

February 8, 1982

THE ARROWHEAD

Mohegan Striders

PRESIDENT KEVIN CROWLEY  
VICE PRESIDENT ROBERT MILES

SECRETARY ROBERT CARBRAY  
TREASURER TIMOTHY SMITH

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MEMBERSHIP DUES will remain at \$4.00 for the first family member
and each additional family member may join for 50¢ each. Please note
that dues were payable on January 1st. Send in your check now to
secretary Bob Carbray 8 Sunset Avunue, Ledyard, Conn. 06339. Include
any other info such as age, ideas, ect.. Please Note::: We will be
updating the mailing list soon so be sure you are on the new list.
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STRIDER SURVEY MARATHON LIST last call. We will publish the list
in the next newsletter. Please jot down your best marathon time,
where, when, your age then, and send to Kevin Crowley 90 Cliff st.
Norwich, Conn. 06360. To date we only have about 30 on the list.
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RACE FEBRUARY 21, 1982 9:30 am 10K

As a culminating activity for oue winter morning runs thru Mohegan
Park, there will be a 10K run on Sunday February 21st at 9:30 a.m.
This run, unlike the regular runs will be for Mohegan Striders who
are paid up for 1982. There will be no entry fee for members but
non-members will be charged \$1. Each runner must bring one garage
sale item to be used as a prize. Everyone will be a winner. Prizes
will be chosen according to finishing place and will be done in the
Norwich Rec Departments hall immediately following race. The 10K
race will be basically the same as the Sunday runs except we will
not run thru the woods. Hot chocolate and donuts will be served
after the run. There was a good turn-out each Sunday for the runs
despite less than desireable weather. Many ladies ran also.
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RUNNING SUITS Jim Butler reports that they are unavailable. Jim
personally would like to say that he is sorry about the difficultly
in getting the order filled. He promises if he does receive any word
on them he will contact the people who ordered. Too bad. They were
to be very nifty running suits, and Jim worked many long hrs. trying
to track down where they were and why they were taking so long.
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MOHEGAN STRIDER CALENDER Plans are being made to produce a Mohegan
Strider calender for 1983. We will need ideas and pictures of our
STRIDERS suitable for print. Contact Bob Miles.
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ROSE ARTS RACE Entry forms available by March 1st. T-Shirts to the
first 375 entries. The race time moved up to 9:30 am. There will be
NO PARADE this year. There will be a women's sub-master division.
If you do not plan on running please contact Bob Miles and help.
We need workers if we are to maintain the quality of the race which
is a reflection on the MOHEGAN STRIDERS. Race is June 20th.
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Discounts Coopers Pharmacy, M&L sporting goods, Many other sport-
ing goods stores will give STRIDERS at least a 10% if you present
your membership card. Kelly's pace just opened recently.
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ELEMENTARY RACE February 27th Saturday 10:30 am. Mystic Community
center. Boys and Girls divisions. Grades K to grade 6 Entry fee is
only 50¢ Trophies to first three finishers in each division.
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Men and automobiles are much alike. Some are right at home on an
uphill pull; others run smoothly only going down-grade, and when you
hear one knocking all the time, it's a sure sign there is something
wrong under the hood.(Apples of gold compiled by Jo Petty )

12th ANNUAL CONNECTICUT INTERSCHOLASTIC TRACK COACHES BANQUET  
JANUARY 31, 1982  
95 HOUSE  
N.H. CONN.

Hearty congratulations to members of the Mohegan Striders who were honored at this banquet. To our club president Kevin Crowley, who was named coach of the year 1982 . To Doug Sharples of St. Bernard High School on his being named coach of the year 1982, and to our high school standouts who achieved the distinction of being one of the top 20 runners in the state of Connecticut, in cross country. Mary Bridge was 4th, Kim Hawkes was 6th, Chris Hennessey 8th, and Janice Palonen was 14th. In the male division Shawn Bennett was 5th

We hear that all were toasted and a few were roasted as well. It was an enjoyable evening for all.

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LONG SLOW DISTANCE RUNNING Contact John Kressley for a mutual support group type training program. For untra marathon on May 2, at Lake Waramaug, 50 miles (yes) or 100 K. If you like long distances please get in touch with John. The time and place to start can be discussed and be flexible. Hoping to start very soon. 20-40 miles.

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HAPPY RETIREMENT to Jim Rowan who recently retired from Northeast Utilities after more than 29 years of service. Jim is very happy to have more free time and he is now devoting much more time to his running and is keeping very fit. He has also opened a heating consulting business just in case he does yearn for work. Jim will be writing some articles for the ARROWHEAD once he gets more settled in his new routine, and as time allows.

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FORMER STRIDERS from time to time we will try to look up past members of our club to see what they are up to and to entice them back into the club whether they run or not.

BRIAN HEIDTMAN was one of the first members. He also wrote the newsletter for a time. He was born and raised in Norwich and was a runner and a Strider for several years. We had a very nice phone conversation with his mom recently and she tells us that Brian is now living in Eldersberg Maryland with his wife Gail and four children. He is part owner in a business called Columbia Scientific Assoc. He is presently in Holland for computer training. He still runs every day and also swims a lot. Hear that Brian and Tim Smith were running buddies.

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PROJECTIONS 1982 Hope to get a membership of over 300. Want more women and grammar and high school runners too. Hope to get some of the State policemen and Montville Police/ likewise Norwich Police too to join our club. Also will try to get to know something about EVERY MEMBER of the STRIDERS so be expecting a call one of these days by the coordinator Joan Hill. 181 Park Avenue Extension Uncasville, Conn. 06382 848-0346 Call or write about news, gripes, ideas, praise, ect. (especially gossip about your friends)

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AL MORRISON is a walking reference source" as quoted by the Norwich Bulletin in 1979 for his spontaneous race commentary. Al, honorary coach of the striders only has to meet you once and he will remember you the next time you see him. He will probably

remember where you went to school the year you graduated and how many kids you now have and their ages. Al recently moved into a brand new spiffy apartment and we hear that he is living it up in grand style. It couldn't have happened to a nicer fellow.

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OUR OFFICERS
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KEVIN CROWLEY-PRESIDENT, 2nd term, was born in Mass. and went to college at UCONN. He majored in psychology. He is presently an guidance counselor at Montville High. He is also the coach for the girls and boys cross country teams and he also officiates at many area rec runs, especially the famous summer runs at Fort Shantok, and track runs at Montville both for adults and school age. Kevin is no stranger to running. He finished the Boston Marathon in 1972 in 2:46:06 and has many other race credits to date.

BOB MILES- VICE PRESIDENT, 2nd term. Bob was also president. He was raised in Groton, went to college at UCONN where majored in special education. He has a masters in English. He is now a support teacher at the Mystic Adad. His most impressive race has to be the Rose Arts race of June 23, 1979. His son was born the night before and Bob pretty much flew three feet above the ground that day. Bob is the key man behind the Rose Arts race. He does a lot of work promoting and making it the race it is.

BOB CARBRAY - SECRETARY. Bob has always been the secreatry since the STRIDERS formed in 1972. He was eduated at Central Conn. State College with a B.S. in Industrial Arts. He teaches at Clark Lane school in Waterford. Bob is the person who collects all dues, keeps an updated record of all business and also finds time to help out at many area races and still finds time to run himself. Bob has run in several marathons including Boston and East Lyme.

TREASURER TIMOTHY SMITH, is our current treasurer for his 2nd term. Tim is a Norwich native and stand-out running star while at NFA. He went on to college at Providence College. He now works at Marty Gilman's where he is their Accounting expert. Tim is also one of the original members of the STRIDERS. Tim has run every race there. is and if he isn't first then he is in the top 5. Tim has the distinct- ion of winning the East Lyme marathon in 1981. He was also runner- up in 1980.

THANK YOU LETTER- from Judy Poprosky. For STRIDER partisipation in theLisbon Road race on Oct.17. Judy tells us the money made was used to purchase Rescue-Annies for the ambulance department to be used to teach student CRR.

IDEA Anyone have any suggestions about a race to promote running to increase junior participation, improve our image, and make some \$\$\$ to be put into a fund to establish a scholarship fund for young STRIDERS ??? This needn't be done all in one year. We could have a yearly race and there-by do this in time. We could also except donations to this fund.

TO THE ATHLETE WHO HAS NOT WON Do not be sad if they do not raise you to the winner's pedestal and put a wreath upon your curly head. Do not try to hide, or creep quietly from the field of struggle in which, not long ago, an honest race took place. Stay where you are and congratulate the winner, whom you yourself created.

Show your virtue. You, uncrowned athlete, are far superior to the vast multitude that with such boisterous enthusiasm now applauds the victor. For you have raised yourself up high into an ideal world, a world of purity and nobility, of truth and beauty, where no distinction is made between winner and loser. And equal honor is the right of all. Victory is of course your aim. But on the field of struggle defeat does not exist. And the highest and greatest honor belongs to him who has the courage to fight and has given all he has.

D. Bogris

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DON'T FORGET      PAY YOUR DUES      NOW      DON'T MISS THIS WONDERFUL  
NEWSLETTER

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PEOPLE ON THE MOVE      (gossip)      Joan Hill

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How does everyone like this wonderful winter??? isn't it great for running?? Don't you just love all those layers of clothing to ward off the cold and help make us look fatter??? Anyone who ran in the sub-freezing days deserve praise. (or something) Dr. Jim (Watson) practices what he preaches. He has had his photo in the Norwich Bulletin just recently and lucky for him he was dressed the way he told us to dress in the last ARROWHEAD Jim had a great article for us on hypothermia but it was lost. Hopefully we will be able to have it in the next issue. Jim runs about 60 miles a week now. Looking for the male STRIDER with the cutest legs. You can nominate anyone you like. The winner will be announced at the STRIDER picnic in Aug

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Since 1976 there has been a controversy over the club design. Many call it the "flying potato" but like it or not it has remained.

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Also in 1976 John Pirie was selected as Montville's class athlete at Montville High School. Quite an honor.

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Steve Flanagan relocated to Michigan in 1977 with a sporting goods store. Does anyone know anything about Steve these days??

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In July of 1974 Chief Tantaquidgeon was inducted as an honorary member of the MOHEGAN STRIDERS. Chief Tantaquidgeon is a direct descendent of Uncas, Chief of the powerful Mohegan nation.

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TEAM TROPHYS We want to get together all the team trophies. Please bring them to the Strider picnic this summer so that all the members, both new and old can see what we have won as a team. They can be on display for the day.

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Race to benefit Easter Seals. April 25th Ocean Beach. Fliers will be mailed to STRIDERS 2 & 5 mile races. 11 am.

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We hear that Bob Miles is shooting for a sub 3 hour finish at Long Island Marathon on the 1st. of May. He hopes to drop off 7 minutes from his marathon time. Jim Rowan don't let yourself go get lazy now that you are retired. Jim Butler who has a running streak of over 400 days is a man of few words and many miles. Mike Hutchinson ran every single day in 1981. He is now weight training to get himself in shape for the canoe season. His good friend tells us that he is up to 185 lbs. (weight that is) And another friend?? said that Mike looks super in his new running pants. That friend may be rowing alone this summer. Pat Baker logged 2,047 miles for 1981. Joan Hill ran 1,981 miles in 1981 and ran 302 days.

Mary Hayden ran 1,865 miles and ran 314 days in all. Pat Rice ran 1,733 miles and 276 days. Wonder if Charlie Oat has worn out his red running shoes or if he saves them for the bigger races?? Tom Baker says he has put on quite a few lbs. over the winter and it hasn't helped his running any. We think he looks cute. Speaking of running streaks, "handsome" Paul was asked if he ever streaks and he replied that he used to streak several years ago but doesn't now. Just what did you mean Paul?? George Potter we sure hope that Santa took pity on your running wardrobe and gave you a new pair of running shorts. If not we may have to take up a collection. Nancey Quinlin where are you? Are you hibernating with the ground-hogs?? Todd Pomazon is still on his running streak at last report.

Bob Petras- this is your last chance to join up. No kidding. Kevin Buckley is well on his way to fame as an "air guitar" player. Hopefully he will give a demonstration. Catch him at show time at the Bozrah Steak House. Don Pirie and Joan Hill have matching BR running suits. (Fuchia and grey no less) Did Uncle Kevie get everything he wanted for Xmas?? His list was long enough. Bill Hayden husband of famous mary ran his first race in the Strides for the handicapped. He did so well he went on to run the next week in the Tarzen Brown. Harry Ogulnick grand masters runner runs at the "Y". Charlie Oat is reputed to be taking the winter off from running to gather his strength for spring streaking. Kevin Crowley claims to have run in the 50's 60's 70's and 80's. How old did you say you were Kevie?? He almost ran the other day. John Robbins now living in Williamantic. Kevin Cedio new STRIDER and speedy runner ran his fastest race ever on Thanksgiving day. Glad that we have a new member to pick on. Will certainly take advantage of that. Expect big things from Geraldine Palonen and her daughter Janice this year. Both fine runners in their classes. Fred Perkins Jr. has been logging some good milage these winter Sundays. He and his dad Fred Sr. have runs lined up. Hear they are doing the Rose Arts route ALREADY. The Rice's spent the xmas holidays with George's parents in sunny Florida. While there they visited with John Martin. John sends greetings to all. Louie Free out in Idaho in 5th year of architecture studies is back to running after a long lay-off. Hear he is doing 8-10 miles a day and may get back into competition soon. Jeff McClusky finally did it at Ocean State. Lee Peret has some 7-13 mile runs if you love hills. He is finding it hard to get anyone to run with him twice. Only kidding Lee. John Brown begged his way into the Boston Marathon (we think) Kevin Carbray's arm is still in a cast untill at least the end of February. Poor guy broke it twice this year. Michelle Carbray is running indoor track at Ledyard High. Last year we had 182 males and 81 females in the Mohegan Striders. Shawn Bennett who finished 5th in the state open in November had the highest finish ever by a Montville High runner. Believe Mary Bridge may hold same honor for a girl, for her credible 4th place finish. Mary will be the girl to zero on this year as top runner overall. Chris Hansen placed 2nd at the Southeastern Athletic Conference indoor track meet recently in the 1500 meter run. Bev Bennett isn't running but she got an exercise bike from Santa and she's been peddling a good 10 miles a day. Cool Hal runs now and then. Watch out you guys both Hal and Dr. Jim turn the big 40 this year. Marilyn Krug running though busy with home addition. Denise Marshall is her running partner. Billy training for Boston. What a great time we had doing this newsletter. Had so much gossip. the sources are great. Going to have to be nicer next letter.

Race Results

CONTACT Clem McGrath 5 Jaffe Terrace, Colchester, Conn.. 06415

PEARL HARBOR WATERFOED, CONN. SCHEDULED DECEMBER 6, 1981  
5 MILES MASTERS RACE ACTUAL DECEMBER 13, 1981

- 1. Hank Golet 29:34
- 2. Ted Phillips 29:55
- 3rd Grandmaster Chet Creamer 35:12
- 4. Jan Slonski 30:22
- 8. George Potter 32:04
- 1st. Great Grandmaster Jim Rowen 43:08

Reschedule fouled some of us up but the turnout was still good. An all masters race is nice especially if your're a master runner. It's nice to see the leaders for more than a quarter mile during the race.

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A late note on Foxtrotter Marathon finds Mike Leary doing a 2:47:41 qualifying him for Boston. Watch out for this guy !! He continues to chop big chunks off his times.

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THANKSGIVING DAY I expected to have the total Manchester results by now but I still have not received them. Lee Johnson, Ev Stone and I went up and Lee ran around a 26:50 with Ev at 27:10 and I brought up the rear.

Joe Banas (25:38) and Jack Curran (29:46) opted to Madison and really enjoyed that one. I'm kind of stuck on Manchester, ran my first one in 1956. Love that crowd !!

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CARL SNITKIN OCEAN BEACH 3 MILES JANUARY 31, 1982

- 1. Fran Houle 15:33 STRIDER Great going Fran.... Now It's the elite division for you. Jim Butker 2nd elite division. Carla Dossett 1st Woman's open division. Edyse Smith 3rd womens division, open. Jack Curran 2nd master. Clem McGrath 3rd Master. Joanne Hutchinson 1st master lady. Don. Werling 1st Grand master. Chet Creamer 3rd Grand master. Jim Coleman 3rd high school. John Brown 2nd Men's open

Nice race, mild day, need a couple more like this during the winter. Thanks to a super job running the race by Mike Hutchinson for a worthy cause.

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Saw Kevin at Ocean Beach race. Said he had to help Mike so he could not run. A closer look revealed ole man winter has taken it's toll on his body, but I believe he really had to work the race. Listening to some of the chatter among the runners I found out that he really has been training and actually ran his streak in January up to 3 STRAIGHT days. Sorry I doubted you Kevin, but I still don't think I need to increase my program to keep up.

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Great year for the STRIDERS. Well represented at local races both talent wise as well as just plain participation. People know us and that in itself is a tribute to our officers. I'm looking forward to an even bigger and better year in 1982.

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The greatest calamity is not to have failed; but to have failed to try. The only time you mustn't fail is the last time you try. (from Apples of Gold by Jo Petty)

PROFILE ON PEOPLE

JOE LONADELLI is one of our non- running STRIDERS. Joe, 49, is a lifelong resident of Norwich. He was born to a large family and went to grammar school at St. Patricks then went on to NFA. After high school he enlisted in the Air Force and spent the next 4 years with uncle Sam and at one point was stationed in Texas.

Joe is now employed by the City of Norwich Public Works Department and has worked for the city for the last 23 years. He works mostly outside on the road crew and doesn't mind being outside all day.

Even though he hasn't run since high school days joe did run track then and was also a discus thrower. He was always an avid basketball fan and has played some too. We hear he plays a mean game of tennis and also baseball. He has helped organize and host the SNET company Southern New England Tennis Tournament which is held every year around the 4th of July, in Norwich. He is also on the board of directors of Midget football in Norwich and has also taught bowling at the Norwich Ten Pin. for several years.

Being single may have given Joe the extra time to volunteer for the many activities he has become involved in. Many of these organizations are dedicated to helping youngsters.

If you haven't had the pleasure of meeting Joe you may have seen him this past summer at the Norwich rec runs. He was the guy in the orange vest that directed traffic so us runners weren't run down by cars. He was also on hand at many area high school cross country runs when he helped score. This is a really nice guy.  
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ERIC ROSELUND 15, is a sophomore at Montville High school . He first started running shortly before entering Jr. high and while at the Charles Murphy jr. high school he was the fastest 7th grader in the invitational race at East Hampton and as an 8th grader he finished up the year undefeated.

In 1980 Eric was 14th overall in ECC competition and was 80th in class M. He attained his varsity letters in his first year at Montville high both in track and cross country. In 1981 Eric made the all-conference team with the cross country team finishing the season with a 14-1 record. Eric holds the record as being the 2nd fastest Montville sophomore on the Fort Shantok cross country course, he garnered a 2nd at the Ecc race in Plainfield in October and then went on to a 17th place finish in the Class M meet and finished up the season with a 70th overall finish at the State open in Cromwell out of a field of over 200 of the top runners in the whole state of Connecticut. (wait till this November folks)

Eric will most likely run the 1,500 meter and the 3,000 meter runs in outdoor track this spring. He's been seen running on the roads and he looks like he is in great shape. While Eric hasn't run in many area road races he has run in the Harvest Festival several times and has won in his division while in grammar school. We're gonna see a lot more of this quiet guy so be on the watch for him in 1982. This guy is only in his 2nd year of high school?  
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Tim Smith  
43 Beach Street  
Norwich, CT  
06360

Morgan Striders



First Class

