

Our membership for 1983 now exceeding 275, is STRIDES ahead of previous membership numbers for preceeding years. It is hoped that all STRIDERS will use their rosters to foster running friendships. To maintain close relationships with every runner in our club is a difficult task at best. I hope that we continue to grow in members and friendships. STRIDERS are invited to take a more active role in club activities. Some new and some old- not necessarily a reflection of age- members are diligently working on a 1984 CALENDER. Dick Podurgiel needs bodies and concise tips for the calender. Try to help make your club even better.

BOB MILES
CLUB PRESIDENT

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DUES were payable on January. For those who still havent paid, please remit your \$4 payable to MOHEGAN STRIDERS and send to: BOB CARBRAY, 8 SUNSET AVENUE, LEDYARD, CT. 06339

Fiest member in family is \$4 and each family member residing in the same household is an additional 50¢ each.

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CLUB MEETING CLUB MEETING CLUB MEETING CLUB MEETING

FRIDAY APRIL 22, 1983

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7PM

NORTON PECK LIBRARY
AT N.F.A. NORWICH

7PM

Please keep this date open. You will not be notified about this meeting again. Important spring meeting. Many interesting issues and sure to have surprises. We have much planned for 1983. Don't forget..

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CLUB UNIFORMS TIM & TERRY SMITH have the STRIDER sub-4 tops and shorts either on hand or can be ordered. Bring your \$\$\$\$. They also have a limited supply of the old tops, shorts and some of the lady royal blue shorts and some yellow also. WEAR OUR COLORS- SHOW OFF OUR NIFTY NEW RUNNING APPAREL . BRING \$\$\$\$\$\$.

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TEAM RACES for those of you who would like to be on the STRIDER racing team please contact JOE Banas at 58 Lake Street, Norwich Joe is the capable coordinator for all teams for the racing season.

PHOTOS are still being excepted by Joan Hill for the clubs photo album. Also for the 1984 running calender which by the way is coming along at full speed with many people working hard. Those on the committee include Dave Lathrop, Kevin Cedio and others.

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NORWICH REC RACES on thursday nights-summer. Jack Curran needs in-put from the ladies who have run the 1.9 on thursdays. Would you rather run the men's course instead this year??? Many of us had expressed our preference several years ago. Please see Jack on this.

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SUPPORT STRIDER SPONSERED RACES Decide now which races you will run in 1983. Make sure you put all our STRIDER races on your calender. Also help out if you do not plan to run these events. Another thing. Please show your support to those races put on by individual STRIDERS. Many of our members put on great races. They need you there. The 1983 racing schedule was printed in both the BULLETIN and NEW LONDON DAY very recently so there is no excuse for not planning your year of racing. We are Gonna WIN every TEAM PRIZE this year.

CLEM'S CORNER

5 Jaffe Terr. Colchester, Ct. 06415

RACE REPORT

Alright you race organizers, don't forget the mugs or hats in lieu of T-Shirts or how about the Easter Road Race in Williamantic which features a lower entry fee and an optional T-Shirt at additional cost. Not a bad idea. Also awards for the top ten in this race and at Meriden 10K. Nice to see more recognition past 3rd place overall.

ROSE ARTS CHALLENGE RACE Gene tells me he is feeding Kevin everytime he sees him so that Kevin may build up his base. (is that running base??) Gene ensures me that he is building HIS base on the road. Caught Kevin's Partner (Jim Keefe) at the Glastonbury Irish American Club the other nite. He threw a few past performances at us. I wonder if they will help?? Fran Houle had a nice 2nd in the 1500 at the Ccmn. TAC indoor. Tim Smith remains steady as ever with a 2:27:14 (under previous record) at the Middletown Marathon good for 2nd place finish, as he lead the STRIDERS to the team title. Great picture of Tim in the Hartford Currant. Bill Marshall was 5th at 2:38, Steve Lamb 10th at 2:46, Jan Slonski 20th in at 2:51 and Jeff McClosky was 27th at 2:54

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East Lyme Health Run March 12

Our first area race gets eariler and eariler every year. It's still winter up here in Colchester but I guess if Walt Smolenski can handle it, I should be able to. Someone will have to show me how to get my sweats off. Well, back to the race. In the 3 mile Mike Hoss won in 16:56 with Mark Houston 5 seconds back in 3rd. Dr. Jim Watson was 4th (1st master) in 17:27 and Bruce Christie 5th in 17:38. Chet Creamer won the grand master in 20:49. Looks like I will be watching a lot of Dr. Watson's derrie're again this year.

In the 5 mile race Marty Brown missed by 10 seconds of winning in 26:40. Walt Smolenski was 4th in 28:23 (I wonder if he played hockey in the morning) Bob Kahl ran his 2nd best 5 mile ever.

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NORTH STONINGTON ST. PAT'S RUN MARCH 13 10K Plenty of STRIDERS in this one led by Ron Knapp in at 3rd for 32:38. Fran Houle was 4th (32:42), Joe Banas 5th (32:42), Bill Marshall (1st sub master) 6th (32:55), Tim (or is that Jim Smith??) 7th (33:02). Geraldine Palonen was 1st. women's master in 46:47. 160 runners competed so I guess we are off and running in 1983.

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ST. PAT'S RACE, HOLYOKE 7.5 MILES MARCH 19 Boy, Runners World knew what they were doing when they picked this one among the top 75 in the country. And each year it seems to get better. Ten of us STRIDERS went up in Bob Miles van on a nice rainy mornin'. Keeping dry during warmups was tough but we managed. 1379 were entered and about 1000 finished. I knew the course was tough but not that tough. It rained on and off during the race but the warm temp. made it quite tolerable. John Ficarra was top Strider finishing 49th in 42:41 Bob Miles won the pool predicting his finishing time within 1 second to edge out Carla Dossett who missed by 2 seconds. Bob Kahl won the sandbagger by beating his prediction by 2:01. Carla was the only one in the money finishing 5th in women's open (171 overall) to take home a nice New Balance singlet and shorts. Other Striders were: 74. John Brown 43:45, 89. Jeff McClosky 44:30, 97. John Curran 44:54, 130. Jack Curran 46:20, 144. Jim Docker 46:47, 155. Bob Miles 47:01,

203. Clem McGrath 48:32, 234. Bob Kahl 49:29, 343. Dick Podurziel 52:06, and Dick Cook 57:41. The party after was outstanding with plenty of beer, peanuts, american chop suey, yogurt, soda and real Irish Entertainment. The ride home was a classic. I think we hit every one way street in Holyoke the wrong way. Good thing no one was in a hurry cause I think I could have ran home faster. Overall it was a fun day and I can't wait till next year. Neither CAN MY WIFE !!

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CLEM'S ODDS AND ENDS

Some thoughts on Melrose Trip. Another enjoyable trip. John Brown broke his maiden. Hutch did his usual fine job as MC, Kevin introduced our two members of the Hall of Shame, as well as the "Duke". Don Pirie brought the family. Way served. Jack Long and Chuck Holland won the pools. Mike Ladd and Mike Marks had their first experience down the Irish Avenue to the garden. Seats get worse each year. Meet was excellent. Bus left on schedule. Nappers had the edge on the ride home. This year's MVP went to (?) which automatically vaults him into the Hall of Shame. Way Hedding had great performances in 1981 and in 1982 but failed to top George Rice and Gene McGrath for top honors. Competition is very keen. Where do we sign up for next year's trip??

Joan Hill and I can't agree on which one of us gained the most lbs. and ran the least this winter. But both of us will be there come summer. John Brown sporting a nice tan these days. Where has he been?? I've been running occasionally at lunch with him and Bob Kahl. We are keeping tabs on these Pfizer guys. Did you know we have our own Wayne Gretzkys? Walt Smolenski, Wayne Hanson and Way Hedding combine running and hockey without substaining any permanent damage that I can see. Walt plays in the AM so I have a better chance keeping up running with him in the PM. Jack Curran and Bob Miles seen at Middletown Marathen doing a casual 15 mile tune-up for Boston.

Dr. Jim Watson has some GREAT comments in Johnny Kelly's column on equating marathon running with Anorexia Nervosa, best i've seen from our point of view.

LATE NOTE ON MELROSE TRIP MVP. Who is the executive committee and how in devil's name did they come up with that final four??? I think a thorough investigation is called for. I must have gone on a different trip. It's a disgrace to all currant members of the hall.

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Typical menu at the Bob Miles home

- Cucumber salad with Gondola oly oil and chopped dates
- Camp Meatball soup with economy bread
- Chicken Alp Soup
- Cambell Meatball Soup

Dessert: Kblr Grasshoppers

Sorry Bob but you dropped off the bag of TAC cards and said that the remaining papers were for the newsletter. We found a register tape from Stop&Shop and put together a rag meal. Do you really eat Meatball soup??? and what are Grasshoppers????

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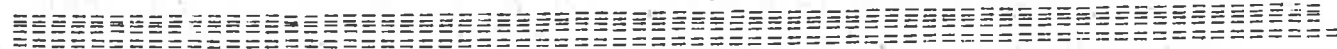
Year 1983 We have many things planned for the racing season. We have the Rose Arts Race which many of us will run in or work at. We have the summer fun runs both in Norwich and Montville, Al's race, Baltic, our winter fun runs, Tommy toy fund Run, plus many other things on tap. Hope to have the 24 hr. run, also the picnic;

PEOPLE ON THE MOVE

The dirt gossip the latest Joan Hill
181 Park Ave. Ext, Uncasville, Ct. 848-0346

The STRIDERS running club is having a baby boom. Members Valerie Center and husband Jim Landherr announce the arrival of their son Lucas James Landherr born on February 4th. He weighed in at 9 lbs. 2 ozs. He gained a pound in less than 2 weeks and they predict he will be a football player. Another scoop has it that member Marilyn Krug and her hubbie adopted a beautiful baby girl born in December. Little Michelle Krug made her debut at the Mohegan Park finale. Also we have a first in the club. Bob Carbray received payment for one membership into the Bob Sanford family. Seems Bob, his wife, their son and a 4th member of their family yet to be born are all registered for 1983. Wonder if it will be a boy or girl??? Our oldest member is still Chief Tantaquidgeon. But we still have 73 year old Harry Ogulick who can still hold his own in a road race. He not only ran the Downtown race last year but went on to give out prizes till his voice gave out (not the legs folks) Our running Dr. Jim Watson has given us some sensational medical info but of late the Doc is pretty busy working, and going to school and giving lectures. I'm sure he will give us more input when his schedule isn't so hectic. Michaleen Haeseler fast lady runner is related to Jan Slonski. She is his cute younger sister. Al Morrison has been keeping busy this winter with his varied duties as chairman of Arm Wrestling matches. He is a mean arm wrestler himself. While most athletes are thru reaping awards after high school our Al keeps right on getting them for his dedication to people. We are some of the few who know what his REAL first name is. OUR OWN TIM SMITH is the T.A.C. champion from Connecticut so far this year. His 2nd place in Middletown Marathon earned him that honor. He actually won the race TWICE before this year's running. We predict he will make it 3 in a row at East Lyme this year. He is still beating guys half his age. Not to be outdone Jim Butler showed up at a race wearing these running pants that looked and felt like satin. His wife doesn't allow him to run in New London alone with them on. Why not Jim??? You have got to see these pants. Amby Burfoot complimented our newsletter. He says he enjoys reading our gossip. We're gonna do our darndest to keep him informed. We keep on telling Amby to write his memoirs. Jim Crowley is with us again. He will be on the team races for sure this year. Last year he joined our club to help our team efforts only to go down on the injury list for most of the year. STRIDER Jean Watson is now Mrs. Flanger. She was married on February 2nd and spent her honeymoon in Bermuda. Much happiness. Harry Watson has declared war on Kevin Crowley. He says that old Kevin had better watch out because he (harry) has been training very hard in anticipation of the Pfizer race coming up soon. Harry says that he is road training while he hears that Kevin is doing all his training on stairs. What is stair training Kevin??? Rob Huntington tells us that in Kansas City there are less good runners than we have here, the average race entry fee is \$8, and the two biggest races there are Hospital Hills $\frac{1}{2}$ marathon in the 2nd week of June (Frank Shorter won last year) and Macy's marathon last week of Oct. or 1st. week of Nov. Would you believe that when both Rob and Ross were here for the Xmas holidays they each had their toddler daughters on the NFA track RACING against each other????? Would be nice if someday both brothers were able to settle back in Connecticut. Bob Carbray was voted most SCRUGGIE at a recent race. He actually showed up in his white long john's with his brown STRIDER shorts over. In compar-

ison George Animal Potter was superly groomed. He sported a new racing jacket and had new running pants as well. Gene is the old George. If things continue to go in the same direction for Bob we may have to take up a collection. Pat Baker's most favorite food is mushrooms. She will almost kill for mushrooms. Mike Hutchinson and Jack Kressley have both had to hang up their racing shoes for good due to injuries. Mike will no doubt put all his efforts into his cance racing. Will find out more on Jack. Many STRIDERS are in fierce training for the Boston Marathon. Best of luck to all of you and wish each one of you your best time. Heard that the East Lyme Marathon is limiting it's starting field to 100 women. Also they are allowing a certain number of East Lyme residents into the race regardless... So what do you think about that ladies??? Jerry Lentz basketball coach at Ledyard high school led his team to quarter finals. With Michelle Carbray as a helper coach of the boys basketball team no wonder. Jerry is a sub master runner and runs in addition to his coaching. Word has it he is really tarining this year so watch out.. A Seagull has been seen flying around Groton these days. Paul Hill is one of "those" who haven't paid their dues yet. We won't be able to mention his being handsome any more if he doesn't pay up. Paul and Ken Peters recently hooked up (accidently) in Vermont while both were hunting for females. (at the ski slopes of course where else?? Bet they didn't even ski) Based on the Melrose trip the "duke" is really a popular guy one we want in the club. If he doesn't pay up we will really tell some stories. Kevin says "ho Hum to Harry". Michelle Carbray who was sidelined last year to knee injuries will try again at outdoor track. Ken Peters busy these days taking a Management course at Avery point. He is still running up a storm though. The ski- loft is giving STRIDERS a 10-15 % discount these days. Who is that cute red-head we keep on seeing with Mark Houston these days?? Seems they ran together at the Valentines day race. Chris Hennessey's dad was one of the C.C. parents last year. He has joined the STRIDERS. Welcome to Linus Hennessey. The 3 J's and the P still doing speedwork. John Martin called us from Florida recently to say hello and to tell us he will be home in May. He is still running every day. Are you 65 this year John? Hear you, Lynn and Fred will try your luck at E.L. Clemie's wife is outdoing him good these days. She has gotten her body into a body beautifull with new exercise program. That Gene now acts as nutty as his brother. Wait till cross country season THIS YEAR. Hear Gene also coaches track too. Mark Curran son of famous Jack taking an interest in running these days. Will we see him on NFA cross country this year?? NFA does boast of having the cutest guys on the running team. Joe wagner member from Jewett City is a member of Norwich Tech. cross country.



Mini-Profiles Due to the large membership we now boast of we have decided to try to print several mini-profiles each letter.

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ROSE BUCKINGHAM 35, hails from Waterford. She is one of the fastest lady runners that we have, always being right there ready for that win. Rose is married and has one son aged 5, who by the way bicycles while his mom runs. She started running about 7 years ago and hopes to run for a lifetime. Her hobbies include backpacking, camping, gardening, and anything outdoors. In addition to all the local races Rose has run East Lyme marathon finishing in the tip top of her class Her biggest fans include her parents who by the way started to run when they retired 2 years ago, her mom is 57 and dad is 63.

LARRY RICE 28 years old. Norwich Policeman. NFA graduate. He was 8th in the State Open in 1973 when it was held at UCONN. Larry was known to have last minute kicks in any given race. He also ran for Johnston and Wales. He is single and runs as much as time permits. He works shifts so must run at different times. He is also an avid baseball player and we hear he is quite good. Larry has not been doing much road racing of late but he tells us that he will debut at the Rose Arts this year. He vacations in sunny Florida.

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CLAUDE KING Chuck is 52 years young. Single and very sports minded. Amateur boxer (52 fights) He has been running for about 2 years, works out at the "y" about 4 times a week, Works at E.B.. He was born and raised in Penn. (their loss our gain) Chuck says he enjoys reading the ARROWHEAD, and stands in awe on reading of the accomplishments of the various STRIDERS. He resides in Uncasville, Sure hope he makes the spring meeting so we all can meet him.

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BILL CLARK Bill is another of our master runners just hitting the 40 mark. He is also single, and also resides in Uncasville. 2 years ago Bill tells us he weighed in at 253 lbs. He now weighs 168 lbs. Running and weight watchers trimmed off the 85 lbs. He also spends a lot of time at the "y" especially at the 5:30 Adult "Fit life" class. Sounds like Bill got on the right track to fitness. Maybe we will see Bill enter some area road races this year.

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KEN RAWN Ken's wife tells us that she and Ken are proud parents of 16 month old daughter whose NIKES hang on her crib waiting for her feet to grow. Ken is a teacher at Montville High and coaches Cross country at East Lyme. He shoots darts, loves to read history & biographies. He also likes a variety of music from classical to classical to Bruce. And anything English. The Rawn's are also proud owners of their first home..

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GERALDINE PALONEN couldn't wait to be 40. She is another of our fast lady runners always up there in the top of her class. She has many hobbies including reading, making crafts, and loves animals. Her many credits include most every race in the area, several local marathons and now that she is 40 we expect no less than all firsts. In her spare time Geraldine also cares for and treats many wild animals. The last being a bat. She is also a self employed licenced baby sitter. When does she find the time to run??

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MARK HOUSTON is one of the fastest runners at Montville High. He is a freshmen runner yet he caused a storm of interest during the cross country season last year. Mark could one day be the fastest runner on his team. He has much natural ability, and has 3 more years at Montville. He had a thrilling finish at the State open finishing well ahead of many other runners who were the fastest at their school. Mark will also run outdoor track so look for him.

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JOAN HILL (me- only by demand because I talk about everyone else) age 40, running for 5½ years. Started running to drop some weight, only got addicted. Used to run upwards to 60 miles some weeks. Ran in two E.L. Marathons, most every local race. Married almost 22 yrs. Two children, Tiffany 16, Jamie 9. The whole family runs for health. Avid cross country follower, especially Montville, NFA, St. Bernards. Hobbies include this newsletter, Pto newsletter, reading, sewing, gardening, crafts, Cub Scouts, and PEOPLE.

IRV, RUSSELL and RICHARD MILLER Irv aged 34, and his two sons Russell aged 14, and Richard aged 13 live on New London Tpke in Uncasville. Irv tells us that out of a family of 5 so far only the males run. But they are working on the female family members to start. Even though Irv has only been running for 2 years he does love every bit of it and can boast of a resting pulse 44-46. His hobbies include tennis, golf (he lives right next door to the golf course) and owns a stamp shop where he buys and sells stamps and sells supplies. The Millers are a welcomed addition to our growing club.

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WAYNE FARRINGTON hails from Colchester. Wayne is 31 years old and is an avid runner in our club. On his running history he lists many area races including the East Lyme Marathon of 1982 which has his finishing time of 3:23. He also has a win at the Vernon Invitational in 1982. In addition another fine finish in 1981 at the Haddam Road race put him in at 15th with a 30:30 for 5 miles. More on Wayne in another newsletter

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 Don't forget to pay your dues. If you haven't you aren't a member and we won't be able to talk about you.

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 Spring meeting-Norton Peck Library April 22 1983 7 PM

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JOHN FICARRA Calender Committee Chairman

John asks that anyone who has photos that might be used to put the calender together to please send to him at 1037 Shewville Road Ledyard, Ct. 06339. Please put name on photo and other important info Date/whatever.

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 Sorry folks that this letter was not typed by Judy Poprosky but it had to go out in one night. Judy will start with next letter. Bear with us.

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 EASTER/PASSOVER greetings extended to all STRIDERS during this holiday time form the staff at ARROWHEAD.

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TAC forms will be attached to this letter if at all possible. Weight is a factor in the mailing and we are close as it is. If not attached we will make every effort to get to each member a form. TAC membership is required for some races and for certain Marathons such as Newport. For details on TAC membership see club President BOB MILES. Should also be discussed at Spring Meeting.

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 Special
 thanks
 to: Bob Carbray for all his help in running these off, helping to address and staple. To Clemie for all the hard work he does on his column. To Judy, boy are you going to work, and to all the sources of gossip. Love all of you. Keep on running. And run defensively. Wear reflective gear if you have it, if not wear white or light colors. Next Newsletter around middle of MAY.

