



MOHEGAN STRIDERS



THE ARROWHEAD

A MOHEGAN STRIDER PUBLICATION

NOVEMBER 1985

MEMBERSHIP 370+

PRESIDENT	James Butler	VICE PRESIDENT	Joan Hill
SECRETARY	Robert Carbray	TREASURER	Don Lewis

CLUB MEETING: The annual meeting of the Mohegan Striders was attended by only 41 members. Where were the rest of you?? Many issues were voted on and adopted for the 1986 season. If you were there you know, if you weren't - you should have been. We always meet in the fall on the first Friday in November.

TOMMY TOY FUND FUN RUN

FRIDAY DECEMBER 13, 1985 7:00 pm. Meet in front of Billy Wilson's on Franklin St. in Norwich. Please be generous this year and bring a wrapped gift for a child. Why not bring two gifts this year. Race is 3 miles (2 loops around). Some run it, others walk and sing carols. Christmas costumes and colors encouraged. We always have Santa, elves - a suprize or two. Please come and join in on this festive occasion - there's got to be lots of us in attendance if we plan to stay warm!

MOHEGAN STRIDER WINTER FUN RUNS

These Fun Runs are held at Mohegan Park, the first Sunday, December 1st at 9:00 am, and will conclude with a 10K race the second Sunday in February 1986. TRASH-TREASURES same as years before - bring something for exchange. Cider and donuts will be provided.

TEAM COMPETITION If you hope to compete on the MOHEGAN STRIDER team, please make sure your dues are paid and you are a TAC member. Most championship races are TAC sanctioned. Contact JACK CURRAN for details (889-0874).

MEMBERSHIP DUES ARE NOW DUE AND PAYABLE. Please see the form included in this Newsletter. You will receive one FREE newsletter in 1986 - but after that - forget it - you won't be getting this newsletter.

Letter from club president Jim Butler

Dear Striders:

I originally had the idea of starting a President's Column in each newsletter last year when I was first elected President of this venerable organization. But alas, anyone familiar with the marathon knows what happens to good intentions. So this column is not unlike my own running - it is somewhat behind where I intended it to be. However, I would like to take the opportunity of my re-election to initiate such a column. I hope to place a column in each newsletter, the purpose of which will also be similar to my running habits - it will attempt to cover a lot of distance. If any of you have any ideas for topics of this column (or if you have any thoughts on how I could improve my 10K time), I would appreciate hearing from you.

First things first. I would like to thank the membership of the club for re-electing me President (and since I should have in a column a year ago, thank you for electing me President last year). I consider this quite an honor. I also view it as a serious responsibility, as do the other members of the Executive Board. I would welcome any and all thoughts concerning the direction the club should take during the upcoming year. One place to start is by completing and returning the enclosed newsletter. Our club is a large one and I don't know or come into contact with you all. This survey is a good opportunity to let the club officers know who you are and what you would like to see the club do for you. Please take the time to fill it out and mail it back to the address indicated. By the way, the survey is the brainchild of and was formulated by our Treasurer, Don Lewis. I commend Don for his efforts in putting this together.

I would like to touch upon several topics which were discussed at the biannual meeting in November. These will become goals of mine during 1986 and I will report on them from time to time in this column.

- Racing Teams. At the meeting, many people expressed their thoughts on how to improve the quality and quantity of teams travelling to races and representing the Striders. The general consensus was that a more concentrated and aggressive effort be made in assembling and coordinating teams to travel to specific races. This includes not only our A teams, but also women's, master's, and junior's teams. Jack Curran has been appointed the new Racing Coordinator, and Julio Murillo, Coordinator for the past two years, has volunteered to assist him. These two gentlemen would welcome any assistance which you might provide.

- Involvement of Individual Members. In the past, we have all heard the statement made that it's the same people running the show or lending a hand. I would ask that during 1986, every club member take it upon himself or herself to become involved with some club function or event. In this way, the event involved will be that much better staffed, decisions being made will be more democratic, and we will all realize a better return on the money we invest in the form of dues. Events where individuals might become more active which come readily to mind include the Run With Santa, the Winter Series in Mohegan Park, Summer Rec Runs, club socials, and of course the Rose Arts Road Race. Please, help the club make running in 1986 that much better.

- Club Officers. At the November meeting as noted elsewhere in this newsletter, the 1985 board of officers was re-elected to serve in 1986. Speaking as a club member of almost 10 years, I can say that the Striders have been fortunate to have had such a dedicated and well-intentioned group of people serving us. I have talked to several people, and intend to speak with several others, who might be interested in serving the club in some capacity in

the future. The club is always looking for new ideas and new legs to guide it. Toward that end, Marshall Collins has been appointed as Nominating Committee Chairman, charged with the responsibility of assembling a slate of officers for 1987. If you are at all interested, or think you might be, please give Marshall a call.

Before concluding, I would like to note that Al Morisson has volunteered to direct, and Billy Shea has volunteered to assist, in putting on a fund-raising race for the Norwich Soup Kitchen. More details on date, place, distance, and time will be made available in the future. Thanks, Al, Thanks, Billy. And thank you all for listening - as anybody who has ever trained with me knows, I usually talk the whole way! See you all at the Run With Santa!

Jim Butler

MOHEGAN STRIDERS 1986 MEMBERSHIP APPLICATION

	<u>DATE OF BIRTH</u>	<u>AGE</u>	<u>SEX (M or F)</u>
NAME: _____	_____	_____	_____
NAME: _____	_____	_____	_____
NAME: _____	_____	_____	_____
NAME: _____	_____	_____	_____

ADDRESS: _____

TELEPHONE: _____ ZIP CODE: _____

Mail check of Money Order Payable to MOHEGAN STRIDERS and send to:

Bob Carbray
c/o MOHEGAN STRIDERS
8 Sunset Ave.
Ledyard, CT 06339

PLEASE FEEL FREE to add any comments or suggestions that might be helpful to the club.

Dear Striders -

As a fairly new member of the Mohegan Striders, (since July 1984) I'd like to take a few minutes to say that the 80-100 of the 370+ members I've met are absolutely great people! I know I've gotten myself hooked up with a great bunch of people of all kinds - but with one common interest or goal - and that is running.

As we all know, there is a wide variety of runners in our club - those who are elite runners, the marathoners, the ones who run every local race, the ones who run only for fitness or pleasure, or those of us who just keep running without any goal ahead of us. There are even those among us who do not run anymore - but who are still proud to say that they are active members of the Mohegan Striders.

This is the most wonderful thing about our club - participation and pride. Whether it is being active in the running aspect of the club, or the administration part, I hope we can all feel the desire to participate anyway we can.

And as for the pride - the Mohegan Striders have made, and are continuing to make a name for themselves, not in Connecticut alone, but outside of those borders.

I am certainly proud to be a member of the Mohegan Striders, and as I become more involved and work side by side with other members, I'm finding out what dedicated people we have in this club. And believe me - I am anxious to meet the remaining 270+ of you!

Keep on striding

Rebbie DeKear

ON THE ROAD BY MIKE SMITH

Tom Hewes 10K Relay:

Something new for the S.E. Conn. area - a 10K relay (5K each leg). Lots of Striders ran, but few teamed up together. The masters team of RON LAFLEUR and JIM HILL won their division, with a combined time of 39:18 and finished 10th overall. PAT and DAVE LATHROP were 4th in their division in 41:13, and 16th overall. The overall champs were TIM KANE and Strider PHIL GARLAND in 32:45, followed by Amby Burfoot of T3R and Strider President JIM BUTLER in 33:58.

"SO MUCH FOR TAG TEAM RACING."

Norwich Moose Lodge - 3.3 miles

A small field of 47 runners showed up in Bozrah for this 2nd Annual Moose Race. A very good turnout by the Striders as they made up 25% of the field. TIM SMITH led the way, finishing 2nd in 17:12 behind winner Paul Fendler of N.Y. in 17:00. DAVE LATHROP was 4th in 18:35, 6th BOB HARDING - 18:51, 8th TONY STRAZZO - 19:08, 9th RUSS MILLER, 19:32 (IRV'S son), 10th CLEM McGRATH - 20:02, 16th RICH PODURGIEL - 21:13, 21st ROSE BUCKINGHAM - 21:22, 22nd CHET CREAMER - 22:31, 1st GM, 24th CHARLIE WHITTEY 22:48, 26th PAT LATHROP - 23:04, 1st Women's open, 32nd KEN RAWN - Montville CC coach in 24:26, 1st Women's Master - JUDY McGRATH in 26:41 - she was also 1st Women's Master in the Colchester race in 42:39, which I forgot in the last newsletter - Sorry JUDY. "This race has one of the best T-shirts around - everyone should have one of them."

Norwich Downtown Merchants - 4 mile (3.88 mile):

An international flavor for HARRY "O's" 5th Annual Merchants race - four Irish-American runners down from Providence all finished in the top eight. Lots of local talent showcased their racing ability with Middletown's Gary Nixon setting a new course record of 18:35, by beating former record holder WAYNE JACOB of CMS by 19 seconds. JIM UHRIG was 3rd in 19:14 and FRAN HOULE of CMS 6th in 19:36. First Strider and 1st Master was BILL MARSHALL in 20:18, followed by TIM SMITH 11th in 20:28, DENNIS TETREAUULT 13th in 21:13, DON LEWIS 16th in 22:05, MIKE HERRICK 21st in 23:10, TOM LEE 22nd in 23:21, also SUE HOAGLAND was 3rd woman in 26:58, TINA TETREAUULT 1st in Women's Junior in 30:09.

Division winners in the 2 mile fun run were Men's Junior TYLER MARSHALL in 13:42, Men's Masters RON (WALT) DOMBROWSKI in 13:15, Woman's Open PAT LATHROP in 13:41 and it looked that JOE (2:29) BANAS was the overall unofficial winner. "How about a TEAM division next year - Harry? Also, RICH PODURGIEL 3rd City employee - "Good Race RICHARD".

Great New London Road Race - 5 miles:

This first time race in downtown New London had the first 15 runners all under 28:00. I guess that's what happens when they put up the \$\$\$ (prize money). Pacing the Striders with a 4th overall was PHIL GARLAND in 25:53. 5th BOB STACK in 25:02, 7th BILL MARSHALL in 26:31, 9th DENNIS TETREAUULT in 27:03, 10th President JIM BUTLER in 27:18, 11th WALT SMOLENSKI in 27:29, and 12th JIM MURPHY in 27:36. "That's seven STRIDERS in the top 12 - an outstanding effort."

Niantic PTA - 5 miles:

A very nice 5 miler mostly on the East Lyme Marathon course and it's very flat and fast, and a good tune-up for the marathon. JEFF KOTECKI led the Striders, winning in 25:39, with JOE BANAS 2nd in 26:31. These two should lock up again in the ELM on October 20. "Strider TONY STRAZZO runs this race and does a great job with it."

Lisbon 3.5 miler:

DENNIS TETREAUULT led the Striders, placing 3rd overall in 18:30 behind FRAN HOULE 1st in 17:34 and ERNIE DUMAS 2nd in 18:17, both of the Central Mass. Striders. DON SIKORSKI 5th in 18:48, TIM SMITH 6th in 19:08, MIKE MOORE 7th in 19:15, DAVE LATHROP 11th in 20:07, CARL MAILHOT 12th in 20:13, WAYNE HANSON 15th in 20:43, TOM LEE 16th in 20:47, MARK BAISE 24th in 20:58, and BOB MILES 25th in 21:13.

In the often overlooked Women's Divisions, 12 and under age group - 1st place was TINA TETREAUULT, 31-40, PAT LATHROP, and 3rd in the Open - ROSE BUCKINGHAM. "I forgot to get the times - sorry girls." Also good races to JIM HILL, RON DOMBROWSKI AND RICH PODURGIEL. "Now that this race has a set distance it is becoming one of the top Fall races in the area - a good job by JUDY and her crew."

East Lyme Marathon:

TIM (MR. MARATHON) SMITH came out the winner for the third time in six years of the E.L.M. with a time of 2:34:15, BOB STACK was 2nd in 2:35:53, BILL MARSHALL 4th in 2:36:12, JOE BANAS 6th in 2:38:44, JEFF KOTECKI 7th in 2:40:22, JIM BUTLER 8th in 2:42:40, DENNIS TETREAUULT 12th in 2:51:14, JIM CARPER 13th in 2:51:34, MYSELF in 3:01:05, 18th JANICE BOYES 1st woman in 3:15:21, JIM HILL 4th master in around 3:07 and RON LAFLEUR ran his first marathon in 3:16. "Good job RON."

"THEY KEEP SAYING THIS MAY BE THE LAST EAST LYME MARATHON - LET'S HOPE NOT."

Other Races:

JEFF KOTECKI won the Westerly 10 mile in 54:29 (the week before the East Lyme Marathon). DENNIS TETREAUULT 3rd at the Dayville 3 mile Cross Country in 16:34.

NOTICE: If I overlooked anybody in any of these races, please contact me at 889-3282 and I will make sure that it gets in the next newsletter. THANK YOU = MIKE

P.S. Any Strider wishing subscriptions to Boston Running News - please contact me at the above number.



MUSCLE IMBALANCE-PART II BY CARL R. MAILHOT, R.P.T.

After my last article in the August newsletter on muscle balance, this discussion revolves around the result of muscle imbalance, namely muscle strain. Remember that in the August article we discussed the influence of opposing muscle groups. When muscle groups were in proper balance, optimum leg speed, strength, flexibility and shock absorption takes place. If you lose that balance, one muscle group either is over stretched and prone to premature fatigue (over stress) or, the other muscle group becomes excessively tight and shortened, and therefore susceptible to muscle "pulls" or elongation of muscle fibers beyond their limits.

Muscles strains can occur in the muscle belly; the junction where the muscle and tendon meet; the tendon itself; or, the tendon-bony attachment. The degree of strain and the healing time at each area differ by the amount of blood circulating in the affected region of the muscle-tendon complex. (i.e., The greatest amount of blood circulating through tissue and the fastest healing time occurs with strains to the muscle belly; whereas, the slowest healing time occurs with strains at the tendon-bone interface where there is less blood circulation.)

Secondly, strains occur in degrees, from first to fourth degree. First degree strains involve minor separation or elongation of the muscle fibers. There isn't any bleeding, but there is soreness with the long use of the muscle which may last several hours or days after the strain begins. Second degree strains involve some minor microscopic tears of the muscle or tendons fibers. Symptoms may include bleeding, swelling, and more intense pain with use of the muscle or with the palpation of the muscle region. The discomfort will last while the muscles are being stretched or used. Mature scar tissue begins to form within 10-12 days. After which time, mild graded resumption of muscle action can be performed. Third degree strains involve major portions of the muscle and/or tendon fibers being torn with bleeding, swelling, and loss of muscle power. These strains may require suturing the frayed segments back together, cast immobilization for four to eight weeks and then prolonged physical therapy. One level worse, some call fourth degree, is complete tear of the tendon or muscle and may also include pulling of the bony attachment where the tendon attaches to the bone off of the rest of the bone itself.

Rehabilitation of muscle strains depends on the severity of the injury (first, second, or third degree). First degree strains require ice application before and after mild stretching of the affected muscles and active resistive exercises to the opposing muscles (refer to the August articles for opposing muscle group actions). Once the muscle strain is less uncomfortable, then resistance exercises to the affected muscles can begin.

Second degree strains require 10-14 days of rest, ice, compression, and if possible elevation, especially in the legs. A period of rest may mean needed crutches if the leg

muscles involved keep weight off of the involved leg. After the muscle fibers have healed the scar tissue, progressive sustained stretching along with continued use of cold applications for another few days is indicated. The cold applications may continue as long as there is swelling or skin discoloration from any bleeding that had occurred from the injury. Then, opposing muscle groups are strengthened through a full range of motion and isometric exercises started on the involved muscles. Depending upon residual swelling and tenderness, the use of the affected muscles may begin to be actively resisted through as full an arc of motion as possible without creating pain. The last phase, which is the same for first and second degree strains, include adding over-pressure or body weight to the affected muscles groups progressively; first in standing, then walking, and finally in running.

Third and fourth degree strains or complete muscle tears need orthopedic (or podiatric) care of a physician and may include surgery and/or cast immobilization for four to eight weeks. The rehabilitation of this injury involves physical therapy and is beyond the scope of this article and may last anywhere from three to six months.

Run safely, Carl.

PROFILES ON PEOPLE

MARY HAYDEN MARY is a running mom with three children - one in college - and is wife to hubbie Bill. Mary is a small energetic lady who not only keeps house, garden and apple orchards, but works part-time at a tree nursery. She has been running seriously since around 1978, training alone and with other Striders for the Rose Arts and Kelley Races and later, for her first East Lyme Marathon in 1980.

1980's East Lyme Marathon for MARY was only a training run for the several to follow: including 3 BOSTON MARATHONS with times of under 3:30. MARY still holds the record for her age group at the Harvest Festival Race, and she has won the Master's Division at the East Lyme Marathon.

Training for marathons have MARY sometimes running 75 miles per week - with Strider JACK CURRAN and others.

PAT RICE PAT started running about 8 years ago. She has races in every local race there is - from Rose Arts to the Kelley Race. At one time she was the only lady runner seen in the Uncasville area.

PAT trained for the first East Lyme Marathon in 1980, and got through her first 18 miler and felt great, except all her toenails fell off! Still undaunted she continued training till a fall on the Fort Shantok cross country course resulted in a very badly sprained ankle. Not being able to run, PAT turned her efforts to canoe racing and her first year in the 5-man Ledyard Relay, her team place 1st in the canoe event. Since then her team has placed no less than 3rd place.

Now a member of the Connecticut Canoe Racing Association, PAT has amassed a huge collection of trophies, plaques and awards to attest to her canoeing ability - and she still finds time to run and bike.



Montville
Hawkes, the daughter of Mr. and Mrs. Gerald Hawkes of Oakdale, is a member of the team for the second straight year. A four-time letter-winner, she was named to the All-ECC team for the fourth straight year and was named all-state for the second consecutive time. She is a member of the track team, the student council, and the National Honor Society. Hawkes, who enjoys skiing, plans to attend college next year and study business.



Kelly Hawkes



Willitt, a junior, is one of four repeat selections on the team. She is the daughter of Brian and Louise Willitt of Lisbon and a three-time letter-winner. She has been an honor roll student in every semester, a member of the track and basketball teams and vice-president of the Varsity Club. Willitt, the team's No. 1 runner the last two seasons, was unbeaten in dual meets, 17th in the Wickham Invite, 21st in the Wickham Park Invite, 19th in Class 11 and 28th in the State Open. She plans to attend college following graduation.



Robid Willitt

Carbay finished third in the ECC meet this year and in the process earned his third straight All-ECC award. A senior and the son of Robert and Sheila Carbay of Ledyard, Carbay is a four-time letter-winner in cross country and has won three letters each in indoor and outdoor track.



Bob Carbay



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All, now thatn hurricane Gloria is almost forgotten, let's all settle in for a short winter and put lots of miles in for good health. Speaking of health, we just heard that 13 year old KEVIN CARBRAY went and broke his OTHER elbow. He was just about recovered too. This makes it the 34th broken bone. KEVIN, please accept our wishes for a speedy recovery.

Don't forget to pay your dues. We did NOT go up on dues. They are still \$4.00 for the first family member and 50¢ for each family member in the same household. You will get the January 1986 issue of the ARROWHEAD, but after that you will have to borrow your friend's copy because you won't be on the mailing list.

Let's hear it for our club officers. President JIM BUTLER was re-elected as were the other officers of your club. Let's see some interest about running for some office or at least geeting on a committee. Too few of us do all the work.

Why not make it a commitment to show up each Sunday for the fun runs we sponser at Mohegan Park this winter. The runs are every Sunday at 9:00 am, and are 4 or 6 mile runs. It is a great great way of meeting new people. Tell all your friends. They don't even have to be STRIDERS. Everyone is welcome.

How about that TIM SMITH????????? He went and showed'em all again who owns East Lyme Marathon turf. He played it cool during the race and picked them off one by one. Auntie was on the course and was able to see the front runners. He isn't called Mr. Marathon for nothing.

THE SMITH'S were also blessed with a 2nd son a few weeks ago. Little NED made his appearance shortly after the first of November. Now MATTHEW has that little brother he's been waiting for.

All the STRIDERS finished up at East Lyme in fine fashion. We had 7 in the top 10 finishes. BOB STACK, JOE BANAS, BILLY MARSHALL (a master?) JIM BUTLER and not forgetting handsome JEFF KOTECKI and the rest of the guys. Results were published in all newspapers so all are familiar with how well we did again this year.

AUNTIE'S WAYNE baby JACOB did a fine job coaching the Holy Family girls Cross Country team. Auntie even trained with them a few times. Other coaches we forgot in last newsletter were BOB MILES and CHRIS ORTELANCE.

WHERE'S THE BEER CLEMIE MCGRATH and brother and side kick GENE "GENIE" babe were focal at the club meeting. Both are gonna be more involved in the club this coming year. Now if they will please stop insulting Auntie about her "chubby" parts. And you should hear FRAN HOULE SR. Talk about Axe handle widths. The only one on my side was BOB CHAMBERLAND. Got to get this guy down here more often. Where is BOLTON anyways??

Now that Cross Country season is over, let's see more of the high school students keep on running and come along with us oldsters on runs and training at NFA. We have some fine gals and guys on our team. Why don't you all write Auntie a note telling her exactly what you are up to?? Let's see how many respond.

Now that BILLY MARSHALL and his lovely wife are settled down with their new daughter, BILLY is going to try his darndest to be the fastest runner in the club. Watch him in 1986, if you think he's going now.

HOLIDAY WISHES to all the members of the club, their families, and loved ones.

staff of the ARROWHEAD, coordinator JOAN HILL, typist DEBBIE DEVEAU, race results MIKE SMITH, CARL MAILHOT R.P.T., with injuries, training, all wish you the Merriest Christmas and to our Jewish members, a Happy Hanukkah. See you all in January about the 15th.

All NEWSLETTER ITEMS must be submitted no later than January 1st for publication.



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First Class Mail

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