

(next newsletter deadline
Sept. 21st)

THE ARROWHEAD
A MOHEGAN STRIDER PUBLICATION

AUGUST 1984

MEMBERSHIP
400+



President Joan Hill
Secretary Bob Carbray

Vice*President Jim Butler
Treasurer Tim Smith

CLUB PICNIC SUNDAY AUGUST 12, MOHEGAN PARK PAVILIN FUN SURPRIZES
10 a.m. till 7 p.m. BEER soda

Club will provide the beer, soda, charcoal, and the fun. This picnic is for the WHOLE family, that is members, spouses, children. If you are single a friend.

We intend to have some special awards, games, contests, and a special egg toss with (get this) pigeon eggs !! We may even have a raffle for prizes (free)

Get there early. Please bring your own eats and something for the community table. The coals will be hot for noon cooking but we will keep the fire hot for those who will be coming later. We expect the biggest turn out ever so be there.

CLUB UNIFORMS The Smith's have just about sold out all the shorts and tops. You can talk to them at the rec races for sizes on the few pieces they do have. After that see Jesse at Kellys Pace. Also check out Kellys for the best selection of running shoes.

TEAM COORDINATOR for team racing. JULIO MURILLO has offered to be our new race coordinator. Please see him if you would like to be on a team for upcoming team races. We still need some ladies willing to form a team. Don't wait till the last minute to see Julio. He must make up the teams with who ever he has first.

CLUB MEMBERSHIP As you can see above, our club membership has gone over the 400 mark. We never dreamed that we would grow so much as a club. Even now towards the fall of the year we are getting new members. We have many children in the club, more high school students and several new members who will be off to college this fall. In december of 1981 we had 272 members.

ROSE ARTS FESTIVAL RACE A great big thank you to all the STRIDERS who worked so hard and ran so hard to make the race the sucess it was. We intend to work to improve it even more next year so that it will grow. Want to especially thank Mr. Aikin a member of T3R f or the computer print out he supplied us with, Mr. Cipriani from Eastern Savings and Loan for all his help and support, and for attending all our committee meetings, for all the people who helped at the many water stops, help to score, clean-up, ALL OF YOU THANK YOU..

REC RACES Don't forget, on Monday nights at Fort Shantok, club member KEVIN CROWLEY puts on the FT. SHANTOK fun runs??? (only kidding Kevie) and on Thursdays we (the mohegan Striders) put on the rec runs at the rec. dept. in Norwich at 6p.m. for kiddies and 7p.m. for teens and adults. Ft. Shantok is at 6P.M.

NOMINATING COMMITTEE FOR CLUB ELECTIONS in NOVEMBER

In an effort to seek out club members interested in running for any of our club's offices, a nominating committee has been appointed. Members are MARSHALL COLLINS as chairman, BEV BENNETT, GERALDINE PALONEN, JOE LONARDELLI CHRIS PORTELANCE and our Vice president JIM BUTLER are the committee. Their responsibility is to present candidates for President, Vice President, Treasurer and Secretary at the club's fall election meeting. Nominations will also be received from the floor. The committee will have to make it's recommendations in early September so that the candidates can be listed in the next newsletter. Anyone interested in an office or with suggestions should contact any member of the nominating committee.

STRIDERS ON T.V. Some of our notable club members (and some not so notable) were recently selected to film a TV commercial for the Comm. Business and Industry Assoc. (CBIA). The spot was shown in July and this month. The filming was done in Wickham Park and features runners representing states in competition for jobs. The STRIDERS that you will recognize are: JIM "Burt" BUTLER, BOB "Don't call me Robert" STACK, CARLA "Farrak" DOSSETT BROWN, and the devastating JULIO "Marlon MURILLO". The commercials will be shown on WSFB Channel 3, during August 10, thru August 25th at various times between 5:30 p.m. and 11 p.m.

STRENGTH/ POWER BUILDING EXERCISES FOR RUNNERS- CARL MAILHOT

For those runners who feel the need to supplement their running program with exercise and activities which will improve the strength, power and coordination of the lower extremities and trunk, may I suggest trying plyometrics (which some call biometrics) and the Olympic weight lifting aquat motion.

Plyometrics implies a series of alternate height jumping, coordinated hopping and/or hurdling activities designed to improve explosive muscular power of the buttocks, quadriceps, and calf musculatures while also improving coordination and agility. It can be compared to interval training in that it provides a series of more intense muscular action interspersed with rest and on lighter activities for the legs. The load or resistance provided to the trunk and leg musculature is both in an eccentric and concentric fashion. Basically, Plyometrics involves a controlled recoiling of the trunk and legs as one comes down from a given height or jump. Once fully recoiled, the legs and trunk muscles spring into action by contracting to start another upward motion or hop. As one comes down from a jump and recoils, those muscles involved in absorbing the shock and controlling the decent, are actually elongating while still providing resistance to the letting down motion. This is the eccentric phase of the muscle contraction. Secondly, on the upward motion of the jump, those same muscles which have been elongating contract or shorten which then provides the explosive power to lift off into another jump or hop. This is the concentric portion of muscle contraction for the same muscle group. Both the eccentric and concentric motions for the same muscle mass have been shown to improve power, which is the measure of the force produced by the muscle groups in a given amount of time. This power is reflected by improved stride speed and stride length in running and produces a faster motion, i.e., faster running times.

In the properly instructed Olympic style squat, the gluteal, (buttocks), quadriceps, and calf muscles again receive both eccentric work and develop greater strength and power. It has been demonstrated that the proper squat technique and controlled weight resistance does not adversely affect the ligaments of the knee nor increase stress or strain on the lower back. Squat motion should first be performed with proper technique without any weight using a dowel or barbell across the back of the shoulder (not the neck). The feet should be slightly wider than

shoulder's width apart, with toes pointing out away from the mid-line, the eyes up, chest up, and back straight. As one bends from the knees, the back should be kept straight and slightly arched by allowing the buttocks to stick out. This will allow a full squat motion with the knees coming toward at least a 90 degree angle so that the thighs are parallel to the floor. As the knees continue to bend, make sure that the kneecaps stay in line with the big toes of the feet. The action should be slow on the down motion and about 1 1/2 times as fast on the upward motion. It is important to keep the feet flat and to stop the squat motion within the available range of motion of the knees and back without causing any increased pain in the back or legs. As flexibility and the technique improve, squat motion can be performed to a lower level. Once good technique is demonstrated without weight, then weights may be applied to the barbell with very low increments in the first 14 days, slowly increasing by 5-15 lbs. depending on tolerance and training program. The rules of a good progressive resistive exercise program should be followed, that is, training of the specific muscle groups should be done on an every other day or every third day basis with no more than 1 day per week devoted to heavy lifts where only 2-4 lifts can be performed with the heaviest weight. Most training sessions should have a progressive increase in weight up to 60-75% of maximum weight and then a slow tapering off to a lower weight and higher reps. On the days in between the squat lifts, perform normal running, flexibility and other strength training exercises, especially those which oppose the actions of the muscles involved in the squat, i.e., abdominals, hamstrings, ankle dorsi flexors (muscles that lift the foot towards the shin).

For more information on both plyometrics and squats, please submit your written questions to me in care of the ARROWHEAD NEWSLETTER. If there is sufficient interest, I can add some follow-up information in upcoming Newsletters.

P.S. I would like to know if there are any interested runners who would like to be involved in pre-marathon screening program. It would involve measurements such as: height, weight, body girth and diameters, percentage body weight/lean body mass, lung capacities, flexibility testing, 1-mile run for time, and 12 min. run test for estimated oxygen uptake scores. This screening should be done 12-16 weeks prior to marathon date and again 1 week prior to the main event. If there is a group of 4 or more, we can do it in 1 evening for each test. Try to let me know thru written request

through the ARROWHEAD Newsletter as soon as possible. STAY HEALTHY, CARL

Block Island Race The 9th annual 15K Block Island Race will be on Sat. Sept. 8th at 1:30P.M. The race and weekend of festivities are ideal for a couple's getaway. The STRIDERS have entered teams for several years and it would be nice to see a strong field again. Interested couples should contact Marshall Collins at 859-3338. Entries close at 700 or on Sept. 1st.

Runners Worlds Corporate Cup JIM DOCKER and MARSHALL COLLINS again competed in the N.E. Regionals World's Magazine's Corporate Cup Relays, where they combined to win silver medals in the 10K cross country race. MARSHALL also won a gold in the men's mile race. Last year JIM and MARSHALL combined to win 5th place at the nationals in Palo Alto, California, for the 10K/race

PAUL B U N YAN MARATHON On July 14th BILL MARSHALL and MARSHALL COLLINS ran in the 10th Paul B unyan Marathon. On a tough hilly course BILL did a 2:37:44 to place 3rd, 1st 30-39 div, while MARSHALL ran 2:51:37 for 8th overall and 4th in 30-39 division. TIM SMITH is a former Bunyan winner and former course record holder.

DON'T FORGET LISBON FALL FESTIVAL RACE ON SEPT. 22, (this is our JUDY'S race)

JOHN BROWN'S RUNN DOWN

RACE RESULTS

BITS & PIECES FROM J.B.

HOLIDAY INN 5 MILE RUN This race has to be one of the toughest 5 milers as exemplified by the times. Toughest STRIDER of the day turned out to be BOB STACK who finished 2nd in 27:00, followed by TIM SMITH 27:08. JOHN PIRIE 27:32 was 5th, 15th was JIM WATSON 30:09 also top Master. 23. JERRY LENTZ, 37. GEORGE (animal) POTTER 33:51, 48. ROSE BUCKINGHAM 35:05, 2nd women, and 49. CHESTER CREAMER 35:07, 2nd in the men's grand master div. A total of 98 runners finished.

DANIELSON SPRINGTIME FESTIVAL 5 & 3 miles May 6th

PHIL GARLAND was the top STRIDER in the 5 miler in 7th in 25:44. Rounding out the top ten were FRAN HOULE in 8th, 25:57, and BILL MARSHALL in 10th with a time of 26:07. JANICE PALONEN won the women's division in a credible 30:24. Age group winners were BILL MARSHALL 35-39, JAN SLOSKI 45-49 (this guy must be lying like a rug) and GERALDINE PALONEN over 40

JOE BANAS won the 3 miler in 15:04. He was followed by JOHN LADD 15:55, (good to see you back in action John) Hopefully I can bang heads with you next year. Other STRIDER participants were DENNIS TETREAU 16:24, MEAN DEAN FESTA 16:53 and SCOTT FISHER 17:00. The women's division was won by JOANNE SUOMI in 19:05. MARY JANE BLASE was the top women finisher in the 35-39 age group division.

WOODSTOCK MEMORIAL ROAD RACE May 28 For a 10K that is out in the sticks the competition was hot and heavy. Not many STRIDERS were on hand however. CHRIS HANSEN was the first STRIDER in 7th place with a 33:43. Not bad CHRIS considering the mountain at the end. DENNIS TETREAU finished 15th in 35:56. JEFF MCCLOSKEY and JOHN CURRAN rounded the top 25 in 37:07 and 27:28. JANICE PALONEN came up with her best effort to date this year with a new course record of 38:03 breaking CARLA DOSSETT'S 1982 standard by 31 seconds. IT's o.k. CARLA, new name brings new records. Way to go JAN. Other STRIDER women included MICHAEELEN HAESLER with a 3rd place in sub masters and GERALDINE PALONEN a 2nd in the masters.

4th ANNUAL SUB BASE 2 & 5 MILES Many STRIDERS on hand for this gala event. Not many prizes but the best party of any race in Southeastern Conn. JOE BANAS wins in 26:15 after battling with FRAN HOULE who wound up 2nd in 26:20. BILLY MARSHALL was 3rd in 26:48 and was trailed by WALT SMOLENSKI in 5th in 27:50 and 7th JULIO MURILLO 28:23. CARLA BROWN (DOSSETT at racetime) made her 1984 debut in fine fashion with a impressive victory in 30:36.

BIG BRUCE CHRISTIE edges MEAN DEAN FESTA in the night 2 miler in 10:18 and 10:27 respectively. RON DOMBROWSKI takes 3rd spot in 10:40 while FRANK the multi-talented) WILCOX finished 10th in 11:57.

5th ANNUAL EXPO 5 MILE ROAD RACE June 10th WAYNE JACOB paced the STRIDERS with a winning time of 25:75 and was followed by JIM CROWLEY 25:46. Nice race for a hot day JIM. BOB STACK was 3rd in 26:17. TIM SMITH 4th in 26:24 and WALY SMOLENSKI in 6th 26:40 (getting better all the time). JOE PORTELANCE was 10th at 27:42. 11. MIKE SMITH 28:16, 12. DENNIS TETREAU 28:33, 14. DAVE LATHROP 28:52, DEAN FESTA in 29:22 and MARK HOUSTON 29:22. CARLA BROWN was the top STRIDER lady with a time of 30:15 followed by SUE HOAGLAND 35:37 and KAREN HAWKES 36:15. Many good prizes and food food and refreshments at the Bootlegger. However there were numerous complaints REGARDING THE RACE ITSELF because of lack of sufficient water stops and inaccurate mile splits. The race director organizes the race but THE RUNNERS MAKE IT. We do our part. Maybe next year he will do his.

WILLIMANTIC TAC 5K CH AMP M.N.W. AUG. 19th 9a.m. CONTACT KEVIN CROWLEY 887-8662
\$\$\$ top teams

NORWICH ROSE ARTS FESTIVAL ROAD RACE 10.6 miles JUNE 24th

The day turned out to be a beauty as did many of the race performances. Very special congratulations go to PHIL GARLAND, JOE BANAS and CARLA BROWN. PHIL finished 2nd behind Dave Raunig, who had a great race with a time of 54:43 after fighting injuries all year. JOE finished 3rd in 54:57 and had to be the biggest surprise of the entire day. I had you picked as 6th Strider JOE but you made a liar out of me. All of the Olympic Torch Relay business must have been somewhat inspirational because it wasn't too long ago that Joe considered a 10 mile race just too far to "race". CARLA also had an exceptional day winning the womens division in 65:31 which is the 4th fastest time on the course for a women. Woahh! only Sally Zimmer and Carylton Bravakis have run faster. Other outstanding performances included the jr. division with CHRIS HENSEN taking the men's crown with a fine 57:48 while JANICE PALONEN won the women's with a sparkling 67:30 effort.

J.B.'S BITS AND PIECES

FRAN HOULE and JOE BANAS battle again at the Father Casey 4.7 mile race. This time FRAN comes out on top. These guys are going to wear each other out !! The MUP award from the Millrose Games trip was given out at a stag party by MIKE HUTCHINSON and KEVIN CROWLEY. Yours truly took the honors. Nice picture taken by KEVIN except the casket is missing. If you want to see it stop by and bring plenty of beer. Better luck next year guys!! Rec runs are now taking place in all towns; Montville at Fort Shantok, Waterford at Harkness, and Norwich at Kelly Jr. high. Bring the whole family. Olympic coverage is heavy on ABC. Who will win the Marathon Gold?? My pick (decision made before the games started) for the women is the favorite Grete Waitz and for the men it's a longshot Geoff Smith. I see congratulations are in order for JANICE PALONEN and BILL MARSHALL who will both be getting married soon. NO, THEY ARE NOT MARRYING EACH OTHER !!! Top STRIDERS take notice that Central Mass. Striders took the team title at Danielson and Willimantic A.C. won at Woodstock. We have got to get all the guns at the same races. JOHN FICARRA and JON KORNACKI recently competed in a triathlon in Essex Ct. That consisted of a 500 yd. swim, 10K bike and a 5K run. JOHN & JON finished 14th and 15th in 52:32 and 52:56 out of 134 competitors. Amby Burfoot finished just ahead of JOHN in 13th place and interestingly swam with his bike shoes on. New STRIDERS BILL and CHRIS ORGANEK appeared on the racing scene. BILL ran 39:41 in the East Hampton 10K on May 6th, good for 19th place. CHRIS competed in East Haddam and won the womens division in 37:28. We'll have to cut it here before JOAN JOANNIE the editor takes over. We will see you at the races. Large contingent of STRIDERS at the Montreal marathon this year. Prediction: JOHN FICARRA will break 2:50. Don't forget the STRIDER PICNIC on August 12th.

PEOPLE ON THE MOVE

The dirt, latest gossip, rumors, stories, from your Auntie Joan who by the way is running again. Not fast but running.

A bit of news from our capable typist PAT BAKER on her brother -in-law KENT COLGAN, brother of TOM BAKER: After nearly drowning and finishing next to last in the swimming segment of recent Triathlon KENT COLGAN rallied to pass 41 cyclists and runners in the Connecticut Valley Tiny Triathlon. With a few more events he probably would have won it. We hear that KENT doesn't have much time to train when he's doing engineering work in Wisconsin-- could it have anything to do with a cute blonde girl in the land of the cheese???

TOM BAKER surprised everyone up in marathon in upper N.Y. the day of the Rose Arts race. He had SAID he would run the half marathon and then ran the FULL marathon. We found out he trained here for it un-be-known to anyone. Wife PAT BAKER had to

battle 30 mph winds off the great lakes to finish in good time. As you can see PAT did not type this newsletter. She and hubbie are on vacation in New York.

Birthday wishes to honorary member CHIEF HAROLD TANTAQUIDGEON who we understand was 80 years young this past month. Though the CHIEF is taking it a lot easier these days he did take a part in a family wedding recently. Word from the bride's dad who owns the Floor Covering Shop in Norwich, is that the wedding was truly a blending of very old Indian customs and Jewish rites. The wedding took place at the Indian Museum.

JOHN PIRIE has been taking in some of the Montville Rec runs. His brother DON works evenings so can't. Or is it the other way around?? Speaking of WAY hear that he found a drunk tick on himself after a race. Seems it's breath smelled of peppermint.

The SMITH'S have hosted their last big party after Rose Arts. Someone else may want to pick up the tradition or we can maybe plan a party at Mohegan Park after the race. We have a whole year to think on it. We all will have the fond memories at the SMITHS and thank them for the many happy times at their home.

What STRIDER recently had a gala birthday celebration and doesn't remember that he cut the cake?? Also same fellow has three purple toes now.

CHRIS HANSEN along with his folks recently returned from Europe where they had a wonderful vacation. CHRIS didn't run the entire time they were gone but it hasn't hurt his times any.

CARL MAILHOT and his lovely wife are parents of their 3rd daughter MARY. The beautiful baby made it's debut at Ft. Shantok last week. What a lovely family he has. Have heard nothing but wonderful things about how CARL has helped several STRIDERS with injuries. HE KNOWS HIS STUFF.

DARLY POPROSKY 13, recent new member of the club has been beating mom in all the races lately. At Mt. Misery he brought home the veggies via his 3rd place finish in the Jr. division. Now JUDY what are you going to do about that?

JOE "Sweetheart" BANAS went out west, carried the torch, has fond memories and many fine pictures, plus some snazzy clothes. Now he is all ready to settle down with his BEV. Auntie gave her blessing several months ago.

Speaking of blessings there is another nephew who hasn't informed us of his intentions yet. Can't pin him down about it.

JERRY LENTZ recently tried to get in the results of the ladies rec run at the Norwich rec runs. He runs them each week so don't tell us he didn't know which place to turn in the popcycle stick. He is running pretty good though. He is one of our favorite coaches.

Speaking of coaches. Uncle KEVIN CROWLEY has changed his colors. After many years of black and orange, he will now wear the red and white of NFA this fall. I think he will have to have a yard sale soon.

THANK YOU PHIL GARLAND for making aunties prediction come true at ROSE ARTS. But where are you now?? Haven't seen or heard from you. Also JOE BANAS with his 3rd place finish there was the sensation of the whole race. We had him 5th. He and FRAN HOULE who is looking sensational both during the races and after are going to wear each other to a frazzle. These two in a race are something else !!

LISBON FALL FESTIVAL RACE ON SEPT 22,

JIM MINER nesest member of the club and State Trooper has emerged as the fastest trooper. There was a special division recentlt at Ft. Shantok. Got some good gossip on him except we got it all mixed up. We have his wife's and his dog's name mixed up and don't dare give the info till we get it straight.

Talked with ROB HUNINGTON and found out that his mom has been quite ill for the past year. But we understand that FLO is well on her way to good health. Also we got the great news that Pat & ROSS HUNINGTON have a new addition to their family with the birth of Kimberly Ann on July 27th. Bet little sister Rebecca is quite pleased. TIM SMITH passed on the unique birth announcement.

Met JUNE HOWARD this summer. Also her sister GAIL JACOBSON. Both ladies are very attractive and well under 40. JUNE went and had her hair re-styled and we thought she was a third sister!!! Haven't met CAROL HOWARD yet. New member in the club is DEBBIE DEVEAU. Very nice young lady. Married and she said she used to run with CARLA DOSSETT when they were in high school together. DEBBIE did not run for almost 7 years and is just getting back. So what does she do?? She comes in first lady the other night at a rec run. She will be someone to contend with in the open division real soon. We found out she lives in Aunties birthplace. The home I was born and raised in for 25 years. She was nice enough to show me the house the way it is 20 years later. Thanks DEBBIE it brought very special memories back to me.

SUE HOAGLAND is now back with the club. Fine young runner from St. Bernard fame. She is a most welcomed addition. Many ladies starting to get back into the running scene. PAT TETREAU recently picked up a 2nd. The whole TETREAU family is running now. DENNIS TETREAU has emerged as one of the most improved STRIDERS of the year.

New running college student is JOHN DONAVON. He graduated from St. Bernards and is holder of at least one record for time while there. He is at ST. ANSLEM college and was 3rd fastest man at St. Bernards.

RON DOMBROWSKI recovered from back injury and FRANK WILCOX injured his shoulder at the ledyard relays.

LYNN WISNIEWSKI is still running in addition to raft racing. She will be in an August 25th race along with her 6 other teammates. They recently picked up a very credible 3rd place finish. Her husband TED certainly is proud of LYNN and that is nice when you have to be out till all hours with the team training.

Met MIKE LADD recently and the JOE KRODEL family. There are not too many STRIDERS that your president JOAN HILL has not personally met. Out of the 400 plus membership she can boast of meeting at least 300.

CARLA and JOHN are all married now. Old JOHN got miffed at Auntie cause she had to cut his report last letter. To make up we will offer him an extra page next time we put out a letter. How's that for fair J.B.?? Next letter will be a whopping 9 pages long. A first for the club. Three years ago the letter used to be one or two pages at most. But since motor-mouth took over it has grown considerably.

DOUG SHARPLES has paid his dues. He has a special membership that goes from June to June. Glad to have you back with us once again. Let's hear it for St. Bernard..

Met the lovely lady that is now principal. Her name is Madaline Bergeron. Very nice lady. She is a runner TOO. She recently helped out at a rac race. Ladies we've come a long way haven't we??

Have much more news but no room. Hope all of you are running sensibly this summer. LAST BUT NOT LEAST AT ALL , THANK YOU WALT SMOGENSKI for our mail labels. !!!!!!!!!!!

