

PRESIDENT KEVIN CROWLEY
SECRETARY ROBERT CARBRARY

VICE-PRESIDENT ROBERT MILES
TREASURER TIMOTHY SMITH

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What a summer.. So many races, rec-runs and fun runs that it would be impossible to list all the accomplishments of the STRIDERS. Many new records were set and then broken. Many received trophies and medals and ribbons. So many improved over last year. We have many new members, whole families with little tykes of five and six and older, and they are WINNING too. More ladies have joined up too. Also several new faces among the men including several State Policemen.
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WARM-UP SUITS All nylon, brown and white. Brown pants/white stripe. Jacket comes in two styles. Contact Jim Butler at 443-7437. The 1st order is taking forever but is promised for Sept. 1st. Order for a Christmas delivery. (hopefully)
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EAST LYME MARATHON - SEPTEMBER 27th seems like everyone is training for the area biggie. Many will be running it for the first time. And still others will be out there to better last years time. Some of us will just be hoping to finish it. Still others will be there to cheer someone on. Best of luck to each one of you and hope you all do your predicted times.
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MOHEGAN STRIDER SHIRTS Jon Kornacki went out and had these brown and grey shirts designed, he bought them, and took a big chance that we'd all like them well enough to buy them so he could get his money back. Glad to report they are selling like hot-cakes, and some of us have several. They wash great too. The brown are \$6 and the grey \$5. Call Norma Kornacki 889-0839 or see jack Curran at most races. Best looking T-Shirts around. How about tank*tops for next summer??
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ATTENTION ATTENTION STRIDER DISCOUNT Arthur Hansen of Coopers Drug Store on Sachem Street (1/2 mile into the rose arts route) is offering a 10% discount to all STRIDERS on all cash purchases including prescriptions upon presentation of STRIDERS membership card. This also includes his complete line of Hudson vitamins, both the natural and synthetic. (by the way young Chris Hansen will be running for St. Bernards cross country team this year)
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PROFILE ON PEOPLE

THE BENNETT FAMILY

The Bennett family consists of father Hal, mother Bev, and sons Shawn 16, and Todd 11. HAL is a native of New England. His father is a Methodist Minister so Hal has lived in Boston, Nantucket, Martha's vineyard and other towns. He decided on DePaw University in Ind. where he majored in Philosophy, Sociology, and Religion. He is now a social worker in Hartford in the division of Child and Youth services and he works mainly with abused and neglected children. Hal "says" he was a rather average high school and college runner and quit running in 1964 to take up bike riding. He only got back to the running in the winter of 75 to keep in shape. His best race was in 1977 at the Newport Marathon with a 2:38:01. Hal is the coolest most non-chalant person there is. He can take the entire winter off, and you can ask him how he thinks he will do in a race and he will invariably say" well I'll just go out and see how I feel!" Then the guy will finish up 39th overall in a field of 600 runners. One of these days Hal may give up his career to open a bike shop. BEV is a Norwich native and graduated from NFA and then Wm. W. Backus Hosp. School of Nursing. She currently has a position in Windham Hospital in Norwich. She said she and Hal met at a summer camp where she was a nurse. wonder how Hal got to get her to meet with him. He just started running

in the Intensive Care Unit. She and Hal met at a summer camp in R.I. and we wonder how Hal got her to date him. Bev Just started to run late this spring and had hoped to run for health and well-being. Her only goal was to run 5 miles non-stop. After she mastered that she tackled an 8 miler. After that it was weekly runs and her 2nd goal of finishing the Harvest Festival race. (she had a bet going with her son Todd) She finished up 2nd place in her age category. Wonder what her goal is now.. SHAWN 16, is going into his 3rd year at Montville High School. He has been captain of the cross country team and a valuable member of the indoor track also. He took 1st place at the ECC 5,000meter run in 16:29:31 and was selected to the mens all-star team. He has a 3rd in class "m" championship competition at Middletown in the 5,000 meter run and a 4th in W. Hartford in the CIAC State open track in the 5,000 meters run with a 15:43:27. Shawn has run in just about every local race and has run marathons. He even beat his father on Fathers Day 1979 (Shawn how could you??) TODD 11, is going into 6th grade at Mohegan school. He mostly ran summer fun runs and a few miles here and there. He surprised us all by winning the trophy for the STRIDERS handicapped race at the recent picnic. After that he came in 2nd in his age at the Harvest Race. His time was 48:52. This boy will go places if he keeps up with the training, and chances are he will if this summer is any indication. Having everyone in the family running and at different times can have its drawbacks. Bev for years has had supper on the table for Hal when he arrives home from work. But now that she runs she has to make time here and there. Word has it that Hal had to go find her once so he could have his supper. All kidding aside. Hal couldn't be more pleased now that Bev has started to run. Don't know of another family that ever came away from a race with a trophy and 4 medals.

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RACE RESULTS FROM CLEM MC GRATH

FATHER CASEY 4.7 MILES JUNE 7, 1981 Top STRIDER Bill Marshall 3rd
 3rd Bill Marshall 23:56, 4th Tim Smith 24:49, 5th Steve Hall 25:34,
 9th Cas Grygorcewicz 26:42, 10th Ross Huntinton 27:00, 13th Louis
 Free 27:11, 20th Chris Hansen 27:51, 26th Jan Slonski 28:37 28th John
 Ficarra 28:59, 30th James Watson 29:01, 49th Rob Carbrary 29:45, 53rd
 Christine Hennessey 30:01, 56th Bob Babbitt 30:16, 65th Todd Pomazon
 30:52, 71st dean Festa 31:12 75th Tom Neilan 31:19 84th Fred O'neil
 32:03, 93rd Kelly Pickney 32:21, 113th Rose Buckingham 33:39 115th
 jean Jerbert 33:43 123rd Michelle Carbrary 34:08 132nd John Reed
 35:10, 158th James Blanchard 36:36, 176th Lew Venturi 38:02, 182nd
 Ray Roberge 38:29 201st Shirley Babbitt 40:14, 205th Rob Rohner 41:11,
 212th Lynn Wisnewski 42:25, 214th Sumner Lang 42:50

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GROTON 5.2 MILES June 14, 1981 TOP STRIDER JULIO MURIELLO 2ND
 2nd Julio Muriello 26:34, 4th Tim Smith 26:37, 12th Shawn Bennett
 28:08, 14th Jim Butler 28:30, 15th Charlie Ewers 28:32 17th Cas 28:58,
 25th Hal Bennett Jan Slonaki 30:39, Mike Hutchinson 32:03, 30th
 Everette Stone 30:14

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LIFE BE IN IT DAYVILLE, CONN. 3 MILES JUNE 27, 1981
 12th Jan Slonski 18:27, 14th Bob Kolodeziej 18:38, 2nd and 3rd masters
 Betty Kolodziej 3rd woman

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NOTE: On June 27th Jack Curran took time from his daily running and won the masters division of the Norwich Rose Arts Bike Race. Jack is an accomplished biker. He usually skips Sunday running to do 50-75 miles with son Marc and other members of Yankee Pedalers Bike Club.

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Kof C MYSTIC, CONN. JUNE 28th 4.8 MILES- Congratulations to Julio Muriello for a great win. Well earned. Time of 25:06. Charlie Ewers 5th 26:35, John Pirie 10th 27:27, Jan Slonski 16th 28:41, Chris

Hennesey 31st 31:38, John Leslie 45th 33:10

HANDICAP RACE MYSTIC July 1, 1981 5 miles. Thanks to Amby, jogger Joe and T3R for fun time in the "dimishing return" 5 mile race. 120 runners ran this event which is fun when runners realize that the more accurate the estimated time is the better chance for the untimate (120 runners tied for 1st place)

SUB BASE GROTON JULY 8, 1981 3.3 MILES-1st high -Kelly Pickney, 1st womans open Betty Kolozej, 1st mens master Bob Kolodziej. Heard that George Potter ran out of his tree in this one.. Sub 6:00 pace.

STONINGTON FAIR JULY 11, 1981 6.3 MILES JOE BANAS gave himself a well deserved win here in 34:20. Norwich Bulletin writer Kevin O'keef acknowledged with a very nice article on Joe. Steve hall 2nd, Jim Butler 5th, Cas 9th, and John Pirie led to team title. Chris Hennesey was 2nd in the womans division

ST. MARY'S NORWICH, CONN. JULY 24, 1981 5.1 MILES Tim Smith 2nd at 26:35, Joe Banas 3rd 26:55, Fran Houle 5th 27:19, John Ficarra 6th 28:11, Cas 10th 29:17, Jeff McClosky 11th 29:43, Dave Lathrop 13th 30:36, Larry Settje 14th 30:42, 1st master, Jack Curran 31:01 2nd

MT. MISERY VOLUNTOWN, CONN. JULY 25, 1981 6.2MILES Tim Smith was a 2nd place. 35:28, Julio Muriello 4th 35:51, Lee Johnson 25th, John Curran 36th, Clem McGrath 37th 42:41, Shawn Bennett 38:00 1st Jr.man, Jan Slonski 39:39 2nd master, Mike Hutchinson 41:13 3rd master,

LIONS LEBANON, CONN. AUGUST 9, 1981 6.2 MILES 2nd Fran Houle Jr., 21st Clem McGrath 39:24 3rd master

VJ DAY MOOSUP , CONN AUGUST 9, 1981 6.2 MILES Winner JOE BANAS Joe did it again... 32:26 Tim Smith 2nd again 32:55 John Curran 36:11 3rd master Watch out for Joe-you will see more of him.

JOHN J. KELLY RACE AUGUST 1, 1981 11.6 MILES Bill Marshall 62:50 10th, Joe Portelance 11th 62:57, Tim Smith 15th 64:18, Jim Butler 16th 64:25, Charlie Ewers 26th 66:29, Chris Hennesey 82:47, 1st women Jr.

MOHEGAN STRIDERS WOMENS 3 KILOMETER TRACK RACE MONTVILLE HIGH TRACK AUGUST 5, 1981 Ages 10 & under , 2nd pam Roselund 14:25, 3rd Amanda Sullivan 16:03, Ages 11-20 1st Kelly Pickney 11:01, 2nd Janice Palonen 11:10, 3rd Kathy Hawkes 11:39. Ages 31-40 1st Mary Hayden 11:53, 2nd Geraldine Palonen 12:48, 3rd Pat Baker 12:59, 4th Joan Hill 13:49, 5th Lynn Wisniewski 14:11. Over 40 1st Joanne Hutchinson 13:26, 2nd Jeananne Scaduto 13:43, 3rd Beverly Bennett 14:56

MOHEGAN STRIDERS MASTERS ONE HOUR RUN AUGUST 12, 1981 MONTVILLE HIGH Age 30-39 2nd Hal Bennett 16:64Km, 3rd John Ficarra 15:945 Km, 6th Tom Baker 14:520Km, 10th Peter Manguse 12:669Km, 12th Ron Ganong 11:979Km, Age 40-49 2nd Mike Hutchinson 15:350Km, 3rd Bob Kolodziej 15:655Km, 4th Clem McGrath 15:125Km, 5th Bob Babbitt 14:518Km, 8th Bob Crabrary 10:655Km, Ages 60 and older 2nd John Martin 11:180Km

HARVEST FESTIVAL ROAD RACE 5th ANNUAL AUGUST 15, 1981 - STRIDER FINISHERS pen of Kevin Crowley some comments by Joan Hill Won by Bill Rogers T3R New Course Record of 35:04 did he fly??? 2. Joe Banas-4th fastest 35:35 6. Shawn Bennett 37:30 ever on course beat dad again 5. Julio Muriello-flying 37:22 8. Charlie Ewers 38:07

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| 10. Lee Johnson -finished
it all this year | 38:22 | 96. Kelly Hawkes | 48:53 |
| 12. John Pirie | 38:22 | 98. Chester Creamer- 2nd
grandmaster-also under previous
course record of Tag Tagliap-
ieta 49:35 in 1978 | 48:56 |
| 14. Hal Bennett-just cruised
in | 38:38 | 102. Kip Sullivan-just joined
is State policeman | 49:15 |
| 16. John Ficarra | 39:00 | 107. Pat Baker-was one of the
renegade runners | 49:43 |
| 18. Dave Creamer | 39:40 | 108. Rose Buckingham-great
runner always | 49:50 |
| 22. Jan Slonski-1st master | 40:15 | 110. Joe Urban-Kristins father
and State policeman | 50:02 |
| 26. Eris Roselund | 41:22 | 116. Tom Nielon | 50:53 |
| 28. Bob Kolodziej-mean Bob | 41:36 | 132. Chris Gromko | 52:09 |
| 35. Clem McGrath-the sun god | 41:24 | 145. Joan Hill-2:10 faster
than last year | 54:09 |
| 36. Jack Curran-bearded | 41:24 | 153. Ron Ganong- had 14:18
improvement over last year, at
this rate Ron will have course
record in two years. | 55:24 |
| 38. Mary Bridge-new record | 42:31 | 154. Lynn Wisniewski
8:29 improvement from last yr. | 55:58 |
| 46. Janice Palonen | 43:33 | 158. Fred Perkins-back from
broken toe | 57:11 |
| 56. George Potter- animal | 44:19 | 162. John Martin-2 races in
one week for John | 58:27 |
| 57. Chris Hennessey
tweety bird | 44:21 | 166. Nancey Kinder- 1st master
1st win ever, 3:25 improvement
over last yr | 59:35 |
| 58. Scott Fisher-jr. high
champ | 44:29 | 167. Pat Rice-10:53 faster
this year | 59:40 |
| 65. Robbie Carbrary-good
going Rob | 45:21 | 171. Bev Bennett-Todd won
the bet, pay up | 60:28 |
| 68. Tom Baker-fast new
member | 45:44 | | |
| 69. Mary Hayden-new Sub-
masters record, old 52:36
set by Mary last yr. | 45:45 | | |
| 72. Todd Pomazon | 46:23 | | |
| 77. Kim Hawkes | 46:54 | | |
| 80. Lee Peret-there you go | 47:17 | | |
| 86. Betty Kolodziej | 47:42 | | |
| 89. Rich (wild man) Manguse | 47:52 | | |
| 92. Kathy Hawkes | 48:35 | | |
| 94. Geraldine Palonen | 48:48 | | |
| 95. Todd Bennett (hey) | 48:52 | | |

This race was dominated by the STRIDERS. We won the team prize too. Plus father-daughter, and Father-son trophies, and just about all the remaining prizes. Fine sponsors, good weather too.

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HIGH SCHOOL STANDOUTS we have a few and hope to keep up with all the high school members during the year. You'll see many new records made then beaten. Good luck to all the area cross country teams.
Class "M" Championship Cross Country race

Mary Bridge-10:39 for 3,000 meters-Montville High record
Karen Hawkes-3rd place class "M" for 3,000 meters, time 11:08
Kim Hawkes- 2nd place in class "M" 1,500 meters, 4:54 Montville record
Kathy Hawkes-6th place class "M" 1,500 meters 5:09
Betty Kolodziej- class "M" 3,000 meters 11:46
Shawn Bennett-4th state open meet 5,000 meters 15:43:27 MHS record
Kevin Buckley-4th state open 1,500 meters 4:02 NFA record.
Michelle Carbrary- freshman record in 1,500 meters Ledyard high.
Karen Boucher- 1,500 meters Ledyard high-time(unavailable)

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STRIDER PICNIC those of us that did attend had a great time- we stayed till past 6pm. Weather started out soggy but we had cover so we didn't mind. The Baseball game was won by Billy Marshalls side and the frisbie toss won by "handsome" Paul Hill. The Handicapped race was won by Todd Bennett in the men's and by Joanne Hutchinson in the ladies. Tim Smith had the biggest sandwich any of us had ever seen, about a foot long and a foot high. Make sure you don't miss next years picnic. Great people.....

additional high school news

Michael Jordan 16, holds the Waterford High school record in the Pole Vault at 12 feet 7 inches and the High Jump at 6 feet 3½. Mike a senior this year runs both cross country and track at Waterford.

John Courtney is back to Brandeis University soon.

Rich Manguse 15, watch out for this guy this year.

Louie Free is back at Univ. of Idaho for 5th year studies in his chosen field of architecture. He just finished a two week tour of the western part of USA and Canada.

John Turluk will be leaving soon for upper New York to start his 2nd year of studies.

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PEOPLE ON THE MOVE - PEN OF JOAN HILL 848-0346 (Thanks Kevin)

Glad to see that KEN RAWN finally paid his dues. He was mooching STRIDER newsletters but he was NEVER gonna get his name in it till he paid up. Will someone please teach GEORGE POTTER how to sew?? He was seen with at least 5 safety pins holding his running shorts to the elastic band. How about those ladies fainting in his arms?? Has anyone noticed that KEVIN CROWLEY has been running much faster ever since Todd's stag party?? He seems to have a new surge of energy. Speaking of Todd, Congratulations and best wishes go to TODD POMAZON and his new Mrs. the former MONICA LAPUTZ. Local fun runs were invaded by a storm of state troopers and their families. The JOE URBAN'S and the KIP SULLIVAN'S have all joined the STRIDERS. We're still waining for the TROTTERS (that's Dr. Pepper) They are all very nice folk and even the wee little ones run and WIN too/ hear Mike S. may join up too. Speaking of Dr'S, thanks to Dr. Watsons patients for not delivering during any of the rec runs on Thursdays. They enabled him to run. He's training for East Lyme. Spoke with former member GEORGE MAINE. He had a broken collar bone which kept him down this spring. He is back as good as ever now. He has joined the Quinnipiac Running Club and hopes to start a masters division. He recentlt got a promotion as postmaster at Canterbury postoffice. LOU AND MARY FREE are off to California for a year. Lou will be scientific adviser to the Admiral of the Pacific Fleet. Mary has been my running partner from day #1. Monique Hawkes hasn't missed a race this year. She doesn't run but she is an ardent fan of all the Hawkes girls. (she's a dog) Look for a battle between MARY HAYDEN GERALDINE PALONEN and ROSE BUCKINGHAM and PAT BAKER in the East Lyme marathon. These four are pretty good runners and 26 miles is a long way. Mary, Rose and Geraldine have run it before but Pat has been training well. LYNN WISNEWSKI will be going for her first try at a marathon. TOM BAKER TCO. Also RON GANONG. KEN MURKETT IS in training too. BOB KOLODZIEJ who will be working afternoons starting soon will have all day to run while all you other guys have to go to work. Is he ever gonna train. GEORGE RICE went and broke a bone in his foot. hasn't run in two weeks now. "Flying" JOE BANAS is really burning up the roads and back in the running groove. He was sidelined a long time with much pain. Look for his profile next newsletter. KEVIN CARBRARY broke his arm recently. We hope it's on the mend. CLEM noted that TIM SMITH seems to be in a groove for seconds. He comment ed that we should all that problem. TIM still holds the record for the fastest time in a marathon of 2:24:50 at Boston. (The STRIDER record) Met JOHN CURRAN the week of the Ledyard 5 man relay race. He and BOB CARBRARY had the official watches for the times, and they were scurrying all over the place. The BRUCE MACMAHON'S were in town from New Hampshire and were at the MARSHALLS recent party. Sorry everything is so crammed this time. Once we are incorporated there will not be such an expense for mailing. Look for next NEWSLETTER about October 15th. KEEP ON RUNNING - See you at ELM



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