

PRESIDENT KEVIN CROWLEY
VICE PRESIDENT ROBERT MILES

SECRETARY ROBERT CARBRAY
TREASURER TIMOTHY SMITH

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MOHEGAN STRIDER-YEARLY MEETING 6, 1981 If you weren't there you missed quite a meeting. Many issues were discussed and many participated. The yearly income statement was discussed, many committee chairmen were appointed, Rose Arts, rec runs, picnic committee, fun runs this winter, woman's committee, membership committee, Rose Arts race, Al Morrison, Uniforms, Many people were thanked for thier help this year, mush discussion over club logo on shirts, ect. Also breakdown in races of age groups, mainly womens and masters men. ALL OUR OFFICERS WERE RE-ELECTED FOR ANOTHER YEAR goes to show how well they did and how well thought of they are by the rest of us. The MARSHALL'S are once again in charge of the club picnic to be held this coming year (our 10th) PAT RICE appointed woman's race committee head. JOAN HILL membership. Race sponserhip- Bob Miles , chairman, Jon Kornacki, George Rice, Denise Marshall, members.

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DUES will remain at \$4.00 for the first family member and each additional family member may join up for 50¢ each. Please note that dues are payable and due on January 1st. but may be paid now. At the meeting in November over 25 paid their 1982 dues. For the first time ever we had new mwmbers who hadn't joined before joining our club before WE did. Send check and any other particulars to:
BOB CARBRAY 8 SUNSET AVENUE, LEDYARD, CONN. 06339

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MARSHALL COLLINS special thanks was extended to Marshall for all the work he did to get us incorporated. He did this free of charge to the club and we appreciate it all the more knowing how busy the guy is.

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YOUR RACE UNIFORMS Please help. Share your thoughts feelings and suggestions regarding the STRIDER uniform, jersey in particular. Should production continue as is? Should lettering, logo, and/or color be changed. Mail your response to THE SMITHS' 43 BEECH STREET, NORWICH, CONN. 06360.

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SATURDAY DECEMBER 19, 1981 -QUINCY MARKET -NEW BALANCE SHOE FACTORY
STRIDERS are sponsering this trip. Cost of only \$11 per person. Bus will depart commuter parking lot adjacent Norwich Sheraton at 8A.M. Return no later from Boston 5P.M. Seats, reserved on a first come basis, Hurry. See Bob Miles or send to: Bob Miles 15 Green Vallet Dr. R.F.D.#2, Norwich, conn. 06360. (those pastries and breads at Quincy Market are out of this world.....)

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MOHEGAN PARK FUN RUNS starting 1st Sunday December, Winter once again upon us. The urge to run remains in our soul but not in the bones. At this time of year running can be a dismal task but somehow the New England runner plods on. Join us and bring some friends, or enemies if it's real cold. Start at 9A.M. at rec dept. Starting on December 6th and to shuffle thru February.

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PROFILE JOHN MARTIN
John (jack) Martin, 63 years young, was born in Norwich and raised in Montville. His running career started around 1935 when he was a teenager. He ran for the Waterbury Athletic club, the E.B. track team and while in the national guard he ran for the Battery "E". Back in htose days money was tight andnot many runners had the money or the opportunity to get running shoes, so John mostly ran in ordinary sneakers, Keds when he could get them. John ran with some

legendary runners such as Tarzen Brown, "Chief" Seymour Stanton, John Kelly Sr, Clarence DeMar, Leslie Pawson and other notables. John was an accomplished runner and always placed in the top 5 in any given race. His mantel can attest for that. John used to run regularly in West Warwick, Webster, New Hamphere, Central Park and other towns in Connecticut, as races were not as plentiful as they are now here. John noted that runners of that era were just as hooked on running as they are now. Tarzen Brown once ran two marathons in 24 hrs. He used to run in his socks too. John always wore his shoes.

After a layoff of many years due to raising a family of two sons and a daughter, and building up his real estate business, John fin- got back to running. In 1972 he and several other well known names such as Smith, Pirie, Glenny, Portelance, Thoma, Carbray, and others formed what we now call THE MOHEGAN STRIDERS. John donated a sizable sum of money to be used for expenses for exceptional athletics. This fund is still in existence with a sizable balance.

Now a days John can be found running the roads at 4:30 A.M. (yes) He runs an average of 30-40 miles per week. He trained the last two years for the East Lyme Marathon and this year was the oldest person to finish. In fact he and his daughter Lynn Wisnewski crossed the finish line together.

John has run the Newport Marathon twice and he always competes in local races such as the Rose Arts and Kelly and Harvest Festival. He is lucky enough to be retired now and spends the winter months in sunny Florida with his lovely wife of many years Pearl. If his legs cooperate and training goes well he hopes to compete in the New Years Day Miami Marathon which is sponsered by the St. Petersburg Striders which consist mainly of doctors and business people.

For many years a large group has met at John's house for Sunday morning runs. Some of us have fond memories of struggling up Raymond Hill Road with our eyelashes all frozen, or or up 32 past the drive-in.

John has exceptional stamina and can wear out someone half his age. The man won't run past 8A.M. The reason he runs so early and so fast is he is looking forward to going out to breakfast every morning. We miss ya john and look forward to seeing you in the spring...

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FROSTBITE by DR. JIM WATSON I always find winter running to be a most enjoyable experience. Running on a quiet snowy day thru Mohegan Park; hearing only my footsteps, provides a piece of mind I cannot find with any other activity. However winter running does have it's dangers. In the next two issues of the bulletin I will discuss the two most common problems of winter rinning: Frostbite and hypothermia. The warning signs of frostbite are burning, stinging, redness and numbness of the skin and poor hand and foot coordination. The areas most often affected are hands, feet, ears, nose, penis and breast. The basic mechanism of frostbite is constriction of superficial blood vessels with shunting of blood to the inner body to preserve heat. This results in freezing of superficial blood vessels and cells. As the ice expands in the cell the wallof the cell ruptures, causing tissue damage, and if severe enough or improperly treated, cell death and gangrene. Frostbite is generally divided into two categories: superficial and deep. In superficial the skin is frozen, but deep tissues are soft to pressure. Pain is present but will usually disappear. In deep frostbite, muscle, tendon and even bone may be frozen. Pain is generally present.

Predisposing factors to cold injury are subfreezing temperatures, increased wind velocity, lack of adequate protective clothing, wet clothing, prolonged exposure to cold, fatigue, contact with cold

metals, poor motivation, injection of large amounts of alcohol, and use of certain tranquilizers.

To prevent frostbite, the runner should wear multilayered clothing. I personally wear cotton close to the skin to absorb moisture, then thermo under wear to retain heat and a nylon or gortex outer to block the wind. I have special difficulty with my hands and must wear down mittens. A wool hat provides the best protection for the head and ears which is responsible for 20% of heat loss. In addition I often use a scarf to cover nose and lips. Using this combination of clothing I have run in 12 below zero weather with no difficulties.

The immediate first aid for frostbite is to get out of the cold, cover the area with dry insulated windproof material and place the area close to a warm body part. Do not rub the area with hand or snow since this will increase tissue death. Do not thaw and then allow area to refreeze since this will also increase tissue death. If the thawing cannot be a continuous process it is best to delay until appropriate shelter and equipment are available. Evidence indicates that a delay in thawing up to 24 hours makes little difference in the outcome.

It is my feeling that all but very mild frostbite should be treated in the emergency room or hospital. The thawing process can be very painful and require narcotics. Secondly a layman may have difficulty recognizing the severity of frostbite and initiate inadequate or wrong treatment.

The best method is quick thaw. The temperature must be very carefully controlled. For superficial frostbite, rapid immersing in water between 102-105 degrees is the treatment of choice. Do not apply hot water bottles, heat lamps, ect., since excessive heat may also increase tissue damage. For deep frostbite, treatment in the hospital or emergency room is mandatory. The thaw will need to be under sterile conditions since tissue necrosis and subsequent infection is likely. Warm body temperature water is best, around 90-104 degrees Fahrenheit. 18% of frostbite victims will also suffer from hypothermia which we will discuss in the next issue.

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PEOPLE ON THE MOVE -pen of joan hill 181 Park Ave. Ext. Uncasville, call 848-0346

Can't remember a more exciting fall schedule of running. After the ELM it seemed there was at least one race per weekend, sometimes several. Even saw several races especially for the youngsters. DON PIRIE hosted his annual X county run at Fort Shantok complete with trophies. Our own KELLY HAWKES was 2nd in her age group, while DAVID LANE captured honors by winning in his. KEVIN CROWLEY hosted a 1,500 meter run for the 4th year at Montville high school and TODD BENNETT won in the 11 and over age (tied a record) MELINDA PICNKEY was 1st girl in her age. PAM ROSELUND (is her brother the famous ERIC ?) was 7th in the 8&9 age group, and JAMIE HILL came in 10th (but not last) in the 7 yrs. and under. Missed runner JOHN SAARI, state policeman and STRIDER in the ELM rundown. MY PARENTS informed me of the error via mail from Florida. Seems they know John's parents who also lap up the sun. John runs in Florida when visiting his folks. RORY SUOMI and MRS. will be in Conn. around Xmas. He's coaching at Western Illinois Univ. He wrote Tim Smith who was kind enough to share the letter with us. He's running again and doing super fine. His wife is powerlifting and in competition. Watch out you guys, things are changing.. KEN MURKETT ran N.Y. Marathon in fine time of 3:31:14. He has a tradition with old MP Army buddies. They were stationed in Germany together and now all are firemen. He in Norwich and they in Harlem. Some of them will be down for Rose Arts next year and we hope to meet them, right Ken? PAUL HILL ran Foxoboro Marathon in

3:20. "H" PAUL works at Pfizers, and is single. While at NFA he set many running records. His 34th at Tarzen Brown proves he can still run. BOB SULLIVAN also ran a 3:20 at Foxobow. Will try to find out some news on him so we can pick on him also. JOHN PIRIE also works at Pfizers. Brother TOM is Phy.Ed. teacher in Norwich. These two gave many runners nightmares when they were in high school. Both are still super fast when they need to be. Dad DON still gets a few miles in on his lunch hour but we miss him at the road races. Keep Valentines Day 1982 open. There may be a Strider 10K race that day near Mohegan Park. More later. Can't contain myself any longer... Had the chance this year to follow high school cross country from beginning to end and never enjoyed myself more. Those high school runners could really teach us a lot about competition, sportsmanship and true grit. Talk about dedication, training and teamwork. I congratulate each and every one of our STRIDER high school runners. From Montville High, SHAWN BENNETT, MARY BRIDGE, KATHY HAWKES, KIM HAWKES, CHRISTINE HENN-BSSEY, BETTY KOLODZIEJ, KELLY PICKNEY, ERIC ROSELUND, MARK TERLUK, From Legyard High, MICHELLE CARBRAY. Special congratulations to club member DOUG SHARPLES on his super big win state open boys champs. CHRIS HANSEN had a hand in big win. From Waterford high we have MIKE JORDEN. From NFA we have super coach and STRIDER GENE MCGRATH and runner JANICE PALONEN, and TOM NEILAN. Not to forget our own club president who just happens to be the coach of the Cross Country girls who are state Champs,. Although boys did not garner a team prize mention must be made of SHAWN BENNETT who won the ECC race in October then went on to gain a 3rd in the class M and a 5th place overall in the State Open Championship race. This guy is definitely going places. ERIC ROSELUND not to be overlooked placed 2nd in ECC, 10th in class M and 70th in the state open. If I sound a little bias, I am. To have two teams from my own home town win is quite an accomplishment. If you weren't at the State Open you missed one of the finest races ever run.

Before forgetting I must thank all those that help make this newsletter possible. Kevin for getting it run off and helping to address it when needed. Clem McGrath for his superb race coverage and witty remarks, Tiffany, Dr. Jim Watson who will be writing several articles for us, Bob Carbray who is a fantastic secretary. He provides me with an up to date list of members., and Tim Smith who let me borrow his collection of every STRIDER newsletter from day one. Thanks to all the new people I've met this year and who helped me write this by providing me with the gossip. Happy Holidays to all our members....

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SEASONS GREETINGS On behalf of the executive committee, Bob Miles wishes to extend their wishes for a pleasant holiday and a healthy and prosperous New Year to all.

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PROJECTION 1982 We should have over 300 members. Hope to have many different articles written by several people. Dr. Watson, Jim Rowan, Don Pirie, Tim Smith, Clem on race results, We will have articles on medical problems, from a grand-masters runner, a masters runner, hopefully a Marathon winner, (that's you Tim)

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RACE RESULTS by CLEM MCGRATH 5 JAFFE TERRACE, COLCHESTER 06415

TEAM CHALLENGE RUN (Alias EB/Pfizer) Groton 200 runners Oct.15
5 miles

1. Phil Garland 25:51, 2. Will Rogers 26:22, 3. Bob McCarthy 26:29

STRIDERS : 5. Charlie Ewers 27:13, 13. Cas grygorcewicz 28:37,

14. Paul Hill 28:38, 15. John Ficarra 28:44, 20. John Pirie 29:03,

21. ... 25. ...

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31. Jeff McClusky 29:54, 35. Clem McGrath 30:00, 39. Bob Miles 30:11
 41. Way Hedding 30:14, 44. Mike Hutchinson 30:17, 46. Kevin Crowley
 30:28, 48. Jack Curran 30:35, 52. Larry Settje 30:49, 57. Ken Murkett
 31:16, 62. George Rice 31:30, 77. Tom Baker 32:44, 91. Ron LaFleur
 33:27. This race is quite different from others in that it emphasizes
 team competition. With a little improved organization and some much
 improved rules it could flourish into the kind of race it was intended
 to be. NOTE: Kevin is back viewing me where he is more accustomed to.
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LISBON FALL FESTIVAL LISBON 3 MILES OCTOBER 17

STRIDERS 1. Tim Smith 15:59, 3. Jim Butler 16:51, 5. Jan Slonski
 17:25, (1st master), 16. George Potter 18:51, Robbie Carbray 19:00
 (1st Men's jr.), Chet Creamer 20:48 (1st Grand Master), Geraldine
 Palonen 21:11 HERE'S TIM AGAIN
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NORWICH TOWN MALL NORWICH OCTOBER 18 5.3 MILES

STRIDERS 1. Bill Marshall 26:57, 2. Tim Smith 27:13, 3. Joe Banas
 27:37, , 5. Julio Muriello 28:17, 6. Joe Portelance 28:27, 9. Cas
 Grygorcewicz 29:44, 11. Jan Slonski 30:28 (1st Master), 16. Kevin
 Crowley 31:34, Rose Buckingham 37:27 (2nd Woman), Geraldine Palonen
 37:47 (3rd Woman), Don Werling 37:25 (1st Grand Master), Alan Werling
 34:18 (1st Jr.)

TALK ABOUT MOHEGAN STRIDER DOMINATION, IT'S CALLED PROTECTING THE
 HOME TURF.
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STRIDES FOR THE HANDICAPPED WATERFORD OCTOBER 25 5 MILES

1. John Flora 23:15, 2. Nick Manuzzi 25:00, 3. Bill Rogers 25:06,
STRIDERS 5. Bill Marshall 25:11, 11. Julio Mueillo 25:59, 13. Charlie
 Ewers 26:30, 15. Jim Butler 26:44, 21. Dave Creamer 27:57, 27. Joe
 Portelance 28:16, 36. Barry Sheckley 28:35, 41. Marshall Collins
 28:49, 44. Jan Slonski 28:54 (3rd master)

STRIDES 3 MILES

5. Lee Johnson 16:54, 7. Mike Hutchinson 17:43, Gratien Caron,
 10. George Rice 18:00, 19. George Potter 18:39, 51. Joanne Hutchinson
 27:27 (1st Masterwoman*) (Mike Hutchinson 1st master)

JOANNE AND MIKE ARE AT MT AGAIN
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TARZEN BROWN MYSTIC 600 RUNNERS NOVEMBER 1st 5.5 MILES

1. Dave Litoff 27:08, 2. Phil Garland 27:27, 3. Nick Manuzzi 27:29
STRIDERS 7. Bill Marshall 27:50, 8. Joe Banas 27:54, 11. Julio Mur-
 illo 28:30, 12. Tim Smith 28:36, 16. Charlie Ewers 29:18, 18. Jim
 Butler 29:24, 26. Joe Portelance 30:07, 30. Mike Leary 30:24, 34.
 Paul Hill 30:49, 42. Barry Sheckley 31:38, 44. Bob Miles 31:41, 53.
 Dave Lathrop 32:08, 57. Way Hedding 32:28, 66. Clem McGrath 32:39,
 73. John Cooke 32:56, 81. Robbie Carbray 33:16, 84. Mike Hutchinson
 33:25, 85. Larry Settje 33:28, 89. Jim Watson 33:37, 95. George Potter
 33:51, 116. Dean Festa 43:30, 138. Dick Podurgiel 35:08, 160. Al
 Williams 35:47, 170. Tom Neilan 36:09, 185. Ron Lafleur 36:27, 192.
 John Curran 36:39, 206. Mary Hayden 36:48, 210. Ken Rawn 36:52,
 219. Don Werling 37:04, 232. Todd Pomazon 37:15, 238. Chet Creamer
 37:30, 256. Rich Cook 37:58, 266. Al Garry 38:07, 270. Jean Jerbert
 38:15, 271. Rose Buckingham 38:15, 298. John Reed 38:57, 299. Anna
 Fuery 38:58, 318. Joanne Hutchinson 39:34, 321 Doug Sharples 39:43 All
 RIGHT COACH) 343. Pat Baker 40:26, 344. Pat Lathrop 40:30, 354. Mar-
 gret Cooke 40:42, 368 Fred Perkins 41:10, 373. Ron Ganong 41:31,
 393. Sue Sheckley 42:22, 399. Hal Reed 42:30, 401. Jean Ann Scaduto
 42:34, 421. Lew Venturi 43:44, 441. Bob Carbray 44:36, 456. Grace
 Lafleur 45:16 475. Jim Rowen 46:23, 507. Sumner Lang 48:24

THAT'S 52 MOHEGAN STRIDERS AND I'M SURE I PROBABLY MISSED SOME.
 GREAT PARTICIPATION!!! ALSO, HOW DID YOU LIKE THAT COLCHESTER
 BAKERY DARK BREAD????
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AS USUAL OUR BOYS SEEM TO DO THEIR BESE AT NEWPORT. Jeff McClosky 2:50, Cas Grygorcewicz 2:50:25, Jan Slonski 2:57.46, AND Jack Curran with a personal best time of 3:06.34 GOOD GOING GUYS!!!!

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HIGH SCHOOL STATE OPEN EDGEWOOD GOLF COURSE NOV. 13th (Friday)
CROMWELL, CONN. weather- perfect

Boys Team Girls team
1ST ST. BERNARDS- COACH DOUG SHARPLES 1ST MONTVILLE- COACH KEVIN CROWLEY

Wow !! What a day. It started with the Norwich Bulletin setting the stage with super articles on what was in store. Local teams and individuals got the coverage they earned throughout the season. And they didn't let anybody down. The kids and their coaches made this area the cross country capital of Connecticut. I'd like to think the STRIDERS support helped a little. I counted 26 in attendance that I knew. And then how about the Bulletin's results the next day, Shawn Bennett on the front page, great pictures of Doug, Kevin and their teams. Cross Country has arrived and we have the likes of Kevin and Doug and their teams whose efforts helped make it possible.

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TAC MEET NEW CANAAN, CONN. NOVEMBER 15

Women's Open 5,000 Meter Team Winner- Mohegan Striders
Individual Winner- Jan Merrill (AGAA)

Wow !! What an encore to the state high school open championship for Montville High and our own Kevin Crowley. Congratulations to Mary Bridge, Chris Hennessey, Kim Hawkes, Kelly Pinckney, and Betty Kolodziej.

Men's Open 10,000 Meter 3rd Place Team- Mohegan Striders

6. Bill Marshall, 10. Joe Banas, 14. Joe Portelance. Watch Out.. Here comes another HAWKES girl. KELLY won the 4K for the 13-14 year olds. Boy,, Kevin sure has it tough..

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MASS. MARATHONS NOVEMBER 21, NOVEMBER 22,

Geraldine Palonen and daughter Jan did well at Foxboro- in at 3:44 with Jan taking first gals under 19 years. 3:44.58
Paul Hill 3:20

BOB Babbitt nailed a 3:07 at Cape Cod the next day to qualify for Boston in the masters..

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Welcome Mike Leary to the STRIDERS. East Lyme 2:58.58, 1st time under 3hrs. Not too shabby in the Tarzen Brown race either.

A pat on the back to Dean Festa who ran his first sub 40 min. 10K at the "Run for Hope" in Niantic (24th in 37:57)

Joe Banas treked up to Dayville and easily captured the 3 mile Killingly Parks and Recreation cross country race. Shattered the course record in the process. (16:15) He tells me the course is unbelievably tough.

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Margret Cooke 11 years old, 6th grade. 1st Groton Elem. schools individual race Oct. 15th 8:32. 1st Groton Elem. schools team race on Oct. 22, 8:11 (course record) Run on 1.4 mile course at Wash. Park.

TENTATIVE Mohegan Strider all-time marathon list

We are compiling a list of all STRIDERS' Marathon times. Please take a minute to jot down your best marathon time, the date and where you ran and send it to Kevin Crowley 90 Cliff Street, Norwich 06360. To date we only have about 20 names and times and we KNOW that there are 100's more of you out there someplace. If you don't tell us then we will have to guess for our list.

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ATTENTION NOTE::: Trip to Quincy Market is CANCELLED due to lack of interest. Too Bad. You have missed a great time. If you have not been there you should go. Especially at the holiday time.

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More Gossip Bob Kolodziej CLAIMS to have had hernia surgery, but word has it that he really had these super new all bionic leg muscles implanted in place of his old ones to give him the edge over all the other master runners. Whatvahty bob. GRATIEN Caron who hails from Plainfield way is really training hard these days. At the Strides for the Handicapped race he tried his dardest to beat both Mike Hutchinson and George Rice. He caught George and got by but the time clock ran out and he didn't catch Mike. Watch out you two, seems like everyone has it out for ya. Clem McGrath, what year did you say you won the STATE OPEN ??? What a feat clem. New club members include Valerie Center and her husband Jim Landherr. They were living in Washington D.C. and were members of the D.C. roadrunners. They run in the Mohegan park area, Jim teaches at Ella Grasso Tech. and Valerie is reported to be an avid swimmer. They have recently returned from Scotland too. Carla Dossett is a speedy new ladies STRIDER. She is only 22, went to Fitch then Griswold, and currently resides in Uncasville. She is a FANTASTIC runner, and she will definitely be a factor in getting some women's teams prizes not to mention getting some firsts for herself. John Brown is another new member. He is also 22, and is employed at EB. He ran for St. Bernards then moved to Boston. He was forgotten in the listing of ELM this fall. He ran a credible 2:51.27.6. Since joining the club he has placed no lower than 15th in any given race. Don Werling 51, a teacher at preston school system. He started running in 79, ran 31 races this year and has many grand masters placings so far. He runs under a 7 minute mile. His son AL is doing super in his high school division also. our own Karen Hawkes finding time at college to run cross country while at St. Anselm's College in Manchester N.H. Gosh we miss her. Mary Free reports from sunny California that she runs 5 miles a day but misses the good old Connecticut hills. Lou Free is running all over the globe. He just returned from Hawaii. Thought Mike S. was joining up?? Where are all those State policemen these days?? Urban, Sullivan and Trotter too. You had better be running. We expect big things from you this summer at Fort Shantok. Monique have you taken up running yet?? Cool Bill Marshall showed his stuff at the Norwichtown race in Oct. No wonder. He was sneaking out at the crack of dawn every day to practice the route. The rest of the runners didn't have a chance. Lets hear it for us SHORT people. Aren't we the greatest??? Another new STRIDER Grace Lafleur tells us she works at the "y" in Norwich. She started running in 1978 and spends every weekend at area races improving her time. Her husband Ron is in the masters division. Ran out of room. This Newsletter was hastily put together this time due to Xmas preperations. Hope to get the head on straight and first New Years resolution will be to write a sane and worthy Newsletter in the new year. The coordinator was the only person who didn't have to be re-elected. You are stuck for another year. AGAIN.. BEST WISHES TO ALL AND HOPE ALL FIND THAT THEY RUN FASTER NEXT YEAR.. KEEP ON RUNNING.



The "Tim" Smith
43 Beech Street
Norwich, Conn.

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