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MOHEGAN STRIDERS



THE ARROWHEAD

A MOHEGAN STRIDER PUBLICATION

News deadline by
April 30

Membership 250

PRESIDENT James Butler
SECRETARY Robert Carbray

VICE PRESIDENT Joan Hill
TREASURER Don Lewis

!! PICNINC !!

Tentative plans for the club picnic are Sunday August 10, 1986.

Watch future newsletters for this years festivities.

SPRING MEETING

AT NORTON PECK LIBRARY FRIDAY 7:00 PM SHARP APRIL 25th, 1986. PLEASE BE THERE. We have close to 375 members in the club each year yet so few show up at our yearly meetings. We always have a lot to discuss and it is imperative that everyone make an effort to be there to decide how we run our club and make the decisions. MARK YOUR CALENDARS TODAY!

CLUB RACING TEAMS

Special meeting on Monday March 31, 1986. At the Rec. Dept building - 7:00 PM Sharp
ALL MEMBERS INTERESTED IN JOINING A RACING TEAM SHOULD PLAN TO ATTEND AN INFORMAL MEETING ON THE ABOVE DATE. THE PURPOSE OF THE MEETING IS TO DETERMINE:

1. Depth of participation: Male, female, Masters, high school, college, etc. (We need numbers of you to show up - not one lady or one master runner). If you don't show up and be heard then please don't complain later.
2. Team structure
3. Number of teams
4. Schedule of races
5. Club - sponsored races

This is very important. A true representation of the club is vital to the success of this meeting and the very future of team racing in the Mohegan Striders. Please pass the word around and bring your ideas and any info on team racing (Remember, you must be a paid member to voice an opinion.)

Further information, Call: JACK CURRAN 889-0874 WALT SMOLENSKI 537-3950

TEAM RACING RESULTS

On February 7th, a seven man Strider team finished 2nd out of ten teams at the Milford Five Mile Race. The 1st place team was Warren St. Included among the teams behind the Striders were Milford Road Runners and the Libra Athletic Association. The Striders were led by Bob Stack in 6th place at 26:39, followed by: Dennis Tetreault, 14th - 27:37, Walt Smolenski, 17th - 27:48, John Brown, 27th - 28:19, John Ficara, 33rd - 28:45, Way Hedding, 54th - 30:40 and Pete Volkmar, 91st - 33:21.

Good start on the year guys!! Special thanks to Pete Volkmar for organizing this effort and to Bob Stack for finding this race. Please let me know of any out-of-the-area races you know about with a team division. - Jack Curran.

ROSE ARTS FESTIVAL ROAD RACE ***** JUNE 22, 1986 20th YEAR

The race applications will be out soon and we hope to include them in the next newsletter. Once again our friends from the EASTERN SAVINGS & LOAN are the generous sponsors of this superb road race. We will again be asking you for your help and know we can count on our "best" to come forward as you did last year. Let's make this year the most perfect in all ways.

VOLUNTOWN MT. MISERY RACE 6.7 MILES OF RUGGED X-COUNTRY RACING

SATURDAY JULY 26th, 1986 at 9:00 am. Director: Bill Lachapelle, Rte. 165, Voluntown 06304
There almost wasn't a race this year due to the disbanding of the Voluntown Festival. Thanks to a few individuals the race will be preserved at least for this year. Show your loyalty by being there. Several MOHEGAN STRIDERS have offered as individuals to help out at the finish line and to score the results. Why not offer to help out too? Contact STRIDERS Debbie DeVeau 889-1751 and Bob Carbray 464-9022.

CLUB HATS CLUB HATS CLUB HATS CLUB HATS CLUB HATS

\$3.50 each hat Contact Don Lewis - Great gifts - 442-6148

CLUB UNIFORMS

If there is a need to order more club uniforms we will. Contact Don Lewis at 442-6148. He does have on hand some ladies Sub 4 tops at \$9 each, sizes small, medium and large. He also has some racing team tops in blue.

Mohegan Strider Window Stickers

We are expecting a donation of \$1.00 or more for our Strider stickers. The proceeds will go for our racing team expenses. Please be generous. We will accept any donations for this worthy cause. We hope in the future to gain a SPONSOR for our team racing. Hoping some individual or business will offer to sponsor us.

One of our very newest member JILL KEARNEY was the first contributor to the MOHEGAN STRIDER DECAL FUND for team racing. She gave \$5 for a decal. Where are the rest of you guys? This is a tremendous way of supporting our team.

So much for a message from the president every newsletter! I suppose this column is like my winter running - it is well-intentioned, but it never covers as many miles as I would like. Oh well.

First of all, Happy New Year to everybody. I hope you all are able to meet your running resolutions and goals during the upcoming year. As I noted in my last message, I have set several goals for the Striders Association which I would like to see achieved during 1986. One of these concerns greater input and participation in Strider activities by more members of the club. We are a team and we should all work together. The recently-distributed survey provided a vehicle for many of you to send along some very good and innovative ideas. The survey results are now being compiled and evaluated, and we hope to move on some of these suggestions in the very near future. In addition, through the survey, many of you have volunteered your participation in certain club activities. For this your club officers are grateful, and we will be contacting you to enlist your assistance. If you have not yet completed and sent in the survey, please take the time to do so - we would still like to hear from more of you.

A second goal I discussed in my last column concerned the desire of many club members to place a greater emphasis this year to send Strider teams to races having team championships. Jack Curran has assumed the role of Team Coordinator and will be responsible for forming teams and encouraging members to enter team races. If anyone will be attending a race having team championships, please let Jack know, so that he can better coordinate the entering of Strider teams. It is our intent to publish in the newsletter a listing of races and TAC championships which we as a club should be pointing toward in 1986. I would be especially pleased if we could point toward the TAC Cross-Country championships in the fall. Strider teams have won this championship in the past and have qualified for the Nationals. In addition, many of us owe our running roots to the hills and dales of cross-country.

Well, spring is coming soon, and that means a renewed desire by all of us to increase the number of workouts and miles we run. I would like to close this column by urging you all to do so with intelligence and caution. Please avoid what I like to call the three too's - too much, too fast, too soon! And if some of those additional miles are to be run in the lingering darkness of late winter, be sure to wear reflective gear and attempt to avoid traffic where possible.

If you have any questions, concerns, comments, or would just like to provide me with some training company, please give me a call. With your input, the club can only get better. And with an audience, the jokes I like to tell while on the run will sound that much funnier!

See you at the races!

- Jim Butler

This note received from Mike Smith -

Due to my extra duties with the Police Dept. as Assistant Dog Warden, I will not be able to continue reporting on races for the newsletter. For a while anyway, my running will be put on hold and I feel if I cannot get to the races I cannot report on them.

I have really enjoyed doing this, and if I ever get going again, I will help in any way I can. Thank you and the Striders for the chance. - Mike Smith.

SO..... We need a Racing Reporter; someone to take over for Mike Smith. Thanks Mike for a job well done. We thank him for the great coverage, as a person who makes a commitment to his duty has to meet deadlines. Volunteers anyone???

ATTENTION also need someone to run off this newsletter next time. Many thanks to WALT THOMA in offering to run off this one. Please come forward even if you can do it on a one time basis. We provide paper.

Our congratulations for: NEW JOBS, PROMOTIONS FOR STRIDER MEMBERS

TIM SMITH Assitant Treasurer, Eastern Savings & Loan

DON LEWIS Lawrence & Memorial Hospitals

DR. JOHN KORNACKI Now a MOLECULAR BIOLOGIST

PETER NYSTRUM State Representative going places

MARATHON

It was the thought of glory
that leads me to tell the story
Of one person's dream and struggle,
over street jam-packed with rubble.
The crowd and its many faces
are but a glance as I pass in paces.

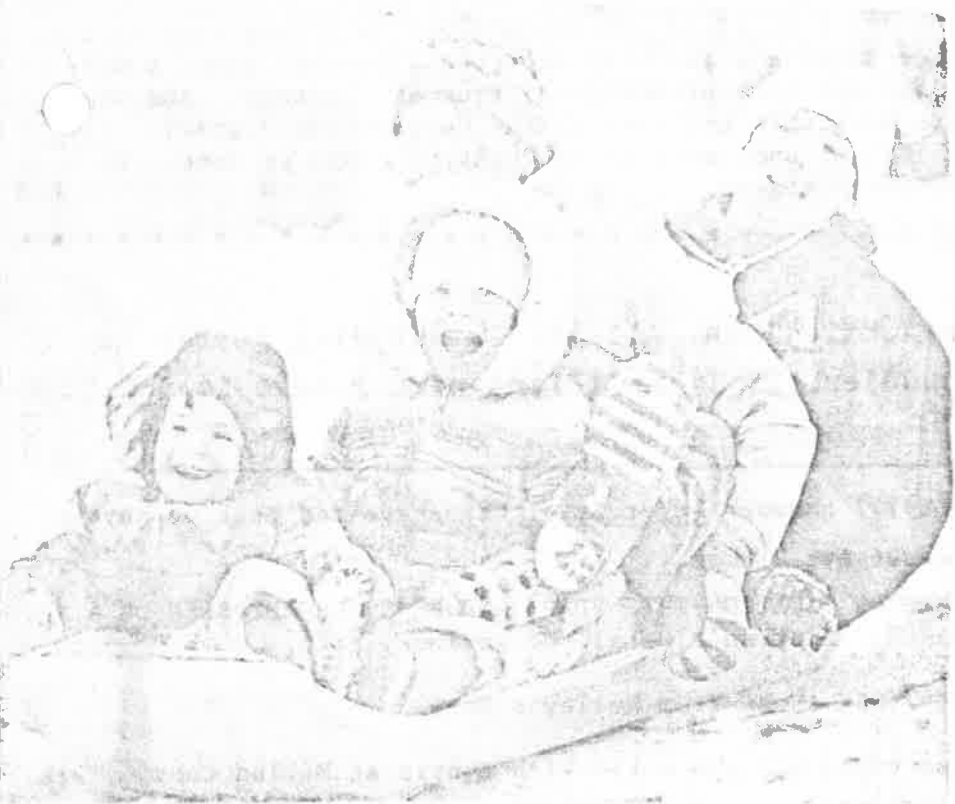
The daily training at first was fun
the increase of mileage, tiring as I run.
A daily repetition of willing,
soon becomes to the body a killing.
The mind overtakes the body's wears
before you know it, injury appears.
Six months spent in training
is not for a day of raining.

As the time draws near
pressure mounts as well as fear.
Have I trained in a way
to guarantee success on the day?
Oh, one more eighteen mile run will only improve,
the work I have done to get in the groove.
The continuing pain in my knee,
I will not accept, it will not stop me.
Medication is unable to mend
an injury I ignore and will not attend.

The big day comes and goes
and no one even knows
That to one in a sea of 15,000 people,
there is nothing that can equal
The finish of a journey done
and a tale resembling life, the marathon run.

- Joe Krodel

And speaking of marathons - East Lyme Marathon 1986 should be on - thanks to members BOB
STACK and MARIE GRAVELL and JESSE KELLEY from Kelley's Pace. Let's all give them all the
support we can to help preserve the East Lyme.



ANN & PHIL DOYLE and their two children CARRIE, 6 and CHRIS, 4 comprise the very busy family we profile this newsletter. Both Ann and Phil are natives of upper New York State. Ann graduated from the State University at Albany and Phil from the University of Buffalo. Phil has his own dental practice in Norwich, and is associated with Seaside as a dentist there. Ann works at Conn College as a computer programmer and just recently passed a real estate test and will be getting her real estate license soon. She is employed part-time at the Sid Nagle agency.

Talk about being busy. Ann gets to run on her lunch and amasses over 25 miles a week, while husband Phil goes out in the wee hours of morning for his 5 milers. He got his start while in high school where he was a track star and later on in college.

Their youngest child, Chris, has the distinction of being born in an Indian reservation hospital (Fort Defiance) when Phil and Ann were there while Phil did some dental work. They lived right on the reservation.

We found out that Phil likes the short, fast races, while Ann is now training for her first Rose Arts Race; she already has done several local races, but not the 10.6 miler.

Both enjoy the summer Rec Run races on Thursday nights. They were welcomed with friendly faces each Thursday last year, and we look forward to seeing them again this year.

We thank the Norwich Bulletin for having the foresight to put the family picture in their newspaper. It was just what we were looking for.

The DOYLE'S are a most welcome and refreshing young couple and the kind of people we are so fortunate in acquiring into membership of our club.

GERRY RUCKER Age 43, 10 Johnson Place, Norwich, Phelps Dodge - Controller

Didn't think we'd find out all about did you Gerry???? We know that you lost a whopping 60 lbs and you wifey had to go out and get you all new clothes and that you run every day. You aren't one of our hot shot runners but you are out there daily pounding the pavement and that's commendable.

Gerry started out about two years ago just walking. Then he went to jogging at a 10 minute pace about a year after that. Running has opened a whole new world to him. His biggest challenge this year will be his debut at the Rose Arts Race (his first race). We look forward to meeting you and if our source is correct, he said that you are one heck of a nice guy. We are quite lucky to have Gerry in the club. Can anyone top his weight loss????

LISA MORRISSETTE A pretty young exuberant miss of 17 (on March 13th) who runs five to six miles a day - works out at Nautilus three times a week, play racketball several times a week - and still manages to get good grades, date and take professional trumpet lessons. And she is also turning into a budding writer, have submitted articles to the Connecticut Journal. Lisa is the best darned runner at Lyman High School and loves Cross Country second to none. We hope Lisa will spend lots of years with the Striders.

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



Before I forget, who is the famous FLASH???? Member Roger Zotti has suggested that we have a nude run through Ledyard ending at 8 Sunset Ave. Hmmm...

RAY "doll" BALLIRANO HAS SAVED SIX WEEKS OF VACATION THIS YEAR, AND HE'S ALREADY BEEN ON A CRUISE AND TO FLORIDA AND IT IS ONLY MARCH. Shouldn't we all be so lucky???

Jim Murphy boasting a brand new pair of TIGER shoes from Kelley's Pace.

Mike Hutchinson Jr. - handsome red head young man who works with Auntie at Mallon Chev. Talk about gorgeous guys that work there.....

Our Debbie DeVeau not only typed up the last newsletter but she also practically put the whole thing together for Auntie due to overextending. Then she took it and ran the whole thing off too

Wayne "Baby" Jacob now at Norwich YMCA in addition to his position at the Footlocker in the mall. Auntie had a long chat with him and he is seeing a very pretty young lady.

Boo Boo Billy Shea is home and recuperating from a very serious neck injury. He initially was in a car accident involving a person who hit him from behind, then left the scene. He was told to stay in the hospital to mend, but Billy had to go home. He promptly fell down a flight of stairs. We hear that our own AL MORRISON has been engaged to babysit Boo Boo daily. Good job.....Al will sit on him if he doesn't behave.

Way Way Hedding voted man of the month with his diamond earring.

Al Morrison looks super these days. He has it all together now. Losing weight - out walking a great deal - and has a cute little place on Broadway.

Auntie has orders to "bust" Don Pirie more often in this newsletter.

Latest news from the Rob Huntingtons include a brand new member to their family. RYAN BRIGHAM HUNTINGTON arrived 6 weeks ahead of schedule on 11-20-85. Congratulations to you guys. How wonderful to get a son to add to the family. Hope to see all of you this year.

Been asked why we didn't publish another Strider Calendar. Well, the one we put out took a year of planning, cost a whole lot, and then all the Striders didn't support the effort by buying one. So.....

Thank You WALT SMOLENSKI for the mailing labels. We appreciate.

How are the Benetts doing ?? Bev had surgery last year, Hal this year. The sons Shawn & Todd both running well.

Thank you Bill Mish for your great comments in the Survey. Yes, it is nice to have lots of hot shot runners, but us little guys are the ones who makes up the bulk of the club. We are the ones who fill in at the races to make the hot shots look even better. (Auntie's comment - not bill's!)

Out good buddy Jan Slonski still running upwards to 60 miles a week. This guy doesn't get older, he runs more.

Ron Dombrowski brought some delicious stew to the winter fun run last race, held a few weeks ago at the Rec. Dept. Talk about great after a race. We should elect him as our club chef.

The Jim Watson's were a welcome addition to the last meeting we had. We hadn't seen them in so long. Hope to hear more about them in the next issue. Jim will always stay young because he always leaves open those avenues of adventure in his career - he will be going to Arizona to an Indian Reservation this summer....

Talked with Jim Miner and Mike Stregio. Never saw two State policemen with more excuses as to why they don't pay their dues. We got Charlie Trotter and Kip Sullivan. We haven't seen Charlie but hear you still have those shiny black shoes.

Talk about a guy improving!!!! Bob Harding still putting the miles away. Watch this guy go this year. You may think he is a sleeper but he will zip right by you one of these races.

Peter Nystrum having his picture in the paper all the time. Peter was one of Auntie's first nephews. He and his Linda are very special. One day we will all address Peter as governor - not State Representative - go for it Peter!

Newest club member is Gary Pizczek of Preston. He and his dad are full time farmers and own 350 acres of land with a herd of 50 head of cattle. Gary has to run at night and is presently single - also building himself a home - so he must be a pretty busy young man. Welcome Gary!

Auntie had the pleasure of meeting Mrs. Tagliapietra, widow of our Tag Tagliapietra from Gales Ferry. Has it already been three years since Tag left us? He was a fine man - he loved that East Lyme Marathon and although he was too ill to run it, he came down and cheered. Those of us who remember that first marathone (John Martin?)

See ya next issue - Auntie.

Don't forget to start marking your calendar for our regular spring and summer events - they are coming faster than you think. Remember those Tuesday night track workouts? The Fort Shantok jaunts? The Summer Rec Runs through Mohegan Park? We hope to see lots of faces and feet ready to run.

Remember what it was like to run simply in a pair of shorts and a singlet? After bundling up all winter - running the rest of the year is a breeze - let's hope the groundhog was wrong this time.

ONE LAST REMINDER - DON'T FORGET TO ATTEND THE SPRING STRIDER MEETING APRIL 25th 7:00 PM

Keep On Striding

AG

MOHEGAN STRIDERS



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FIRST CLASS MAIL



SMITH
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