November 1983 THE ARROWHEAD membership
A MOHEGAN STRIDER PUBLICATION 410

PRESIDENT- BOB MILES SECRETARY- BOB CARBRAY
VICE-PRESIDENT- JIM BUTLER TREASURER- TIM SMITH

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ATTENTION ALL MOHEGAN STRIDERS Fall meeting. has been scheduled for Friday November 18, 1983 at Norton Peck Library at NFA campus. The meeting will start PROMPTLY at 7 P.M. We will be electing club officers, appointing committee members and discussing many very improtant issues. If you have any imput please make a note of the date on your calendar. (which by the way should remind you to purchase a MOHEGAN STRIDER RUNNING CALENDAR FOR 1984) You will NOT get a postcard reminding you of the meeting..

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Club members,

I hope that everyone will try to attend our annual meeting on NOVEMBER 18. This meeting presents each member with an opportunity to voice their opinion on matters past, present, and furure. It is also time to elect officers that will serve you during the following year. I hope that each member will take a moment to reflect on the club's activities, or lack of activities, of the past year and offer suggestions on how to improve the STRIDERS. It is hoped that through the sale of our running calendar we will generate enough funds to help make the club even be[illegible] ough sales have been good, they would be even better if more [illegible] tried to sell a few calenders. We believe that it [illegible] le product and we want to share it with others. All of the p[illegible] ll be used to benefit the club.

It has been a great year and I have been proud to work for you. I hope that 1984 will be another banner year for all of the MOHEGAN STRIDERS . Good luck and better running. Don't forget the "RUN WITH SANTA run for the TOMMY TOY FUND .

President,
BOB MILES

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MOHEGAN STRIDER RUNNING CALENDAR FOR 1984 cost: $4.95

The running calendar committee worked for many months to produce a calendar we can all be proud of. To date we have sold about 200. We MUST sell at least another 300 calenders to start to realize a profit. If you have not purchased one please buy one now. Several members have them.DICK PODURGIEL 889-1513 has them, JACK CURRAN, JOAN HILL and we will be selling them at races and at the November meeting. Please get behind this club effort. If everyone extended themselves and bought at least one we could for the first time in our club's history have some $$ in out treasury.

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CLUB DUES OR MEMBERSHIP DUES are due and payable on January 1st. We will be excepting dues at the fall meeting and if you can pay then it does save on postage, so bring your $$$. $4.00 for first family member and .50¢for each additional member. Your DECEMBER NEWSLETTER will be your last one unless you re-join.

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AUNTIE JOAN,

FLASH !! JAY O'KEEFE, PHILADEPHIA PENNSYLVANIA September 18, 1983. ½ Marathon 6r 13.1 miles. NEW NATIONAL AGE GROUP RECORD for 19 years and under. Time of 1 hour, four minutes and forty two seconds He finished 12th place overall in a National Class field. Also JAY has been selected by ETONIC, Inc. He will receive a package deal out of this world.

From your nutty friend,
SWEETHEART

CLEM'S CORNER - CLEM Mc GRATH
RACE RESULTS 5 jaffee terrace, Colchester,Ct. 06415

RUN AROUND the BLOCK 15K Block Island Sept. 10th Wow ! What a super weekend. If you have never tried this, then you must at least once. A bunch of us, with the brides of course, took in the whole weekend and I can't wait to go back. Weather was hot, food was good, hospitality was excellant and the race course didn't have one level spot on it. STRIDERS took 2nd place as a team led by BILL MARSHALL (9th overall) who won the Submasters in a record time of 51:44. Other STRIDERS: MARSHALL COLLINS 34th in 56:30, CLEM McGRATH 46th im 58:26, JIM DOCKER 65th in 59:55, BILL HUDOCK 92nd in 62:00, and GENE McGRATH 310th in 74:54. (where was Crowley?) JOHN BROWN and CARLA DOSSETT arrived at the starting line approx 2 min after the gun due to problems awaking. (something about JULIO'S stag the night before) Despite this, they both caught the majority of the field (600 started) before it was over. What a great way to finish out the summer season.

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TOM HEWES 8.8 MILES LEDYARD SEPT. 10th FRAN HOULE continues to improve on the road as he romps to victory in 47:19 almost 2 min over JOE BANAS. FRAN'S sitting out this year from UCONN so we will be seeing a lot of him. JOE BANAS was 2nd in 49:03 and TIM SMITH 3rd in 50:03, and MIKE SMITH 4th in 51:45. Other STRIDERS: 6. HAL BENNETT in 52:15 (1st.Master) 7. JIM BUTLER 52:23, 9. JAN SLONSKI 53:08, 10.TODD WILLIAMS (record 1st H.S.) 53:49, 19.BOB HARDING 57:02, 20. JERRY LENTZ 57:32, 24.RON DOMBROWSKI 58:47, 29.ERIC REELITZ 60:20, 32. BRUCE CHRISTIE 61:29,37. ROSE BUCKINGHAM 66:48, 43. MICHALEEN HAESSLER 72:58, 45. BOB SMITH 73:04, 53.SUMNER LANG(Ist Vet), BOB CARBRAY 90:38, and LAST but never least JOAN HILL 90:38 FIRST MASTER !

JOHN FICARRA won the 3 miler in record time of 16.27 for 5 second lead over TODD WILLIAMS (who won his division in BOTH RACES). JOHN CURRAN was 4th 17:13. 6. ROB CARBRAY 17:31, 7. RON DOMBROWSKI 17:39 (1st master) 9. BRUCE CHRISTIE 17:47, 11. MARK BIASE 18:03, 12. DEAN FESTA 18:29, 16. DICK PODURGIEL 19:30, 17. STEVE GOLDBLATT 19:32, 24. MARY JANE BIASE 21:22(1st open) 28. BEV BENNETT 21:52,(1st master) 29. BARBARA WILLIAMS 22:17, 30 AL WILLIAMS 22:18, 35.JUDY POPROSKY 23:35, 43.EDYSE SMITH 26:10 THANKS AL WILLIAMS

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DOWNTOWN NORWICH 4 MILES September 15th
Another fine job by our fellow STRIDER HARRY OGULNICK & Co. Nice shirts, good prizes and a party both in ROSE ALLEY and at BILLY WILSONS. Race course is novel and I hope it continues to flourish. Our WAYNE JACOB BURNED the course in a record time of 18:44 with Jim Uhrig just 4 seconds behind.

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FRANKLIN FLATS 4.5 SEPTEMBER 17th JOE BANAS won handily in 23:20 and JODY POPROSKY was 1st lady in 32:38. Other STRIDERS:3. MIKE SMITH 25:00, 5. BRUCE CHRISTIE 25:44.7. Paul HILL 26:25, 8.DEAN FESTA 27:03, 11.JIM HILL 27:57, 12.CHARLIE WHITTY 28:06, 13.GEORGE POTTER 28:23, 15.DICK PODURGIEL 29:19, 18.CHET CREAMER 31:03, 19.BILL HAYDEN 31:50, 25.RAY ROBERGE 35:57. Young Billy Hayden made his running debut in race.

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EAST LYME MARATHON October 2
My 1st. marathon, on a bike that is. Sorry Joan !! Not having experienced the pleasure/torture that one feels while competing in a marathon, I think I learned a little. The dispositions range from

friendly smiles at 6 miles to little grins at 15 miles to "get out of my way"at 20 miles to "where am I?" at 26. Quite an accomplishment. Our TIM SMITH was top dog for us again finishing 2nd just 40 sec. off the pace. Ane with TWO DIFFERENT shoes on !! Nice job TIM. JAN SLONSKI ran tough finishing 35th in 2:50:11 which gained him 2nd spot in the masters triple crown. CARLA DOSSETT cruised with her "coach" JOHN BROWN to a 3:05:04 time which sewed up the womens triple crown title. The last 4 miles in this race have many minuses. Heavy traffic, plus exhaust fumes, ruts in the shoulder of road and people who seem to look at the runner as someone just in their way. Maybe they should run the race backwards which would bring the runner in on a secondary road. Other STRIDERS: 5.JOE PORTELANCE 2:35 (great Joe), 12.JEFF KOTECKI 2:43, 30.DON LEWIS2:49, 38.MIKE SMITH 2:50, 41.JOHN BRENNAN in 2:52, 42.JEFF McCLOSKY 2:53, 61.DAVE CREAMER 2:5[illegible], 70.JERRY LENTZ in 3:01, 75.RON DOMBROWSKI 3:02, 82.KEN PETERS 3:03, 98.JIM HILL 3:07, 117.JACK CURRAN 3:10, 171 JOEL PATINGRE 3:21, 249.WAY HEDDING 3:32, and in womens masters we went 1&2 with MARY HAYDEN 1st. 3:32, then GERALDINE PALONEN 2nd in 3:47.

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CHRISTOFORO COLUMBO 5 MILES NORWICH Oct. 9 CHRIS HANSEN takes time out from HOLY CROSS COLLEGE to nail down his first area road victory in 26:05. Nice going CHRIS. STRIDERS dominated again with 9 out of first 1o places. Course is super flat and has been lengthened to an accurate 5 miles this year. 2nd place was TIM SMITH 26:36, 3.JOE BANAS 27:37, 4.WALT SMOLENSKI 27:49, 5.CHARLIE EWERS 28:13, 6.GERRY CHESTER 28:20, 7.MIKE SMITH 28:27, 9.JOHN CURRAN 28:42, 10. JIM DOCKER 28:46, 11.PETER NYSTROM 28:59, 13.CLEM mCGRATH 29:41(1st. master) 15.RON DOMBROWSKI 30:02, 17.RON LAFLEUR 30:42, and AMANDA SULLIVAN 38:24 (1st pre-teen).

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CAPE COD RELAY 83 MILES OCTOBER 15 STRIDERS do great again in a relay. This time we were 5th place out of 270 teams in the PLYMOUTH ROCK to PROVINCETOWN RELAY. Total time of 7 hrs. 36 min. 22 sec. Our "B" team finished 31st and the masters team 45th (10 in division) This is a terrific accomplishment considering the number of teams and I' I'm sure we are all proud of these 24 STRIDERS. "A" team of WAYNE JACOB 9.1 miles in 44:58, JOHN BRENNAN 7.8 miles in 42:20, JOHN LADD 15.8 miles in 1:29:53, JOE BANAS 7.5 miles in 37:59, BILLY SHEA 7.1 miles in 41:33, FRAN HOULE 10.5 miles in 53:28, KEVIN BUCKLEY 12.8 miles in 1:14:16, BILL MARSHALL 12.3 miles in 1:12:54.

The "B" team of JIM DOCKER, MARK BIASE, ALAN LITWIN, KEN PETERS, JON KORNACKI, JOHN CURRAN, CHRIS PORTELANCE, JULIO MURILLO , were 31 in 8 hrs.23 min.49 sec. Our MASTERS team with BOB BABBIT, RON DOMBROWSKI, JAN SLONSKI, LARRY SETTJE, GEORGE RICE, DON BRODEUR, HAL BENNETT AND JACK CURRAN were 45th overall with time of 8 hrs. 39 min 42 sec. Joe tells us that DON BRODeur did a great job coordinating the masters team and hosting at the cabins.

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YMCA 5 MILE NORWICH OCT. 16 TIM SMITH leads the way again taking 3rd in 26:20. STRIDERS 5.CAS GRYGORCEWICZ28:21, 10.EVERETT STONE 30:05, 12.BOB HARDING 30:19, 15.RON LAFLEUR 30:48, 19.DICK PODURGIEL 32:43, and GERALDINE PALONEN 35:53 1st master. In the 2.5 miler GERRY CHESTER was 2nd in 13:30. 16.CHET CREAMER 16:40, 24.JUDY POPROSKY 17:51, and HARRY OGULNICK 27:07 3rd master GREAT GOING HARRY !!

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STRIDES FOR HANDICAP 5 MILES WATERFORD October 23 Nice race, was a great cause,1st class operation. FRAN HOULE was top STRIDER in 3rd place at 25:17, 5.JIM CROWLEY 26:11, 11.WALT SMOLENSKI 27:13, 20DON LEWIS 27:58, 22.BILLY SHEA 28:07, 23MIKE SMITH 28:20, & 176.MARY HAYDEN 34:46. IN the 3 MILER MIKE SMITH was 1st STRIDER in 3rd place at 16:42.5.MARSHALL COLLINS 16:48, &.MARK BIASE 7th in 17:10, 10.RON DOMBROWSKI 17:24,(1stmaster), 11.BRUCE CHRISTIE 17:25, 12.BARRY SHECKLEY 17:33,16.CLEM mCGRATH 17:50, 18.GEORGE POTTER 17:57, 72.BETH LITWIN 20:53, (1st open) 76.ROSE BUCKINGHAM 20:58 and 81.MARY JANE BIASE 21:19, I also met a fine looking young lad names DAVID SHARPLES (dad is Doug) who, at 8 yrs. old ran a 8 min pace in the 3 miler. Fine job.

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CLEM'S GODS AND ENDS

Well it's off to the BERMUDA 10K for WAYNE JACOB after copping the PORTLAND 10k in 30:02 (new record) over some impressive competition. Nice win WAYNE , nice prize and good luck in BERMUDA. Anyone catch the senior division category in the FRANKLIN FLATS RACE?? 30-45. This is getting ridiculas!! WALT SMOLENSKI latest sick bay casulty and yours truly has been hobbling around lately doing more race watching than running. WHOA!! WAYNE did it again. Another trip to sunny BERMUDA for winning WINDSOR 10k in unbelievable time of 29:46. I do wonder if he can just add them up and spend the winter down there. FRAN HOULE won the LISBON 3.5 m in 17:22 with JOE BANAS 3rd. JAY O'KEEFE running with the best these days. Set an age group record for ½ marathon in PHILadephia while finishing 12th in 64:40. JAY also was 2nd to BILL RODGERS in Danbury 10K in 30:15 while beating some tough U.S. runners. JAY'S latest goal is to try to qualify for the OLYMPIC TRIALS at BOSTON FEST MARATHON. Watch out for AMANDA Sullivan in the future.. A real tough little customer. Still looking for more knit hats, Bike hats, cotton gloves, socks, etc. in lieu of T-shirts at the races. Sure can use them and they would be cheaper too.

I caught KEVIN'S Ft.Shantok H.S. Invitational on Oct. 1st. And what a treat to watch. There were STRIDERS competing for many of the local high schools and all did themselves proud. MONTVILLE led the area with the girls 1st and the boys 3rd. STRIDER KIM HAWLES was the girl winner in record time while STRIDER ERIC ROSELUND was 3rd to lead the area boys over a very tough course. I would guess that we had well over a dozen STRIDERS competing. Great going. Caught a glimpse of DON PIRIE there looking as trim as ever. WALT SMOLENSKI has recovered and is aiming for Boston Fest. Did you notice the O'IRISH names in top 5 at Big East?? Got a nice note from STEVE GOLDBLATT, passes on his formula for a sub 40 min 10k which he achieved recently in Glastonbury. His formula is to start slower and pick it up at 4 miles versus going out fast and hanging on. Not only do you improve your overall time but you feel better when you finish strong. Thanks STEVE and congratulations. Late hour.quickie on NEW YORK MARATHON JOHN BROWN 2:46, CARLA DOSSETT 2:58 (PR. SUPER) WAYNE FARRINGTON 3:19 (2nd marathon) BOB MILES around 4Hrs. SEE YA!!

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UPDATE ON PROV.TO BOSTON RELAY 44.5 miles Cut of 207 runners in each leg of the race JOE BANAS reports that all our team members were in the top ten in each leg that they were in. The "A" team of JAY O'KEEFE who was 1st over all. WAYNE JACOB was 5th fastest,in his leg, JOE BANAS was 2nd fastest in his leg, BILLY MARSHALL 5th fastest in his, while JIM CROWLEY was also 5th fastest. JOHN BRENNAN, FRAN HOULE and LEE JOHNSON of the "B" team were also in top ten fastest positions.

Prov. to Boston In the masters division HAL BENNETT was 3rd fastest, JAN SLONSKI turned in 2nd fastest time, DON BRODUOR turned in a 3rd fastest, JIM WATSON 2nd fastest and LARRY SETTJE 3rd fastest.

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PROFILE ON THE CARBRAY FAMILY

BOB CARBRAY, 46, is one of our charter members having joined the club in it's beginning in 1972. He has been the only Secretary the club has had and his 11 years experience is unmatched.

Bob graduated from NFA in 1955. He was brought up in Norwich and his parents still live there. He graduated from Central in 1960 and Ball State in Muncie, Ind. in 1961 with a Masters degree. He has taught at Clark Lane Jr. High in the Industrial Arts dept. for the past 21 years. Although he is busy with job and family, Bob is one of the most dedicated members of the STRIDERS , and he is one of those who can always be counted on to help out. In his spare time he works out at the Nautilus plus runs, several times a week.

SHEILA CARBRAY is an attractive blond lady. She is also from Norwich and she graduated from NFA in 1963. She and Bob were married in 1965. After working for three years as a teller at Chelsea Saving Bank she settled down to raise Michelle, Robbie and Kevin. Sheila was recently certified as a NURSES AID and also has completed advanced first aid and CPR class. She is currently working at childcare at home. Even though she has a busy schedule keeping up with the rest of the family she can usually be found at every local race and cross country meet cheering on either her daughter, son or husband.

MICHELLE CARBRAY. Pretty ,Tall, Michelle is a senior at Ledyard High school where she is Vice President of the Inter-act group, staff member of the school newspaper Colonel, and she also manages the boys Varsity Basketball team. In addition she is accomplished at designing and sewing her own clothes and goes to modeling school. She is on her schools cross country team and was all ECC in 1980 for cross country and ECC 1981 for indoor track. This September she was chosen as Miss Ledyard Fair, and they couldn't have made a better choice.

ROBBIE CARBRAY is 15 years old and is a sophomore at Ledyard high school where he is a key runner on his cross country team. Tall and blonde Robbie holds the freshman record for this year in 1,500 meters in track and also the record in 1,000 in track. His latest impressive race was just recently during the ECC championship race at Harkness where his team outdistanced all the other schools to pick up the coveted title. Robbie can boast of finishing 2nd fastest for his school. If he keeps up the good running he has a good shot at the finals. Good luck Robbie. We will cheer you on.

KEVIN CARBRAY aged 10 is last but not at all least. He is currently a 5th grader and into Cub Scouting. He runs in the rec runs in Ledyard during the summer. He holds down a part time job as paper boy in partnership with his sister Michelle. He currently holds the all-time record for the most broken bones. He is working on number 30. He has a slight fracture in his foot due to a collision while on a skate board. Now KEVIN you know you aren't even supposed to be on that skateboard.

The above profiles are just a few words on a very nice family that represent the people that are part of the MOHEGAN STRIDERS

PROFILE ON TODD WILLIAMS very handsome blonde guy aged 15. He is a sophomore at Ledyard High school. Todd not only helped his team pick up an ECC Cross Country title recently but he can also boast of getting homors in his grades. He is a key runner on the team. He already has his varsity letter in outdoor track, X- country and also indoor track. He collects comic books and holds down a paper route. He likes Kit-kat candy bars, runs in Nike shoes, runs about 30 miles a week, would like to get below 4:20 by 5 seconds (1500), and has won two races in one day recently in is age category. When asked to fill out a STRIDER profile sheet he said he is single, not taken and looking. . He hangs out with another sharp runner named Robbie and these two could pass for brothers. TODD said he also likes the club's parties and get togethers. Those of us who follow cross country will keep an eye out for young Williams in the final weeks. We don't think he has even peaked YET.

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PEOPLE ON THE MOVE Joan Hill 181 park ave. ext. 848-0346

Here we are again with Auntie JOAN'S gossip. First of all Uncle KEVIE thinks he is smarter than ever by circulation of "OLD" times for FT. Shantok runs and putting certain time in BIG LETTERS. Then my good buddy CLEMIE also tells the whole world how I finished last at Tom Hewes race. To make matters worse they give me two prizes for it to boot. Newest member of club is LISA MORRISSETTE from Lebanon. We are glad to have you aboard. We will be watching you. MIKE GIBLIN has rejoined the club along with his very pretty daughter ERIN & son SHANE . MIKE is CC coach for Lyman high. To PETER N. "go for it you only go round once". WAYNE baby flies like the wind. Wishing you good luck the next few weeks. Got a really nice letter from JAY O'KEEFE. He is going to go to Eastern in January, still works at Nassiff's, he is waiting for snow so he can go downhillskiing. He also said that even though ETONIC, inc. has picked him up they are allowing him to remain in our club. We will be with you during the next few months too and good luck. One of lady members wanted a dishwasher so bad that she put pictures in her husbands lunch for weeks. She now is enjoying her new dish washer. John MARTIN was honored recently by many people for his long service to the town of Montville. He and Pearl are relaxing down in sunny Florida. JIM CROWLEY is back running as good as ever. He recently changed from Phy. Ed. in the grammer school to High School. And the best new news is the arrival of a son DANIEL born to his lovely wife in August. So that makes two little girls and a son. Congratulations are in order for ELLEN & JIM WATSON and DEBBIE & JULIO MURILLO for their recent marriages. BOO BOO and his pretty MAUREEN are planning a wedding soon. JUDY POPROSKY not only put on a good road race but she also baked cookies for all the runners. She recently took home a first place along with the likes of JOE "sweetheart" BANAS. How's it feel to run with the hot-shots?? AL WILLIAMS is offically now UNCLE AL . He gave us some really precious photos of early club members which we will take good care of. Thanks for the nice letter enclosed. Will keep that too. DAVE LATHROP recently started new career. HANDSOME PAUL did you think we have forgotten you?? You are the first nephew. Paul has a snazzy new car. DON PIRIE'S MRS. recently had surgery but she is looking as pretty as ever and up and about already. So far the list of STRIDERS running Newport Marathon includes WAYNE JACOB, JOE BANAS (yes) JACK CURRAN, JEFF

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McCLOSKY, CAS, Hope you all do well. SHAWN BENNETT was home recently from college to cheer on his former teammates to victory at E. Lyme. He is enjoying college life. JAN MALLET had a celebrity picture in Norwich Bulletin for canning proceedures. JAN can boast of planting, growing and canning all her own vegetables. JOE BANAS & WAYNE JACOB may be talked into giving an evening class on preparing vegetarian drinks. BETH LITWIN is emerging as one of the fastest lady runners in the club. WAY HEDDING finished E.L. marathon without his shoes. I should know. The newest member of the club is FRED LADD of montville high cross country team. FRED is rated as the 2nd fastest runner and he is an asset to the club. He just happens to be Auntie Joan's paperboy too. SCOTT CRAIG another c.c. runner to watch along with JOE WAGNER who runs for Norwich Tech. Recently had a nice long chat with JOHN LESLIE, who has been laying off a bit on the running due to injury. Watch out for UNCIE KEVIE. He is getting a rep for pinching. Congratulations to all those at LEDYARD HIGH for winning the boys FCC cross country title recently. They sure were happy. Also a big win for Montville girls. The top 5 runners are all STRIDERS. KIM HAWKES MARY BRIDGE, KELLY HAWKES, CHRISSY HENNESSEY, KELLY PICKNEY. Also seeing a lot of DON SIKORSKI from ST. Bernards. No forgetting that guy again. AUNTIE JOAN had a goal to either meet in person or talk by phone with every STRIDER in the club. As of this writing there are only 94 out of 405 STRIDERS to get to meet and some of them are children. Can boast of knowing most members by name. Another new member included in latest list is ED MANFREDI 23, from Willimantic. Just graduated E.C.S.U. and working at Nautilus in Norwich. Suggests more taack meets. He would like to see mini-meets every other week or so. Anybody else out there interested?? SPUD DAVIES we know you NOW !! The other JIM HILL doing super times these days. My spouse is enjoying your good times. He runs about 25 miles a week, no races. Got to chat with STEVE LAMB, MIKE GIBLIN, CHARLIE EWERS, GENE McGRATH DOUG SHARPLES and their runners at recent meet. Saw MANNIE KADISH at downtown race. DENNIS TETREAULT another new member. Met his wife and children also. He is among the top finishers. Got to know NORMA KORNACKI at the club picnic. She is MUCH too young to be mother to JON & MIKE. GLAD to see MARY JANE AND MARK BIASE back running. Also saw picture of JUSTIN COOK in paper recently. He not only runs well but is somewhat of an actor also. This younster will go places. We will be watching him as he gets into Jr. High. EVERYONE should finish last at least once. How humbling an experience it is. Yes. JOE BANAS (sweetheart) is running the Newport Marathon. First one for him in a Long time. PETER NYSTROM ladies coach for E.C.S.C. cross country is familar figure at races. AL MORRISON race coming up soon. Also keep in mind the TOMMY TOY FUND FUN RUN. Start thinking of a nice gift to bring for a good cause. ANN ROBERGE must make the best sause with meat we have ever tasted... Can't wait for next years picnic. We have surpassed our goal of 400 members in the club. Even now we are still getting new members each week. Look for next letter middle of DEC. Will put out dues application. Don't forget the STRIDER MEETING on NOVEMBER 18, KEEP THE DATE OPEN. Hope to do several mini profiles on several people. ALLEN LITWIN brother of BETH has also joined the club. Allen is a super fast runner who helped the STRIDERS get such a good time at the CAPE COD relay race. EVERYONE noticing that fewer runners are in the road races lately?? Yet some races draw record numbers. Should tell the race directors something. Thanks once again to BOB CARBRAY for running off this letter, CLEMIE for his great race results, and to all those who call or write me with the gossip. See ya at the fall meeting....RUN SAFELY

Judy