

THE ARROWHEAD SUPPLEMENTAL ISSUE

NOVEMBER 5, 1982

MEMBERSHIP 380+

With our membership soaring upwards over 400 we find it difficult or impossible to include all the information in a 7 page newsletter every 6-8 weeks. So beginning in 1983 we may trim down the sides of our newsletter thereby making it weigh less and we will be able to increase the letter to 9 pages. Hopefully we will find the time to be able to do this, which will require additional time.

T.A.C. money may be available for travel or training purposes. This will be explained at meeting and for further details read next issue of the ARROWHEAD

MEMBERSHIP DUES are due now. Please remit check to Bob Carbray 8 Sunset ave. Ledyard Ct. 06339 As of this date the dues is still \$4 for first family member and .50¢ each additional member. Don't just mail him the money. Tell us a little about you and family, ages hobbies, work, ect. We are interested in the youngsters also. They are the future runners.

OCTOBER 10, 1982 Bud Light Ironman Triathlon (17 hrs, 24-min.) Member FRANK WILCOX traveled to Kailua-Kona, Hawaii for the grueling event. The competition consisted of a 2.4-mile ocean swim, then a 112 mile bicycle ride (RIDE??) and ended with a 26.2-mile marathon. While some of may have gotten thru the marathon, and still others may have lasted the bike part VERY few of us could honestly say that they could have accomplished all three. Frank Wilcox has to have a big hand from all of us for this feat. By the way the race cost him about \$1,500 including the cost of shipping the bike over.

MIKE SMITH If you have wondered who the tall guy is wearing the STRIDER outfit who keeps on coming in up front in all the area races and who won the 3 miler at Tom Hewes, picked the trophy at Ft. Shantck for the summer fun runs, and who completed his first marathon at E.L. in 2:56.19 for a 90th place finish we're telling you it is MIKE. If anyone deserves a lot of credit for improvement it is he. This guy just keeps on getting FASTER.

OUR CROSS COUNTRY RUNNERS we apologize to many of our cross country runners whom we forget in the last issue. People forget that auntie Jean only writes about what she can find out. Well we were fixed real good when several of them came to see us after a race recently, and gave us a very good blasting. So here goes. Hopw we don't forget ANYONE. From NFA with very cordial coach GENE MC GRATH (who is acting just like CLEMIE these days) we have MIKE KORNACKI, a good runner on his own and brother to JON our member now in college. TOM NEILAN another top notch runner, along with BILL MILES who we will be hearing about. Then we have SCOTT FISHER another of gene's boys (Does he have numbers, runners all over the place) Also JIM BLANCHARD who happens to be brother in law to TIM SMITH (no wonder Jim runs so well) Then there is a guy by the name of JIM KRESSLEY who hails from Baltic and has a famous dad in our club (JACK). We also owe BETTY KOLODZIEJ captain of Montville Cross Country. We left her out completely in last issue. How could we betty?? The team could never do as well without that pretty miss. from Montville we also forget RICH MANGUSE and CHRIS RYLEY two fine runners. We also heard that our KEVIN BUCKLEY runs for NFA, and we left out PAM RUSELUND famous sister of ERIC. Pam is in Jr. High. MICHELLE CARBRAY is manager of LEDYARD C.C. while TIFFANY HILL manager for Montville. KEITH SLONSKI we found out is coach for Griswold High CC.

while our KEN RAWN holds down that position at E.Lyme. Of course we aren't forgetting the other three. NFA's GENE MCGRATH (no more free publicity gene) Montville's Kevin Crowley (he will kill us when he sees no capital letters in his name.) and DOUG SHARPLES from rival team of ST. BERNARDS. The talent we have running for us is unreal Catch the action at the STATE OPEN on Friday November 12, at Edgewood CC in Cromwell Ct. 2:45 sharp. Last year was well attended. Let's make it a banner year for all our cross country runners. We may have a winner or two in it. Best of luck to each and every one of you.

 Still taking pictures for our STRIDER scrapbook. Many thanks for those who have already shared with others. Carol Cole very generously gave us all the pictures she took at E. L. and Edyse Smith also. We have started a file of slides also and hope to be able to show them to all soon.

NEW ENGLAND RUNNERS TRAINING LOG

Amby Burfoot has self published a running log. He has offered to bolster our club treasury by giving us \$1.50 for every log ordered by any of our club members. These would make great gifts.

ORDER FORM

Please send me _____ copy(ies) of "Amby Burfoot's New England Runners Training Log". I have inclosed \$7.70 per copy (\$6.95 plus \$.75 for postage and handling. Ct. residents please add an additional \$.53 for state and sales tax, making the total \$8.23 per copy). I understand that my running club will \$1.50 for each log I order.

My running club's name MOHEGAN STRIDERS

Running club address c/o TIM SMITH 43 SEECH STREET, NORWICH, CT.
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My NAME _____

ADDRESS _____

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