

A Mohegan Strider Publication

President Joan Hill
Secretary Robert Carbray



Vice President James Butler
Treasurer Timothy Smith

MOHEGAN STRIDER ANNUAL SPRING MEETING Friday, April 27, Norton Peck Library at NFA at 7 pm Sharp!! You should already have this date on your MOHEGAN STRIDER CALENDAR. We still need people for committees. This is your chance to voice your opinion, air your gripes, and to make useful suggestions. YOU are the voice of this club, show your support.

THE SMITHS are selling out Club Uniforms. All the SUB 4 CHAMPION and RUSSELL apparel still at '83 prices..Not much left. Once the Smith's inventory is depleted Jesse Kelley of KELLEY'S PACE will be the only one stocking our exclusive uniforms. Call TERRI and TIM at 887-1518 to see if they still have your size.

MOHEGAN STRIDER CALENDARS are still available. Contact DICK PODURGIEL at 889-1513.

RAFFLE TICKETS will be on sale at the Spring Meeting so bring your \$. BOB MILES will be selling them at \$1.00 each. The drawing will be held after the meeting. You don't have to be present (but you should be). \$15.00 gift certificate from KELLEY'S PACE, \$15.00 gift certificate from CONNECTICUT SPORTING GOODS, and a case of brew.

NFA TRACK WORKOUTS - Tuesday nights at NFA. In case of snow, forget it! (don't laugh) If spring ever gets here, watch the hot shots!

MARATHON TRAINING for those of you, male or female, looking for training partners for runs over 15 miles contact JOAN HILL, 848-0346, and she will try to put you in touch with someone of your pace. We found this extremely beneficial when training for that first marathon.

ROSE ART RACE APPLICATIONS are out. They can be reproduced. If you know of anyone out of town who needs them give a call and we'll send them. PLEASE NOTE - to expedite handling numbers, if you enclose a stamped, self-addressed envelope we can mail you your number well ahead of race day. We will have a master list so if you enter your name and number is recorded.

PROVIDENCE TO BOSTON RELAY - JULY - JOE BANAS, 58 Lake Street, Norwich, is team coordinator. Get in touch with him early if you intend to compete. Don't wait till the last minute.

PICNIC COMMITTEE - We need people for games, clean up, some phone calls. Let's make the 12th year of this club our best. This is a family picnic. We also hope to have all our honorary members in attendance.

STRIDERS STANDOUT - GEORGE POTTER, who is training for a Triathlon in June. He has logged in many miles running, biking, and now his latest new venture - swimming. Got to hand it to him, this guy never gives up and must be respected for his "true grit" and "determination". Hear that he was on the injured list due to an accident at work. Hope he's back out there training.

KELLEY'S PACE - Second store in Old Saybrook will be opening soon. Good luck!!

BOSTON MARATHON - Monday, April 16th - Good luck to all the guys and gals off to Boston.. Hope each and every one of you attain your goal.

Hi Auntie Joan,

For The Arrowhead

March 8, 1984

I'm not sure this is printable material, but it is a gripe Jan and I have had concerning road races for a long time now. Here it goes.

Back in the Dark Ages

It seems that in our area road races, women are back in the dark ages. Not treated well at all. Jan and I have been on the racing scene about 5 years now. In the beginning we complained loudly to no avail. We gave up and decided to have patience and wait. Things will improve it just takes longer. Forget it. The problem is what happens after the men are acknowledged and awarded. Then it seems no one cares about how the women really placed. If a junior or master women should happen to finish 1st, they are usually not announced 1st. But the womens open is given first, and 2nd and 3rd in that category. Then if the winner was a junior she is not even announced as first over all female, but only as the Junior woman. Shouldn't the 1st female get 1st choice for prizes or the biggest trophy, or even that acknowledgement that she was 1st. I can't believe men would tolerate what we are expected to tolerate in a race. Imagine Ernie Dumas winning a race, and sitting there while 1st, 2nd, and 3rd men's open winners go up first, and then when he is announced he is announced as the men's Master Winner and no mention is made of the fact that he was the 1st male.

If I mention this to other male runners they say "Well, its up to the race director and he can do whatever he wants." TRUE, AND HE SURE DOES. It sure makes us feel like second class citizens. And like we should just be thankful that we are allowed to race with men, never mind fairness. Jan and I love racing, whether things change or not we will be there. We just wanted you all to know we have feelings and we get hurt by such treatment. Thanks for listening.

Geraldine and Janice Palonen

JOHN BROWN'S RUNN DOWN

STRIDER ROAD TRIP to the Snowflake 4 miler, Central Park, N.Y., Sat., Feb. 11 sponsored by the NYRRC. The STRIDERS were led by JOE BANAS in 25th place overall with a time of 20:25 and was followed by WAY HEDDING 24:04 and PETE VOLKMAR 26:26 in places 252 and 1025 respectively out of a field of 3300 runners. After the race the guys went to lunch in Chinatown for chicken heads and all (THE REAL McCOYS) and then went on a guided tour to visit the bowery boys in the bowery. The tour included some wine tasting on the NIGHT TRAIN EXPRESS. WAY is now taking Nigh Train Express orders for his next trip to the big apple. (It only comes in pints.) JOE BANAS is still trying to recover from this new experience.

FOURTH ANNUAL CUPIDS RIVER RUN Sunday, Feb. 12 - This is the Valentines Day couples relay which is comprised up of two, 3.5 mile legs, where the women run first and the guys try to make up the difference. The STRIDERS fared well taking 4 out of the top 10 spots overall, with numerous finishes in the tops of their age groups. BOO BOO BILLY SHEA along with sweetheart MARY BRIDGE were the top STRIDER tandem finishing second overall and second in the 40-49 age group with a combined time of 39:55. How BILLY managed to weave MARY into his web is anybody's guess. The remaining STRIDER couples finished as follows: 30-39 FRAN HOULE and KELLY PICKNEY, 1st in age group, 4th overall in 40:55, 40-49 WAYNE (BABY FACE) JACOB and Amy Jenssen, 3rd in age group and 3rd overall in 40:53, 50-59 AL and BETH LITWIN, the top brother and sister combo, 2nd in age group and 9th overall in 43:19, 60-69 DAVE LATHROP and MARY JANE BIASE, 3rd in their division in 45:45. Question is, where were PAT and MARK? 90-99 GEORGE POTTER and his mysterious partner were 3rd in their age group also in 56:14. 120 thru Infinity, the CAMPO's 37 years together and still pounding them out.



EAST LYME 3 and 5 MILER - The STRIDERS were led in the 3 mile race by FRAN HOULE, who was the overall winner with a time of 16:08. He was followed by: 2. BILLY SHEA 16:09, 12. BRUCE CHRISTIE 18:01 (We Gotcha in Big Boy!), 24. DAVID HOULE 20:29, the up and coming STRIDER, following in his brother's footsteps. The top women STRIDERS were: 67. MELINDA (wife of the one and only) HEDDING 25:49, 72. MONICA CHRISTIE 25:58. In the 5 miler BOB STACK paced the STRIDERS with a 4th place finish in 26:10 and was followed by: 7. WALT (The SMO)LINSKI 27:01, 8. MIKE SMITH 28:44. Other participating STRIDERS included JIM WATSON, PETE VOLKMAR, JANICE and GERALDINE PALONEN, and PAT and TOM BAKER.

13th ANNUAL JOHN W. ENGLISH CONNECTICUT TAC MARATHON March 4th - The STRIDER Marathon Men are rounding into top form as exhibited by their fine performances in this race. TIM SMITH finished 2nd as he did last year with a time of 2:31:25. Fifth overall with a time of 2:41:36 was JEFF KOTECKI (TIM SMITH, Jr.). Outside of JIM BUTLER, no other STRIDER runs more miles than these two guys. Save it for Boston JEFFREY.

ST. PATRICK'S DAY 10K ROAD RACE, North Stonington, March 18 - BOB STACK led the STRIDER'S with a 3rd place finish in 33:13 and was trailed by: 4. FRAN HOULE 33:36, 6. JULIO (The Comeback Kid) MURILLO 33:55, TIM (Bounce Back From The Marathon) SMITH 33:59, and rounding out the top ten was my rival and the top master finisher HAL BENNETT in 35:42. JANICE PALONEN was the TOP STRIDER lady with a winning time of 38:49 for the hilly course. Nice job JAN! Plenty of refreshments were provided after the race along with much hospitality, courtesy of the Isbisters. If you see Jim Uhrig on the road driving, WATCH OUT!

ST. PATRICK'S DAY 7.5 MILE ROAD RACE, Holyoke, Ma., March 17 - If you've never run this race don't pass it up next year. Good party after and the race provides good competition. The STRIDERS had a good turnout this year. WALT SMOLENSKI was the top STRIDER finisher in 26th place with a time of 41:21. Good time WALT! WALT is definitely becoming one of the faster STRIDERS. He was followed by: 33. BILL MARSHALL 42:19, you Masters better watch out for this guy next year, OLD VEINS is out to get you. 89. JEFF McCLOSKY 45:25, 97. JOHN CURRAN 46:00, 118. BOB (BITCHIN) MILES 46:40, 160. DEAN FESTA 47:42, 181. RON LaFLEUR 48:12, 191. JIM DOCKER 48:32, 212. JACK CURRAN 49:03, another easy one for JACK, 219. STEVE STRAKER 49:06, STEVE is a member of the Colchester Clan, 232. CLEM McGRATH 49:21, the leader of the clan back in action. And last but not least 278. JIM HILL 50:36. Approximately 1500 runners competed. Prizes went about 50 deep in the Open Division alone. What happened to JOHN FICARRA?

J.B.'s BITS & PIECES - Anyone interested in buying some used hockey equipment contact WALT (The Iron Kidney) SMOLENSKI. WALT is actively pursuing a running career and has hung up his skates permanently (WAY says, "It's about time."). He is willing to sell for 10¢ on the dollar. What a steal, er... a... I mean deal! Saw JEFF McClUSKY out on a long run one Saturday. There's no doubt he's Boston Bound. Where's his side kick the "Big Guy"? Bill Krohn looked good in the 3 mile of the USA Mobil Indoor Track Meet. It was on the tube. He hung tough for awhile and eventually finished 4th. Hey WALT, WHERE'S THE BEEF? Traveled to the World Cross Country Championships at the Meadowlands. Nice event. KEVIN CROWLEY was there. PETE VOLKMAR provided the snacks (EXCELLENT).. WAY HEDDING took care of the entertainment.

NEWSLETTERS - We are in need of some help running of these newsletters.. BOB CARBRAY has one it for a very long time, before that KEVIN CROWLEY did it and before that DCM PIRIE. (Don't know who did them before that.) Contact JOAN HILL, 848-0346, or PAT BAKER, 848-9584. Also need someone to help us set up mailing labels.

NEWEST STAFF MEMBERS - You may have noticed we have new members on the ARROWHEAD STAFF.

JOHN BROWN'S RUNNIN DOWN - Write JOHN at 26 Dalewood Drive, Norwich, 06360, with any race results you might have. (He also wants stories, lies, rumors, trips too so he can out do AUNTIE JOAN.) All kidding aside he is a welcomed asset to the club and this publication. He works at E.B. with CLEMIE. JOHN is a good runner, handsome, tall, and taken.

PAT BAKER is now typing this newsletter. Have you noticed, the words are spelled right? For those of you who don't know PAT yet she is 39 years old, married to Master Runner (just recently turned to) TOM BAKER, and has a son JASON aged 7. Our good friend and running pal, PAT works part-time at Big Brothers-Big Sisters of Southeastern Connecticut in New London and spends most of her spare time pounding the pavements getting in her 40-50 miles weekly for a marathon on June 24 in Plattsburgh, New York. She is one of our fastest ladies open runners.

BERMUDA 10K RACE, January - STRIDER WAYNE JACOB placed 17th overall in the Bermuda 10K Race which featured athletes from all over the continent as well as Africa. WAYNE'S time was 32:37. His teammate FRAN HOULE was 25th in the time of 33:42 while the third of the trio BILLY SHEA was 49th in 35:46. They finished the race as the third fastest team out of the 26 teams competing which was run in 75 degree temperatures.

PEOPLE ON THE MOVE - The latest gossip, dirt, and news about you and your buddies. Contact AUNTIE JOAN at 848-0346. Keep trying.

Our CLEMIE is back running again. He has been doing just a few miles a day due to a foot injury. He's on his way and says he and brother GENE will definitely blow away UNCLE KEVIE and anyone he teams up with at Rose Arts.

JOHN BROWN running only 10 miles a week? eek!!! Is love doing this to him too? He and CARLA have set the date for their wedding for June 30th. What a couple!!!

GENE McGRATH outdoor track coach for NFA.. BILL MILESKI, NFA runner, says to watch out for us in cross country in the fall and right now in outdoor track.

JIM BUTLER ran 3,775 miles in '83, that averages 10.3 a day folks!

JACK CURRAN logged over 2,000 running and another 2,000 biking!

STEVE LAMB tall, handsome, single (sigh!) not running Boston this year. He's still on the injured list from that 24 hour run last fall. Says he is pretty busy now with his outdoor track teams. He coaches both guys and girls at Portland, yea Portland!

JAN MALLETT recently celebrated her 29th birthday for the 3rd consecutive year!

AL MORRISON has another?? new apartment? This time a senior citizens pad in Taftville. Heard thru the grapevine that RICHARD PRICE is really in training for Rose Arts.

DENNIS TETREAUULT is out there and we're taking notice. This guy is getting fast!

DON and JOHN PIRIE have rejoined. JOHN is engaged to marry a very attractive young lady. Best Wishes. Their recent announcement was in the Norwich Bulletin.



Speaking of Couples - Our "sweetheart" JOE BANAS recently got Auntie's blessing for his upcoming plans. The Big day is tentatively set for October 27th and the lucky lovely lady (really a knock-out) is Bev Fontaine. They met at the church they both attend and it was "love at first sight". JOE isn't running these days, he's flying 2 feet off the ground!

On April 13, 14, 15 FRAN HOULE and ROBBIE CARBRAY are off for a bike ride to Cape Cod and back.

BOB HARDING has a 3:25 Middletown Marathon to his credit. He's married, has 3 children, and is 38.

WAYNE is an April Fool's Baby. He's the only guy around who gets younger every year.

The recent Pasta Pigout was a huge success. Met the gracious MRS. ROWAN, JIM's Mrs. Sat with the BAKERS and the BENSONS (Westerly Track Club) too. A very first rate dinner/slide presentation (by Jogger Joe) and NOT A SMOKER IN THE HOUSE.

It is once again that time of year to start picking on certain State Police Officers who won't join up. KIP SULLIVAN, "SINGLE" SAARI, "DR. PEPPER" TROTTER, and HENRY MAYNARD have all paid, but we're still waiting for WILL BLANCHETTE and JOE URBAN.

Now MIKE STERGIO what's your excuse? If you join Auntie will guarantee we will get you to the finish line at E.L. in the time you train for if we have to go out and meet you and beat you in. Ask BOB CARBRAY. He got beaten to the finish line in Ledyard with a maple branch.

KEN MURKETT is back. He didn't dare not rejoin. He is running again. KEN is the man in charge of the emergency crew at ROSE ARTS RACE. Yes KEN, you will have so much ice that you'll have to dig yourself out of the tent.

MICHELLE LYNNE CARBRAY is at this writing off to the Governor's Ballroom of the Parkview Hilton in Hartford on March 30 and April 1 for the Miss Connecticut USA Pageant. PETROWSKY REALTY OF CENTRAL VILLAGE and KELLEY'S PACE OF MYSTIC were her generous sponsors of the pageant.

Saw HAL and SHAWN BENNETT running recently. SHAWN taking time off from studies and presently at Holdridge Nurseries. HAL looking as fast as ever.

KEVIN CROWLEY was seen RUNNING with MHS Track girls.

KEN RAWN will be coaching East Lyme runners again. He had a credible finish last year in C.C. and with his expertise and running knowledge those guys and girls can only get better each year.

Where is MARK HOUSTON? That guy is a running standout, basketball and baseball standout also.

Handsome PAUL HILL - where are you? You were first nephew.

PETE NYSTROM absolute look alike of actor Stephen Collins.

JOHN "Single" SAARI sold his home in Canterbury and now living in Stonington by the water. JOHN'S going to throw a party and invite us all. Aren't you JOHN?

THE CARBRAY'S highly recommend that you patronize PETROWSKY REALTY for all your real estate needs and KELLEY'S PACE for all your running gear.

AUNTIE JOAN recently got a nice long letter from one of her favorite nephews, JAY the "J" O'KEEFE. "J" is currently at Eastern College. Said he took 5 months off from running (what's with these guys?). Auntie suspects he's in love too! JAY is all psyched up for Spring break and hopes to do some fishing and a little "partying" too. He just bought a king-sized waterbed and "can't wait to test it out." (Now what's he talking about?) He's working part-time at Nassiffs and still living at home. Says he promised the folks he'd move out by the time he's 30. "J" sends regards to all the gang especially WAYNE, JOE, and FRAN. Are you going to make it 2 in a row at Rose Arts JAY?

ROBBIE CARBRAY named all ECC and holds 1,000 meter record at Ledyard. TODD WILLIAMS named all ECC and has record in 1,500 meters.

Speaking of WILLIAMS, TODD never did bring home last two newsletters. Seems they were gathering dust in his school locker - for shame TODD. The whole family rejoined - including pretty blonde Mom, BARBARA.

The COOK family consists of BUCK, BARBARA, Justin 13, and Derek 12. BUCK operates CURTAIN INSURANCE AGENCY and just finished moving into that beautiful new building opposite Beit Bros. in Montville. BARBARA is permanently hooked up to their computer, and only allowed home to cook, clean, and wash.

STEVE STRAKER (love that name); 27, recently sent his personal profile. He was injured most of '83, just began to run in December, and already challenged CLEM McGRATH to the finish line in '84. STEVE is at Thames Valley State Technical College full-time majoring in Electrical Engineering. He's working part-time at Tri-Town II Supermarket in Colchester. His goal is to complete Rose Arts in under 70 minutes and run his first E.L. Marathon.

CHARLIE TROTTER break out your Dr. Pepper, and Juicex Juice tee-shirts and get ready for some serious razzing from your cheering section this summer at Ft. Shantok.

BOB PIETRAS' going to buy a snazzy new Corvette and has promised us a ride in it.

JUDY POPROSKY is exonerated on her typing. JUDY has a paid job typing. (It was the typewriter). She is in charge of the Lisbon Fall Festival 3 Mile Race this fall.

WAY HEDDING paid his dues for he and MELINDA at the Pasta Pigout. Can you believe this guy left his wife home so she could do the laundry? He was even worried she didn't have enough to do while he was gone. Us ladies may lynch you WAY (he did let her go to Mohegan Park Race the next day.).

Don't forget the meeting - Runnn safely!