

PRESIDENT- KEVIN CROWLEY
 VICE PRESIDENT- ROBERT MILES

SECRETARY- ROBERT CARBRAY
 TREASURER- TIMOTHY SMITH

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SPRING MEETING Friday April 25, 1982 7pm sharp, Norton Peck library at NFA in Norwich. Please keep this date open. Last November we had the highest attendance ever. We have a lot to discuss. Those of you who have not paid your dues may do so at the meeting. DUES were due on January 1, 1982. Send checks to Bob Carbray 8 Sunset Avenue, Ledyard Conn. 06339. If you have not paid your dues this will be you last NEWSLETTER. You will have to MOOCH one from your friend.
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THE 1981 DIRECTORY OF MEMBERS was mailed out to each member via our new metered postage. NOTE: this list was for 1981 paid members. We have to wait till the following year to post this list because so many pay their dues so late. (shame on you late payers)
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BROWN SHORTS - Tim Smith has the new brown racing shorts. They are really nice. He will have them at the meeting along with the supply of tops and shirts and ladies suits. Bring your \$\$\$\$
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THE REEBOK SHOE CO. has selected our club as one of seven in N.E. region to order running shoes and equipment at substantial savings. If you are interested in any of the articles listed below either mail Tim Smith a check (made out to Mohegan Striders) or bring the money to the meeting on April 25th meeting. That will be the deadline for ordering.

Footwear Model	Size Run	Retail Price	Team Price/Pr.
VICTORY G* (men's)	6 $\frac{1}{2}$ -13	\$ 65.00	\$ 55.00
VICTORY XL (men's)	6 $\frac{1}{2}$ -12,13	49.95	31.00
ATV (men's)	6 $\frac{1}{2}$ -12,13	35.95	25.00
ATV (women's)	5 $\frac{1}{2}$ -10	35.95	25.00
HURRICANE (women's)	5 $\frac{1}{2}$ -10	29.95	21.00
HURRICANE (men's)	6 $\frac{1}{2}$ -12,13	29.95	21.00
SPLITFIRE (men's)	7-13	39.95	25.00
ORCHID (women's)	5-10	39.95	26.00
SHADOW I (men's)	6 $\frac{1}{2}$ -12,13	43.95	27.00
AZTEC (men's)	6 $\frac{1}{2}$ -12,13	49.95	31.00
PRINCESS (women's)	5-10	49.95	31.00

*
 The VICTORY available in limited supply only

	retail		size
Small duffle bag # 4410	\$ 18.00	\$ 11.50	9"x17"
Travel Bag 4440	29.95	17.00	16"x7"x10 $\frac{1}{2}$ "
Overnight bag 4430	39.95	24.00	10 $\frac{1}{2}$ "x21"
REEBOK T-Shirts T-Shirt	6.50	3.50	

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AGE GROUP TRACK MEET needs a coordinator- This was held last year during Rose Arts week at NFA track. The coordinator must be found in order to continue this fine day for the youngsters. Will be discussed at the meeting.
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DANIELSON ROAD RACE May 15, 1982 5 miles Competition against the Mass. Striders and TR3. 5 open men, 2 master men, 2 open women. Total times are added together for team. Keep this one in mind. It's a chance to show em' who has the best runners.
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STRIDER PICNIC AUGUST our 10th year celebration. We have BIG plans. Will discuss at the meeting. This will be for the entire family.
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SCHOLARSHIP RACE FUND- Will be discussed at Meeting. Bob Miles is in charge

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ALL-TIME BEST MARATHON LIST this list is not in order of who has the fastest marathon time. It is only a PERSONAL BEST LISTING of some of our STRIDERS. Some have run only one marathon while others run in several a year.

<u>NAME</u>	<u>MARATHON</u>	<u>YEAR</u>	<u>TIME</u>	<u>AGE THEN</u>
Bob Smith	East Lyme	1980	3:31:44	
Bob Olkin	Texon 5 College, Amherst, Mass.	1980	3:44:44	40
Charlie Ewers	Newport	1976	2:49:40	29
Randy Collins	Boston	1979	2:57:42	30
Tim Smith	Boston	1978	2:24:50	30
Bill Marshall	Boston	1981	2:25:15	36
Jim Butler	Boston	1978	2:36	24
Ross Huntington	Rice Festival	1976	2:38:09	25
Rob Hunington	Arkansas	1980	2:38:16	29
Cas Grygorcewicz	Boston	1981	2:44:05	31
Kevin Crowley	Boston	1972	2:46:06	21
Lee Johnson			2:55:51	29
Jan Slonski	Foxboro	1980	2:58	42
John Curran	East Lyme	1980	3:00:02	
Larry Settje	Foxboro	1979	3:02	39
Mary Hayden	East Lyme	1981	3:21:53	38
Mike Hutchinson	Boston	1978	3:05:30	41
Bob Miles	East Lyme	1980	3:07:21	35
Jack Curran	Ocean State	1979	3:08:31	41
Ken Murkett	Ocean State	1980	3:18:54	41
Bill Mish	East Lyme	1980	3:20:20	
Joan Hill	East Lyme	1980	3:59:03	38
Ken Rawn	Ocean State	1977	3:30:10	34
Geraldine Palonen	East Lyme	1981	3:43:46	
Janice Palonen	Foxboro	1981	3:44:58	15
John Brady	Silver Lake, Mass	1976	3:29:41	
Pat Baker	East Lyme	1981	4:06:06	
Tom Baker	East Lyme	1981	3:43:00	
John Reed	East Lyme	1981	3:59:59	
John Martin	Newport	1978	3:55	59
Lynn Wisnewski	East Lyme	1981	4:45:30	
Al Williams	Boston	1975	3:05:11	38
Walt Thoma	Boston	1974	3:09:37	25
Bill Halleck	Wast Lyme	1981	3:29:52.8	35
Larry Carver	East Lyme	1980	3:33:20	42

These are the people who responded to our Marathon Survey. There are many more who did not reply. Congratulations to each person on this list for his or her personal accomplishment. You earned it.

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April 25, 1982 Easter Seals Road Race-Contact Denise Marshall
 April 25, 1982 Bolton 5 miler -Contact Bob Chamberlain

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The ARROWHEAD would like to plug each and every race in each letter but we would forget someone and have to deal with their fury. Same things with individual offers. In order to be fair will promise to any strider during the winter months but cannot promise anything after the March NEWSLETTER due to race results.

CLEM'S CORNER 5 Jaffe Terrace, Colchester, Conn. 06415 - with race results.

CUPID'S RIVER RUN Mystic, Conn. 3.5 Miles per person Feb. 14, 82'
1st. Couple- Bill Marshall/Kathy Kenyon- Zaneski 39:00
Bill Always seems to come up with the right partner for these races.
I wonder if she was a sleeper??

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Finally got the Manchester Turkey Day results, only four months later.
And then, after all this wait, "I" got left off the results. Oh well,
here are some other Striders from Manchester: 43, Bill Marshall 24:35
58. Joe Portelance 24:53, 103. Jim Butler 25:43, Dave Lathrop 27:40,
Barry Sheckley 27:43, Way Hedding 28:19, Jim Watson 28:30, George
Potter 29:15, Jan Slonski 29:50, Dean Festa 30:05, Charles Whitty
30:45.

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How About that TIM SMITH out for a run March 7th in Middletown and
at the same time coming in first in the Middletown Marathon. Tim, a
non TAC member ran unofficially in around 2 hrs. 30 min. Looks like
Tim is ready for a great season. Jim Butler was 6th in 2:45 and in-
dicated that this race and Boston were the necessary SPEEDWORK he
needed for his upcoming 50 miler. Absurd!!!

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ST. PAT'S RUN No. Stonington, Ct. 4.7 miles March 14, 1982
1st. Dave Rauning 23:47, 2nd Nick Manuzzi 24:19. STRIDERS 4th Tim
Smith 25:04, 5th Joe Banas 25:28, 2nd Master George Potter 29:07,
2nd Grand Master Chet Creamer, 1st Sub-Master Lady Rose Buckingham
33:16. Did you see that?? George Potter in the money?? And I read
where Hal Bennett and Dr. Jim are joining the Masters this year. I
guess it's time to hit the streets if we're going to do anything in
this division. If not there's always 50 to look forward to. NEVER
thought I'd rush it though.

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ST. PAT'S RACE Holyoke, Mass. about 1,200 7.5 Miles Mar. 20, 82'

1. Ray Treacy 35:22 STRIDERS: 36. Joe Portelance 39:56 58. John Brown
41:47, 67. Lee Johnson 42:21, 74. John Ficarra 42:45, 81. Cas Grygorcew-
icz 43:16, 90. Jeff McClosky 43:44, 122. John Curran 45:17, 131. Bob
Miles 45:27, 172. Jack Curran 45:17, 173. Clem McGrath 46:49, 198
Carla Dossett 47:32, 493. Don Werling 54:00, 501 Ron Lafleur 54:05,
Jim Docker 55:56.

What a super day, 1st day of spring and the 1st beautiful day of 82'.
Plenty of sunshine. 8 of us went up in John Ficarra's van (more like a
small apartment) We all took a shot at predicting our times and John
Brown came out the winner (he missed by 2 seconds) John Ficarra got
the sandbag award (he beat his by 2:05) (look out Mystic Handicap
race) Many STRIDERS present. Course is nasty in 1st 4-5 miles then
gives in to you rest of the way (if you survived) Joe Portelance and
Carla Dossett came in the money in their divisions and everyone got
T-Shirts, macaroni, yogurt, soda and 1st class treatment from a 1st
class race. On the trip home there were plenty of refreshments and
we were all entertained by Lee (right off the bat) Johnson with
tales about his new borne and also his plans for this summer's 1st
annual MOHEGAN STRIDER BALTI6 RACE.

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ELKS ROAD RACE Groton, Conn. 3.2 Miles March 21, 1982
1. Nick Manuzzi 14:42 2. Mark Connolly 14:54
STRIDERS: Eric Roselund 16:07 1st Junior boy, Kelly Houle 20:25 2nd
junior girl, Don Werling 19:58 1st. Grand master.

PROFILES ON PEOPLE due to the large number of people we want to do a profile on we have decided to try doing two individuals each letter. The goal is to profile every STRIDER.

PAT and DAVE LATHROP are one of the cutest couples in our club. Both were born and raised in Norwich and both graduated from NFA. Dave in 1971 and Pat in 1973. Pat is a vivacious young lady who up until she had her little daughter Kelly aged 13 months, worked for the Board Of Education in Norwich. (she also found time to type some of these newsletters for us) Pat ran during her pregnancy and almost till she had Kelly. She also got right back to running shortly after. She only started running two year ago in a kind of "if you can't fight em join em". Now she is hooked for good although she was a bit apprehensive because she had had serious surgery on her knee. So far the knee has cooperated and Pat now does an average of 45 miles a week in preparation for running this year, and her goals.

Although not a novice at running Dave only started running about 4 years ago, and only because he had been smoking at the time and felt he needed to get into better shape. He threw away the smokes and ran two miles his first time out. Dave at one time had considered a career in professional baseball. (how about two try-outs with the Montreal Expos??) As of this date Dave has run in just about every race there is plus he has completed four marathons his best being the one in Montreal in 1979 with a time of 3:34. Dave does prefer doing the 10K and his best time to date is 36:15 in Old Saybrook. He is currently employeed at Pratt & Whitney and was educated at Mitchell College, Eastern and Mohegan and is currently at Thames Valley. He someday hopes to get into a sports related job. Working out of town requires that he run either at 5am or at night with the guys.

Dave tells us that Pat is an extremely good cook and prepares him many dishes that would rival a gourmet. (if it weren't for his running he said he would probably waddle) Pat bakes her own bread and rolls also. Seeing that Dave has run several marathons he has stepped aside this year to train Pat himself so that she can run in the East Lyme Marathon this fall in 4 hrs. or less. She will also run in the Rose Arts and the Kelly races. (maybe a shot at the triple crown?) This is a young close knit family and Pat and Dave are two very nice, very valuable members of our running club.

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RON GANONG only joined our running club in 1981 so he is one of our newer members. He only started running in May of 1980 and he recalls the day very clearly. At the time he weighed about 225 lbs. and was a very heavy smoker. (he can boast of a great weight loss and now is in the 160-170 lb. range) Ron was born in Texas and was raised in the state of Maine. He enlisted in the navy and spent part of his 6 years stationed in New London. His service years were from 1971 - 1977. He later worked on a tug and is presently finishing his apprenticeship at EB as a Pipefitter. He and his wife Donna have been married for 5 years and his pass times include cross country skiing music and he is an avid plant collector. He starts all his plants from cuttings and boasts of over 50 varieties including fig and rubber trees. He admits that the plants have taken a back seat to his daily running which are usually 5-6 miles. His very first race was at St. Mary's in Norwich. Then he ran the Harvest Festival race in August. Next he tackled the East Lyme Marathon and finished. He intends to train again this year and finish the marathon in less than 4 hours.

Ron is a very friendly and outgoing individual and even though he

has just begun to run and to train he is always ready to lend a helping hand whenever a STRIDER is called on to help out at a track meet or fun run. He has a lot of determination and with a little more time and training he will accomplish his goals and lower his race times. Tall Ron is one of our most improved runners.

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PEOPLE ON THE MOVE the dirt, nitty gritty on you and your friends.
(848-0346) send info to 181 Park Ave. Ext. Uncasville, 06382

After much nagging BOB PIETRAS finally joined up. Figured if we sort of spelled your name wrong that would get ya. Instead of being better dressed GEORGE "ANIMAL" POTTER showed up at the mohegan park run in TWO tattered shirts. He took home one horseshoe as his prize. He said his wife on occasion calls him a horse's---. RON GAGONG took a wrong turn that day and ended up doing 8 miles instead of 6.2. JACK CURRAN looks super fast these days. Hear his wife saves him lots of money sewing nifty clothes for their daughter. He still has the brown shorts and the shirts JON KORNACKI designed and also has. JIM BUTLER got a big 6th at Middletown. His lovely wife joined the STRIDERS, as did CUTE little TERRY SMITH wife of TIM SMITH who by the way runs to and from work every day and gets in his 14 a day. Pays zero for gas and has the weekends off if he wants. This guy isn't an accountant for nothing folks. POTTER beat RICE. Is one getting faster or the other slower. GEORGE RICE, voted most improved at Melrose likes yellow cats and big St. Bernard dogs. CARLA DOSSETT starting off the year with wins. JOHN MARTIN wrote us from Florida that he and PEARL living it up and enjoying the sun. They will be home in a few months. JOHN has 4 children. We missed JEAN. BILL HAYDEN who is up to 8 milers already was telling his wife MARY that he did fartlaks on his lunch hour and their kids thought it was a dirty word. PAT RICE, sister of MARY is out there every day getting in her usual 45 a week. Now the BAKERS won't pay their dues. Took me a year to get them the first time. JEAN ANN came up short. She is short. KEVIN CARBRAY hereafter known as KC is finally out of the arm cast. Now KC will you please be carefull??? Did you know that BOB CARBRAY has been chased by a owl and a green parrot while he was running. But so far no ladies. Joe LONADELLI just "forgot" to mention about 2 dozen other things he volunteers for. From here on in he will be known as "humble Joe". He was so elated over his profile that we heard he went and had a tooth pulled for fun. AL MORRISON spoke the words "I couldn't down another beer if you poured it down by throat". JIM DOCKER debuted at the Tarzen race last year and has been pressing lately. LEE JOHNSON where the ---- has he been lately? Probably training for the Harvest Festival Race. JOHN CURRAN "mad Dog Curran" have you been in any wrestling matches lately? Cutest leg contest is picking up speed. Latest to be nominated are: Jim Butler, Ron Gagong@ Billy Marshall, Clem McGrath, Jan Slonski, and Carla Dossett. We have added an ugly foot contest also and only have one so far. Jan Slonski (blue Feet) The guys are already sweating HAL BENNETT'S turning 40. Hear he is gonna BIFF a certain guy. Dr. Jim has already hit the big 40 and he is running upwards of 85-90 miles a week and getting faster all the time. He will be running Boston along with MARSHALL, CURRAN, CAS, MCCLUSKY, SMITH, BUTLER and probably at least half the STRIDER population. NANCEY QUINLIN hasn't had time to do any hybernating. She has started a new career and has still found the time torun daily. Sh e looks sensational too. Don't forget... If you haven't paid your dues this will be your last NEWSLETTER all the wonderful gossip you read in the ARROWHEAD will no longer be at your disposal. MARY FREE sprained two fingers running recently. Now how could you do that running?? I thought they ran on their feet out

there in sunny California like we do here. JUDY MCGRATH can run 3 miles. How about you GENE? Hear you sing pretty good IRISH songs. DON WERLING showing the over 50 still have speed. ROSE BUCKINGHAM is going to show more speed this year. She has a good start already. "H" HILL hates his nickname. UNCLE KEVIE has new gadgets on his camera so watch out or your mug may adorne the scrap book. He also was inducted into an Irish Club in the area. Heard the Irish lassies were the reason. Hope Gene didn't go out on a limb. KEVIE liked being coach of the year so much he may never run again. Forgot JIM ROWAN'S best marathon in Ft. Wayne, Ind. in 1976 of 3:53. JIM has a great article for the next newsletter which WE had hoped to get in this issue but goofed up on it. Catch it in next ARROWHEAD.

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ROSE ARTS RACE coming along fine. Applications will be sent out to all who ran last year. Plans are being completed to make it the best race ever. This is a STRIDER sponsored race and one of the best in the entire area. They not only give prizes to the winners but give out many in lottery which is nice for us slower runners.

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PERSONAL OPINION of JOAN HILL - Tim Smith ran the Middletown Marathon on March 7, in 2:32:20 which was the fastest time un-officially. Beacuse Tim doesNOT choose to pay for TAC permission to run or get a card to say he is an amater or not he was not issued a number. Tim ran the race knowing he would not garner any rewards or wear the winners wreath. It takes a lot of personal integrity to stick to one's convictions when Tim could have easily payed the \$6 fee (there was a sign-up table there) and come away a winner. I don't feel that TAC has anything to offer either. And I'm with Tim.

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At recent ECC indoor track meet High school runners

MICHELLE CARBRAY- 1st in 1,500 meter 5:40

KATHY HAWKES- 2nd in 1,000 meter run

Kelly PICKNEY- 1st in 3,000 meter run 11:37:9

MIKE JORDEN- 1st Pole vault 12 ft. 6 in. 3rd in high jump

ERIC ROSELUND= 3rd in 1,500 meter 4:28:6

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AMEDEO "Tag" TAGLIAPIETRA 1921-1982

Tag passed away on March 11, 1982 after a long battle with illness. We had the pleasure of meeting him after the 1980 East Lyme Marathon. He was a very personable quiet man who dearly loved to run. He spoke fondly of his many races and of the nice people he met along the way. He joined the STRIDERS in 1975 and remained a member untill his illness forced him to stop running, sometime in 1980.

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THE FEMALE RUNNER by Jim Watson M.D.

There is no more controversial area in sports medicene than the effect of endurance activities on a woman's reproductive function. This whole area is clouded by the judgemental attitude that society has had, over thousands of years toward the female athlete.

The problem is very difficult to study because in many cases it is impossible to seperate what what is social belief and what is biological truth. As long ago as the time of Socrates, the question was raised as to what females should or should not do. He felt that women were expected to take their full share in the work except that they must not be treated quite as strong. He and his brother agreed that women ought to receive the same upbringing and education.

Simone de Beauvoir in her book entitled "The second Sex", felt that"because of strong enviromental forces of education and social tradition under purposive control of men, has resulted in the general

Failure of women to take a place of human dignity as free and independent existents, associated with men on a plane of intellectual and professional equality, a condition that not only has limited women's achievement in many fields, but has also given rise to pervasive social evil". Surely in the area of sports, until very recent times women have been discriminated against.

In 1957 Willy Meisl in Sports World gave the following quotation. "I would put less scientifically but more bluntly; women are, in a sense relatively the stronger sex. They entered international sport much later than men and judged on performances and world records, have progressed more quickly. They are likely to continue to do so".

This is no more true than in the marathon records. In 1964, at which time the women's marathon records were kept first, a time of 3 hrs. 27 min. 25 sec. was obtained. This record was dropped to 2 hrs. 25 min. 25 sec.. Over the past 12 years the mens record has dropped only 11 seconds from 208:34 to 208:13. In swimming the fastest female 400 meter free style swimmer in the early 70's was swimming faster than the world record holder male for the same distance in 1956.

Truly women have come a long way in sports, however biases are again appearing in the literature concerning the effects of endurance activity on the menstrual function on women. On my desk I have approximately 40 articles concerning the effects of exercise on reproductive function in women. I must say that now that I have read them all I am as confused as I was prior to beginning my search of the literature. The final word on menstrual function in the athlete has not been obtained.

However over the next several issues of the "Strider Bulletin" we will discuss some of the factors that are felt to influence the female athlete's menstrual function.

We will take a look at the role of nutrition, the role of hormones, personality factors, the clinical evaluations of woman with menstrual difficulties, and the role of menstruation in competition.

We will discover that the female athlete should consider herself a woman first and a athlete second and that she should seek a thorough medical evaluation when menstrual dysfunction appears.

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Mrs. Olkin wife of new member has cassette tape "stretching for Runners" for sale at \$8.95. 4 Lauren Lane, Norwich, Conn.
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NEXT ISSUE STRIDER survey, articles by Jim Rowan and Jim Watson, race results, profiles on Harvey Alpert and Roger Zetti, news about Rob Huntington and Mike Nichols, gossip (if you people will come thru with some for me,) Don't forget the race co-sponsored by the STRIDERS Easter Seal Road Race Sunday April 25, 1982 11:00 AM. There will be a 2 miler and a 5. If you are up at the other end of state catch the Bolton race same day-contact Bob Chamberland. SPRING IS FINALLY HERE. WE ARE RUNNING IN SHORTS. OH HOW AWFULL THE LEGS LOOK... Predict at least one more snow storm. HI LEROY... Let's hear it for lower race registration fees. Clem McGrath has over 60 t-shirts to his name already. How many can you wear??? This ARROWHEAD going out by metered postage. Pay your dues or no newsletters. To all of you running in Boston wishing each of you the best and hope all finish in the times they predict. You haven't run until you have done your marathon. Don't forget the STRIDER MEETING april 23, 7 pm. Peck library at NFA. Race on Mothers day at G. Fox in Hartford. 10K at 10AM. Contact Marian Tolo 57 Pocahontas Dr. W. Hartford. 06117. Remember cannot promise any advertisement after this issue. Have crammed all but the kitchen sink as it is. Had to leave lots out. KEEP ON RUNNING

The Tim Smith's
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