

PRESIDENT KEVIN CROWLEY
SECRETARY ROBERT CARBRAY

VICE-PRESIDENT ROBERT MILES
TREASURER TIMOTHY SMITH

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For those of you who did not attend the April meeting please see one of the officers for the info as space here so limited. Thanks..
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STRIDER PICNIC SATURDAY AUGUST 8, 1981 FORT SHANTOK PARK
10 A.M. FT. SHANTOK RD. UNCASVILLE

Denise & Bill Marshall and Marilyn Krug have volunteered to co-ordinate the picnic. Let's have a big thank you for them.

The club will supply the beer and charcoal. Bring your own eats. There will be a 5 mile handicapped Club Championship race and there will be a trophy for the first male and first female. Please SEND Bill your best time for a recent 5 mile race (no cheaters) at his home. 95 Canterbury Tpke, Norwich, Conn. 06360.

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DMSO- A WONDER DRUG FOR RUNNERS ??????

Lee Peret sent in a very good article about DMSO. (Dimethyl Sulfoxide) Many runners are using this product to combat soreness and for running injuries. Running magazines are advertising it and it is sold over the counter many times in grocery stores. DMSO is a carrier chemical and very often can take into the bloodstream contaminates that are present either in the product or on the skin. Currently it is approved by the Food And Drug Administration in a 50% solution only for the treatment of humans in the treatment of cronic bladder disease. Other solutions of up to 90% are intended for veterinary and industrial use. Some rats tested developed cataracts, so human testing is proceeding cautiously. Anyone thinking about using this product should think twice and use it with common sense, if you do.

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In the last newsletter had so much good gossip that we barely had the room for the race results (which are extensive) But the response is great and the people like to see the little tid-bits about each other, so they will continue.

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ROSE ARTS RACE has to be the most favorite of everyone. Weren't the people of Norwich great? Only race where EVERYONE felt like a celebrity. The entire race was run well and there was plenty of water, aid and traffic controll. Bob Miles did a great job, as did everyone connected with the race. Billy Marshall did a good job handing out the prizes and the drawing of names after for additional prizes gave us other folk a chance at winning something. Almost all the STRIDERS ran it so it is impossible to list the finishes. Everyone is already planning to run it faster or better next year. We did win the 2nd place team award for SUB-MASTERS with Billy Marshall, Tim Smith and Julio Muriello. We took a 1ST in MENS MASTERS with Jan Slonski, Larry Settje and Jack Curran. And the WOMANS JR. TEAM picked up a win too. Mary Bridge, Janice Palonen, and Chris Hennessey. STRIDERS CHECK-IN TABLE if you're going to register for team prizes you have to sign up ahead of time. There will be a check-in area at each race. MARATHON TRAINING If you plan to train for the East Lyme Marathon SEND IN your application SOON. Also you should have logged at least 30 miles per week for at least a month or you will have to really work. KEVIN CROWLEY said he would help train a group interested in running to finish the marathon. This would be some regular long runs in different places. Both men and women are welcome. But if you are going to train you have to stick with it.

PROFILE ON PEOPLE

JIM BUTLER, 27, lives in new london on Pacific St. with his bride of less than a year Debra, who is employed as a respiratory therapist at L & M hospital. Jim is a Planner with the Southeastern Conn. Regional Planning Agency in Norwich. He is also a member of the Conservation Commission of New London. Jim's version of how he and his wife met at Chuck's steak house (where jim used to work part-time as a bartender) came about because Debra "saw" him running by the hospital and found out where he worked and went there. Jim how many times did you have to run by before she finally noticed you???

Jim is an extremely outgoing personable guy so we can kid him and he can take it. His background in running dates back to high school at Saint Bernard. He didn't say so but he conveyed that he had a great four years there. While with the Saints he obtained many running credits and he and his teammates won the state championship in cross country in both their sophomore and junior years. They were also track champs in their sophomore year. And for the frosting on the cake they went on to capture the undefeated title in track as seniors.

After high school Jim entered Rutgers University, where he excelled in both cross country and track, and his studies. Even now Jim's studing days aren't over. This year he crammed for his degree and wrote his thesis. Inbetween all this he still manages to find the time to renovate his home and run 100 miles a week. Some of his regular running buddies include "Mr. Runner" himself Amby Burfoot and well known runner Mike Law. (hear they wouldn't mind having Jim in their running club) Fellas you can't have him.

In the Boston Marathon this year Butler finished 803rd overall in an impressive time of 2:39:11. It was his 20th marathon to date. He said his favorite race was the Rose Arts. He ran that in fine style again this year in 60:09 for 60th overall. Jim also had the thrill of a win earlier this year in Niantic. He still can't get over following that lead car. Other credits include a 5th at the Woodstock Memorial. Jim Butler is a keen competitor and a respected member of the STRIDERS.

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CAS GRYGROCEWICZ (hereafter known as Cas) is 31, and is the tall runner. All feet, 4 inches of him. He doesn't have a very long running background. In fact he didn't even start running until about 5 years ago.

High school Followed by college at Quinnipac College in Hamden where he majored in business administration took up most of his time and energy. He landed a job as a welfare councilor for the City of Norwich and just recently excepted a new position as a buyer with the Terry Corp. where he now works in the purchasing department.

Cas does have a very impressive background in basketball. He once played on the St. Thomas More prep. basketball team and helped the Chancellors win the N.E. prep. basketball crown. He also gained a spot on the Wonder Bar team which year in and year out dominated the Norwich city basketball loop. He's been known to play in 40 games during the cooler months. The real reason he took up running was because in 1976 he tipped the scales at 257 lbs. and his coach told him to lose some weight and get into shape. Now he runs an average of 70 miles a week, has run several marathons, and been in just about every area race there is. He trains in the Mohegan park area and on the track at N.F.A.

Cas is married to Pat who gave him a unique Christmas present a few years ago. Little Rachael will be two this year. (Pat also took up running and is doing very well)

Having had a pretty wonderfull year in 1980, Cas is showing us his stuff again this year. He ran under his projected time at the

Boston Marathon this year and since then has placed up front in every race he has been in. His hope of breaking 2:40 at East Lyme this year is assured. He did super well at the Rose Arts race with a time of 64:05:02. Being so tall you would think he would have a stride like a giant, but his stride is just average. If he ever does lengthen it watch out. He is one of the most improved members of the STRIDERS.

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PEOPLE ON THE MOVE Seems there are two CURRANS. JOHN CURRAN hails from Jewett City and no relation to JACK CURRAN from Norwich. This dummy (not Clem) thought Jack had ran the Clamdigger race in 28:55 and just "had" to make comment. Sorry JOHN. It was actually your time. Sorry JACK. You did not do it. JOHN MARTIN was caught smoking a cigar. He tried to hide it behind his back but the horrid smell gave him away. FRED "OOPS" PERKINS recently broke his big toe. His story is he bumped into a bureau in the dead of night.. AL MORRISON announced his 5th Rose Arts race. See him at Misery Run next month. He celebrated his birthday this past week. MIKE if you keep standing in those drafts you will catch yourself a cold. Finally got to meet LARRY SETTJE before the Rose Arts race. He is a welcomed member of the masters division. A great article on DON PIRIE was done a few weeks ago by our own KEVIN. DON is so quiet and modest that many may not know just how much he contributes to both young and adults alike in regards to running. CHRIS McGRATH 20, senior at UCONN had the distinction of playing rugby with the team down at the Marti Gras this year. Also hear his brothers Jeffrey 5, and Jason 7, are starting to run. Did 2 miles on the track in super style. MIKE HUTCHINSON will compete in White Plains N.Y. in the Runners World cooperate cup. If he and teammates do well they are off to California for more competition. JAN SLONSKI is back running as good as ever after a saw accident re-arranged his leg. CHARLIE OAT owner of that place called Billy Wilsons has joined the club. He didn't have much choice. All his customers are STRIDERS. Hear that he runs in bright RED NIKES. And they are shiney. How do you get running shoes to shine? MICHELLE CARBRAY 14, has the high school record for the 1,500 M run and the freshman record in the 3,000. MARGARET COOKE, 11, was 2nd in 800M in 2:59 at Groton and first in her age group. Off to Hersey's Age Group meet in Glastonbury in July. JIM HILL (my husband) is finally off his duff and back to running KEN MURKETT was quite pleased with his finish at Rose Arts. PAT RICE was the first Mohegan STRIDER lady member. Her Husband GEORGE was recently presented with a fine photo of himself taken on a recent trip. You take a good snapshot. MARY FREE holder of the 5,000M record for a 56 year old can still run a mean 5 miles a day. She can run a mean hill also. ROSE BUCKINHAM recently joined the STRIDERS, after winning a STRIDER t-shirt. Someone should have thought of that sooner. If you have gossip let me know. Desperately need new sources. People are running away from me. Pink notebook in hand may be scaring them away. Met some really fine people and enjoying this a lot. Will take gripes too. And suggestions. Call Joan 848-0346 or put it in writing, 181 Park Ave. Ext. Uncasville.06382.

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RACE RESULTS Have we got race results??? So many that we can't put them all this time. Clem has does his job. He has been compiling a really good listing of all area races. Send him yours promptly. To 5 Jaffe Terr. Colchester, 06415.

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RUN HERS RALLY GROTON CONN. MAY 10 3.5 MILES 32 FINISHED
STRIDERS: 1st. 30-39 division Jean Jerbert 24:47
 15th. Edyse Smith 28:35

CHARLIE'S SURPLUS WORCHESTER, MASS. MAY 10 10MILES 1205 Finished

STRIDERS: 29. Cas Grygorcewicz 55:56 (animal)

70. Jeff McClosky 59:15

(Cas: see Clem about that remark not me)

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SPRINGTIME FESTIVAL DANIELSON, CONN. 5 MILES MAY 16

STRIDERS:

MEN	5. Bill Marshall 25:15	39. Marshall Collins 28:29
	12. Tim Smith 25:56	42. Cas Grygorcewicz 28:41
	14. Julio Muriello 26:07	43. John Curran 28:42
	29. Charlie Ewers 27:20	46. John Ficarra 28:48
	34. Lee Johnson 27:46	48. Jeff McClosky 28:51
	35. Joe Portelance 27:55	69. Jack Curran 30:03

STRIDER

LADIES

5. Pam McMerriman 36:00

9. Pat Grygorcewicz 37:15 (On the comeback trail !)

3MILES

1. Mark Cutler 15:03

11. Bill Shea 16:39

2. John Phillips 15:25

12. John Pirie 16:46

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LION'S CLUB FUN RUN NIAHTIC, CONN, MAY 17 5 MILES

JIM BUTLER WON IT 27:42

2. Jeff Kotecki 28:23

Jim's quote: " It's a strange feeling following the lead police car in a race".

Jim must realize how strange it really is to most of us- Great going.. Clem

2.5 MILES 10. Jim Watson 14:12 52. Edyse Smith 18:43

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PEPPERELL MASS. RACE DAY FAIR May 17 6.2 CERTIFIED

George Rice came in 19th overall with time of 38:55 to take home a medal for 3rd masters. Wife Pat was 8th in her division with a time of 54:42. That's George's home town.

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WOODSTOCK CONN. MAY 25 6.2 MILES

STRIDERS:	3. Joe Banas 35:05	20. Jeff McClosky 37:52
	5. Jim Butler 35:25	22. John Ficarra 38:40
	7. Lee Johnson 35:35	31. Jack Curran 39:51 (2nd Mast)
	1. Cas Grygorcewicz 35:49	81. John Brady 47:10

There proved to be no escape from hills on May 25th. wow ! What a hill, and at the finish no less. Good race. well done. Note: Jan Slonski ran and finished despite having 32 stitches removed from his leg recently after trying to test his chain saw on it. Clem

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SALEM, CONN. MAY 25 5 MILES Approx. 98 finished

STRIDERS:	1. Billy Marshall 26:04	33. Todd Pomazon 33:51
	2. Tim Smith 26:50	37. Dick Podurgiel 34:35
	4. Marshall Collins 29:34	39. Lee Peret 35:07
	15. Jim Watson 31:08	(grandmaster trophy)
	18. Bob Kolodziej 31:38 (3rd Mast)	41. Ken Rawn 35:32
	21. Bob Miles 32:02	57. Richard Cook 37:39
	29. George Potter 33:09	68. Joan Hill 40:15
		1st Master (all right Joan)
		84. Pat Rice 47:05 (3rd master lady)

and I went to the Sub Base just to avoid that hill!! Clem

SUB BASE GROTON CONN. MAY 25 5 MILES approx. 400 finished
STRIDERS:

- 11. Dave Creamer 30:02
- 18. Larry Settje 31:11 (3rd Master)
- 20. Everette Stone 31:30
- 23. Clem McGrath 32:05
- 29. Mike Hutchinson 32:25
- 48; Chris Hennesey (1st Girl Teen)
- 49. Ken Murkett 33:37
- Joanne Hutchinson 3rd womans master.

The hill to the hospital was no picnic either.. Clem

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EXPO GROTON MAY 31 5 MILES aprox. 400 finished
STRIDERS:

- 2. Billy Marshall 24:52
- 5. Tim Smith 25:46
- 6. Julio Muriello 26:01
- 14. Charlie Ewers 27:23
- 16. Cas Grygorcewicz 27:32
- 19. John Pirie 28:09
- 22. Dave Creamer 28:23
- 23. John Curran 28:29
- 25. Everett Stone 28:31
- 32. Bob Miles 29:09
- 36. Dave Lathrop 29:24
- 45. Jim Watson 29:43
- 47. George Rice 29:46 (3rd Mast)
- 48. Bob Kolodziej 29:51 (4th)
- 50. Mike Hutchinson 29:54 (5th)
- 59. Clem McGrath 30:39
- 61. Larry Settje 30:50
- 67. Chris Hennesey 31:11 (2nd Jr)
- 70. George Potter 31:16
- Lee Peret 32:00
- Joanne Hutchinson 38:09 (2nd Master)

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NOTES FROM CLEM:: Great article in the Norwich Bulletin on running in the heat by our own Dr. Jim Watson. Also, Kevin Continues his superb writing.

NORWICH ROSE ARTS RACE Complete results appeared in the Norwich Bulletin in Monday June 22, 1981 - Just a note to commend Bob Miles and his committee for another fine job. Thanks to the people of Norwich for plenty of water, thanks to Tim Smith and his wife for their great hospitality, and finally, thanks to major league baseball for allowing the Norwich Bulletin the space needed to provide proper pre-race and post-race coverage..Clem..

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WARM-UP SUITS Jim Butler will be sending out another order very soon. Call him to order. Brown/white. SHORTS Tim Smith has an order of ladies running shorts in. They have a pocket inside and sell for \$5 pr. Gold color. He also has mesh tops and shorts for men. Some mesh tops for ladies too I think. Jack Curran has some new shirts and Denise Marshall has the blue ladies running suits. Will make sure they all bring their inventories to the picnic and any rec-runs they go to. We need to get rid of these things to get some cash in the treasury.

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FUN RUNS Monday night- Fort Shantok 6pm These runs are held
Wednesday night Colchester all summer on the
Thursday- Norwich Rec runs night listed.

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Grandmaster Amedeo "tag" Tagleaptra hasn't been running since surgery sidelined him awhile back but he does keep in touch with area STRIDERS. We had the pleasure of meeting him last year at the E.L. Marathon. Hear tell he was "some runner" and has many trophies and medals to prove it. Best wishes to you from all of us. KEVIN CROWLEY got his sweet revenge on Gene McGrath up at the Colchester fun run. John Ficarra re-joined the Striders. Jeff McClosky could pass for Jack Curran's brother. (beards I guess)

COMING IN NEXT ISSUE OF ARROWHEAD Hope to publish right after Wisery Run (now thats a race) Will have another profile and hope to have info on area school stand-outs. Also the rest of the race results. Membership really good.

Tim Smith
43 Beech Street
Norwich, Conn.
06360

Morgan Striders