



MOHEGAN STRIDERS



News deadline
September 10th

THE ARROWHEAD
A MOHEGAN STRIDER PUBLICATION

AUGUST 1985

Membership
375

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 Downn: 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

REC RUNS

MONDAY NIGHTS FT. SHANTOK 6PM. Youngsters to oldsters special Conn.
State Trooper class, E.B. night.

THURSDAYS 6pm. Kelly Jr. high track - Youth Developmental races,
7pm. age 14 & over. 3 miles men, 2 miles women.

INTERVAL TRAINING Every Tuesday Night NFA track about 5:45-6:00 pm.
Come and do your own thing. This is a great way to improve your time in races.
Interval training is a must if you are into Marathons or longer racing.

CLUB UNIFORMS.. CLUB UNIFORMS , CLUB UNIFORMS .. CLUB UNIFORMS
See Don Lewis for his limited selection, KELLEYS PACE carries our colors so
stop down and see JESSE for you running needs, shoes, clothes.....

MOHEGAN
STRIDERS



2

10 am - 7 pm

The Picnic Place

Sunday August
11, 1985



Family Day

Day



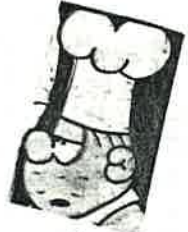
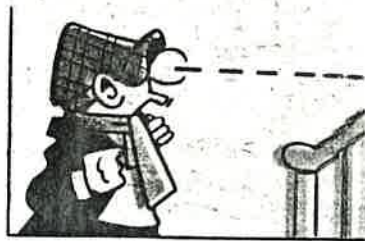
Mohegan Park Pavilion

Each family should bring eats and goodies for our nibble table. The club will again provide the cold beer, soda and wine. Families bring Their own foods.

We are pleased to announce the Carroll Mailhot has been asked to entertain with songs and stories. She starts out with the children but everyone is captivated by her talents. Not to be missed!

Hawaiian Theme - So wear your brightest wildest colors. Grass skirts welcomed.

Crazy Hat Contest at The Picnic



insane
hat. We will
This contest is for young and old. Everyone.
Design your wildest most
prettiest, dilapidated
foolish, have prizes for several.

MOHEGAN STRIDER HATS- \$3.50 each. Contact our President Jim Butler at the Kelley race on AUG. 3, or see him at the picnic on AUG. 11, or call him at 443-7437. These are very nice baseball type hats with our logo. All profit will go to the club.

N F A MEN'S ALUMNI CROSS COUNTRY RACE DATE CHANGED

Wednesday August 28, 1985 6PM KELLY JR. HIGH JUST SHOW UP READY TO RUN
For other info call Kevin Crowley at 887-8662

KELLEYS PACE at OLD MYSTIC VILLAGE is pleased to announced that JIM UHRIG is now a member of the KELLEYS PACE team. We are sure that his know-how of racing will help promote even more the sport of running. Please go on down and let JESSE, JIM and all the others there know you support them.

A SPECIAL BIG THANK YOU TO DEBBIE DEVEAU FOR RUNNING OFF THE LAST TWO 'ARROWHEAD NEWSLETTERS TO PERFECTION AND IN RECORD TIME TOO... DEB IS A RELATIVELY NEW MEMBER OF THE CLUB BUT YET SHE HAS REALLY STEPPED IN AND LEFT A HAND AT THE ROSE ARTS RACE, AND WITH THE NEWSLETTER..

ALSO NOT FORGETTING WALT SMOLENSKI. HE IS SO WELL PROGRAMMED THAT WHEN AUNTIE CALLED HIM FOR THE LAST ROLL OF MAILING LABELS HE WAS ACTUALLY WORKING ON THEM THAT VERY MINUTE. NOW DO WE HAVE PEOPLE ON THE BALL OR NOT???? WE ONLY HAVE THE GREATEST.. AND THANKS TO DON LEWIS OUR VERY CAPABLE TREASURER. WHENEVER WE NEED STAMPS, WE GET SAME DAY DELIVERY.. THANKS DON

BEFORE WE FORGET.... T3R TROUNCED THE STRIDERS in the ladies division at the ROSE ARTS RACE to take the team prize. Congratulations to the 3 ladies from T3R and keep up the good work. You deserved the win.. The NORWICH BULLETIN and the DAY were wrong. EDNA SILANSKY, PAT SWIM, AND KATHY ISBISTER WERE THE WINNERS ON THE LADIES TEAM.

MUSCLE BALANCE by Carl Mailhot, R.P.T.

Among the discussions and written articles on flexibility and strength training to improve running speed and endurance, and to reduce injury, a critical element to consider is muscle balance. That is the relative influence of opposing muscle groups affecting and crossing individual or several joints. In strengthening one group of muscles, there must be a balance in the flexibility of the opposing muscles to allow full joint motion. For example, strengthening of the quadriceps (front thigh muscles), to improve leg speed and shock absorption, can only be completed through a full range of motion by adequate lengthening of the hamstrings (back thigh muscles). Since the action (one of them) of the hamstrings is to flex the knee joint and decluate the leg during running, if there is inadequate flexibility and elasticity of these muscles, then full knee extension can not be achieved, and the quadriceps do not attain maximum efficiency and strength. The result is a slower leg movement, and at the time of foot contact with the ground, abnormal shock distribution to the ankle, knee hips and low back.

This example can be extrapolated for any joint in the body, and for the surrounding musculature. Each group of antagonist muscles allow motion about a joint, absorb and distribute shock, and prevent excessive joint motion. For the runner, those muscles which mostly are affected in the lower quarter (low back, hips, knees, ankles, feet,) are listed in groups of opposing muscles of different actions. It is important to attain and maintain the proportional strength and flexibility of both these muscle groups to achieve appropriate muscle balance. Therefore, it is more important to concentrate on strengthening exercises and flexibility programs (muscle length) of each muscle group across a joint. In this manner of training, one muscle group does not become dominate or excessive tight or loose.

<u>Joints/Areas</u>	<u>Muscle groups</u>	<u>Action</u>
Low back region	Low back erector Spinae	Backward bending of spine
	Abdominalis muscle group	Foreward bending of the spine
Hip	Hip Abductors & Gluteals	Leg spreads away from midline of body
	Hip Adductors	Leg closes towards the body
Hip	Iliopsoas	Flexes the thigh on thr trunk
	Gluteals & Hamstrings	Pulls the thigh backwards
Knee	Quadriceps	Straightens the knee
	Hamstrings	Pulls the heel towards the buttock
Ankle	Dorsi Flexors	Pulls ankle towards the shin
	Plantar Flexors	Points toes, ankle away from shin
Ankle	Invertors	Pulls foot in towards midline of body
	Evertors	pushes foot away from midline of body

A VERY SPECIAL HELLO TO OUR DEAR FRIEND JOHNNY KELLEY. Did not see him at the recent Rose Srts Race. Hope all is well with ya John. Auntie still remembers with fondess the article you did on Easter day. You were so very kind to me. Hope everyone is on hand at the annual JOHNNY KELLEY race on AUGUST 3rd. I know Auntie will be there. If you don't run it offer to just help out. Johnny has done a lot for racing and to better the sport for all of us. See ya then



BOB MILES
RACE DIRECTOR
NORWICH ROSE ARTS RACE

JUNE 26, 1985

P. O. BOX 846, NORWICH, CONN. 06360

203-887-1647

For the nineteenth consecutive year the Rose Arts Road Race was a success. Its continued success has been a reflection of the dedication of many people. Without the help of volunteers, this race would not be an event that the Striders could be proud of. However, numerous club members and other organizations willingly give their time to the race. Race day is hectic and patience is strained, but everyone does their best to please the runners. Unfortunately, there are some who feel that the race has short changed them. We are sorry for this and solicit suggestions and help. Without renewed help the race may become stagnated. New ideas are always welcomed; some are even used. Eastern Savings & loan has been extremely generous to the race and also very understanding and co-operative. Without Eastern we could not have the quality race that we have. The addition of Columbo Yogurt was a pleasant and appetizing treat this year. June 1986 is less than a year away and so too is the twentieth Rose Arts Race. We hope to make a most memorable event out of next year's race and we hope that others will assist in the planning of the race. The Rose Arts Race is a Mohegan Strider event and we would like to have even greater Strider participation in it. Many thanks are due to many people for their unselfish devotion to the race. I appreciate the help and support of everyone involved in the race; without you the Rose Arts would be just another road race and we don't need that.

Bob Miles

July 10, 1985

Dear Friends:

I have made a decision to leave the Mohegan Strider Team. During my four-year membership I have made many lasting friendships, enjoyed countless parties, participated in hundreds of races, the list just goes on and on... Although I won't be a member on paper, I will still be as active as I possibly can with club events. As for my future plans: I will be joining the Central Massachusetts Striders out of Worcester, Mass. I've had my eye on them for quite some time now and am very excited at my decision. I wish all the best to the Mohegan Striders. I am very proud to say, "That's where I started!"

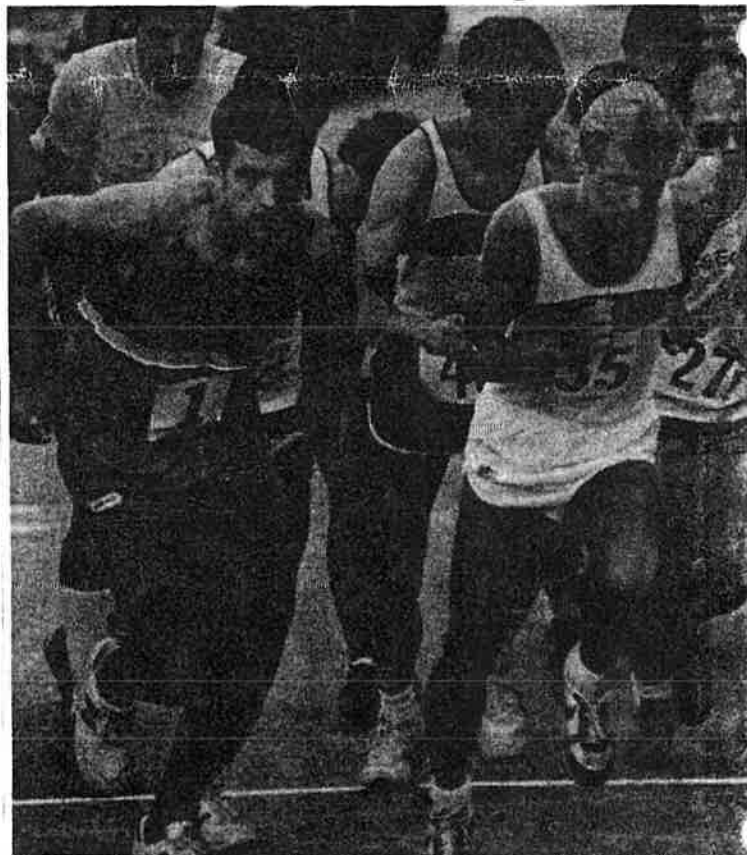
Sincerely,

Francis A. Houle Jr.

Fran Houle

Joan - Here's the photo from the Putnam Race. Course record was 15:27 set in 1984 by Steve O'Connell.

Fran



J/T photo by Randy Fiaum

Fran Houle, 35, and Steve O'Connell, 1, started their race side by side but it was Houle winning by 3 seconds in Putnam. Houle's time of 15:16 set a record for the 5K course.

WITH

AUNTIE JOAN

The latest dirt news, rumors, and down right gossip about you and your running buddies. Call Auntie day or night 848-0346 with any and all news.

Saw my CLEMIE babe at recent rec-run. He still gets the Bronzed God award. How can this guy have a tan BEFORE he goes off on vacation to his cottage??? He doesn't get older either just better looking. Speaking of good looking, another gorgeous guy gone forever. JOHN PIRIE recently married his sweetheart and a lovely lady she is. We've been told that we haven't been giving the Vice-Principal of Montville high school enough attention. How's that JOHN SULLIVAN ??? Do you remember which town you live in?? IS it Norwich or New London???

Heard thru the grapevine that another Montville high person (teacher) went to great lengths to win a prize recently at a 10K road race. Seems he traveled all the way to London England. He was the first american to cross the finish line and also the person to have traveled the farthest. Top that the rest of you guys..

A NFA person by the name of K.C. (Kevin Crowley) recently went bar hopping in a chauffeur driven Rolyes Royce and every place he and his companion went, heads snapped. Seems they went to Bid's for lunch to start the day off. Where did ya end up Uncle Kevie?? You're getting pretty fair at making six-packs. Now you will appreciate that cool one a little more maybe.

JOHN SAARI finally shows up at Ft. Stantok to lead the resident state troopers on the most challenging course any where. He hasn't been back yet. Meanwhile famous KIP SULLIVAN continues to lead the trooper division thereby keeping himself on the all-time list along with JOAN HILL (who by the way never made the list, it was a fix, fraud, lie, fake entry)

TIM SMITH seems to have recovered from his recent injury. He blew em all away at recent rec run. Good to see him in the groove again. What would racing be without Timmy he is racing..

SUE SULLIVAN is persuing a college career this summer while the rest of us are enjoying free time. Daughters AMANDA & SARAH continue to dominate the grade school scene. SUE'S parents are always on hand to cheer KIP and the two girls on each and every week. They are a very nice couple.

ROB & LOIS HUNTINGTON were in town from Kansas City, Missouri, to visit his mom & dad and to observe LOIS' parents 40th anniversary. She is from a family of 14 and her dad is a very well known M.D. They both look wonderful and say how much they like our newsletter the ARROWHEAD and how they feel like they are in touch with all of us thru it. ROB & LOIS are still into Bridge and are doing very well in tournaments in their area. He is running short distances but no long milage.

How about that Rose Arts finish??? My WAYNE "baby" JACOB did exactly what his auntie told him to do. Hence forth he will be called WAYNE "baby" JACOB "THE MACHINE".

"COOL" FRAN HOULE ran a picture perfect race to capture the second spot, while "Sweetheart" JOE BANAS was a close third. CHRIS HANSEN continues to dominate the college scene. Must be all that serene quiet meditation he's getting while mowing all those plots of grass.

CHIEF TANTAQUIDGEON still putting along. He recently had visitors from out of town. If you've never been to the museum don't let another year go by before you do.

BART SAYET another new member of the club is a native of Norwich. His dad owns the Floor covering shop, BART is married to a lovely lady who was a FAWCETT and who just happens to be a grand-niece of chief T. They were married last year at the Indian Museum. BART is a lawyer practicing in Norwich and we are looking forward to meeting him soon.

DAVID SHARPLES who just recently turned 10 and attends Noank Elem. school recently ran the 2 miler at the Sub Base and finished in 15:00 flat. Dad DOUG reports that it "took me $\frac{1}{2}$ mile to catch up to my son, pretty soon we won't be running together, he will be ahead of me".

MY JUDY POPROSKY has a new job at the Lisbon Town Hall, and for her recent 15th anniversary her hubbie DAN had flowers sent to her place of work and also presented her with a beautiful diamond ring. Top that you guys...

BOB CHAMBERLAND is positively SKINNEY "oh those legs of his". He really does look sensational.

Our treasurer DON LEWIS finished up 15th at the Sub Base race and ran by his wife ROSEMARY (sporting a cute new hairdo) so fast she almost missed him finish.

MELINDA HEDDING, KATHY SMOLENSKI AND DEBBIE MURILLO were three of the prettiest STRIDERS there. Wonder why all the marines followed MELINDA the whole hot five miles. The Marines sure do put on a fine race.

BERNADETTE KRODEL a very pretty young miss is the fastest runner at Plainfield high school. And she was just a FRESHMAN last year.

JOE PRZEKOP a sub master runner in our club for many years, and his wife NANCEY have two daughters Tara and Kristen. JOE works for Klewin Construction and his PR at Rose Arts was 77:00. He is also an avid biker in addition to his running abilities.

BILLY MARSHALL who recently hit the big 40 isn't letting a little thing like old age (who says 40 IS old) hold him down. He is beating guys half his age and he and this other guy from some racing club in Mass. are having a terrible battle every race. Auntie puts her money on BILLY any time.

The NORWICH MOOSE 3.3 Road race has been scheduled for Sunday September 8th

A great big thank you to all who helped out at the Norwich Rose Arts race this year. Countless people manned the water stops, first aid, posting, prize tables, YOU WERE ALL APPRECIATED.

JOHN MARTIN ran the Rose Arts race again this year. He can still pass for 40. Miss running with you John. We had some great times. You were the only one to keep up with me (talking that is, we sure did talk all the time we ran)

BOB HARDING and his pretty daughter recently at Ft. Shantok race.

BRING YOUR MONEY TO THE PICNIC. WE WILL BE SELLING TICKETS TO THE HALLOWEEN PARTY ON OCTOBER 19th. IT ISN'T TOO EARLY. WE WANT THIS THE BIGGEST EVENT YET..

IN NEXT ISSUE

Look for article on DENNIS TETREAUULT one of the most improved runners we have in the club. The whole Tetreault family runs and we will profile wife PAT, and children JIM and TINA.

Look for news about PAT RICE & MARY HAYDEN two running sisters in the club.

PROFILES ON PEOPLE

DEBORAH (WEBSTER) DEVEAU DEBBIE who is one of our newer members of the club's beginning to be one of it's most active. She is no stranger to running although for the last few years she has not been running as much as she would like. Deb graduated from MOHEGAN COMM. COLLEGE in 1980 with honors. She is currently working for the State of Conn. D.E.P. Forestry & Nursery as their secretary. 1985 marked her 10th year of running. While in high school Debbie ran both track (1 mile) and cross country and she was 1977 QVC Champ (1st place) and in the State finals she was 11th state wide. In 1979 she won the Presidential Sports award in running. She used to always beat, of all people, Carla Dossett, who was her school teammate.

Debbie is a recent bride having married her hubbie in 1983. They have the cutest little place on Starr Street in Norwich. Her roots are still partially in Voluntown where she grew up.

IF DEB really wanted to she could be one of the fastest lady runners in the club. We have never see her race yet, but one of these days you will be hearing from her. Her most favorite race is MT. MISERY (hometown race). If you can run the Mt. Misery race you can do anything.

The club was very fortunate when Debbie joined up.

KATHY SMOLENSKI KATHY another pretty lady who is a member of our club. She is married to none other than the famous Walt Smolenski. They have been married for 9 years this coming August. She was born and raised in the North Windham area and she and Walt met there while in school. They now live in Canterbury near some other famous STRIDERS (the McGraths)

Kathy runs every day averaging about 5 miles daily. She is in most every local race and finished her 2nd Rose Arts race this year. In addition to her career as a Special Education Teacher, she is into Arobics and when she can find some spare time she can be found refinishing furnature. (we hear that she is getting to be a pro at it) She can also sew up a storm.

When asked when was the last time she had short hair she replied that she thought it was in 6th grade. She was also asked to tell us something about Walt that we could print, and she said he was "perfect". You've got yourself some lady there Walt.

We will be seeing lots more of Kathy in area races. Her running buddy is a lady by the name of Melinda Hedding. Think she is married to that Way Way guy.

UPDATE on WALT DOMBROWSKI, who has been on the injured list. He is finally getting back to running after many months off. He is running about 3 miles a day which is 15 more per week than he was running. WALT was once called the "rabbit" because he could take off from the pack in a race so early. We are glad to hear that he's on the way back. He's the guy who runs around for the beer soda and ice for the club picnic. He also provided us with wild game last year at the picnic. You can be sure that he will come with something delicious again. Let's all pitch in like he does and bring something special this year.

FRAN HOULE has decided to leave the MOHEGAN STRIDERS to join THE CMS (Central MASS. Striders). They are a huge club, have sponsers and are able to compensate their runners who qualify. We wish him the best of luck and we agree that this was the time to make the move. FRAN will always be a part of our group as the whole HOULE family are members, so Fran will be at our picnics and parties for as long as he chooses. He is one heck of a nice guy. We love ya

**MOHEGAN
STRIDERS**



8 Sunset Ave.
Ledyard, CT 06339

FIRST CLASS MAIL

SMITH
43 BEECH ST.
NORWICH, CT 06360