

=====

EAST LYME MARATHON ASSOCIATION is looking for volunteers to work the finish line. They want males. 11:30 -1:30. They want people to help post results. Call George Maine at 546-9182 daily and 546-6697 at nite. or write P.O. Box 1 Canterbury,Ct. 06331.

=====

PEOPLE ON THE MOVE the dirt, gossip, Joan Hill (AUNTIE JOAN) at 181 Park Ave. Ext. Uncasville,Ct. 848-0346 (if you can get thru)

First of all a HAPPY BIRTHDAY to AL MORRISON. We had the honor to celebrate his latest both at Ft. Shantok and after at our home along with several others. AL said "each birthday just gets a little bit better". He now collects hats,so. He has NFA colors, our club color, and Montville high colors so far. PAUL handsome HILL dashed off with a damsel in distress in his black bug. Now that's a car you have to ride in. He was caught with CIGARETTES in the glove compartment and "claims that HARRY WATSON owned them" NOW THIS HARRY WATSON has these awfull KA-KA things in his pocket and tells us with a straight face he doesn't smoke. Did everyone notice that PAUL H. HILL was the only person in the race results to have his middle initial published. AUNTIE JOAN responsible for that one. JOHN BLANCHARD our able TAPE RUNNER at rose arts race sprained his ankle while doing his job and never told anyone. Now that's dedication to your assigned job. Hope it is better JOHN. Also heard that JOE LONARDELLI was shocked to have a female runner finish the race and then throw her arms around him and kiss him. Guess you KNOW he will work finish line again next year. One of our tip-top runners has a grey hair. We may get it and auction it off to his female admirers. JOE BANAS getting forgetfull these days but we forget you SWEETHEART? PETER NYSTRUM good looking new member (not that new) is a Robert Redford look a-like. Neat guy teaches, coaches cross country at Eastern and is going for his Masters this fall. He is single too. JAY OKEEFE did not let AUNTIE JOAN down. He did excatly what I said he would do at Rose Arts. What a runner !! AUNTIE JOAN got so excited after he won the race she almost forgot to go post results. Where is JULIO & DEBBIE these days?? They were seen at Ocean Beach recently. DON WERLING is not 53. Actually he has a fake drivers licence so he can win all the GM races. Nice letter from GERALDINE PALONEN recently saying she enjoys the newsletter. Very kind lady and a welcomed member along with her talented and pretty daughter JAN. Both always place in every race. The STRIDER who was a member BEFORE he was born turned out to be JEREMY SANDFORD who was born on March 15, his dad BOB says that "Now we have to teach him to walk then we will work on running." BOB is back in from sea duty and would like to meet some other STRIDERS. He lives with wife Cheryl and other son Jason on Flintlock Road in Ledyard so you STRIDERS over there look him up and invite him to join your group running. KEN RAWN seen as chaperone at recent prom all decked out in plaid sports jacket, tie AND RUNNING SHOES. We have another hot-shot runner in our club. None other than LINDA GRANT from NFA fame. She is most welcome addition. The TERLUK boys arc back with us again. Both are in college and work summers at Holdridge nursery. Glad JOHN grew a mustache. Now we can at least tell him from MARK. Both are cute guys and former runners for Montville. JOHN PIRIE, we have not missed your sensational wins this year. This guy really a fast runner but he doesn't race them all. Why not run Ft. Shantok this summer? Must be your old stomping grounds. OFFICER WHITE is no slouch this year either. He will be one to watch. All JASON BAKER has to do is go to State track meets and people feed him hamburgers. No one else got free eats from the parents of other school runners.

CLEM'S CORNER RACE RESULTS Clem McGrath 5 Jaffe Terr, Colechest

HEBRON 4MILES MAY 15th Where? Just 10Min. up the road. Tjought I had stumbled on one no one knew about but hard to out-fox JACK CURRAN, JIM DOCKER & MARSHALL COLLINS. EV ATONE called me on this one. Nice race which goes right by his house. STRIDERS: 4th MARSHALL COLLINS in 21:40, 13th JACK CURRAN 22:10, 15th JIM DOCKER 22:37, 18th EV STONE in 23:06 & YOURS TRULY 21st 23:46. A nice note plus results mailed to all participants. CLASS JOB !!

SPRINGTIME FESTIVAL, DANIELSON MAY 21 BOG STRIDER team win as well as tremendous club support. Spage age hasn't got up there yet as the computers had trouble operating in the climate. WAY tried to make an ironman of JAY O'KEEFE with some sucess. JAY'S RECORD BREAKING WIN WAS OUTSTANDING. AND WAY helped him celebrate. To even show up at EXPO showed that JAY is a candidate foe WAY'S team. JOHN PIRIE won the 3 mile for a STRIDER: sweep. 5 Miles 1. JAY O'KEEFE 24:00, 4. WAYNE JACOB 25:11, 7. JOE BANAS 25:34, 8. BILL MARSHALL 25:41, 12. JIM CROWLEY 26:13, 16. JOHN LADD, 18. FRAN HOULE. JACK CURRAN had a PR at 30:02 and BEV BENNETT won ladies MASTERS. 3 MILES 1. JOHN PIRIE 15:18 8. BILLY SHEA, 13. MIKE SMITH, 16. MARK BIASE, 18. SCOTT FISHER.

EXPO GROTON 5 MILES MAY 22 This one is awfully early in the A.M. The 8:30 start has some people just finishing off Saturday night. Pluses were nice warm morning, good refreshments, and CATHY & MELINDA cheering down the home stretch. The minuses were horrible splits and no BOOTLEGGER reception due to renovations. STRIDERS were led by our WAYNE JACOB 2nd 25:41, FRAN HOULE 5th in 26:00, TIM SMITH 6th 26:10, BRUCE MACMAHAN 9th 26:48, CHARLIE EWERS 10th 26:54, JOHN BROWN 11th 27:03, MIKE SMITH 16th 28:01, JIM BUTLER 17th 28:04, WALT SMOLENSKI 19th 28:15, DAVE LATHROP 20th 28:21, CLEM McGRATH 35th 29:31, CARLA DOSSETT 29:48 (1st woman) DON WERLING 33:47 (3rd GM), BOB KAHL had a 5mile PR here. By the way WAYNE JACOB, FRAN HOULE & MIKE SMITH all ran the day before in Danielson

WOODSTOCK 10K MAY 20 Tough course, 189 runners. Heavy rain and lots of STRIDERS. Big win and new record for BILLY MARSHALL in 32:34. 2. JOE BANAS 33:12, 11. Lee JOHNSON 35:28, 18. JEFF McCLOSKEY 37:10, 31. JAN SLONSKI 38:38, DON BROEUR 38:53, 33. JIM DOCKER 38:53, 41. JAN PALONEN 39:33 (1st W & 10K PR) 42. JACK CURRAN 40:26, 48. ANDY HIGGINS 40:18, 51. MARK CURRAN 40:26, 97. JOHN BRADY 43:48, 108. BOB O'DONAVAN 44:54, 120. MARY JANE BIASE 45:52, GERALDINE PALONEN 46:54, 156. ROGER ZOTTI 49:40, 159 EVERETTE FORTIN 50:05 Our top 5 finishers made up of STRIDERS won the team title. Good going guys !! THANKS JOE BANAS

SUB BASE 5 MILE MAY 20 WAYNE JACOB wins easily in 25:27. While CARLA DOSSETT continues to win in her division in 30:41. FRAN HOULE wins the 2 mile in 10:04 and then grabs a 3rd in ht 5 Miler in 27:05. WHEW !! Other STRIDERS in 5 miler, 11. JOHN BROWN 28:27, 08. CHRIS HENNESSEY 33:54 (1st teen girl) 2 MILES 3rd. WALT SMOLENSKI 11:04, 6th was WAY HEDDING in 11:38.

The battle between CROWLEY and the McGRATH'S seems to continue on and on. Now we hear that they even fight about going clamming. Seems that KEVIE got 17 more than GENE.

DON'T FORGET THE STRIDER 24HR. RUN AT MONTVILLE HIGH AUGUST 27th WAS SUPPOSED TO HAVE MORE DETAILS ON THIS ONE. CONTACT BOB MILES OR SEE HIM OR JACK CURRAN AT REC RUNS.

RUN FOR HOPE NORWICH JUNE 5 Oh those Mohegan Park hills. Brings back memories. FRAN HOULE didn't mind as he captured BOTH the 2 mile and the 4.5 mile. Fran looks "back in the groove". JOHN BROWN also doubled with a 2nd in the 2 miler and a 3rd in the 5 miler. JOHN'S speed continues to improve. TIM SMITH ran 2nd in the 4.5 in a tune-up for FATHER CASEY race in the afternoon. STRIDERS 1. FRAN HOULE 10:01, 2. JOHN BROWN 10:10, 4. GERRY CHESTER 10:38, 5. DAVE LATHROP 10:40, 1st. jr. SCOTT FISHER 10:56, DEAN FESTA 11:18, 13. CLEM McGRATH 11:39, (1st master) 14. RON LAFLUER 11:45, PAT LATHROP 13:03 (1st wo) 4MILES 1. FRAN HOULE 23:51, 2. TIM SMITH 25:00, 3. JOHN BROWN 25:21. 4. Mike SMITH 25:28, 7. JIM WATSON 27:21 (1st master) 9. CARLA DOSSETT 27:48, (1st wo) 10. CLEM McGRATH 27:49, BOB O'DONOVAN 32:25 (1st GM)

=====

FATHER CASEY RACE 4.5 MILES JUNE 5th STRIDERS take top two with JIM CROWLEY 23:50 and TIM SMITH 24:41. JOHN FICARRA was 8th at 27:05 & TODD WILLIAMS 10th 27:13 (1st high school) JAN SLONSKI was 1st master 27:54 and DON WERLING 1st Grand Master 32:55.

=====

BROADWAY MILE NORWICH JUNE 9 I've got to try one of these one of these days. My trouble is pain and I don't get along real well. These races seem to be pretty popular as indicated by the 156 who showed up there. STRIDERS were led by JOHN LADD 4th 4:37, FRAN HOULE 5th at 4:38, JOHN BROWN 8th 4:45, and SCOTT FISHER 9th 4:46 (1st hs) Division winners were JIM WATSON (MM) 5:14, CARLA DOSSETT (WO) 5:24, and PAT BAKER (WSM) 6:41. The SULLIVAN'S and URBAN'S were part of the race committee for this one.

=====

ST. JOE'S SPRING FLING 5 MILES JUNE 11 What?? Where?? JACK CURRAN found it as did JOE BANAS who won in 26:35. JACK was 1st in the master div. in 31:19, DON WERLING 1st GM 35:44, JAN PALONEN was 1st Jr. 33:18 and MOM GERALDINE 1st master 38:36. Course was hilly & day was hot & humid. Jack's son MARC paced JACK to his win or was it the other way around???

=====

GROTON 5.2 MILES JUNE 12 This race used to be big but numbers are dwindling every year. Only 89 this year. Maybe it's too close to ROSE ARTS. Our WAYNE JACOB won handily in 26:12, TIM SMITH 3rd, FRAN HOULE 4th, BRUCE McMAHON 6th and JOHN BROWN 10th. CARLA DOSSETT has continued her undefeated string in the women's open finishing 29th in 31:59. JULIO MURILLO ran a SOLID third from LAST and attributed it to the good of his body and mind.

=====

NORWICH ROSE ARTS FRSTIVAL RACE 10.6 MILES JUNE 19 17 years old The weather did not disappoint us again this year. Nice and HOT and HUMID. Many people succumbed to the hills. Times were slower. Water was plentiful. People were great!! NORWICH BULLETIN coverage was outstanding. BOB MILES, JOAN HILL, & company did their usual excellent job. KEN MURKETT handled the emergency end of it with his usual expertness. KEVIN CROWLEY & JIM OKEEFE were beaten by "A BETTER TEAM" And to top off the day TERI & TIM SMITH outdid themselves with their annual post race party. STRIDERS won the team titles in both men's & ladies and individual title as JAY OKEEF (52:36) COASTED to a big big victory in his relatively young road racing career. CARLA DOSSETT blew out the woman's field in a PR 66:27, BILL MARSHALL was 1st in sub masters (6th overall) in 56:03, JAN PALONEN 1st jr. 70:10, and ROSE BUCKINGHAM 1st master in 78:51. CATHY PINEAULT worked very hard after the race (while everyone else partied) in order to provide the Norwich Bulletin with a list of the finishers which were published

the following day. We thank all the STRIDERS who helped put on a real class race. The PALONEN'S editoria~~X~~ in the BULLETIN said it all. !!

=====

MANCHESTER RELAYS 10K JUNE 26 STRIDERS take 2nd place paced bt TIM SMITH, 6th in 32:28, 11th JEFF KOTECKI 33:16, 16th JOHN BROWN 33:38, 22nd MIKE SMITH 43:25, JOHN REED 37:33. CARLA DOSSETT 3rd WO 37:43 as she branches out of the area, PETER VOLKMAR had a 10K PR of 41:40 on a tough course.

=====

NEW LONDON RUN FOR HOPE 2&5 Miles JUNE 26 WAY HEDDING led the STRIDERS in the 2M with a 5th (that's not what you think) in 11:21. RON LAFLEUR 7th in 11:50 and GEORGE POTTER 9th in 12:00 & CATHY SMOLEN-SKI grabs another win in WO. JAN SLONSKI was top STRIDER in the 5 M in 8th (1st Master) 28:56. TODD WILLIAMS 2nd JR. 30:13, JAN PALONEN 1st JR woman 39:53, ROSE BUCKINGHAM 1st WSM 45:03, GERALDINE PALONEN 1WM in 46:24. CHET CREAMER 2nd GM in 35:44

=====

PROVIDENCE TO BOSTON RELAY RACE 44.4 MILES JULY HOT HILLY HUMID

207 teams we had 7 teams entered. Our "A" team was 1st in the open division and 2nd overall. Time of 3:53:17. How's that?? The "A" team of JAY OKEEF who ran 13.1 miles in 1:07:25, WAYNE JACOB 8.4 miles in 44:49, JOE BANAS 6.0 miles in 31:36, BILLY MARSHALL 6.2 miles in 33:33, FRAN HOULE 5.5 miles in 29:30, JIM CROWLEY 5.2 miles in 26:34. This team held the lead the first 38 miles. The "B" team 12th overall in 4:20:25 with STEVE LAMB, JIM BUTLER, JOHN BRENNON, LEE JOHNSON, BILLY SHEA, & JON KORNACKI. The "C" team was 17th overall in 4:29:58 with JEFF McCLOSKEY, JOHN FICARRA, JOHN CURRAN, MARSHALL COLLINS, MIKE SMITH, JIM DOCKER. Our masters team was 2nd in their division and 25th overall, in 4:37:40 with HAL BENNETT, JAN SLONSKI, DON BRODEUR, JIM WATSON, LARRY SETTJE, JACK CURRAN. The "D" team was 30th in 5:43:17 with MIKE HERRICK, BOB MILES, KEN PETERS, WALT SMOLENSKI, MARK CURRAN, DEAN FES*TA. The mixed "a" team was 3rd their div. and 34th overall in 4:48:40 with JOHN BROWN, DAVE LATHROP, CARLA DOSSETT, MARK BIASE, MARY JANE BIASE, PAT LATHROP. The coed "B" team was 115th overall in 5:34:38 with MIKE MARTINELLI, JEREMY LLOYD, JULIE SMART, SCOTT FISHER, ANN WEST, MIKE KORNACKI. THANK YOU JOE BANAS FOR THIS EXCELLANT RUNDOWN.

=====

CANTERBURY 10K JULY 2 A class job by a class guy JAN SLONSKI. The course is testy, weather hot & muggy. Field light due to Prov. to Post. Prizes were GREAT. Trophies top 3 each div. then merchandise to the top 30 men & top 5 women. Very euitable to say the least. TIM SMITH grabbed top spot in 32:55. Think TIM is going to stay tough forever. New STRIDER JEFF KOTECKI had a good one for 3rd in 34:05. 5th was CHARLIE EWERS 34:22, 12th MIKE SMITH 35:39, 23rd CLEM McGRATH 37:50. JAN PALONEN, GERALDINE PALONEN & ROSE BUCKINGHAM WON THEIR DIVISIONS

=====

CLEM'S ODDS AND ENDS Extending a get well fast to TODD POMAZON who had a nasty fall a few days before ROSE ARTS. He was laid up in the hospital but is on the mend. Also MARY JANE BIASE bounced back fast after her surgery in late May to race Rose Arts and the relay. Nice to see WALT SMOLENSKI back but now STEVE STRAKEE is lame. Sorry to miss Westerly Elks race. Ran my first one 25 years ago. Tough to get JOAN HILL on the phone these days. If she's not talking on it she is OUT RUNNING. Had the westerly Track club boys up other night for a tune-up on Rose Arts course. BILL KROHN is sure making the area proud of his achievements on a national level. How about our teams at the Prov. to Boston relays??? And who said we couldn't run with the best in the country and BEAT EM ?? JOE BANAS has done a terrific job as coordinator of the teams, as shown by their finishes.

JACK CURRAN is convinced he is not a miler. I still notice some of us do not realize who runs the road. The adverse publicity we receive from people driving their cars is something we really don't need. I realize some of them are "nitwits" and those are the ones we should yeild to the most in the interest of our health. Let's be aware, especially in group runs. Received some nice comments on our ARROWHEAD newsletter from VEEP JIM BUTLER. Always nice to hear. BRUCE MACMAHON keeps popping up and with some of his good New Hampshire runners too. He remains with the tough runners. JOHN BROWN just keeps on coming. Watch out you top guys.!! MARK CURRAN popping up now & then on the road racing scene. A biker like his father JACK, MARK does alright on the roads as well. Sign him up GENE !! Sports quote of the month: "HAS ANYONE SEEN SLIM CROWLEY"?? WALT SMOLENSKI has been introducing himself to the track lately. SEE YA.....

=====

MORE GOSSIP BILL MILESKI newest member is a NFA runner. He will be in his 3rd year. Also a biker. We will be hearing from those NFA runners this fall with the likes of TOM NEILAN, TIM BLANCHARD, and all the rest of "GENE'S" boys and girls. TOM LEE considered himself a STRIDER for the last 3 years. But he forget to pay his dues. When he did pay he INSISTED on paying dues for 1981,82 & 1983. Wonder if we owe him past newsletters??? Don't you dare TOM we don't have any. But we will pick on you from time to time and have nicknamed you TOM "Iforgot" LEE. NATHANIEL GREEN of Broad st. Norwich is a Law Student at Western N.E. College School of Law in Springfield Mass. Daughter AMY 11, is a 6th grader and active in 4-H dairy. Other new members include DON & ROSEMARY LEWIS of New London. DON was a member of St. Bernard x-country in the late 60's and early 70's and ran E.L. in 3:12 last year. Welcome aboard. Wayne Jacob set a new course record at Ft. Shantok a few weeks ago. Then he came back and knocked 39 more seconds off that one. Who is the blonde with the black and white top and black shorts WAYNE?? MIKE SMITH continues to dominate top spots in his division. He recently won the Preston City race and came away with a nice gift certificate. Got nice newsletters from Westerly Track Club and T3R. Thanks to both these clubs for exchanging newsletters. Some of you might not know it but our VP Jim Butler runs with them T3R boys all the time. And we coordinate many events with others clubs so we aren't rivals like some think. TODD WILLIAMS and ROBBIE CARBRAY completely dominated the Ledyard track team this spring. These two guys are to be watched. Both have set school records and will be something to be watching come cross country season. We hope to have more records set such as the 1,000 meter run by ROBBIE and TODD during track season. Addias Oregon shoes for sale. Ladies size 8 with less than 5 miles on them. Shoe store sold them to a GUY and told him they were men's shoes. Call Pat Baker 848-9584 and she will contact owner for you. Another new member is GARY HEINLY of Uncasville He started running to lose weight and has lost 50 lbs. already. He runs 35-40 miles a week and usually runs alone, but is looking for a partner. Had a chat with BILL CLARK from Gallivan Lane, Uncasville. He works out at the "Y". UNCLE KEVIE even has Black & Orange sneakers now to go with his Orange & black, shorts shirt, umbrella, socks. He looks like a walking flag for Montville high. Notice that he is getting thinner?? WAYNE HANSEN was observed by two women runners with his BR running shorts on backwards. Thought only DEMPSKEY did that. UNCLE KEVIE still won't admit that AUNTIE JOAN CAN run that Ft. Shantok run faster than his time listed for her. Guess will have to just run it one of these days and shatter all records. Beginning to do some questioning on what is being done with race entry fees for some races. Some we know benefit organizations but others NEVER SAY. We urge you runners to boycott any race you wonder about.

*Strider become
Mudgean Park Paul*

PROFILE ON PEOPLE

We met STEVE LAMB after the fall STRIDER meeting and proceeded to get some info on him at Billy's. Noise was too much so we asked him to fill out a questionnaire. This guy is outstanding. He is 26 years old, teaches Physical Ed. at Portland High School and coached both girls and boys Cross Country. He is an avid biker and two summers ago he went cross country to San Diego. He graduated from Fitch High School in 1974 and while there came in 12th place at the State Open in his senior year. His team also won the championship that year. His best time for two miles is 9:38 and he can boast of a 4:29 mile. He ran cross country at UCONN and was 5th in freshman year in X-country, then 2nd man in 1st meet in his sophomore year till his feet went bad. He had both feet operated on and needed a year and a half to recover. He ran Boston in 1975 in 2:28:11. Steve likes Pizza and coke, chums with Wayne Jacob and Billy Shea, is single and looking (girls??) and get this, we think he may want 12 children. He runs in Portland with his team, and says that it is very hilly there. Those who follow high school x-country will see Steve and his runners at the Ft. Shantok invitational this fall. Should be some meet. He said in closing that our club was perfect and he had no suggestions on how to better it. With members like STEVE LAMB no wonder we have a good club.

=====

JOHN LADD 22, is another of our hot-shot runners. He hails from Danielson, and is currently a Management Trainee at Brooklyn Savings Bank in Danielson. Think that John may be our "first" banker. He graduated from Killingly High School in 1979 and was Capt in of his X-country team. They were ECC champs in 1979 with a 10-0 record. In addition to x-country John also ran in the State open doing the mile in 4:32. After high school he went to Central Ct. State Univ. and did not compete because he majored in studing Finance. His two "other" hobbies include golf and music. John says he is single but already taken. He didn't say who the lucky girl was. His favorite race is the Kelly race (63:30) and this year he completed Boston in the fine time of 2:38:44, and his goal is to break 2:20. He runs an average of 55-60 miles a week mostly afternoons. He suggested that the club members meet at different tracks once a week for speed-work. Maybe once the summer rec runs are over we can start doing this so that more people can be involved. As for junk foods, John also likes pizza and also listed brownie sundae ?? What is a brownie sundae?? We hope to see John at the STRIDER picnic. We notice that he came up for the last rec run in Norwich. Welcome to the club.

=====

Well that's about it folks. Had hoped to increase the ARROWHEAD by two more pages to 9 pages but ran out of time and energy. Do have several more profiles on some nice people. Namely CHRIS HANSEN, TODD WILLIAMS, CARLA DOSSETT & JOHN BROWN the CARBRAV FAMILY. Want to thank BOB CARBRAV again for running these off. It is a hasle in the summer when no one is at school. If you wonder why JUDY POPROSKY isn't typing these letters, well she has this new typewriter that types in chinese. Plus she went off on vacation and picked the great week this letter went to press. One last piece of gossip. We have it from a good source that JACK CURRAN might shave off his beard if JEFF McCLOSKEY shaves his off first. How about it guys?? Look how cute old BOB MILES really is now that he shed his. Now shouldn't we take a nice vote to see how many agree??? SHAWN BENN- cut grew a beard and his father shaved his off.

BRING THE STRIDER PICNIC--- BRING THE FAMILY YOU GUYS.....
 BRING BATS, BALLS, SPORTS EQUIPMENT YOU HAVE.. RUN SAFELY.....
 LOOK FOR NEXT NEWSLETTER AROUND early SEPTEMBER...LOVE YA...

MOHEGAN STRIDERS
8 Sunset Avenue
Ledyard, CT 06339

BULK RATE
U.S. POSTAGE
PAID
NORWICH, CT.
PERMIT NO 99

The Smiths
42 Beech Street
Norwich, CT. 06360