



RACE RESULTS We need someone to take over the reporting of race results - Mike Smith did a fantastic job, but other duties make it impossible for him to continue. Please come forward and help out reporting the club's accomplishments in area races.

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2nd Annual Downtown New London Road Race - Saturday

September 13, 1986

10 am sharp

Harbor School on Montauk Avenue

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NORWICH REC RUNS begin July 10th, and every Thursday thereafter until the end of August. Held at Kelly Jr. High, 7 pm. Two mile and three mile runs through Mohegan Park. Will be run on the point system again this year. Come join us, whether to run or help. The Children's Fun Run Program is in doubt - if you can help in anyway, please come forward. Contact Jack Curran.

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#### CLUB RACE RESULTS

As the Club does not currently have a Race reporter, the following results were provided by a Club "packrat". The figures are guaranteed to be correct, but possibly not complete. If your name has been forgotten or overlooked, please let us know, we like to know what our club members are up to.

April Fools 5K held at Conn College March 30. First place finisher: Wayne Jacobs at 15:13. First woman finisher: Debbie DeVeau in 19:03. Also running Gary Pizczek, and Way Way Hedding.

John English Marathon, April 2, Middletown CT Our congratulations go to Jeff Kotecki, placing 2nd with a time of 2:39:14. Also to Bob Harding in 24th position with a time of 3:13. Both Jan Slonski and Tim Smith ran, but neither were able to complete this year's race. They'll be back next year, no doubt.

And speaking of marathons, the 1st Annual Stamford Marathon seems to have been a success. Running was Bill Marshall, placing as top master and 11th overall, completing the course in 2:32:16. Roger Zotti also competed.

Also, the 90th Annual Boston Marathon - with prize money for the first time, drew a large number of Striders. The local papers covered the results fairly well - we were glad to see such a large showing and good coverage. Special congratulations to Gari Depasse, Ron Lafleur, and Jim Hill who all ran and completed the marathon, but whose names did not appear on the race lists. If there has been anyone else overlooked, again, please tell us.

Several Striders took part in the Boston Milk Run 10K, with Bob Stack in 90th place, putting in a 32:52 race. And speaking of Bob - he took 1st place at the Niantic Lions Club 6th Annual 3.1 run (5/4) with a time of 16:03.

April 20th the Annual Clamdigger 5 miler was won by Tim Smith - whizzing over the scenic course in 26:35. The first woman finisher was Debbie DeVeau with a time of 30:49, placing 40th overall. Bob Harding also put in a good race with a time of 28:34 (10th). Dave Burnett, Gary Pizczek, Bob Chamberland, Michaelleen Haesler, Clem McGrath, Pete Volkmar, and Don Woerling competed also. A popular race!

Also on April 20th The Daffodil 15K was held at Hubbard Park. The Mohegan Striders took 2nd in the team division. First Strider in was Joe Banas (5th place - 50:40), followed by Will Rogers (10th - 52:21), John Brown (17th - 53:34), John Vicarra (21st - 53:57) and Jim Murphy (26th - 54:12). Good showing and good racing guys!



The 9th Annual Bolton Road Race (5 mile), held on May 4, got a good showing from the Striders. The Striders won the team division, with Billy Marshall (26:32), Joe Banas (27:09) and Tim Smith (27:28) placing 2-3-4 respectively. Also Bob Harding, 11th (29:20), Marshall Collins (13th - 29:44), Debbie DeVeau (2nd woman - 33:23) and Bob Chamberland added to the good showing from the Striders. The team trophy was presented to Bob Chamberland, who coordinated the Bolton race for seven years.

Article Review by: Carl R. Mailhot, P.T.

From National Strength and Conditioning Assoc., Journal Vol. 7, No.6, 1985-86  
"Avoiding Overtraining: The Monitoring of Recovery in Endurance Athletes"  
by: Dr. Phil Lundin

This article is quite appropo for the springtime since many of us try to increase our speed training and our milage in preparation for a hectic summer/fall road racing season. The inherent problem is balancing the dynamics of adapting to greater training loads, while allowing for recovery. Proper training does bring about a degree of fatigue which temporarily lowers the functional abilities of an athletic. However, it is during the recovery process that energy sources are replenished not only to original levels, but also beyond. This process is referred to as super-compensation or over-compensation, and is the basis for improvement in athletic performance. If the resting phase between two sessions is too long, over-compensation fades; or, if too short, premature fatigue occurs. In either case, stagnation occurs.

In theory it seems easy to lay out a schedule that accomodates both work and rest phases, but in practice can be complicated. Individuals recover at different rates from the same work load and super-compensation varies as well.

In order to try to assess the recovery phase, while continuing to work on repeated work loads and fatigues situations, several systemic means of monitoring recovery may be used to follow the state and rate of recovery. Outside the use of sophisticated laboratory techniques to measure blood substate levels, some practical methods of monitoring recovery for endurance athletes follows below:

1. Observation of whether training objectives are being met. If performances stagnate or decrease during the advance towards a competitive climax, training objectives need to be appraised for possible incomplete recovery. Example: doing 8 x 400m repeats in 75s with 60s rest may not produce a good 5km P.R.. One may need to assess the pace (speed of the 400m laps, the recovery time, how often these repeats should be performed per week, in addition to one's regular milage and pace).

2. A conscientious and optomistic attitude during training and generally positive reaction to training is a reflection of adequate recovery time.

3. Observance of general health staus can reveal how adequate ones' recovery is. An exhausted, unregenerated organism may affect the normal functions of the circulatory system. Monitoring basal pulse (morning heart rate) for raises of greater than 10 beats per minute may indicate over-training.

4. Body weight variations within 1 kilogram (2.2lbs) over a 24 hour period is a normal recovery rate. Gains or losses beyond that figure suggests either a light load in training (weight gain) or a inadequate rest with heavier workouts (weight loss). Morning weight loss of 3% or more of body weight is a strong indicator of incomplete recovery.

5. Long continuous runs (60 minutes ±) in the aerobic zone (heart rate =140 to 160) should allow the athlete to recover to 100 to 120 beats/min. within 5 minutes after completion of the run. Maintenance of a higher heart rate longer than this may represent possible over-loading. Also, excessively high heart rate for previously achieved workloads and slower than usual recovery rates between repetitions may indicate insufficient recovery from previous training sessions.

6. Restlessness, insomnia, lack of appetite, digestive disturbances, excessively sweaty skin (above usual) high susceptibility to tissue or skin infections are all functional manifestations of over-training.

A reminder- EASTERN CONN. RUNNERS CLINIC will continue to provide evaluation and treatment of running related lower extremity injuries through the spring and summer. The clinics are held one to two times per month as needed for clients. For details or appointments, call 887-3538. Harris Kleinkopf, DPM and Carl Mailhot, P.T.

#### Public Relations:

Carl Mailhot, P.T., member of Mohegan Striders, was recently invited by The Connecticut Chapter of The American Physical Therapy Association to lecture on the biomechanics of running; and, care and treatment of athletic injuries of the lower extremity. He was one of 5 speakers who all addressed different issues related to the lower extremity (hip and back, knee, ankle and foot). Over 140 therapists attended the 2 day workshop/seminar. Carl is one of a growing number of sports physical therapists working directly with podiatrists and or thopedists to help evaluate and treat running related injuries. In this area, Carl works with Dr. Kleinkopf, local podiatrist, at Eastern Conn. Runners Clinic, in addition to his work in both the Norwich and Danielson offices of Norwich Physical Therapy Services.

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If you think you are beaten, you are  
If you think you dare not, you don't  
Success begins with your own will.....  
It's all in your state of mind  
Life's battles are not always won  
By those who are stronger or faster,  
Sooner or later the person who wins  
Is the person who thinks he can!!!

-Anon.

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Patronize Kelley's place in the Old Mystic Village - discount to Striders - good people!  
(And great column, Johnny!)

A hot topic again at the bi-annual meeting - we are keeping the same design for the Strider uniform - we'd like to see more of them at the area races - let people know who you are!!!!



MOHEGAN  
STRIDERS



10 am - 7 pm 89c

# The Picnic Place

Sunday August  
17<sup>th</sup>  
Family Day



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! Don't forget the date!

Theme to be decided on - It will be as crazy as ever!

Big upset today at the Annual Prince Kuhio 10K. Local legend and top island road racer Bob Ments was upset on his home turf by a mainlander, and the guy didn't even have a tan! Spurred on by a cheering section numbering three, (rumored also to be imported from Connecticut), the "Howling Howlie", as he called himself, set a blistering early and withstood three wrong turns to win in a heat-slowed 34:59. If it were not for the good sportsmanship of 2nd place finisher Ments, the Yankee would still be looking for the finish line. Perhaps we shouldn't have scoffed at his pre-race request for a pace car. The lucky winner was rewarded with a Pizza Hut gift certificate, (sorry, not valid in CT & we don't deliver) and a nice desk clock, which he left the island without. (He was told it would be engraved with "Jim Butler" and mailed to him, and the Howlie believed us!) Race officials are presently meeting behind closed doors discussing ways to prevent other semi-pro mainland runners from crashing this popular race in the future.

CLUB OFFICERS 1972 - 1986

<u>Year</u>	<u>President</u>	<u>Vice President</u>	<u>Secretary</u>	<u>Treasurer</u>
1972	Tim Smith	None	Bob Carbray	John Martin
1973	Tim Smith	None	Bob Carbray	John Martin
1974	Walt Thoma	None	Bob Carbray	John Martin
1975	Walt Thoma	John Leslie	Bob Carbray	Tim Smith
1976	Walt Thoma	John Leslie	Bob Carbray	Tim Smith
1977	Jack Curran	John Leslie	Bob Carbray	Tim Smith
1978	Jack Curran	John Leslie	Bob Carbray	Tim Smith
1979	Jack Curran	Bob Miles	Bob Carbray	Tim Smith
1980	Bob Miles	Denise Marshall	Bob Carbray	Tim Smith
1981	Kevin Crowley	Bob Miles	Bob Carbray	Tim Smith
1982	Kevin Crowley	Bob Miles	Bob Carbray	Tim Smith
1983	Bob Miles	Jim Butler	Bob Carbray	Tim Smith
1984	Joan Hill	Jim Butler	Bob Carbray	Tim Smith
1985	Jim Butler	Joan Hill	Bob Carbray	Don Lewis
1986	Jim Butler	Joan Hill	Bob Carbray	Don Lewis

Special thanks to all the officers that have served the club so well, they have helped to get things done and give the Club a good name.... On another note.....

At the April 25th, biannual meeting of the Mohegan Striders, only 34 members (out of 330) were in attendance. Subtract 4 current officers, and that leaves only 30 members that appear to be interested in maintaining an active, cohesive club. I certainly think we have more people willing to claim to be members of the Striders, so let's show our support by attending Strider functions, and in particular, the bi-annual meeting this fall.

NOTES & QUOTES

From Mike Moore: "I think that the idea of the club racing team is a good one. It will help promote the club, increase club participation and club interest. However, I believe the club should retain its family theme in conjunction with the racing team. I don't think dues should be raised in order to support the team(s)."

From Bill Mish: (hope you don't mind us printing it all) "I hate hearing about people passing up good races or going to another club simply because the prizes or the bucks aren't there. It's sad - but it doesn't make me suicidal. And I don't like to think we have to buy members. Running has always been fun for me - whether I am racing or just training; and I hope the reason most people join the Striders is because of the kind of people we have as members already - not because we can put in five of the top ten finishers."

Special thanks to Walt Thoma for coming forward to run the newsletter off and Walt Smolenski for the address labels...Walt would we do without them????



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



If you wonder why Kevin Gallerani's time at the Boston was slower than usual, the reason is that he carried the engagement ring in his glove during the race - met a certain lady at a certain place - and proposed to her! She accepted. Miss Sharon Kivlin will be the future Mrs. Gallerani. Uncle Kevie (K.C. Crowley) seen running most every day in Norwich-thinner too-could he be secretly training for his Rose Art's bet with Harry Watson? Seems Harry gave Kevin a five minute start and he's still going to zing Kevin at the finish line.....

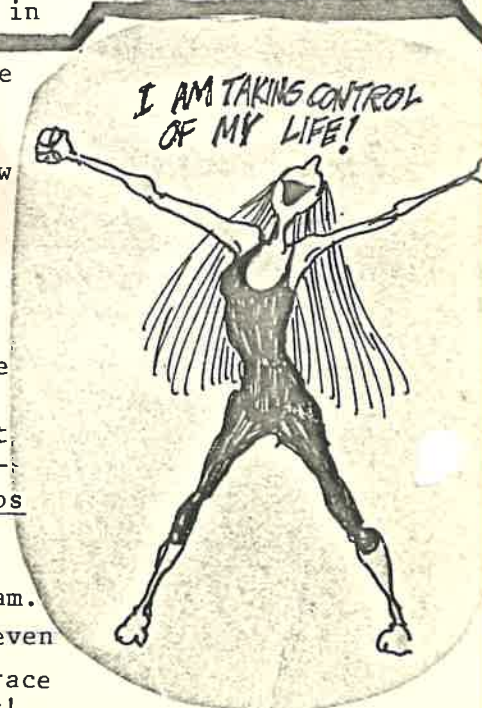
Pat Rice is out there every evening at 5 pm running.....Michael Doherty runs about 30 miles per week.....Mrs. Bob Fernald has offered to be Club photographer - will contact you soon.....Don Sikorski - better see you do well at Rose Arts.....Chris Hansen will hopefully be part of the team races this year. He constantly leads Holy Cross as captain of X-Country and placed 19th at Manchester out of a field of 600.....No doubt what so ever as to who is our fastest Master runner - Billy Marshall - is he awesome or what?????

Joe Lonardelli looking great as ever - will see more of you when the Rec Races start.....Joe Edelen - where's the info on LI and NY race happenings?.....Lot's and Rob Huntington have a new addition - Ryan Brigham - 11/20/85 - six weeks early and doing fine.....Charlie Trotter - expect to see you at the Fun Runs this summer. No excuses. There had better be at least six State Troopers there every week - running.....Hello to the "Foot Specialist"....Our pal Dave Dembrow now Nurse's Assistant at Montgomery College for RN degree. Now living in Potomea, MD - keep in touch, Dave.....Doug Sharples paid his dues before June - are you okay Doug?????????

Been asked to beat Don Pirie more in the newsletter. Hell! The guy hasn't even paid his dues yet so he won't even read this.....Anyone seen the times our Debbie DeVeau has been setting at area races. She may well be our fastest lady runner this year..... Where are you Ken Rawn?.....Bart Sayet - haven't seen since the Tommy Toy Fund Run - wife Melissa Fawcett Sayet is a historical grandniece of our Chief Tantaquidgeon.....Chief not feeling too well - as reported by his wife Gladys - but he sends his regards.....John B. Donovan and wife Anne spend most of their time running to X-Country meet and activities - rest of the time they are comatose.....Joe Krodel tells his wife's occupation as 'dust buster'.....Jillian Marie - April 3, 1986 is the newest addition to the Thoma family. And Dad showed us a picture and she's beautiful!!! Thanks a billion Walt for running off the newsletter - giving poor Debs a rest. She ran off quite a few - still typing for us - can't you tell? (DON'T count the errors! - debs).....Had a long chat with Wayne "Baby" Jacob recently. He's still with CMS and working hard at two jobs and running as fast as ever.....Joe "Sweetheart" Banas rejoined the club - he and his Bev have been married 1 1/2 years already.....Other new club members include Bill Rodgers and Jim Uhrig from North Stonington..... Other Hot Shot Runners in the Club include Jeff Kotecki.....City Manager Charlie Whitty has resigned to go into private law practice - now we have three lawyers in the Club.....Peter Nystrom - where are you and Linda?

When are we going to see you two? Clemie Babe - are you tan yet?.....Handsome Paul Hill in car accident this winter during an ice storm, but went unhurt and is in fine shape- running good we hear....Mike and Joanne Hutchinson recently returned home from one week in LA, and 2 weeks in Tahiti-then back to San Diego for another week - Now we know why the telephone rates are so high - all the executives go on vacation.....Nice long letter from my pen pal Lisa Morrisette - we will be looking for your time in the paper this outdoor track season. She already won one at Ledyard recently....Steve Lamb Physical Ed teacher and assistant boy and girls track coach at Portland High - never gets all his newsletters- has volunteered to help out at the picnic....Harry Watson giving up bachelor living for good in August - when he will marry a very pretty young lady named Kim... also welcoming Bill Lachapelle of Voluntown as new member..... Jim Rowan have you started to run yet? What about our bet?? Roger Zotti, waiting for a letter from you for our column.....

For those of you who noticed how chubby (fat) Auntie Joan was getting- You'll be glad to hear that she dropped 12 lbs and runs everyday at 5:30 am. She may even enter a race this year!





**MOHEGAN STRIDERS**  
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*First Class Mail*

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