



MOHEGAN STRIDERS



THE ARROWHEAD

A MOHEGAN STRIDER PUBLICATION

March 1985

Membership 220

President JAMES BUTLER
Secretary ROBERT CARBRAY

Vice President JOAN HILL
Treasurer DON LEWIS

Committees
&
Chairmen
Chairwomen

Newsletter Coordinator; Joan Hill
Publicity: Timothy Smith
John Brown's Runn Down: John Brown
Team Races: Julio Muriello
Halloween Party: Pat Baker, Judy Poprosky,
Sheila Carbray, Jan Mallett

Typist: Pat Baker
Sports Advice; Carl Mailhot
Nominating Comm.: Marshall Collins
Picnic: Bill Marshall, Tim Smith
Ron Dombrowski
Club Photographer: Don Pirie

SPRING MEETING

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ATTENTION

FRIDAY APRIL 19, 1985

NORTON PECK LIBRARY at NFA

7PM SHARP

All members are invited to attend the spring meeting. Please put this date on your calendar. This will be your only announcement about the meeting so keep the date open as of now.

We have many things to discuss and toss around. We expect many new ideas from the membership. We will also discuss the picnic, Rose Arts Race and team races and many other things. Please be there.

CLUB PICNIC

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SUNDAY AUGUST 11, 1985

MOHEGAN PARK PAVILAN

10A.M. till 7PM

More details will follow in later issues.

HALLOWEEN PARTY

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Date selected is October 19th. At Camp Oakdale. Time to be decided. We may have a band this year or a D.J. There probably will be a small admission charge. Last year we had the party the night before a marathon. We have tried to plan on a date where there is no race the next day. More later.

DUES

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MEMBERSHIP

DUES

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DUES

Annual membership dues were due on January 1, 1985. This will be your last newsletter unless you have paid or submit \$4.00 for first family member and .50¢ for each additional family member LIVING IN SAME HOUSEHOLD. Please submit your dues in check made out to MOHEGAN STRIDERS c/o ROBERT CARBRAY 8 Sunset Avenue, Ledyard, Conn. 06339

Last year we had a record breaking membership of 416. We already have well over 200 members to date.

KELLYS PACE

Mystic Village, Mystic, Conn.

Saybrook store may close due to injury of Janet (hope you are on the mend)

But all merchandise is at Mystic store waiting for you. JESSE has all new spring merchandise for you running needs, shoes, socks, jackets, shorts, BR running suits all in the latest colors. Don't forget they they also have our running sets there. If you don't own one yet get it now before the racing season starts. Tell Jesse the ARROWHEAD sent you.

Misc. Running shorts, tops and singlets. DON LEWIS our new treasurer also inherited the rest of our- running apparel. He has a few of this and a few of that. Call him for exact sizes. 442-6148

STRIDER RUNNING HATS JIM BUTLER has some brown & white baseball type hats for sale at \$3.00 each. All the profits from the hats will go to the club. See our President Jim at the races or call 443-7437

HELP

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WE ARE IN DIRE NEED OF SOMEONE TO RUN OFF THIS NEWSLETTER. EVEN IF FOR ONLY ONE TIME. WOULD SUPPLY PAPER OR OTHER SUPPLIES NEEDED. NO MONEY. NEED A MACHINE THAT COPIES TYPED PAPER. CALL AUNTIE AT 848-0346 DAY OR NIGHT. THE NEWSLETTER YOU SHOULD HAVE GOTTEN ON FEBRUARY 10th NEVER GOT PRINTED. PERSON HAD FOR 44 DAYS.... NEEDLESS TO SAY NEED RESPONSIBLE RELIABLE PERSON.

ROSE ARTS ROAD RACE APPLICATIONS should be included with this newsletter. If you need more they may be re-produced or copied. ALL NUMBERS WILL BE MAILED BACK TO YOU. NO NUMBERS WILL BE ISSUED ON RACE DAY. IF YOU WOULD LIKE TO HELP ON RACE DAY CALL BOB MILES 889-5842 or JOAN HILL 848-0346

DOUG MacGREGOR

GENE McGrath

NFA's Gene McGrath will retire from his position as head coach of the BOYS CROSS COUNTRY TEAM after 19 successful years...



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AND STATE OPEN
BOYS CROSS COUNTRY
TITLES IN 1971

THE LAST
3-SPORT
COACH AT
NFA

COACHED NEW ENGLAND
CHAMP JIM EUELL,
WORLD-CLASS RUNNER
BILLY KROHN AND
LOCAL STANDOUT
FRAN HOULE

GENE McGRATH NFA CROSS COUNTRY DOUG MacGREGOR said it all in his superb drawing which was recently in the Norwich Bulletin. Gene is a fine example of the people in our club. His dedication to the youth of our area is exemplified in the 19 years he served as cross country coach, track coach and indoor track. Many fine young runners had their start with Gene. We salute you GENE.

MILLROSE UPDATE: Uncle Kevie (inbetween bouts of laughter) reports that although no MVP has been named as yet, word is that KEVIN CROWLEY has fired every member of the executive committee. (the executive committee annually chooses the MVP) By the next newsletter the "remaining member" of the committee will make a determination as to who stole the award this year.

TIM SMITH SHOWS THE WAY AGAIN AT MIDDLETOEN MARATHON
Timmy clocked in 2;38. Congratulations. You said that you would "just go up there run the race and see how I feel". Other standout STRIDERS include STEVE LAMB 2nd, and JOE "Sweetheart Banas 3rd. MIKE SMITH in at loth place. Sounds like the MOHEGAN STRIDERS will heard from again this racing season.

People On The Move All the latest news, gossip, the dirt about and your running buddies. Call the hot-line 848-0346 day or night. Auntie will listen to all criticism then completely dis-regard it all.

Baby Boom The Butlers, Debra and Jim, The Marshalls, Sarah & Billy. And Who knows who else?? Predict a girl for both.

RON & NANCEY DOMBROWSKI Proud (foster) parents of a bouncing 12 year old boy. Welcome to the club young man.

Newest members include the STEPHEN COOK family including DENISE, WADE, DARRELL, and LANCE. GARI DEPASSE from up Brooklyn Ct. way. RICK BROUSSEAU and his daughter MICHELLE. DENNIS TETREAUULT finally joined up the rest of the family. Wife PAT, son JIM and daughter TINA. The WHOLE family runs BOO BOO BILLY SHEA who is about to become a father also. (we just found out) Don't you dare name the baby boo boo jr. DUDLEY & GAIL WATRUS now with us. The new MRS. WATRUS used to be GAIL JACOBSON. Congratulations to you both, many happy years.

JOE KRODEL joined up his lovely wife and children. VERONICA and the three girls, BERNADETTE, CELESTE, AND JOANN could all be models. Welcome aboard MR. HANSEN. Now that your signed you up we can call you ART.

ROB HUNTINGTON from Kansas City, Mo. how about a letter for us??

CHARLIE TROTTER AND KIP SULLIVAN are our elite State troopers. WHERE ARE THE REST OF YOU GUYS?????

WE have the whole HOULE family and the HAWKES family.

DAVE RAUNIG, sensational runner from new london is our latest super hot-shot runner. No doubt that DAVE could well be our fastest runner. We understand that he had no choice in joining our club. The BUTLERS just "happen" to be god-parents to his two children. No matter how we got ya we are glad we got you. Much more on DAVE in later issues.

MICHELLE CARBRAY won still another beauty contest. She was recently chosen as home coming queen at J&W. She and her mom and dad (SHEILA and BOB) will be leaving soon for a trip to Bermuda which she won. Meanwhile her brother ROBBIE is burning up the indoor track scene. He has a few school records under his belt now and this guy is a jr. Fellow Ledyard runner TODD WILLIAMS ain't noslouch either. He has records of his own and will be someone to watch in future years.

WAYNE "BABY" JACOB is now at the Foot Locker in the crystal mall. Stop over and see him if you can catch him inbetween training runs. Wayne is still one of aunties very favorites. JANET doesn't mind. WATCH OUT for JANET this spring in outdoor track. She will do her best at the state open this fall. She has great running ability.

JOE "sweetheart" BANAS and his sweetheart BEV are still a honeymoon couple. They are very busy getting their home all decorated.

JOHN MARTIN and his PEARL are braving out the rest of the winter in sunny Florida. We expect them up north around Mothers day. Miss ya you guys. We have to run together JOHN. Remember those mornings at 5:30-6:00 A.M. AND YOU wanted to go at 4:30 instead. By moonlight. We used to wake the cows up on Fitch Hill Road.

Did not forget SUE SULLIVAN AND AMANDA & SARAH. Also JUDY TROTTER. Does this mean you are back running JUDY ?

LISBON FALL FESTIVAL Spring Dance, March 30th Roast Beef Dinner at 7:00 Dancing 9-1 to Apropos \$12.00 per ticket for info call 886-1058



Our Four Honorary Members

Standing on the left is Chief Tantaquidgeon,
on the right is John Martin. Seated at left is
John DeGange and on the right is Al Morrison.

Photo by club photographer Don Pirie.

the original is much better.

Had a very nice chat recently with Kurt Akin from T3R. Kurt is the person who had the whole Rose Arts Race on computer tape last year. He knows his stuff, and he along with his Mrs. Thelma are very nice folks.

A Big Thank You to the T3R people for the race schedule they compiled. They gave us permission to print it here for all STRIDERS. Another BIG thank you goes off to Norwich Bulletin "artist" DOUG MacGREGOR who allowed auntie to re-print his drawing of Gene McGrath.

BETH LITWIN is now Mrs. JAY DEMPSEY. They were married on Christmas eve and are now living in Mystic. Best wishes.

Anyone with pictures for the scrapbook or out of state newspaper clipping about STRIDERS are asked to call Auntie.

Speaking of Auntie. She is positively FAT. Didn't run for over two months. She does promise to be at least presentable by racing season. JAN MALLETT is looking great these days. So is MY JEWEDY, and pal PAT BAKER.

MEMO: JOE EDELEN
DEPT: MOHEGAN STRIDERS N.Y. DIVISION
DATE FEBRUARY 22, 1985

Dear Bob Carbray and STRIDERS,

This is just a short note to say that I'm well and holding up the Long Island sector of the Mohegan Striders. The past year has been great! I won a trophy in my age group for 5 miles in 31;23 and ran a very hot 4hrs. in N.Y.C. marathon. I'm looking forward to a fast paced 1985. Getting married in September and will be taking my MOHEGAN STRIDER uniform to England. Perhaps I'll be able to carry the STRIDERS spirit in Europe. I wish you all a happy and healthy racing year.

JOE

P.S. see you at the Rose Arts race 85'.

MORE NEWS:

For those of you that do not know. There is a great book written about one of our honorary members Chief TANTAQUIDGEON. It is called MOHEGAN CHIEF the story of HAROLD TANTAGUIDGEON by Virginia F. Voight. As Auntie has said in the past we sure do have some very special people in the club.

ROBBIE CARBRAY a junior at Ledyard high school won the ECC 1,000 meter run on February 23rd in time of 2;30;09 which established a ECC record. He went on to S.C.S.U. State Open on March 9th and ran the 1,000 meter run again in 2;37, shattering his own record and the Ledyard record set in 1974

TODD WILLIAMS - waiting for your results too...

P.S. Sorry that this letter isn't what we had hoped to put out. Sincere apologies go to CARL MAILHOT for the fine article he wrote that we don't have, to BOB MILES and the SUNDAY MORNING FUN RUN 6.2 RACE on FEB. 24th. Poor turnout because no one knew about it. To JOHN BROWN, his column was submitted, to T3R, many STRIDERS would have attended the pasta pig-out had they known. It is very unfortunate that the letter was never printed.

How about this winter weather??? Some say it was a mild winter. Ask the rest of us that had the flu for two months. Many slacked off running or didn't run at all. guys like DOMBROWSKI never stop running. That stew of his was superb.