

The Mohegan Striders
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THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – April 9, 2007

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**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – April 9, 2007**



www.moheganstriders.org

President: Tim Kane (860) 823-1422

Vice President: Michael Fusaro (860) 886-1122

Treasurer: Don Sikorski

Membership: Leslie Jolley (860) 779-9119

Secretary: Kris-Anne Kane

Membership: 261

USATF Team No.28

Training Runs

Tuesdays: East Lyme High School, 6:00pm

Run , Track and Swim Workouts

Pace = All levels, mostly casual

Contact: Marshall Collins (860) 859-1555 or

Way Hedding (860) 739-2884

Sundays: Mohegan Park, 8:00am

Norwich Rec Facility

Pace = All levels, mostly casual

Contact: Michael Fusaro (860) 889-6784

A Note from the Editor

By Chris Hansen

Hello Striders! Thanks to all the membership for the articles, essay's, race results, and anything that's interesting and fitting for the Mohegan Strider newsletter. It is what we all make of it.

Please send me any pics fit for the newsletter!

DEADLINE FOR NEXT NEWSLETTER IS June 1st

Please submit all newsletter articles as follows:

Microsoft Word, Font =Times New Roman, size=10, all margins=1”

Why so picky? The less time required reformatting articles, leaves more time to add those graphics and to create a more slick looking newsletter over time. In future issues if extensive re-formatting is required the article may not be included in the newsletter!

**Mohegan Strider Goodies now
available at the Strider Web
Store!**

www.moheganstriders.org

President's Corner

By Tim Kane

Even though spring is ever so slowly pushing a grudgingly departing winter into history, it's worth reviewing some of the key Strider events of the winter of 2006-2007. The Saturday Morning Slug Series is winding down and, as usual, it's been an interesting, well-attended travelogue of stops throughout southeastern CT and southwestern RI. Thanks to all hosts for each Saturday and to Bob Buckingham for doing a great job of organizing the festivities. I apologize that, as of the writing of this article, I can't congratulate the winner of the Bloody Shirt Award for 2007 but I am sure that Linda is a little misty eyed now that her reign as possessor of this prestigious award has drawn to a close.

The Strider banquet was memorable and a rousing success. Kudos to Chris and Lynne Hansen for their hard work putting it all together at a new location, the Holiday Inn in Norwich, and many thanks to the 80+ people who showed up and had a great time. As usual, the band was hot, dancing was plentiful and many people let their hair down.....and many times it was the same hair!!! Take a look inside this newsletter for some great images of the night's festivities and, rest assured, the club president is holding onto many of the night's compromising pictures in case a favor or two is needed!! Thanks to the band for all keeping the night hopping and sorry about all those old people rushing the stage at the end of the night.

As the weather warms, it's time to look toward other activities. Remember, this is a running club and the racing season is already underway!! The first USATF race has already been run in Fairfield, The St. Patrick's Day 4 miler, with the Striders scoring well in Men's Open, Master and Grand Master categories. The next race is in June, the Branford 5 miler. This is a great race that many Striders have run before and I would encourage you to jump in again and support the team. If you need more information, contact Jon Kornacki, the Strider race team coordinator, and I am sure he would be happy to give you more information.

The annual Strider Grand Prix race series is ready to start up again soon...look for the schedule in this newsletter and support local races while competing for age group bragging rights. 2006 results of the Grand Prix should also be listed in this newsletter.....Congratulations to all 2006 participants and winners and thanks to Liz Tefft for her hard work in helping coordinate the series.

Speaking of support, I would be remiss if I didn't ask all Striders to support by either running in or volunteering at the Delaney Dash at Saybrook Point on the Saturday of Memorial Day Weekend. The Striders are the main sponsor of this 7th edition of this race that honors the late Sean Delaney, past Strider racing team coordinator, and benefits scholarships at Old Saybrook High School for graduating seniors on the track/cross country teams at Sean's alma mater. It's a fun event, a great cause and a scenic course to run and even volunteer on! Contact Karen Short or Pete Volkmar, the race directors, and I am sure they will find a way to get you an application or put you to work!

Enjoy the spring weather and get out there and support those local races and Strider events. I'll see you on the roads!

The Ras na hEireann USA 5K Race-Somerville, Ma.

By Kris-Anne Kane

A small group of Striders were a wee bit Irish on Sunday, March 18 (they just extended the party that started at Steve and Mary Rief's house the day before). The Ras an hEireann 5K was mostly a fun run for the 2300+ participants, complete with Irish pubs along the route, an extremely tall lepruchan from Niantic, live Irish music and a visit from "Boston Billy" and some really fast runners from Ireland.



It was a chilly 27 degree start of the race. Definitely a tights, hat and gloves day. A fairly fast course through metro Somerville, the race finishes on a flat, yet icy bike path complete with cheering fans. An early season race wouldn't be complete without the usual groveling of aging Striders, "It's too cold to run fast, I don't want to tear my hamstring", "I hurt my butt running to the registration table!", "It's too early in the season to race"! Maybe it was Mary Rief's corn beef and cabbage, but everyone who ran ended up coming home with something other than the beautiful Celtic bottle opener all participants received at the finish line.

After the race, we were treated to free Irish beer, Irish mist (that's another story), Celtic music and some great Irish pub atmosphere in The Burren Pub, one of the race sponsors. Way

Hedding had his picture taken with more runners than Mickey Mouse and 8 yr. olds on Easter vacation.

Thankfully, everybody made it back on the Mass Pike safely and found their way home. The Ras an hEirann is a great early season race to test your race legs and have some fun in Somerville, Mass. By the way, if you have time after the race, explore Somerville! There is a great Indian restaurant and Goodwill store in town!

Prize Winners included:

Chris Hansen.....	18:31	3 rd Master
Tim Kane	19:16	5 th Master
Kevin Gallerini	19:42	3 rd Grandmaster
Kris-Anne Kane	20:34	1 st Master
Allison Dupont	21:08	4 th Submaster
Lynne Hansen	22:20	2 nd Master

Pub Team Results (out of 30 + Teams):

Men's Masters Team (included Tim Kane, Kevin Gallerini, Way Hedding)...	1 st place
Women's Masters Team (included Kris-Anne Kane, Melinda Hedding)	2 nd place
Mixed Masters (Tim Kane, Kris-Anne Kane)	1 st place
Mixed Masters (Chris Hansen, Lynne Hansen)	2 nd place

SHORT TAKES

March 1 newsletter deadline means only one thing: Use this space to pitch, market, promote, blabber about, bore the reader to tears with. . .uh. . . hype **The 2007 Delaney Dash**. Yes, fellow *Striders*, it's that time again, time for us to keep **Sean's** memory running.



Mark your calendars. Date -- Saturday, May 26, 2007. Same Time -- 9:00 AM. Same Distance -- Five mile run and 5k walk. We will have a kids' fun run again this year since last year's event was such a blast. Same Place -- at Saybrook Point. I have already received sponsorship commitments from **The Striders**, **The Center for Better Health**, **Iselin Tree Experts (Charlie Iselin)**, **Savinelli Well Drilling (Tony Savinelli)**, **United Abrasives (Christine Sacrey)**, **Prides Corner Farms (President Kane)**, **Great Harvest Bread** and, hopefully, **CL&P (Joe Swift)**. I'm waiting on a few others who may have agreed to support the race after I've typed this column. But in the meantime, I'm very excited to announce that once again **The Center for Better Health (Dr. Kurt Strecker, D.C.)** will be extremely generous to our race. Because his business, which specializes in chiropractic and rehabilitative services for runners, is located in Old Saybrook, Dr. Strecker will also be donating the First Old Saybrook Finisher prizes. Last year, he brought massage therapists to the race as a special treat for the runners (and, despite the hassle with insurance and such, I hope he brings the massage therapists back!). His energy is infectious. We're lucky to have him support our race!!!

Ready for my yearly groveling? Here we go. . . The race committee desperately needs volunteers (and we'll take new sponsors, too!) **STRIDERS** -- are you listening? We need your help! I'm sure many *Striders* want to honor **Sean's** memory and run. Please do. But if you're injured, don't run, don't want to walk, want to spend the WHOLE day listening to the race announcer drone on and on and on, then please call **Pete Volkmar** and/or **Karen Short** at 437-7247. Or email us at pvolkmar@snet.net. We WILL put you to work. That's a promise.

Banquet Bits: I suspect that there will be plenty o' sordid stories from the *Strider* banquet in this here newsletter but I would be remiss if I didn't at least mention that I bestowed my *Strider Hottie Award* upon **Alison Dupont** who arrived in a silvery slinky sexy slip-type dress but disappeared for a spell and returned in black leather pants. Sizzle. She had some stiff competition from perennial faves: **Lynne Hansen**, **Carla Thompson**, **Kris-Anne "Oops-that-was-the-strap-of-my-dress-that-just-broke-who-has-a-pin?" Kane** as well as **Jotham Coe**, who looked rather eerie with hair but had that little something that made the girls glance twice, especially when he hugged. . .er. . . groped the wall. Also turning heads was **Debbie Costello** who was stunning in a black dress that, well, let's just say that my hubby liked the dress and he's not known for his fashion sense. But, alas, **Alison** takes home top honors, at least in this column, making her parents, **Walt** and **Dot**, quite proud I'm sure. Other notables: **Leslie Jolley** circled the room, sharing the ultrasound fotos of her granddaughter, **Teresa**, who will enter the world in July (yes, **Nicole** and **Christopher** are expecting). **Tim Kane** did an awesome job with the raffle, raising over \$600 for the club. **Liz Tefft** is to be commended for the work she has done as the Grand Prix Grand Master for the past 5 years. **Laurie Schaeffer** warmed my heart when she admitted that she was recycling clothes and actually (gasp) wore a dress that had been previously worn at a prior *Strider* banquet. Bless that woman! After wearing the same black skirt for four straight years, I finally ventured into a store to do a fly-by at the dresses and actually purchased something new, which I will now proudly wear to the next 3 banquets. Heck, if **Laurie** can re-wear, then I will continue to do so. Not sure that I will receive another compliment from Mr. Gentlemen's Warehouse, **Chris Hansen** (I just LOVE what he does with his hair), but one positive remark is certainly better than none!

And, in closing, please help remember our beloved **Crank** and raise money for Pancreatic Cancer Awareness by registering to participate in the Cocaponsett Trails 8 miler on May 20. Or, just make a donation. Or both. For more information, contact **Laurie Tomlinson** at 860.526.2240 or laurie.tomlinson@agedwards.com. And. . . stay tuned for more info on the still-in-the-planning-stages revival of the *Strider* Pentathlon this summer which will also raise \$\$\$ for Pan-Can.



Tomorrow's plan? 50 miles at 6:00 AM. No need for tights because the temps won't dip below 9 degrees. Pesky wind is annoying but if I'm feeling strong, I may add on a few miles at the end. Maybe another 15. Wanna join me?

Piece a cheap goods. I paid 10 bucks for this dress at the consignment shop. Dang. Anyone got a pin?



My next big discovery, Dave-Babe, will be a hair-renewal drug that tastes like beer. I've opted not to use lab rats for my research and have chosen myself as the First-In-Human subject. Seems to be working. Give us a kiss.

COACH'S CORNER

By CHRIS HANSEN and DON SIKORSKI
“Training On Travel”

Once upon a time, many years ago, in a world without ipods and reality television, there were two Mohegan Striders named Chris and Don who wrote a quarterly newsletter column titled “Coach’s Corner”. Some listened and many ignored, but rumblings of a refreshed newsletter and the demand from loyal readers hungry for direction were too much to ignore. After extensive contract negotiations, the authors have agreed to reunion writing tour aimed at refuel loyal readers with helpful hints and training advice. This installment of “Coach’s Corner” will cover concepts and strategies for maintaining running fitness while away from home.

Distance running is a sport that requires a consistent dedication of time and energy over a long period of time in order to be successful. The greater the level of dedication, the greater the result achieved. Therefore, many runners have established routines to balance a daily exercise routine with a busy lifestyle. Whether your travel plans are business or pleasure, a change in schedule and location can wreck havoc on the training comfort-zone. Below are a few key points that the authors have put into practice in an effort to maintain fitness and/or sanity while away from home:

- **ESTABLISH THE MISSION:** Missing a training run while on a family vacation feels much more acceptable than lost fitness as a result of business travel. Work hard and play hard, and realize what running can do for you both physically and mentally.
- **EVALUATE YOUR SURROUNDINGS:** En route to your hotel, keep your eyes open for potential running routes that are both safe and interesting. If possible, print maps of the area where you will be staying or ask the Front Desk Clerk for the best direction to travel. Although “out and back” courses may lack creativity, remember the goal is to manage a tight time schedule and find your way home. Use a watch and calculate your general training pace to estimate your mileage. Be creative and enjoy the diversity of exploring unfamiliar territories. Look for roads with less traffic and be sure to pay careful attention to street signs. It would be embarrassing to be late for that morning conference with the client because you couldn’t find your way back to the hotel. When outdoor surroundings fail you, consider the hotel’s Fitness Center. A few sets of various paced efforts can help alleviate boredom and offer a solid fitness effort. Elliptical machines, stair climbers, and stationary bicycles also offer cross-training alternatives that will do the trick.
- **ARRIVE PREPARED:** Conditions at home and conditions away may vary greatly. Bring plenty of different types of workout clothes and dress in layers. You’ll also avoid looking like a tourist.
- **TRAIN EARLY:** You cannot anticipate people who refuse to stop talking at that boring meeting; all the while you anxiously await the opportunity to return to the hotel for a workout. The early riser is guaranteed to get a workout in. Depending on location, traffic concerns are also minimized in the morning.
- **BE CREATIVE:** Many business hotels are located in close proximity to an industrial park or a shopping mall. These parking lots can become your personal track. A few easy minutes of out and back warm-up running followed by interval laps run at 5K race pace and a jog back to the hotel will accomplish plenty before your co-workers awaken.
- **AVOID LONG RUNS:** Most Coaches would agree that a 30 minute workout will go a long way towards retaining fitness. It will be easier to focus on “just” 30 minutes of exercise rewarded by the sense of accomplishment you’ll achieve by getting out the door. Continue to incorporate strides in your post-run routine to maintain muscle memory and leg turnover (all Han-Ski-advised runners do plenty of strides).
- **PAY ATTENTION TO DIET AND HYDRATION:** Large meal portions and dry airplane oxygen can cause problems. Tripling your caloric intake at every meal for the duration of a week couples with evening beers, wine, or your own beverage(s) of choice can be guilt free if accompanied by daily exercise.
- **REMEMBER THE BIG PICTURE:** A short trip away from home may work benefits as a rest phase in your training block. The reduced training therefore becomes part of the master plan. Those saddled with longer calendar commitments should plan any hard interval workout in the middle of the trip in order to reward yourself with easy runs or days off without the worry of lost fitness. Do not agonize over situations that are out of your control. Lost fitness is easily regained after a brief return to routine.

Most runners exemplify a slight hint of excessive/compulsive behavior, but it is important to realize that variances from your routine will not yield disastrous results. After a few days back home, you should begin to recognize a return to normalcy (well, your normalcy anyway). Often a break in routine will actually result in a fitness boost, especially to the overtrained and overtired runner. With a bit of discipline, training on travel will become second nature. Your co-workers may even become somewhat impressed by your dedication to physical fitness. See you on the roads.

Coach's Corner welcomes questions from dues-paying members to be discussed in upcoming Mohegan Strider newsletters. Contact Chris or Don in person or by e-mail at clehansen@cox.net and kdcsikorski@sbcglobal.net. The opinions expressed in the above article represent that of Chris, Don, and the armies of disciples who follow their practices and preachings and do not necessarily reflect the views of all members of the Mohegan Striders Association. All rights reserved. Unlawful duplication of this printed material is a violation of applicable laws.



Mohegan Strider Banquet 2007
Marshall and Tim obviously discussing a recent Coach's Corner article



Strider Meeting Minutes 2/15/07

By Kris-Anne Kane, Recording Secretary

Meeting came to order at 6:45pm. 19 members present.

Committee Reports:

Lynne Hansen distributed balance sheets from the 2006 fiscal year. The club made a profit of \$856 thanks to the ad revenues from the newsletter and the Jolley's generous yearly donation.

Brian Anstrom stated he still has a check for \$216 from Strider Night that needs to be deposited. Total profit for the club now stands at \$1072.

A check for \$925 was received from USATF. This will be included on the 2007 balance sheet. Newsletter ads for 2007 have brought in \$340 so far.

Membership Secretary Report: Leslie Jolley sent a report to Tim Kane. As of 2/13/07, the club has 160 paid members. Last year at this time we had 211 members.

Newsletter: Deadline for articles was set for March 1.

Grand Prix: Laurie reported Eddie Eckard has a rough draft of this year's Grand Prix schedule. Schedule will be in the next newsletter.

Racing Teams: Ed Root announced the first USATF race will be the St. Pat's 4 Mile Race in Fairfield on March 11. Lynne will check on the fee the club has not yet paid for the team registration.

Strider Picnic: Kris-Anne Kane announced the picnic is scheduled for August 18 at Giddons Park in Franklin.

Old Biz:

Strider Banquet: Lynne announced the banquet will be in a new location this year. The Holiday Inn in Norwich.

Tommy Toy Fun Run Wrap Up: Mike Fusaro said this year's run raised more money than last year. There was also a better turnout this year.

Group Runs: Mike reminded everybody about the Sunday morning runs in Mohegan Park at 8 am. Runners meet at the Rec. Office. Tim K. shared East Lyme High School is still the place to be on Tuesday nights for group runs or swim workouts. Crown Pizza is headquarters to replenish those carbs afterward.

Saturday Slug Runs: Tim shared the Saturday morning runs are in full swing. Contact Bob Buckingham if interested.

Norwich Rec Runs: Tim Kane read correspondence received from Tim Smith regarding Joe and Melissa's ability to continue serving as coordinators. Mike Fusaro stated Kevin Crowley Gene McGrath expressed an interest in taking over the summer series. Kevin is looking at creating a new course which will keep runners on paths around the pond. This will alleviate traffic worries. Kevin is suggesting four people sign up each week to help out with timing, handing out sticks, etc... Tim Kane thought the idea of a rotating volunteer schedule was a sound one.

Other Old Biz:

New Strider Election: Lynne stated she was grateful to have Don offer to take over the position of Treasurer. She has decided to step down from the position. Tim K. acknowledged Lynne's dedicated work for the Striders. Norma nominated Don Sikorski for Treasurer. Brian A. seconded motion. All in favor.

Ed Root announced the **Steve Hancock Memorial Run** is scheduled for Sunday, May 20. Volunteers needed!

Norma announced she is directing a race in **Mansfield Hollow** on April 14.

Ron Dombrowski shared Kevin Gallarini will be directing a 5K race on June 10 in Montville.

Tim Smith announced the Norwich YMCA will be hosting their annual **Healthy Kids Day** in the Spring. It would be nice if the Striders organized a booth for the event.

He also added Mike Ladd recently had an operation to repair an aneurysm. Club will send a get well card.

Karen Short asked club members to help support the seventh annual **Delaney Dash**. Norma motioned for the club to sponsor the race. Kris-Anne seconded it. Cliff asked if there was money budgeted for this line item. Lynne responded the club looks at the race on a year to year basis. The sponsorship will be reviewed by the new treasurer. Club voted in favor of sponsoring the Delaney Dash for 2007.

New Biz:

Mike Fusaro shared Jon Kornacki will have samples of the **new Strider jacket** at the Banquet. Jacket will have Strider logo. Price will be \$55 which is the "at cost" price.

Lynne announced "**Run for Cover**" will be playing August 25 on the Boardwalk at Ocean Beach Park in New London.

Tim Smith noted Striders that the Mohegan Striders will celebrate its **35th anniversary** this April!!

Meeting adjourned to Billy Wilson's at 7:40pm.

MARSHALL R. COLLINS & ASSOCIATES, LLC.

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Strider Banquet 2007



Not sure what caption to use on this one. The expression says it all.

RUN for COVER havin fun!



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COACH' S TESTIMONIAL !!!

"Libby Baxter's extensive knowledge as a therapist combined with her own experience as an athlete creates an unbeatable combination, especially for any athlete or non-athlete looking to improve their recovery, overall health, and vitality, through the benefits of massage therapy. As an endurance athlete who has received many massages over a 25+ year career, and as a coach to many other endurance athletes, I highly recommend her services to every athlete that I come into contact with!"

Coach Al Lyman, CSCS

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MOHEGAN STRIDERS
2006 GRAND PRIX WINNERS

MEN'S JR. 19 & UNDER

1ST ZACHARY WESOLEK
2ND ZACHERY ECKARD
2ND KYLE LIANG
3RD ETHAN ANDSTROM

WOMEN'S JR. 19 & UNDER

1ST KIRSTEN WESOLEK
2ND CAITLYN WALKER
3RD ERIKA WESOLEK

MEN'S OPEN 20-29

1ST LARZ SELMER-LARSEN
2ND ANSON MOODY, III

WOMEN'S OPEN 20-29

1ST TANA JOLLEY

MEN'S SUBMASTER 30-39

1ST STEPHEN MOSKALUK
2ND JAMIE WALLACE
3RD TODD FISHER

WOMEN'S SUBMASTER 30-39

1ST ELIZABETH TEFFT
2ND ALISON DUPONT
3RD CATHERINE SIKORSKI

MEN'S MASTER 40-49

1ST EDDIE ECKARD
2ND TRACY MONTOYA
3RD TIM KANE

WOMEN'S MASTER 40-49

1ST NORMA VIVAR-ORUM
2ND LORI ANDRZEICIK
3RD LINDA WESOLEK

MEN'S GRANDMASTER 50-59

1ST TIMOTHY SMITH
2^N BRIAN ANDSTROM
3RD JOHN SACREY

WOMEN'S GRANDMASTER 50-59

1ST ELIZABETH ANDSTROM
1ST SANDY COLLINS
2ND MICHAEELEN HAESELER
3RD PAT PHILLIPS

MEN'S VETERAN 60 & OVER

1ST RON DOMBROWSKI
2ND DAVE JACOBS
3RD TED PHILLIPS

WOMEN'S VETERAN 60 & OVER

1ST JUDY MCGRATH
2ND GERALDINE PALONEN
3RD PAULINE MAGNUSON

2006
GRAND PRIX POINTS

	AGE as of 03/25/06	POINT TOTAL
MEN'S JUNIOR (19 AND UNDER)		
Ethan Andstrom	13	150
Ian Buckley	13	115
Zachery Eckard	15	335
Ryan Guertin	17	35
Tyler Guertin	10	45
Ryan Kalla	11	80
Daniel Kornacki	10	10
Kyle Liang	10	335
Andrew Orum	16	120
Kevin Sikorski	7	90
Charlie Spellman, Jr.	11	60
Sam Teixeira	13	135
Zachary Wesolek	12	495
WOMEN'S JUNIOR (19 AND UNDER)		
Alyssa L. Fisher	13	50
Lindsay E. Fisher	12	161
Elizabeth Hansen	10	65
Victoria Spellman	7	10
Caitlyn Walker	12	250
Erika Wesolek	9	210
Kirsten Wesolek	10	305
MEN'S OPEN (20 - 29)		
Anson Moody, III	20	200
Larz Selmer-Larsen	25	500
WOMEN'S OPEN (20 - 29)		
Tana Jolley	27	150
MEN'S SUBMASTERS (30 - 39)		
Mark Chartier, Jr.	35	95
Bob Davenport	37	25
Todd H. Fisher	37	170
Thomas Jolley	30	25
Stephen Moskaluk	32	525
Don Sikorski	39	90
James Toala	35	25
Jamie Wallace	35	300
WOMEN'S SUBMASTERS (30 - 39)		

Melissa Perkins-Banas	35	195
Annette Barbay	35	95
Debbie Costello	36	10
Alison Dupont	38	540
Carolyn Fusaro	35	320
Lynne Hansen	39	115
Laurie Schaeffer (F)	39	100
Catherine Sikorski	38	350
Elizabeth Tefft	31	970

MEN'S MASTERS (40 - 49)

David Anderson	49	85
Joseph Banas	49	265
Doug Barlow	49	60
Glenn Costello	46	150
Eddie Eckard	41	815
Mark Fitton	49	110
Mike Fusaro	40	340
Todd Guertin	43	45
John Hadcock	47	195
Chris Hansen	40	80
David Kalla	48	80
Tim Kane	48	350
Jon Kornacki	47	60
Scott McDonough	42	25
Tracy Montoya	41	385
Keith Pellerin	41	310
Mark Ruffo	47	100
Daniel Santos	46	105
Walt Smolenski	49	95
Charlie Spellman	43	60

WOMEN'S MASTERS (40 - 49)

Lori Andrzejcik	41	940
Geodi Johnston	40	100
Kris-Anne Kane	41	200
Christine Lemieux	45	50
Lynne Love	47	400
Nona Peachey	48	25
Mary Jane Ruffo	47	10
Phyllis Samul	49	200
Karen Short	45	75
Kathy Smolenski	49	365
Norma Vivar-Orum	42	945
Linda Wesolek	45	460

MEN'S GRANDMASTERS (50 AND OVER)

Brian Andstrom	50	850
Randy Baah	57	10
Nick Checker	53	10
Marshall Collins	56	75

Kevin Crowley	55	165
Kevin Gallerani	51	265
Mike Gouthro	53	375
Stephen Hancock	58	110
Way Hedding	56	565
Wayne Jolley	55	350
Tom Lee	57	90
Joe Lemieux	53	270
James Loughhead	51	25
Brian Lundie	51	90
Bob Niedbala	58	105
Doug Peachey	55	120
John Sacrey	54	640
Moshen Safari	55	25
Neal Slobin	50	90
Timothy Smith (L)	57	945

WOMEN'S GRANDMASTERS (50 AND OVER)

Elizabeth Andstrom	51	720
Rose Buckingham	58	385
Maureen Collins	58	25
Sandy Collins	50	720
Jo Anne Gillespie	56	25
Karen Goyette	52	50
Michaeleen Haeseler	59	705
Brenda Hancock	54	25
Melinda Hedding	51	215
Leslie Jolley	52	315
Laurie Lamb	52	265
Pat Phillips	58	675
Christine Picklo	50	25
Christine Sacrey	52	655
Terrie Smith	52	415
Patty Vuylsteke	55	300
Lynn Wisniewski	59	25

MEN'S VETERANS (60 AND OVER)

Jerry Brown	64	175
Ron Dombrowski	62	830
Cliff Fisher	64	50
Ron Gale	70	670
George Gillespie	64	145
Colburn Graves, Jr.	72	490
Dave Jacobs	60	710
Jim Latourette	72	170
Lance Magnuson	62	285
Bill Marshall	61	225
Clem McGrath	66	130
Eugene McGrath	65	140
Ted Phillips	62	695
Guy Pulino	61	90

Ed Root	60	250
Pete Volkmar	62	75
Dennis Zajehowski	62	170
WOMEN'S VETERANS (60 AND OVER)		
Pauline Magnuson	64	20
Judy McGrath	63	840
Geraldine Palonen	63	190

Billy Wilson's Ageing Still



57 Broadway, Norwich, CT 06360-5701

(860) 887-8733

Billy Wilson's is located in downtown Norwich, has a good pubby ambience, and has an excellent selection of draught beers. Its located just across from Norwich town hall, and is located on the historic Broadway thoroughfare. The beers are Harp, Bass, Fuller ESB, Sam Adams, Dos Equis, Stella Artois, Killians, Shipyard, and Sam Adams Summer Ale. A key supporter of the Tommy Toy Fund Run as well as local running events.



PETROWSKY-QUINTAL

Exit 89 of I-395 West 1/8 mile on Route 14

NEW CONSTRUCTION - RESIDENTIAL
LAND - RENTALS - COMMERCIAL/INDUSTRIAL
INVESTMENT PROPERTIES

SINCE 1973

BRIAN ANDSTROM - OWNER/BROKER

34 East Main Street, P.O. Box 426
Central Village, CT 06332-0426
Telephone (860) 564-3366 (860) 774-7655
Fax (860) 564-3371
e-mail: r.w.petrov-quintal@snet.net

**2007 MOHEGAN STRIDERS
GRAND PRIX CIRCUIT SCHEDULE**

Kelley's Pace Hare Hop	3 MI*
St. Joseph of Baltic	3 MI*
Flanders 5K	3.1 MI*
Woodstock Memorial	10 K*
St. Catherine's Festival Run	3.8 M*
Cannonball Run	1M*
Ocean Beach	11.6 MI*
Waterford Week	5 MI*
Lisbon Fall Festival	3.5 MI*
A Moveable Feast	5 K*
EBAC Fall Challenge	4.75 MI*
*Please contact race directors for official dates and start times.	

GRAND PRIX CIRCUIT RULES & REGULATIONS

2007 Membership dues must be paid to receive points!!

At each event, please look for the Mohegan Striders sign up sheet, which can be found on the table clearly marked with our red flag. The table will usually be in the registration area, unless the race finishes in a different location, then it will be at the finish line. PLEASE make sure you sign in!!! If for any reason you do not sign the sheet, you will not get points for running or attending an event!! Also, if you forget, please do not ask at the next event to have us sign you in for the previous event.

SCORING IS AS FOLLOWS:

ANNUAL AWARDS BASED ON BEST 7 OF THE CIRCUIT

POINTS ARE AWARDED FOR EACH AGE GROUP, BASED ON AGE AS OF MARCH 4, 2007

MALE & FEMALE DIVISIONS - <20, 20-29, 30-39, 40-49, 50-59, >60 - AWARDS TO TOP 3 IN EACH DIV

100 POINTS FOR 1ST CLUB FINISHER, 95 FOR 2ND CLUB FINISHER, ETC.

ADDITIONAL POINTS CAN BE EARNED BY ATTENDANCE AT THE FOLLOWING EVENTS:

- ❖ RACE ATTENDANCE = 10 PTS
- ❖ NORWICH REC RUNS ATTENDANCE = 10 PT/WEEK
- ❖ DELANEY DASH VOLUNTEER OR WALK = 25 PT
- ❖ STRIDER PICNIC ATTENDANCE = 25 PT
- ❖ KELLEY RACE VOLUNTEER OR RUN= 25 PT
- ❖ AWARDS BANQUET ATTENDANCE = 25 PT
- ❖ MEETING ATTENDANCE = 25 PT
- ❖ TOMMY TOY FUN RUN= 30 PT (Receive double points if you sign up for the next year as a strider)
- ❖ **PROMOTE THE TEAM!!!!** WEAR YOUR SRIDER SINGLET AT A GRAND PRIX EVENT AND RECEIVE AN ADDITIONAL 5 POINTS FOR THAT RACE (Does not apply at Norwich Rec Runs)
- ❖ **NEW THIS YEAR!!!** FOR THOSE WHO ATTEND A LOT OF RACES THROUGHOUT THE YEAR, THERE WILL BE AN UNANNOUNCED SURPRISE GRAND PRIX RACE DURING THE SEASON WITH POINTS GIVEN AS USUAL

QUESTIONS? Contact Ed Eckard 860 546 6643



UP AGAINST "THE WALL"

5K Montville Lions Edition

Where: Montville Polish Montville, CT (1st ANNUAL)

When: June 10, 2007 (10:00 a.m. sharp)

Pre-entry: 150- pre-entries by 06/08/2007 will receive a long sleeve shirt,
After that date - don't ask..... :-)

Awards: Following Race at the Polish Club Picnic area, around back.

Picnic: Montville Linns Picnic to start at noon... All are welcome.

Officiating: SNERRO with chrono mix timing, splits

Course: 2 challenging hills out, Flat & Fast on the return - "Good time to tune those wheels for Chester"

Race Directors: MR. DOUG SHARPLES, MR. KEVIN GALLERANI, MS ALISON GALLERANI

<u>DIVISIONS</u>	<u>MENS OVERALL WINNER</u>	<u>WOMEN'S OVERALL WINNER</u>
	<u>(PLEASE CIRCLE ONE)</u>	
	<u>MJ - Junior (14 - under)</u>	<u>WJ - Junior</u>
	<u>MHS - High School (18 - 15)</u>	<u>WHS - High School</u>
	<u>MO - Open (19 - 29)</u>	<u>WO - Open</u>
	<u>MSM - Sub Master (30 - 39)</u>	<u>WSM - Sub Master</u>
	<u>MM - Master (40 - 49)</u>	<u>WM - Master</u>
	<u>MGM - Grand Master (50 -59)</u>	<u>WGM - Grand Master</u>
	<u>MVM- Vetern (60 -***)</u>	<u>WVM - Vetern Master</u>
	<u>MGM - Grand Master (50 -59)</u>	<u>WGM - Grand Master</u>



MAIL ENTRIES TO: KEVIN GALLERANI **SHIRT SIZE (PLEASE CIRCLE ONE)**
 16 HIDDEN ACRES ROAD
 UNCASVILLE, CT 06382 (860-848-8059) **LARGE EXTRA-LARGE**

PLEASE MAKE CHECKS PAYABLE TO: **MONTVILLE LIONS CLUB**

RACE PRE ENTRY FEE: \$15.00 RACE DAY ENTRY FEE: \$18.00 BIB # _____

NAME: _____

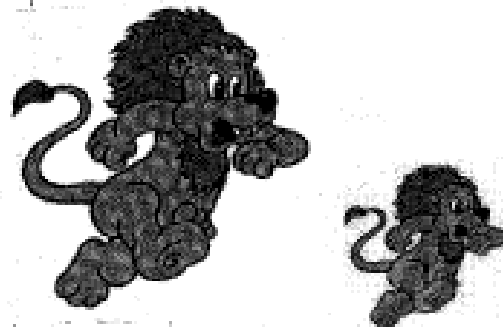
ADDRESS: _____

CITY/ST/ZIP: _____

PHONE: _____ AGE: _____

EMAIL: _____

SIGNATURE: _____
 In conjunction of your accepting this entry, I intend to be legally bound for myself, my heirs, executors and administrators waive and release any and all rights and claims of damages I may have against the town of Montville, all sponsors, SNERRO, and volunteers, for any injuries suffered by me at said event.



Mohegan Strider Newsletter Advertising Rates

The Mohegan Striders invite all individuals and businesses with an interest in running and an interest in reaching a unique, committed, athletic audience to advertise in our (4) times yearly newsletter. The Strider newsletter has been the club lifeline for over 30 years keeping our (300) member strong running group informed, together, and inspired. The demographics of the Mohegan Striders are ideal for any business or service firm looking to reach an active, 25 to 65 year old market of individuals with considerable disposable income, centered in eastern Connecticut and western Rhode Island with an emphasis on the New London county area. The Strider newsletter is sent to all club members (4) times a year and distributed at dozens of local road races throughout the year

In 2005, the Strider Newsletter will be published in February, May, August, and December.

Sizes and specifications:

- ¼ page (3.6" x 4.85") \$30.00/insertion
Insert in all (4) issues and pay only \$100.00!
- ½ page (3.6" x 10") or (4.85" x 7.5") \$50.00/insertion
Insert in all (4) issues and pay only \$160.00!
- Full page (7.5" x 10") \$75.00/insertion
Insert in all (4) issues and pay only \$240.00!

All submitted advertisements must be on a CD or emailed in as a .jpg or word.doc format. Deadlines for submission for each issue are 4/30/04, 7/31/04, & 11/31/04. Ads must be submitted to Chris Hansen, 361 Arcadia Rd. Hope Valley, RI 02832 or e-mailed to clehansen@cox.net.

Special Advertising Bonus:

Advertisers committing for all (4) issues will receive the additional bonus of having their ads posted on the Mohegan Strider website (www.moheganstriders.org) at no additional charge! The Strider website averages hundreds of hits each month and is a valuable venue for getting your advertising message out, not just to club members, but to other runners and athletes that regularly visit the site.

Why Join the Mohegan Striders??

Your \$15 per year Mohegan Strider membership fee and \$1 each per additional family member brings you running value that is priceless!

Training:

- (300+) members in 2004 make it easy to find a club running partner!
- Sunday group runs in Mohegan Park throughout the year. All abilities welcome!
- Tuesday night track runs at East Lyme High School year round for runners of all abilities.
- Saturday Morning Slug Runs throughout eastern Connecticut January 1 through April 1. All abilities welcome!
- Summer recreational runs at Mohegan Park for (8) Thursday nights after July 4th. 2 kids runs and 5K run means fun for the whole family!
- Strider Grand Prix circuit at local races allow you to compete against other Striders in your age group for year-end awards.
- Strider USATF racing team that competes and wins at the statewide level. All members welcome!
- \$1 membership rate for all students high school age and younger!

Social:

- Annual Mohegan Strider Banquet. Grand Prix race awards and the best party value of the year!
- Strider Summer Family Picnic. Fun, games, and comradery for the whole family!
- Strider Night at Dodd Stadium. Spend a summer night with fellow Striders at the ballpark.
- Mohegan Strider newsletter (4) times yearly with the latest Strider news, race results, training information and advertising to enhance your running.
- www.moheganstriders.org, the official Strider website. Pictures, information, & more keep you up to date on Strider activities.
- Meet new friends while attending Strider meetings or volunteering at Strider runs and events!

Discounts:

- Shoe and Clothing discounts available at Nassiff's in Willimantic and Kelley's Pace in Mystic.
- Strider running store on-line offers the latest in Strider gifts and apparel.
- Strider vacations and group travel discounts allow you to travel the country and the world with Strider teammates!

All are welcome to join the Mohegan Striders!



MEMBERSHIP APPLICATION

January 1, 2007 through December 31, 2007

USATF # 28

Why Join The Mohegan Striders ?

We have.....

Social Running, Group Track Workouts, Long Runs,
Club Grand Prix Competition, USATF Team Competition,
Club Picnic & Awards Banquet, Quarterly Newsletter & Much More!!

Primary Member:

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: () _____ - _____ Gender: M or F

Age: _____ Date of Birth: ____ / ____ / ____

E-Mail Address: _____

Please Print Clearly

Primary Member*.....\$15.00/yr.

Each Additional Family Member

Living at Home*.....\$1.00/yr.

Junior Member*(Primary Member, 17 &
Under, W/O Additional Family).\$1.00/yr.

*Dues are reduced by 50% after Sept. 1st.

Additional Family Members:

Name: _____

Age: _____ Date of Birth: _____ M / F

Name: _____

Age: _____ Date of Birth: _____ M / F

Name: _____

Age: _____ Date of Birth: _____ M / F

Name: _____

Age: _____ Date of Birth: _____ M / F

President.....Tim Kane (860-823-1422)

Vice President.....Mike Fusaro

Secretary.....Kris-Anne Kane

Treasurer.....Don Sikorski

Membership Secretary.....Leslie Jolley (860-779-3980)

Please Print All Information And Return With Dues To:

Make Checks Payable to **"The Mohegan Striders"**

MAIL TO:

Leslie A. Jolley

524 Wauregan Road, Brooklyn, CT. 06234

www.moheganstriders.org