

December  
1984



Membership  
416  
Newsletter Deadline-Jan.18th

New Officers  
for 1985

President Jim Butler  
Vice President Joan Hill

Secretary Bob Carbray  
Treasurer Don Lewis

Newsletter Coordinator - Joan Hill

Typist - Pat Baker

Publicity - Tim Smith

John Brown's Runnn Down - John Brown

Nominating Committee - Marshall Collins

Team Race Coordinator - Julio Muriello

Rose Arts Race - Bob Miles, Race Director

Joan Hill, Asst. Race Director

Picnic Committee - Bill Marshall,  
Tim Smith

Halloween Party Committee - Pat Baker,  
Judy Poprosky, Sheila  
Carbray, Jan Mallett

Club Photographer - Don Pirie

Our annual fall meeting and elections were held in early November. We discussed many issues and elected new officers. The calendar committee gave its final report, the nominating committee its candidates, the committee chairmen presented their yearly end reports as did our treasurer. The picnic will be held in August and the Halloween party in October. Team races will be announced as formed. It's not too early to think about running for an office next November. All officers were thanked and Timmy got a standing ovation. The meeting was adjourned and continued with food and brew at Bids.

Hearty congratulations to the newly elected president of our club Jim Butler. Jim is from New London and all of you either know Jim or have at least read of his many accomplishments in running. His biggest feat is his win in the 24 hour run.

Also elected was our new treasurer Don Lewis. Don is also from New London and although a newer club member he has taken an interest in serving the club and that is commendable. He is more than qualified to be our treasurer and we welcome him!

Other officers include Joan Hill as your new Vice President and Bob Carbray as your Club Secretary for the 13th year.

Please give all these fine people your support in '85 and show your club spirit by volunteering to serve on a committee or at least help out. We need more helpers as our membership continues to grow.

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TOMMY TOY FUND FUN RUN - Friday, December 14, 1984 - 7pm SHARP! - Meet at BILLY WILSONS.  
Entry fee - One gift wrapped toy clearly marked as to content.

All Mohegan Striders, T-3R, W.A.C., everyone! Please join us for a evening of fun running and great people. This is one of the most rewarding of events planned by the Striders. Runners will meet in front of Billy Wilsons (drop off gifts either inside or where directed). Santa, Frosty, and elves are usually in evidence, as are Way Way Hedding and company (PS).

Don't forget this date! We should have a police escort again this year and we run 2 loops thru downtown Norwich, and ends at Billy Wilsons just in time for a Christmas toast. Bring your bells and join us for a very rewarding time.



A great big thank you to Thelma Akins from T3R fame for the results of the Triple Crown. We know that a lot of work went into keeping track of all three races. It's greatly appreciated.

By the way - Thelma completed the East Lyme Marathon this year in fine style.

1984 Triple Crown Results - The 1984 Triple Crown Results have been tabulated by Thelma Akin of T3R. As you know, Kelley's Pace of Mystic sponsors the prestigious title to the runners who complete the Norwich Rose Arts 10.6 Race, The John J. Kelley 11.6 Race, and the East Lyme Marathon.

This year 68 runners share the honor of having run the three courses. You should know who you are, but if you'd like to see a complete listing, stop in at Kelley's Pace (either Mystic or Old Saybrook). You will receive your Triple Crown Certificate at that time. They will not be mailed out this year. Here's a list of the Mohegan Striders:

Mens Open Top 10

1. Phil Garland - 4:25:20
2. Tim Smith - 4:28:34
3. Rory Suomi - 4:37:53
5. Joe Portelance - 4:38:51
6. Jeff Kotecki - 4:40:40
7. Bob Stack - 4:46:30
9. Jim Butler - 4:47:04

Womens Open

3. Rose Buckingham - 5:56:40
6. Michaelleen Haesler - 7:25:27

Womens Masters

2. Geraldine Palonen - 6:57:00

Mens Grand Master

3. Lee Peret - 6:33:47

ATTENTION: The SMITH'S still have limited sizes available in Sub 4; Champion, and Russell. Gem 'em while they last! Great gifts! Call 887-1578.

CLUB Dues - Our club membership doubled in two years to 416 in 1984. Don't forget that dues are due the first of each year. You will receive one last newsletter after this publication but if you do not renew your membership you will be missing all the latest from our club and you will no longer be a STRIDER. Make your check out now and mail it to BOB CARBRAY so you don't forget.

If you have any suggestions, comments, or ideas don't hesitate to include any and all correspondence along with your form. You need not be a runner to be a STRIDER. Remember, a number of our members do not run. We do not discriminate.

KELLEY'S PACE has moved to Mystick Village. Jesse announced that KELLEY'S PACE is now located in the beautiful Old Mystick Village. They have double the space and all new merchandise. She has our Sub 4 uniforms in stock too. Her grand opening the day after Thanksgiving was a huge success and featured none other than the great BILL ROGERS winner of several Boston and New York Marathons. Auntie talked with him at length and met his lovely wife. Bill asked about the STRIDERS (yes, he's heard all about us) and asked to be remembered to TIM SMITH. He said he and TIMMY used to compete against one another in high school cross country.

MOHEGAN STRIDERS YEAR END 1984 CROSS COUNTRY STANDOUTS

The guys and gals listed below are all STRIDERS and all ran for their respective schools this fall. They are 30 of the finest young people anywhere. You've read about many of them. You'll read more.

- Todd Bennett - Freshman Montville High
- Rick Blinderman - Jr. High School, Norwich
- Robbie Carbray - Standout at Ledyard
- Justin Cook - Grammar school
- Derek Cook - Grammar school
- Scott Craig - NFA
- Mark Curran - College level



John Donovan - St. Anselm College  
 Chris Hansen - College of the Holy Cross  
 Karen Hawkes - St. Anselm College  
 Cathy Hawkes - UConn  
 Kim Hawkes - UConn  
 Kelly Hawkes - Montville High  
 Chris Hennessey - Montville High  
 Dave Houle - St. Bernards  
 Mark Houston - Montville High  
 Bill Mileski - College level  
 Russell Miller - High school  
 Richard Miller - Jr. High  
 Lisa Morrissette - Lyman High  
 Tom Neilan - NFA  
 Kelly Pickney - Montville High  
 Melinda Pickney - Jr. High  
 Gail Popelka - NFA  
 Daryl Poprosky - St. Bernards  
 Don Sikorski - NFA  
 Amanda Sullivan - Grammar school  
 Sarah Sullivan - Grammar school  
 Todd Williams - Ledyard

MOHEGAN STRIDER CROSS COUNTRY COACHES

Wayne Jacob - Holy Family Academy Girls  
 Steve Lamb - Portland  
 Gene McGrath - NFA Boys  
 Peter Nystrom - ECSU Women  
 Ken Rawn - Montville Girls  
 Doug Sharples - St. Bernard Boys

Special Congratulations to Ledyard High School boys for a perfect undefeated regular cross country season. Undefeated Montville High School girls team who made it to the State Open.

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 PEOPLE ON THE MOVE the latest gossip, news, dirt, rumor, fact, lie....whatever we get we report. Call Auntie Joan at 848 0346 day or night.

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 about October? What a month!! Auntie turned 39 again, Joe sweetheart and his sweetheart got married and favorite nephew Peter Nystrom got elected to State Representative seat. Plus it was cross country season too!

JOE and his Bev were married on October 27th. What a beautiful wedding it was. The whole day was perfect especially the wedding ceremony at the church. These two made a picture perfect couple. The reception was great, good band, food and drink, and the company excellent.

KEN RAWN cross country coach for Montville Girls had a super year. Ken also teaches history and psychology at Montville.

Rory Suomi and his Mrs. were back in town for the Al Morrison race. Did not get to speak to them. It's nice to see them return for the special races.

Lemie babe what are you doing these days? We miss seeing you.

Uncle Kevie is busy decorating his new home. Hear it is looking first rate.

The AL MORRISON ROAD RACE was a huge success. All the Ledyard people officiated at the finish line and Jesse and crew scored. JIM UHRIG is back into the winning groove. Over 100 runners finished the race and the prizes were plentiful once again. AL was once again presented with a cake which we all consumed later at Billy Wilsons. CHRIS HANSEN looked real good that day. He's home from college when he did a super fine job for us in cross country. Talked with his Mom and Dad also.

And our PETE NYSTROM did it! He's now the Representative from the 46th district in Norwich. It couldn't have happened to a nicer more deserving guy. His career has just begun. Someday GOVERNOR NYSTROM will be our club member. Remember where you first heard that folks!

Quote from CHIEF TANTAQUIDGEON..."Yow Catchesog"

(four old men) September 11, 1984

The Chief is now 80 and still splits his own fire wood. If I didn't see him doing it I wouldn't have believed it. If you have never had the opportunity to converse with the Chief you've missed something in life.

TOM BAKER, PAT BAKER, and JAN MALLETT did their first Biathalon. Their next conquest may be the triathalon but first they need swimming lessons!!

FRAN HOULE on the injured list. He ran his first marathon at East Lyme this year.

The Halloween Party was attended by a fair turnout. We would have liked to see more there but the night chosen wasn't the best. Next year we will make sure it is scheduled earlier. We did have many original costumes including a nun, Aunt Jemima, Fred Flintstone. Party members for 85 include Pat Baker, Jan Mallett, Judy Poprosky, and Sheila Carbray.

CHRIS HANSEN, former St. Bernard student, set course record at Worcester City Championship and led Holy Cross College to a second place finish.

MARK CURRAN, a freshman at WPI, burning up the cross country scene there.

PAT and TOM BAKER along with son JASON went (or tried) mountain climbing this past Thanksgiving weekend in the Adirondack Mountains. They attempted to climb Giant but were only able to reach the half way point at which time they were forced into cancelling their climb due to ice covered granite and knee-high snow. Rest assured the BAKERS have not checked this mountain off their list, they plan on going back for another try next summer. This time they'll probably have to contend with bugs and oppressive heat rather than ice slides and snow.

Tall, thin handsome (Tom Selleck look alike) JOHN PIRIE usually runs daily with his dog along Route 32. Picture this guy dragging the poor dog on a leash, the tongue hanging out in 40° weather. He makes this poor pooch run sometimes 6 miles a day!!! He says the dog loves it. Now that JOHN will never speak to us ever again...JOHN'S plans include marriage to a very pretty lady in the near future (another gorgeous guy gone forever).

Speaking of pretty ladies, finally met Mrs. JERRY LENTZ. She is young, blonde, and very attractive. That's why he's been hiding her away down there in Ledyard.

Auntie danced with Wayne Baby at Joe's wedding. Wayne is still burning up the road wherever he races. How about his win at East Lyme? Wasn't that some super finish?



Pasta Pig-out again this winter, in February, sponsored by T3R. Will give you details as soon as we know. This is a great time and food was delicious and bountiful. Many Striders went last year.

BOB CHAMBERLAND, who is on his way to a comeback, recently garnered second place in the diabetic division of Connecticut Chevrolet Dealers 10K Run for Diabetics at Fairfield University on November 4th. DON SIKORSKI was 11th overall, Dave Houle was 68, Fran Houle 69.

Met little Matthew Lathrop at the Columbo Race - beautiful baby.

MARY JANE BIASE hospitalized recently but on the mend.

PHIL GARLAND broke his mold. He wasn't second in the Triple Crown he was the 1984 Grand Winner, thereby making him our #1 fastest runner in the 1984 club. Congratulations Phil you worked hard for the crown and you deserve it.

JOE LONARDELLI looking thin these days.

RAY BALLIRANO, handsome nephew produce man at Price Rite, this guy spends more time on cruise ships.

WAYNE Baby's Janet made All Eastern Connecticut Cross Country Team, and this was her first year of running at Fitch.

Thank you JACK CURRAN for being moderator at the fall meeting. What would we do without you?

TIM SMITH got a very, loud long standing ovation for his many years as Club Treasurer. He is now Publicity Chairman for the club. Also thanked were RICH PODURGIEL and company for lendar work.

Thank you JEWDRY for the delicious meatballs at the Halloween Party.

NFA Senior MIKE KORNACKI recently won \$800 for being the top speller at NFA.

DON SIKORSKI seen around the area lately. Must be home from school.

Spoke with Coach DOUG SHARPLES of St. Bernard Boys fame. He has a lot of super runners with much potential and looking forward to '85 season.

Big thank you to Don Cipriani of Eastern Savings for all their support this year. He's a great down to earth guy.

JAN SLONSKI and his sweetheart were married on October 31st. Much happiness to them both, they make a real cute couple, they compliment each other.

RACE RESULTS

The Arrowhead does apologize for the lack of race results but the deadline was clearly stated in the last Newsletter and the compiler was reminded in advance. Please don't blame Auntie. I only coordinate what is submitted on the area race scene.

1984 MONTREAL MARATHON

An enthusiastic group of STRIDERS descended upon Montreal during the days preceeding that city's September 23 marathon. Many took up residence in the Sheraton LeCentre, a relatively new hotel only two blocks from St. Catherine's Street, a lively thoroughfare by day or night. A masse the group walked to a local eatery for the traditional carbo load. The following morning after pancakes at the golden arches or whatever, everyone took to the subway to join thousands of others for the trip to the start.

The course itself was pleasant but not as flat as had been rumored. However its inclines were not middletownesque either but long, gradual rises. The long stretches seemingly reaching into tomorrow played on one's mind. However, with numerous water stops and perhaps a half million spectators, it was a good marathon, at least as good as 26.2 miles can be. The finish area was well organized, seeing to the runner's every needs.

Although some of the group were less than successful, all were in general agreement that it was a positive experience. Montreal was a very tres bon marathon, one to consider.

Joan,

Cross Country at Lyman Memorial has been great to this point in "84". Our team has been successful in each of six outings and are No. 1 in the QVC. Kathy LaPorte(senior) is our #1 runner and has finished in the front position for Lyman in all six races. Erin Giblin (senior) is our #2 runner and she and I battle for 2nd and 3rd place. With a little luck and a lot of hard work Lyman has a good shot at the "QVC" title. Coach Mike Giblin is very optimistic about this year's team.

During the past summer I attended an Adidas Running Camp in New Milford and had the opportunity to meet Greta Waitz, Bill Dellinger, and many other great runners. I ran about 11 miles a day and enjoyed very minute of it. The hard work this summer got me ready for the c/c season at Lyman.

I miss running the 10K races on weekends. It was fun running with the other Striders during the summer. But high school rules don't allow this type of running. I have two more years to look ahead to at Lyman and hope to achieve more personal goals in my junior and senior years.

Running is great isn't it!!

Lisa Morrissette

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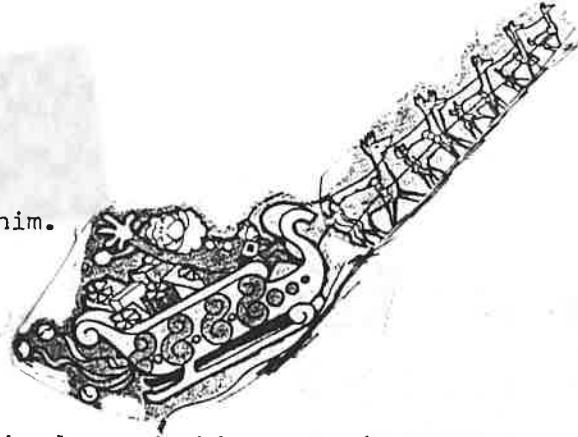
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SANTA'S WISH LIST FOR 1984

- FOR-
- ROSS and ROB HUNTINGTON each a set of twins.
  - STEVE LAMB a new phone. His apparently doesn't work whenever we call him (and we've called him).
  - JERRY LENTZ more students.
  - DON LEWIS money for' our treasury.
  - CARL MAILHOT someday publishing his own book.
  - JERRY LOWNEY a million dollars to use for his good deeds in Haiti.
  - DON PIRIE free film.
  - RICH PODURGIEL all the leftover calendars.
  - WALT SMOLENSKI 2 million blank address labels so he will always have some.
  - TIM and TERRY SMITH 10 more Matthews.
  - KIP SULLIVAN patent leather shoes.
  - CHARLIE TROTTER first place overall the State Troopers at Ft. Shantok.
  - DENNIS TETREAULT recognition for his improved running this past year.
  - WALT THOMA another presidency in the club.
  - GEORGE POTTER a medal in swimming in the next Olympic games.
  - FRANK WILCOX an iron man win.
  - BOB MILES white hair and a beard.
  - JACK CURRAN and JEFF McCLOSKEY a razor so they can shave beards off.
  - BOB CARBRAY another bunny suit.
  - JIM BUTLER, JOAN HILL, JULIO MURILLO, and BILL MARSHALL to wake up New Years Day 4inches taller.
  - HARRY "O" 73 more years.
  - JAY O'KEEFE a stamped letter so he will write!
  - PETE VOLKMAR that 2 ton can of beer he tried to lift.
  - BOB STACK his own printing company.
  - JIM WATSON and ELLEN WATSON 7 more children so they'll have an even dozen.



PHIL GARLAND first place in every race.  
KEVIN CROWLEY something red and white.  
KEN RAWN something orange and black.  
PAT BAKER better paper for her mimeo machine.  
WAY HEDDING a case of P.S.  
WAYNE BABY JACOB a time capsule.  
PETER NYSTROM a legislature license plate.  
TIFFANY HILL three double cheeseburgers from McDonalds.  
JOE and BEV BANAS a lifetime honeymoon.  
JOHN BROWN a new knee.  
GEORGE and PAT RICE a truck full of Rice.  
KELLEYS PACE a store full of customers.  
RAY BALLIRANO a cruise ship so he can take us all with him.  
BOB CHAMBERLAND an even better racing year than '84.  
KENT COLGAN best wishes with that certain blonde lady.  
MARSHALL COLLINS some candidates.  
JOHN DONOVAN another "O" in his name.  
SPUD DAVIES some potatoes.  
MARIE ANN GRAVELL running shoes.  
CAS GRYGORCEWICZ a step ladder so he can reach those high places in his attic (from his cellar).  
JOHN MARTIN happy retirement.



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 Note from BOB MILES

RUN WITH SANTA FOR THE TOMMY TOY FUND

This is a fun run. There are no prizes and the only winners are the kids that benefit from the runners' generosity. The entry fee is a toy. The toys are given to the Tommy Toy Fund. The run begins on Franklin Street in Norwich at the doors of Billy Wilson's Aging Still. Santa will lead the group on a three mile jaunt through the city streets, finishing at Billy Wilson's. Runners are advised to wear reflective vests for safety. Costumes are welcomed and everyone is invited to sing along with Santa, hopefully carrying a better tune. The run will begin promptly at 7:30 as Santa is very busy at that time of year. It is emphasized that this is a fun run and all runners are encouraged to run together and to enjoy the evening. Santa gets upset when his helpers beat him.

Bob Miles

Dear Club Members,

For my last official duty as President of the Mohegan Striders I want to send this note to each member thanking all of you for making this year one of the most rewarding happy experiences I've had.

My top priority as your President was to meet as many Striders as possible and to make each one feel as welcomed in the club as I was when I first joined. Out of the 416 members I can honestly say I've personally met 90% of our membership. I've met really great people and have established friendships because of it.

Wishing all of you all the best life can bring and above all much happiness.

Give your new officers your support in the coming year. We have two brand new people taking office, Jim Butler as your new President and Don Lewis as our newly elected Treasurer. More people are taking an interest in being officers and that's how a club continues to grow.

And, above all, keep on running.

Regards,

Joan Hill

From the Staff of the Arrowhead we extend best holiday wishes to each and every Strider whether it be Hanukkah or Christmas and a bright and promising Happy New Year to you and yours.

Safe and Happy Running!

TIM & TERRIE SMITH  
43 BEECH ST.  
NORWICH, CT 06350

**MORGAN STRIDERS**  
8 Sunset Avenue  
Bedford, CT 06339



**First Class Mail**

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