

# What are you waiting for?



## Join the **MOHEGAN STRIDERS** in 2009!

The Mohegan Striders formed in 1972. **Over 300 members strong, we proudly proclaim that our Mens Open Racing Team is once again**

**leading the CT USATF**

**competition.** We are the winningest club in the CT USATF Grand Prix over the last 25 years. **But despite our successes in the various USATF age groups, we**

**pride ourselves on having the most social, the most fun, club in the state. Speed is not the backbone of this club – camaraderie is. We are composed of runners of all shapes, sizes and abilities. Our red and white uniforms dominate Southeastern CT running events and are notable in road races throughout the state and beyond.**



### WHY JOIN THE MOHEGAN STRIDERS?

### WHY NOT?



We offer **social running, group track workouts, group long runs, Club Grand Prix competition, USATF Grand Prix competition, a summer picnic, race trips, a mid-winter banquet, quarterly newsletter and more!**



Check out our web site at <http://www.moheganstriders.org>