

PRESIDENT- KEVIN CROWLEY  
 VICE-PRESIDENT- ROBERT MILES

SECRETARY- ROBERT CARBRAY  
 TREASURER- TIMOTHY SMITH

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 Well the Gypsy Moths are all gone but we are still here all 319 of us STRIDERS. We have nifty new uniforms and we will soon have a big brown and gold banner which we will display at all races so that all the STRIDERS may gather for talk. We have our 10th anniversary patches all printed, and we have several new members that would be the envy of any running club. Things are looking up.  
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CLUB PICNIC- FAMILY DAY- MORGAN PARK PAVILLION - SUNDAY AUGUST 15th  
 10A.M. Till; ; ; ; We will have a baseball game, possibly a race, we have the cutast leg and ugly foot contests. The club will supply the beer and soda so bring your own eats and sports equipment and your whole family. We hope to have honorary member Chief Tantaquidgeon drop by and perhaps share some of his Indian Culture.  
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ADULT PARTY NIGHT AUGUST 28th at TUCKERBUNG CLUB in gales Ferry near Poquetanuch Cove. B.Y.O.B. and nibbles ( goodies) We expect to have music possibly a band. If we need to charge admission you can be sure it will be nominal. Contact Billy Marshall for additional info. 8P.M.  
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REEBOK SHOE OFFER Reebok has withdrawn their 1st offer and will very shortly be offering out top 5 men runners and top 3 females the opportunity of running in their shoes. They will also give the club 12 certificates to raffle off among the rest of the members so that EVERYONE will have a shot at a pair of shoes. details later.  
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KELLY'S PACE announces a 10% discount to all STRIDERS . Jessie, Diane Candy and Janet on hand to help you. They carry all running shoes and recently stocked New Balance. They have a terrific selection of colorfull running clothes and Casio and Innovative watches.  
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BOMBAY BIKE SHOP offering a 25% discount on Reebok shoes and BR running clothes. They are located on the Rose Arts race route.  
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STRIDER UNIFORMS Tim Smith keeps on ordering them and they go as fast as hot cakes. Jon Kornacki still has the Brown and the grey T-shirts that he designed. Tim also has some of the old uniforms that are very good quality clothing for training, or racing. See these guys at the races.  
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STRIDER BAGS Brown and white with white lettering. . M&L sporting goods. These should be in any day now.  
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ROSE ARTS RACE just a memory now. Bob Miles thanks everyone who hepled at the race, the sponserers, people along the route giving out water, traffic controll, medical assistance, the tent, all the club members who worked so hard all day. To name a few would surely leave out some who worked. The committee has already met and next years race will be better planned and even more successful.  
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DEVELOPMENTAL AGE GROUP TRACK MEET ON JULY 26th at FOUNTAIN FIELD was a sucess. those who attended were put thru their paces. All got ribbons and the STRIDERS turned out in numbers to help time the events  
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SUB MASTER-MASTERS RUN 1 hr. run at Montville sometime in early September More details later. Lets support these runs, EVERYONE.

RUNNING IN THE HEAT BY JIM WATSON M.D.

"Running in the heat is like getting beat with a stick" Tom Osler. Heat Injuries are generally divided into three categories: heat cramps, heat exhaustion and heat stroke. Rarely does an individual present with a pure category, rather the patient presents with a mixed picture.

Heat cramps are due to excessive salt loss secondary to large sweat volume and results in severe cramping of muscles of the abdomen and extremities. Treatment is replacement of salt either intravenously or orally. Heat exhaustion is caused by excessive fluid loss thru a combination of sweating and inadequate replacement. The symptoms include light-headedness, nausea and vomiting, severe headache and rapid heart rate. Treatment is rest and fluid replacement either intravenously or orally depending on the patients condition. Heat stroke is the development of a high fever and is a medical emergency. Death can insue. The central nervous system is very vulnerable to heat and many symptoms such as combativeness, hallucinations, seizures or coma may occur ! The treatment is aggressive lowering of the body temperature by stopping the runner ( he may not stop himself until collapse) moving to a cool area, removing clothes and applying ice packs to axilla and groin. In the emergency room more aggressive measures may be taken such as a cooling blanket and ice water lavage of the stomach.

Heat injuries ARE PREVENTABLE. Based on my experience as a runner and a physician I would like to share a few prevention "gems". Heat preparation begins before the race. Most critical is adequate training. The milage for a month or so before the race should be three or four times the distance per week. In other words for a 10 mile race one should have a base of 30-40 miles per week minimum. There should be one quality workout per week which gets the heart rate up to 220 minus ones age. In other words a 40 year old runner should have intervals or repeat hills in which the heart rate goes to 180. These sessions train the heart to eject more blood with each stroke. In the heat more blood is needed to go to the skin to help cool the body. Several weeks of heat acclimation is needed . This is best done by gradually building up heat exposure to at least equal the expected time for the race. For example, I like to build up gradually to a three hour run prior to a marathen. The process of acclimation strengthens sweat glands, eidsens and increases total volume of blood for better cooling.

I find thathydration combined with rest a few days before a race helps considerably. I drink enough fluid to have three or four large clear urinations per day and run only 50% of my normal daily milage. The thirst mechanism is not very reliable in humans so that voluminous, clear urinations are a better guide to hydration. In addition, don't hydrate with beer or coffee since both have a diuretic effect and result in less than optimal hydration.

If race conditions are hot, I drink 10 or 12 ounces of water about 15 minutes before the race. During the race, I take 10-12 ounces every 10-15 minutes. I drink only water because it sets best with my stomach and there is scientific evidence that it is absorbed better than prepared solutions like Gatorage. From my experience if I drink more than an ounce a minute I will develop stomach cramps. This has scientific evidence behind it because the stomach can only absorb about an ounce per minute during race conditions.

Other gems that I find helpful in combating heat are to run in the shade where available, to carry ice or a soaked sponge for use on the forehead and chest and to wear a terry cloth hat soaked in cold water. I feel that in the heat it is best to forget about setting a PR and

instead run for place and not for time. This will set a proper psychological framework for avoiding heat injury. (PAGE 3)

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PEOPLE ON THE MOVE (gossip the dirt) Joan Hill 181 Park Ave. ext. A big thank you to member CHARLIE EWERS. He was responsible for the design of our new club uniforms. Skinney JOE LONADELLI is a familiar face each week at the rec runs where he directs traffic with his little stop sign. Member DEAN FESTA who manages Tara Music was a fast sprinter while at St. Bernards. He sponsors a pretty group of ladies on a baseball team. CHRIS HANSEN now a senior at St. Bernards and one of their ace runners has a snazzy Orange sports car he zips around in. EMILY RAWN made her debut at the Rose Arts race. She will soon be a year old. Dad KEN running the rec races in his Maroon top and shorts. Did you hear the one about BILLY MARSHALL burning up his exercise bike while DENISE was out?? She came home to find a smoke filled house and old Billy still peddling away like mad while the bike burned up. Now we knew he was fast but that's stretching it some. MIKE SMITH has the record for running a race every day. One week he ran all seven days. He is really burning off the minutes for his own PR. Our own JOE BANAS went to Palo Alto, California on July 24-25 to compete with many top runners employed by A.T.T., SNET co., Pacific Bell, and others. We do hope to report of his success. A big welcome back to sensational fast runner WAYNE JACOBS. This guy hasn't been in a race in over 2 years so he comes out of retirement and takes a fast second at the leyard relay race. This guy can fly. It's either feast or famine. We have so many fast guys running for us that it will soon take a computer to decide our top 10 fastest. Another guy who has already showed his stuff is new member JIM CROWLEY from Westerly R.I. Jim who placed 13th in the Rose Arts race out of a field of over 700 joined our club recently and within 24 hrs. had the whole town of Norwich buzzing like mad. We never dreamed that Jim would join our club. He is no stranger to Conn. He is coach for the Stonington High track team and we had the pleasure of meeting him this spring at area track meets. He had a fine looking bunch of runners. We will have more about Jim in future issue. BOB CARBRAY is finally earning a living from manual labor. He is thin these days due to hard work, no beer, two runs a day and sheer exhaustion. Cannot forget FRAN HOULE. He has become one of the top 5 runners in the club. He is literally burning up the pavement. Fran is 18 and a UCONN student. He most recently won the Brooklyn Music and Beer 10K race. We will have more on this guy too. JULIO MURILLO snapped up not one 3rd but two recently. Julio is so CUTE. He had better bring DEBBIE to the picnic and party. By the way dummie forget to say the party on the 28th will start at 8pm. Who knows when it will end. Our 300th member is a new member. He is CHRIS RYLEY and he will be a sophomore at Montville High. Chris is on the cross country and has been doing real well at the Montville rec runs this summer. Who is that cute blonde you were with? Was it Tammie? Glory be we finally got Dr. Pepper in the club. It has taken two years. We cut off the free newsletters. More on him in later issue. KEVIN CEDIO took the plunge and got himself married. The new pretty Mrs. is PAT. Best wishes from all the STRIDERS. Hal BENNETT shaved off his beard and he runs FASTER. How can we get CURRAN and McCLUSKY to do same. They are the smith bros. GEORGE POTTER ran Mt. Washington and KEN says your head is still in the clouds. Speaking of KEN MURKETT he ran at Enfield on July 4th and won in the Masters division in 10K at 39:05. Are you really 42?? In the Prov. to Boston our guys had almost as much fun after the race than running it. They were having a party outside the Sheraton and it was short-lived due to appearance of the Monsieur. Then in Boston this wine drinking person wanted money for booze and refused BEER.

NORWICH ROSE ARTS RACE JUNE 20 Great day for a change. Low humidity. Nice Breeze. Plenty of H2O) Sponges great at finish and a super good crowd at Tim's after for plenty of sun, suds and, of course Way Hedding's favorite "tea". Striders were led by Billy Marshall, 7th, Tim Smith, 10th, and Joe Banas, 18th, OOPS, forget our new addition Jim crowley who was 13th. What a plus.. Welcome aboard Jim. My two candidates for outstanding performance are John Courtney and John Ficarra who both improved 5 min.47 sec. over last year. Carla Doss-ett led the girls with a 17 min.41 sec. improvement and lee Peret led the old timers with an 8 min.17 sec. imporvement. Between the weather and everyone pumped up there were many PR'S. The field was also much faster as a whole which is probably due to the publicity for the TRIPLE CROWN. Check these stats: Bob Miles 87th last year improved 3 min 15 sec. and finished 87th this year. Jan Palonen with a PR by 3 min.23 sec. falling back 33 places. Quality sure has im- proved!! Special Congratulations go to St. Bernards C.C, coach Doug Sharples. He was the only STRIDER/EX-JOCK/COACH to have completed the course in 82. Other coaches were in attendance but did not participate. Wouldn't it be nice to have Gene McGrath and Kevin Crowley make a run at Doug next year. Key needs a little more road work and a little less muscle therpy and Gene needs a good pair of roller skates.

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 Not much 1st. hand info lately due to yours truly going into hiding after Rose Arts til August. Takes me that long to recover/ Spending July running in R.I. where I found John Curran body surfing at Watch Hill. Cos regrouping his body and mind on lonely stretches of Misquamicut following hot 24 mile run from Norwich. Had a nice chat in front of the Adrca with Billy Krohn accompanied by a fit looking John Pirie. A delight to rap with.

SOME ODDS AND ENDS

Tim Smith 2nd, Joe Banas 3rd, John Brown 5th, Carla Dosssett 1st, Jan Palonen 1st jr. all at Canterbury. Super job by both teams in the 1st. annual Independance Prov. to Boston relay. "A" team was 4th & "B" team was 13th out of 80 teams. Fran Houle Grabbed 1st at the Brooklyn Fair 10K and has been looking better and better. Mother and daughter Geraldine and Janice Palonen both took 1st's at St. Joe's Spring Fling in Bellinzham, Mass. Bob Smith at Greten 5.2 35:56 and a respectable 77:56 at Rose Arts. How many firsts has Carla Dosssett this year?? How many seconds has Tim Smith?? Matt Bedri looking good t. these days with a cast on his arm. Something about 2 miles into his first ride on his new 10 speed?? Stick to your running Matt, it's a lot safer.

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PROFILE ON PEOPLE By JH

CLEM MC GRATH was born in Norwich way back in 1939. He is one of 15 children. He graduated from NFA in Norwich and while there had a very impressive running record. in 1956 he had the distinction of WINNING the Cross Country State Open Championship race. Then in 1957 he went on and WON the 1 mile Track Open Championship Race. He went to UCONN for a year on a scholarship and while there had the 3 mile Cross Country Freshman record. Then he went to Eastern for a year and retired from running and took up Jr. Basketball. After college Clem went to work at E.B. where he is presently a Design Supervisor. Clem says that for 15 years he "drank beer, smoked cigs and watched football on T.V. and got close to 200 lbs. and had a

Was nice to see CHRIS PORTELANCE so vocal at our last meeting. We do like to see members involved. Chris is also a good swimmer. Many of our members were in the recent Ledyard Relays. To name a few would leave out someone. Some ran, other canceled, others biked and still others swam. 11 STRIDERS were on the top 20 teams. The FREE'S are winning out in California. MARY got herself a win in 5,000 in 26:38 in 50-59 div. and a 2nd in 3 miler in 26:24. Husband LOU SR. getting a fast 4th 21:44 5,000(while LOUIE an 8th overall 34:07. In 10k race) LOU SR. picked up a 46:03 while LOUIE a 34:18 for 20th overall, also in 10K. Glad to hear LOUIE is back running after two years of very serious injuries. We shamed BOB BABBITT and DOUG SHARPLES into re-joining the club at Tim's.

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CLEM'S CORNER CLEM MC GRATH 5 JAFFE TERR. COLCHESTER 06415  
RACE RESULTS  
SOME ODDS AND ENDS

Sub Base May 31st Charlie Ewers- 1st cililian and 1st Men's Sr. (6th overall) and Julio Murillo (8th) led the few STRIDERS who did not go to Woodstock.

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WOODSTOCK MAY 31 The STRIDERS seem to have adopted this race on Memorial Day as evidenced by the following results compliments of Lee Johnson who won the Sr. division. Other winners were Carla Dossett in intermediate division and Jan Palonen in jr. division.  
 4th Joe Bamas 34:08, Lee Johnson 5th at 35:11, 14th Kevin Buckley 35:11, 15th John Brown 35:25, 18th Cas Grygorcewicz 35:53, 21st John Curran 36:08, 26th Jeff Mc Clusky 36:45, 28th Dave Lathrop 36:48, 30th Jan Slonski 37:07, 42nd Mark Biase 38:02, 44th Carla Dossett 38:34, 56th Dean Festa 39:01, 57th George Potter 39:24, 59th Jack Curran 39:40, 78th Janice Palonen 41:25, 86th Jim Docker 42:14, 134th Pat Lathrop 46:01, 136th Geraldine Palonen 46:09, 148th Mary Jane Biase 47:14, 179th Ben Hull 52:27

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WATERTOWN JUNE 5th Joe Banas (3rd) Tim Murphy (5th) and Kevin Buskley (7th) combined for 15 pts. to take home the team trophy for the MOHEGAN STRIDERS. Good job guys.

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EAST HADDAM JUNE 5 Rain , rain and more rain this weekend. 160 nit-wits uncluding yours truly (me Clem) up and off in the rain, wind, mud and general flooding, around Moodus resevoir. To register one had to wade ankle deep in water and wait for 30 minutes just to get your number. If you weren't pre-registered it seemed quicker. Anyway you were drenched before you even stretched. The wind was driving the rain so hard over the causeway in the last 400 yds. that there were whitecaps on the water and you just concentrated on not getting blown in. Too wet to hang around for refreshments/awards so all in all a rough 1st. yr for the local Lions. Course is probably nice, but will have to wait till next year to see it. By Sunday the bridge was washed out and the causeway flooded over.

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NEXT DAY IN GALES FERRY the boys were all at th starting line for the Fr. Casey Race when the Governor closed the State roads due to flooding causing a postponement till following week, Fran Houle and Tim Smith followed Jim Uhrig over the finish to lead the STRIDERS in that one. By Monday, guys were scrambling for dry shoes for our annual Rose Arts course tune up run.

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36 inch waist. One would never know it today looking at our "Bronzed SUN GOD". He got back into the running scene about 8 years ago and runs an average of 30-35 miles a week. Clem is always up there with the fast guys and his witty ways makes him one of the most popular members of our club. His wife Leslie and he are proud parents of 5 sons. (thank goodness they didn't have 15, we'd never be able to list em all) Chris 21, lives in Colorado, Randy 20, and Perry 18, live in Vermont and the two youngest McGraths, Jasnn 8, and Jeffrey 6, are at home with mom and dad. Both run pretty fast by the way. Clem's best time so far this year was of course his latest finish at the Rose Arts race in 66:19. That Ain't bad for such an old man. We have been trying to talk Clem into running the East Lyme marathon for some time but Clem says no way. He has picked up his milage somewhat when he runs from his home in Colchester to his in-laws home in Norwich we believe. So he had to have run 14 or so. As everyone knows Clem is responsible for some fine race results and comments and also some slurs (only kidding they are always kind ones) We don't know what we would do if we didn't have his expert help. Clem also has a famous brother Gene who is coach at NFA for cross country. Glad we have all those MC Grath's all over the place. And Clem, you will do your MARATHON.

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ROGER ZOTTI, 44, is the last member listed on our card file. We feel that being last is not least. Roger and family have lived in Preston for 12 years. Wife Mary Ann does not run but she supports her husband whole-heartedly. They have a daughter at St. Bernards and a son in college. Roger taught school at Kelly Jr. High and for the past 7 years has promoted the High School Equivalency program at the Montville Correctional System. The only thing they do not stress at the center is running. Roger is no stranger to the running scene. He has completed 4 marathons to date, 2 East Lyme's, a Mass. and a L.I. marathon. He is an avid swimmer and when running can be found with other STRIDERS John Reed and Everett Fortin. Roger also had a hand in helping David Lane, a youngster start running. Although we didn't speak to Roger, his gracious wife told us that he received his bachelors degree from Conn. State College and his Masters from Wesleyan with a major in English and the Humanities. While we haven't met Roger or his family yet we are hoping that all will attend the picnic this year. Roger will also be promoting the Preston Road Race on August 21st. The race will be run on the rolling hills of Preston. See you at the races Roger.

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OUR HIGH SCHOOL STANDOUTS The past outdoor season ended on June 12th and many of our STRIDERS has accomplishments which the rest of the membership should know of. Shawn Bennett had an outstanding end. He won the race in the 5,000 meter run at the Hartford Public Inv. then went on for a 2nd place finish in the class M., and last he garnered a very fast 3rd in the State Open. Eric Roselind teammate of Shawn also showed his stuff at the Class M. The girls seem to have taken everything this year. Kathy Hawkes won in the 1,500 in the race at Class M., unseeded. Kim Hawkes won the 1,500 in Class M, Mary Bridge raced to a super fast 2nd place finish in the 3,000 in Class M., while Chris Hennessey got her 4th also in the 3,000. Meanwhile Betty Kolodziej excelled in the unseeded 3,000 heat. If you think this is good wait till you see those kids run in the fall in Cross Country. Track was just play. We expect at least one State open WIN this year, maybe two. We will have Janice Palonen running for NFA and will have super fast Chris Hansen for St. Bernards. Chris by

the way also runs super fast. He had fine finishes in track this year only we were unable to contact him prior to this writing. We are sorry to report that Michelle Carbray will be sidelined from racing for awhile, but we know that one of these days she will be out there again. She is a really sweet girl who has had a rough time with her knees.

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Here and there by Joan Hill

PREDICTIONS FOR ROSE ARTS weren't far off. Marshall and Smith did it. As did Hal Bennett. Carla Dossett won in her age. Janice Palonen did beat out Mary Bridge, and not sure about our Master man. The Lady Masters didn't finish as I predicted, but Shawn Bennett picked up the Jr. man. No prediction for the KELLY RACE. I somehow want to go with Julio Murielle as our top STRIDER pick because it is his home turf. Some of our top runners do not like running over a 10K race so some won't be into the TRIPLE CROWN running. I do know that Carla will bring it in for the women. Hal Bennett didn't shave the beard off for nuthing. He's going light as possible.

KEVIN CROWLEY finally raced. Handsome Paul Hill dragged him down to Waterford to run in the 3 mile Waterford Press Co. Race. KEVIE and his two other buddies ran for the Norwich Bulletin under assumed titles, and K. ran the race in an incredible time of 20:43. Now you people stop picking on him, he can run. RON GANONG recently graduated from E.B.'s apprentice program where he received his certificate in Pipefitting, after a two year program. We are hoping to see RON and DEBBIE at the picnic with some of Ron's famous watermelon. Boy, you never tasted watermelon. ART PROVOST, 42, is retiring from the Navy this year after career. He was formally a police officer in Vermont. He runs about 35 miles a week. Welcome back to KENT COLGAN brother of TOM BAKER, who is graduated from college and all set to start a new career. Kent never ran until last year and now runs with the pack and can hold his own. New member FRANK WILCOCK was heard telling another member that some reasons for joining our club were that we make people feel equal, we are friendly and we aren't just a club dedicated to just a few. Couldn't have said it better myself. Might add that although FRANK is a relatively new member he pitched right in and helped score a rec run last week. Congratulations to our running Dr. JIM WATSON. He gave up his practice and now is with the emergency room at Backus Hosp/ Jim has three lovely daughters.

Lock in the next issue for profiles on our 4 blue knights. we have all three now. The ugly feet contest is up to high pitch. Only I know who exactly was nominated. For the ugly feet catatary Shawn B. has to be added. Monique isn't the only dog we have. Yogi Babas and Mr. Raymond Poch have joined the ranks. Guess which is the runner? MARGRET COOKE got a 1st. at Hersey State Track Meet with 2:54 and locally a 1st at Groton Rec. race in 2:49. PAT LATHROP and other lady STRIDERS interested in self defense class. Looking for someone to help us on this one. The Mystic River Moon Runners have nothing on us. 3 guys from T&R came down Ft. Shantok and beat us all soundly. Club considering forming at least one team for Cape Cod relay race in October. If You're interested YELL. Now please excuse this messy newsletter as the brain has had too much sun and is a little fizzled. Had more but no room. Ex-member George Maine turned 50 and is he happy. Don't forget the race in Baltic on AUGUST 14th 10K, 10:30. This is a STRIDER RACE. Plans have been made many moons ago and should be a blast. Lee Johnson is charge. Need we say more?? Good luck to all in Kelly. Next letter about Mid- September.

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