



MOHEGAN STRIDERS



The ARROWHEAD

MAY 1985

A MOHEGAN STRIDER PUBLICATION

Membership 300 plus

PRESIDENT JAMES BUTLER
SECRETARY ROBERT CARBRAY

VICE-PRESIDENT JOAN HILL
TREASURER DONALD LEWIS

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Newsletter Coordinator-Joan Hill
Sports Advice- Carl Mailhot
Team Racing- Julio Muriello
Club Photographer- Don Pirie
Halloween Party- Pat Baker, Sheila Carbray,
Jan Mallett, Judy Poprosky
Rose Arts Race- Bob Miles, director,
Joan Hill, Asst. dir.

Typist- Pat Baker
John Brown's Runn Down- John Brown
Publicity- Tim Smith
Picnic- Smiths, Ron Dombrowski,
Joan Hill
Nominating Comm. Marshall Collins
Summer Fun Runs-See Jack Curran

CLUB PICNIC SUNDAY AUGUST 11, 1985 MOHEGAN PARK PAV. 10A.M. till 7P.M.

This is a family picnic . Each family should bring their own eats as before. Please bring some goodies for the nibble table. We have had chips, dips, cakes, veggies, breads, pizza. Someone even brought wild game to share. We are in the process of providing a contest that everyone can get into. Details to follow. We may also have a special treat for the youngsters. Some have expressed an interest in having a hawaiian theme. Judy wants to wear her grass skirt. More will follow. Any Suggestions?? Call Auntie. Club provides beer, soda, wine.

HALLOWEEN PARTY Saturday night OCTOBER 19, 1985 CAMP OAKDALE COMM. CENTER

The date has been reserved. The committee is working on a band or D.J.. If you have any connections call JUDY POPROSKY at 886-1058. We may have to charge a small admission for payment of music. It will be minimal.

CLUB UNIFORMS will stay the same design and colors. See DON LEWIS for his limited selection 442-6148. Also see JESSE at KELLY's PACE and if she doesn't have them in stock ask her to re-order. Make sure you wear our colors this year.

INTERVAL TRAINING EVERY TUESDAY NIGHT NFA TRACK ABOUT 5:45-6:00 p.m. Someone is usually there by then. Come and do your own thing. A good way to get back into the groove.

TEAM RACE COORDINATOR- JULIO MURIELLO. He will also have race applications for area races. If you are planning to enter a race as part of our team make sure your dues are paid.

SMITH'S regret that they won't be able to continue with their traditional after ROSE ARTS PARTY. We all have fond memories of the fun times we had at the Smith home. Perhaps this is a good time for others to pick up this gesture.

UNIFORM UPDATE DON LEWIS 442-6148

Don has Ladies Sub 4 tops in S M L sizes at \$9 (a good value)
 Ladies Russell Tops
 Champion Shorts
 Champion tops

MONTVILLE REC RUNS Starting on June 27 8 executive weeks thru August 12
 Fort Shantok State Park, Uncasville. 6PM. Get there early. All divisions
 from pre school to Master. These are the famous Monday Night rec runs. A
 challenging course. Bring the whole family. Ribbons weekly and point system
 for trophies.

NORWICH REC RUNS KELLY JR. HIGH SCHOOL July 11 thru August 29th

7PM. every thursday night. Get there early. This is a STRIDER event. Please
 get involved. Run or help out. Any and all help needed. These rec runs are
 a great place to meet other runners. Ribbons weekly and Trophies at end for
 most points. 3.0 miler and the 2 miler for the ladies and youngsters.

YOUTH PROGRAM SPONSERED BY THE NORWICH REC DEPT.

Thursday nights July 11, thru August 29th at Fontaine Field (across from
 Kelly Jr. High)

6PM. Sharp Need helpers each week.
 Ages 6-12

RIBBONS

Track & Field events planned

NFA MEN'S ALUMNI CROSS COUNTRY RACE

THURSDAY AUGUST 29th at 6.P.M.

KELLY JR. HIGH SCHOOL

Award for the oldest Alumni. Looking for 1933,34,35???

Hoping for a team of 1971 (State open winners)
 1956 (state open winners)

The years 1961 1962 1963.

Hoping for at least 100 runners

Call Kevin Crowley at NFA for details.

TODD WILLIAMS LEdyard high school senior

Won 1,500 at ECC at UCONN in indoor track

New meet record of 4:16:03 6th in the State Open 1,500 in 4:15:05
 4x400 yard relay- school record.

FATHER CASEY 4.7 ROAD RACE JUNE 2, 1 Starting time of 1:00

Real nice road race to start your racing season. They have a fair at Our lady
 of Lourdes Church. STRIDER al WILLIAMS is the person in charge. Go on down
 for a fun day for the family. rides, food, raffles, entertainment.

THE ARROWHEAD thanks all those who offered to help run off these letters. We will be calling all who offered during this year..Also thank you to WALT SMOLEN-SKI for the mailing labels. Remember the old days of 6hrs. of hand addressing? To JUDY, DAN & DARYL POPROSKY. We appreciate you spending your day off running off the last newsletter.


COOPER'S PHARMACY- offers all STRIDERS a 10% discount on all purchases. Please shop there and say hello to our friend and member ART HANSEN. He and his lovely Mrs. are always on hand to watch son CHRIS at area races.

1985 EASTERN CONN. ROAD RACE SCHEDULE was compiled by Nick Manuzzi of the Ledyard Parks & Rec. Dept. & Tony Sibelia of SNERRO. Thanks to these two we now have a calendar to follow and plan races for the entire year.

NORWICH ROSE ARTS FESTIVAL ROAD RACE SUNDAY JUNE 23, 1985 9:30 a.m. There will be NO POST ENTRIES. The first 375 to register will receive a free long-sleeved t-shirt from EASTERN SAVINGS AND LOAN who provide money for the prizes. In addition EASTERN will also award two \$50 prizes. GLOBE SECURITY SYSTEMS will award two \$25 prizes, and JONES APPAREL three \$50 gift certificates to their factory outlet. COOR'S beer co. will also offer prizes. ALL NUMBERS WILL BE MAILED TO ENTRANTS. Refreshments for all runners after race include: coke, donuts, fruits and yogurt from COLUMBO. About 100 prizes will be awarded. Take part either as a runner, a volunteer, or spectator. Race Director, Bob Miles.

AGE GROUP TRACK MEET AT NFA TRACK or REC. DEPT TRACK ROSE ARTS FRSTIVAL WEEK
Make an effort to help out that day. Watch newspaper for details. Gary Makowicki and Gene McGrath can be contacted.

JOHN BROWN'S RUNN DOWNNNN 26 Dalewood drive, Norwich, Ct. 887-3043
The STRIDER road crew i.e. HEDDING & CO. started their season at the Shamrock Classic 5 miler in Boston. Nice race, plenty of beer along with oj and Amarretto afterwards. Yours truly the first STRIDER followed by WAY HEDDING, BRUCE CHRISTIE, and PETE VOLKMAR. MONICA CHRISTIE had a 3rd place in Jr. div.

 STRIDER marathoners, TIM SMITH and JOE BANAS, 1st and 3rd in the Middeltown Marathon. High schooler's TODD WILLIAMS and ROB CARBRAY performed well on the indoor track circuit and are continuing their winning way outdoors also. TODD has been excepted by UNCONN this fall and his win at the ECC in 1,500 and 6th place finish at state open is just part of his accomplishments.

CARLA BROWN and BILLY MARSHALL made debuts in the 7.5 St. Pat's Race in Holyoke Mass. Both picked up impressive victories in their divisions. Many STRIDERS partied at the YE OLDE BUD later on. This is one race that should not run if attempting a comeback. BOB STACK won at N. Stonington St. Pat's 10K race. Good to see you back in a groove again BOB. WAY HEDDING gets the St. Pat's funky hat award even though it gave him unfair advantage in both races that week end. CARLA BROWN led the way at the 10K N.Y.C Perrier race in Central Park. Who would think Central Park was hilly?? Hubby followed, right behind. WAY HEDDING PETE VOLKMAR, and MONICA CHRISTIE and dad BRUCE also finished. Because CARLA has been selected by New England Team Adidas for their reginal ladies division she will no longer be able to compete as a STRIDER. We wish her the best of luck and continueing improvement because it is a step in the right direction. Now that WAYNE (JACOBS) and CARLA are gone, who is next?? BILLY MARSHALL

Who's tje Millrose Games MUP this year?? When will it be official? KEVIN CROWLEY should win. JOHN PIRIE is getting married. Maybe he will slow down so one of us can beat him. Call me for stag party tickets 887-3043.
The Fairfield $\frac{1}{2}$ marathon on June 30th is th Ct. TAC. championship. Lets get some STRIDERS to compete. CALL JULIO. Prize money to teams and numerous V.C.R's and home computers. WAYNE JACOB paces the local finishes with a 13th place at the BOSTON MARATHON. Even though WAYNE cannot run for us any longer (ETONIC) his performance is definitely worth mentioning. The STRIDERS were paced by "OLE STEADY TIM SMITH" in 2:33. Tim never seems to have a bad marathon. He was followe

by JOE (YOGI) BANAS , 2:35, JOE PORTELANCE 2:37, STEVE LAMB 2:49, DENNIS TETRE 2:48 (he gets the performance of the day bringing it in with a smile) and our club president JIM BUTLER in 2:52. JACK CURRAN'S body is so beat up that he doesn't apply ice after working out he just sits in the refrig for 15 minutes. JOHN FICARRA looks tough lately. Must be all that biking, swimming and in r he's been doing lately. Good races coming up. SUBASE for its party, Rose Arts for the local competativeness. Many attempting comebacks. WALT SMOKENSKI, CLEM McGRATH. Look out RON LAFLEUR. The key is to run less and do an alternate activity. We'll let you know how it goes.



NORWICH — Harry Ogulnick tried his hardest, but couldn't blow out all the candles on his birthday cake yesterday.

Ogulnick, who turned 75 on April Fool's Day, wasn't fooled by the trick candles. But he was surprised when his 25 classmates at a YMCA cardiovascular fitness class stopped exercising and started singing "Happy Birthday."

Three-quarters of a century is no barrier to Ogulnick, who, at 71, won a gold medal in a NASTAR ski competition.

Last year, Ogulnick observed his birthday by running 74 laps around the Y's indoor track, a distance of more than three miles.

His classmates at the Y would have held the party on his birthday last week, but Ogulnick was off skiing in Switzerland.

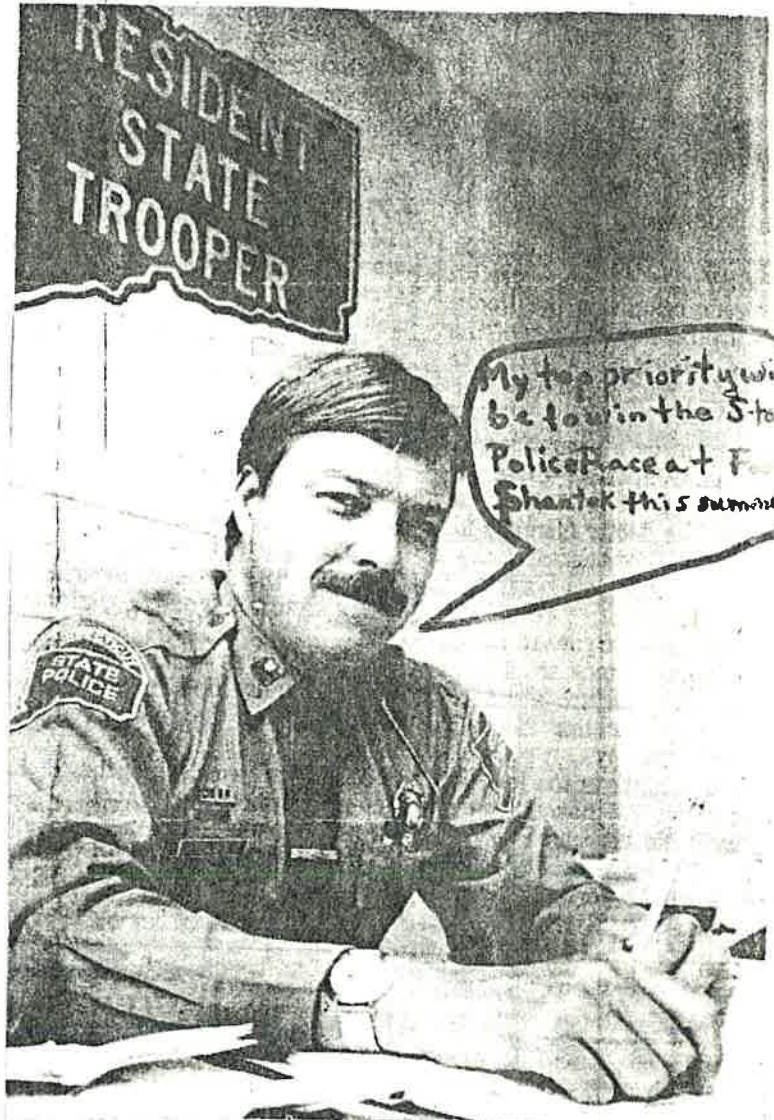
Ogulnick started skiing in 1960, when he was 50, and began running in 1962, when President John F. Kennedy urged the nation to get back in shape. He joined the class at the Y, which now meets three times a week, and hasn't stopped since.

"I got into running to strengthen

my legs for skiing," he said yesterday. "I owe this class my ability to keep running."

Ogulnick, owner of Ogulnick's Jewelers on Main Street, sponsors the Downtown Merchants' Road Race, also dubbed the "Harry O" race, every September in downtown Norwich.

Yesterday, he declined to run 75 laps around the Y track, but don't put it down to age. This weekend he plans to run the three-mile Old Mystic Village Fun Run.



John Saari, resident trooper in Montville.

Congratulations to John on his appointment as our new resident State Trooper.

We wish him all the best.



Dr. Jeremiah Lowney

during a roast in his honor at the Norwich Inn .

More than 200 people, including Gov. William A. O'Neill, attended of the event which benefited the American Cancer Society.



Bulletin photo by Randy Flaum
YMCA VOLUNTEER — John Fields was named YMCA's Volunteer of the Year during the annual meeting held Thursday night at the Norwich Inn.



the champion-
ship trophy of the Norwich Men's Senior Basketball League to Cas Grygorciewicz, the coach of Olympic Pizza.



Peter A. Nystrom*

Rep. Nystrom named to New England board

HARTFORD — State Rep. Peter A. Nystrom, R-Norwich, has been appointed to the New England Board of Higher Education for a two-year term.

The appointment was made by Rep. Ralph E. Van Norstrand, R-Darien, the speaker of the House.

Nystrom, who also serves on the General Assembly's Education Committee, said he hoped the two positions will compliment each other.

"I will be able to monitor the quality of education at both the state and regional level," Nystrom said yesterday.



Wayne

"ON THE EDGE"



By: Carl R. Mailhot, R.P.T.

For the Mohegan Striders "Arrowhead" Newsletter

Many competitive runners feel that one's success at attaining new P.R. or course records is to ride that fine line of training that "fine tunes" the body physically and psychologically. Training at high mileage and/or faster speeds undoubtedly helps to improve one's abilities as dictated by the SAID principle of overload training (S-specific, A-adaptations to, I-imposed, D-demands). However, from an injury prevention standpoint, riding the edge may cut oneself prematurely, prior to attaining a new goal and, may in fact be the underlying cause in "never quite reaching expectations". According to Dr. Lyle Micheli at Boston's Children's Hospital, Sports Medicine Clinic, his research of those clients seeking medical attention for training related injuries, of which 90% or more are overuse syndromes, indicates that as the intensity of workouts increased in frequency and duration, the incidents of trauma rose substantially. For example, those who ran three days per week at 60 to 75 % of maximum (both perceived exertion and heart rate) sustained fewer injuries than those who ran four day per week at the same intensity. Almost twice as many injuries occurred for those running five or more day per week at 70 to 80% of maximum than those who ran three days per week. Therefore, one must balance his/her training intensity and pursuit of goal with a degree of moderation that will allow for attaining one's zenith performance without suffering the pain and debilitating stress of injury. Here are a few guidelines which have been recommended to help keep a positive prospective on a potentially disastrous course:

(1) SET REALISTIC GOALS BASED ON PAST PERFORMANCE

Anyone who runs at a seven minute mile pace for five miles and wants to crack a thirty-four minute 10Km needs to see how fast he/she can run for shorter intervals. If the fastest three miler was run at a 6:40 pace, trying to run sub 6:00's should take a longer period of time to attain. This seemingly simplistic and obvious rule is constantly broken by those who push themselves through greater amounts of time trial (interval training) training.

(2) GIVE YOURSELF ENOUGH TIME TO ATTAIN YOUR GOAL

This is my own, as well as many others, downfall. I know that I can run a decent marathon on 55 to 65 miles per week. However, I often-times don't give myself enough time to work up to that training level. The result is either dropping out of the race or suffering a viral infection which breaks me down two weeks before a race day.

Most people who look at cyclic biorhythms (circadia) say that we peak physically every ten to fourteen weeks with a two to four week maintenance level of a higher physical attainment. This then is followed by a lull or downward trend in physical abilities. This buildup, plateau, and breakdown cycle varies in length depending upon the degree of intensity during the physical training throughout the time period. The best one can do is to give him/herself a long enough buildup time, hold on to the peak performance time with proper rest periods and know when pushing hard will only lead to a premature and more severe breakdown.

Despite this information, there are those who will continue to push harder, run faster and longer to get where they want to go (not necessarily intended to mean

By Carl R. Mailhot, R.P.T.

just the distance run). Remember that for every successive catabolic process (breakdown) there is an anabolic (rebuilding) process. The extent and degree with which we destroy ourselves will affect the length of time and completeness of the reconstruction. Riding the edge of peak physical performance is some thing many dream of. However, be ready for paying the price if one tries to attain it too soon or hold it too long.

EASTERN CONN. RUNNERS CLINIC Harris Kleinkopf, DPM and CARL MAILHOT, RPT will open a clinic on June 17th from 5-8 pm. Open to all populations engaging activities affecting the lower quarter (low back, hips, knees, ankles, feet). Clinic held Monday evenings at Dr. Kleinkopf's office on Elm St. The clinic is for evaluation & treatment of lower quarter dysfunction related to running injuries. Services will include posture/gait assessments, biomechanical assessments, therapeutic rehabilitation, exercise programs, casting, taping & bracing, X-rays. Fees for service are insurance reimbursable according to policy programs.

SPORTSMEDICINE HOTLINE Please feel free to call 887-3891 regarding advise on care of injuries, or to get advise on who to seek to care for your problem/injury.

THE MOHEGAN STRIDERS extend sincere sympathy to the O'KEEFE family. JACK O'KEEFE a SNERRO official whom every one knew and respected, recently passed away at the very young age of 48. He will be missed by all. Also extend to club members who have had losses in recent months our sympathies.

MOHEGAN STRIDERS NEW CAREERS JAN MALLETT from house wife to sales Assoc. a the Boyer Agency. TIM SMITH recently went into the banking business again. He picked a great bank in EASTERN SAVINGS & LOAN. One of these days don't be at all surprised to see him president of bank. BILLY MARSHALL M.S. CCC-A Certified Audiologist ENT assoc., P.C. 108 New London Tpke. 886-2415. JOHN CURRAN in R.I. now working for Ferro Corp. KEVIN CROWLEY NFA Boys cross country coach. FRAN HOULE is girls outdoor track coach, Griswold high. JOHN SAARI resident trooper, Montville

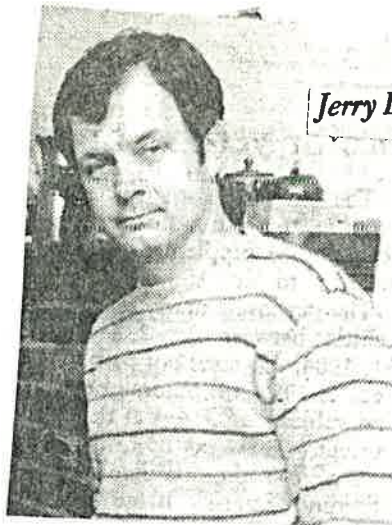
RESPONSE TO MILLROSE UPDATE OF KEVIN CROWLEY From MIKE HUTCHINSON (pay your dues) "The executive board has censured member Kevin Crowley for his unauthorized news release. The board remains intact and discussion regarding the MUP are in-going. Attendees of the popular trip to the big apple be assured that proper penance will be assessed Mr. Crowley for his indecision regarding this matter. From KEVIN CROWLEY - he could not be reached for comment, but you can be sure he will have more to say on the subject.

ROSE ARTS RACE PREDICTIONS A little early to predict as none of the hot-shots ever enter early. But Auntie puts her money on DAVE RAUNIG taking the win followed by JOE BANAS, then PHIL GARLAND (if he is in same shape as last year, have not spoken to him yet) TIM SMITH will finish in 8th place and BILLY MARSHALL will win his division. Womens division up in the air with loss of CARLA. ROSE BUCKINGHAM will be first lady, Kelly PICKNEY first jr. So far don't see a men's jr. CHRIS HANSEN is now 19. How about some of you new NFA members??? Let's see a new face in the Jr. division. Good luck to all the STRIDERS. Don't forget your number on race day. Keep the number on intact. We will tear off your name AFTER THE RACE-DO NOT DETACH or fold up number smaller. We will have spotters who can read your names off by radio, to announcer. Do not exchange your assigned number or give it away. You are listed by name and number in computer.

PETER NYSTROM if you don't call or write we will never speak to you again. They sure are keeping you busy up there in Hartford. Miss seeing you and Linda.



Over 30 League championship trophy to Chris Portelance, coach of the winning Wonder Bar team.



Jerry Lentz

Jacobson — Watrous

Gail A. Jacobson and Dudley A. Watrous were married Feb. 9, 1985 at the home of the bride's parents in Canterbury. David Ward, el at the Groton Bible Chapel, officiated.

The bride is the daughter of Mr. and Mrs. Harry E. Manning of Canterbury. The bridegroom is the son of Dorothy Watrous of Groton and the late Albert Watrous.

Following a reception at the home of the bride's parents, the couple left on a trip to Washington, D.C. They are living in Norwich.

The bride is a registered nurse employed as a school nurse at the Dr. Helen Baldwin School, Canterbury.

The bridegroom is self employed as a builder.



KEVIN CROWLEY



Norwich City Manager Charlie Whitty



Bulletin photo by Jeff Evar
BILL MILESKI

NFA names Crowley boys' x-country coach

NFA Standout

PEOPLE ON THE MOVE with Auntie Joan. The latest dirt and down right gossip about you and your running buddies. Call Auntie day or night 848-0346 with any and all critics. Will listen to all then completely disregard.



First of all want to thank JOHNNY KELLY for his more than kind article that he wrote on Easter in New London Day. You were too kind. LOVE YA Without the Clem McGrath's, Carl Mailhot's, John Brown's, Pat Baker's Jim Watson's, Bob Carbray's and many many others the newsletter could not be what it is. Auntie just works with the best people. STRIDERS.

What famous STRIDER stops on his 14 mile runs to drag home fire wood, or to stop along the side of a country road to listen to the birds? Goes to show you that all work and no play don't pay. As he would say "you gotta appreciate this wonderful that we have here". If you still don't know it is Mr. MOHEGAN STRIDER HIMSELF, TIM SMITH. He is the most respected person in the club. He has won more marathons and races than anyone else, he is still winning them, he is a kind caring family man, yet he finds the time to train. When asked how he thought he would do at the recent Middletown Marathon he replied that he would "just take a ride up and run the race and see how I feel". He sure did. HE WON. And TIMMY is not too busy to stop by NFA track and cheer on fellow STRIDER KRISTI MALLETT. JOHN SAARI recently conducted a personal self defense seminar for the Boyer Agency in Norwich. JAN MALLETT tells us it was very informative especially for the ladies. JOHN who is MONTVILLE'S new resident State trooper is going to give a similar session to us STRIDERS soon aren't you JOHN ?? Now will you please pay your dues so Auntie doesn't have to throw you out of the club?? what STRIDER swiped a bike from someone's garbage heap on one of his early morning runs?? Greetings to CHIEF TANTAQUIDGEON and another year at the museum. Saw picture of his sister Gladys in the Norwich Bulletin marking the 54th season. Even the chief's name has ties with the STRIDERS. The name TANTAQUIDGEON means "going along fast, probably a fast runner": welcome back to the BENNETTS, BEV, HAL AHAWN & TODD. Do you still have cats the cat?? ROB HUNINGTON reporting from Kansas City says little SARAH had the chicken pox but all better. He and wife LOIS have recently taken up bridge. Won a first out of 42 teams. LOIS exhibiting in art shows. ROB says he isn't running too well these days. Will we see you this summer?? DAGMAR MORRISON never misses an issue of the ARROWHEAD. JOE PORTELANCE Always in there in the front after a race. He got a 16th finish at Boston. JOE who is a driver for UPS is always a contender at the Rose Arts race. He could win it. Jim & Heide CARPER are two more new members. They live in Oakdale. Hope you got your club uniform jim. HEIDE we will be calling you about the newsletter soon. The MONTAQUE'S should notice more on up coming races in later issues. Also hope they use the race calendar in last issue. JOHN CURRAN who now lives in Coventry R.I. extends to any STRIDER an invite to stop by his home while racing in R.I. for recovery liquids. TOM BAKER recently got a 2nd place finish in the master division at Conn. College. He gets 4th's like PHIL GARLAND gets 2nd's. RAY "Doll" BALLIRANO may have to emerge as Aunties very favorite. All the rest are GETTING MARRIED. RAY helped out at rose Arts last year but will run the race if HE EVER STARTS TRAINING... JAN MALLETT has paid Auntie back for all those hilly courses she use to pick out. She and PAT BAKER took auntie on the recent 5 mile Biathalon..How on earth did they run it then bike it three times??? That Cranberry Hill.. ROSEMARY LEWIS has started to run She is already up to 4 miles. GREAT GOING... You'll be racing soon, Hubbie DON is doing 30-40 miles. He will race some this year and hopes to make it to N.Y. KIP SULLIVAN from the State Police Division at Fort Shantok made the all time list for the 8th straight year. Where are the rest of you guys?? URBAN, MINER BLANCHETTE, CHARLIE TROTTER asked for a "putter division for us also rans" what on earth are you talking about?? HEARD that Uncle KEVIE has a new car. IS that possible that he traded in the yellow bug?? Wonder who would take it. KEVIN was finally reached for comment about Millrose games and he said he was too busy "watching re-runs of old Celtic games to respond". How's that for a snub you guys? KEVIN does report that a bunch of NFA's toughest runners will enter the Rose Arts race to run as a group. SUSAN HOAGLAND is back in the club along with GARY MAKOWICKI, JERRY LENTZ and GARY HEINLY too. The CREAMER'S from OAKDALE

**MOHEGAN
STRIDERS**



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