

A MOHEGAN STRIDER PUBLICATION

PRESIDENT: BOB MILES
VICE-PRESIDENT JIM BUTLER

SECRETARY- BOB CARBRAY
TREASURER- TIM SMITH

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ATTENTION ALL STRIDERS MOHEGAN STRIDER RUNNING CALENDER

Dick Podurgiel and the committee has informed us that our long awaited running calender has been finished and has already gone to print. Many many hours went into the planning of this exciting new venture of ours. It features a pacing chart, quotes, a place for milage, has logo on runners, and a MOHEGAN STRIDER LOGO INSIDE. This 1984 running calender is geared to the runner and at \$4.95 isn't a bad price plus the CLUB may make a profit. The CALENDER SHOULD BE OUT BY THE TIME YOU READ THIS, SHOULD BE AVAILABLE AT RACES AND LATER THRU STORES AND BOC^KSTORES TOO. WE may be the ONLY RUNNING CLUB around to have THEIR OWN RUNNING CALENDER. THERE ARE PICTURES TOO. WONDER WHICH OF US STRIDERS MADE IT TO THE CALENDER.

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MOHEGAN STRIDER TEAM RACING

10TH ANNUAL PLYMOUTH ROCK TO PROVINCETOWN RELAY RACE

SATURDAY OCTOBER 15, 7AM SHARP... Starting at PLYMOUTH ROCK
\$32 per team (8 members on each team) \$4 for each person entered.

We had hoped to have 2 open men's teams, a womens team and a Masters men team. RESPONSE GOOD ENOUGH. People have signed up but they aren't getting the entry fee to JOE BANAS at 58 LAKE STREET, NORWICH. He needs the fee BEFORE SEPTEMBER 20th so he can mail the entry in.

COMMITTED runners will be leaving on FRIDAY NIGHT OCTOBER 14th at 6PM from the COMMUTER PARKING LOT NEAR THE SHERATON IN NORWICH. This is necessary because of the 7am starting time of race. PEOPLE with VANS are again needed... ALSO A DEAL for cabins located near the 6th leg of the race made thru DON BRODEUR, STARKWEATHER ROAD, BOX 680, PLAINFIELD, CT. 06374. COST WILL BE \$5 per night per person. SEND \$\$\$ to DON and let him know if you will stay over FRIDAY ONLY or SATURDAY NIGHT TOO. Please bring sleeping bags as cabins will be a little compact. They must be left in clean condition or we will not be able to get them again.

LIMIT CALLS TO JOE. ANY QUESTIONS PLEASE SEND ALONG WITH \$\$ AND JOE WILL CALL YOU.

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STRIDER PICNIC 1984 AUGUST 12, KEEP THIS DATE OPEN. NO EXCUSE can'T say you had plans. If we don't leave the area cleaner in 84 we won't be getting the pavillion in 85!! If you missed this years' fun at the picnic you missed a fine day. We had over 125 STRIDERS in attendance for the day. It turned out to be CARBRAY day because of BOB's birthday and he and SHEILA's anniversary. Kelly HOULE had a birthday that day too. We enjoyed a wine toast via JOE LONARDELLI'S bountifull picnic basket of goodies. Weather was perfect as was the company. All who attended said they had fun. AL had the first beer.

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MEMORIAL SERVICE FOR RUNNER BILL AIKENS was held on June 19 of this year at the conclusion of the "Race to the Clouds", just below the summit of Mt. Washington. With firends and relatives looking on, his ashes were scattered in the area known as Alpine Gardehs, a pristine expanse with a commanding view of New Hampshire's Presidential Range. A fitting memorial.

CLEM'S CORNER

5 JAFFEE TERRACE, COLCHESTER, CT, 06415

NORTH STONINGTON FAIR 10K JULY 10th JOE BANAS & FRAN HOULE tie for first. (32:27) Nice picutre in NORWICH BULLETIN. MIKE SMITH was 5th, JAN SLONSKI 7th (1st master) Younf TODD WILLIAMS was 11th and BRUCE CHRISTIE was 18th.

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MT. MISERY 6.7 M VOLUNTOWN JULY 23 I got a break this year. No conflict with GALILEE !! I like this race. Real X-country. So does TIM SMITH who wins again in 34:55. TIM, the course architech, is it's most consisteat performer. Nice food bags, nice festival but results posting was a little slow. Other STRIDERS were: 2. RORY SUOMI 36:16, 4. CHRIS HANSON 36:43, (1st Jr) 6. FRAN HOULE 36:48, 8. HAL BENNETT 37:52, (2nd master) 9. ERIC ROSELUND 38:05, 12. JAN SLONSKI 38:57, 13. TODD WILLIAMS 39:03, 14. DAVE CREAMER 39:18, 19. DON SIKORSKI 39:55 24. CLEM McGRATH 41:07. STRIDERS WON THE TREAM TITLE.

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BLESSING OF THE FLEET 10M NARRAGANSETT July 29
 A small group of us made the trip to GALILEE this year and did quite well. Over 900 registered in what I consider one of the nicest 10 milers around. Good timing, many H2O stops, cool of the evening, many spectators and a scenic course along the beaches that is minus any difficult hills. JOHN BROWN was top man for us finishing 12th in 55:24 and this was done with a "flat tire"!! A WHAT !! Following JOHN was JEFF KOTECKI 17th 56:04, CLEM McGRATH 74th 61:13, CARLA DOSSETT 87th 61:39(3rd wo) and PETE VOLKMAR 234th 68:55. Results were up as fast as I've ever seen. (COMPUTERIZED) But quite a long wait for the awards. We all gathered with some of our Westerly Track Club friends at "Captain Jacks" for some great grub and grog. Just a nice r night all around!!

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KELLY RACE OCEAN BEACH NEW LONDON 11.6 MILES AUGUST 6th
 Hot, muggy. Some surprises, many dosappointments. WAYNE JACOB sure showed he can handle the long stuff as well as well with a fine 3rd place finish in 59:53. Super performance!!! OTHER STRIDERS were 14, BILL MARSHALL 64:20, 21. JOE PORTELANCE 65:15, 22. DARREN EISMAN 65:23 1st high school and a NEW STRIDER. GREAT JOB !! 40. CHRIS HANSEN in 67:18 (3rd high school) 357. Geraldine Palonen 90:46 2nd master lady

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MONTVILLE HARVEST RACE now JOE PUDLOW MEMORIAL RACE 6.7 AUG 6
 Just as hot here but FRAN HOULE prevails again in 36:02 3. JEFF HLINIAR 37:48, 4. CHARLIE EWERS 37:48 (1st Sub master) 8. HAL BENNETT 38:44 (2nd master) 10. DON SIKORSKI 39:08, 12. ERIC ROSELUND at 39:32, 13. MARK HOUSTON 41:24, 17. DEAN FESTA 43:03, 18. TODD WILLIAMS 43:05, TOM LEE 44:38 (2nd sm)

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BALATIC 10K AUGUST 13,
 This was an all MOHEGAN STRIDER show as we took 13 of our top 14 places. Weather was unseasonably cool which accounted for WAYNE JACOB'S record win 31:25, and a few 10K PR's on a c course as difficult as I've run for 10K. Behind WAYNE was FRAN HOULE 32:49, TIM SMITH 32:58, JOE BANAS 33:42 and JEFF HLINIAR 34:08 to complete the team win. JEFF took the team trophy home to chicago with him. This race drew 70 of our members which does make it as a well attended race. Other STRIDERS: 6. BILL MARSHALL 34:15, 7. WALT SMOL-

ENSKI 34:20, 9. MIKE SMITH 35:01, 10. HAL BENNETT 35:22(1st master), 11. DON SIKORSKI 36:02(1st high school), 12. CAS GRYGORCEWICZ 36:04, 13. JOHN CURRAN 36:09, 14. JAN SLONSKI 36:13, 17. LEE JOHNSON 36:39, 18. CLEM McGRATH 37:24, 22. RON DOMBROWSKI 37:44, 24. TODD WILLIAMS 37:59, 25. BRUCE CHRISTIE 38:08; JAN PALONEN was 1st woman in 39:53 and MOM GERALDINE was 1st master in 46:47 followed by BEV BENNETT in 47:22, ROSE BUCKINGHAM in at 44:43 for 2nd womans sub master while MICHALEEN HASSELER 48:28 3rd SM. PAT LATHROP 47:12 (2nd wo) and KATHY SMOLENSKI 55:34 (3rd WO) rounded out the scoring. Great STRIDER SHOW

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MOOSUP VJ 10K AUGUST 14

FRAN HOULE comes right back after a 2nd in Baltic on Sat. to win here in record time of 32:09. TIM SMITH 2nd, 32:31, 6. RORY SUOMI 34:00, 9. MIKE SMITH 34:40, 10. DON SIKORSKI 35:13 (1st hs) 14. JOHN CURRAN at 35:43, 17. JAN SLONSKI 35:59, GERALDINE PALONEN 44:57 (2ndMaster) and PAT LATHROP 45:21 (3rd WO) led the women. CHET CREAMER was 2nd GM in 43:28. ALL But Rory and Chet doubled on Sat. & Sun. I don't know how they can do it???

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PRESTON CITY 7.2 AUGUST 20

STRIDERS score heavy again in local race. TIM SMITH a winner in 37:37 with JOE BANAS right behind in 38:12, 4. CHARLIE EWERS 39:33, 5. JEFF HLINIAC 40:19, 6. MIKE SMITH 40:25, 8. JOHN CURRAN 41:35, 9. JOHN FICARRA 41:54, 12. MARK HOUSTON 43:48(1st HS) 13. DON SIKORSKI 43:48, 15. JERRY LENTZ 44:09, 16. RON LAFLEUR 44:40(1stMaster) 17. DEAN FESTA 44:56, 18. JIM DOCKER 45:05, 19. TOM LEE 45:06, 20. JACK CURRAN 45:18, 22. PAUL "H" HILL 45:51, PAT LATHROP was 2nd womens open at 52:55, with PAT BAKER 3rd at 56:21. GERALDINE PALONEN was 1st women's Master in fine time of 51:41 and CHET CREAMER 3rd master. 55:02

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WILLIMANTIC TAC 5K AUGUST 21

This was a women's team championship and thanks to MONTVILLE HIGH and JOANNE SUOMI the MOHEGAN STRIDERS prevailed over the WILLI AC and the SILK CITY STRIDERS amongst others. MARY BRIDGE was top for us in 18:53 good for 3rd place. JOANNE was 5th 19:04, KELLY HAWKES 6th in 19:11, KAREN HAWKES 7th 19:49, GREAT JOB GIRLS !! OTHER STRIDERS were 14. KATHY HAWKES 19. BETH LITWIN, 33. JUDY POPROSKY and 39. KATHY SMOLENSKI.

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COLCHESTER 5M AUGUST 28

Hot & muggy. More bad performances than good. WAYNE JACOB didn't seem to mind though as he buzzed to victory in 24:41 (3 sec. off record) JAY O'KEEFE'S big brother KEVIN kept the pressure on WAYNE and finished 9 seconds behind. JULIO MURRILLO was 5th in 27:13 and WALT SMOLENSKI 6th in 27:32. WALT and wife KATHY (8oth 44:12) were 1st COLCHESTER male and female. OTHER STRIDERS: 10. MIKE SMITH 28:22, 11. TODD WILLIAMS 28:39(1st.HS) 13. MARK HOUSTON 29:29, 14. DAVE LATHROP 29:35, 16. MAR - SHALL COLLINS 29:45, 18. CLEM McGRATH 29:52, 19. BRUCE CHRISTIE 29:56, 22. WAY HEDDING 30:49, 28. RON LAFLEUR 31.24, 40. CHRIS HENNESSEY 33:06 (1st Girl HS), 41. CARLA DOSSETT 33:15 (1stopen), STRIDERS took the team title with help from high schooler TODD WILLIAMS. COLCHESTER ROTARY got a late start this year but next year should be better. A 12:30 start is rough on a hot day. Post race picnic at the SMOLENSKI'S was dynamite !!!

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CLEM'S ODDS AND ENDS

Heavt STRIDER participation in LEDYARD RELAYS under other colors. Most did themselves proud. Welcome DON LEVINE and DARREN EISEMAN from Colchester to the STRIDERS. APOLOGIES TO DON SIKORSKI and CHRIS HANSEN. They have been running excellant and I've been missing them. CATHY SMOKENSKI can't seem to ahake those shin splints. GENE McGRATH is still TOP CLAMMER in my book. JACK CURRAN continues to do a fine job with those Thursday night rec runs. RON LAFLEUR running out of his tree these days. Nice to have STEVE GOLDBLATT joininh us at the Colchester rec runs. BRUCE CHRISTIE has re-upped and has been racing well.. He had a 5:00 mile at Ledyard, was 2nd in 2mile at Sub Base, and 1st in 2 mile in New London. BRUCE likes to run the short stuff with the short stuff. FRAN HOULE was 3rd at 32:28 and WALT SMOLENSKI was 5th at 33:45 in Clinton 10K on Aug. 20th. Have been noticing big improvements in TOM LEE'S times this year. BEV BENNETT scores in women's masters consistently. MIKE SMITH is my new IRON MAN. Anyone noticing lately that prople aren't traveling far for races anymore? sizes of fields have been reduced and other than a few classics, the local races are dominated by local runners. Too many races I guess?? OLD SAYBROOK 10K on LABOR DAY weekend has made a bad move in the eyes of us masters. Masters division is now 36*49. Some 36 year olds are still winning races in the open division. This is the 1st race I've seen doing this; As this is my favorite 10K, I'm going to miss havibg it on my schedule. VEEP JIM BUTLER ran 100 MILES in 23 hours to out-distance the fiels in the 24 hr. run. That's hard for me to believe. My body hurts just thinking about it. STEVE LAMB was the next STRIDER with 86 miles, LOU VENTURI did 81 miles, and TIM SMITH retired early with 49 miles. The six man team of JACK CURRAN, JAN SLONSKI, JOE PORTELANCE, GARY MIKUTEL, JOHN FICARRA, and BOB MILES ran as a relay team and ran 217 miles to average 36 miles per man. GOD BLESS !!!!! ANOTHER nive picnic this year. It's good to get together other than the races. Summer is ending. Going to miss my beach runs. CARLA & JOHN are ailing lately. Looking for them to come back as strong as ever. TOM AND PAT BAKER both came into the money recently in races at LUDLOW VT. TOM'S JUST become a master. SPORTS BULLETIN !! Anyone seen applications to the 1984 WATCH HILL TO WEEKAPAUG 5 mile beach run? A straight 5 miler at low tide promises to bring some very good times. More on this later. This months quote comes from JAN SLONSKI. "We don't get any older, we get better". Well it's off to the "run around the block" this weekend. SEE YA CLEM

5 JAFFE TERR, COLCHESTER

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Dear STRIDERS,

It is always fun when the STRIDERS newsletter arrives, for although I'm still a non-runner, I read it dilgently looking for news about our friends. Sarah Emily is now 2½. She's started tumbling cla classes, loves being a monkey climbing everywhere. Rob takes her to the track now & than where she runs the 100 yard dash. She likes jogging with her dad.

Thank-you to the many STRIDERS for their many thoughts and prayers for my sister Ann these past 18 months. We have felt your love and kindness during this very sad time. Oue lives have been "on hold" this year, hoping and praying they would find a cure. We will miss her so much. Sending you all our very best with hopes of seeing you in '84.

LOVE, LOIS BARRETT HUNTINGTON

PEOPLE ON THE MOVE all the latest gossip, dirt, news about you and the rest of the STRIDERS. Send all printable news to JOAN HILL 181 Park Ave, Ext, Uncasville, Ct. 06382 848-0346

ROB HUNTINGTON also wrote us a note. In it he tells us that he and LOIS and SARAH are still in Kansas City, Mo. He is traveling all over the counyrt thru his job, running about 45 miles a week but he is unable to run more than a few miles without losing muscle control of his left leg(since june 1973) He did recently race the mile for a place on the Corporate Cup Team races and got 4:46:2 to 4:49:9 for 2nd place, got it down to 4:40:2, then got "bumped" off team by guy from Kansas State. Undaunted, ROB will break 4:30 one of these days soon! MARY AND LOU FREE are FINALLY back in Uncasville after two years in California. Welcome home. FRED PERKINS has a snazzy new motorcycle. He's the thinnest we've ever seen him and training hard. JOHN MARTIN putting in good milage again without injury. He will be celebrating his birthday early November. GENE McGRATH even has a green car?? Watch his cross country team this year. They have a lot of potential. MARK CURRAN is going to RUN this year. Dad JACK has helped many of us lady runners at track workouts. He is always there to help if you ask. (Sorry Jack, hope you don't get dozens of calls) DON SIKORSKI can't complain about being ignored any longer. And TOM LEE will never be allowed to "FORGET" again. The LEE'S are expecting a new addition soon. LEE PERET'S "dues year" starts in July. FRAN HOULE had a fantastic lead at the end of the Harvest Festival Race. AUNTIE JOAN predicted he would win. KEN RAWN found a huge fly. He was going to keep it for a pet but instead he a SHAWN BENNETT let it drown in beer. JOE "sweetheart" BANAS vacationed in sunny California recently, and he caught a road race and finished it just in time to catch the plane home. He came in 15th out of a field of 1,200. Sorry JOE we had to tell. RON DOMBROWSKI has finally joined the club. He told us two years ago that he would join up when he hit 40.. Well he did in July. He also joined up lovely wife NANCEY and their son ROBERT. ABOUT TIME I'D SAY. We knicknamed RON the "rabbit". 16 year old KEVIN CARBRAY won the 3rd place medal at the Ledyard rec runs this summer and he is SHARING THE MEDAL WITH HIS DAD BOB, every other day, because he says "Dad doesn't have any medals". GARY AND SUSAN MIKUTEL one of the cutest couples we have in the club. Both have super personalities and we enjoyed meeting them this summer. JEFF HNLIANK super good runner, good looking young guy, in middle 20's is off to New Jersey to super new job with Nabisco Co. We are sorry to lose him to N.J, but he promised to keep in touch with club members. JAY O'KEEFE doesn't run too fast in the 3 legged races. Looked like he was enjoying himself with his partner though. PETER NYSTROM has been adopted by AUNTIE JOAN as another nephew. This guy loves cookies, pepsi, junk food and candy..He spent the summer as a some-what beach person. HANDSOME PAUL bought himself a snazzy new sports car. He had to pay the junk yard to take his volkswagon bug we are told. Is that true PAUL?? What is MANNY KADISH up to these days??? Haven't seen him in a long time. SULLIVAN family still in there. Girls AMANDA and SARAH both going to beat MOM & DAD one of these days. CHUCK KING works at E.B. 52, and boxer and spends a lot of time at the "Y". LEE JOHNSON hosted the Baltic race. ERV MILLER sure did improve a lot this year at the Montville rec races. He is to be watched. We gave him a PURPLE ribbon at the picnic for most improved-rec runner. We also gave MIKE SMITH one as MOST IMPROVED WHOLE YEAR. BEV BENNETT got the ladies PINK ribbon as most improved lady this year.

These ribbons were NOT given in jest. Both reserved the honor. Also honored at picnic were AL MORRISON for his announcing at many races, JOE LONARDELLI for traffic countroll, and KEVIN CROWLEY as talker of the year, and TIM SMITH as most respected STRIDER. Last but not least BOB CARBRAY for his 11 years as club secretary. It is a most time consuming job too. DEREK COOK and his big blue eyes. FRAN HOULE taking a year off from college. He is working at Petrosky Realty where he is responsible for art work, advertisement, He also has a snazzy new white car. Met so many nice people this summer. Met the "whole HOULE family". Nice people. MOM looks too young. Also got the chance to get to know the MAGNESEN'S. Swell family. LANCE & SHAWN sure are running hot this year. We tried to get them to join us but they are already part of Willimantic A.C. Ther are now two JIM HILL'S in the club. Both are 42, same height, similar build, both married and each have two children. They met at Rose Arts Race. BETH LITWIN fast new lady runner. Just started to run a few months ago. Watch for her. LINDA GRANT, pretty young miss who runs for NFA. Will be watching her this fall in CC. TEAMMATE JAN PALONEN as well. CLEMIE doing his usual fine job on race results, but don't you dare call him CLEMIE CHARLIE TROTTER CAN'T wait for next years HARVEST FESTIVAL. Was the high-light of his summer. Another new member is TOM FOWLER 46, running for 3 years, once lifted weights, races modified stock car at Waterford Speedbowl, raises goats, cows and vegetables, self employed contractor, sings in Conn. Symphony Orchastra, whew! He must be busy. DANIELLE BARRY wrote us nice letter. She is 16, puts in long milage, friend of AL MORRISON, LINDA GRANT and GAIL POPELKA. Golly DANIELLE you were practically a member already. CAROL HOWARD AND JUNE HOWARD are two more new members. A daughter and her Mom. They were introduced to the club by JOE BANAS. Signing off AUNTIE JOAN

PROFILES ON PEOPLE

CHRIS HANSEN graduated from St. Bernard high school this year. He might have been called somewhat of a sleeper. Not that he can be considered slow. It was just that several "hot shot" runners had more people watching them and the less attention paid to CHRIS the better he seemed to run. He emerged as the fastest high school runner we had in the club. By that we mean the most consistant overall. He not only ran Cross Country last fall, (and did very well as most know) but he can boast of a 15:50 in the 5,000 M, he was 6th overall at Hartford Public Invite, 1st at the Norwich Invite, and 5th at the Class "L" State meet. He also ran 3,000 in 9:14.

It wasn't untill after graduation and the start of summer racing that people really started to notice how CHRIS HANSEN has shaped up. He finished the Rose Arts Race as the 19th finisher and the first high school runner. His time of 59:38 put him up into the catagory of a "hot shot runner". By the way CHRIS moved himself up 17 spots over his last years finish for rose Arts. After that the whole summer saw his name for rec runs both on Mondays and Thursdays, weekly races all over the area. He is also on hand to help with Age Group track meets for the youngsters so he is an active member also. Right now CHRIS is enrolled at Holy Cross where he will major in Physics and run on the Cross Country team. CHRIS will do fine. We do have a great interest in this fine young man, an esteemed member of our club.

JAMES E. HILL Aged 42, now hails from N. Franklin,, married to wife CAROL whom he met while at NFA (1959) He played baseball and intramural sports. He went to Quinnipiac college, got additional training from E.B., Boening Co, Martin Marietta Arespace and is currently a Quality Engineer. He likes Pizza popcorn and Beer (of course he is a STRIDER now). Jim wants to qualify for Boston, and he can be found pounding the pavement at 5:30 a.m. He just joined the club this year but already we can see the improvement in his running. At the weekly rec runs he improved his time each week. JIM is dad to three daughters not two as we said earlier, wonder if he has them running yet? Kind of neat having two Jim Hill's in the club. The other one has been given credit for this Jim's finish times, so we figured we owe the 2nd Jim some introduction. At present this Jim is the only one running. Now if you aren't totally confused we will be offering more in the future. Welcome to the club JAMES E. HILL

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MICHAEL ZINSER is 33, graduated from Norwich Tech now a Tool Designer. Also plays Tennis, Bikes, likes sports car events and Photography in addition to his running. This guy is capable of breaking 5 1/2 hrs. for 100 miles on a bike which ain't too bad. Michael is married to wife GAIL and has a daughter KELLY-JEAN aged 6. At present Michael is a good time runner but has credible race times of 19:00 at Mystic 3 miler, 33:40 for Westerly Clam 5 miler. His long-range goal is to break 3:30 at E.L.. Currently he likes to run cross country or in wooded areas like Mohegan Park. He'd like us to sponsor some short tin man series in the future. How about the rest of you guys and gals?? that want to be involved in same?? Welcome aboard Mike.

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THIS AND THAT JOAN HILL (hi Bob Dempskey)

Now that summer has almost left us, (that old heat keeps on sneaking back for one more assault) it is time to settle down to some serious fall racing. On tap are some nice races. East Lyme is on every one's mind one way or another, If you don't plan on running how about giving moral support to a friend. Remember when I did my first one. Only reason I didn't quit was didn't want to dissappoint my friends who had seen me thru training. Got a special pal doing one again this year. My "Iron MAN" award has to go to JIM BUTLER. Every year he out-does himself. DEBRA how can you stand living with such a SUPERMAN??? Had hoped to publish the CARBRAV family profile but didn't do the homework. Also will do TODD WILLIAMS. JON KORNACKI complined we never do him so he goes off to school and forgets to give me his low-down. FRANK WILCOX deswrving of a profile also. He was in another swim,run, bike race this summer and AUNTIE JOAN lost the paper. Not forgetting MIKE SMITH either. Last year he came from no where. Predict that our WAYNE JACOB may go FOR IT at E.L. WATCH for an exciting race there. UNCLE KEVIE did his usual fine job at the Monday night fun runs at Fort Shantok. The Bennetts gave him a fine pizza party after one of them. Also honored was KAREN HAWKES and GEORGE RICE. KEVIE was presented with a UNCLE KEVIE ORANGE TREASURE BOX at the last rec run. No doubt he will find some use for the junk. JACK CURRAN also out-did himself again at the THURSDAY NIGHT FUN RUNS in NORWICH. The only thing that JACK didn't live up to this year was our expectation that he would shave his beard. He said his family wouldn't recognize him if he did. So BOB MILES goes and starts his again to antagonize us because we said he was cute without a beard. LAST NOTE: NO LADY TEAM FOR PLYMOUTH ROCK RELAY. RUN CAREFULLY..LOVE YA ALL.

MESSAGE FROM OUR CLUB PRESIDENT

The past year has been another successful one for the MOHEGAN STRIDERS. We have run well and we have partied hard. The club has grown in size and in prestige. More members are becoming active relieving some of the burden from those who have continued to work for the club. November is approaching and with it our fall meeting. Perhaps now we should consider what we want from our club in 1984 and who should hold the various offices. Only through newly active members can new ideas be introduced. Let's continue to be a progressive club. As president, I would be willing to step aside so that someone else may lead us. I would gladly work with a new president to continue to improve our club. Let a member of the executive board know your feelings and don't shy away from nominating someone for office at our NOVEMBER MEETING

BOB MILES
PRESIDENT MOHEGAN STRIDERS

MOHEGAN STRIDERS

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The Smiths

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