



MOHEGAN STRIDERS



THE ARROWHEAD

A MOHEGAN STRIDER PUBLICATION

January 1986

Membership 359

PRESIDENT	James Butler	VICE PRESIDENT	Joan Hill
SECRETARY	Robert Carbray	TREASURER	Don Lewis
TYPIST	Debbie DeVeau	PUBLICITY	Bob Miles
TEAM RACES	Jack Curran	RACE RESULTS	Mike Smith
NEWSLETTER COORDINATOR Joan Hill			

1986 Membership dues are due and payable January 1st. Please be advised that this will be your last newsletter unless you renew your membership and pay your club dues. In the past we have carried those people til April - we cannot afford the postage to do so any longer, so, PLEASE PAY YOUR DUES today (form is on the back page).

We have in the planning stage a list of each Mohegan Strider member and his or her occupation. This list will enable people from within our own club to utilize these people when we need them - Doctor, lawyer, physical therapist, chiropractor, real estate agent, daycare, nurse, etc. EXCELLANT IDEA FROM JAN MALLET.

CLUB PICNIC

SUNDAY AUGUST 17, 1986

Mohegan Park Pavilion

10:00 am to sundown

KEEP THIS DATE OPEN! Don't say we didn't give you plenty of notice to reserve the date. For those who would like to come down the day before and reserve the pavilion, this should be plenty of notice for you too! We've planned some surprises - more on this later.

DECALS - Club Decals are available - donation of \$1.00 or more will be accepted. All proceeds will be used to defray expenses for our team races. Contact Bob Carbray, 8 Sunset Ave. Ledyard CT 06339.

STRIDER HATS \$3.50 See Don Lewis Also a limited selection of WOMAN'S UNIFORMS

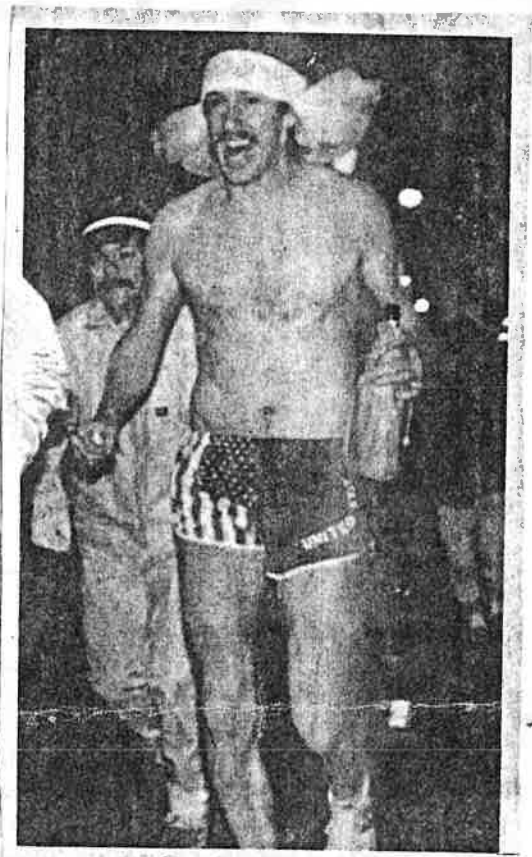
WINTER FUN RUNS Every Sunday at 9:00 am at the Mohegan Park Recreation Department Building. FEBRUARY 23rd at 10:00 am is the final Winter Race - 6.2 mile (10K). Please bring a garage sale item for prizes - no entry fee. Donuts and hot chocolate will be provided. Bring the whole family - it's a fun race and a fun day.

AND SPEAKING OF THE WINTER REC RUNS - the following poem has been submitted - but the poet desires to remain anonymous.....

A Winter Rec Run
Its fun -
But the pace
More resembles a race
So come on out
All you who are in doubt
Yes - races can be run
In winter - and pardon
Me for saying so
Bob Miles
Not all of us finish
Full of smiles
Your hills put through the paces -
Leaving us all praying -
That winter won't be staying....

TOMMY TOY FUND RUN

WAY WAY HEDDING HEDDING led the way at the Tommy Toy Fund Run in a hat and shorts - yes folks, that's it folks. While the weather tended to keep alot of people off the road and at home, those that turned out enjoyed the run and the company afterward, and yes, we did collect quite a few gifts for the Tommy Toy Fund.



Bulletin photo by John Shishmanian
Way Hedding dons a cap in the Tommy Toy Fund Run

THE MOHEGAN STRIDERS is a club composed of many proud individuals. As a group we should voice to others our pride. Those individuals whose efforts are noteworthy should receive credit for their accomplishments. In order to enhance the image of the club and to trumpet the successes of our athletes, I would like any significant race results and club happenings to be phoned to me so that the local media can be informed. Race results from outside of the area, team results, club happenings and other significant events involving club members will be considered as noteworthy happenings. However, we cannot convey our successes to others without the cooperation of those involved with the specific events. We are a proud club, so let's tell the world about our pride. Please call me if you think you have a bit of significant information. This will be in addition to Mike Smith's Arrowhead duties. Mike has been working hard and doing a fine job. He will continue to keep the Arrowhead informed of race results of the Striders. I can be contacted at my home number - 889-5842. -BOB MILES

A NOTE FROM CLEM'S CORNER

SEEMS Kevin, Gene, Jack Long, myself and Walt O'Smolenski skipped up to the Irish club in Glastonbury on the eve before the Manchester to meet the Irish runners. Due to no show and after tipping a few Guinness, Kevin announced that the fastest runner in the whole place was none other than O'Smolenski. After another pint or two, the real fun began. Gene and Kevin started re-running the old days and when the smoke cleared, we had a bet for next year's Rose Arts Race. And Gene even spotted Kevin one minute. If either fails to run, a healthy fine must be paid to the rest of us...I wonder if the Guinness had anything to do with this??

ARTICLE REVIEW
AMERICAN JOURNAL OF SPORTS MEDICINE VOL 13, #4, 1985
"SHOCK ABSORPTION OF RUNNING SHOES" COOK et. al.

A wide range of shoe brands (this range being primarily by retail price.) were evaluated for changes in shock absorption properties over the course of a given number of miles, both in simulated running using mechanically simulated repeated heel strike motion and by a group of volunteer runners during normal training at 0, 5, 10, 25, 50, 75, 100, 125, 150, 200, 250, 300 and 500 miles of running. To date, little information exists on long-term shock absorption properties of running shoes, and no information exists on the rate of this deterioration. With the current amount of runners logging greater numbers of miles, the millions of impacts sent through the tissues of the body, the shoes must provide shock absorption as well as stability and motion control. Knowledge of the effectiveness of protective qualities of the running shoe becomes critical in preventing injury.

In this study, in order to correlate the machine simulated running with actual running, shoes were also tested after having been worn by volunteers during normal training. The shoes tested showed an initial shock absorption capability difference of 33%. (That is, the range of shoes tested at the beginning of the test showed a variation of some 33%.) In general, shoes retained approximately 85% of their initial shock absorption after the first 50 miles, 67% at 100-150 mile marks. Between 250 and 500 miles, the shoes had approximately 55% of their initial shock absorption capabilities, and then the shock absorption capabilities leveled off. The range in the percentage of retention of shock absorption at 500 miles for all shoes was 45-60%. The amount of lost shock absorption by actual running was less than that performed by the machine simulated running. Almost 25% greater loss of shock absorption was seen with the machine tested variety. The number of shoes demonstrating superior initial shock absorption capability but more rapid degradation characteristics indicate initial sponginess of a shoe may be misleading in choosing a particular shoe intended for extensive wear. There was also a lack of difference despite range of prices for shoes, since it was also a poor predictor of quality of shock absorption.

It is estimated that running 50-75 miles per week results in approximately a 50% chance of knee injury, thus the less shock absorption (among other variables such as stability and motion control) can seriously increase potential for serious injury. It is apparent from this study that running shoe manufacturers still have much work to do to improve shock absorption properties. The new mid-sole designs seemingly do very little to improve the absorption properties of the well-worn shoes.

My own experience and advice is to buy shoes every two or three months (between 250 and 400 miles) and rotate wearing so that the older pair is worn less as the new ones break in. Most of all, it is advisable not to go by shoe appearance or the wear pattern of your older shoes in determining what type of newer running styles will be beneficial to absorb shock.

RECENT ELECTED OFFICES

- DAN POPROSKY - Zoning Board, Town of Lisbon
- JOAN HILL - Board of Education, Town of Montville
- MARSHALL COLLINS - Board of Education, Town of Salem

ALSO, congratulations to Vice President JOAN HILL on her new job at Mallon Chevrolet - Give her a year or two and she'll be in partnership with them. Go for it Joan!

Seems as though AL MORRISON is getting things squared away - he showed up at the 1/12/8 Winter Rec Run - a pleasant surprize! In the meantime he says he's doing his pushups and walking a great deal, he's looking good after having dropped quite a few pounds. AL, we're all pulling for you, don't let us down! Remember, how many people can say that they are "Coach" to 359 runners?!

Don't forget to stop by KELLEY'S PACE down in Mystic Village for the best selection in running shoes, clothes and all other necessary gear.

Winter time may not be the best time to run, with the cold and wind, icy roads, and short days, but don't let that stop you. Too many of us use it for an excuse to lay off. Just remember to use caution when running, dress properly before going out to run - and watch for those drivers who aren't too sure of their wintertime driving. Winter running can be lots of fun when approached from the right angle, so go to it - remember, spring has just got to come!!!

PROFILES ON PEOPLE

FEATURING: THE TETREAULTS

The Tetreaults are a Strider family of four, Dennis, Pat, Tina and James, who live in Lisbon. All of them are quite active in the Lisbon Fall Festival Race and in the last four years have proved themselves to be true Striders.

DENNIS has been a test mechanic at E.B. for twelve years now. In his free time he runs 35 - 40 miles a week - a dramatic change from four years ago when he was heavier and smoked. Now he's out to prove he's on his way up. He has run the Boston in 2:46, the East Lyme Marathon in under 3 hours, and though he hasn't tackled the New York Marathon - that is a pretty sure bet for his future. Dennis has been quite helpful to the club - we're glad to have someone among us that has shown that we can change our ways and improve ourselves. If you finish anywhere near him in a race, consider yourself doing well. We hope he keeps at it.

His wife PAT also works at E.B. as a clerk. She is also a runner now, for about two years. She probably started running to see more of her husband - but now she takes her running just as seriously as Dennis does. She also does aerobics two times a week. She has run the Lisbon Fall Race for the last two years - we're sure to see her at many more races.

Their son JAMES, at 14, has already proven that he's a great runner. He has run in the National Cross Country Championship at Van Cortland Park and was in the top 25. He also runs for the A.G.A.A. - ran in the Olympia - placed in the top 20; won the team race and went on to Albany for the Regionals and placed fourth. Not bad for a freshman (at NFA) where he runs Cross Country, indoor and outdoor track. What a great investment the Striders made in signing him up!

TINA, now 13, not only runs but also plays basketball for Lisbon. She has run many of the Summer Rec Runs, winning the summer medal. It's great to have such talented members in our club.

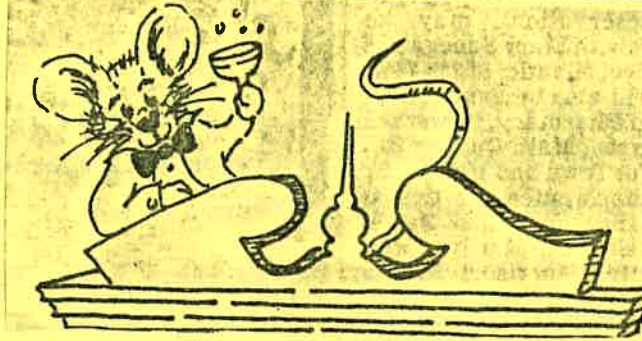
The Tetreault's have placed running a high priority in their lives, and it seems to be paying off. We're glad to have all four of them a part of the club. In addition to their running, the family canoes together, going out in two canoes, and also makes use of their sailboat. Let's hear it for this Lisbon family!

JIM and RITA PERDIX, relatively new members of the club, also both work at E.B. - both 2nd shift, and do their running together in the late morning. These two runners, though not so young, are surely young at heart and we are just as delighted to have them both members of the STRIDERS as they are to be members. Welcome to you both!

PEOPLE ON THE MOVE with Auntie Joan. All the latest dirt gossip and news about you and your running buddies. If I can't find news I make it up. CALL ANYTIME day or night 848-0346.



A
Happy



New year
to ALL!

Little NED SMITH made his debut at six weeks old at the Tommy Toy Fund Run - what a beautiful little baby...AL MALLET as handsome as ever...JOHN AND PEARL MARTIN are sweating out another winter in the cruel Florida sun - we should be so lucky! We miss you guys.

KEVIN CARBRAY had another ride in the ambulance last week, but was a false alarm - but another trip to the hospital later that week wasn't as such - it seems as though he messed up those two elbows that he broke last year - will have to be operated on this time. KEVIN, who is only 13 years old, has had 35 broken bones, is working on # 36. That's a record that none of us want to try to break.(pardon the pun!)

TODD AND MONICA POMAZON were blessed with a beautiful daughter SUZANNE on 7/25/85 - she's as pretty as her mom already.... A FIRST - dog SPARKY is now the first canine member - born 7/4/83 - guess who owns him?!.... STEVE LAMB seen at the Crystal Mall surrounded by pretty females - gosh, is that guy gorgeous!!! Haven't seen WAYNE BABY JACOB for some time - where have you been hiding?

Did you hear that JOHN PIRIES dog has put on 10 pounds of fat because JOHN has given up running and doesn't drag the poor dog down Rt. 32 like he used to...Special thanks to WALT SMOLENSKI for the mailing labels...DEBBIE DEVEAU for all the typing and running off of the newsletters - what would we do without you DEBS?? You are so caring. (Thanks Joan -debs.)

KEVIN GALLERINI recently joined the club - great runner and a definite asset to the club... JIM ROWAN broke his leg (left thebia - compound fracture) and was in traction for several weeks - the cast should be off the first of the year - hope you are feeling better and we expect you to be out running very soon.... Auntie finally met club member BART SAYET at the Tommy Toy Fund Run - great guy - a lawyer in Norwich - brand new dad of RACHAEL BETH - he and his wife own a beautiful historical home on Lebanon Green - BART is an asset to our club.

CHRIS PORTELANCE hit the big, big, big "40" birthday - his wife JUDY hosted a surprize party for him on Jan 5th - he is training for a triathalon - is a B.S. artist too... former typist PAT BAKER is now stenographer for Montville Board of Education....Our pal JOHN

KELLEY writing some fine articles in the New London Day each Sunday - Love ya JOHN.....
* * * * *
TYPIST'S NOTE: My apologies to Bob Miles -for the typo in his article on pg 2. Sorry, Bob, after making 240 Xerox copies I couldn't face correcting them all!!!

MOHEGAN STRIDERS ASSOCIATION
MEMBERSHIP SURVEY & RUNNER'S PROFILE

Name _____ Age _____ Sex _____

#Years Member of Striders _____ #Years Runner/Jogger _____

1. The club is presently involved in a variety of activities. Circle those you feel we should continue to be involved in during 1986, or list possible new activities:

- A. Winter Fun Runs
- B. Rose Arts Race
- C. Tommy Toy Fund Run
- D. Summer Rec Runs
- E. Summer Family Picnic
- F. Halloween Party

Possible New Club Activities _____

2. The club encourages participation by as many members as possible. Please list those activities you might consider becoming involved in during 1986 (examples: newsletter, picnic committee, race committee, club officer etc.)

3. Please list any suggestions you have for improving the club in 1986:

4. Would you be interested in purchasing a club uniform (about \$20).
Yes _____ No _____ Size _____ (For planning purposes only)

5. What is your opinion regarding a sponsored (possibly) Mohegan Strider Racing Team to compete regionally in top races:
A. Super Idea/Great for Club Image B. It's a Nice Concept C. Don't Care One Way or the Other D. I'm Not Wild About It E. Hate It/Detracts From Club Image.

Runners Profile: How fast are you? (In running shoes, that is.) List your personal bests for the following distances. Approximate times are OK.

1 Mile _____	5 Mile _____	10 Miles _____
3 Mile _____	10 K _____	1/2 Marathon _____
5 K _____	Rose Arts (10.6) _____	Marathon _____

What personal running accomplishment are you most proud of?

How many miles a week do you run (average)? _____

How many races a year do you run? _____

What is your favorite local race? _____

Why? _____

In 1986, do you think you will run (more, less, same) miles per week than in 1985? _____

In 1986, do you think you will run (more, less, same) races than in 1985? _____

In your opinion, what can local road race officials do to make their races more appealing to you? _____

Do you have any goals for the next year? _____

Any other thoughts, comments, suggestions, opinions, news items, trivia, etc. regarding the sport of running in general or the club in particular?

Remember, it's your club. We look forward to hearing from you! Please mail your responses to:

Mohegan Striders Association
8 Sunset Ave.
Ledyard, CT 06339

Thanks!

87E

MOHEGAN STRIDERS 1986 MEMBERSHIP APPLICATION

DATE OF BIRTH AGE SEX (M or F)

NAME: _____

NAME: _____

NAME: _____

NAME: _____

ADDRESS: _____

TELEPHONE: _____ ZIP CODE: _____

Mail check or Money order payable to MOHEGAN STRIDERS and send to: .

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

REMEMBER, dues are as follows: \$4.00 for the first member of a family, 50¢ for each additional member residing at the same address.

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

We are trying to implement a listing of occupations of each of our Strider members. When sending in your dues, please send the bottom portion of this application form, filled out. If you have children who are also members of the club, list their grade and what activities they participate in. Thanks!

OCCUPATION/GRADE & ACTIVITY

NAME: _____

NAME: _____

NAME: _____

NAME: _____



MOHEGAN STRIDERS
8 Sunset Avenue
Ledyard, CT 06339



First Class Mail

SMITH
43 BEECH ST.
NORWICH, CT 06360