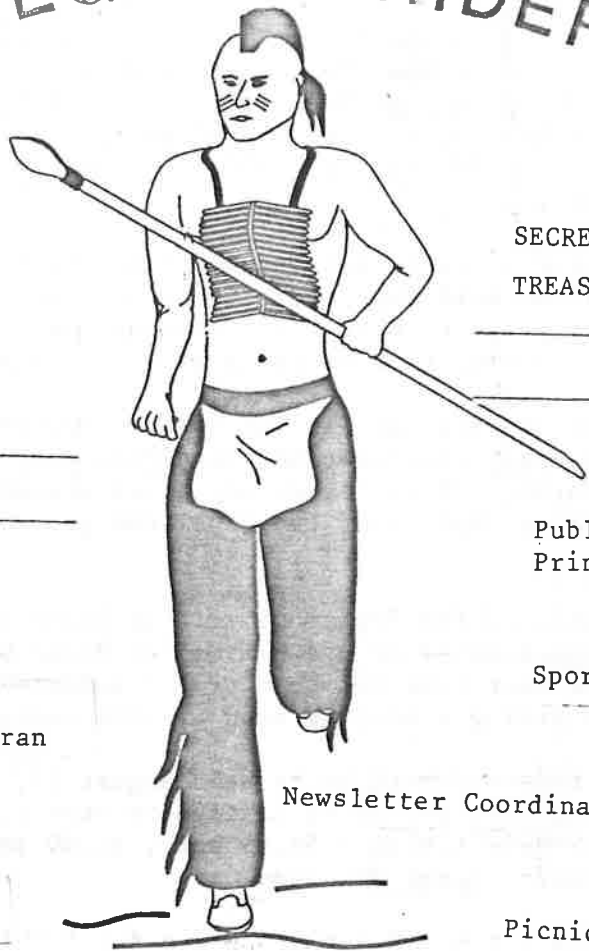


MOHEGAN STRIDERS



PRESIDENT James Butler
VICE PRESIDENT Joan Hill

Membership 321

SECRETARY Bob Carbray
TREASURER Don Lewis

News Deadline Sept. 23rd

Publicity Bob Miles
Printer Walt Thoma

Sports Advice Carl Mailhot

Typist Debbie DeVeau
Team Race Coordinator Jack Curran

Newsletter Coordinator | Joan Hill

Summer Rec Runs Jack Curran

Picnic Committee: Ron Dombrowski
Steve Lamb
Tim Smith

ARROWHEAD

CLUB HATS \$3.50 See Jim Butler or Don Lewis WINDOW STICKERS Donation of \$1.00 (or more) accepted. The proceeds will go for our team expenses - so please be generous. We will accept donations for this worthy cause - we hope in the future to gain sponsorship for your racing teams. Hoping some local business or individual will offer to sponsor us.

Summer is in full swing - and so are our regular during-the week events. Join us at Ft. Shantok at 6:30 pm on Mondays, or on Thursdays, at 7:00 pm, at Kelly Jr. High. The fun runs are just long enough to give you a good workout (and challenge), but short enough also that they won't interfere with any racing schedule you may have. Come to run, or come to help out! Also, don't forget that ever-so-necessary track work - Tuesday nights, 6:30 at NFA.

ASSISTANT ROSE ARTS RACE DIRECTOR JOAN HILL wants to thank all those who volunteered their help at the Rose Arts Race. Without your individual assistance the race would not have been the success it was. We had results posted before the last runner crossed the finish line! Cash prizes were welcomed; the generous sponsors Eastern Savings and Loan once again outdid themselves as did all the other businesses and individuals who donated ice, cups, yogurt and their precious time. THANK YOU!

Also extending her thanks to club members, is Debbie DeVeau, for their time and unlimited resources in giving the Mt. Misery Road Race another chance to be run this year. Special thanks go to: Bob Carbray, Bill LaChapelle, Jack Curran and Don Lewis. And thanking those in advance who will be helping out on the day of the race, which despite the list in the race schedule, is to be held July 26, 1986. We hope to see lots of Striders there - it's certainly a unique race..

And while making corrections.....the 6th Annual Lisbon Fall Festival Foot Race (Race Director Judy Poprosky) will be held September 20th, in Lisbon. For more information contact Judy at 886-1058, or write to her at 375 Burnham Hwy, Lisbon CT, 06351. Judy puts on a good race, and its a nice time of the year - so see you all there!

Unfortunately, the Race schedule included in the last newsletter, put out by the Ledyard Parks and Rec Dept, contains many inaccuracies, so please double check the details of any race with some other source. If we notice any other accounts of inaccurate details, we'll be sure to pass it along. Hope that the Dept. can get a better schedule put together for next year.

The East Lyme Marathon, scheduled for September 28th is ready to roll. For information contact club member Bob Stack (winner of 1st E.L.M.) or Marie Gravell. Let's all help these two to make this years East Lyme the best ever - volunteeryour time, the Striders are getting a good name for giving a helping hand at area races!

And don't forget about the BROADWAY MILE to be held August 22, at 6:30 pm, a Friday night. Will begin at the Backus Hospital, corner of Laffayette Street. Registration will begin at 5:30 pm. Will have electronic timing - \$4.00 each, \$8.00 for a family. The man to contact for info is club member, Peter Nystrom.

* * * * *

RACE RESULTS

Again, we are asking for someone to volunteer to report regularly on area races, or any other races that they may have a chance to get to. In the absence of a regular reporter, we ask that if you would like to have your race accomplishments listed in the Arrowhead, please contact Jack Curran, Debbie DeVeau, Joan Hill - or somebody! We don't know what you've been up to if you don't tell us. So the following race results may be spotty, but will hopefully let people know what their fellow club members have been up to!

The men's racing teams have been doing a fantastic job - but for the ladies? It's been a bit quiet from that direction. Well, ladies, August 10th we should get a chance to show our stuff in Willimantic. If you're interested in team racing, please give Jack Curran a call.

The Springtime Festival (Danielson) was the first warm race this season - despite the heat the winning time (for the 3.1 mile course) was 14:27 by Gary Nixon, Wayne Jacobs comming in 4th with a time of 14:54, and then in 9th, 12th, and 14th places consecutively were Billy Marshall, Bill Rogers, and Jim Uhrig. Also running Dennis Tetreault, Billy Shea, Jan Slonski, Gary Pizczek, Debbie DeVeau.

Newest member, Ron Cozean easily ran the Sub Base 5 miler, winning it with a time of 25:26. But Ron wasn't the only Strider to do well: places 2, 3, 4, and 5 were taken by Bill Rogers (26:28), Phil Garland (26:32), Bill Marshall (26:49), and Joe Banas (26:58). Also Striders Walt Smolenski, John Ficarra, Don Lewis, Julio Murillo, John Brown, Tom Lee, John Kelley and Way Hedding had something to celebrate at the after-the-race festivities. Debs DeVeau led the ladies in with a time of 32:38.

On the same day (May 26) Jim Uhrig put in an impressive 31:51 for the Woodstock 10K. Also running that day Dennis Tetreault (35:33) and Gari Depasse (35:39).



The Rose Arts Race was (not surprisingly) was won by two Strider members in the men's and ladies divisions. Ron Cozean was the first finisher in 55:06; Carla Brown took first in the women's division with a time of 65:01, placing 58th overall. Also running well that day: Bill Rogers (55:56), Bob Stack (56:43), Tim Smith (57:03), Joe Banas ((58:32), and Bill Marshall (59:25), taking places, 2, 5, 8, 14, and 17. A good hard race was put in by Jim Butler (27th), John Brown (35th) and Bob Harding (45th). The Norwich Bulletin did a good job of promotion of the race, and of covering the results. WICH and Al Morrison did an excellent job of keeping us informed of the runners positions as the race progressed. Congratulations to all the other Striders who put in a good hard race too!

The Father Casey 4.7 miler was an easy victory for Chris Hansen, winning by almost a minute over the second place finisher, with a time of 24:57. Tim Smith, Dennis Tetreault, Gari Depasse, Julio Murillo, Bob Harding and Gary Pizczek represented the Striders at this favorite early summer race.

June 12th, 6:30 pm the 1st Annual Al Morrison Run for Reliance House was a run-away win for Wayne Jacob, with Bill Rogers coming in 2nd in a time of 15:40. Placing 4th was Jim Uhrig (15:57), 7th, Tim Smith (16:13), 11th, John Brown (16:44), 13th, Dennis Tetreault (16:47), 16th, Don Sikorski (17:02) and 19th, Bob Stack in 17:23. A good showing for the Striders, again, Al Morrison at the finish line with a running commentary and names. A good response to the race's first year!

In Prospect CT, the Mohegan Striders captured the team title at the TAC five mile state Championship. Ron Cozean took the race in 24:56 (1st place), Taking places 4, 5, 6, 7, were Bill Rogers, Joe Banas, Bob Stack and Jim Uhrig, guaranteeing the team victory. Also placing well was Tim Smith in 10th position, Bill Marshall in 12th (setting a new master's record), and Phil Garland in 14th position. A good run guys!

Also on June 28th was the Lebanon Lions Run, a scenic 10K. A good showing was put in by Ron LaFleur, Rose Buckingham and Clifford DeVeau.

The Striders were also well represented at the Canterbury 10K on July 5th. Wayne Jacob ran away with first place, but second belonged to Joe Banas with a time of 33:57. Dennis Tetreault placed 5th, Walt Smolenski 6th, Gari Depasse 7th. Striders also running were: Way Hedding, Carla Brown (just jogging she says - tell me another one!), Debbie DeVeau, Pete Volkmar, Kathy Smolenski, Cliff DeVeau, Don Werling, Rita and Jim Perdix. As usual, they were generous with the prize money and merchandise prizes, as well as with the hot dogs and hamburgs and soda.

The Third Annual New London "Sail Festival" Run attracted quite a few Striders also. First Strider in was Bob Stack in 15:51 (3.1 mile course), followed by Walt Smolenski (16:11), Dennis Tetreault (16:23) John Ficarra (16:41), Bob Harding (17:21), Carla Brown (1st lady in - 17:45), Way Hedding, Pete Volkmar, Gary Pizczek, Don Werling, Debbie and Cliff DeVeau, Kelly Crouch and Rita Perdix. Good race you put on Way Way!!

Race results provided by Debs DeVeau - so if I've missed someone or someone's race - don't holler at me - just give me a call next time and I'll be glad to take down the info and submit it in the Arrowhead.

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



Phil Garland finally paid his dues.....Jim Rowan ran for the first time on June 14th - 1 mile - Jim - you were three months late, but you did it - determination will do it everytime - Love ya, Jim.....We'll run together sometime soon.

Newest club members include Rose Arts Winner Ron Cozean from Moodus - talk about a fast runner... Bill LaChapelle from Voluntown and chairman of the Voluntown Mt. Misery Race also new member... along with Clifford DeVeau - he's been seen at quite a few races lately.....

Uncle Al Williams and his lovely wife Barbara put on another great Father Casey Race recently.. looks as though everyone enjoyed it....Bob Carbray still hasn't come up with that picture of him and John Denver, taken this spring.....Did you really shake hands with him, Bob?????

Don and Rosemary Lewis had baby girl July (?) 11th...Best wishes to your family.....

Don't forget the club picninc at Mohegan park, at the pavilion, on August 17th....we expect to see a few of you in grass skirts - ya, guys can wear grass skirts too!!!

Lisa Morrisette has joined the club again -cutest girl - will drop you a line real soon....

Heard that Rita and Jim Perdix couldn't wait for the Mt. Misery race - so instead ran the Mt. Washington (NH) race - downhill.....ask them how easy that was!!.....Have never seen a livelier pair of "Grandmasters". Glad to have them in the Club....Thanks Walt, for the updated membership list...321 paying members - not too bad!.....Now we know why Joe Banas runs so fast....seems as though he trains with his dog - the dog was definitely pulling Joe and not the other way around.....Way Way - suggestion for you - instead of putting a keg in your van - why don't you just buy one of those trucks that haul water for swimming pools - it might work!..

Auntie has been pretty busy lately...but if you've got any good news - she's still got time for you - See you all at the picnic.....

MOHEGAN
STRIDERS



5

10am - 7pm 90c

The Picnic Place

Sunday August

17th
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 that Carroll Mailhot has been asked to entertain again 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!

Hawaiian Theme wear your
wildest clothes - - - - -

bring bats - gloves -

SUBJECT: TESTIMONIAL HONORING AMBY BURFOOT

On Saturday, August 2, 1986 at 7 PM, Ocean Beach Park in New London, CT. will be the site of a testimonial dinner honoring Ambrose "Amby" Burfoot, 1968 Boston Marathon winner and a prominent figure in New England road racing circles.

Amby has recently accepted the position of executive editor of Runners' World magazine, a promotion which requires his relocation to Emmaus, Pennsylvania. The Southeastern Connecticut area will especially miss him, and therefore we hope to assemble as many of his friends as possible on August 2 for a memorable evening of roasting and reminiscing.

The dinner is still a surprise, so please don't mention it to Amby. However, please mention it to anyone you feel would be interested in attending. Tickets are limited and are being sold on a first come basis at \$20 each, which includes a sit down dinner, gift and a few extras.

For tickets, please send checks to either of the events' co-chairmen:

Don Lewis
219 Glenwood Ave.
New London, CT 06320
Home phone-(203)442-6148
Work phone-(203)442-0711
x2229

Jim Butler
28 Pacific St.
New London, CT 06320
Home phone-(203)443-7437

Hope you can join us on August 2 !

P.S. August 2 is also the 24th running of the John J. Kelley 11.6 mile road race at 9 AM at Ocean Beach Park. Advanced registration is required but there is no entry fee.

Thanks once again to Debbie for typing and filling all the gaps amby left out - I owe you - Also to Walt Smolenski for labels, and pal Walt Thomas for the fine printing job. You guys are the greatest -

98D



P. O. BOX 846, NORWICH, CONN. 06360

203-887-1647

July 2, 1986

Dear Joan,

I hope that you can use at least some of this letter for the newsletter.

I want to extend my sincerest thanks to the many Mohegan Striders who supported the 1986 Rose Arts Road Race either as a runner or as a volunteer. Both were equally vital to the success of the race. Once again the race was a success. The Rose Arts is an event that every member of the Striders can be proud of. Its continued success and popularity is due greatly to the participation of our club members. I hope that our membership will continue to support the Rose Arts.

Each year the Rose Arts has grown, always trying to meet the needs of the runners. As needs are perceived, they are met. The twenty first Rose Arts had a need. Volunteers will once again be needed for the many tasks required to make the race a success. Joan has done a marvelous job over the past several years and for this I am very thankful and indebted. I hope that she will continue to be a valuable part of the race. I hope that I can continue to work with the race committee. However, I believe that the time has come for a new director, who is really more of a co-ordinator because of the fine people who work with the race.

Again, many thanks to all who have helped to make me look so good as a race director. Without your help the Rose Arts would be just another race.

Sincerely,

A handwritten signature in dark ink, appearing to read "Ed M..." with a stylized flourish at the end.

Hansen captures road race

LEDYARD — Chris Hansen of Norwich, a St. Bernard High School graduate and senior at Holy Cross College, led from start to finish in winning the seventh annual Father Casey 4.7 miles race Sunday.

The run was staged in conjunction with the Our Lady of Lourdes Parish Festival.

Hansen was clocked in 24 minutes, 57 seconds, as he finished a nearly a full minute ahead of runnerup Dave Raunig, who was timed at 25:47.

Hansen was both Open and Overall winner.

Other Division winners were:

Women's Open — Chari Radin (29th overall), 29:56.

Men's Veteran (60 and older) — Sumner Lang (101st), time unavailable.

Women's Veteran — Arlen Liggett (107th), 55:31.

Men's Senior (50-59) — Gene McMerriman (20th), 29:10.

Women's Senior — Bettina Delea (97th), 42:00.

Men's High School — John Donahue (17th), 28:36.

Women's High School — Rubia Willett (48th), 32:38.

Men's Junior High — Jodie Dumas (22nd) 29:20.

Women's Junior High — Sheryl Dlachuta (104th), 47:53.

Men's Parishoner — Kurt Porta (7th), 26:21.

Women's Parishoner — Gail Dewey (81st), 37:28.

The top 10 finishers overall:

Hansen, 24:57; Raunig, 25:47; Ernie Dumas, 25:48; Dennis Crowe, 25:57; Tim Smith, 26:07; Michael Fusaro, 26:17; Porta, 26:21; Dennis Tetrault, 26:23; Mike Moore, 26:50; Doug Burdi, 26:54.



Doug Sharples

Sharples receives national award

ORLANDO, Fla. — Doug Sharples of St. Bernard High School was named 1986 National High School Cross Country Coach of the Year here Friday night during the annual convention of the National High School Athletic Coaches Association.

"I'm tremendously excited," Sharples said of the honor. "I feel I am very young to win it. Most of the contenders have been at the game much longer than I have."

Sharples was one of eight regional nominees competing for the national honor. He represented Region One, which encompasses New England and New York state. He also won the regional honor in 1981.

Sharples has been boys' cross country coach at St. Bernard for 18 years, compiling an 283-54 overall record, including dual meets and invitationals. Sharples-coached teams won State Open championships in 1968, 1969 and 1981 as well as state class titles in 1968, 1981 and 1983.

His teams won 14 invitational championships as well as nine conference championships in the 13 years the team competed in conferences.

Striders take state title race

□ PROSPECT — Rose Arts Road Race winner Ron Cozean was the individual winner as the Mohegan Striders captured the team title at the TAC five-mile state championship race yesterday.

Cozean's time of 24:56 was a course record and nearly a minute ahead of second-place finisher Don Cavanaugh, the former record-holder. Cozean earned \$100 for breaking the 25-minute mark. Bob Hensley of the Milford Road Runners was third in 26:11.

The Striders' five-man team time of 2 hours, 12 minutes was 10 minutes ahead of the second-place Warren Street Athletic Club and 19 minutes in front of the Libra Athletic Association.

After Hensley came four straight Striders, Bill Rogers (26:41), Joe Banas (26:52), Bob Stack (27:04) and Jim Uhrig (27:12).

Tim Smith of the Striders was 10th in 27:24, Bill Marshall finished 12th and set a masters' record of 28:25 and Phil Garland was 14th in 27:49.

JULY. 10, 86



— MOHEGAN STRIDERS
— RUNNING CLUB

DEAR AUNTIE JOAN,

I HOPE THAT THE INDIAN
BETTER REPRESENTS THE STRIDERS, IF
YOU WOULD LIKE SOME CHANGES MADE,
PLEASE CALL ME AT HOME. ⁽⁵¹⁶⁾ 887-1749

NOW FOR SOME OTHER INFO, I HAVE
RESULTS OF STRIDER PARTICIPATION IN THE
PERRIER 10K. JOHN BROWN (38:09), WAY
HEDDING (40:18), PETER VOLKMAR (40:30).
PLACING OVERALL - 208TH, 352ND & 367TH
RESPECTIVELY. L.I.'S OWN PAT PETERSON
ONCE AGAIN WINS 29:16. - THE GREAT
COW HARBOR RACE IS CANCELLED (NORTHPORT LI)
FOR MY SECOND YEAR, I HAVE WON A
TROPHY (31:01) 15 MILE PLACING (60TH OVERALL)
AND A P.R. ^(OVERALL). I WILL NOT BE RUNNING
FOR A WHILE DUE TO A STRESS FRACTURE,
SO I WAS UNABLE TO RUN ROSE ARTS AND
THEREFORE MY PREDICTED TIME OF 66:52
WILL HAVE TO WAIT. I AM REALLY
PROUD OF MY BUDDY (JOHN FICARRA 59:56)
I'LL CATCH HIM YET.

JOHN, IF THERE IS ANY CHANGES IN
IN-PUT, PLEASE PHONE. THE BEST TIME
TO CALL IS AFTER EIGHT SINCE MY
PHYSICAL THERAPY IS AFTER WORK. I'LL
BE BACK NEXT YEAR AND MUCH STRONGER,
MUCH, MUCH STRONGER. LOOK OUT JOHN.
FARRA. I WILL CLOSE NOW, WISH YOU
AND YOUR FAMILY AND ALL THE STRIDERS
GOOD HEALTH AND HAPPINESS.

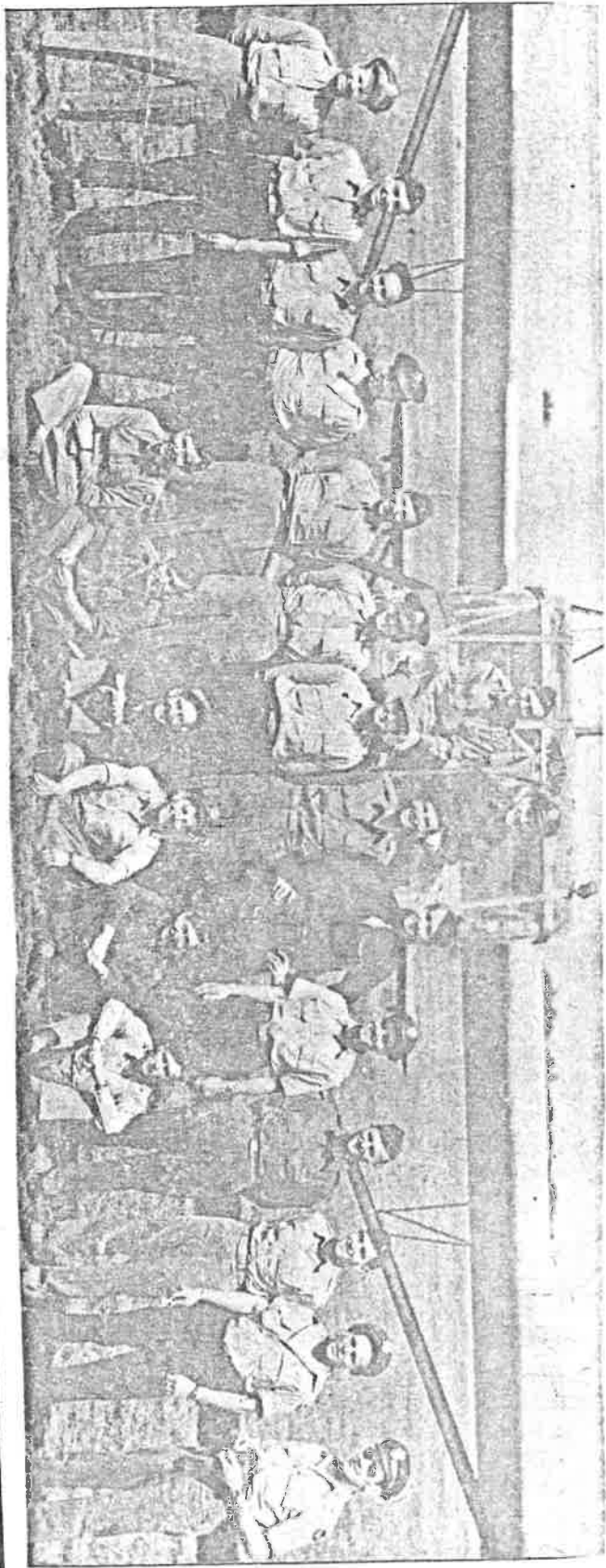
SINCERELY
Joe Edler

P.S. THANK YOU FOR ASKING ME TO
DO THIS FOR THE CLUB, I'M
GLAD TO HELP OUT IN ANY WAY
POSSIBLE.

Dear Joe,

Thanks a million for the new
"Arrowhead" Logo. I personally love it. Let
The club members decide. Hope to meet
you in person real soon. It's members like
yourself that make our club so great.

Love Ya
Auntie Jan



Between missions — Glider pilots of the 73d Squadron, 434th Group, pose in front of one of their CG-4A gliders at Aldermaston

Field, England, in the fall of 1944. James P. Rowan, then a second lieutenant, at top right, sits near the glider's nose.

Ex-pilot soothed by memories of gliding

By Alec D.B. McCabe
Day Staff writer

WATERFORD — James P. Rowan's favorite jogging path gives him a good view of Waterford Airport, but it's been 10 years since he's been at the controls of an airplane, and more than 40 since he piloted gliders into enemy-occupied Normandy, Holland, and Germany.

"I really loved that flying," the 68-year-old Rowan said over a third cup of coffee at a restaurant near his Waterford home. "It's still there. I'd just love to get into an airplane and take off."

Today marks the 41st anniversary of the largest airborne exercise over Germany. It involved 1,346 gliders, carrying 3,492 troops, artillery, and supplies, and over a million American and British ground troops.

'The only sound is the wind. There's no noise from a motor, nothing. It's beautiful, really it is.'

James P. Rowan

can and British ground troops. That mission was Rowan's third, and last, but when he talks about flying gliders, even the large 15-place CG-4As, he still remembers everything.

"The only sound is the wind," he said. "There's no noise from a motor, nothing. It's beautiful, really it is."

"The dreams were always there," he continued, explaining why he's stayed away from airplanes all these years. "All I wanted to do was get my license

and get my own airplane." After the war, a 30-year career at Northeast Utilities and a burgeoning family made that dream impossible.

In 1976, when his children, Patricia, now 30, and Steven, now 34, were out of the house, Rowan decided to try again. He enrolled in flight training at Waterford Airport, and completed 10 hours of flying time. He also piloted a successful solo. But when he returned home after the solo, he realized that his wife would nev-

er have approved of his return to the flight line.

"It wasn't fair for me to get all this enjoyment and her to worry," he said ruefully.

The dream that began with an airplane ride on a sunny day in 1941 ended with the snap of his logbook cover in 1976.

In 1941, Rowan was a 22-year-old airplane mechanic, already a veteran of a year and a half in the Army Air Corps. One of the flight instructors at the airfield offered him a ride that day, and changed his life.

"One ride, it was just the one that did it," he said, his bright blue eyes lighting up behind thick, horn-rimmed glasses. "Oh man, I loved it."

"That was the most exciting moment I had ever had in my life.

7417

MOHEGAN STRIDERS



8 Sunset Ave.
Ledyard, CT 06339

FIRST CLASS MAIL

[Faint, mirrored text from the reverse side of the page is visible through the paper. The text is mostly illegible but appears to be a letter or document.]