

THE ARROWHEAD

SEPTEMBER 1982

MEMBERSHIP 351

PRESIDENT- KEVIN CROWLEY  
VICE-PRESIDENT ROBERT MILES

SECRETARY - ROBERT CARBRAY  
TREASURER - TIMOTHY SMITH

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Summer is nearly over, but what a summer it was!! We are a running club 351 strong and new members still signing up daily. The summer fun runs at Fort Shantok and at Norwich Rec. were very well attended and many new records were made. Kevin did his usual good job at Ft. Shantok and all the STRIDERS pitched in and helped JACK CURRAN make the Norwich runs what they were. We had a huge field of kiddies this year and that is good to see. They are the future runners of tomorrow. Think about it. How many of you ran in grade school??

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CLUB BANNER A big thank you to the CURRAN'S for our new BROWN and GOLD MOHEGAN STRIDERS banner. We understand that Jack designed it and his very talented wife ELAINE put it all together herself. Took many long hrs. of work and we appreciate it muchly.. Look for it at all the races especially at the EAST LYME MARATHON. Let's make it our gathering place, both for STRIDERS and would be members.

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CLUB UNIFORMS Are selling like hotcakes. Tim keeps on ordering them and then sells right out. A huge thank you has to go to TIM SMITH and his wife TERRY SMITH for all the hard work that they have done keeping track of the sizes and making sure that everyone is happy with the fit. This is a very time-consuming job they are doing.

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STRIDER PHOTO SCRAPBOOK Joan Hill has started a photo scrapbook and hopes that anyone with photos will donate them to be kept in the album. We also hope to take a picture of every STRIDER in East Lyme Marathon and one day have a picture of EVERY STRIDER. If you have pictures of any of us running share them.

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MOHEGAN STRIDER PICNIC If you went to the picnic you had to have had a good time. If you didn't go then we must tell you that you missed one of the nicest picnics ever. The weather was super, the people were the greatest and we had more fun than we had ever hoped. The cutest leg and ugly foot contests were hysterical. We had 25 MEN fighting to be in it. Mrs. Morrison, (yes Mrs. Morrison), assisted by Sheila Carbray, marked each contestant with indelable ink on the leg. Each contestant was then judged by a panel of 7 ladies in the club. Some were eliminated and the semi-finalists were then judged. The overall#1 winner was MIKE MARTINELLI. Mike is a new member. He is a graduate student at Wesleyan College and his roommate is none other than Jon Kornacki. Mike was very humble till he won the contest and you should see him now. The loser of the leg contest was Joe Lonardelli but he didn't mind a bit. As for the ugly foot contest there was no doubt that Bob Dempsy has the worst feet anyone has ever seen. The runner up had to wear cement shoes to compete. Wearing the 45lb. (each too) was none other than "Iron" Mike Hutchinson. Words cannot tell you the fun we had with the contests. Next year we will have even more surprizes.

A big thank you goes to all those who helped make the picnic the huge success it was. The Marshalls, Kevin Crowley, Special thanks to our "music man" Dean Festa, Bob Carbray who handed out the STRIDER 10th ANNIVERSARY PATCHES to all in attendance, and to everyone who came to the picnic with their families.

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Big Thanks to KEVIE, BOB and Tiffany again, from AUNTIE JOAN

MOHEGAN STRIDER YEARLY MEETING please keep this date open. This is our annual meeting. We will be voting on many things which pertain to the club. There will be OFFICER ELECTIONS, new business and we will discuss many things. Due to the sharp increase in membership we were forced to move our meeting to the cafeteria at NFA. The meeting will take place on FRIDAY NOVEMBER 5, 1982 at 7PM SHARP. The cafeteria is in the main building so if you park near the track you will be right there. FLASH There will be a raffle of 4 pair of REEBOK shoes to be given away. YOU MUST BE PRESENT IN ORDER TO GET THE SHOES. IF YOU ARE NOT THERE YOU CANNOT WIN. This will be the one and only time we will tell you about the meeting. No postcards will be sent out. We have to pay for this meeting place. Low on \$\$\$

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STRIDER celebrity JOE BANAS -BELL SYSTEMS- winning team Joe went off to Stanford University in Palo California on July 24-25 to run in the Corporate Cup Track & Field Championship Race sponsored by Runners World. Eight regional meets were held in June consisting of 200 teams. The top 8 teams from each region plus Runners World netted 65 teams for the championship. 1st was Bell Systems with 91 points, 2nd was Texas Instruments with 84 points and 3rd was General Electric with 77 points. (T.I. was defending champ)

Teams were fielded with men, women, masters, approx. 25-30 on each team. Saturday was the semi-final for open relay. 5 persons-legs of 3,2,1,1/2 miles. Joes team of Bell systems finished 15th as a team. Joe's time was 9:58 for 2 miles.

Sunday was the 10K final. Joe's team took 2nd overall in the 10K race good for 12 points. Their places were 3,6,45,80,101. Joe Banas had a time of 32:47 for the 45th spot. (Amby Burfoot for Runners W. was in 37th place at 32:30) 400 plus were in the 10K race with Ford winning 15 points. Congratulations to Joe on his fine run. Just think you were the 45th fastest runners out of a quality field of well over 400 of the toughest.

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Correspondence

Chief Tantaquidion We had invited him to join us at our club picnic. He wrote back and sent his regrets but wished us a great time at our celebration. We then wrote back to him telling him that we had saved him our first commemorative patch honoring our 10 years as a club. We recently had the pleasure of presenting the patch to him in person. The chief was very pleased and showed us where he keeps all his MOHEGAN STRIDER mementos. He has the first STRIDER running top displayed under glass along with many photos. Although the Chief does not run he has kept very good track of all of us. For those of you who have never had the pleasure of meeting Chief T. He is a direct decendent of the MOHEGAN Indian chief thru his father who was Chief of the MOHEGAN Indians. CHIEF TANTAQUIDION is one of our honorary members.

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CADET MICHELLE LAUZON

We received a very nice letter from Michelle telling us all about herself. She spent most of the summer aboard Coast Guard vessels. She plans on running on the CG cross country team and later indoor track. Michelle also plans on running outdoor track in the spring. We are very glad that she wrote and introduced herself to the rest of the STRIDERS. Michelle is our very first Cadet but we hope to have many more in the near future. We will follow her running you can be sure. The Coast Guard has some fine runners, and they used to be all men.

CLEN'S CORNER

RACE RESULTS

(page 3)

ST. MARY'S JULY 30 5.1 MILES - Wayne Jacob 2nd, Fran Houle 4th, Tim Smith 5th, led a STRIDER dominated race which had 8 in 1st ten. Wayne is another "gem" we have picked up recently. Jack Curran nailed a nice 2nd in the Masters (20th overall) and continues to get tougher.

The same night I was staying at the beach, so we took a ride down to Narragansett for the Blessing of the Fleet 10 miler. This is a nice flat race (point to point in lieu of a loop) which has some scenic miles along the ocean. It was well organized but the post race refreshments were skimpy. I'll be back though.

MT MISERY JULY 31 6.7 Miles - Tim Smith again the top STRIDER finishing 3rd with John Brown 5th. Chris Hansen, Carla Dossett, and Jan Palonen all won their divisions and the STRIDERS took the team title. I hated to miss this one as it ranks as a favorite of mine. It is my idea of what cross country should be.

MONTVILLE AUGUST 7 - Kelly Race kind of messed up things for this one but for those who opted to go short, this was the place. Fran Houle with another big win with Shawn Bennett, Lee Johnson and Eric Roselund finishing in the top ten.

KELLY RACE AUGUST 7 - 11.6 Miles - 2nd leg of triple crown - My first try at this race distance. Great day. No entry fee, plenty of parking, clouds, sponges and water. Comfortable course. A group of us were entertained for miles by the humor of miles (Bob that is) before he broke for the tape. Jack Curran got his revenge for Norwich and we seem to be catching Way Hedding later and later in these races lately. They tell me he is murder doing speedwork at Stonington High track on Thursday's. Plenty of beer and soda, quick postings and an overall nice facility made for a nice day for all. STRIDERS were led by Tim Smith 13th, Julio Murillo, 14th, Charlie Ewers 20th, John Brown 23rd, Jim Butler 26th, Hal Bennett, 31st (2nd Master), John Ficarra 33rd, John Curran, 41st and Jerry Lentz who out kicked me to secure any coaches award I might be offering. Ladies were led by Carla Dossett 5th woman and Jan Palonen 2nd Junior.

BALTIC 10K AUGUST 14 - Fran Houle again! Boy is he hot. Tim Smith 2nd, Julio Murillo 3rd, Chris Hansen 4th (1st high school) and Walt Smolenski 6th led the way. Jan Slonski (Master) Carla Dossett (woman), Jan Palonen (high school) and Geraldine Palonen (Sub Master) won their divisions and the STRIDERS conned the team title. Way Hedding showed a little muscle in this one and was that our Joan Hill grabbing 3rd in the Sub Masters? Joan races about as much as I marathon. A big thanks goes to Lee Johnson & Co. for a great job in this one. The major gripe I heard was you had to be a "billy goat" to run this course.

MOOSUP 10K AUGUST 15 - Tim Smith! But he just finished 2nd yesterday. So what! Great going Tim. Julio Murillo was 2nd. Carla Dossett was 1st woman, Jan Palonen 1st junior and Geraldine Palonen 1st master. Julio, Carla, Jan and Geraldine also raced the day before as did Jan Slonski and John Brown. These people just can't race enough!

PRESTON CITY 7.2M AUGUST 21 - 1st Tim Smith, 2nd Joe Banas, 4th John Ficarra, 2nd Master Jack Curran, 2nd Grandmaster Don Merlin. Good show by the STRIDERS. Same day in Clinton, Fran Houle finished 4th in a very fast 10K (32:08).

COLCHESTER 5M AUGUST 22 - Perfect weather sunny & cool - fast times - quick posting - plenty of beer & sandwiches compliments of the Hideaway Cafe. STRIDERS led by Fran Houle 2nd, Tim Smith 3rd, Julio Murillo 8th good for the team title. Chris Hennessey was 1st high school girl. A new addition to the STRIDERS, Walt Smolenski had a 10 min. PR here and finished 18th in 26:46. He missed out on the 1st Colchester finisher thanks to yours truly exposing him to his only competition. Walt was gracious in defeat and even invited me to a post race party at his house which was 1st class.

OLD SAYBROOK 10K SEPT.4. Beautifull day, flat course, (love it) and plenty of PR'S for 10K. The refreshments were poor as was the new posting system (no names or division) 309 started and I hope you did not get thirsty because H2O on the course was at a premium.

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LEDYARD 8.8 SEPT 11. tried a new wrinkle in this one. Watching instead of running. Quite a treat. Steve Flanagan gave us quite a show with his win here while visiting from Colorado. STRIDERS dominated with TIM SMITH 2nd, Joe Banas 3rd, Julio Murillo 5th, Charlie Ewers 7th, Walt Smolenski 8th, and Hal Bennett 9th. Jan Slonski in 11th place looked super and appears to be ready for a great East Lyme. Traffic controll down the home stretch in this race is horrible. If this race had a bigger field, there would be chaos.

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CLEM'S ODDS AND ENDS

Received a nice note on the job we're doing from Jerry Lentz. Jerry had a fine 67:52 at Norwich this year and has done 62:04 in past. Being a coach at Ledyard (Football and Basketball) he definitely qualifies for the "STRIDER/ex jock/ coach" title we discussed last issue. Our intent was to direct it at running coaches and see if we would get a rise from Kevin or Gene and at the same time acknowledge Doug's hard work. I completely forgot about Jerry (probably because he is usually running with the "big" boys) But I don't think I will again after what he did to me at the Kelly Race. Keep up the fine running Jerry.

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My "Iron Man" award this month goes to Tim Smith. Thursday August 12, Tim took 2nd behind Wayne Jacob in the Norwich Rec run. Back on Saturday for another 2nd in Baltic and then a 1st Sunday in Moodsup. Then he comes back the following week and does it again. 2nd in the Norwich race, 1st in Preston and a 3rd in Colchester. Also Fran Houle and Julio Murillo have been known to double and triple as well.

Who said racing once a week is too much. By the way, don't forget to add these three seconds to Tim's pile. Nice to have Joe Banas join us at Colchester race (rec) the other night. We don't get too many class runners up here, Bob Kahl finally broke loose and joined the club after threatening to for the last two years. Wayne Jacob has been tearing up Norwich rec runs on Thursday nights. Steady under 15 minutes.

Speaking of the Norwich rec run, Fran Houle went under 15 minutes on Championship night. Only third person to do it. Thanks goes to JACK CURRAN for co-ordinating these runs which are very popular. The picnic this year was super, terrific turnout. Eric Roselund had a fast 10K (35:05) in King's Road Race in Manchester N.H. Was good for 1st. in Junior division.

John Brown and John Ficarra looking pretty cute these days in their matching blue outfits while doing their weekly 24 miler from E.B. John Brown by the way, turned a few heads at the annual St. Bernards Alumni race, Sub 15. Hooray for Lew Venturi. Mugs instead of T-Shirts for his upcoming Christoforo Colombo Race. I don't know about you, but I have enough T-shirts. Also for you organizers to consider is painters or Bike hats which are nice. Then again, how about nothing and lower the race fee. Well, as expected Fran Houle is going to be a big factor in UCONN'S x-Country sucess. Opening 3 team meet Fran finished 5th (3rd for UCONN) 21 sec. behind their lead runner and only 1 second behind #2. UCONN won handily.

ADULT PARTY AT TUCKERBUNG CLUB about 70 members were in attendance and we all had a great time. Those who missed it missed a good time. A HUGE GREAT BIG THANK YOU to MIKE HUTCHINSON for getting us the hall for free. The winners of REEBOK shoes are Harvey Alpert, Roger Zotti, Peter Manguse and Geraldine Palonen. Also not forgetting our famous MUSIC MAN. None other than DEAN FESTA provided the music for both the picnic and the party. Dean brought his lovely fiance (blonde) Bethany.

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SUMMER REC RUNS were a big success thanks to the hard work of many. Big hand for Jack Curran who organized the Norwich rec runs. Also thanks to all who helped score, traffic countroll, ect. Thanks to many of the wives just for being there. The Ft. Shantok races were a huge success. Special category especially for our running State troopers who have become very popular among us runners. What we actually do is kid the heck out of them, and they run like heck for us.

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DR. JIM WATSON will be at the Runners clinic the night before the East Lyme Marathon along with many members of the medical and running field. He will be discussing Menstrual disfunction in the female athlete. His last part on same will be in the next bulletin.

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SPECIAL ON JAN SLONSKI it was brought to our attention by more than several people that Jan did not win the cutast leg contest. Even the guys thought he would win. Well, the judges have decided to award him a certificate for "his perfect body- head to toe" How's that JAN???

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PEOPLE ON THE MOVE the dirt, gossip, low-down on you and your best running buddies. By Joan Hill 848-0346

First of all wanted to get this newsletter out before East Lyme but with the post office's such wonderful service you may get this near Halloween. Speaking of Halloween. Have in the works a Halloween Party. If all goes well it will be at a hall. All will have to be in full costume, (not just a mask please) and we will be selling tickets at a very low price. This will be the best bash yet this year. Hope to have it finalized by end of September.

Speedy JIM CROWLEY was sidelined with a nagging knee injury. That's why we haven't seen him racing lately. As of this writing we hope he is all healed and running fast again. Jim ran in Manchester 4.76 miles in 23:50 for a 21st place finish out of a field of 5,000. we will have a profile on Jim later this year. ROBERT CONCASCIA and his wife MARIANNE have recently joined. ROBERT has run for about a year now and his Mrs. just getting into the sport. GARY BAILLARGEON is another new member. Looking forward to seeing CHRIS PORTELANCE at the fall meeting. EVERETTE FORTIN must be related to the Fortins of restaurant fame. We used to work at Fortin's restaurant in 1959. BOB PIETRAS and LEE PERET both did very well at the New Haven 20K race recently. LEE in 83:50 and BOB 85:02. LEE is training hard for E.L. Clarification: JOE LONARDELLI won the worse legs contest no matter what he told you at the Beverly Tea Room. (joe is so cute) Had a nice run with KEN MURKETT recently. He is training for the Big apple. Back from 2 weeks to World's fair and Hershey country with the wife and kiddies. TED MONTGOMERY of Eldridge Hardware fame, one of the stars of the Elks over 30 team has joined up. He improved over 2 minutes on summer rec course. Wonder how JOHN BROWN will run at East Lyme. HARRY OGULNICK our over 70 runner has done a bang up

job second year in a row in the Downtown Merchants race. Harry may be our oldest running STRIDER. Anyone older?? JOHN MARTIN another grand master runner is not running as many miles these days. He is bothered by leg problems again. STEVE FLANAGAN who won the Tom Hewes race in Ledyard is a former STRIDER. His lovely wife won in the womens division. Both now live in Colorado. We are sending a ARROWHEAD out to them in hopes they may want to keep in touch. EVER SEE ANYONE run a 5,000 meter race with a hanover?? Guess who???

AL MORRISON not only known for announcing of races but getting to be well known in arm wrestling circles. He promised not to wash off my last kiss from his face for two days. JOHN CURRAN has given up wrestling and now down to serious running. He looks mean and training very hard for EL. JOE BANANAS BANAS (he will get me for this) has been giving us trouble at area races. Friendly fighting only though. He wouldn't let me help him pick out his prize at Ledyard. RICHARD COOK begged me to include that he finished up in 61st place in the Tom Hewes race. In leau of any other gossip about him will include it. Finally met the renowned AL WILLIAMS of Ledyard fame. He has been the race director there for the past 12 years. Really nice guy. He said he will not direct the race next year but will run himself. WALT "baby love" SMOLENSKI is getting to be quite a runner these days. He doesn't play volley ball too well from the ground but he is knocking off 5-10 minutes each race he does over the previous one. Watch out for this guy. And check out KEN "ERIC" PETERS MOHEHAN STRIDER back crawl. No it isn't someone from outer space. It is only WAY HEDDING in his vest and "antenna". We have three wound-up coaches in the area. None other than CROWLEY MCGRATH and SHARPLES (in a-z order) These three have the hottest bunch of cross country runners anywhere. And quite a few of them are STRIDERS too. Predict a fantastic year. Maybe even a win in the State open. Remember I said it. ART PROVIST has a lovely wife he is hiding from all of the rest of us members. We tried talking her into running. Got CHARLIE TROTTERS very pretty wife running. Judy you'd better keep running. JIM HILL finally let loose after the Ledyard race. He trained in PURPLE shorts. Guess who he's married to?? The purple nut. We all are getting older. But not ELLEN LA LANG. That pretty miss recently ran in the 18-25 age group. We haven't seen that in years. We had the pleasure of meeting with her mom and dad, SUMNER LANG and MRS. LANG. SUMNER recently had his 63rd birthday celebration. Also JIM ROWAN has turned 64 the same day as Kelly race. We looked for you JIM LEE JOHNSON /wife/crew put on a nice race up in Baltic. Good prizes, food, race. But like Clem said you needed to be a billy goat to run it. And that was my FIRST race all year???

CAS was gracious enough to sit down after the race so we could talk face to face, without a stiff neck. BOB DEMPSKY took exception that we spelled his name wrong so we promised never to spell it again. He won the UGLY foot contest at the picnic hands down. BOB did you know you had your shorts on backwards at the Baltic race? The pocket was supposed to be in the back. JUDIE POPROSKY said we singled her out as a MRS. when we never have referred to any other lady as such. So even though she is married and MOM to 11 year ols Darryl we can't call her Mrs. anymore. She is MS. Call her JUD IE and watch her smile. Tree of the Bennetts picked 3 trophies at the Harvest Race while HAL was busy picking up his prize at the Kelly race. He got 2nd place in the masters. The racing DON AND RON from Ledyard fame are packing in the milage these days. DON training for EL but not sure about RON. HAROLD BROOKS really good in Harvest race and again at Baltic. He is presently enrolled in college and hoping for a new career. Look for CARLA DOSSETT in her nifty new Lavender running suit. She won it at Baltic. ROSE BUCKINGHAM looking her usual good, at races.

FLO & JOHN HUNINGTON were a welcomed sight this summer at rec runs, STRIDER picnic and STRIDER party. FLO was one of the 7 judges of the legs contest. Really super couple who will always stay young. EDYSE SMITH was at Montville 5,000 meter run. JACK KRESSLEY famous Lisbon runner another of those training for those untra-marathons. Most of us can't get thru the marathons. BILL HALLECK from Groton was a very familar face around racing this summer. JACK CURRAN this is your last chance at breaking 3:00. I predict you will easily. The frisbee winners at the picnic were SHAWN BENNETT and JULIE SMART. Sorry "H"PAUL but you are no longer the frisbee champ. But you are still by far our handsomest. (If he tells you Joan Hill is his aunt don't believe him) CLEM MCGRATH has "almost decided to run E.L. next year. Haven't you CLEMIE??? Great time at BILLY WILSON'S last week. Host CHARLIE OAT not only had us all down there watching video replay of the downtown race and the Ledyard race, but ran the race himself and then graciously played host. (His Dad was responsible for video and we thank him much) Yes. Everypne is scurring sround looking for a partner for the Couples Caper. R.I. runner BOB BENSEN summed it all up by saying "gosh it's like when I was young and trying to get a date". You see the guys are looking for the oldest possible female that can still run.

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 Please note: If there is anyone who has paid their dues but has not received their STRIDER card please contact Bob Carbray. Also if you are not getting these newsletters call Joan Hill 848-0346. Every time we mail them out around a dozen people don't get them.

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OUR YOUNG RUNNERS In college we have KAREN HAWKES 2nd year at St. Anselms, sister KATHY HAWKES freshman at UCONN. Also at UCONN is our famous FRAN HOULE. We have MICHELLE LAUZON at the U.S.C.G.A. Not to forget ANN WEST

ON THE HIGH SCHOOL SCENE

SHAWN BENNETT ace runner at Montville, MARY BRIDGE another star runner at Montville, ROBBIE CARBRAY handsome blonde from Ledyard, SCOTT CRAIG running out of Norwich Tech. (you'll hear from him), CHRIS HANSEN now a super fast senior at St. Bernards. (Chris still drives his snazzy orange car), KIM & KELLY HAWKES of Montville and of the Hawk@s family fame, (watch kim go this year), CHRIS HENNESSEY spunky little red-head who can show the best how to go, JANICE PALONEN the top girl at NFA and one who will show her best this year, and last but not the least bit least ERIC ROSELUND the 2nd ace runner at Montville. Eric hasn't evhn showed us his stuff yet. This guy is going places too.

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EAST LYME MARATHON PICKS even though you may get this after, the ARROWHEAD picks were made on September 17th. Got to go with our TIM SMITH for overall winner. Tim is the most cosistant runner we have. HAL BENNETT will win his class of the triple crown, JAN SLONSKI 2nd pick. CARLA DOSSETT and MARY HAYDEN will be our top ladies. The very best of luck to all who run in it.

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 What a summer of running. So many new faces all most welcomed. Our fall meeting should be very well attended. Hope to see you all there. Watch for all the high school runners listed above. They are a great bunch of runners and all fellow STRIDERS. show them your support whether you go to your home meets or follow thru the papers. They are our future. STATE OPEN IS NOV. 12, get there if you can.

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 Sorry no profiles but gossip had to be said. Will have all 4 of our State policemen, Sullivan, Trotter, Urban ans Saari in next issue. May have a 5th by then too. KEEP ON RUNNING... o.k. Stergio

Mohegan Striders

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