

## A Mohegan Strider Publication

President Joan Hill  
Secretary Robert Carbray

Vice President James Butler  
Treasurer Timothy Smith

ANNUAL SPRING MEETING - MOHEGAN STRIDERS Friday, April 27, 1984 7 pm SHAR!!!  
Norton Peck Library at NFA. Put this date on your calendar (Mohegan Strider of course). We have a huge agenda, so get there early. Here's your chance to involve yourself in the best darn running club anywhere. We need you for committees and to make sure this club grows not only in members but from within. This is your club, you are it's membership. Let's make this our 12th year our best one yet.

THE SMITHS ARE SELLING OUT CLUB UNIFORMS All Sub 4, Champion, and Russell uniforms are still at 1983 prices! You can't get quality like this at a better price. We have many sizes to choose from but when they are gone...Jesse Kelley from Kelley's Pace will be carrying them at a slightly higher cost. So get your official MOHEGAN STRIDER uniform and start the 1984 racing season in style. Call Terri and Tim Smith at 887-1518.

DUES      DUES      DUES      DUES      DUES      DUES      DUES      DUES

Dues were due and payable on January 1st. But for those of you who keep on forgetting to remit some (we do want you back) please send your check to Bob Carbray, 8 Sunset Avenue, Ledyard, CT 06339. Dues are still \$4.00 for the first family member and an additional 50¢ for each family member residing in same household. Please include your name, address, age, date of birth, and any other info fit to print.

THE MOHEGAN STRIDER CALENDARS are still for sale. We DID NOT sell enough of these calendars to get out of the red and make a profit. We still need to sell more. If you have not gotten yours contact DICK PODURGIEL at 889-1513 or see BOB MILES, JACK CURRAN, or a club officer.

NFA TRACK WORKOUTS Tuesday nights at the track - 5:30 - many STRIDERS will be starting back at speedwork. Everyone does their own thing but just being there can inspire you to run faster.

NAMED TO ALL STATE CROSS COUNTRY 1983 Kim Hawkes, Mary Bridge, Kelly Hawkes, and Eric Roselund of Montville High and Janice Palonen of NFA.

OUR OWN JOE "Sweetheart" BANAS will carry the Olympic Torch on it's way to Los Angeles as a member of the Olympic Relay Team. Members will run in 5 mile shifts, for a total of 12,000 miles across the 48 land-locked states. The torch will arrive from Europe in May. What a glorious honor for one of our most respected members! Work is already underway to provide JOE with a cheering section during part of his memorial run.

MOHEGAN STRIDER STANDOUT. KIM HAWKES, a senior at Montville High School and Co-Captain of the Girls Cross Country Team, was named ALL AMERICAN by Harrier Magazine 1983. KIM, who was ALL CONFERENCE all four years at Montville, was also named second team All East High Cross Country by EASTERN TRACK. She placed second at the exciting State Open Cross Country Meet at the Cromwell Country Club

Golf Course in November of 1983. In 1980, while in her first year of high school, she finished seventh, sixth in 1981, and fifth overall in 1982. Her wins included a complete shutout at the WESTLAKE INVITATIONAL in October of 1983 where she defeated State Winner Vanessa Thompson and set a course record in the process. Another win at the FT. SHANTOK INVITATIONAL and other course record and at the WINDHAM INVITATIONAL still another first place finish and the shattering of that course time. Other standout awards include Class M Champion in 1980 and runner up in 1983. KIM has set many school records in outdoor track in 1500 meters and is a former Class M Champion in outdoor track.

#### JOHN BROWN'S RUNNNN DOWN

Well, the New Year started off with a bang, (or should I say a SPLASH!) with the traditional New Year's Day 10 mile jaunt from good ol' Kelly's to cold ol' Groton Long Point and back. All the heavy hitters were there and were once again led by WAY "You Bad Cat" HEDDING. If you've never attended this event, don't miss it next year. The day is truly exemplified by the January picture of this year's Strider Calendar.

A good crowd was on hand of which about one-third took the plunge. Yours truly was relegated to a support vehicle because of an injury, but someone has to pass out the refreshments (schnapps, brandy and brews). The TGOTD (tough guy of the day) award went to STEVE LAMB who nosed out BOO BOO BILLY SHEA and FRAN HOUSE all of whom ran bareback, but STEVE took it by running barefoot also. LAMBO has the wounds and bloody socks to prove it too. Other interesting sights included a young couple with their beach ball and Hawaiian outfits, KIM MURPHY in formal attire (tuxedo top) and LOU VENTURA with his knitted nose cap that looked like it should have been worn below the waists.

After the return run everyone enjoyed plenty of food and drink, courtesy of the KELLEY'S and many of the guests. KEN PETERS brought the blackberry brandy. YUK! New Year's Day should never be spent anyother way.

Kelley's Pace Frostbite Run January 15 - The weather cooperated for this 4.6 mile race. The roads and sky were clear and it was a beautiful, balmy 20 degrees. Surprisingly enough everyone appeared to be in good shape for January (well almost everyone). All the big guns were outfitted to race in their LIFA bodywear. I don't know how they can stay so competitive all year long. WAYNE JACOBS led the STRIDERS with a winning time of 22:31 and was followed by: 4. BOB STACK 24:23, 7. JIM CROWLEY 24:45, 9. WALT SMOLENSKI 25:11 (this guy is getting TOUGH), 12. FRAN HOULE 25:47, 14. JULIO MURILLO 25:57, watch out for JULIO this year. He's shaking off those wedding blues and gets my vote for the comeback kid of 1984. 15. MIKE SMITH 26:03, BIG MIKE is batting 1000 for races this year, let's see if he can keep it up. 16. JON KORNACKI 26:13, he's in the swing after his marathon debut in N.Y. He'll probably stick with the shorter races from now on. He's not the only one. The marathon just beats you up. 17. AL LITWIN 26:26, it's good to see AL running again. I hope he had a nice vacation. Keep it up DUDE. Al's sister, BETH, was the top female STRIDER 105th overall in 34:23. PEP SCHNAPPS finished in 32nd place. Who is this guy?

Taunton 5 Miler - WALT SMOLENSKI 12th in 26:18. WALT'S not only getting tough he's getting faster too!

J.B.'s Bits and Pieces - The Mellrose Games was once again a huge success. THANKS to MIKE HUTCHINSON and KEVIN CROWLEY for their organizational support. SUPER JOB! All the celebrities were on hand, the human can cruncher, the singing irishmen, the DUKE and all past MVP's. The PIRIE clan was on board. How many of them are there anyway? Local favorite Bill Krohn ran well, a PR for 5000 meters indoors. Does anyone know who the MVP nominees are? This could be the year of the

"Bad Cat" whoever that might be. PETE VOLKMAR made his debut trip and hung tough for a while. Does WAY HEDDING ever sit down? It is noted that all future recognition awards should be recognizable. KEVIN CROWLEY took a lot of pictures. Who can he embarrass this year?? Has anyone seen JOHN FICARRA? Heard he gave up running to become a body builder (or maybe a JEFF KOTECKI look alike). Heard JOHN PIRIE is in shape and also engaged, either of which could be a rumor. BILL MARSHALL is always tuned in lately when he's running or is he really tuned out? If anyone has any good bits or pieces of stories, trips, rumors, lies or legitimate race results send them to: JOHN BROWN'S RUNNN DOWN, c/o JOHN BROWN, 26 Dalewood Drive, Norwich, CT 06360.

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PEOPLE ON THE MOVE - The dirt, gossip, gripe, and news about you, your buddies and rivals. Send all printable materil to Auntie Joan, 181 Park Avenue Extension, Uncasville, CT 06382 or call 848-0346, if you can get thru (good luck).

STRIDER RORY SUOMI of Cheshire was 15th overall out of a field of over 700 at recent Jacksonville, Florida Marathon - Wow! RORY serves notice that he's getting in shape! Wonder what he will do then. Being a Phys. Ed. Teacher hasn't hurt either. Forgot to mention that JEFF HLIANK returned to the area for a road race in November. JEFF likes his job with Nabisco and hopes to be back in this area during his vacations away from New Jersey. STEVE LAMB, of the Portland Girls Cross Country Team fame (3rd place overall at State Open), was honored recently by Connecticut Interscholastic Track Coaches Association as Coach of the Year 1983. STEVE now lives in Colchester. (didn't think we'd track you down?) Pay up your 1984 dues STEVE or you go off the "gorgeous guy" list forever. Just when we thought that WAY HEDDING had the craziest, wildest clothes possible who should show up in lavender Hawaiian print shorts over white thermo long johns (yuk!) but past president BOB MILES. Maybe it's a good thing he stepped down. Being president must do something to your head, especially when you get like Auntie Joan and love lavender. Never did congratulate BILL RODGERS of T3R for his sensational win at E.L. Marathon. He ran a terrific race and the determination to win was evident on his face, even in the early miles of the race. He worked hard and deserved it. Predict that JAN SLONSKI will be our fastest master runner this year. GEORGE POTTER has said that JAN has "become 18 again". Hear that he has a snazzy new Z-28 black sports car with those fancy dark windows. We've dubbed him our "Black Night Rider". LARRY RICE of Norwich Police Dept. has rejoined. Watch this guy. He's been training on the sly.

DAVID HOULE is fast runner at St. Bernards. In his first year there he ended up as second man on the freshman team. His big brother just happens to be FRAN. The PALONENS continue to train for long distance running as are MARY HAYDEN and PAT BAKER.

WAYNE "Baby" JACOB, seen with terrific looking gal recently. Met WAYNE's Mom and Dad at race. Very nice people. They told us some "very interesting" things about their son who happens to be the oldest of five children. CLEMIE getting back to running after a bout with a bad foot. Don't let anyone tell you it is old age creeping in CLEMIE, you look as good as ever!

UNCLE KEVIE reports that post Melrose results has JOHN BROWN with late scramble to finish line. Imitated Steve Scott by making a desperate surge in the final kick in last step off bus to try and impress the executive committee (and they were impressed!). The final four in contention are narrowed down to JOHN BROWN, LANCE MAGNESON, JEFF MORIN (again), WAY HEDDING, and the DUKE. Awards will be presented on the bus next year of course; after many months of numerous executive meetings. UNCLE KEVIE reports he is also training at Nautilus in Norwich. He says that CLEM MC GRATH did not pass the test before the WANAMAKER MILE While



BILL KROHN ran his personal best of 13:47:29 for 8th place in international field of runners, in the 5000 GENE MC GRATH led the cheering for all 5000 meters.

Little JASON BAKER not only runs but he's on a hockey team and does quite well cross country skiing and on the bigger slopes way up north with dad TOM who by the way runs every day at the wee hour of 5:00 a.m.

BETH LITWIN and UNCLE KEVIE each have the same color VW car. Word has it KEVIE once tried to take BETH's car by accident. ALLEN LITWIN, Beth's brother, one of our handsome guys (single too) works at Pfizers.

GEORGE POTTER is not nearly as mean as he used to be. Has becoming a grandfather somehow mellowed him? GEORGE is training hard for a triathlon. How does GEORGE "GRAMPY" POTTER sound?

Met BOB SULLIVAN recently. We're assuming the very attractive lady with him was his Mrs. Why isn't she a member BOB? PETE VOLKMAR is still speaking to us after the blunder. Heard he did real well at recent Central Park Race. CHARLIE WHITTY, Norwich City Manager, was one of the first to rejoin the Club. BOB SMITH, husband of EDYSE, is a crackerjack salesman - go see him at Whaling City Ford, but this guy's writing looks like "chicken scratch". What is CHARLIE OAT up to these days? Wonder if he has worn out his shining red sneakers.

JAN MALLETT married to real handsome AL. He was just hidden under all that beard which recently got shaved off. Hear that JIM DOCKER ran all the way down from Canterbury for one of the Sunday Morning Fun Runs at Mohegan Park only to find out that J.C. (his ride home) didn't show up. Yes Andy Higgins - dues are still \$4 and you are a member again. About time that "old" DEMPSKY coughed up his dues. We have the whole HOULE family now.. Hear mom may start running.

JOE EDELEN has moved to New York. Hope that he stays in touch with the club; and let's us know what he's doing.

AL BALLOW from South Carolina has a new street address. He says he runs mostly on the beach (poor guy!). He ran the Isle of Palm Triathlon (tin man scale). AL has a 14 foot Hobie Cat and would welcome any visiting STRIDERS. JOE BANAS is off to New Orleans and a marathon; during a week's vacation which will include a ride up the Mississippi. He promised to take lots of pictures. Auntie really wanted to go along too.

Rob Huntington was born on Halloween along with his twin Ross. Newest addition to the STRIDER membership has to be second son of TOM LEE. JOE LONARDELLI called up Auntie special to tell her so what does she do? Loses the paper with all the info.

SUMNER LANG and BOB CARBRAY were both born on August 21st while DOROTHY LANG and SHEILA CARBRAY were both born on November 4th.

Swell letter from UNCLE AL WILLIAMS. Will wear the number proudly at the next Tommy Toy Fund Fun Run and hope you are there too Al. And yes you can brag about your son TODD any time you want to. TODD ran 4:15:5 for 1500 meters at Brown Univ. Invitational and a 9:06 for 3000 meters and 2:03 for 800 meters at Yale Invitational. The Ledyard High 4x800 team of which TODD and ROBBIE CARBRAY are members are only 5 seconds off the Ledyard School record. The best part AL says is all four of the relay team will be back again next year.

"Mad dog" JIM BUTLER trails former teammate at St. Bernards at East Lyme Marathon last fall. DON "FLASH" LEWIS qualified at 2:49 for Boston. "Mad dog" doesn't want HIS time published but does tell us they were friendly rivals while at the

high school. DON (alias Alvin the Chipmonk) is an accountant at Phelps Dodge and is married to pretty lady Rosemary and they have an adorable 1½ year old girl.

JAY O'KEEFE now attending college at Eastern. More on JAY next newsletter.

BOB STACK is not only burning up the pavement here but he recently went to Washington, D.C. for the 17th Annual JFK Memorial 20K Race. Dick Beardsley was first in 65:39, Jim Haze second in 65:39, and BOB was third in 66:27. MR. STACK, who is sponsored by Brooks Shoe Co., placed eighth (26:52) in the Fifth Avenue Milford Wonderland 5 Mile Race which was won by Bob Hensley.

PETE NYSTROM - Did you go for it? Call.

ROBBIE CARBRAY don't you ever take time off from running - Cross Country, Indoor Track, and Outdoor Track. Watch this guy go in '84.

Met newer member DAVE BURNETT. He's very enthusiastic about running and just the kind of guy we're looking for to enhance the club. He's lucky enough to live in the beautiful area of Broad Street.

Excellent substitute for the usual t-shirts at frostbite race sponsored by Kelley's Pace. They gave out white towels with Kelley green logo printed on them. Nice change - take notice race promoters. Runners were also use head bands, hats, gloves, socks.

MARY HAYDEN and PAT BAKER training for long distance running. BOB PIETRAS never quits.

The RICE's, GEORGE, PAT, and ERIC, were in sunny Florida for the Christmas holidays. While they were knocking on JOHN MARTIN'S door He was up here banging on theirs. Look out for both PAT and GEORGE this year in Canoe racing along with MIKE HUTCHINSON. PAT won many trophies and awards last year as did the two guys who are quite a team. A pity that neither the New London DAY nor the Norwich BULLETIN had the perception to write an article about KIM HAWKES the running standout of this area. Maybe they will wake up.

Your President, JOAN HILL, has met six more STRIDERS recently. Out of the 410 membership of last year she has spoken to all but 91 people (and some of these are children). The goal is to meet every STRIDER by year's end.

Looks as though JOHN BROWN is going to be a big hit with his "Runnn Down" column. His first addition was FIRST RATE! And what an act he had to follow - thanks CLEMIE!

Don't forget the Spring Meeting! Next newsletter right before meeting. Pay your dues if you haven't, get a calendar, train for Rose Arts. We want over 100 STRIDERS to finish. Extend to all PASSOVER or EASTER wishes. Keep on RUNNIN.

Letter

The Smiths  
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ALWAYS USE  
ZIP CODE

