

Welcome Fellow Strider!!!

*Thank you for joining the Mohegan Striders Running Club!
We're happy to have you and we want to 'plug you in' right away!*

As President of the Mohegan Striders it is my pleasure to introduce you to the club.

By way of introduction, I live in Mystic and I've been a runner since grade school. Over the years I have run competitively, run for enjoyment and there were even times I didn't run at all, but I've always come back to running. I pretty much grew up running and I'm really glad I found the Mohegan Striders. Whether you run for fun or like to compete, the Striders have something for you. You will naturally find the things you like best about being a member, but we think the #1 benefit of being a Mohegan Strider are the friendships that develop.

Belonging to our club provides an atmosphere of camaraderie that you can't get running on your own. You don't have to be an elite runner or even a runner at all to be accepted and treasured by our members. From the fastest competitive runners in the state, to our many walkers, to members whose main interest is social, this is truly a CLUB, and we're happy to welcome you as a member of your club!

To help you get acquainted with us, listed below are some member benefits and activities. Our web site www.moheganstriders.org has additional information and an events calendar with essential 2010 events. We encourage you to visit it often. Also, as a member of the Mohegan Striders, you're invited to join us on Facebook (see link on web site).

- 'Slug Runs' – group runs every Saturday at 9:00 am January through March at a different member home each week where everyone brings food or drink to share after the run. A great social and supportive atmosphere where new and seasoned runners and walkers share stories, goals, and an all-around good time. Email robert.w.buckingham@pfizer.com for more information.
- The Strider Banquet Gala – February 20th at the Mystic Aquarium (see web site for flyer); this semi-formal club party is a great time to gather with friends and meet other members. It features music by the Run for Cover Band, headlined by Strider members Laurie & John Schaeffer, Jim Carper, and Chris Hansen. www.moheganstriders.org/rfc
- Group training runs year-round in three locations – Tuesdays 6 pm at E. Lyme HS, Thursdays 5 pm at River Walk Restaurant in Mystic, and Sundays 8:00 AM, Mohegan Park, Norwich.
- Racing Teams with road race and cross-country USA Track & Field affiliated competitions at every level, youth through seniors.
- Annual member points series with several area races designated as club Grand Prix events where members get points for showing up, wearing the Club jersey, etc and earn prizes.

New this year we're starting a 'Striders Training Camp' mentoring program where experienced runners help members develop individual training plans to achieve their goals. Whether you're just starting to run, want to prepare for your first 5K race, or get serious about training for a marathon, we'll help you 'train up', whatever your goals.

One final note – we understand it can be hard connecting with people when you first join so we'd be happy to set you up with a member partner. Just email me at the address below and I'll find a member to act as your emissary and make sure you get the most out of your new membership.

I look forward to meeting you soon.

John Trahan, President
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