

A MOHEGAN STRIDER PUBLICATION

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PRESIDENT	JOAN HILL	SECRETARY	BOB CARBRAY
VICE-PRESIDENT	JIM BUTLER	TREASURER	TIM SMITH

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HAPPY NEW YEAR to one and all. Hope the holidays were exceptionally good to all. Best wishes from the officers for a prosperous year. We are hoping to have 1984 be our biggest year yet. Two years ago we were hoping for a membership of 300. Now we can boast of over 410. Now that we have numbers we want participation and growth within the club and more involvement from our newer members.

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FALL MEETING November 18, 1983

Officers for the 1984 season were elected. Also many committees were formed and chairmen appointed. Your new officers are listed at top. Nominated for the nominating committee were Marshall Collins and our V. Pres. Jim Butker. Geraldine Falonen is also a member of that new committee and we are looking for a male master runner to round it off. Their job will be to observe the membership and come up with a slate of officers for the next election. Billy Marshall once again will be head of the picnic committee. Joe Banas is the man to see for Team racing and relay races, Dick Podurziel heads up our BIG venture with the STRIDER CALENDARS, Tim & Terry Smith still take care of and update our scrapbooks, Joan Hill has donated the photo albums and will continue to except any photos for the club. Pat Baker is the newest member of the ARROWHEAD staff. She will type from now on. We still need a publicity chairman-woman. Also keep in mind the summer rec-runs when we will be needing help and also the Rose Arts race our biggest race.

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OUTGOING PRESIDENT BOB FILES Thanks from all of us Bob for an excellent job done as our former president. Your dedication and devotion to the club was evident and we know that we can rely on your expert advice and help to continue to make this club the BEST.

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Kevin Crowley also past president was thanked at meeting for his newspaper column which helped promote running in the area. He had some really great articles which were appreciated.

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Pioneer Volunteer Philanthropist 11/18/83 JOHN MARTIN was voted in as the 4th honorary member of our club. He joins John DeGange, Chief Tantaquidgeon and Al Morrison. John has retired (not from running) and lives part of the year in Florida. He has sold his lovely home in Uncasville but he will still be in the area. He began running in the 30's and can boast of completing a full marathon at age 64. He ran with the likes of Tarzan Brown, others.

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REC RUNS WINTER FUN RUNS attention you winter runners. We meet at 9 A.M. on Sunday morning at the rec dept. in Norwich for winter runs. Some do 4 miles others do 6 miles. It is a good time to meet your fellow club members because we don't race. We will be running every sunday till the last sunday in February when we will be having our 6 MILE REC FUN RUN. So February 26th 9:30 A.M. at rec dept. Please bring a garage sale item as your race fee and we will have donuts and hot chocolate after. Last year was great so plan on it.

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NFA TRACK WORKOUTS TUESDAY NIGHTS 5:30 PM as long as no snow on track. this is a good time to start your speed work-outs.

CLUB UNIFORMS Tim and Teri Smith have decided to have KELLY'S PACE handle the sale of our club uniforms. The price has come up a little and we were making so little profit(if any) that it was felt to save that extra wear and tear on car and the Smiths and have Jessee handle the ordering direct with each member needing the suit. Even with the increase from the manufacturer it is below usual cost without our logo printed on. So see Tim for the few he has in stock and then buzz down to Lelly's pace and get your top and shorts and check out the spiffy other things they have to offer there.

Remember way back in JULY when you ran the Prov to Boston relay ??? Well those long awaited T-shirts are finally in thru the hard efforts of JOE BANAS . Those 42 or so people can pick their shirts up at Jack Currans. He has the list so will check you off as you come by.

MOHEGAN STRIDER CALENDARS OUR BIGGEST BUSINESS VENTURE SO FAR IN CLUB HISTORY.

Our CALENDAR committee deserves a great big hand and a bigger thank you for their long hard hours donated to this under-taking.

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| <u>RICHARD PODURGIEL-CHAIRMAN</u> | <u>BOB MILES</u> | <u>JACK CURRAN</u> | <u>DAVE LATHROP</u> |
| <u>GAR MIKOTAL</u> | <u>JOHN FICARRA</u> | <u>JOHN CURRAN</u> | <u>OTHERS</u> |

This MOHEGAN STRIDER CALENDAR took over a year in the planning and many months of meetings and a lot of hard work by these guys. Now it is up to each of us to make an effort to BUY these calendars. If you have not gotten yours please call DICK PODURGIEL at 889-1513 or see any of the committee members. The calendars sell for \$4.95 each. So far we have sold 350 of them but we MUST SELL another 100 or we won't break even. If this venture fails we won't try another. So get out there and buy one and sell a few to your non running friends. As you might think they make excellent gifts too. Very well planned for the runner or ANYONE needing writing space on their calendar.

PASTA PIG-OUT MID WINTER PICK ME UP sponsered by T3R club. This will take place at the HOLIDAY INN in New London on Saturday February 25th at 7PM. Tickets are \$6.00 each and includes pasta, salad, rolls, tax & grat. Speaker from NIKE, films on tech info and slides on area races. Please contact AMBY BURFOOT at 447-2157 for more info or send your \$6 check to him at 65 Chapel Drive in New London 06320 and he will put you on the list and will check you off the night of pig-out (this way you won't need tickets) Tickets at the door night of dinner will be HIGHER in price. SO CALL HIM NOW or send \$6 per person. This is a good way to meet the T3R people. They patronize our social fun things so lets reciprocate.

BULK MAILING of NEWSLETTERS did not work out as well as expected. Many of the members were NOT getting their letters and others had to wait up to 11 days after mailing to receive them. We don't know how many never received them. It was costing us \$40 per year for the priviledge. So from now on we will be sending them out FIRST CLASS mail at a cost of 9¢ more than the 11¢ . So roughly half your dues will be spent for postage. Many will be hand delivered as we always try to do but some can't be. If you can pass out quite a few kindly let an officer know.

CLEM'S CPRNER Clem McGrath 5 Jaffe Terr. Colchester 06415
RACE REPORTS

OCEAN STATE MARATHON Newport R.I. Nov. 6th This a favorite among some of the STRIDERS and some others tried it for the first time. Two of our speed merchants, on their 1st try, found the going a little tough. But who am I to talk? (I still just read about marathons). STRIDER finishes: 26. WAYNE JACOB 2:36, 43. CAS GRYGORCEWICE 2:41, (super job Cas) 63. JOE BANAS 2:44, 116. JEFF MCCLOSKEY 2:51, (as usual) and 344. JACK CURRAN 3:09 (as Usual). I'd like to take a moment and mention BOB BENSON of the Westerly Track Club for his 2:50:07. Bob's performance is a deserving reward for a lot of hard work, and as a master rival of mine he has earned my admiration.

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TARZEN BROWN mystic Nov.6th I missed this one for the 1st time in years. One of the seasons classics. STRIDERS; 3. Fran Houle, 27:44, Jeff Hlinak was 6th in 27:54, 7. Joe Portelance 28:30, 11. Rory Suomi 29:01., 16. John Brennan 29:32, 18. Todd Williams 29:51 (1st High sch) (also new record) 33. Jan Slonski 30:57, 307. Mary Hayden 39:02

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HIGH SCHOOL STATE OPEN Cromwell Ct. November 10
One of my favorite spectator events. As usual, there was plenty of STRIDER support for our young members. MONTVILLE GIRLS won again led by a 2nd place finish from KIM HAWLES. MARY BRIDGE was 3rd and JAN PALONEN from NFA was 4th giving the area 3 out of top 4. Not so bad. Congratulations go out to all STRIDERS and, of course coach KEVIN CROWLEY. Area boys were not so fortunate. MONTVILLE'S ERIC ROSELUND was our shining light finishing 12th to garner all state honors. Boy, talk about goosebumps !!

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AL MORRISON RACE Ledyard November 13
What can be more fitting than STRIDER FRAN HOULE winning STRIDER AL MORRISONS RACE ?? Love it. FRAN outdistanced BOB STACK with a fine 41:18. STRIDERS; 4. Chris Hansen 42:32, 5. Tim Smith 42:47, 7. Jeff Kotecki 44:09, 8. Todd Williams 44:11, 11. Alan Litwin 44:44, 13. Don Sikorski 44:51, 16. Jan Slonski 45:40, (1st Master) 18. Mike Smith 45:57, 19. Don Lewis 46:11, Charlie Ewers in at 22 with 46:20, 24. Paul Hill 46:38, 25. Julio Purillo 46:46, 38. Ron Dombrowski 49:26, 40. Geo. Potter 49:35, 64. Rose Buckingham 56:35, 73. Geraldine Palonen 59:29 (1st Master) 76. Pat Baker 61:14, COOPS ! Joan Hill 66:25

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SECOND INDUSTRY TEAM RUN Nov. 19th EB beats PFIZER AGAIN. STRIDERS dominate with Wayne Jacob 1st. 25:08 and Fran Houle 2nd, 25:09. Other STRIDERS; 5. John Brown 25:48, 6. Jeff Kotecki 25:52, 7. Walt Smolenski 26:07, 13. Julio Purillo 26:30, 25. Paul Hill 27:29, 28. John Ficarra 27:46, 30. Mark Biase 27:59.

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MANCHESTER TURKEY DAY I could go on all day about this one. "The Conn Classic". 47 Years old. Unfortunately I had to watch this year. But I've had worse fates than seeing John Treacy and Eamon Coughlin turning on main street in a race to the finish. Beautiful ! Over 6,000 runners started and as I watched them come around the corner I didn't think they would ever end. My vantage point at the finish allowed me to see the upper end of Main Street and the clock at the finish. One by one our STRIDERS poured by too numerous to mention. FRAN HOULE was the 1st STRIDER finisher I saw around 49th place. The remainder of the day seemed to have a void in it for me. But wait till next year.

Plainfield 20K Nov. 27

Who said Joe Banas wasn't recovered from Newport Marathon ? Couldn't prove it here as Joe romped to victory in 66:32 for a new record. The previous record holder Tim Smith finished 2nd in 67:00 which also was under his old record. Jan Slonski who turns tiger this time of year, came in 5th in 72:32. Other STRIDERS: 6. Bill Marshall 73:21 8. Mike Smith 74:09, 9. Dennis Tetreault 74:47, 11. Jeff McClosky 76:22, 12. Jim Docker 77:10, 16. Bob Harding 80:16, 17. Jan Palonen 81:02, (1st jr. Great Job !) 31. Rose Buchingham 89:33(1st open) 33. Pete Volkmar 94:32 & Geraldine Palonen 97:58 (1st master).

===== COCA COLA New London 5 miles Nov 27,

Chris Hansen was top STRIDER coming in 5th at 26:34 (1st jr) 6. Jeff Kotecki 26:48, 8. Billy Shea 27:10, 19. Way Hedding 30:37, 25. Eric Reelitz 31:46,. In the 2 miler Bruce Christie took 3rd in 11:01 7. Ron Dombrowski 11:24, 8. George Potter 11:39, 12. Dean Festa 11:47 13. Bob Kahl 11:50 (wow) 19. David Houle 12:14 and Lonica Christie won her division (11-19) in 14:59

===== CLEM'S ODDS AND ENDS

Walt Smolenski finally found out what the real wall feels like. Sailing along at about a 2:41 pace in the Boston Fest Marathon, Walt came all unglued at 23 miles. Still finished in 2:48:30 which qualifies him for Boston. Jan Slonski URNED up Cape Cod Marathon finishing 6th in 2:44 (1st master too) Had a nice chat with Norm Higgins the other day. In Passing he complemented our newsletter as many others have in recent months. A tribute to Joan Hill and company and incentive to continue producing a fine product. Nice coverage on ESPN the other night of the ARCC 10K from Los Angeles featuring Jan Merrill and Ann Audain in the women's division. Jan just 14 seconds off the pace. Not so fortunate in the TAC Championships as the flu bug struck her leading to a 22nd place finish. This is too bad as the World Championships are in N.Y. this year and Jan failed to qualify for the 1st time in years. AGAA has funded an apartment for Jan in southern Cal. this winter so that she may train there. Nice to follow local people at that level. By the way, that World Championship in march might be worth the trip. Thanks to Way Hedding (and Melinda) for a super job on the Industrial Team Run.

Well, ypers truly has gone from hobbling to "on the shelf" these days. Must be "old Age" but I'll never admit it. Congratulations go out to our new President Joan Hill and a BIG THANK YOU to ex-President BOB MILES.

Speaking of new looks, this writer is stepping aside to the enthusiastic pen of my good friend JOHN BROWN who will offer a fresh look to race reporting in future NEWSLETTERS. I want to thank everyone who has helped me over the last two plus years and any assistance I can give John or the Newsletter will always be available. I believe the continued success of our club and newsletter is to get more involvement from our membership, and with this I thank John and wish him good luck.

===== Discounts Discounts Discounts

Merchants offering STRIDERS a discount are as follows: Show them your valid 1984 STRIDER MEMBERSHIP CARD. Kellys Pace Conn. Sporting Goods Danielson Surplus Coopers Pharm.

Nassiff's for sports

===== Holyoke St. Patricks day race- Call Jack Curran or Bob Miles about details.

Apology to Pete Volkmar

Omitted some of his race results in ARROWHEAD because we filed his card under Y. Pete is a member and has been. He is a E.B. Supervisor and although he has a very busy schedule he squeezed in the Montreal Marathon the last two years. He just turned a Master runner and from what Clemie tells us he is a pretty good runner. He has also run in the N.Y. Marathon. Hope to meet him soon if he will speak to us.

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PEOPLE ON THE MOVE the dirt gossip, latest on your running friends. Send all info that is printable or see me at the races. Auntie Joan
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First of all want to thank several people: Charlie Oat of Billy Wilson's for his continued hospitality for all STRIDERS. After AL'S race every year, after our yearly meetings and also his help with the TOMMY TOY FUN RUN when he donated his establishment to us and also donated the profits made that night to the fund. Billy's is a great place to meet the STRIDERS. Also thanks to Charlie Oat Sr. for his fine hospitality and use of the pool after AL MORRISON'S race. Not forgetting all the help from my side-kick Bob Carbray. Without him the ARROWHEAD NEWSLETTER would not be a reality. He runs them off (The last one in ONE DAY) he helps staple and address them, and he is the best darn secretary this club could ever ask for. And to BOB MILES a big thank-you in advance. He has supported me in the past and we work well together and I intend to use his expertise while I am in office. Also want everyone to know that JACK CURAN has never gotten the credit he deserves as advisor for this club. He is a authority on our charter, our by-laws and without him our two yearly meetings could not be carried out. Not forgetting CLE MCGRATH for one single minute. My friend CLEMIE has added a dimension to this club newsletter with his natural writing ability and wit. We will truly miss him. PAT BAKER is joining this staff as typist and you can be sure THAT will be a vast improvement to my pecking. To TIM SMITH and JIM BUTLER who both inspire the rest of us to greatness and the feats they have already accomplished. And to everyone else who I owe and haven't thanked.

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Still looking for female; preferably 19-35, good looking, non smoker, runner, must like beer, for one of our cutest guys. Applicants will be interviewed by Auntie Joan. Only serious ladies need apply.
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High school Cross Country want to thank all our STRIDERS for a fantastic racing season in cross country. At the STATE OPEN STRIDERS placed as follows: Kim Hawkes 2nd, Mary Bridge 3rd, Janice Palonen 4th, Kelly Hawkes 6th, Linda Grant 22, Chris Hennessey 39th, Kelly Pickney 48th, Erin Giblin 70th, Gail Popelka 118th
Boys
Eric Roselund 12th, Fred Ladd 38th & Don Sikorski 53rd
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Montville High school girls team won their 7th consecutive ECC, their 6th straight State M Class meet, and their 3rd State Open. Awesome... Portland Cross Country girls garnered a 3rd place State open win under coach Steve Lamb. While Ledyard Boys won ECC meet with great running of TODD WILLIAMS and ROBBIE CARBRAY who flew that day. Also coach Doug Sharples's boys team at St. Bernards came up first at the class "L" meet with help from DON SIKORSKI. Gene McGrath still is smiling over fantastic finish of JAN PALONEN of NFA fame. STRIDERS OFF TO COLLEGE still running include SHAWN BENNETT, CHRIS HANSEN, JAY O'KEEFE BETTY KOLODZIEJ. Good luck to all of you.

PEOPLE ON THE MOVE Newest member is BOB STACK of East Lyme fame. He has such racing credentials it would take half this page. He is 26, from Rockville P.d. and their loss is our gain. You KNCW you will be hearing more on this guy. Also new is RAY BALLIRANO who is past pres. of the Rose Arts Festival Committee. RAY is single, gorgeous (Auntie says so) and will now be a definite plus to our club. He has already been appointed to the Rose Arts race committee. JIM ROWAN has re-joined the club. Glad to have this fine 60 plus runners with us once more. This gent runs 6 miles every other day. Hi JIM. Met Mrs. Docker at last meeting. Where have you been hiding her JIM? JAY O'KEEFE is keeping company with a pretty miss from Lebanon who made the top 20 at State Open. TODD POMAZON back to pounding the pavements and putting the milage once again after his fall last spring which nearly put him out of commission forever. AL MORRISON is moving to another NEW apartment??? Think he likes those new pads and intends to move every time they build another one. Speaking of AL, we hear that MIKE HUTCHINSON will be giving him a hand announcing this year. FRAN HOULE'S dad has a thing for cats MECW! PAT & DAVE LATHROP are expecting an addition to the family this summer. Auntie says it will be a boy. GARY & SUSAN WIKUTEL now in Atlanta. Hope to see them back here soon. Also got to meet STANLEY JUNG at recent race. Will find out more on him. GERALDINE PALONEN survived her latest marathon in good form. Think she ran about 4 marathons this year. Quite a competitor and always right up there in front. GEORGE POTTER and his Mrs. are proud grandparents of a beautiful grandson named Shawn. George was out qualifying for the Boston Marathon at the time baby came. To JOE "SWEETHEART BANAS", if you had taken the big blunge at Newport and kicked the bucket I never would have spoken to you again. Nor would I have forgiven you either! Lovely picture in NCRWICH BULLETIN of STRIDER KIM HAWKES and her mom after State Open. TODD BENNETT following big brothers footsteps in fine style. Best runner in junior high, DON LEWIS alias the chipmonk, finished up E.L. this year in 3:12. Met him after the fall meeting and also met his pretty wife Rosemary after the run for TOMMY TOY FUND. Speaking of that how about TIM SMITH???? without a doubt he was the sensation of the whole evening. The "cheesecake Committee will meet the 5th Tuesday of each month. Nice to see BILL MISH around again. He and his Mrs. recently celebrated their 11th wedding anniversary. PETER NYSTROM wore his MONTVILLE Invitational t-shirt all season. His biggest dream is to get all the graduating girls from Montville at Eastern. Not that he doesn't already have a great bunch of girls on his team. Uncle KEVIE and GENE MC GRATH went to the Irish club for the Xmas party. Thanks to all those from T#R, Willantic Athec. Club and Q.V.S. for coming to the Tommy toy fund run. Met Mike Koozmitch their current president and some nice folks from Q.V. STRIDERS. AL MORRISON recently found out that he is also an honorary member of Johnson & Wales Athletic club. Speaking of sur-prizes. PAT BAKER just found out she made it to 4th place finish in the TRIFLE CROWN in the womens open for last year. I kept on telling her if she let me help train her sh'd go places... She also ran 2,090 miles in 83'. Word has it that JIM O'KEEFE may be looking for a new partner and might dump UNCLE KEVIE for ROSE ARTS RACE, but I do not know if he has to because we hear that BOTH CLEMIE & GENIE are both getting FAT. The boys from Colchester are tuning up for the Melrose Games. JEFF MORIN will receive the "outstanding performance Award for 1983, and the DUKE will also be on the trip. I wonder if he is "Handsome?" Will have to meet him. KIM HAWKES won the 1,500 meter race at Brown Inv. in Prov. while MARY BRIDGE took a 2nd at Loughlin Games in N.Y. in 5:06 for the mile while KIM HAWKES was

4th in 5:09 for the mile. Meanwhile MARGARET COOKE into gymnastics and she broke her leg earlier this year. She is also into horseback riding in addition to being a very fast Jr. high runner. Member RICK BLINDERMAN seen wearing our colors. BOB CLKIN rejoined the club for 1984. He suggested more input for the average runner. MARSHALL COLLINS suggests fun runs and track workouts in other towns than Norwich. How about some organization from MARSHALL and others out of the area? MARIE GRAVELL has joined up for the first time. Marie lives in New London and is a member of SNERO. JOE LONARDELLI when last seen with fuzz growing. Saw WAYNE JACOB at a library recently busily reading. Did not know that he was the studious type so just observed him for a few minutes till he settled down in the chair with his books. Had to tap him on the shoulder he was so engrossed in the NEWSPAPER he was reading. He looked gorgeous as usual. Hear that he and BOO BOO are bunking together across the street from "sweetheart" who by the way just got over a terrible cold. Got a nice newsletter from T3R just today. Very well written and interesting. Also had a nice chat with AMBY BURFOOT about the pasta pig-out they are sponsering. It sounds like a real fun evening so put it on the NEW MOHEGAN STRIDER calendar that you all have. This years ROSE ARTS RACE with be followed by a parade once again. Applications for the race are now being done and should be ready by end of March again. Good luck and best wishes to to newest staff member of the ARROWHEAD JOHN BROWN who will take over CLEM'S COLUMN. e are sure he will come up with a spiffy name for his new venture. Hoping that Nancey Dombrowski will be able to give us a hand with addressing these newsletters. STRIDER FRED LADD driving a neat Monte Carlo car these days. MARK CURRAN will graduate this year as will so many of our other STRIDERS. We will need a whole column to keep up with those who will be college bound. JOHN SAARI sold his home and is living near the ocean now. His folks sent up a small parcel via my folks which we dragged from car to house. BYE...

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 CLUB DUES ARE DUE AND PAYABLE ON JANUARY 1, 1984. PLEASE REJOIN THE MOHEGAN STRIDERS now. THIS WILL BE YOUR LAST NEWSLETTER UNLESS YOU DO.
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Please make checks payable to: MOHEGAN STRIDERS, c/o BOB CARBRAY
 8 Sunset Avenue, Ledyard, Conn. 06339

Dues for the calendar year are \$4.00 per member and .50 for each other family member residing in same household.

Name _____ Date of birth _____
 Name _____ Date of birth _____
 Name _____ Date of birth _____
 Name _____ Date of birth _____

ADDRESS _____ HOME _____
 COMMENTS _____

Suggestions:

ZIP CODE
 DAYS

MOREGAN STRIDERS
8 Sunset Avenue
Ledyard, CT 06339



The Tim Smiths
42 Beech St.
Norwich, Ct. 06360

ALW

