

PRESIDENT- KEVIN CROWLEY  
 VICE-PRESIDENT- ROBERT MILES

SECRETARY- ROBERT CARBRAY  
 TREASURER- TIMOTHY SMITH

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 CLUB UNIFORMS Brown shorts and Brown and white tops with gold lettering have been ordered. We hope to have them before the Rose Arts Race but cannot promise. When they are here the word will be spread around. Shorts will go for around \$7 and the tops about \$8. We will have both the men's and Ladies styles.

STRIDER 10th ANNIVERSARY PICNIC SUNDAY AUGUST 15th keep this date open. This is a family day at Fort Shantok and we will plan a day of fun for all. Don't forget the cutest leg contest. And the ugly foot contest. See newest to be nominated later.

ADULT PARTY NIGHT for STRIDERS on AUGUST 28th the TUCKERBUNG CLUB in Gales Ferry near Poquetanuck Cove. Details in next letter. Plans right now include a keg of beer and we are workin on the details to make this a celebration to remember. Don't forget this is our 10th year. Hope to see all the old members and all the new ones too.

ROSE ARTS FESTIVAL RACE June 20th. No entries later than June 14th. This is the biggy. Almost everyone runs this one from novice to the elite. We predict 137 STRIDERS will start the race. Good luck to each and every one of you and to those going for the Triple Crown, go for it. Prediction: Billy Marshall 1st Strider, Carla Dossett 1st lady Strider (perhaps 1st lady overall) Hal Bennett 1st Master, Mary Hayden lady Master, Rose Buckinham Sub Master, Mary Bridge Jr., Tim Smith in the Open Division, Shawn Bennett men's Jr., and for Grand Master we have to choose Chet Creamer or Don Werling. Watch Billy in this one.

Jim Butler Our own super runner did what some of us feel would be impossible to ever do. He ran a 50 miler on May 2, at Lake Waramaug in New Preston, Conn. and ran it in 6 hrs. 3 min. 38 sec. for a 11th place finish out of 167 entries. He was also the 1st novice runner to cross the finish line. What a feat jim !! By the way Jim trained for this race by running an average of 117 miles a week and he used the Boston Marathon as a TRAINING RUN. And Jim you are no novice. On behalf of all the STRIDERS we congratulate you.

M&L SPORTING GOODS 435 W. Main Street, Norwich has on order new Brown and White sport bags size 8x17 in Nylon with the MOHEGAN STRIDER logo printed on them for \$9 (actually 7.65 plus tax to any STRIDER presenting card) M&L will give any STRIDER a 15% discount on all running shoes and running gear. Bags hopefully in by the ROSE ARTS RACE

PAT RICE IS CONDUCTING A SURVEY on women runners and will be contacting members to ask questions pertaining to training.

COMMEMORATE PATCHES for our 10th year as a running club are also on order. They will be sold for a nominal fee and also be presented to each STRIDER at the picnic in August.

THE NEW ME by Jim Rowan.

Sometime soon the mailman will bring the next issue of the Readers Digest. It will mark 12 years of doing what now comes naturally. (running on a schedule that seems a short time since it's beginning) In that 1970 issue was a condensed article called "The New Aerobics" by Dr. Kenneth Cooper. What that man did for me and thousands of people

is beyond belief. I had a smoke filled body with I imagine some partially plugged arteries and an 80 beat per min. heart beat. From all of that to a 20 lb. weight loss to clean arteries (how else to explain the 44-48 beat per. min. heart rate) Plus I feel so good., Physically and mentally. One of my greatest enjoyments is dancing and how long and how fast do you think I could enjoy that with the old body which is very close to 64 years? How about a few more fringe benefits? While I was smoking I used to chew "tums for the tummy" by the tube. And every day. I also consumed quite a few aspirins for sinus headaches which would then drain then I'd have a sick stomach. (here come the tums again) How about 6-8 colds per winter of at least 2 weeks duration? Giving up smoking and the running program have brought about the following changes in my body. I don't get heartburn, hardly ever get headaches, if I get a cold it lasts 3 days and I don't take anything for it. The following meant to boast my accomplishments but to give heart to the young. In 1976 I completed 3 Marathons, the longest one 4 hrs. 10 min. (I was 58) Think what a 40 year old kid could do...

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PEN OF COORDINATOR Joan Hill 181 Park Ave. Ext. Uncasville 848-0346  
 I'ts been one whole year now since I have taken over the writing of our newsletter the ARROWHEAD. I can't begin to tell how much I have enjoyed doing it. I have met so many fine people in my travels and I may never compete again due to the fact that I enjoy watching the accomplishments of my fellow STRIDERS. "I've never met a runner I didn't like". Our membership is at 271 which is the highest ever. We have nifty new running clothes on order and we are known wherever we go these days. We boast of having some of the best darn runners anywhere on our team. Not all our members run mileage, some don't run at all. Some run Marathons, Ultra-Marathons, some run only 3 milers. This ARROWHEAD is for all our members. Glad all our older members re-joined and welcome to all the new members.

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Thanks to Kevin, Bob Carbray, Clem McGrath for his fine race results, Tiffany for addressing, Kevin, and all those who provided the gossip.

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PEOPLE ON THE MOVE due to the large volumn of gossip, dirt and what have you we will devote the entire rest of this page and most of the next to people in general. decided to delete the profiles this time to get ready to profile several of our men master runners in the next issue. Harvey Alper, please get in touch soon. JOE BANAS was a front runner at Challenger race in RI May 16. He was 5th at 55:00 and DEAN FESTA was 66th in a time of 1:11:33. DAVE LATHROP is an Analyst at Pratt & Whitney. We deleted this in his profile last letter. The BAKERS flew off to sunny Florida on spring vacation to tuur Disney and the sights. The MILES also went down to sunny Florida and saw the state. We hear that BOB likes those new yellow running shorts so much that he wears them to bed so that he will be all set to go running in the mornings. Is that true Bob?? Now that "Chariots of Fire" was voted the "best Picture of the Year" we want to see some inspiration in all STRIDERS. The night we were there the Bennetts, the Butlers, the Grygorcewicz's (Cas you MUST shorten the name, it takes up too much space) and who knows what other STRIDERS were also watching said movie. Got the scoop on that CAS. He got so tall because he has been hanging from inversion boots all these years in secret except that now his head touches the floor. LEE JOHNSON and his MRS. are proud new parents of daughter Amanda. Does LEE look 30? AE MORRISON is quite an arm wrestler. UNCLE KEVIE you ain't getting one more line in this paper untill you do something really fantastic like losing another

15 lbs. We hear that he won the 5 miler at Harkness all by himself. How did you do that? Hear you had that JOE LONADELLI with you. Finally got JUDY POPROSKY to join up. The pretty Mrs. runs out of Lisbon and already doing 8 milers. Judy is a very personable lady and a friend of ours already. She's in the open division. She will once again organize the Lisbon Fall Festival road race in the fall. WAY HEDDING finally broke down and paid his dues again. But he won't let his pretty wife join till she starts running again. Hear he got her nifty radio to run with. Met DICK PODURGIEL at the Run for Hope race. He is a planner for the City of Norwich and trains in spite of leg problems. Doing good weekly milage and training for East Lyme again this year. He is in a tough age group. (sub-Masters) Nice guy. Hope you do your predicted time. GEORGE POTTER looking sensational in his new image. Brand new red running top. Gone are the raggy clothes. We find a new george these days. He is running like someone is chasing him all the way. RON LAFLEUR doing fine in the Grand Master division these days. This guy is really coming up. His side-kick is non other than DON WERLING. This guy said he was over 50 (don't believe him) retired from the service, teaches at Preston school system, part time, and has a 16 year old son. And he is SINGLE ladies. Watch out for him too. 262nd STRIDER is BILL GLENN. Bill is 29, and a former Norwich Policeman. He currently works for Central Vermont Railroad as a apecial police officer and he is running in Tiger shoes and plans to run the Rose Arts for the first time. Still Looking for other policemen and firemen to join up. Speaking of polieemen, we spoke to KIP SULLIVAN and he said he isn't running as much as he would like but that his wife is doing 4 milers and getting ready to show us her stuff this summer. Daughter AMANDA will be strong again this summer in fun runs and will she beat dad?? JOHN CURRAN looking super fast these days. No MORE BROKEN BONES??? CHARLIE WHITTY the city manager for Norwich was out running at Run for Hope. As busy as this guy is he still finds time to rub elbows and chat with fellow STRIDERS. He gets his pic in the Bulletin quite often. Another of our members JIM DOCKER of Jewett City is managing Editor at the newspaper. UNCLE KEVIE not only gets these newsletters run off but he helps to address, stamp and mail them also. You wonder why he would do all this?? We invite him for supper. JANICE MALLETT runs in her new Reebok's. JOAN HILL loves the orchids. She is no sweat this year to anyone. She isn't running she is waddling. New members Phil & Deb SCHENA from Voluntown area are running area races. Phil, 26 ran at ELM. last year in 3:22;31.3. Another new member Dr. M. Kadish (Manny to us members) lives out in Preston and tells us he has a few nice routes out there for anyone wishing to see some nice country. He trains at the "Y" with guys like LAFLEUR, WERLING and OGULNICK. We said we would try to put him in touch with some runners. MANNY says he is over 50. We think these guys are just telling us they are. All our over 50's look pretty darn good. BOB HARDING who also recently joined works at EB and is training for East Lyme. His wife Alice recently ran at Ocean Beach and Run for Hope. Join up ALICE, MICHAEL SMITH. also new runs in the top 20% of all races he runs in. Welcome aboard to MICHELLE LAUZON. The young miss is 19 and a member of the Coast Guard Academy, and excells in outdoor track and has many finishes in the top 5 already this year. We are looking forward to meeting her. BOB and ARNOLD FOSTER hail from Norwich and BOB, 53 has started to compete after 8 years of physical fitness classes at the "Y". Is anyone STREAKING these days???? It is getting warm enough. How about HANDSOME PAUL?? JIM BUTLER hasn't stopped yet. GERALDINE PALONEN got an autograph the day before the Boston Marathon. Little did she know that Charlotte Teske would end up winning

## THE FEMALE ATHLETE

Menstrual irregularity in the female athlete is being widely reported in women who engage in intense exercise. The exact cause of this phenomena is unknown, however, it probably results from a combination of psychological and physical stress, changes in hormone functions, and changes in body composition, particularly decrease in percent body fat.

In order to understand menstrual changes, one needs to understand a few medical terms. Menarche is the onset of menses. Most women will begin to menstruate by the age of 16. After this time, if a woman does not menstruate, it is wise to undergo an examination and evaluation by a gynecologist. The absence of menses is termed "amenorrhea". If a woman does not menstruate by age 16, then the term that is used is "primary amenorrhea". "Secondary amenorrhea" is the term used for a woman who has menstruated, but suddenly stops. A woman is termed to have secondary amenorrhea if she does not menstruate for six months or missed three consecutive cycles. "Oligo amenorrhea" means simply that a woman bleeds infrequently.

Endurance athletes most frequently have amenorrhea or oligo amenorrhea. Endurance athletes who train hard prior to the normal age of menarche will tend to have a delay in menarche. Recent studies have shown that women, especially gymnasts, may have a three year delay in menarche. Average menarche occurs around 11 or 12 years of age and in these women it can occur as late as 14 or 15 years of age.

Another important concept to understand is the duration and cycle length of a normal menses. The usual duration of flow is four to six days. However, many women will flow as little as two days and as much as eight days. Cycle length has been classically considered to be 28 days, however, this can be very variable and can range from four to six weeks. When a woman begins to notice a variation from her normal pattern, she should consult her gynecologist, regardless of the fact that she may be an endurance athlete.

It is important to understand that menstrual irregularities may develop not only in runners, but also in ballet dancers, figure skaters, gymnasts, cyclists, and to a lesser extent swimmers. Even women body builders who go into intense training have been known to stop menstruating. Possible cause of this phenomena is not totally clear.

One possible cause is simply stress. This may be the stress of the intensity of exercise, or the general stress in the patient's life. Certainly the intensity of training can influence the menses. At a recent Boston Marathon symposium that I attended, data presented by Judy Lutter, indicated that elite women marathoners such as those that run in the Boston Marathon, have more menstrual difficulties than the sub-elite group of women marathoners who ran in the Minnesota marathon. When you compare the training intensity and mileage in these two groups of women, there is no doubt that the Boston Marathon women follow a much more intense program, and subsequently develop more menstrual problems.

Hormonal changes do occur in endurance athletes. Various female hormones have been measured during exercise and most of them have shown an increase. Also the normal cycling of female hormones are changed to a more steady, constant blood level throughout the month, resulting in menstrual changes.

Another area which may influence menses is total percent body fat. It appears that a woman needs a critical level of body fat in order to menstruate regularly. Many studies have been done and show that once a woman enters a running program, percent body fat definitely drops. The data indicates that percent body fat is not totally responsible for the menstrual irregularities in endurance athletes. For example, ballet dancers may develop amenorrhea when they are in heavy training but not when they are in light or no training, even though their weight remains unchanged. This would indicate the importance of stress in inducing menstrual irregularities.

Emotional stress certainly can lead to secondary amenorrhea. A runner who runs eighty miles a week and has no other real stress in her life is less likely to develop menstrual irregularities than a woman who tries to fit in eighty miles a week, a full time job, and five children into her day. Stress, either physical or emotional, can interfere with menses. Another important factor in menstrual irregularities is that of nutrition.

Often in my office I see women who combine extreme diet with abundance of exercise, resulting in amenorrhea. These women are often very health conscious and feel they are doing what is best for themselves and their bodies. However, forty miles a week and a diet of lettuce and Tab is insufficient to meet the protein requirements that are needed for regular menstrual cycles. An extreme example of this is anorexia nervosa in which diet and exercise is carried to such an extreme that death may ensue.

In conclusion, no one cause can be found that results in menstrual irregularity in the athlete. A woman has to be viewed in terms of her whole life style. Simply asking her to decrease her mileage may not only be insufficient treatment, but the wrong treatment. Since running may be very important to some women as a source of stress reduction, one may be actually increasing stress by asking them to reduce or stop their running. If a woman develops menstrual irregularities, it should not be dismissed as solely due to her running. There are other more serious problems that can develop menstrual irregularities such as a pituitary tumor or abnormalities of the lining of the uterus. At the present time, I would not call the changes that occur in an athlete's menstrual cycle a problem. Thus far, no evidence has indicated that menstrual changes have resulted in any kind of permanent damage. This will require further research. I would prefer to call the menstrual irregularities an affect of endurance activities. I would look for other causes of menstrual irregularity and treat the whole patient with consideration toward all facets of her life.

There is a great deal of research to be done regarding this problem. An institute called the Helpomene Institute located in Minnesota and run by Judy Lutter has begun to do rather extensive research. We need much more data and hopefully institutes such as this will be helpful in answering our questions. The name of the Institute is interesting since Helpomene apparently was the first woman marathoner and ran in the 1896 Olympics.

In the next issue we will discuss the effects of menses on the competitive performance of the athlete.

CLEM'S CORNER - will take on an additional look as you will find in this issue. In addition to listing race results which I receive from the membership, I will also attempt to report on outstanding performances, PR's, , personal improvements no matter the caliber of runner, unusual happenings and races in general as to how good or how bad they are organized. Any input you have along this line will be appreciated.

Look who is back on the road. BRUCE MACMAHON, and it looks like he hasn't lost much. He took a 3rd recently in a 5 miler in Concord N.H. turning 26:43. He claims with a little interval work and warmer weather (so he can shed the sweats) he may be able to compete with the team. I have no doubts. It seems every time I get together with JIM OKEEFE he has some great stories about "Goose" at Central Conn. He plans on his Conn. inaugural at Danielson.

WILLIMANTIC EASTER RACE APRIL 3, LEE JOHNSON pulled an iron man act. 5th in the 3 mile at Sub 15 and back with a 25th in the 5 mile. Whew.. Kevin Crowley was also there and ran his weight, 183rd. Carla Dossett got 3rd woman in the 5 and David Lane 3rd Jr. in the 3. Anyone been noticing George Potter sneaking in these 3 milers? Nailed a 2nd in the masters.

MYSTIC VILLAGE RUN APRIL 4 Fran Houle and Chet Creamer (Grandmasters) grabbed firsts in the 3 miler and Eric Ruselund (jr.) in the 5 to represent well the MOHEGAN STRIDERS. This race seems to get colder each year and now they've cut out the chowder. The time between the two races is much too long, the shirts haven't changed in 4 years and the posting is now limited to the 1st five in each division. Many bad moves !!

WATERFORD ROTAR. RACE APRIL 10 Nice course, nice day, nice race. Only 120 runners. I can't understand it. Great chowder, beer, soda, starts at Seaside (not Harkness Kevin) Chet Creamer and Don Werling ran 1-2 in the Grand Mastera again. Nice to have both as STRIDERS.

WATCH HILL CLAM DIGGER APRIL 18 Another good one- New scenic course starts at fire house, travels along Misquamicut Golf Course and down thru the shops and marina at Watch Hill. Westerly Track Club does a nice job with this one. Chowder is 1st class and the health food packs are a different prize. By the way, Dave Raunig won this one easy as he did in Mystic and I can't see him losing at this distance in this area. Awful tough! John Curran ran a solid 8th for the STRIDERS

OLD LYME Same day at Old Lyme in the 3 miler Bob Smith had a 20:11 for a 31st and Edyse Smith a 77th in 23:42.

#### BOSTON APRIL 19.

I'd like to start with a quote from our beloved Joan Hill. "You haven't run until you have done your marathon". As usual on Patriots Day, I got up at 5:30 am and went out for a nice easy 6 miler. After a shave, shower and breakfast I drove to Norwich where I met the boys and off to Boston we went. At 10:45 there I was basking in the sunlight with a Busch in one hand and a pocket full of peanuts preparing myself for another strenuous Red Sox game. After while my Casio beeps and I realize it's noon and their off at Hopkinton. My attention for the game dwindles and soon I'm outside on the street with the thousands anxiously waiting for the lead runners. As they pass and the many many others, I continually strain to recognize our own so as to

shout encouragement. Totally drained, I proceed to the nearest watering hole and discuss what I've seen over the last couple hours.

There was Joe Portelance running with no shoes, John Brown impersonating a reckless driver, Jacl Curran picking his quads up and putting them down by hand and so on. My admiration was with them but now I'M really tired. We weren't 10 minutes out of Boston before I was sleeping in the car. By nine I went right to bed to conclude my Patriots Day Marathon. And Joan, I don't know if I will ever run.....

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On May 2, at Norwich in the 4.5 mile Run for Hope it was a great day for the STRIDERS. We took the first 5 in a "home meet" with Billy Marshall, Tim Smith, Fran Houle, "CAS" and John Curran leading the way. Also first for the STRIDERS was Jan Palonen in the Juniors and Ron Lafleur in the Masters. In the 2 miler Kelly Houle (jr) and Pat Lathrop (open) took first place in their divisions. I can't recall so many STRIDERS 1st places in one race. Also Rich Podurgiel in the 4.5 was 14th in 29:24

On the same day Rose Buckingham 10K open and Chet Creamer (Grandmaster 3.2 mile) got 1sts at the holiday run Bob Smith 21:18 and Edyse Smith 24.44 in the 3.2

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Danielson May 15 Other than the time of day and the slow posting results, I received nothing but good results on this race. I'ts popularity is hard to figure. 800 Plus runners. I have to believe it is the dollar entry fee, and if so, let's have more of these. Strider 1st place finishers in their divisions were Bill Marshall (2nd overall Bill Murphy (welcome aboard) Carla Dossett and Jan Palonen. Hal Bennett flexed his muscles in his new masters division with a nifty 2nd but I have to give Lee Johnson the outstanding performance award. He told me he was shooting for a sub 27 and he got it. 21st place in 26:52. You are getting into some pretty fast company lee. Rich Podurgiel 126th in 32:07

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3.5 RUN HERS RALLY May 19 Edyse Smith was 12th out of 48 in time of 27:50. Pat Rice and Joanne Hutchinson also looked good.

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Groton Expo May 23 Tim Smith led the STRIDERS with a 2nd place finish. Last year's 1st place women's finisher, Mary Bridge grabbed 1st place in the Junior Division but gave way to Carla Dossett for the overall woman's title. Carla was super in her first sub 30. She continues to improve in her running and the way she addresses the news media. The starting time of this race is awfully early (8:30) the splits were more than questionable but the course is nice and flat (Ilove it) Now, if you like to party this has got to be the buy of the year. For \$6 you get a T-shirt and drinks (beer and soda) after the race. Then at noon it'd down to the "Bootlegger" for free beer and hor d'oeuvres til?? (I left at 2:00)

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DON'T FORGET If you aren't running the Rose Arts Race, then help work at it. This is a STRIDER event. Also you can continue to buy The Reebok shoes from Tim Smith. Also taking nominations for the leg and foot contests for picnic. GOOD LUCK TO ALL IN ROSE ARTS

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 Typed a error in Jim Rowan's article. Should have read " the following NOT want to boast, ect" SORRY JIM, WE LOVE YA.

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 We have been likened to the Gypsy moths. They say that " we're all over the place. Every place you go you see STRIDERS. MIKE & GEORGE starting canoe season, Hi Bob Pietras, Lee. BOB CARBRAY doing 45+

mohegan striders

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