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Pawtucket, Rhode Island

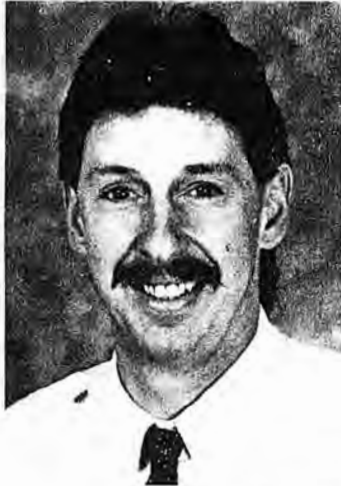
Waterfront Marathon VIII
embrace **PEACE** find yourself
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TCS NEW YORK CITY
MARATHON

FRANK N. KELLY AWARD

(Awarded annually to an individual who has contributed outstanding work in promoting and accomplishing the club's programs. The award is named for Frank N. Kelly, who was Honorary Vice President of the EBAC for 34 years and who was a loyal friend.



Wayland "Way" Hedding Jr.

An Outside Electrician in Dept. 241, Way Hedding has been active in the EBAC for 25 years. He was elected to the executive board in 1973 and has served as financial secretary, recording secretary, vice president, and as 1989-90 EBAC president. He started the varsity hockey team in 1978, the running club in 1986, and started the annual EBAC Fall Challenge five mile road race in 1982 and served as race director for the past 10 years. He was womens' volleyball commissioner as well as chairman for various banquets and dinner dances. While participating in every interdepartment EBAC sport, Way played with championship teams in volleyball and touch football. While he managed and played on the Varsity Hockey Team, the EBAC won six championships in the Southeastern Conn. Mens' Amateur Hockey League.

At present Way is the Interdepartmental Hockey Commissioner, Running Club Commissioner, EBAC equipment manager, Sports Editor for 'Scope, Co-chairman of Excursions, and Trophy Commissioner. Later this year Way will be competing with the EBAC Masters Corporate Running Team after his hockey season finishes. For the past four years Way has served as EBAC Chairman of Lunch Distribution at the Special Olympics Regional Softball Tournament held in Groton.

A note from Bob MacDonald, EBAC President, 1991-1992: *Besides all these activities, Way has been an instrumental part of the club. The reason I chose Way for this award is because of this unselfishness and he has always been willing to help out the EBAC. During my presidency Way has always been very supportive by giving me a hand whenever I needed one. I would like to thank Way for all the things he has done for the EBAC and for just being a good friend.*

Frank N. Kelly Award Recipients

Year	Name	Year	Name
1967	Charles Baker	1980	None
1968	Dorothy Bliven	1981	None
1969	None	1982	None
1970	None	1983	C. Jerry Villani
1971	Harold Morgan	1984	Frank Anderson
1972	John Priolo	1985	Robert O'Donnell
1973	Eugene Fulton	1986	Joseph Lavoie
1974	Thomas Edwards	1987	Sam Toscano
1975	Arthur Burnett	1988	Gerald E. Kelly
1976	Joseph Harcut	1989	Michael F. Chiappone
1977	Colin Campbell	1990	Edgar Tanguay
1978	None	1991	Jean Beyers
1979	None	1992	Wayland Hedding





WAY HEDDING

Think you have a busy schedule? Try keeping up with Way Hedding of Niantic.

Go to almost any road race in southeastern Connecticut and you're likely to run into Hedding. If he's not running the race, he's probably timing it. If he's not timing it, he's probably organizing it as race director. And if he's not involved with road races, he's busy helping out with the Muscular Dystrophy Association or Connecticut Special Olympics.

At 6'3", Hedding's hard to miss, and with his outgoing, friendly manner, he's a welcome sight at the finish line of races, greeting runners as they finish.

For about five years, Hedding, 43, has served as race director for two of the most popular races in southeastern Connecticut — the John J. Kelley Ocean Beach road race in New London, held in August, and the East Lyme Marathon, held in September. He is also director of the Electric Boat (where he works) Athletic Club Fall Challenge race. With Hedding's contributions as a member of E.B.A.C., the company's master's team is undefeated in corporate competition for three years.

As if the race directing weren't enough, Hedding, along with John Ficarra, Pete Volkmar and Karen Short, operate the Southern New England Road Racing Officials (S.N.E.R.R.O.), a race-timing company. This year S.N.E.R.R.O. will time some 40 to 50 races, many for free.

"There are many smaller races that wouldn't be around now if it weren't for S.N.E.R.R.O.," Hedding notes. "We help out quite a bit with the small races and help keep them going. We also do the timing for a lot of high school races and track meets."

Hedding became involved with S.N.E.R.R.O. about 20 years ago, and bought the company with Volkmar about five years ago. Needless to say, it keeps him busy. While Hedding is active donating his timing services, he's also very involved with both the Special Olympics and M.D.A.

Recently that involvement has included working with a Special Olympics regional softball tournament in Groton and helping out with a golf tournament fund raiser in Vermont for Muscular Dystrophy, which raised about \$75,000.

Hedding started running before high school — in the early 1960s and is a longtime member of the Mohegan Striders club. He modestly admits to usually being a scoring member of the club's men's masters team in competitions.

Asked about the challenges of directing the road races, Hedding says each presents its own problems.

When he took over the East Lyme Marathon — which, by the sheer logistics of a race that long, was the biggest challenge — the race was on its last legs. Since organizing a core of volunteers to get the marathon going again, the race has been going "gangbusters," Hedding says. This year it will include a 5K and kids race as well.

The Kelley race has been going for 31 years, and it has never had an entry fee. That, Hedding notes, is the biggest hurdle to overcome at that event — the constant search for sponsorships to keep the no-entry-fee streak going.

Sandwiched in between all his other activities, Hedding says his goals in training are to consistently run under 18 minutes for a 5K, under 30 for a five miler and under three hours for the marathon. He usually gets enough practice to attain these goals, and says he ran about 65 races in 1992.

He manages to log about 25 to 35 miles a week, which increases to 50 to 60 miles per week when he's preparing for a marathon. Regardless of upcoming races, he puts in one or two long runs a week.

Except in the winter, when Hedding is playing hockey...



Way Hedding's Training Profile

Vital Stats: age 43, 6 feet, 3 inches, 200 pounds

Lives in: Niantic

Works at: Electrician at Electric Boat, Groton

PRs: 3M, 17:00; 5M, 29:20; marathon, 3:05

Best race: Large marathons: Montreal, Marine Corps, New York City Marathon

Typical week: 25-35 miles with one or two long runs. The mileage ups to 50-60 per week when marathon training. Plays a good deal of hockey on a team during the winter.

Current goals: Consistently breaking 18 minutes for 5K; 30 minutes for five miles and three hours for the marathon.

Favorite course: Manchester Thanksgiving Day race, trail running through Rocky Neck State Park.

Cross training: Bike racing/time trials, hockey in winter.

PROFILES

is a section highlighting individuals and organizations in each of the six New England states and New York. It is published on the following schedule:

- New Hampshire Profiles** January/February
- Rhode Island Profiles** March/April
- Massachusetts Profiles** May/June
- Maine Profiles** July/August
- New York Profiles** July/August
- Connecticut Profiles** September/October
- Vermont Profiles** November/December

If you know of people in your area who deserve recognition, we welcome all contributions and suggestions. Where possible, please include photographs and send to:

New England Runner Profiles
P.O. Box 252, Boston, MA 02113.

Niantic News Sports article By Staff Correspondent Nick Checker

When lining up for the start of a race, local runners know they can often count on an added boost when their spirits are most in need. Whether grinding up the hills of a grueling course, sprinting gamely to the finish, or reflecting back on their efforts afterward, they can all expect the jolly, encouraging voice of Way Hedding. Runner, race official, race director, reveler... in one form or another, running buffs throughout Southeastern Connecticut all feel the omnipresence of this colorful character known widely as "Way Way". Who else in the heat and humidity of a summer race will don something as outrageous as a Blues Brothers outfit or a gorilla costume, then bound off into the pack for the sole purpose of perking up the morale of his fellow runners? Who else while directing and officiating a race, can make each participant feel like an Olympic Champion upon crossing the finish line? And, who but Way Way Hedding can invoke in others such an infectious desire to slip on running shoes and take to the roads and trails in the first place? "I preach running" Hedding says with a proud smile. "I've never met a person I couldn't talk into trying it at least once". A lanky 6'4" Hedding is regarded as a tremendously gifted athlete, but his more conspicuous activities within the running community tend to eclipse his natural racing talents. As fellow Mohegan Strider Dean Festa explains, "Way Hedding is the main gear to running in this area. He is the cog in the wheel. Way gives the same support to the people at the back of the pack as he does to those in front. They're all equal in my eyes". Elaborating, Hedding explains, "Regardless of the athletic level, profession, or social status, there is a common ground amongst runners. It tends to equalize all of us, because ultimately we all achieve the ends we sought. Everyone suffers mutually, everyone achieves mutually. We all share in the conquest. We cheer each other on, and then we all celebrate together". A runner since the age of seven, Hedding reflects jokingly, "I figured if you can't beat 'em then you better out run 'em. Therefore, I became a very good runner". "My first competition was at the age of ten in a race sponsored by the New London Rec. Department. I was encouraged by that and continued right through junior high and into high school". Receiving a partial athletic scholarship to the University of Miami, Hedding continued running in college. After college, Hedding became a frequent participant in local road races. Often he took notice of a small group of retired men who officiated the races. "I became intrigued by these people who showed up well in advance to set up the timing equipment, worked hard all day making sure the race went smoothly, and then remained long after to take everything down". "When in 1986, they decided it was time to finally disband, my wife and I took over their organization – SNERRO (Southern New England Road Race Officials), with the intention of continuing to give runners accurate times for their races". "We retained the services of former SNERRO official Jack Dempsey, made a few adjustments of our own, and now we time nearly every major race in the area". "Our primary function is to make every runner feel that finishing the race is a personal victory and that we respect them all by providing them with timing that is professional and exact". One race in particular that SNERRO will time again in 1990 was the East Lyme Marathon. An event Hedding made a personal crusade of rescuing from oblivion. "Basically we had to bring it back from the dead". The East Lyme Marathon had originated in 1980 and for some time was strongly supported. But dwindling participation threatened to eliminate it altogether. In 1988 Hedding took over as race director in an attempt to keep the race from fading altogether from existence. "The marathon is a proud tradition in running and considering all of the people who had previously run the East Lyme Marathon and still cared about it, we felt compelled to keep it going". Given that Way Hedding was also race director for the EBAC Fall Challenge which he originated, co-director for the New London Sail Festival, and currently directs the Annual Ocean Beach/John & Jessie Kelley Half Marathon. How does one so dedicated and active as he wishes to be perceived? "There's a point where racing and

the competition becomes secondary, and making people smile comes first. I'll be happy with people thinking of me as the guy who helped encourage them to keep participating and to keep enjoying their own efforts".