you Bill? Other standouts that deserve mention a big hand include Jim Butler who cruised in at a mere 2:39:11. Six foot four inch tall Cas Grygorcewicz who disproves the old theory that tall people aren't supposed to run fast did his race in 2:44:05. Other well-known STRIDERS include Jack Curran at 3:11:53, Jan Slonski at 3:12, Lary Settje at 3:29 and Todd Pomazon at 3:32.

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QUOTE FROM CRAIG VIRGIN-AFTER THE MARATHON "A lot of this race is emotion. Do you know that? It is easy to finish first. You're working that emotion. You're carried by it. But to finish second..... You're always going to have to hurt more to get second place.

Some feel that Craig Virgin was pushed aside even though he did finish the marathon as runner-up. He was never interviewed on TV. nor were there pictures of him in the newspapers. His quote has even more meaning somehow. Craig is a very accomplished, respected and well-known runner. He holds a record in the 10,000 meter run on 7-17-80 at 27:29.16. "Triple Threat" would have been the appropriate moniker for Craig in 1980. In cross-country he became the

first american world champion. On the track he strode to the 10,000 meter record, and on the roads he won the Bay-to-Breakers, Peachtree, and the Cleveland Heart-a-Thon. We have not seen the last or the best of Craig Virgin ..Yet..

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WATCH OUT YOU GUYS... The first woman runner to cross the finish line at the Boston Marathon, Allison Roe, finished it in 2 hrs., 26 min. 46 seconds. In future years the lady runners are gonna "shatter" all the records. Hope you caught Kevin's column shortly after the race. He went on to explain it further.

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RACE RESULTS Are only as complete as they are given us. Don't forget to see Clem McGrath after the races or to drop him a card stating where you ran and how you did. We aren't always at every race and we do miss names. If you don't tell us we can't print it. We hope to publish every 6 weeks or sooner so don't delay. Clem McGrath 5 Jaffe Terrace, Colchester, Conn. 06415.

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QUESTIONNAIRE Hope to run off some 20 questions pertaining to running from shoes to milage to food. Want to do a survey and hope to have them by the picnic and compiled by the spring meeting. We may all be surprised at what we may learn.

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MEMBERSHIP DUES Membership is up the highest yet but we do need everyone to pay their dues so that we can get some money into the treasury. The first member of the family is \$4 and each family member after that is .50¢ each. Send your check to Bob Carbray, 8 Sunset Avenue, Ledyard, Conn. 06339.

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STRIDER FAMILY PICNIC As of this writing no one has come forward to help orgaize the picnic. All it may require is getting some sports equipment together. Each family would most likely bring their own food and drink. Let's not let it fizzle out. Call Kevin 887-8662

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A person who stops smoking and then runs will inhale sufficient pollutants to compensate for the tobacco.

The number of obnoxious hoots from passing motorists is directly proportional to the curve of the runner and inversely proportional to the pace.

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Kevin's Column Catch the latest running news in the Norwich Bulletin every sunday. Gosh Kevin.. one Sunday you had the whole sports page.. Only kidding you are doing a really great job. It's about time that we runners got our own column and written by one of our own. We all look forward to reading it.

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Little note of interest there are three Renegade Runners running around Montville who won't join our club because they are too cheap.. J.S. P.B. T.B. You know who you are. You know that we will eventually get you anyways so why not pay up now???

EAST LYME MARATHON The field is limited to the first 1,000 entries. But please note that Charter Runners have the choice of the first 460 running spots so get your applications in early. They put on a fine race last year and a great banquet after with awards ceremony. Heard they will open up a bigger room this year. If the entry forms aren't available you may write to East Lyme Marathon, P.o. Box 21, E.Lyme. If you include a self addressed stamped envelope they will comply.

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NEW WARM-UP RUNNING SUITS all nylon, Brown and white. Brown pants with white stripes, jacket comes in two different styles both are white with brown sleeves with white stripes. Contact Jim Butler at 443-7437 by June 1st to get on the list for the 2nd order. Price will be about \$ 50 .

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CORRESPONDENCE The following letter was received from Chief Tantaquidgeon.

Dear Friends,

This year marks the 50th anniversary of our Museum. We send greetings to all our friends and hope you will visit here during the coming season which begins May 1st. Best wishes to all. Sincerely, Chief T.

OUR REPLY On Behalf of all the Mohegan Striders and their families may we extend our very best to you during this your 50th anniversary. Bringing to the public your great knowledge of Indian Culture is a service to mankind. As an honorary member of the Mohegan Striders, again except our best wishes to you and your loved ones. We hope to visit you soon.

TANTAQUIDGEON'S MARK X= 4 winds or main points of compass
 Dots = 4 Ancesters. Chief Sassacus, Chief Uncas, Rev. Samson Occom, Tantaquidgeon.

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STRIDERS ON THE MOVE

JOHN AND PEARL MARTIN- have arrived from their winter home in Florida. John was missed by his fellow runners this winter. He is still suffering from knee problems and is just getting back to running. although wife Pearl doesn't run she follows him where-ever he runs.

Louie Free Jr. will be home by the end of the month from his 4th year at Univ. of Idaho. Louis has been plagued by injuries for over two years now and may have had to give up the track team at school. We do hope to see him running around town this summer. His dad LOU FREE SR. not only runs on his lunch hour in New London, but he also has a nifty place to run all the way up in Seneca New York.

FRED PERKINS is putting a lot of miles each week to get ready for the East Lyme Marathon. Last year he rode his bike along the route and gave several of us moral support when we needed it the most.

GEORGE POTTER ran in the Williamantic race and came in strong and VERY SKINNEY, George has had Gallbladder surgery not long ago. Now George that is a very drastic way to rid yourself of that side-stitch. But now that he has shed off almost 20 pounds he is gonna MOVE...

JACK CURRAN'S goal for the Boston Marathon was 3:10, but sometimes that elusive minute is so far away. Jack Finished the marathon in

a credible time of 3:11.53. We expect a 3:05 in the East Lyme Marathon this September Jack.

LEE PERET ran 100 straight days from January 1st of this year to April 11th without one single day off and he ran in all those sub-zero days that some of us took off. He chalked up over 700 miles to average at least 7 miles for each day he ran. Watch out for Lee too. By the way he trains with "speedy" George Rice.

Speaking of GEORGE RICE. He took home a nifty trophy from the race at Williamantic on April 11th for third place in the Masters division, and 26th overall in the 5 miler. Grampy MIKE HUTCHINSON not to be outdone took home his trophy by winning in his division in a time of 16:55.

JOHN TERLUK is home from his studies at a upper New York College so we can expect to see him either running the roads or busy at work at the farm nursery he works at. Believe that John wants to pursue a career in either Architecture or Engineering. Believe he was on the track team at college also.

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RACE RESULTS here goes-have a good run-down from Clem McGrath plus a few notes from his pen.

On March 28, Ken Murkett traveled to Central Park In N.Y. for the 5th annual FIRE*POLICE 5 mile classic. He finished 85th out of a field of 1,448. He was the 4th master. Time of 31:33. Good going... Also caught the Perrier 10K the next day. There were 5,000 in that one.

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Old Mistick Village Sun. April 5, 1981 Entries 5 mile 391
3 mile 488

Close to 900 runners lined up for the running of these 2 races. Many old pros and many new faces too. Strider Bill Marshall made a grand showing in the season opener by beating the field in the 5 miler and finishing with a lead. His time was 25:07. 2nd place went to Phil Garland at 25:18. And 3rd place was Jim Crowley in at 25:29. Tim Smith followed in 4th place with a 25:40. Other finishers are: 7th Chris VanderVelde 25:58 (1st. Jr.) 29th Bob Miles 28:56, 67th Everett Stone 31:01 , 80th Clem McGrath 31:29, and Kevin Crowley at 153rd. 1st master Jan Slonski 28:40 , 3 miler 228th Edyse Smith.

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Williamantic 2nd annual Easter Road Race 3 and 5 milers April 11th

1st Bill Marshall AGAIN. WOW Bill.. (in the 5 miler)
3rd Master George Rice 31:15 3rd woman's open Jan Palonen

Mike Hutchinson took a 1st Place in the masters division in the 3 miler. Mike is really looking good.

Clem thinks that GEORGE AND MIKE ARE SERIOUS- watch out Jan Slonski

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Waterford 5.2 miles April 12, 1981 170 entries

1st place went to Amby Burfoot 26:49 with Jeff McCarthy picking up a 2nd place spot. Third went to Kevin Crowley. Striders were:
6th Tim Smith 32:07 31st Everett Stone 32:07 37th Clem McGrath at 33:35 (2nd master) First Master was Jan Slonski with a good time of 30:15 Fast going Jan. Men's Jr. was Brian Pisacvch 30:15

Clandigger- Westerly R.I. April 18, 5 miles

The winner was Jim Crowley with a time of 25:12. 2nd place went to Dave Brown with a 25:52. And third spot to Jeff Kotecki 27:06. Our STRIDERS include:

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|-------------------------------------|-------------------------------|
| 5. Dave Creamer 27:57 | 34. Clem McGrath 3:11 |
| 7. John Curran 28:20 (must be Jack) | 45. Lee Peret 32:44 |
| 8 Bob Miles 28:26 | 46. Christine Hennessey 32:46 |
| 26. Everett Stone 29:40 | 47. Kevin Crowley 32:52 |
| 30. Mike Hutchinson 30:15 | 75. Chester Creamer 36:29 |
| 33. Bob Babbitt 31:03 | 98. JoAnne Hutchinson 40:27 |

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ASP FUN RUN Old Lyme, Conn. April 26, 1981 5 Miles

1st Jim Urig 2nd Amby Burfoot

STRIDERS:

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|---------------------------|-------------------------|
| 6. Cas Grygorcewicz 27:55 | 32. Clem McGrath 31:12 |
| 13. Jeff McClosky 29:22 | 35. Everett Stone 32:17 |
| 23. John Cooke 30:27 | |

3 Miles

- | |
|----------------------------------|
| 15. Bob Amith 21:03 |
| 62. Margert Cooke 23:09 3rd. Jr. |
| 75. Edyse Smith 24:03 |

Clem has a thought that Boston was just a warm-up for Cas Grygorcewicz for this race. Yes Cas really is moving this race and this year.

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P.S. FROM CLEM Also congratulations to Bill Marshall, Jim Butler, Cas Grygorcewicz, Bill Billings, Jack Curran, Jan Slonski, Larry Settje and Todd Pomazon for their super completion of the Boston Marathon and Thanks to Kevin Crowley for his terrific coverage in the Norwich Bulletin.

Thanks Clem

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Running out of time and space. In the next issue which hope to have out by the middle of June or less than a month from now. Don't forget to sign up for the Rose Arts Race. That's the biggey on most everyone's list. It's a great race and very well planned and we will see lots of new comers this year.

In next issue we will run down the spring meeting in April- no space this time. Also have two great profiles on tap. On Jim Butler and Cas Grygorcewize (know how to spell the name already) Kevin Crowley had done a superior job in his article on Bill Marshall and cannot top that.

One last note:: IF YOU ARE GONNA DIE IN A RACE PLEASE DO IT OUT OF RANGE OF PHOTOGRAPHERS PLEASE..

1870

Received of the Treasurer of the State of New York
the sum of \$1000.00 for the year 1870

John A. [Name]

1871

Received of the Treasurer of the State of New York
the sum of \$1000.00 for the year 1871

John A. [Name]

1872

Received of the Treasurer of the State of New York
the sum of \$1000.00 for the year 1872

John A. [Name]

1873

Received of the Treasurer of the State of New York
the sum of \$1000.00 for the year 1873

John A. [Name]

1874

Received of the Treasurer of the State of New York
the sum of \$1000.00 for the year 1874

John A. [Name]