

Jan. 1983

THE ARROWHEAD

68A

President BOB MILES
Vice-President JIM BUTLER

Secretary BOB CARBRAY
Treasurer TIM SMITH

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This is the first ARROWHEAD of 1983. We intend to make this the best running newsletter anywhere.. As said in the past, this is your newsletter. It is written for all of you. We will never knowingly make fun of anyone or pick on anyone unless it is in jest. We will except all input, ideas, news, gossip, dirt, gripes, etc..

JOAN HILL 181 park Ave. Ext. Uncasville, 848-0346 is the coordinator, CLEM McGRATH is the able and enthusiastic race reporter, and JUDY POPROSKY is going to be joining the staff to type these letters. Yes folks this may be the last mess you will have to read. Also want all to know that KEVIN CROWLEY ran off the last 11 newsletters and helped address, sort and mail them. MANY THANKS UNCLE KEVIE. Guess who we stuck doing the last letter???? BOB CARBRAY. As if he hasn't enough to do already as Secretary of the club. Well he is doing a great job so we will allow him to continue. In fact the whole CARBRAY family helped sort and address the last newsletter.

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We have a lot planned for 1983. Many races, events and good times. We predict a membership of OVER 400 this year. We plan several races, a family picnis, an adult party, summer fun runs both in Norwich and Montville, involvement in the Rose Arts race, Baltic race, Al Morrison race, and many other surprises being planned.

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MEMBERSHIP DUES are due NOW. This will be your last newsletter. You will miss all the news, dirt, gossip, ... Please see the last page for info on payment. We need your \$\$ in the treasury.

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WEDNESDAY NIGHTS AT NFA weather permitting 5:30-6 Many are still doing speed work when ever possible on Wednesday nights. Jack Curran has been a BIG help to some of us female runners trying to improve times. The area isn't brightly lit but there is enough for running.

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REC RACE to end the Sunday morning fun runs 6.2 miles
FEBRUARY 27th

SUNDAY MORNING 10A.M.

Please bring a garage sale item to be used for prizes.

We will have donuts and hot chocolate.

NO ENTRY FEE THIS IS A CHALLENGING COURSE FOR BILLY-GOATS

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UNIFORMS The SMITHS still have club uniforms.. Also jon Kornacki has the Indian T-shirts. Wear our colors in all races this year. Let's let everyone know our numbers.

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JOE BANAS is the VERY capable coordinator for team racing for 1983. If you are interested please write Joe at 58 Lake Street, Norwich. Joe has worked very hard to make this a reality. We will have some great teams. We need ladies to run also.

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We have in the works a 24 HOUR RELAY OR A 24 HOUR RACE to be held sometime in the summer. If you have any input for this see BOB MILES. This was done several years ago and was a lot of fun. It would be nice if everyone got in on this one.

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T.A.C. has made money available for specific events. Generally they are T.A.C. Championship events. You will be hearing more of this.

Runners in T.A.C. meets please submit bills for gas, food and maint. ect. to TIM SMITH 43 BEECH STREET, NORWICH, CT.

Work on a calendar for 1984 is now in progress. Richard Podurgiel is the capable person in charge of this. The calendar will feature local photos.

Entries for Holyoke in early March should be available soon. See BOB MILES or JACK CURRAN.

CLEM'S CORNER 5 JAFFE TERR. COLCHESTER, CT 06415

HIGH SCHOOL STATE OPEN NOVEMBER 12 Ladies first: MONTVILLE was awesome.. Most girls would give their eye teeth to make the top ten in the STATE OPEN and here is MONTVILLE, led by KIM HAWKES, 4th place, putting FOUR in there. Great performance by a great team, and the coach ain't bad either. The boys didn't fair as well. DOUG SHARPLES ST. BERNARD team was 4th place but I'm sure he'll be back as tough as ever. SHAWN BENNETT of MONTVILLE led the area boys with a fine 6th place finish.

AL MORRISON RACE 7.9 NOVEMBER 14.

Love that article on Al's great moments in Kevin's column on AL MORRISON day. This course is tough (too tough for me). Cool day and a strong field made for a great race. Four runners broke Jim Crowleys old record. STRIDERS were led by Wayne Jacob 2nd, and Fran Houle 4th, Bill Marshall 5th, Joe Banas 6th, Jim Crowley 7th, Tim Smith 8th, Julio Murillo 9th, and Shawn Bennett 10th. Shawn's dad Hal was 1st master in 14th place, & Don Werling 2nd grand master. Carla Dossett continues her improvement here with a win in the women's open in a fine 49:07. Grace LaFleur won the women's masters. Ron must be teaching her some of his tricks. Great Participation by the STRIDERS to honor AL on his day. AL was presented with a cake and a personalized T-shirt from his fans.

T.A.C. MEET NEW CANNAN 10 K November 21

STRIDER teams finished 1st, and 3rd, in the first T.A.C. race for the gold. Six finishers in the top ten led by Wayne Jacob with a record setting 1st place time of 32:04. Eleven STRIDERS finished in the top twenty to completely dominate the field. The course was real X-country with dirt, wood chips and jumps. (sorry Walt) 14 STRIDERS ran and our congratulations to them.

1. Wayne Jacob, 2. Ron Knapp 4. Fran Houle 6. Jim Crowley 9. Julio Murillo 10. Joe Banas 11. Steve Lamb 12. Marty Brown 14. Joe Portelance 17. John Brown 18. Lee Johnson 22. John Brennan 24. Walt Smolenski 27. John Curran

Same day in Westerly R.I. there was the 1st annual Kof C 5 miler. A relatively flat course and plenty of beer and chowder made for a nice race. Grace LaFluer won women's masters while Don Werling was 1st grand master.

MANCHESTER- THANKSGIVING 46th ANNUAL

I made my usual trip Thanksgiving morning with a full car load of STRIDERS. Even had big brother GENE (who is not so big anymore)

Gene is running this year. Arrived early for a good parking spot. Plenty of warm-up and time for rapping with the many STRIDERS and others. Gun goes off at 10 sharp for 5,000 plus runners with temp. on bank at 36 degrees. Race course is lined with approx. 30,000 people, Irish Bagpipe Bands, large radios playing "Chariots of Fire" and just super atmosphere. Mark Biase roars out as usual but this time I never saw him again. Great race Mark, but I knew it was coming. The 2nd mile is pretty much all up and deserves more respect than people give it, including myself. On the hill in the 3rd mile Jan Slonski roars by me and doesn't look like a guy who has been banging out Marathons on a weekly basis, lately. If you've never run here, the turn down Main Street is a sight you'll never forget. The huge crowds lined along the race to the finish is a fitting reward for the effort extended. Chutes at the finish move quite well considering the size of the field. It is hard for me to reconstruct my 1st Manchester in 1956 when there were 86 runners which was considered a huge field in those days. Who would have believed that it would come to this? I don't think Thanksgiving would be the same for me without Manchester. It's just a nice way to start a nice day. By the way, Lee Johnson won my annual car pool award with a fine sub 26 Minute performance.

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NATIONAL TAC MEET NEW JERSEY 10K November 28

WOW... 525 of the best in the USA. Our boys did well in their 1st. national championship.

STRIDERS 147. Wayne Jacobs 196. Briant Neerstedt 199. Fran Houle
31:30 32:27 32:30

240. Jim Crowley 248. Joe Banas 270. Steve Lamb 272. Bill
33:10 33:19 33:50 33:53 Marshall

**

Marty Brown 34:18 291. Julio Murillo 34:23

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PLAINFIELD 20K November 28

Nice team win for the STRIDERS with Tim Smith grabbing individual honors as well. Hal Bennett was 3rd thanks to TRAIL GUIDE John Brown who was 4th. Other members of winning team were John Curran, Jan Slonski and Carla Dossett. Team Consisted of 3 men's open, 2 Men's masters and 1 women's open.

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DIET COKE 5 Miles N.W LONDON Veep Jim Butler takes 4th place to lead the STRIDERS. Grand Master Don Werling was 1st in his division in BOTH the 2 mile race and the 5 mile race. This guy is getting tough. Eric Roselund, Bruce Christie went 1-2 in the deuce. Edyse Smith had a 1st in her division and Ron LaFluer was 3rd master.

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PEARL HARBOR 5 Mile Dec. 5th Masters only and 116 of us to boot. An old high school competitor of mine from Middletown High, Bob McCarthy, ran away and hid from all of us in record fashion. Hal Bennett was our 1st guy in 2nd place. Don Werling continues tough with a 3rd in grand masters. Jack Curran 12th rode bike in the A. and then came down and forced me (8th) to run my buns off. Jack found some early speed he didn't know he had. Watch out in 83'. Hot dogs and beer were nice as were all the prizes, although 4th place overall got zipped AGAIN. Thank Bob Kahl for the shower.

Same day in GLASTONBURY 3.5 MILER Billy Shea finished 3rd in 18:08 while in CROMWELL 10K Joe Banas was 4th at 32:13. Steve Lamb was 9th in 33:04, Marty Brown 10th in 33:11, Mike Smith 39th in 36:17 and Dave Dembrow 87th in 40:53.

CLEM'S ODDS AND ENDS

Thanks to Joe Banas for some fine race results. Been bumping into Walt Smolenski now and then for some good winter conversational running. I see RW is finally listening to Jack Curran by cleaning up their covers. Kevin has drawn first blood for the upcoming 1983 season by handing out some rather challenging Xmas gifts. Brother Gene has been seen on the roads lately more than the mailman. Oh to have the hrs. of a teacher. ! John Brown is on the local sports medicine circuit making some winter repairs. Bob Kahl holging at 160 and could be mean in 83'. Montville legislators made a good move by killing a jogging ordinance which would have been impossible to define. My runs are so slow these days that I am having trouble staying awake. Anyone noticed Grandmaster Don Werling lately?? If you haven't he's right behind us 6 minute milers. Great improvement Don. Master Jan Slonski had a two month stretch starting at East Lyme which was outstanding. He went 2:52 there, 2:50 at Newport, 2:47 at Foxboro and worked in nice performances at Manchester and Plainfield. Kevin noted it well in his "On the Road" column.

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The following is a letter that Bob Miles our club President gave to the ARROWHEAD. He meant it to be used for info but we felt it was too well written to discard so will print it as is:

Joan,

This is hastily written as a message and is perhaps lacking in continuity. I apologize for that. There are several thoughts that I want to express but I do not want to monopolize the newsletter. Some concern has been expressed about "recruiting" and bumping of team members in team races. Also, it would be nice if we could inject some new ideas into the club through increased participation of members in the club's administration. If I do nothing else this year, I will at least make a positive effort to encourage more members to "help" out. I hope that we continue to grow without comprising our principles. Anyway, here you be:

The MOHEGAN STRIDERS was established as a club to promote running as a healthy form of recreation. We have not wavered from that founding principal. Every runner has been welcomed as an equal into the club, REGARDLESS OF RUNNING ABILITY. As our membership continues to swell, we must keep in PERSPECTIVE our goals. It is possible to simultaneously grow in numbers and abilities, but we must continue to maintain our high standards. Members are encouraged to take an active part in the administration of the club and it's activities. Ideas are always welcomed, and even acted upon at times. We can all be proud of our membership. Have a healthy year. Think Rose Arts and whatever you may do, RUN WITH CAUTION.

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PEOPLE ON THE MOVE (the dirt, from Auntie Joan)

PAUL HILL is still handsome. He just had his 29th birthday. You're catching up to Auntie Joan. CHRIS (Oscar the grouch) PORTELANCE is looking lean these days. Nice guy. BOB MILES (Santa) says as president he will make this our best year yet. JOE LONARDELLI still getting thinner. JULIO "Ole" MURILLO can sing up a storm if the occasion arises. JIM DOCKER ran his first marathon at E.L. last year. He has the marathon fever now.. Ken "Eric" Peters did NOT run E.L. He took pictures at the finish line. JIM "I forgot" BUTLER welcomed as the new Vice President. IRON MIKE HUTCHINSON now a referee at area basketball games. Heard that MIKE blew the whistle once.... but didn't give any signals. Popular area runner RON CARROLL will be missed. He is a familiar figure over at Phyzers but will locate in N.Y.

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Hear that KEVIN CROWLEY and JIM KEEFE (winner Rose arts 1968) have this bet going with CLEM & GENE McGRATH that their combined times at Rose Arts this year will beat the McGRATH brothers. Who do YOU think will win?? Member WAYNE HANSEN has a lovely wife LISA that he has been hiding from us. WAYNE is a very speedy runner and you will see more from him this year. CHARLIE EWERS and his MRS. are as nice as ever. We had a nice chat with them at a recent party. IRON MIKE is afraid of nothing but his DENTIST. LEE PERET looks like a running Xmas tree when he runs. He even got GEORGE RICE to buy a reflector vest. Finally got those two State Policemen into the club. Welcome to Mr. BLANCHETTE and Mr. MAYNARD. Now we have two more guys to pick on. We have a total of 6 State Policemen and 2 Norwich Policeemen. The latest on HENRY MAYNARD is he sprained his ankle on Franklin St. so now we can't pick HIM for awhile. WAYNE JACOB is now coaching girls Basketball at Baltic Acad. Those lucky girls. MIKE SMITH edged out GEORGE "animal" POTTER for number of races ran in 1982. Mike had 58 and George 52. We hear that the KEN RAWN'S are proud owners of their own home in Norwich. We wish them much happiness. Saw a very fast JIM CROWLEY running up in R.I. on Jan 2nd. Watch out you guys. He looks as good as ever. The SULLIVAN'S only have two daughters. We gave them credit for a third. Actually she is their niece who comes for the summer. She is hooked on Ft. Shantok fun runs. JAN SLONSKI got so wound up after we voted him perfect body that he went and ran THREE marathons this plus countless other races. Now JAN we did not vote you "super body". PAT RICE and husband GEORGE are getting all set for another canoe racing season. Both won many races in their division. SHAWN BENNETT turned an old 18 on Jan. 1st. He will now run with the open age group. PAT BAKER has joined the three "J's" on their weekly fun runs. Now you can hear four meaning. BETTY KOLODZIEJ not only made the news as part of Montville-High's winning cross country team, but she is also one of the star players on their girls Basketball team. Had a real nice visit and chat with ROB HUNINGTON over the holidays. He was here visiting his folks. He's running well but not as fast as he would like. With any luck we may have him back in in the area real soon, instead of Kansas City, Mo. ROB has spent the last three researching a book he has written. No folks it isn't on running. It is called THE COMPLETE PHYSICS of SHOTPUTTING. He had one with him which we talked him out of (only borrowed) The book has Physics principals behind Shotputting good for coached and serious Shotputters. If anyone is interested please get in touch with ROB'S mom or dad, the HUNINGTON'S, 60 Lorenzo St. Norwich. Book sells for \$7 which gives ROB a profit of about 25¢ if he is lucky. We will have more on ROB in next issue. HARRY WATSON is starting a trophy collection. BOB "lefty" SULLIVAN may be getting married soon. What's this we hear about a new slide for PUAL HILL for Xmas?? He may be called "Wilt the Tilt Hill". Seems he sprained his ankle playing Basketball. We have heard that area State Policemen will be passing the hat this week to raise \$4 for membership dues for STERGIO. He won't join up. If we got TROTTER after two years we will get STERGIO too. Also got to get DUTHRIE, policeman in Ledyard, and his wife CONNA. ROBBIE GARBRAV has been burning up the indoor track surfaces of late. He is going to GO this fall in Cross Country. Don't forget to pay dues. MARK KRODEL from M&L Sporting goods has joined the club. Actually he joined late last year. He offers STRIDERS a generous discount of 15% on running shoes and running clothes. He has Mizuno, Tiger, Saucony, and will be getting NB soon. December 8, 1982 was proclaimed Montville Cross Country day by Selectman R. Beetham, in honor of the accomplishments of Montville runners at the high school and St. Ber-

hard's runners. Look for profiles on LARRY RICE and WILLIAM GLENN. Both are Norwich Policemen, and we will find out the info on them soon. ART PROVOST, BOB CARBRAY and BOB DEMPSKY had their own little New Years Day party on Jan. 1st. They started at Ledyard Town Hall at 9am for a three mile fun run, complete with noise makers, and beer afterwards. Hear they even wore silly hats. If they keep up that sort of activity we will have to dub them the Ledyard Crazies. BOB DEMPSKY never knew he was wearing his shorts on backwards, all year. MARILYN KRUG finally paid her 1983 dues. She saved her pennies in '82'. She is sister to famous BILLY MARSHALL. Wonder what FRED PERKINS is up to these days. We used to run with him and JOHN MARTIN quite often. Now JOHN is basking in the sun in Florida. LOUIE FREE landed a sensational job with an architectural firm in Bridgeport. He was in the area and followed Cross Country this season. His Mom MARY writes from California that LOU SR. is running in races almost every weekend and placing in each one. Mary is down with injuries but she does walking until she is able to run again. Miss seeing all the C.C. parents. We had more fun this season. Think we enjoyed the meets more than the kids did. MONIQUE hasn't paid her dues yet. How does everyone like this nippy weather?? JIM HILL went out running, came home, took the jacket off and he was covered in FROST. Watch out for WALT SMOLENSKI this year. KENT COLGAN is still in the area. He only came down to visit his brother TOM BAKER and ended up staying. He likes those Shantok runs. How about those COOKE boys?? JUSTIN and DEREK are both still in grammar school. Even wife BARBARA runs. Hear tell she and her friend go out in the wee hrs. Watch out BUCK she may be beating you before long. MARY HAYDEN is training for Boston. She earned her ticket there in the E.L. marathon. Mike MARTINELLI winner of our cutest leg contest last year, doing graduate work at Wesleyan Univ. along with fellow STRIDERS JON KORNACKI and JULIE SMART, who is a new member. How about ANN WEST?? Hear that pretty miss goes there also. How is MARK HOUSTON these days?? He was the top freshman practically in the State last year. Hope that SUMNER LANG is still running. Wonder how TED MONTGOMERY is doing.. City manager CHARLIE WHITTY of Norwich doesn't pick on the runners like Montville officials are doing. Instead he keeps trim and in shape by running. Wish we could say that about Montville Selectmen. Gosh. None of their Policemen run either. Wonder if they are not allowed. Is Frank Wilcox training for another feat this year. Haven't heard from our Coast Guard Cadet MICHELLE LAUZON lately. Hope she is still training. Have to admit "crazy" WAY HEDDING has made PS our STRIDER drink. Even the ladies are partaking. MARTY BROWN another fast runner who recently joined our ranks. TIM SMITH still runs to and from work EVERY day even in the coldest weather. Now that's really love. You see he leaves the car for TERRY. Out of room-PAY YOUR DUES..SAFE RUNNING...

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TRIMNASTICS -GRACE LaFLEUR who teaches fitness at the "Y" in Norwich has offered to the ladies in the club an offer to sample a class of her's free. The week of MARCH 21, Mon. Tues. Wed. or Thurs. at 7:10 pm or Monday or Friday of that week at 9:20 am. Call her at 464-8190. GRACE teaches SIX classes a week and some of her classes are filled to capacity. Most of us can't last thru ONE class.

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The Conn Interscholastic Track Coaches Association voted to honor our own AL MORRISON recently. The Recognition Award is for someone who has made a contribution to the High School Track and Cross Country scene. No one could have deserved it more than our AL. He is always there cheering on ALL the high school runners. Congratulations.

Runners everywhere were saddened to hear of the untimely death of fellow runner William Aikins Jr. The saddest thing is he wasn't in the wrong and died because someone was driving recklessly. Please run with caution. There are a lot of nuts on the road lately and they aren't RUNNERS. Wear reflective clothing and get away from the darker colors. We have to protect ourselves.....

===== Sylvia Olkin, wife of member Bob Olkin has offered club members her STRETCHING FOR RUNNERS 30 MINUTE CASSETTE TAPE. Fact filled pamphlet is included.

ORDER FORM: Please send me _____ Stretching for Runners cassette tape. I have enclosed \$9.95 which includes postage and CT. tax. The club MOHEGAN STRIDERS will receive \$2.00 for each tape I order.

Running Club The Mohegan Striders 43 Beech Street, Norwich, Ct.

MY NAME _____ Address _____

Send orders and make checks payable to: BE HEALTHY EDUCATION CO.,
4 LAUREN LANE, NORWICH, CT.

===== Watch for next ARROWHEAD around the middle of MARCH. If you do not get it that means you did not pay your dues. And how can we pick on you if you are not a member? If you know of someone you think we should PROFILE please write down the info and send it to JOAN HILL 181 PARK AVE. EXT. UNCASVILLE, CT. 06382 848-0346 Not promising we will be able to print everything but we try to be fair to ALL.

===== DUES ARE PAYABLE NOW. PAYMENT IS STILL \$4 FOR THE FIRST FAMILY MEMBER AND 50¢ FOR EACH ADDITIONAL MEMBER IN THE FAMILY.

Membership The Mohegan Striders

NAME _____ Date of birth _____ age _____

NAME _____ Date of birth _____ age _____

NAME _____ Date of birth _____ age _____

NAME _____ Date of birth _____ age _____

Address _____ Phone _____

Comments, suggestions, hobbies and other interests. Tell us a little about yourself and family. Send dues to: BOB CARBRAY 8 SUNSET AVE.
LEDYARD, CT. 06339

MOHEGAN STRIDERS
8 Sunset Avenue
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