



MOHEGAN STRIDERS



THE ARROWHEAD

September 1985

A MOHEGAN STRIDER PUBLICATION

membership 385 plus
News deadline Nov. 1st.

PRESIDENT JAMES BUTLER
SECRETARY ROBERT CARBRAY

VICE- PRESIDENT JOAN HILL
TREASURER DONALD LEWIS

Committees

Newsletter coordinator- Joan Hill
Race reporting- Mike Smith
Team Racing- Jilio Muriello
Halloween Party- Judy Poprosky, Pat Baker, Jan Mallett, Sheila Carbray

Publicity- Tim Smith
Nominating Comm.-Marshall Collins
Photographer - Don Pirie

ATTRNATION ATTENTION ATTENTION ATTENTION ATTENTION

Striders Annual Meeting

Friday November 8, 1985

7pm (Sharp)

at NFA Library

(Norton Peck)

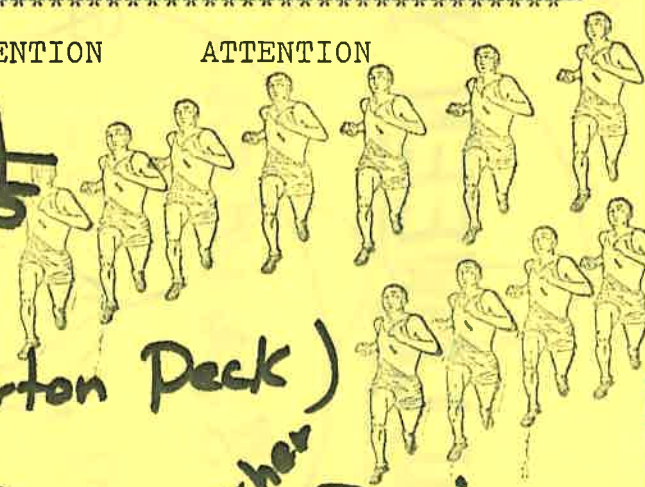
Annual Elections of Officers *other* Business.

This is your club. You should be There to make its decisions. Reserve The date NOW!

REMEMBER 7pm!

Friday
Nov. 8, 1985

This is your only notice of meeting!



HALLOWEEN PARTY

Mohegan Striders and Guests

October 19, 1985 Sat. 8pm-12pm

Camp Oakdale Community Center

BYOB Set-ups & Munchies provided

DISC JOCKEY

Door Prizes

Pat Baker
848-9584

Costumes optional

For Tickets \$3.00 per person

Call: Judy Poprosky 886-1058

Tan Mallett
889-5031

Sheila Carberry
464-9022



THE ATHLETICS CONGRESS OF THE USA
CONNECTICUT ASSOCIATION

August 13, 1985

Peter Leeds
Long Distance Running Chairman
Box 342
Willimantic, CT 06226

Dear Club Official:

Be advised that money races can present a problem, money races with individual purses. More and more races are starting to offer money as a prize, but unless those races take a TCP National Sanction Number, then those races are not offering that money in accordance with TAC guidelines. THE ONLY PERSON WHO WILL BE HURT BY WINNING AND ACCEPTING THE PRIZE MONEY WILL BE THE ATHLETE.

If you have an athlete, a TAC member who competes with you, and that athlete accepts non-TAC administered funds, then that athlete can be barred from future competition in TAC events--and your club will have lost a valuable member.

Connecticut TAC can really do nothing but not issue sanctions, explain to race promoters what the problem is, and alert the clubs and individual athletes not to patronize these races. The rest is up to the race promoter and the athlete. Please also note that a high school or college athlete can be barred for life from scholastic competition by accepting prize money.

To date, the measures I've taken have been the following: written you this letter (if you have a club newsletter, convey this info in it; if you work with athletes directly, tell them); the next TAC mailing will explain the situation to all current TAC members; I've called the races in question and explained the problem.

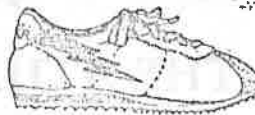
The races want to promote their events, and one way to do that is by bringing in a fast field by offering good prizes. However, if they don't begin doing things the right way, either their race is going to suffer (because the best runners won't want to risk taking the money) or your club will suffer (because your best runners won't be able to compete with you).

If you know of a race offering prize money, ask the race director if it's sanctioned. If it's not, tell him why it ought to be. Then call me or send me the application. I'll do the talking. Remember, this is for the protection of all our runners.

To date, the three races in Connecticut which are properly sanctioned and can offer prize money legally are the E Club-Mass Mutual 5 K on 10/5, the New London 5 Miler on 9/14, and the Putnam Trust 10 K on 9/15. Beware of others. And thanks for your help.

Pete

Jewett City 90th Anniversary Road Race



A very hot and humid wednesday night for this 3mi. race which former strider and Etonic now CMS runner Wayne Jacob won with ease in 14:55. The Striders were led by Don Sikorski in 16:04, Mike Moore was 4th in 16:20, Tim Smith 7th 16:48, Mark Biase 13th in 18:10 and Dennis Tetreault 14th in 18:11 (He ran easy).

The woman were paced by Janice Boyes 2ent in 18:42

"Every first time racs has a few bugs in it like no water at the finish line and only four divisions but its a good race to watch as it came right through town and food for prizes was a nice touch it wll improve with age"

Preston City Fair 7.2mi. (The cow race)



Another small field for Roger Zottis cow race only 43 runners. I guess everybody's scared of the rotten rodent. All I had to do to win this race was to beat Dennis Crowe I did not as he ran a 38:43 to my 40:17 mabey next year. Ron LaFleur was the next strider 13th in 44:33 to get 2ent master and Janice Boyes was top woman in 44:08.

"Boxes of veggie's and watermelons make this race one of a kind but I think to get bigger fields thay may have to go to bigger prizes its to bad but thats the way it is"

"Good job Roger"

Connecticut TAC 5K Championship (Willimantic)



The only certified 5K in Connecticut was won by another former Strider Jay O'Keefe in a very quick 15:09, The Striders placed two in the top twenty five with outstanding performances by Dennis Tetreault and Walt Smolenski, Dennis was 18th in 16:11 and Walt 21st in 16:18 "Great job guys" The Strider team placed 4th for the 2ent year in a row. We have to get the fast Striders to this race.

The younger members of the Tetreault family did outstanding jobs in thier divisions with James Tetreault 1st in the 13 and under in 20:20 (keep a eye on him kevin) and Tina Tetreault 2ent in the girls 13 and under in 24:06 "Great job kids"



ite Police Sgt. Charles Trotter



Marie Gravell,



BOB DEMPSEY



AL

*** On the roads with Mike Smith ***



Canterbury 5K and 10K ;

Rain was the order of the day for the 2ent year in a row at Canterbury this year. Many good performances by the striders in both races, In the \$ 5K yours truly was 3rd in 16:44 and 9th in the 10K in 35:40, Way Hedding was 8th in the 5K in 18:03 and 20th in the 10K in 39:49

Jim Murphy looking very strong took 1st in the 10K in 32:26 followed by Bill Marshall in 33:09 (1st master and course record) 3rd in 33:51 was Dennis Tetreault (looking better all the time) 5th Walt Smolenski 35:01 (comming back strong) 19th Jan Slonski 39:08 and 22ent Jim Hill in 40:07

For the ladies Janice Boyes 2ent in the 10K in 38:12, Kathy Smolenski 3rd in 46:35

"George Maine does a great job with this one"

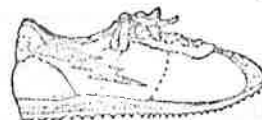
No Stonington Fair 10K (6.45mi.)



Very warm day for this hilly and a bit long 10K, Nice fair and prizes from Kelley's Pace insted of throphys this year also T-Shirts and popsicles at the finish line (a nice touch)

Joe banas came away the overall winner for the 2ent time in 3 years in 33:33 with Jim Murphy 2ent in 34:40 5th was yours truly in 36:24 (1st Sub-master) 6th was Mike Moore in 36:47 1st master was Jan Slonski in 40:04 followed by tom Baker in 42:45 "This could be a lot better race if it was the same distance each year"

St. Mary's 5mile (For billy goats only)



Jim (can I use your shoes) Murphy came out the overall winner using shoes loaned by Joe Banas in 26:45 Dennis Tetreault was 3rd in 27:44 with another strong effort.

Scott Fisher took 7th overall and 1st junior in 28:50 just nipping me at the tape with Mike Moore 9th in 28:51, Jon Jacaruso 10th and 2ent junior in 29:07, 11th Tim Smith 29:15 (comming back from a injury) 23rd Bob Harding 30:51 and young Russ Miller 25th in 32:17 2ent master was Ron LaFleur 32:26

The Hawkes family ruled the woman's division with Kathy 1st in 33:05 and Kelly 1st junior in 32:50 Gerry Palonen was 1st master in 40:19

"You really have to like hills to run this one"

"On to Mt. Misery"



JIM MURPHY

BILLY MARSHALL



Mt. Misery 6.7mi



Joe Banas got his shoes back to win this cross country run around Mt. Misery in a time of 36:02 the 2ent time in less than 24hrs those shoes have won a race. 2ent was Shawn Bennett in 36:38, Dad Hal Bennett 5th 38:29, Jim Murphy 6th 38:58 9th Tim Smith 39:17, Myself 12th 40:06, 13th Dave Creamer 40:31, 14th Dave Lathrop 40:48, 22ent Wayne Hanson 41:50, 23rd Jan Slonski 41:52, 24th Bruce Christie 42:03
 Janice Boyes led the woman in 42:43

Racing for the 2ent day in a row were Jim Murphy, Tim Smith Myself and Dennis Tetreault who jogged for a change.
 "Its always fun to do Mt. Misery after a rain storm"

PAT BAKER

Kelley-Schaefer 11.6mi



A record setting performance by Middletowns Gary Nixon in 57:33.5 highlighted this 23rd running of this first class race at Ocean Beach.

Good showings by many striders 5th Joe Banas 61:08, 6th Bill Marshall 61:44 (2ent master only because one of the best masters in the world David Clark of England was there and finished 2ent overall in 58:56) Jeff Kotecki 63:12, Joe Portelance 63:30 Dennis Tetreault 64:49, Tim Smith 67:00, John Ficarra 68:06 John Brown 69:02, Myself 70:53, Don Lewis 71:21, Bob Harding 71:54 and Jan Slonski 72:12, I forgot President Jim Bulter 64:52 "sorry Jim" Also Bob Stack 62:54

The Mohegan Striders won the team title with Way Heddings E.B. crew 2ent "watch out for those E.B. runners"

JASEN BAKER

Moosup V-J Day 10K



This race is always a great time for all who attend but traffic control could be better.

Cris Hansen of Holy Cross was the overall winner and top strider in 32:46, Don Sikorski 3rd in 34:00, 4th Dennis Tetreault in 34:14, 6th Walt Smolenski 34:32, 8th Jim Murphy 35:00, 9th Mike Moore 35:07, 16th Jon Jacaruso 37:18, Wayne Hanson 22ent in 39:16, Jan Slonski 24th in 39:43 and Wonderful Way Hedding 25th in 39:50.

Janice Boyes was a easy winner in the womans division with a time of 38:48 Winning by 4:01

"Can't say much about this one because I was running in the R.I. State Police 6.3mi the same day where I was 11th and 2ent in the Police division time 36:23"

TOM BAKER



Colchester 5mi.



Missed this race for the first time in three years its always a tough 5mi. Wayne Jacob tied his own course record by winning over rival Jim Uhrig in 24:33 1st Strider and 1st Colchester finisher was Walt Smolenski in 26:27 (must be that Colchester air) Walt was also 4th overall. 11th overall was John Brown in 27:56 (Hes coming back very strong) 15th Marshall Collins 28:49, 19th Bob Harding 29:17 and 23rd Way Hedding in 29:37 Kathy Smolenski was 2ent Colchester woman in 35:47 "Happy Anniversary Walt & Kathy Smolenski"

"A early starting time may have been a plus this year"



Road Racing "Footnotes"



Congratulations to Joe Banas in the Sugarloaf Marathon in Kingsfield Maine he finished 2ent in a time of 2:29:26 in a constant rainstorm.

"Great Job Joe"

Upcoming Races; Sept. 12 Downtown Norwich 4mi (3.88) 6pm
 Sept. 21 Lisbon 3.5mi 10am
 Niantic PTA 5mi. 11am
 Portland 40K 10am
 Sept. 22 YMCA Biathlon 5mi run 25mi bike 1:15pm
 Sept. 28 East Lyme Marathon 8:30

Note; This is my first attempt at Road Race reporting I know I left some of you people out if I did I'm sorry and I will try to get more Striders in the next newsletter. I would like to hear any comments or information you might have my home phone is 889-3282

See you on the roads and at the races

Mike Smith****

CROSS COUNTRY SEASON IS HERE. Let's see lots of support of our fantastic young people. Below is just a partial list.

UCONN- KIM HAWKES, KATHY HAWKES, KELLY PICKNEY, (CARLA BROWN, ECSU.) BILL MILESKI on his way to YALE. Nor. Tech. , DARYL POPROSKY . For Ledyard we have ROB CARBRAY and at Montville there is KELLY HAWKES. Not to forget SARAH SULLIVAN AMANDA SULLIVAN TARA BIASE, TINA TETREAUULT, all soon to be star runners in high school. Still in college we have CHRIS HANSEN at Holy Cross. Also that handsome JOHN DONOVAN, SHAWN & TODD BENNETT. Also RUSSELL RICHARD AND RACHAEL MILLER. Not forgetting DAVID SHARPLES, DON SIKORSKI. MONICA CHRISTIE. SCOTT and KAREN CRAIG. MARK CURRAN. DAVID HOULE of St. Bernard fame. Almost forgot a miss by the name of MELINDA PICKNEY of Montville.

SOME OF OUR FINE COACHES INCLUDE: KEVIN CROWLEY- NFA, KEN RAWN- MONTVILLE, GENE mcGRATH- NFA, STEVE LAMB- PORTLAND, DOUG SHARPLES-ST. BERNARD

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



Waterford week was a big win for BOB STACK who got no newspaper coverage for his fine win. BOB is one of the top ten runners in the club and always right up there in any race.

BILL KROHN former STRIDER and now a world class runner was recently in town for the first NFA Alumni cross country race. Now That is CLASS for you/some runner this guy is.

DAVE DEMBROW has moved to Potomac Ma. but we're sure he will be back one of these days. Keep in touch DAVE.

MARIE GRAVELL very THIN these days and very PRETTY too. MARIE always on hand to help at area races.

Special nephew PETER NYSTROM and his new bride LINDA finally joined the club. PETER KNEW he was very late, joining the club so paid for a full year.

LOU AND MARY FREE are back home from Washington D.C., and recently came away with a first place finish in their age group at Ledyard race. Fine race put on by one of aunties favorites, JERRY LENTZ, his very attractive mrs. and the other many people who ran the race.

HANDSOME PAUL HILL (aunties very first nephew) has been singing "I love N.Y." lately.

HARRY WATSON is engaged so that means he is going to take off one of his earrings.

BOB CHAMBERLAND was so enthused about the club picnic that he came down a whole day early and tried to crash a party going on that day at the pavilan.

BOB our picnic was on SUNDAY. Well he did find out and he got a prize for being the most dedicated.

Resident state trooper JOHN SAARI (Montville) was recently presented with a gift from Auntie Joan. She had them put it in front of his desk. We understand he wasn't too pleased.

DR. JAMES WATSON a member of the University of Conn. Health center medical staff practicing in obstetrics, was extended admitting privileges recently at the Windham Comm. Memorial Hospital. And how is ELLEN and the rest of the family????

STEVE LAMB handsomer than ever... Now living in CoBolt, Ct. We had a nice chat with him at the picnic and he told us he was spending the summer at his sisters in Ledyard. Looking forward to seeing him again at the Montville Invitational at Fort Shantok early October. This is cross country at it's best.

SWEETHEART JOE BANAS was 2nd at Sugarloaf Marathon and watch out for him at the East Lyme Marathon. HE IS LOOKING FOR A BIG WIN. We are going to do everything to help him that we can.

AFTER NINE LONG YEARS OF HEDGING WALLY SCEPANCKI and his family has FINALLY joined the club. WALLY'S grandparents lived right next door to Auntie Joan. WALLY used to be called "boy-shick", while growing up.

NEW ARRIVALS BOO BOO BILLY SHEA and his MRS. have a son named CHRISTOPHER who made his debut at the nec runs this summer. The MARSHALLS have a beautiful daughter named JESSICA, and the BURNETTS were blessed with a second daughter recently.

POLITICS

- MARSHALL COLLINS- Board of Education- Colchester
- Joan Hill- Board of Education- Montville
- Dan Poprosky- Zoning board- Lisbon

SUMMER FUN RUNS Norwich

A great big thank you to Jack Curran for taking on the 10 week program. He kept all the results, dropped them off at the bulletin each week and was the last one to leave each Thursday night. JACK did not get paid for this, and we all owe him our thanks, he did one fantastic job. Also a big hand for JOE LONARDELLI who was in charge of safety traffic controll. And to all the other STRIDERS who gave a hand each week keeping score and passing out the sticks. A GREAT BIG THANKS TO MIKE SMITH who took over the race results for JOHN BROWN. MIKE even typed his own section WITH A BROKEN HAND.. He got hit while while riding his bike. He did a great column his first time out. Thanks JOHN SUMMER PICNIC Thanks again to RON DOMBROWSKI who got all the beer, soda and ice for us. Also he didn't disappoint us in the food dept. He brought a huge baked tuna which we all enjoyed. Thanks to everyone who donated to the goody table. We had a really nice spread. The crazy hat contest had lots of entries. we gave away many prizes. Also the hawaain costumes and shorts were great. CARROLL MAILHOT provided the children (and many adults too) with a special treat of songs and story telling. She is a really beautifull person with a lot of talent. If you missed this very time we may be able to persuage her to come back again next year.

For all our mailing labels, thanks to WALT SMOKENSKI who does one fine job.

RAY "doll" BALLIRANO finally ran a race this year. He made his debut at the downtown Norwich race. Now how did I miss you?? Auntie waited and waited for you, to show up, Now I have to wait another whole year to see ya run don't I?????

HARRY OGULNICK had a very successful downtown Norwich race. Very popular race with good crowds.

MIKE AND JOAN DOHERTY, did you two just marry off a son recently?? Congratulations on the addition of a daughter- in - law. AUNTIE finds our everything.

JEFF KOTECKI is in fantastic running shape. (he is also very good looking too) At East Lyme he predicts a 2;30 time. Watch out for PHIL GARLAND too who is BACK. Both these guys are gonna give JOE a run for his money at E.L. marathon.

The MONTE'S are becoming very familar faces at area races.

BARBARA WILLIAMS looking sensational and thin these days. She walked off with the medal at the Norwich Rec runs. We think she will soon be faster than her husband our UNCLE AL. Let's hear it for the ladies..... BEV BENNETT picked up het trophy at Fort Shantok rec run.

WE forgot a very fine runner in the club. ROBIN WILLETT a young miss from Lisbon who runs for NFA. Keep her name in mind. You will be reading more about ROBIN. Watch for her at the State open this year, along with Miss Hawkes.

RICK BLINDERMAN is back with us again. hear that this young man is quite a good runner. Give us a call Rick, we'd like to hear more on you.

MIKE LADD newly married also ran in Europe on his honeymoon.

MR. & MRS. BART SAYET are proud parents af a baby girl born recently. DID AUNTIE not tell you we would have a baby boom...???

Welcome to JIM & RITA PERDIX who recently joined the club for the very first time. Would like to see you guys at some races. Come over and say hello.

AILENE MARTIN also new in the club. Other MARTIN'S are JOHN and PEARL.

DON'T FORGET THE CLUB MEETING. PLEASE BE THERE... We have a good time after too. REMEMBER THIS IS YOUR CLUB... THERE ARE DECISIONS TO BE MADE THIS YEAR. BE THERE THE SAME PEOPLE ARE AT ALL MEETINGS. LET'S SEE ALL YOU NEW PEOPLE TOO..... DIDN'T think We would forget to say thank you to DEBBIE DEVEAU for running off all those letters for us. Also to CARL MAILHOT who let Joan use the machine in the office this time around. And if any of you can help run off a newsletter please give a ring to let us know.

848-c346

KEEP ON RUNNING-WEAR REFLECTIVE CLOTHING..

MOHEGAN
STRIDERS



8 Sunset Ave.
Ledyard, CT 06339



FIRST CLASS



SMITH
43 BEECH ST.
NORWICH, CT 06360