

MAY 20, 1983

THE ARROWHEAD

Membership 319

President BOB MILES
Vice-President JIM BUTLER

Secretary BOB CARBRAY
Treasurer TIM SMITH

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SPRING MEETING April 22, was a huge success. It was the shortest meeting on record. Everyone wanted to adjourn to Billy Wilson's to partake of CHARLIE OAT'S fine hospitality. Many of our newest members were introduced to the rest of us including fast new members JAY CKEEF and STEVE LAMB.
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STRIDER SUMMER PICNIC The summer picnic is on SUNDAY AUGUST 21, at MOHEGAN PARK PAVILLION (same location as last year). Time of picnic will be 10AM unless otherwise stated in later bulletin. BILLY MARSHALL will once again coordinate the picnic and will be assisted by JOAN HILL with help excepted from any other willing hands. We are asking all members to bring the whole family and make it a whole day of fun. We will try to decide on an eating time and are asking each family to bring their own eats and something for the sharing table. EXCAMPLES, cheese & crackers, chips, dips, pretzles, brownies, cookies, cakes. You could also bring a salad as long as you keep it cold. Last year we had lots of fun and surprizes and anticipate more this year. SO RESERVE THE DATE NOW AUGUST 21, 1983 ALL DAY.....
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GREAT OFFER FROM OGULICK'S JEWELERS Member HARRY OGULICK offers all STRIDERS a 10% discount on everything in the store except timex watches, repair service and sales items. So hurry on in and take advantage of this offer
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CLUB UNIFORMS TIM & TERRY SMITH still have some of the new SUB 4 tank tops and the shorts. (tops have our logo) They also have some of the older style tops, shorts, yellow shorts, blue shorts. We also have the car stickers for sale at a small charge, some 10th anniversary patches are left. Those are available from BOB CARBRAY.
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LISBON FALL FESTIVAL Would like interested people from LISBON to join our Road Race Committee. We need more heads for new ideas. Call JUDY POPROSKY at 886-1058 or JACK KRESSLEY at 822-9216. Thank You.
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TEAM RACING COORDINATER-RACING TEAMS.

JOE BANAS
~~NORWICH STREET~~ 58 Lake St. Norwich

Joe will be at the Danielson race on May 21st to finalize the member teams for the 2nd ANNUAL PROVIDENCE TO BOSTON 43.6 MILE RACE on JULY 3rd. He will be collecting money then to hold your spot on these teams. Please have your \$8.33 that day if you are seriously thinking of running the relay race. Those with either a van or a station wagon willing to drive could be compensated for gas.

As for other team events make sure that you contact JOE BANAS to make him aware that you would like to be part of the team events. The possibility of the STRIDERS having 5 different teams at this relay is in the works. Ladies and Master men wanted also. Don't forget the CAPE COD RELAY IN OCTOBER. This can be our best year yet.

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MEMBERSHIP UPDATE In april \$11.18 was spent on postage sending our reminders to those who hadn't paid their dues yet. To date 21 of those have rejoined bringing in \$59.50 to our treasury.
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MOHEGAN STRIDER CALENDER should be ready in September. Rich Podurgiel and committee are working hard on quotes, photos (John Ficarra at 1037 Shewville Rd. Ledyard. 06339). Adds are for sale. This calender will sell for about \$4.95. For more info or if you want to help contact Rich Podurgiel at 16 Lambert Dr. Norwich. 06360.

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24 Hour relay- AUGUST 27th at Montville High school. More details on this at a later date . Bob Miles will have had a meeting about this so talk to him at the races.

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CLUB NEWS JOGGER JOE SMITH gave us a T#R 1883 Hand(foot) Book & racing schedules and BILL BILLINGS sent us the T#R newsletter. Both were very informative and interesting plus very well written. They had the 1983 Road Racing Schedule included in the handbook and we got quite a chuckle over T#R member Kathy Isibister's exciting ride after her running at Boston. Thanks to both guys for both publications which we will gladly share with others.

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CLEM'S CORNER

RACE REPORT

5 JAFFE TERRACE COLCHESTER, CT. 06415

GROTON ELKS 5K 3-27-83 Looks like the place to get your 5K PR. Boy, what great times!! FRAN HOULE was 10 seconds off the pace in 2nd at 14:50. BILLY SHEA 7th in 15:21, WALT SMOLENSKI 11th at 15:41, JOHN BROWN 16th, 15:55, ERIC ROSELUND 18th 16:01, MIKE SMITH 19th 16:06, DAVE LATHROP 23rd 16:24. CARLA DOSSETT picks up where she left off last year with a win in the womwn's open at 17:23 and DON WERLING nails 1st in the Grandmasters with a fast 18:46.

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WATERFORD ROTARY 5MILE APRIL 2 A nice race here, Proceeds to SEASIDE. Beer & chowder afta. Big WIN for JOE BANAS in some tough company with a 25:49. TIM SMITH was 4th in 26:26, SHAWN BENNETT 6th 26:38, BILLY SHEA 8th 26:49, HAL BENNETT 11th (1st master) 27:36 and TODD WILLIAMS (1st Jr.) 15th 27:43. CARLA DOSSETT won the woman's open in 30:39 with ROSE BUCKINGHAM 3rd in 35:20. In the Grandmasters it was a clean sweep for the STRIDERS led by DON WERLING 33:), CHET CREAMER 34:59 and JOHN LESLIE 36:04.

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WILLIMANTIC 3mile & 5 Mile APRIL 2

Big crowd here. 358 in the 3 miler and 251 in the 5 miler. Norwich's BILLY MARSHALL led the STRIDERS with a fine 2nd place in the 5 mile race with a 26:25, JOHN LADD was 6th 27:37, FRAN HOULE was 7th 27:40, MARSHALL COLLINS 15th 28:56 and JAN SLONSKI 41st. 31:00. SCOTT FISHER had an 18th place 15:24 in the 3 miler

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OLDE MISTICK 3 miles & 5 miles APRIL 10th

These races are called fun runs but the weather the past few years has made them anything but fun, and this year continued the tradition with a driving rainstorm and high winds. Despite conditions approx. 300 did the 3 mile race and 200 the 5 miler. WAYNE JACOB didn't appear to mind the elements as he won the 3 mile in 14:53 and took 3rd in the 5 mile in 25:47. Not a bad days's work!!! FRAN HOULE was right on his tail in the 3 mile just 5 seconds back. DAVE LATHROP was 8th in 16:52?? I guess I can kiss him goodbye this year. DON WERLING again a winner in the GM. In the 5 mile race JIM CROWLEY was 4th in 26:16, BILL MARSHALL 5th in 26:29, HAL BENNETT 6th (1st master) 27:47 and WALT SMOLENSKI

Clem's corner cont.

DAVE DEMBROW had a 7 min. PR here running it in 32:38. This Guy's getting serious.

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WESTERLY CLAMDIGGER 5 miles APRIL 17th

Perfect day- nice fast course, always well done. BILL MARSHALL caught me by surprise with a big win over JIM CROWLEY and WAYNE JACOB. Nice going BILL. But next time give me a hint. JOHN BROWN grabbed 5th and MIKE SMITH 7th to give the STRIDERS 5 of the first 7 places. CARLA DOSSETT, ROSE BUCKINGHAM, JIM CROWLEY, DON WERLING and YOURS TRULY all won their divisions to help the STRIDERS dominate the gold, nice prizes, good chowder and beer led the post race festivities. KEVIN made an obscure appearance and carried his hulk thru in 35th. An amazing feat considering. Same day at OLD LYME AFS RACE JOE BANAS continued his winning ways with a 25:29 win for 5 miles. Won by 1;5 sec. Whew!!! JOE has started off great this year.

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BOSTON MARATHON APRIL 18

I wouldn't miss this day in Boston for the world. After watching the Red Sox lose a squaker 14-0 and freezing in the interim, we took our places out on the race course. Naturally we strategically positioned ourselves to establishments dispensing the proper nourishment. For a change the weather favored the runner rather than us spectators. The STRIDERS were competing in abundance and most had good performances. The apres was dynamite which got us home a wee bit later than usual. I wonder if KEVIN ever found JEFF MORIN ? STRIDER results that I know, TIM SMITH 2:25:18, JOE PORTELANCE 2:38:14, STEVE LAMB 2:38:22, JOHN BRENNAN 2:43:14, CAS GRYGORCEWICZ 2:44, JEFF MCCLOSKEY 2:47:26, JIM BUTLER 2:53, BILLY SHEA 2:55:36, JAN SLONSKI 2:56, WALT SMOLENSKI 2:57:48, CHARLIE EWERS 2:58:46, JOHN CURRAN 2:59, JACK CURRAN 3:09, BOB BABBIT 3:17, WAY HEDDING 3:18 and MARY HAYDEN 3:30.

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EASTER SEALS OCEAN BEACH 2 mile & 5 mile APRIL 24th

RAIN RAIN AND MORE RAIN. I wonder if we will know how to race in nice weather? JOHN PIRIE shook off the cobwebs to grab 1st in the 4.5 in 25:05. JOHN BROWN continues to be hot with a 3rd in 25:48. STRIDER division winners were: CARLA DOSSETT & ROSE BUCKINGHAM. In the 2 miler MARK HOUSTON, and are you ready for this?? CATHY SMOLENSKI were all division winners. CATHY must be getting some good pointers from her closest associate.
SAME DAY 151 runners slopped around LAKE POCOTO PAUG in EAST HAMPTON 5.6 Mile with MARSHALL COLLINS taking a 3rd in 32:20 and KEN DECKO 21st in 37:14.

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LEDYARD MILE April 30

Too fast for me!! Winners were MARK HOUSTON (jr) 4:56, CARLA DOSSETT (open) 5:18 and DON WERLING (GM) 5:42.

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HOLIDAY INN SNERRO RACE 5K & 10K May 1

1st. warm day and boy do I love it. WAYNE JACOB got nasty and WON BOTH races on courses I'm in no hurry to get back on. Too many Hills!! SNERRO did a nice job with the race and the party afta. In the 10K BILL MARSHALL 32:47 was just back of WAYNE 32:22 in 2nd with HAL BENNETT 7th 35:42, and MIKE SMITH 8th 35:45. As usual CARLA DOSSETT 39:20 won her division as did DON WERLING 43L55. In the 5K JOHN BROWN 16:47 fresh from his 4:42 Ledyard mile grabbed 3rd place to continue his improved speed. MARK HOUSTON 17:44 was 6th (1st hs) and CHET CR* EAMER 21:20 was 1st Grandmaster.

ROBERT BEAM 5 MILE, WESTERLY MAY 1

STRIDER JIM CROWLEY stayed in his own back yard and won the 1st annual Robert Beam 5M race.

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BOLTON 5.5 Miles MAY 1

STRIDERS win team title paced by JOE BANAS 2nd 26:24, TIM SMITH 4th 27:45 and MARSHALL COLLINS 10th 29:06. Also CAS was 12th 29:11, ROB CARBRAY 17th (1st Jr) BILL SHEA 20th 31:44, BILL MISH 58th 34:58, BOB CARBRAY 140th 47:55, and BOB CHAMBERLAND 156th. BOB is also the director of this race.

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CLEM'S ODDS AND ENDS

Great honor for JOE BANAS to carry the OLYMPIC TORCH. Jim Keefe has been checking around on little brother and I. I think he better start checking on Kevin who continues to train for the Rose Arts Wrist Pull (Great Chest)!! SUMNER LANG with a 2:06 1/2 marathon which is not too shabby for a 63 year old. CARLA really likes those lavender outfits. Congratulations to Jeff Morin for his Melrose MVP. I guess it just comes natural for some people. MARSHALL COLLINS is skipping the marathons this year and concentrating on quickness in the shorter ones. Doing a lot of track work, but who isn't? I hear DEAN FESTA has added a little sunshine in his life. By the way where is DEAN? Has anyone noticed the progress of one of our Jr. boys? TODD WILLIAMS 15, is combining road racing and track work very nicely. A sophomore at Ledyard high, TODD had a 27:43 at W'Ford race for 5 miles and does the 1500 in 4:22 and 3000 in 9:48. Watch out for this guy! His dad pops in and out of the racing scene as well. He was 60th at W'ford and I also saw him at the SNERRO race. The CHIEF is entered in the Rose Arts Race.

Did anyone believe that meeting we had the other night? It's gotta be the smoothest in STRIDER history. Nice party afta at Billy Wilsons where I met our latest hotshot member JAY O'KEEFE. Another gem is added to ourgrowing list. Welcome aboard JAY. Also met STEVE LAMB my neighbor from Portland who is ALSO VERY TOUGH. Talking to WAY HEDDING I found out that he made the last 6 miles in Boston a Grog-a-thon and he STILL runs 3:18 and on 15 miles a week no less. He's my idol!! I found a new member in Colchester. STEVE STRAKER who is looking good these days. My hat goes off to Bob Benson who led my friends at the Westerly Track Club in Boston with a fine 3:00:30. I wonder how much Jogger Joe's hat is really worth? Hearing a lot of conversation on Rose Arts. Everyones starting to get pumped up. In his Sunday column KEVIN was so worried about GENE not being entered in Rose Arts that he sent everybody to the SNERRO race 2 hrs late!! Jack Dempsey must have loved that!! WALT SMOLENSKI is hurt but wife CARHY is picking up the slack. SEE YA.....

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PEOPLE ON THE MOVE the news, dirt, gossip. we promote feuds, if we can't dig it up-we will make it up. JOAN T. HILL 181 Park Ave. Ext. Uncasville, Ct. 06382 848-0340

First of all really want to thank K.C. for his beautiful MOTHER'S DAY card, but AUNTIE JOAN is old enough to be your aunt NOT your mother. Wait till FATHER'S DAY, KEVIE!!! Now sweetheart JOE is another thing. How about the great honor bestowed on JOE BANAS to be carrying the OLYMPIC TORCH. It will be carried relay-style thru the State Capitols to Los Angeles by the 1982-83 Corporate Cup Championship Teams of which JOE is a part of. Our members certainly do us proud. "MR. MOHEGAN STRIDER" himself TIM SMITH recently got a well earned 2nd place in MIDDLETOWN MARATHON. He makes it look so easy. We pick TIM

the dirt continued

We pick TIM as getting his 3rd straight win at East Lyme this year. Did you folks know that MARY HAYDEN was our only lady STRIDER to run Boston this year? And while her time wasn't as fast as E.L. she ran a credibla race and we will see her shatter her previous time easily. She has been putting in some hard training. Sensational new member JAY OKEEFE asked if we would except him into the club. Except him??? We would have begged him to join up if he had given us the chance. JAY hails from Mansfield Center and is just about the fastest guy to ever run cross country. He won the State open not once BUT TWICE !!! We will have a great profile on "J" in the July issue of the ARROWHEAD along with one on that other new member STEVE LAMB. We only have his phone number and address(sigh) but will have more on him also. STEVE is easily in the top ten fastest of the club. In fact there are so many new fast guys that we will have to have a top 20. Handsome PAUL you have competition this year. Auntie Joan fall in love 4 times after spring meeting. CARLA DOSSETT continues to dominate our women's category. And yes CLEMIE what you meant to say was she does look good in her lavender outfits. A big thank you to CHARLIE OAT for his fine hospitality after the meeting. He sure had a full house. We were all packed in there like sardines and loving it. JOHN and PEARL MARTIN are home fm Florida and JOHN still runs in the wee hours of morn. He thinks I'm getting up at 4AM?? PAT RICE already in cance competition and picked up a 3rd finish in first race. Husband GEORGE along with good old IRON MIKE HUTCH have also gotten into the prize winning too. JOANNE HUTCHINSON is still running. She will not run Rose Arts but will be helping out. GENE McGRATH finally sent in his application for ROSE ARTS. Anyone taking bets as to which team will win?? It's the mean McGRATH'S against the "K" kids. HARRY WATSON may want to join the "M" brothers as he has a bone to pick with UNCLE KEVIE too. BOB MILES ran renegade at Boston. BOB CARBRAY getting thinner every week. He has picked up the miles and works out several times a week, We won't recognize him pretty soon. The HEDDINGS don't have the usual cat & dog. They have a dog and a ferret. It likes to torment their dog and tear the house apart. HAL BENNETT continues to dominate the master division. Look for JOHN LADD. He's another super fast STRIDER. Next issue will hopefully have something on this guy too. KEN MURKETT still running when he isn't fighting fires. JUDY POPROSKY has been wearing the rest of of out lately during our track workouts. NEVER run ob NFA track during school. One week we dodged baseballs the next week they all lined up with their bows and arrows. Needless to say we did a run on the roads that day. BOB CHAMBERLAND likes red/white stripes and grinders. Now figure that one out. Poor FRED PERKINS ran his heart out to do well in a race on March 27th. He got a 2nd place in the over 50 age in 20:55 for a 3.1 mile race and so they leave him out of the results completely?? Yes they did.. Thanks to KEN PETERS, PAT RICE, and JIM BUTLER for the photos for out STRIDER PHOTO BOOK. We are looking for pictures of some of the newer guys like Jay Okeef, Wayne, Steve Lamb, John Ladd, Harry Watson, Billy Shea. Notice they are all good looking? Wedding bells will chime for several STRIDERS this year. The first couple have apreedy tied the knot by now. DEAN FESTA and his lovely lady BETHANY were to be married early May. JIM WATSON and our own ELLEN LANG will take the plunge in October. They will have the 2nd Brady bunch. Also getting married and hear this BOO BOO BILLY SHEA and his future RS. also in October. You should hear who is in the wedding party. What a wedding that's going to be. Welcome back to two sisters. MELINDA & KELLY PINCKNEY are back with the club again and we can't be happier to have these two Montville runners with us again, and

MARK HOUSTON continues his winning streak. MIKE SMITH is the guy to watch. He may get a win at Ft. Shantok this summer. He is ready. Our ROBBIE CARBRAY recently got his varsity letter in indoor track. This freshman has won in 1500m and was 2nd in 5000 m and got trophy as top freshman in 1000m. TODD WILLIAMS also of Ledyard was top point getter sophmore for outdoor track. He is also doing some local road racing. More on all high school track in next issue. Drop me a line..

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PROFILES ON PEOPLE

CHARLIE EWERS The first thing you've got to say about this guy is (BOY, "Is that man fast or is he fast?") YES. He's fast. And quiet and soft spoken. He is a family man who doesn't race every week.

Charlie is 36, an English teacher at Ledyard High School. In addition he teaches Public Speaking, is a Drama coach, and was recently in the play "Mr. Roberts" presented by the United Methodist Players. Charlie ran in high school in Long Island and ran for awhile while in college in Providence then stopped. He met his wife Michelle while at college some 10 years ago and they now have two sons Michael 5 and little Danny 2. It is really lucky for the STRIDERS that Charlie did decide to start running again. He almost seems to run naturally even though he'd probably tell you he trains. His 2:58:46 at Boston last month tells us he can run.. When he isn't doing one of the things listed above for work or relaxation, he might be found playing the guitar. Word has it he might even sing a bit. If Charlie were to be awarded a title in the STRIDERS it would have to be something like most respected.

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LEE JOHNSON

Enthusiastic, energetic LEE JOHNSON is one of the forgotten fast runners in the club. He is always up there in the top 25 of ANY given race that he is in. He is 31 years old, a designer at Vibration Tech. Co. He graduated from NFA in 1970 and DID NOT run while in high school. Lee has been married for 9 years and they have 3 children. Chad 7, Stephanie 4, and Amanda 1. He only started running about 5 years ago after Jack Curran and friends issued Lee a challenge that they could beat him in running a race. They knew he would take them up on it and lose, but they didn't figure he would get hooked and end up running so fast. Guess Lee showed them.

With time at a premium he now runs on his lunch hour. (maybe that is why so many guys are fast-short lunch hrs.) His hobbies include raquetball, weight lifting and fishing. Lee is in charge of the race in Baltic this fall called the Mohegan Strider Baltic race. He did a great job last year. The only complaint was the course. All uphill. Lee's pretty petite wife NANCEY gave us this profile as we never would have gotten a straight answer from Lee. He has a really great personality and he never stands still long enough to talk to him. When he gets charged up for a race watch out. He is some runner!!

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JAY O'KEEFE

Hereafter know only as "J". You will know who he is. This young man of about 19 is the newest sensation added to our club. How about not one State Open win in cross country BUT TWO?? and he was named as All-American twice in high school in cross country. J has spent the last two years at Auburn University in Alabama in elementary Education. He graduated from E.C. Smith where he played Soccer. In addition he likes Ice hockey and camping and likes to work with

children. During high school some of his times were: 5,000 m track in 14:28.1 , 5 miles on road in 23:56, 10,000m cross country in 30:24, 2 miles on track in 9:00.02, and recently he ran a 25K race in April in 1 hr. 19 min. 31 sec. He said that he doesn't like track running because it is boring. (when you run as fast as he does you get dizzy just watching him go round and round that track) Right now "J" is taking a year off from college and can be found working at Nassifs Sporting goods store. He said that he is looking forward to meeting the rest of the STRIDER population and is ready for our "get-together parties". "J" has entered the Rose Arts race and even though we have never seen him race a road race we are picking him as first STRIDER finisher. Maybe even first overall. What else can we say about this new guy except wow, gee..... what a RUNNER.. See you at Rose Arts J.

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ROSE ARTS RACE SUNDAY JUNE 19th. entries no later than June 12

Everyone is thinking Rose Arts. What a field we will have. All the fastest Striders have said they will run it. Any one's guess as to who will win it. Wanted a top ten pick but there are so many can't nail it down to just 10. We have Jacob, Marshall, Smith, Crowley, Bamas, Muriello, Houle, OKeefe, Portelance, Lamb, Brennon, Brown, and the list could go on and on. Hal will be our first master. And Carla will be our first lady. Eric Roselund our first Jr. Shawn Bennett has now moved into the 19-34 age division so he will have to slug it out with the open group but you can be sure he will be in the top 25. Last year we had 35 in the top 100. Our top STRIDER was BILLY MARSHALL and he could do it again. We have ordered a cool race day..

This years race is going to be the best one yet. We are working hard and have been since last July to accomplish this. If you have any suggestions please come forward now.

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ROSE ARTS RACE 73rd PLACE TROPHY, is to be given by STRIDER member HARRY OGULICK to the person who finishes in 73rd place in the race. Hopefully HARRY will be on hand to present this award to the finisher in honor of HARRY'S 73rd year.

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REC RUNS Groton, Norwich, Ft.Shantok. Don't forget to get ready for these fun runs. Every year more and more STRIDERS make them a must on their training schedule. If you don't intend on running them then help out. They are free, we cheer you on and you get to meet a lot of very nice people and their families too.

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PHOTO S FOR STRIDER CALENDER Don't forget if you have any suitable pictures or quotes for the calender send them to John Ficarra or see him at the races.

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Well that's it folks, down to last few lines. Expect the next news-letter out by the middle of July. Don't forget to enter John Kelly's race at Ocean Beach. One of the better ones and part of the BIG "3". (saw John slinking around a race recently not running it but as a reporter. He's the greatest at both)

Hope to have profiles on STEVE LAMB, CARLA DOSSETT, JOHN BROWN, JOHN BRENNON and JOHN LADD in the next two issues.

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RACE ENTRY FEES Some are getting too high. If you feel that you are tired of being used as a race horse then do not enter as many. They will get the idea before long. We CAN controll the price of the races we run in. KEEP ON RUNNING- RUN CAREFULLY TOO.....

MURKIN STRIDERS

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