

President	Joan Hill	Vice President	James Butler
Secretary	Robert Carbray	Treasurer	Timothy Smith

Spring Meeting, Norwich Peck Library, 7 pm, was held on April 27th. Plans for the 1984 racing season were discussed and finalized. All committee chairpeople presented their reports. Secretary BOB CARBRAY was voted in as a permanent member of the Executive Committee in view of his 12 years as Club Secretary. Club raffle winners were selected at random immediately following the business meeting. Winners of the gift certificates were: DON LEVINE and DAVE LATHROP. KEN RAWN won the case of brew. All three were present at the drawing.

ATTENTION: CLUB UNIFORMS Women - The SMITH'S have all sizes available in singlets, Sub-4, Champion, and Russell. Men - The singlet supply is limited. Shorts - supply very limited. "Get 'em while we got 'em!" TERRIE and TIM report that the time and price are right. The Rose Arts Race is only a short time away. The SMITH'S can be reached at 837-1518.

KELLEY'S PACE - JESSE reports that she has received the shipment of our racing tops and shorts in time for ROSE ARTS. Why not stop by (or take a ride to the new store in Old Saybrook) and check out their in-store specials. Mention that you're a "STRIDER" and you'll get treated "extra special".

JOE "SWEETHEART" BANAS will be off at the end of the month to Kansas, Oklahoma, and Texas for his leg of the OLYMPIC TORCH RUN. "We're with 'ya Joe!" Best wishes, carry it high!

Your ARROWHEAD typist PAT BAKER, veteran of two E.L. Marathons, will run one in Plattsburgh, New York, home of husband TOM, on June 24th. We expect a 3:20 Pat. Right?

ROSE ARTS FESTIVAL ROAD RACE SPONSOR, EASTERN SAVINGS AND LOAN ASSOCIATION, is once again the financial sponsor of the road race on Sunday, June 24th. For those of you who don't know, the bank is responsible for providing us with the necessary funds for the prizes. In addition, they also give the first 375 entrants a free t-shirt and supply the race numbers.

TEAM RACE COORDINATOR, JOE BANAS, has regretfully stepped down as our race coordinator due to other obligations (Olympic Torch) and a very heavy work schedule. Anyone interested in this task please call Club President JOAN HILL, 843-9346.

CARL MAILHOT, TRAINING CONSULTANT, will be the new addition to the "ARROWHEAD". He will be writing a column on athletic training. CARL is a registered physical therapist. He works at Orthopedic and Sports Physical Therapy of Norwich. He will be on hand at the Rose Arts Race for questions, so look for his table.

ROSE ARTS FESTIVAL ROAD RACE, 10.6 miles - JUNE 24th - Race Director, BOB MILES, reminds everyone not to forget the closing date for entries is a postmark of JUNE 17th. NO NUMBERS WILL BE ISSUED AFTER THAT DATE, due to computer input. You may pick up your race number at the Norwich Rec Department Monday-Friday from 9:30-3:30 pm. REMEMBER - if you aren't running, please help the MOHEGAN STRIDERS officiate at the race. We need people for set-up, water stops, clean-up. Call JOAN HILL, Assistant Race Director, at 843-9346 and volunteer.

HARRY "O" TROPHY AWARD - 74th PLACE - HARRY "O" recently celebrated his 74th birthday (he CAN'T be 74!!) and we verified that he ran around the track at the "Y" 74 times in 38 minutes! To commemorate his 74th, HARRY will once again be on hand to present the 74th finisher of the Rose Arts Race with a special trophy compliments of OGULNICK JEWELERS of downtown Norwich.

CLUB PICNIC - Sunday, AUGUST 12th, 10 am - 7 pm (sharp). Plan on eating around "high noon". Coals should be hot by then. BEER and SODA and charcoal will again be provided. Each family will provide their own eats, tablecloths, and silverware. We have a community table so we would greatly appreciate chips, pretzels, dips, veggies, salads, cookies, cakes, watermelon, etc. (your specialty) and please volunteer for clean-up. Plans are underway for another "cutest leg" contest, so guys get your legs in shape.

"Athletic Training Service Offered To Striders"
by C. R. Mailhot, RPT

With Strider membership growing yearly, it is apparent that joining a running club for the novice or experienced runner outweighs "going it alone". Such advantages may include meeting new people to share a common experience, improving competition skills, and enjoying the social events along with fellow runners/friends. However, there is also some degree of responsibility of the running club to help its members get the most fun and enjoyment out of running. One way of achieving that goal is to provide resources to help members prevent injury, help direct members towards proper advice regarding care and treatment of injuries and provide support for those runners recovering from an injury. My purpose in offering an athletic training consultation service for the Striders is to fulfill this responsibility for its members. Having known or at least run with many of you, and as a fellow member, I would like to share my experience and knowledge in sportsmedicine with you to hopefully keep you running painfree or at least provide the resources to seek proper treatment and rehabilitation if any injury does occur.

My experience in sportsmedicine spans over 9 years of athletic training and sportsmedicine consultation at both the college and high school level as well as being a physical therapist. I am an active member of the American College of Sportsmedicine, the sportsmedicine specialty group with the American Physical Therapy Association and presently trainer/consultant for Killingly High School athletic teams.

However, it is not my intent to monopolize a service or market as a physical therapy service. As a runner, I can appreciate the need for sound advice on care and treatment of injuries utilizing proper services by area medical professionals who empathize with the athlete. My role as athletic trainer would be to act as a resource to assist runners in prevention, care, and rehabilitation of their injuries. Sometimes, I'll be able to evaluate and advise runners on how to care for the injuries themselves. Other times, I can direct them to the proper medical specialty to deal with these problems. I am available either by telephone (I have a sportsmedicine hotline 887-3891, or at home 887-3279) or I'll be at many of the local races competing myself.

In the future, I would hope to be able to provide injury screenings, do flexibility strength, and percent body fat testing and provide information on training techniques. Look for upcoming articles in the Strider newsletters on areas related to sportsmedicine. If there are any questions, call me.

See you on the roads. Carl



JOHN BROWN'S RUNN DOWN

MERIDEN 10K ROAD RACE, March 31 - JOE BANAS, the top Connecticut finisher, placing fifth overall with 32:33. JOE was the only Strider represented at this race.

PERRIER 10K in Central Park, N.Y. - March 31 - The Strider road trip gang was paced by Big Boy BRUCE (The M ___ e) CHRISTIE with a time of 37:43 and was followed by road trip Co-Captain WAY HEDDING 38:01. PETE VOLKMAR 47:04, the other Co-Captain, was either out for a stroll or didn't tie his shoes. The Strider ladies were represented by MELINDA HEDDING 66:00 and MONICA CHRISTIE 66:05.

3 MILE CONN. COLLEGE APRIL FOOLS RUN - FRAN HOULE was the top Strider, business as usual, with a winning time of 15:07. He was followed by 5. TIM SMITH 15:35, 11. HAL BENNETT 16:10 (Second Master), 15. DENNIS TETREULT 16:31 (This guy is getting faster all the time.), 16. MIKE SMITH 16:34, 26. JIM WATSON 17:11, (Third Master), 58. CHESTER CREAMER 20:17 (Third Grand Master).

SHAMROCK CLASSIC FIVE MILE ROAD RACE Boston, MA., April 1 - BRUCE CHRISTIE was the first Strider finisher in 30:03 on this back to back road trip weekend. He was followed by: WAY HEDDING 30:08, WAYNE HANSON 30:27 (not bad for the first time out Wayne), and PETE VOLKMAR 32:30. BRUCE, you may have been the top Strider but I saw that "WAY" made sure you paid for it. PETE VOLKMAR ran much better than he did in N.Y. the day before. What did you do PETE, tie your shoes?

GROTON ELKS BUD JENNINGS 3 MILE RUN (if you stretch it), March 25 - The big story on this day was SHEA LUCKS OUT. The first three runners ran the wrong way and were disqualified thereby giving BILLY SHEA that "Extra Incentive" (OH BROTHER!) to pull out a victory in 15:26. JULIO MURILLO finished second in 15:35 and was trailed by: 8. DENNIS TETREULT 16:22; 34. KELLY HAWKES 18:41, First Junior Girl, and 66. MONICA CHRISTIE 23:20, Third Junior Girl. The moral to the story behind this race is if your behind BOB STACK in a race (as most of us are) don't follow him.

OLDE MISTICK VILLAGE 3 and 5 MILE RACES - FRAN HOULE wins the 3 miler in 15:12 BILL (Viens) MARSHALL was second in 15:32 and was followed by, 4. BILLY SHEA 15:46, 12. BRUCE CHRISTIE 16:54, 13. Mean DEAN FESTA 16:54 (How did ya let the Big Boy nose you out?), 17. BOB MILES 17:10, 18. MARK BIASE 17:19, 25. ROM LAFLEUR 17:59, 38. DICK PODURGIEL 18:44. KELLY PINCKNEY paced the junior girls with a time of 18:47.

FRAN HOULE was also the top Strider finisher in the 5 mile race with a third place finish in 26:23. Other Strider finishers were: 6. AL LITWIN 27:56, 7. BILLY SHEA 28:05 who also doubled, 9. DENNIS TETREULT 28:30 (This guy's improving consistently in the top 10 lately), 13. JAN SLONSKI 29:00, First Master, 14. DAVID MONTAGUE 29:01 (Gotcha in there DAVE), 21. WAY HEDDING 30:18.

CLAMDIGGER 5 MILE ROAD RACE, Westerly, R.I., April 15 - This is a nice race with a scenic course and beer and chowder afterwards. However, not many Striders participated. The Striders were led by JIM CROWLEY in 4th with 27:05. The next Strider finisher was DENNIS TETREULT in 8th place in 28:33. The women stole the show with new course records in every division except the Open. ROSE BUCKINGHAM set a new course record of 34:39 in the Women's Submasters Division. GERALDINE PALONEN also set a new course record in the Women's Master Division with a time of 37:20.

WATERFORD ROTARY CLUB 5 MILE ROAD RACE - PHIL GARLAND was the top Strider finisher with a winning time of 25:40. PHIL was one of the top runners in Southeastern Ct. and one of the newest Strider members. Welcome to the club PHIL. PHIL was followed by the following Striders: 2. JOE (Yogi) BANAS 26:05 (JOE was the defending champ), 4. CHRIS HANSEN 27:01 (Chris runs cross country for Holy Cross, 6. JOHN (JUAN) PIRIE

27:31 Good to see you racing JOHN, keep it up and get your "Old Man" out there.
 8. DENNIS TETREAUULT 28:45. The Strider women were paced by JANICE PALONEN with a winning time of 30:56 and smelling like a ROSE BUCKINGHAM with a third in 34:55. GERALDINE PALONEN copped 1st place in the Women's Masters' Division in 37:22. Also, CHESTER CREAMER finished 2nd in the Men's Grand Masters Division with a time of 34:54.

The BOSTON MARATHON, Patriots Day, April 16th - The weather for this major marathon was wet and wild, but fortunately for all the runners lined up in Hopkinton, the downpour subsided just as the race began and wasn't much of a factor throughout the race. TIM SMITH led the Strider marathoners in 136th place with a time of 2:27:40. TIM should be nick named "Steady Freddy". Speaking of steady, JOE PORTELANCE was the next Strider finisher in 271st with a time of 2:32:52, way to go JOE. The remaining Strider finishers are as follows:

638. JIM (V.P.) BUTLER 2:41:06
 685. JOHN BRENNAN 2:41:44
 1023. CAS GRYGORCEWICZ 2:46:03
 1320. BOB STACK 2:49:04
 1321. JEFF McCLOSKEY 2:49:06 Your in there again Musky!
 1644. MIKE SMITH 2:53:10
 1669. DON LEWIS 2:53:26
 1955. JAN (Iron Man) SLONSKI 2:56:39
 2888. JACK (08) CURRAN 3:00:21

Other Strider finishers included Which WAY did he go? HEDDING 3:05:20, GEORGE MAINE 3:16:51, MARY HAYDEN 3:33:26, GEORGE POTTER 3:41:45, and PETE (we'll see you later in the rain) VOLKMAR 4:13:26.

J.B.'s Bits and Pieces

CHRIS PORTELANCE is training for a triathlon. He's been riding with JACK CURRAN and the boys on Sundays. Congratulations to JOE BANAS on his engagement. Maybe its just what you need to give you that extra endurance in your next marathon attempt. Whose next to go down the tubes besides myself and JOHN PIRIE. Maybe STEVE LAMB? Saw PAT and GEORGE RICE out running, it looked like PAT was taking it to GEORGE. MIKE SMITH finished 7th in the Run for Reading April 8, in West Hartford with a time of 35:22 for the 10K distance. Once again MIKE is running them all this year. BOB STACK ran well in the Boston Milk Run 10K. He finished 48th out of 3200 runners in 31:50. If you've never run a race in the Boston area, try one. They provide good competition and usually some type of festivity after. DEAN FESTA was the top Strider in the Ledyard Mile with a 5:13 which was good enough for 10th place. The Groton Fun Runs have begun for the summer. They take place at Groton Long Point on Friday evenings at 6:00. The distances are 1 and 3 miles. Has anyone noticed that many of the local races lack the quality field of a few years ago? Not only has the quality diminished, but the quantity also. A good example of this is the Groton Road Race at Cutler Junior High School. This race used to be a popular race in the area and almost always provided good competition with a 300 plus field. This year the race attracted 56 runners of which the top 25 received merchandise awards. The quality was there however as the Striders dominated the top ten spots led by TIM SMITH, BILL MARSHALL, CHRIS HANSEN, RORY SUOMI, JULIO MURILLO, and JEFF KOTECKI. I think the numbers in races are down due to running injuries, more important things in life, and the running boom going down hill.

PAT and TOM BAKER ran well at the Old Lyme AFS 5 miler. PAT was the first woman finisher with a time of 35:33 and TOM was 3rd master in 31:17. Signing off now, "Get Down JOHN BROWN". OH! By the way. Let's see some unity at the Rose Arts

Had a nice long chat with WAYNE "Baby" recently. WAYNE is "definitely Auntie Joan's favorite nephew, next to JOE "Sweetheart".

RAY BALLIRANO (one of our favorites) is part of the Rose Arts Festival Players production of Damn Yankees (June 16 & 17). RAY is a past president of the Rose Arts Festival and he is now part of the Rose Arts Road Race Committee. (He has this georgous white Corvette, single, 29, always going off on vacations, and coming back all tanned, travel consultant). He will be only past president of the Festival to run the road race. Look for #289.

ROSS HUNTINGTON of Newton, N.H. joins his twin brother ROB of Kansas, Mo. in our club. Now if they can just get their parents (from Norwich) to rejoin.... Will we be seeing you guys?

JUDY McGRATH doing fine after bout with illness. Hubbie GENE says he's going to start spoiling her from now on.

CARLA getting ready for her wedding. What a lovely bride she will make. She will win her division at Rose Arts.

JOHN CURRAN is back - bout time kid! JOHN LADD too.

RORY SUOMI teaches in a private school in Cheshire, while wife JOANNE has exciting new job in health fitness center outside Philadelphia. Now if they could just get these sensational jobs in the same state!!

JOE LONARDELLI will be at this year's Rose Arts finish line. Actually he's hoping that the red head who leaped into his arms and kissed him at the finish line last year returns. JOE was recently made a great uncle by his niece who was former runner of PETE NYSTROM.

The HOWARDS are racing.

Caught BOB CARBRAY in his blue bunny suit. DAVE DEMBROW is back.

BILLY MARSHALL is 39. He claims to have many arm veins and more dates than any man alive. That must account for his NEVER being home to answer his phone calls. All kidding aside BILL is now an Audiologist at the Hearing Clinic, 155 Storrs Rd., Willimantic, CT. for hearing tests, hearing aids, and hearing aid repairs.

Our Vice President JIM BUTLER has finally shaved his beared and now looks cute again. Claims it kept his face warm in the winter.

LOUIE FREE into softball while his Dad, LOU FREE not at all bad at handball.

DON PIRIE still runs on his lunch hour every day.

JAN SLONSKI, what are you up to? Where have you been hiding? How's the body beautiful??

Just picture the coach of a girls track and cross country team (college level) playing in a kiddyland at McDonalds. Same guy rented a bunny suit at Easter time then proceeded to almost choke death on a carrot.

MARK CURRAN accepted for fall term at Worcester Tech. College.

CHARLIE TROTTER - you can call Auntie anything you want as long as you show up every Monday night at the Shantok Fun Runs. Who ever said they were fun?

with everybody wearing their Strider uniforms. Rose Arts predictions: Top Five Strider Men - PHIL GARLAND, FRAN HOULE, TIM SMITH, BILLY MARSHALL and BOB STACK. Second five - JOE BANAS, JOE PORTELANCE, RORY SUOMI, CHRIS HANSEN, and JEFF KOTECKI. The guy to watch out for is JULIO MURILLO. Top Strider women finisher - CARLA DOSSETT. Heed the words of the "GREAT NOKAMORA" (HOO-HOO-JULIO) "Run to live, don't live to run."

Our distinguished PETER NYSTROM is seeking a seat on the House of Representatives from the 46th district and is also serving his third term on the City Council in Norwich. He recently hosted the New England Intercollegiate Women's Outdoor Track and Field Championships on May 5 & 6 at Montville High School. PETER is coach for Eastern Conn. State College Women's Track and Cross Country Teams.

PEOPLE ON THE MOVE by AUNTIE JOAN - 848-0346. The news, dirt, gossip, low-down on you and your running buddies. "If I can't find it out I make it up."

BOB CHAMBERLAND made it to the Spring Meeting, celebrated later at Bids' (The Irregulars all thought we were weird), got home fine, then the next afternoon he had a run-in with a bar-b-q grill on a pair of stairs and lost. He broke his wrist, got several nasty gashes and plenty of bruises. BOB CARBRAY felt so sorry for him that he allowed CHAMBERLAND to beat him at the Bolton race and now the challenge is on again. (Rose Arts?)

From the Department of Public Safety, Division of State Police, WILFRED BLANCHETTE, JR., necessary action..."I have procrastinated enough, I'm back!!"

If all past members of the Striders join back up this year we will be over 475 strong.

FRANK WILCOX is entered in three triathalons this year. (That's swimming, biking, and running.) First one is on June 24th at Medford, Mass, with entries limited to 250. He goes back again on August 12th to do it a second time. The race is a 1 mile swim, 40 mile bike ride, and a 10 mile run. This is all training for September 8th at Cape Cod where he will attempt to swim 2.4 miles, bike 112 miles, and then run a 26.2 marathon, all under 13 1/2 hours. FRANK swims at the "Y", bikes 150 miles a week, then runs another 35, to train.

PHIL GARLAND - Our latest hot shot runner is from New London. PHIL is single (eek!!), 27, and already one of our faster Striders this year. (He won his 1st race under our colors!) Watch out for this guy. Predict a sensational finish at E.L. should he try his luck again (he has a 2nd there). He's been running for 12 years, works at Tracor in Groton. as a consultant in sub-related work. This guy could win Rose Arts too! In fact he's Auntie's pick as first Strider.

JEAN WATSON FLANGLER is going to become a mommie! She and husband George expect the "wee" one in a few months.

CHRIS HANSEN home from college - looking good!

FRAN HOULE, "Fran Babe", front runner every race. Dad, Fran, Sr., won \$50 recently from WICH.

JERRY LENTZ has joined up (finally). Best darned starter in the business. Top notch professional - nice guy - glad to have him on our team.

JOHN BROWN did you think Auntie forgot you? Glad the knee is improved. All the guys will be glad to keep CARLA company if you're not able to come to the races this summer. No problem!

Get Well Messages Go Out To - MRS. MORRISON, BOB CHAMBERLAND, JOHN BROWN, JUDY McGRATH, MARY JANE BIASE.

Congratulations and Best Wishes to CARLA DOSSETT and JOHN BROWN who will tie the knot on June 30th.

Other engaged couples include: JOHN PIRIE and Debbie Tucker; JANICE PALONEN and Ron Boyes; JOE BANAS and Bev Fontaine; and CAROL HOWARD and Gregory Benoit.

A big THANKS goes to WALT SMOLENSKI who has made available to the Striders mailing labels for our newsletters. His hard work and generosity will help us to get the newsletters out to you just that much faster. On behalf of everyone WALT, "THANK YOU!"

We have several "over 60" members in the club who are active runners. Looks like the race directors will have to consider their age division "real soon".

CHRIS ORGANEK joined her hubbie BILL in the club. Hope she's out there running.

HARRY WATSON is back. He must have missed our razzing.

PAT LATHROP looking very pretty as a mom-in-waiting. She is going to run thru the entire pregnancy as she did with Kelly.

KELLY PICKNEY and family are back with us once again. KELLY is standout runner at Montville High School, and sister Melinda following along in a few years to high school with solid running at junior high level.

CLEMIE babe how are you? Are you tan yet? How did you like all that rain? Better now than on your vacation at the cottage?

KEN RAWN, East Lyme Coach, just "might" have the best freshman female runner in Southeastern Connecticut on his team this year. Remember where you heard that.

BOB OLKIN has run the last 9 Rose Arts - this will be his 10th. Has 3 marathons to his credit - runs daily with his dog.

Another new member is GLEN STACY who is race director for the famous Danielson Road Race. This guy is 60 years young and ran his first race in 1970 at the Brooklyn Fair.

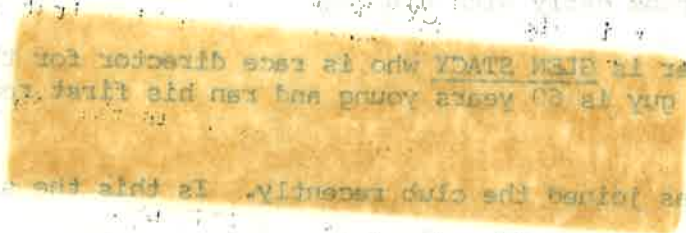
ADRAIN PELCHAT has joined the club recently. Is this the same guy from St. Bernard fame?

JACK CURRAN's sister DONNA joined as did JOHN LADD.

Dr. MANNY KODISH back again. Haven't seen him since downtown Norwich last year.

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THE STRIDERS
Sunset Avenue
Ledyard, CT 06339



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