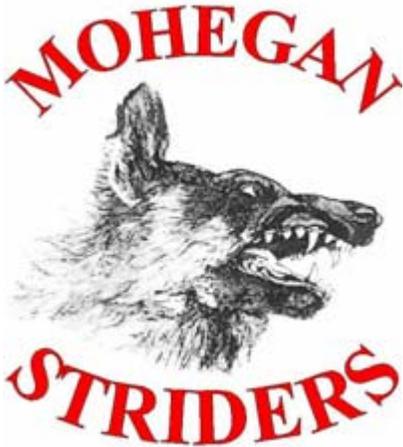


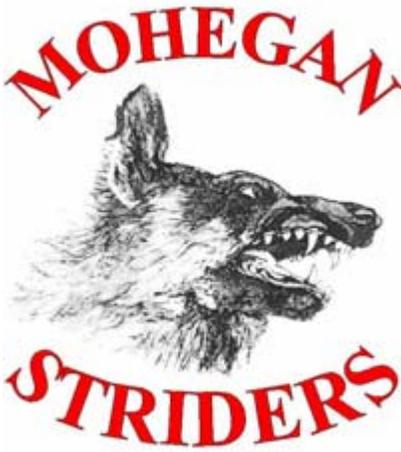
The Mohegan Striders
174 Plant Street
New London CT 06320



**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – January 2004**

**JOLLY CONCRETE
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**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – January 2004**



President: Tim Kane (860) 823-1422

Vice President: Michael Fusaro (860) 889-6784

Treasurer: Lynne Hansen

Membership: Leslie Jolly (860) 779-9119

Secretary: Eddie Eckard

**Membership: 261
USATF Team No.28**

www.moheganstriders.org

Contents

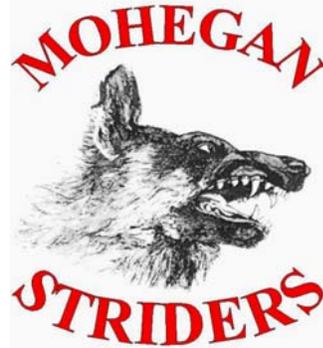
Upcoming Events / Training Runs	3
A Note From the Editor	4
President's Corner	5
Strider Meeting Minutes - 11/5/03	6
Membership Committee Report	7
Coach's Corner	9
What a Road Trip! The Mohegan Striders In Ireland	10
When Irish Guys (and a few Strider men and women) Are Miling	12
The Meandering Thoughts of a Wandering Strider	14
Sue McCarthy Shares The Lure Of The Ultramarathon	15
Back In The Irishman's' Bar	17
At the Races: The New Haven Savings Bank 20K	18
2003 Men's Open Racing Team Report	20
2004 Club Grand Prix Circuit Schedule	25
Membership Application	26

11th Annual Mohegan Strider Gala

Come in out of the cold this winter and get together with all your running friends for a night of.....



*Food,
Fun,
Drinks
and
Dancing*



New Members Welcome!
www.moheganstriders.org

Music and Mayhem provided by our very own band the RUNZ

When: Saturday, February 21, 2004 7:00pm

Where: Port-n-Starboard Club, Ocean Beach,

New London CT. 860-447-2346

For additional information contact: Lynne Hansen at 401-539-4672

← Cut here

	<u>Before Feb 13</u>	<u>After Feb 13</u>	<u>Make checks payable to: Mohegan Striders</u>
<u>Ticket Price(s):</u>	Strider: \$20	\$25	<u>Mail to:</u> Lynne Hansen
	non-Strider: \$25	\$30	361 Arcadia Rd.
			Hope Valley, RI 02832

Name(s) will be at the door – no tickets will be mailed

Name(s):	Phone #:	<u># of Tickets</u>
_____	_____	_____

Total Amount Enclosed: \$ _____

Be an Early Bird and Save - Tickets May Not Be Possible at the Door

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, 9:00am

Norwich Rec Facility

Pace = All levels, mostly casual

Contact: Todd Guertin (860) 822-8488

A Note from the Editor Chris Hansen

Hello Striders! This is the first newsletter that I have edited for the Striders. Though I am sure that many of you have read and re-read the Coach's Corner articles which Don Sikorski and I have written for many years. This newsletter will be a work in progress. Bob Buckingham and I are splitting-up the work for the newsletter. Bob will be the "enforcer". He will be bugging all the membership for articles, essay's, race results, anything that's interesting and fitting for the Mohegan Strider newsletter. So get ready, he will be calling for you. Send your articles to: **Bob Buckingham: robert_w_buckingham@groton.pfizer.com**

I will attempt to compile all the "news thats fit to print" and put in a framework which will evolve as I work the bugs out. Over time I will try to ad some graphics and spruce-up the formatting. I'm sure that you are all wondering, "well how can I help make this newsletter grow?" Two ways: 1) submit articles! Write about those "secret races", or some really fun club event. 2) Please submit all articles in 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.

So, start your computers!

President's Corner

Just after the club's November 5th meeting, there were a lot of good-natured congratulations being sent my way from a number of Striders as we retired to Wilson's for a traditional post meeting nightcap. Talk of the tough campaign waged to regain the presidency of the club and the 'Kane Dynasty' were among the comments that would naturally appear after being reelected unopposed for what I believe to be the start of my tenth year as Strider president. I find it amazing that it's been nearly a decade since my first election. I also marvel at the fact that no one has stepped up to put an end this string of reelections. Thank you for your confidence in me and for allowing me to continue to serve our club.

Given that it has been nearly a decade since my first election, I think it's a good time to look back and compare the Striders of today with the Striders of the early to mid 1990's. The 1990's were a time when the Striders were at their strongest. The team was a great mixture of young runners and experienced veterans. The club was active in the community through activities like the Tommy Toy Run and the March of Dimes Walk-a-thon along with the many local races that were well attended and dominated by Mohegan Strider red. The Striders were strong socially with our picnic being well attended and lasting well into the evening and our end of the year banquet just coming into its own. Our Strider racing teams, men's and women's, were tops in the state. In many ways, the running world in the state revolved around the Striders.

Ten years later we can say many of the same things about our club. Local races depend on Striders to show up and make their race a financial success. Our men's open racing team continues to dominate the state circuit. We remain strong in the community with the Tommy Toy Run and the Delaney Dash and are looking to make our presence known even further. Socially, the Striders are even a tighter knit group than before with a well attended Saturday morning winter run series, a vibrant Grand Prix program, a superb end of the year banquet, and what other team could find 50 members to travel to Ireland to spread the team legacy and still have them enjoy each other's company more by the end of the trip? In its fourth decade of existence, this team certainly has reason to be proud.

So what is different about the Striders of today in comparison to the Striders of the early to mid 1990's?? Age. We and many other running clubs like us are aging rapidly with little infusion of new, vibrant blood. A: Stagnant to falling membership. Back in the 1990's, breaking the 300 member level was a given. It was just a matter of when in the year it would happen and how far above 300 we would end the year. Today, membership hovers in the mid to upper 200's with 300 a lofty, nearly unreachable goal. B: Lack of a women's team. A lot of women ran for the Striders 10 years ago. It was rare that a statewide race did not feature a red clad women's team. It's been at least 5 years since there has even been an attempt to field such a team wearing the Strider colors. C: Communication. In the age of information our Strider newsletter goes wanting for contributions and our slick, great looking website is underutilized by the club. We have a lot of great things happening in the Striders and less word than ever getting out about it.

What we have here is an interesting dilemma. In many ways the Striders are stronger than ever. We are the envy of the rest of Connecticut's clubs and yet are in danger of starting down the road to obsolescence. Are we destined to become the Grange organization of our time, becoming relevant only to rapidly shrinking group of aging members until we are reduced to a handful of octogenarians sitting around and talking about the old days? I believe we have too much going for us as a group to allow us to fall into this pattern. What we need is a way to spread the word about the Striders and to find a way to bring in new, younger, ambitious people who can do an even better job for the Striders that our generation and the past generation of our club have done.

Is it too late to start this effort? No. Our own Marshall Collins, Hartford influence peddler and Strider travel host extraordinaire, has volunteered his services to head a new Strider membership committee, charged with finding ways to spread the gospel of the Striders and gather more Strider members. This initiative will be a breath of fresh air for our club and I am confident it will make us even stronger. We have such great resources for young, new runners with our veteran membership and our community strength. Let's find a way to use these assets and make our club even better. Look for the membership committee's first report inside this newsletter.

While the new membership committee will be a wonderful asset to our team, it is crucial to remember that finding new people to join the Striders starts with each and every current member. We are all the best ambassadors for our team. With leadership from Marshall and the membership committee paired with each and every one of us continually looking for a way to spread the Strider word through your network of acquaintances, we can easily go beyond the vibrant, relevant team we are today and become even better tomorrow.

With the holidays behind us and the New Year at hand, let's look forward to a great new year. Check the newsletter or the Strider website (www.moheganstriders.org) for information about the upcoming Saturday Morning Slug Runs and the Strider banquet scheduled for February 21, 2004. I look forward to another great Strider year and look forward to seeing you on the roads.

Tim

Strider Meeting Minutes - 11/5/03

Meeting was called to order at 6:40pm.

Committee Reports:

Treasurer Report: Lynne Hanson reported an account balance sheet would be available at the annual banquet in February and also in the next newsletter. Revenues are slightly down for 2003.

Membership: Leslie Jolley announced there are currently 252 paid members. That is down from 2002.

Newsletter: Bob Buckingham shared the printing cost of the last newsletter was free, thanks to Bob Stack. Deadline for next newsletter is December 2.

Grand Prix: Liz Tefft announced the last two Grand Prix events are tonight's meeting and the EBAC Fall Challenge. Liz reminded everyone to put down their finishing places after races so results can be tabulated more easily.

Racing Teams:

Don Sikorski reports the Men's Open Team may have clinched first place. He will get the official word after the USATF meeting on November 12. The men's team has won 7 out of the 9 USATF State Championship races.

John Kornacki and Tim Kane reported the Master's team contributed well this year. Kevin Gallarini was recognized for being the first Mohegan Strider at the Mystic Places Marathon.

Ed Root noted the Grand Masters team was well represented at all of this year's races, except for one. He thinks the team finished in 3rd place overall in the state standings.

Old Biz:

Tim Kane reported the club made a \$656 profit from Strider Night at Dodd Stadium.

Lynne Hanson reported the Strider picnic was a huge success despite the bad weather. Pictures of the picnic are now on the Strider website.

Marshall Collins announced the group runs at East Lyme H.S. continue every Tuesday evening. Runs of various distances are followed by pizza at Crown Pizza in Waterford. The Saturday morning Slug Runs will begin the first Saturday after January 1. The first Strider Road trip will be held November 13-18. A group of 50 Striders and friends will be going to Galway, Ireland.

Website- Tim announced the website has been completely refurbished. The Strider store has over 20 items for sale. Rec Runs- Charlie Spellman shared the attendance for this year's Rec Runs in Mohegan Park was up from last year. Tim Smith reported the kid's races also had an increase in attendance.

New Biz:

Election for 2004-All in attendance elected the current Executive Board members to new terms for 2004.

Strider Banquet- Lynne Hanson announced the application for the Strider Banquet is now available. They can be picked up at local SNERRO road races or our website, moheganstriders.org. The Banquet will be held February 21,2004 at 7:00pm at Port&Starboard, Ocean Beach, New London.

Tommy Toy Fun Run- Tim Kane announced the Tommy Toy Fun Run would be December 12 at Billy Wilson's in Norwich. Bob Miles has given up the role of Santa. After much encouraging, Tim Smith volunteered to be Santa this year. Lynne Hanson stated that she would have Chris e-mail club members to remind them of the run. Todd Guertin volunteered to make fliers for area school. He will send fliers to Chris Hanson to post on the website.

Other Biz:

Marshall Collins volunteered to head a membership committee. The committee consists of Marshall Collins, Bryan Anstrom, Bob Buckingham, Kevin Gallarini, John Kornacki, Kris-Anne Kane, and Liz Tefft. The committee's objective is to increase Strider membership. The committee will be meeting December 1 at Billy Wilson's.

Norma announced she is involved in a Health and Fitness Fair March 4,2004 at the Thermos Factory in Norwich. She asked for somebody to represent the Striders. She stated that this would be a good way to recruit new members.

Don Sikorski announced if there were enough interest, he would be willing to coordinate a women's racing team. Don motioned that the club to once again sponsor the 2004 Delaney Dash for \$1000. Pete Volkmar seconded. All were in favor.

Bob Buckingham brought up the issue of using the Strider website for the newsletter instead of mailing out copies. Bob reports it costs the club \$160 per printing, plus \$55 for postage. Norma volunteered to help out with the newsletter.

Due to time constraints, Tim Kane purposed this issue be discussed at the next meeting. Meeting adjourned at 7:50 pm.

Kris-Anne Kane
(For Eddie Eckard, Recording Secretary)

MEMBERSHIP COMMITTEE REPORT

By Marshall Collins

The Ad Hoc Membership Committee met recently and discussed ways to increase membership. Members of the committee are: Jon Kornacki, Brian Andstrom, Kris-Anne Kane, our beloved president for life Tim Kane, Kevin Gallerini, Bob Buckingham, Liz Tefft and myself. Formal recommendations will be made at January membership meeting. The following are only suggestions and summaries. The Club needs your input, so please send any ideas on how to grow the membership to any of the committee members as soon as possible. Although we are the strongest running club in the state, we shouldn't be complacent. A 500-member club is doable.

1. *Recruiting material.* The club should develop a piece that lists membership benefits. The information would be included on the back of a membership application, which could be distributed at races. The piece would be ready for mid-winter. Membership benefits would be set out in three areas: running, social, and group benefits such as discounts, the website, and the online merchandise shop, etc.
2. *Newsletter.* The newsletter is the only regular contact that many members have with the club. Publication should be bimonthly. With greater circulation inexpensive ads could be sold to help defray the cost of mailing and printing. The newsletter should also be on the website. New features could include: more race reviews and race results, a swap or wanted column, i.e., baby jogger or heart monitor for sale; an upcoming events column, and profiles of new and existing members. The layout will change and we will try to reduce printing costs. Copies of the newsletter would be provided to local running coaches.

3. *Women's Racing.* We should resurrect the women's racing team for more than Grand Prix races to take advantage of the many excellent female runners in the club. A coordinator is needed.
4. *Additional social or charitable events.* A low cost family bowling or movie night could be held with proceeds donated to a local charity. The objective is to have a good time and to generate favorable publicity for the club.
5. *Recruitment incentives.* Grand Prix points could be awarded for each member signed up. An addition on the membership application would be made to reflect who recruited the new member.
6. *Group travel benefits.* Based on the positive reaction to the Ireland road trip, we will explore group travel discounts for Mohegan Strider members.
7. *Younger and beginning runners.* We need to work with local coaches to include youth, high school or college runners in the club. We need to actively recruit area runners. We also should emphasize the club training benefits for runners of all ability, including beginning runners.
8. *Visibility at races.* An additional club banner or flag, with the name, logo and website address should be obtained. It should be prominently displayed at as many races as possible.
9. *An annual membership drive.* During January, personal calls should be made to all nonrenewals. Postcards for meeting notice should include a reminder to renew your membership. A goal of getting each member to sign up one or two new members should be established. Incentives for recruitment should be considered.
10. *Interclub event.* To increase visibility and recruitment, the club should consider a home and home annual race / social event with other running clubs. It would be held outside of the busiest part of the racing season.

**Don't Forget To Register
for the Strider Gala !**

COACH'S CORNER

By Chris Hansen and Don Sikorski
"LONG SLOW? DISTANCE"

After a lengthy absence, "Coach's Corner" makes a return appearance to the Mohegan Strider newsletter, just in time to help you get ready for the 2004 racing season. Many of our faithful readers (listening intently to our every word we imagine) are probably gearing up for a spring marathon or getting ready for the upcoming road race or multi-sport season. Now is the time to talk about what we refer to as the "Phase One" portion of our training program and its predominant element: the long run. Why are long runs important? How long is long? And at what pace? These are questions that will be addressed in this Coach's Corner column.

The long run is actually a component of two phases of the training macro-cycle: the "Base Phase" and the "Strength/Stamina/Endurance Phase". Running long distances are necessary in order to train the muscles to store glycogen by burning fat rather than carbohydrates for fuel. The pace of these runs should vary depending upon the desired training benefit. Let's take a look at the details of these key phases of training and how the long run fits into the training plan.

Base: Base training for distance runners consists of logging comfortable running mileage (at 65-75% of maximum heart rate), which increases your body's ability to consume oxygen, smoothes out your running stride, and keeps the aerobic system going strong. These are relaxed, easy miles, where the runner should be able to comfortably hold a conversation throughout the entire run (of course, some of us tend to talk more than others, no matter what the level of effort). Wintertime, especially in New England, provides the perfect opportunity to run long and steady. Running for a specific amount of time rather than only concentrating on daily or weekly mileage is recommended. Long, steady distance (LSD), whether consisting of running on the roads or pedaling on the bike, builds endurance and burns calories. Both are good things. This cycle of base mileage should last for approximately 4-8 weeks or longer depending on the prior fitness level and experience of the runner, with the effort being approximately 1½ to 2 minutes slower than current 5K race pace. Be sure to build mileage sensibly (going from 0 to 60 quickly is awesome for sports cars but a poor plan for distance runners) and try to incorporate some type of cross-training or rest days into your weekly schedule. Increased mileage will often result in fatigue that differs from the "over-raced" effect (more of a slow and sluggish feel). Since we're talking January-February-March here, it's perfectly acceptable to "work through" this fatigue, since there are no competitive races on the horizon. The great Arthur Lydiard's coaching philosophy was that "miles make the champions" and the initial "grind" of running a lot of miles, especially between competitive seasons, is of prime importance. John L. Parker Jr.'s terrific novel "Once A Runner" refers to this philosophy as the "Trial of Miles". Be cautious of increasing both mileage and intensity simultaneously; a natural tendency for most runners and probably the most common training mistake.

Strength, Stamina, and Endurance: This is probably the most important training phase of the year, where "races are won and lost". The weeks of base mileage have provided the athlete with the necessary strengthening of tendons and ligaments which will soon be put to the test with the arrival of quicker running efforts. Tempo, tempo, tempo....20 to 30 minute efforts at 80-85% heart rate (approximately 20 seconds slower than current 10K race pace or roughly the equivalent of your 10 mile to half marathon race pace). These types of training efforts help the body acquire the necessary fitness required to complete the more demanding workouts which follow. Tempo runs will force a more efficient stride and help develop a sense of "holding pace" for an extended period of time. These efforts will also counter any negative effects developed from running a ton of long, slow distance, which can very often develop poor habits and inefficient running form. Running at your tempo or threshold pace leaves far less room for wasted motion, with the body wanting to gravitate to a more mechanically efficient motion, another benefit from running tempo-paced efforts. This type of training translates to better racing performances at distances from 5K right up to the marathon, since marathon training requires a larger volume of mileage logged at or slightly faster than marathon goal pace (near the anaerobic threshold @ 80-85% of maximum heart rate).

How long is long? This will depend on your goals, abilities, and level of experience. For runners training for race distances of 10 kilometers or less or short-course triathlons/duathlons, long runs of 10-13 miles are more than adequate, especially if conducted at the proper pace (a prime example would be Steve Prefontaine, who once held every American record from 2,000 to 10,000 meters but rarely ran over 12 miles in a single run). For marathoners, the focus should be different, with a concentration of time spent running at the proper effort. Beyond two hours, the physiological demands start to add up. Recovery time is crucial to success (the major difference between elite

athletes and the rest of us isn't only the workouts completed but how quickly the athlete is able to recover from a hard training session and be ready for another). World class marathoners on a 20 mile training run are home and resting about 2 hours later, compared to most marathoners who will be on their feet for 3+ hours for that same 20 mile run.

One training myth is that running fast leads to injury. The truth is that the majority of running injuries are a result of volume and not intensity. High mileage training will produce solid results, but the risk for injury increases dramatically when volume is increased. Don't be afraid to run fast, even when training for 26.2 mile races. Remember, tempo training will ALWAYS beat a program comprised solely of long slow distance training. Avoid starting another marathon with dead legs as a result of a dozen 20 milers and no training variety. Again, marathon training requires a larger volume of mileage be completed at or slightly faster than marathon goal pace, which is usually near the anaerobic threshold (80-85% of maximum heart rate). The runner fed on a diet of long, slow distance runs will crash and burn when attempting to go 10-15 seconds per mile faster than they have practiced.

In summary, a mixed diet of long runs, marathon-paced runs, and threshold/tempo runs should be incorporated into your training plan in order to achieve the maximum fitness benefits for racing. This season, make a commitment to running easy base mileage, followed by the proper dose of tempo runs and longer runs mixed in during the winter months. This will allow the body to make a successful transition to the more demanding efforts that follow in the spring and summer months. See you on the roads.

Coach's Corner welcomes questions from dues-paying Mohegan Striders to be discussed in upcoming newsletters. Contact Don or Chris in person or by e-mail at clehansen@netzero.net or kdcsikorski@netzero.net. The opinions expressed in the above article represent that of Chris, Don, and the army of disciples who follow their preaching and not necessarily that of all members of the Mohegan Striders Association.

WHAT A ROAD TRIP! THE MOHEGAN STRIDERS IN IRELAND.

By Marshall Collins

Over a year ago, Maureen and I finished a trip to Ireland by spending a few days in Galway. We agreed that the running, music, food, shopping, sightseeing and yes the pubs, were meant for the Mohegan Striders. We then worked with the people from ETM Travel to come up with a package that was affordable and flexible. After all, when have 50 Striders agreed on anything?

What came to pass exceeded all of our expectations. 50 people spent nearly six full days together and packed in some great memories. Of course we didn't go everywhere as a group of 50. The beauty of the arrangements was that there was something for everyone.

Day 1, Thursday.

Amazingly, everyone got to the bus at the Montville Barracks on time. A bus to Logan Airport was definitely the way to go. There was lots of conversation as people got to know the rest of the group. We started out on a great note as Steve Rief and Mary Palliotta announced that they had gotten engaged.

As for the Luggage Awards, Kevin Gallerini won for individual best able to sleep in his suitcase; Steve Rief and Mary Palliotta would have won the couples award, they packed for an entire bridal party and Ann and Joe Duncan won the efficiency award with one small gym bag each. Getting to the airport two hours early was a good idea. Check-in at the airport went smoothly, although the lines for security were very long.

Day 2, Friday.

The five-hour Aer Lingus flight was full and not too bad. With a stiff tailwind we got to Shannon Airport about thirty minutes early. 6:00 AM Ireland time was pretty early and it was raining hard. The ETM people met us at the airport and the bus to Galway was waiting. It was a pretty quiet group, until it got light out and everyone could see the Irish countryside. We got to the hotel by about 9:00AM Friday. Most of us were able to check in right

away. Only two or three couples had to kill time in Galway until their rooms were ready. Most people took a nap for a couple of hours.

Our hotel, Brennan's Yard Hotel, was wonderful. It was centrally located and we had less than a five-minute walk to countless pubs, shops and restaurants. The rooms were modern and the hotel had a great bar that stayed open until 3:00 AM. We would test that, since in theory the pubs close at 11:30. Some of the group went for a short run along the river and others went out for lunch and exploration.

The ETM Travel People had arranged for a welcome reception for the group before dinner at the hotel bar and we discovered early that the Guinness in Ireland is every bit as good as they say. People split into about five manageable groups for dinner and most eventually ended up at a pub, Tis Coili, for traditional music. Even later, several ended up at the hotel bar where Steve Hancock and Jim Gotta entertained the guests with Steve's truly unforgettable version of "Only You." Steve and Jim helped the bartender close at 4:30 AM before calling it a day. Our first day in Ireland ended without further international incident.

Day 3, Saturday.

The conscientious people again went for an early run, and after a great breakfast at the hotel, people headed off for various activities. Interestingly, some of the other hotel guests asked us where was the "singing and dancing man? We told them that we didn't speak English.

The weather was good with occasional sunshine and it was probably warmer than home. Some rented cars and explored Connemara, Leenane, Kylemore Abbey, Clifden and Cong. Another group went horseback riding on the beach, while others took in a rugby match, or explored Galway and the many shops. Not surprisingly, Jim Gotta was MIA. Score: Hancock 1, Gotta 0.

People again split up for dinner and later most everyone assembled at a great pub, The Crane Bar for traditional music. It ended up as another long but wonderful day.

Day 4, Sunday.

Race day, and it was time to pay the piper. Thirty of our group went to the race and most of the rest stayed in Galway, shopped and went sightseeing. Fortunately the women's race was at 2:00, the men's at 2:30 and the weather held. It was gray, about 45 degrees and no rain. Hollymount is very small, two streets and three pubs, and in the middle of nothing but sheep and cows. The bus ride was about an hour and pretty scenic. The race director was so happy that we were bringing 27 people to run that they moved the race from the previous weekend for us. We saw a newspaper article that was headed "U.S. Set To Invade Hollymount." Of course there was no pressure to run well after that.

I will leave the details of the race to others, but the competition was unbelievable and the hospitality tremendous. The Striders accounted themselves very well. The refreshments after the race were tea and sandwiches and homemade Irish soda bread. We did spend time in a pub with the Irish and English runners and were treated very well. Unfortunately, we had to get back on the bus at 5:30 and head back to Galway. We could have spent much more time talking to our new friends.

Back in Galway, we again assembled in the hotel bar and broke up into groups for dinner. Because of the late dinner, we didn't search out any traditional music. Virtually everyone had a relatively early evening.

Day 5, Monday.

Assistant tour directors Bob and Carol Buckingham had gambled that the weather would be good for a full day bus tour through the Burren, to the Ailewee Caves, Doolin and the Cliffs of Mohr. Other than allowing their children James and Kathleen to spend time with the rest of us, it was the only mistake they made. Monday was the worst weather of the entire trip. It was a heavy mist rain and windy. About 40 people went on the tour and the remainder stayed in Galway to shop and explore.

The Cliffs of Mohr are a spectacular sight, but the fog and wind obscured the view. Nevertheless, it was a good outing. Special thanks are owed to Curtiss Thompson who narrowly avoided an international incident. During one of the tour bus stops, he had the presence of mind to apologize to the farmer when Steve Hancock started singing "Only Ewe" to a sheep. Steve's only comment was that "She looked lonely."

After dinner, we assembled one last time in the hotel bar for group photos and a couple of songs. Tommy Lee led a touching version of the song "Grace" and none of the locals or other guests left when we sang it. After the songs, some of us remained to solve world problems until approximately 3:30 AM. This was one of our poorer decisions since the bus to the airport would leave 9:00 AM.

Day 6, Black Tuesday.

Bill Marshall and I agreed with our wives that death would have been the easy way out, but we managed to get on the bus and make it to the airport. Shannon Airport is relatively easy to get through and we had plenty of time for duty free shopping before getting on the plane.

The flight was an hour longer because of the prevailing winds and we arrived in Logan at 2:45PM. Our bus met us after everyone got their luggage and the nearly two hour ride back to the Barracks was pretty quiet. On the bus we circulated a pad for comments on what would have been better on the trip and if we did this again where would people want to go.

Encouragingly, there were no negatives about the trip and everyone was enthusiastic about doing another one. In the quick survey, the top vote getters for the next road trip were Scotland, Tuscany and Utah. Once we recover, we will see what we can find for races and put it together for either late 2004 or 2005.

This was a great road trip and the memories will be a good addition to our Mohegan Strider club history.

When Irish Guys (and a few Strider men and women) Are Miling

If you are a member of the Mohegan Striders, road races have been a given in your life for anywhere from a few to a significant number of years. In many ways what happens at races, the feel of races, and the expectations of these races are familiar and ingrained from years of repetition. Would you have those same feelings and expectations if running a race in another country? A cross section of Striders were ready to find that out in November as part of the Marshall Collins led junket to Ireland that included a road race in the Irish town of Hollymount.

The months leading up to this race were certainly different than the lead up to a normal race. One of Marshall's goals in organizing this 5-day Irish jaunt was to find a race the club could participate in. A search of the region around Galway where the Striders were to be based during the trip revealed that the only race possibility was a small 10K that our scheduled trip would miss by a week. "No Problem", explained Fiona, Marshall's contact and race director, "we'll simply move the race date to accommodate you." Hmmm, maybe this Irish racing will be a different experience. After all, we all know how many times a local race would consider moving its schedule to accommodate a group of runners from another country.

As the departure date approached for the trip another nuance of Irish racing revealed itself. Women could run in the 10K but they had their own separate 3K-race that took place immediately before the 10K race for men. The only prizes and team competition for women centered on the 3K. As jealous Strider men looked on, the Strider women made the decision to run the 3K. It didn't help the men at all that the women vowed to raise a couple of pints directly after their race while the men were out struggling through 10K. This race suddenly had the feel of uncharted territory.

Even the comfort of those cherished pre-race rituals took a beating leading up to the race. Let's face it, most of us try to cool our jets the night before a race and conserve a little energy for that extra reserve on race day. With the Sunday afternoon, November 16 start staring them in the face the Striders collectively blinked, threw caution and pre-race cocooning to the wind and marched across the river in Galway to a pub specializing in traditional Irish music. To the brink of Sunday morning all of the day's race participants were ingesting the heated, smoke filled air and the seductive foam of another Guinness while listening to local music and consigning normal race preparation to the rubbish bin.

Tired eyes and the smoky rasp of the night before were the Striders calling card as they boarded the bus to Hollymount, the first bus trip to a race most had been on since the old Boston Milk Run journeys. The rumored 75-minute trip to the race site stretched a little longer than advertised and had an unintended detour. Describing Hollymount as a small town would be like describing New York City as a fairly sizable city. The fact that most of us could not find a mention of the town on our Irish maps is instructive. As we watched the already narrow Irish roads get skinnier still, some members of the contingent began to wonder if our bus might end up marooned in some Irish farm field, surrounded and trapped by the ubiquitous blue and red dyed sheep in the countryside.

A wrong turn, a confrontation between bus and car on a two-way road built wide enough for one, and a daring turnaround in a farmer's driveway nearly made that possibility a reality. Those events added 20 minutes to the trip and a little extra anxiety to the women whose international road-racing debut was now less than an hour away as the bus finally rolled down one of two paved roads in Hollymount to the race start.

There were mixed signals galore as to the character and quality of the race. Hollymount has only two paved roads and is a little off the beaten path even for Ireland. Our race numbers were throwbacks to my high school days, big numbers on manila card stock to be held on by straight pins, and the race shirts, available at the cost of 12 euro, was an unappealing brown color with an unintelligible splat of orange printing perched on the front. Yet, as the Americans came to take the Irish racing scene by storm, we noticed that ours was not the only bus in town. A bus of Brits from Liverpool had, remarkably, found the same race, as had a number of cars from Northern Ireland, a five-hour journey to the northeast.

There was little time to worry about any of that now as bathrooms and warm ups, the universal needs of any runner, were foremost on the minds of everyone. The women's race, due to go off at 2PM, was looming and the Strider women anxiously had their pre-race preparations in overdrive. The 3K women's race was a one-lap affair, starting and finishing on Hollymount's main street. Most Striders had not raced this distance ever and, at approximately 1.87 miles in length, the race looked like a sprint in their eyes. As they lined up at the start, the Strider contingent made up over one quarter of the 38-woman field. What, only 38 people? How good could a 38-person field be?

After the start was delayed a bit by a roll call of participants and a wait as one member of the race sprinted to the start from a last minute pit stop, the race finally got underway. The question of field quality was answered quickly. Strider Kris-Anne Kane surged to the front on the slightly down hill start and had the lead as the pack made a left onto the quaint dirt roads that constituted two sides of the 4-sided loop course. That lead was short lived as a pack of 5 women barreled past her immediately after the left turn and quickly broke away. As the race emerged back onto pavement, the first Strider team of Kane, Carolyn Verdon, and Carla Thompson occupied 6th, 7th, and 10th place and were showing the strain of running a fast 3K against a very competitive field. The top three Striders crossed the line in that order finishing second to the Mayo AC team by a single point. Margaret Doenges, Brenda Hancock, Chris Picklo, Mary Paliotta, Linda Jaynes, Jill Hudock, Sharon Williams, and Sherry Forgue all represented the Striders well in the race and prepared to cheer on the men who were readying for the 10K.

The men's race was the women's race course times three with an added uphill start commencing on Hollymount's other paved road to complete the required 10K distance. By this time, few of the male Striders had any illusions about the strength of the field or the age of the participants. As we lined up for the start we noticed the men looked fast, determined, and young as opposed to slow, slightly overfed, old, and determined to find a pub as represented by the Strider contingent. It was going to be a death march.

It was brought to our attention that the local county paper wrote an article anticipating the Strider arrival in Hollymount capped with the headline "U.S. Invades Hollymount". Our invasion of Ireland was not the running equivalent of Normandy but the running equivalent of the Bay of Pigs. The boys of Ireland, Northern Ireland, and England handed the Strider men a serious whopping while running a race that was remarkable in speed and depth. The Irish national 10K champion toured the beautiful 3-loop course in 30:10, abusing his nearest challenger by 2:27. Twenty one more runners crossed the finish before the first remnant of the U.S. invasion, myself, broke the tape only after being passed and booted to the gutter by three youngsters on the way to the uphill finish.

In all, 16 men represented the Striders at Hollymount. Jotham Coe, Lee Cole-Chu, Marshall Collins, Tim Kane, Bill Marshall, Steve Rief, Bob Buckingham, Bill Hudock, Curtiss Thompson, Steve Hancock, Kevin Fetzer, Mike Dugas, Tom Forgue, Jim Gotta, Kevin Gallerani, and Tom Lee ran the 10K. Notably, 1 woman, Annette Barbay, resolved not to sprint the 3K with the rest of the Strider women, opting instead for the 10K. She bested the two other women in the field and set a PR besides.

The awards ceremony was interesting, with its tea and sandwich refreshments, and long lasting with some awards given out early followed by a wait and further awards as the results of the race were slowly compiled. The Strider women's team drew cheers and collected some spiffy polyester shirts for their highly competitive 2nd place finish. As most Striders retired to a local pub, a few diehards hung on as the award ceremony picked up again after its intermission. Miraculously, team placings were rewarded 8 teams deep and, lo and behold, the male part of the U.S. invasion finally registered on the radar screen, with the 4-man team of Tim Kane, Kevin Gallerani, Curtiss Thompson, and Bill Marshall settling into the eighth spot. The running hat and package of socks for each team member was a surprise and very much appreciated although the consensus was that it had to be a "mercy prize" for coming so far and accomplishing so little.

After the awards it was off to hone the real skills the Striders displayed throughout the Irish excursion, hoisting pints. The American reach can't be overstated even in this Irish backwater as the post race festivities took place in a great little pub named Cheers, written in the same script as the title of the former television show. I brought a selection of Strider shirts that found a willing audience among a great group of guys, the North Belfast Harriers. Not to be outdone, Mr. Gallerani emptied the contents of his closet bringing shirts and a pair of jeans to trade for Irish clothing. When that proved inadequate, he managed to weasel Kris-Anne's Strider jacket and trade it for a sweet looking North Belfast Harrier jacket for himself; American economic ingenuity at its finest.

While many of the elements of the race itself were a little foreign, the post race camaraderie felt just like home. Cheers was buzzing, the Guinness was flowing, and the air was filled with the sounds of the Village Jammers as the Curtiss Thompson-led quartet's new CD managed to make an appearance as it did with amazing frequency throughout the trip. We spent far too little time getting to know our Irish hosts and our newfound friends from Belfast before everyone had to board their vehicles for their respective rides home.

So was our little racing foray in Ireland exactly what we expected? Absolutely not! The pre-race feeling was the same and the same things that drive you distraction before a race in the states drove us to distraction there. The race itself had a small time feel with a big time field. There were a lot less old guys running much to the chagrin of our aging male Strider contingent. But the experience, the new friends we met, and the opportunity to board a bus and participate and pull together as a team was more than we expected. It's an experience that will rate up there and even surpass a vivid collection of other memories of Ireland that are now a part of Strider history and lore.

The Meandering Thoughts of a Wandering Strider

Well, I went wandering a bit far with a happy, carefree group of Striders to that Emerald Isle, Ireland. There are other articles in this newsletter about the trip, which was awesome. But this article is more about how stubborn and thickheaded I can be when it comes to running. As anyone who has read this column can attest, I love to run and to run long. I have been having a problem with my Achilles and with the bottom of my heel since this past spring. I ran a few trail races in the spring and after Seven Sisters decided to take a bit of time off to allow it to get better. So I took two weeks off, felt well and so I signed up to do the Nipmuck Trail Marathon. I did some training and then ran the race. After the race, it became very apparent to me that I needed to take some more time off. So I took another two weeks off, felt better and decided that I wanted to run a fast marathon in the fall, setting my sights on Mystic Places. I started doing the training and every two weeks or so, I had to take time off to allow the Achilles to heal (really, that is what I was thinking). I got in what training that I could and felt going into the marathon that I was ready to do a 3-hour run. Now, almost two months after the fact, I finally know that I was not ready and should not have attempted the marathon. After the race, I kept on wondering how come I had such a bad run. Delusionally, I kept on blaming my calf and Achilles. While that did have a part in my lousy race, I now know that it was me ignoring an injury and talking myself into believing that I could do the training and I could do the race, when I should have been resting and rehabilitating the injury. I am probably not alone in this, as there are probably other runners who ignore injuries and keep on going just because they want to run. My wife says I am addicted to running, which in a way is totally true. I believe in a way most runners are to different degrees. So, what does this have to do with Ireland? The day that we were leaving, I was still having problems with my Achilles and with my heel. I was not sure whether I would be able to run the race that was scheduled for Sunday. I got into Ireland very tired, as I am unable to sleep when traveling. We got to the hotel and I decided that the first thing I was going to do was go for a RUN! I decided that would be the best thing for me, since I felt that I would be unable to sleep right away. The Achilles? Forget about it. The heel? Not a problem. So I ran (I like to run at least once everywhere I visit) and I felt pretty good when I was done. I felt lousy while I was running, which I attributed to the jet lag and sitting for 6-plus hours on a plane and a bus. The heel and ankle felt okay. I was not going to run again until the race, which by the way, I decided that I would be running. I used Advil and tried to stretch it out. By Sunday it was sore but what the hay, I would give it a try. The race went okay; I started slow and picked it up after everything got warmed up. I enjoyed the race and was pretty happy where I finished. By the time the bus was ready to leave, everything was sore and tight (even with a couple pints helping to numb things). So, do you think I learned? Thanksgiving weekend found me doing two runs, one short and the other slightly long. Monday I finally got smart

and talked to the doctor. I have to go for x-rays to see if I have a stress fracture in my heel. Even if I do not, he wants me to take approximately off from running. I have to do some stretching exercises to help the Achilles get better. If I have a stress fracture, then it could be even longer. I could have done something about this 6 months ago, which means that I could be running pain free by now and enjoying this late fall-early winter outside. Will I learn from this? All I can do is hope that I will recognize when I have a problem and do something about it early. To all Striders: Have a joyous Holiday season and here's to a happy and healthy New Year! Hope to see everyone at the Strider Banquet!

Sue McCarthy Shares The Lure Of The Ultramarathon by Nick Checker

Masters' runner Sue McCarthy of Pawcatuck had never run a single mile until April of 1996 and it took her three months of steady training just to complete that meager distance without stopping to walk. Today she speaks glowingly of running the Vermont 100 miler -- *again*.

It was during her first running of the imposing Boston Marathon that McCarthy felt the surge of energy that would power her on toward unthinkable races that defy human endurance and will. "Right where you turn that last corner and head for the finish line in Boston, I kept saying to myself: 'How can this be over?' I was actually weeping at the finish line. I didn't want it to end," McCarthy says passionately. "It was such a huge runner's high. It was so, so fabulous ... There were no cars, no one holding me back, no one asking me things like 'Where are my socks' ... or to answer a phone or anything like that. It was pure, uninterrupted time."

And with that blissful sense of unfettered freedom, Sue McCarthy knew the lure of the daunting world of ultramarathons -- long before she was aware such races even existed.

For someone whose very first race was the 5.5 mile Tarzan Brown in 1996, followed by a Spartan-like training regime which led her into marathoning -- until traditional 26.2 milers became redundant -- McCarthy was destined to join with that rare breed who find fifty to one-hundred milers the only distances fully satisfying to the soul. "A young guy from Annapolis I met after my very first Boston Marathon mentioned the JFK 50. I remember thinking; 'Oh my God, there's a race where people run for fifty miles straight?' I asked him right away, 'How do you train for something like that?'"

McCarthy was told to "start stacking up marathons," which is exactly what she did -- running three of them in three consecutive weeks. "Soon after that I started doing the 50's. It was just incredible. You go into the woods and you don't come back out until you're done," McCarthy exclaims with a ring in her voice, sounding akin to a child thrilled over a *Dungeons & Dragons* adventure. "You've got your water, a couple power bars, and a flashlight ... and you just keep reading the trails and moving forward. It's marvelous. Even the stars come out if the race continues late enough into the night. One time I got to look up and watch a lunar eclipse while racing through the woods."

McCarthy also points out that it is a unique breed of people who dare the odyssey of the ultras. "These are people who live very ordinary lives outside of running. But once they're in the element of these races, you discover what deep, philosophical thinkers they are. I've had some of the most amazing discussions while out on the trails with them."

Living ordinary lives fueled by an extraordinary passion, it appears these ultrarunners have created a counter-culture with its own vision ... its own mores ... its own language. Ultramarathoners apparently view races as an extension of personal dreams and beliefs where philosophy, etiquette and values are generated and solidified through the very trials they endure together on their grueling treks. "It's a world where you experience an extended degree of respect and consideration amongst runners," McCarthy explains. "You never see them sneak past each other in the chutes or

demonstrate any sort of rude behavior toward one another."

McCarthy also reflects on times when she has stopped out on trails to help fellow runners -- both men and women -- drag themselves onward. "I've found them lying there sometimes in excruciating pain ... crying. Even mighty runners whose times in marathons and fifty-milers make you wonder how this could ever happen to them ... I've seen them collapse like anyone else and you take the time to help them because you understand exactly what they're going through."

And McCarthy knows that abyss of despair all too well. She's faced it before in the hundred-milers she's finished and in the earlier ones when she did not. "It's the hundred-milers where you're really tested. Strange as it may sound, anyone can slog his or her way through a fifty. Those races generally start early enough so you rarely have to face the night. But in the hundreds, you can't avoid it. Not only are you tired beyond anything you can imagine, but also you sometimes start to hear voices in your head whispering ugly things to you -- reminding you 'how stupid you are for even trying something like this.' Every dark thought that can torment you is right there in your head nagging away at you."

Knowing they can just as easily quit at any time (Vermont provides bare-bones medical assistance), it seems only logical a runner undergoing such agony would naturally do so. Yet something keeps them pressing on to the end, much like hobbits out of Tolkien's Middle Earth bearing an energy-draining burden through the heart of evil Mordor. Why? Why continue through a night packed with more demons than a childhood nightmare?

"Because you know how wonderful the sunrise is going to feel once you've endured the ordeal of the night," McCarthy answers proudly. "As low as you've gone, there's the sun coming up and letting you know the worst is over ... that the finish line is right around the corner for you. There's no other feeling like it."

McCarthy speaks of how tears welled up in her eyes the first time she crossed the finish line at the Vermont 100. "There's this overwhelming sense you feel that regardless how bad things can get, you can always overcome them. It is mind over body and in the end, the triumph is oh so sweet!"

Clearly the ultramarathon takes its brave pioneers to a place far beyond racecourses, finish lines and prizes ... A place that's evident in the constant gleam seen in the eyes of runners like Sue McCarthy and fellow ultrarunners Bob Buckingham and Spyros Barres. In gaining that total sense of self which McCarthy speaks of so grandly, these remarkable athletes can be considered living testaments to a line written by the famous American playwright Edward Albee: "Sometimes a person has to go a long distance out of the way, in order to come back a short distance correctly"

**Don't Forget To Submit
Your Articles !**

BACK IN THE IRISHMAN'S BAR
A tour of Ireland through the Pubs..by Gal
(To the tune, "Back in the USSR")

OOh, Flew in from that Boston town early 6:03,
Didn't get to bed last night.
On the way the "Morgan" bag was on her knee,
Man we had a bumpy flight.
We're back in the Irishman's bar,
You don't know how lucky you are boys,
Back in the Irishman's bar.

Been so many Pubs we hardly seen the place,
Gee its good to go for run.
"Wee Ones" till tomorrow just to prove their face,
Marshall disconnect the phone.
We're back in the Irishman's bar,
You don't know how lucky you are girls,
Back in the Irishman's bar.
Back in the "Kings head,"
Back in the "Quays,"
Back in the Irishman's bar.

Well the "Irish Teams" really knocked us out,
They leave the West behind.
And the "Reebok Girls" make us sing and shout,
Canollis always on my, my, my, my, mind.
Aw come on.

Mo sheep
Mo stonewalls
Mo sheep
Yeah we're back in the Irishman's bar,
You don't know how lucky you are boys,
Back in the Irishman's bar.

Well the "Crane" tunes there really knocked us out,
And Curtis leaves his disc behind.
The Guinness stout makes us sing and shout,
Canollis always on my,my,my,my, mind.

Oh, show me round your foggy Cliffs a way down Moher,
Take me to your Ailwee caves.
Let me see Irish sweaters coming out,
Come and take your Striders home.
We're back in the Irishman's bar,
You don't know how lucky you are boys,
Back in the Irishman's bar.

Oh let me tell you people,
Hey, we're back.
We're back in the USSA.
Yes we're free,
Yeah, back in the USSA.

AT THE RACES: THE NEW HAVEN SAVINGS BANK 20K

By DON SIKORSKI
Special to the Bulletin

The 26th Annual New Haven Savings Bank Road Race has earned the prestige of hosting both the Men's and the Women's National 20K Championship for the 2nd straight year. The New Haven race, along with cooler temperatures, school buses, and the anticipation of pro football, has become a Labor Day tradition. Race Director John Bysiewicz, himself a former national class distance runner, has developed the New Haven Road Race event into one of the country's best, with over 4,500 participants and twice as many spectators, bolstered by a sense of civic pride and city support. Many of the country's top distance runners arrived in the New Haven for the weekend festivities and a chance to earn some solid prize money racing against the country's best. Here's a play-by-play look at the action that took place:

5:00am – The alarm clock rings and my body moves in a semi-state of disbelief. Here was my chance to catch up on a few more hours of well-deserved rest and suddenly the dream was over. I had committed to commuting with friends who planned on racing in New Haven, so shutting off the alarm and staying in bed wasn't an option. Time for a big pot of coffee.

7:30am – The downtown green is alive with nervous runners, curious spectators, police, race volunteers, and Yale students moving back to the dorms. As a light rain starts to fall, I spot Race Director Bysiewicz moving briskly towards the crowded registration tents. I quickly verify space on the press truck but know better than to annoy John with my idle chatter when he's attempting to juggle dozens of responsibilities at once.

8:25am – The press truck is overcrowded with reporters, photographers, and USATF officials. After all, there's a lot at stake for the country's top distance runners, so someone needs to make sure that everything is legit out there on the streets of New Haven. The rain continues, although nowhere as bad as the previous year. We should ask John for a covered press vehicle next year.

8:30am – 4,575 runners hit the streets for three events: the featured 20 kilometer (12.4 mile) championship race, the accompanying 5K, and the children's fun run. Oregon's Chad Johnson aggressively leads the group of elite American men through an opening mile of 4:40, 10 seconds quicker than a year ago. An official remarks that Johnson, part of the Nike Oregon project spearheaded by former world class marathoner Alberto Salazar, is sending a message to the rest of the field. 2 miles later, Johnson would begin to show the negative effects of his reported 160-170 mile training weeks and the message is that his legs are tired; today will not be his day.

8:45am – West Hartford's Ahmed Haji, a 16 year-old senior at Conard High School, hit the finish line tape of the 5K in 15:19, well ahead of his nearest competitor. Haji's win is no surprise, considering he is the defending New Haven 5K champion, the defending Connecticut state cross-country champion, and was 8th in the nation in last year's Footlocker Nationals. Haji and Griswold's Gavin Coombs should be two of the top high school runners in the country this fall. 3 minutes later, Kristine Ross of Massachusetts gets past Preston's Kris-Anne Kane in the final 100 meters to claim top female honors in 18:16.

8:53am – Todd Reeser, the 2000 New Haven champ, joins pre-race favorite Meb Keflezighi and defending champion Dan Browne at the front of the lead group. Miles 2 through 5 are brisk but steady, with the lead group of 3 hitting mile splits of 4:43, 4:46, 4:39, and 4:44. A chase pack of 12 runners trail by 10 seconds. Oregon's Marla Runyan and Colorado's Colleen De Reuck battle stride for stride, hitting 5 miles in an ambitious 26:18. It starts raining a bit harder and I begin to curse the fact that my notes are getting wet and my rain jacket is in Norwich.

8:59am – The leaders are whittled down to 2, as Keflezighi and Browne put some distance on the chase group and hit the halfway mark in 29:21. Both runners recently competed at the World Track and Field Championships in Paris, racing 10,000 meters on Wednesday, just 5 days prior to New Haven. Those races, along with overseas travel, were expected to take their toll, but so far, both runners, especially Meb, are showing no signs of fatigue.

9:03am – Keflezighi puts the hammer down and suddenly he is alone in front, reeling off another 4:40 mile to hit 7 in 33:01. Brian Sell, a relative unknown here but with a 1:03:57 half marathon to his credit, moves into 3rd and looks strong doing so. His coach, Kevin Hanson of the Hanson Olympic Development Project, is clearly pleased seeing his young athlete hang tough. Hanson, well aware that coaching assistance from an official race vehicle would disqualify Sell, does his best to contain his enthusiasm.

9:12am – The women's race begins to develop, as De Reuck builds an 8 second lead on Runyan, hitting 8 miles in 42:10. Browne, the two time defending champion who will look to race well at this fall's Chicago Marathon, begins to show the effects of his World Championships and loses contact with Keflezighi. Hanson reels off the names of the runners in the chase pack. The guy knows his stuff, and obviously has better eyesight than the rest of us.

9:25am – It’s all Keflezighi, as he looks effortless heading through the East Rock section of town. Like clockwork: 4:46, 4:49, 4:52, 4:44, 4:43. The guy is legit and Paris aside, shows very little signs of fatigue. The chase group, lead by Sell, 2000 Olympic Marathoner Rod Dehaven, Manchester course record holder Phillomon Hanneck, and newcomer Ryan Kirkpatrick, do their best to make the race honest, but clearly, Meb is the man of the hour.

9:28am – The press truck screeches to the halt just before the finish and we scramble onto the street. Keflezighi, a 28 -year old Californian originally from the country of Eritrea, hits the tape in 58:57 for the win and a supposed U.S. Record, 16 seconds better than Paul Cummings’ 1987 mark. Greg Meyer’s New Haven record of 58:27 in 1982 was later found to be 86.3 meters short and Bill Reifsnyder’s 1985 effort of 58:39 was 16 meters short. A bummer for Meyer and Reifsnyder (especially after running nearly 12.4 miles at that level of effort) but good for Meb. Keflezighi walks across the New Haven green about as relaxed as a man with his briefcase who has just finished a day of work at the office. He is now \$6,000 richer.

9:29am – The contenders, lead by Sell’s breakthrough 2nd place finish, begin rolling in. Sell’s terrific effort was no surprise to Hanson, who later confessed “I told him if he didn’t finish in the top 7 today that he would be walking home”. Since the Hanson Project is located in Rochester Hills, Michigan, its no wonder Sell ran the strongest race of his career. Talk about pressure; that’s a pretty long walk.

9:34am – No sign of Oregon’s Chad Johnson, who must have paid the price for his aggressive start and dropped. But Chad Johnson of Lisbon, CT digs down on the home stretch to finish in 1:05:20, the 2nd state finisher (behind former Lyman Memorial standout Eric Blake) and the first Chad Johnson to finish.

9:35am – De Reuck hammers down the final stretch on Whitney Avenue with all she has left, clinging to a 4 second advantage over a charging Marla Runyan. The race is far from over, however, as the 34 year-old Runyan, a legally blind former 5K/10K track specialist who only recently made the transition to road racing, uses her superior leg speed to gun down De Reuck with a lean at the tape in 1:05:52, bettering Trina Painter’s American record by over a minute. Runyan will be subjected to some criticism for her decision to skip the World Championships, citing fatigue. Based on her New Haven effort, the fatigue problem is long gone.

10:35am – Walking back to the car on York Street, we see thousand of union demonstrators marching at us. Not an issue until our return trip back to the green for the post-race festivities, as the protest blocks the very same street where the race had begun just two hours earlier. Knowing that food and the Red Hook beer truck await us on the other side of the protest, we push forward through the angry crowd very aggressively.

11:00am – Thousand of weary runners attempt to shake off the effort of tired legs with post race food and beers on the New Haven green. The Reverend Jesse Jackson is led away in handcuffs just down the street. Keflezighi and Runyan each collect their paychecks for well-earned efforts. The rain holds off, and some locals are looking to cash in on the complimentary beer. Nothing doing, as the race volunteers have witnessed this scam before.

Looking around, it’s easy to see what makes the New Haven Road Race a special event. The City of New Haven has embraced and supported the event, the best runners in the country want to race here, and the organization and volunteers are first class all the way. Connecticut is fortunate to host a United States championship race, and for these runners and spectators, there’s no better place to be on Labor Day morning than in Hew Haven.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His “Coach’s Corner” column can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@netzero.net.

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from the Strider Web Store!
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2003 Men's Open Racing Team Report As of November 15th, 2003

The Mohegan Striders Men's Open Racing Team has won 15 state USATF/TAC championships of the last 18 years of competition. The Striders earned runner-up honors in the other three seasons to Athlete's Foot/Hi-Tek, the only other team in Connecticut to have won a state title in that span. So it's no surprise that the first USATF race of 2003 found the Striders battling with their cross-state rivals for a third consecutive title. Historically, the 5K has been the most competitive championship distance event over the years, dating back to the Kevin Crowley-coached 1 second team win over the Xavier Racing Ream in Willimantic or the days of racing on the streets of Hartford in the U.S. Healthcare Corporate 5K on a warm summer August evening. Those classic battles have now been replaced by a 72-person field racing over the hilly, desolate roads near the Terryville Fairgrounds in what qualifies as arguably one of the worst race courses in Connecticut. After warming up on the course before Sunday's race, one participant evaluated the Terryville 5K course as resembling "Norwich with the hills; just closer together", referring to the Rose City's 10 mile climb to Dodd Stadium. A pretty accurate description. The weather was better than 2002 but the finish times still suffered as a result of the venue. But a win is a win, and that's what the Mohegan Striders did, once again establishing themselves as the team to beat in 2003. Stephen Herrera, the defending individual USATF champion, showed no ill effects from a 5K win in the pouring rain the day prior and ran way from the field by over a half minute. Chadwick Brown secured the 1-2 punch and put the Striders in great shape to earn the first win of 2003. Litchfield's Bob Davenport, President Kane, and Vice President Fusaro, three guys who had legit excuses of busy work schedules, illnesses, and nagging injuries, all stepped up and got things done for the team, finishing 7-13-18 to secure the victory. Since all USATF team gets to vote on a race schedule every two years, you can bet that this will be the last time the team ever travels to Terryville, Connecticut again.

TERRYVILLE ROTARY 5K – April 27th, 2003

1. Stephen Herrera (1st) 16:11
2. Chadwick Brown (2nd) 16:42
3. Bob Davenport (7th) 17:54
4. Tim Kane (13th) 18:56
5. Mike Fusaro (18th) 19:40

1st Place Team – 10 Points

1. Mohegan Striders 1:29:23
2. Athlete's Foot / Hi-Tek 1:29:48
3. Hartford Track Club 1:35:47

MOHEGAN 10 AF/HI-TEK 8

A second consecutive weekend of travel brought the Striders to Lake Quassapaug for a 12 kilometers footrace. And for a second consecutive week, the Striders walked away winners, thanks to some fast front running and our trademark Masters support to clinch victory. Stephen Herrera is now 2-0 in state championship competition, winning in 39:18. Steve Swift was a welcome sight in 3rd place, and Chadwick Brown crossed the finish line soon after to put 3 Striders in the top five. Bob Davenport improved 20 places from last year, posting a strong 9th place effort (and thus earning him an exemption for Rose City so Bob can hammer his hometown Litchfield Hills race that same day). Master's Team Captain Jon Kornacki earned the honorary 5th man honors. What would we do without our 40+ guys? Hartford knocked off Hi-Tek for 2nd (Hi-Tek using 4 Masters runners to score), giving the Striders more of a cushion in the year to date standings.

QUASSY LOOP 12K – May 4th, 2003

1. Stephen Herrera (1st) 39:18
2. Steve Swift (3rd) 41:09
3. Chadwick Brown (5th) 42:01
4. Bob Davenport (9th) 44:46
5. Jon Kornacki (19th) 47:06

1st Place Team – 10 Points (20 YTD)

1. Mohegan Striders 3:34:20
2. Hartford Track Club 3:48:47
3. Athlete's Foot / Hi-Tek 3:49:09
4. Empire Racing Team 4:00:08
5. Warren Street 5:26:49

MOHEGAN 20 AF/HI-TEK 15

The Striders used the home course advantage, the strength of the team's front runners, and some key help from the latest team member to earn their 3rd straight win of the season at the Rose City Challenge 10 Mile Road Race. The runners executed their individual race plans to near perfection, as the first runner to arrive at Dodd Stadium was none other than Chad Johnson, earning his first Rose Arts/Rose City win ever in impressive fashion by hammering 53:52 for the very difficult 10 mile course. If he did look back, he would have seen a welcome addition to the

Strider family, runner-up Marc Robaczynski of East Hartford. My friend and former Strider Racing Team Captain Sean Delaney once complimented me many years ago by observing that every time I would pass on his solicitation to race in a team event, I would in turn find a runner (usually faster than myself) to replace me, thus never leaving the Striders shorthanded. Sean would have been proud of me this year, watching Marc cruise home in 54:45, just 53 seconds behind Chad to complete the 1-2 punch. I easily lured the former top man of the Hartford Track Club to the Striders because, quite frankly, we are much more fun to hang out with than the Hartford guys are. Please welcome Marc to the team. (Also, e-mailing our team results, including Marc's 2nd place finish, to the USATF Coordinator who happens to also be the HTC President, made Marc's acquisition even better). Steve Swift tackled the Norwich hills for the first time in impressive fashion, with Chadwick Brown (who thankfully refrained from any alcoholic libations at Mr. Grant's stag the night prior) right behind Steve in 6th place overall. After a 1-2-5-6- finish, I held my breath and waited to see a 5th man coming towards Dodd Stadium. Fortunately, it didn't take long, as honorary 5th man honors again went to Master Jon Kornacki; the second time he has helped the Open team out this year. Thanks again Jon.

ROSE CITY CHALLENGE 10M – June 8th, 2003

1. Chad Johnson (1st) 54:04
2. Marc Robaczynski (2nd) 55:52
3. Steve Swift (5th) 56:26
4. Chadwick Brown (6th) 57:12
5. Jon Kornacki (30th) 1:04:08
6. Tim Smith (34th) 1:04:29
7. Todd Fisher (35th) 1:04:32
8. Kevin Gallerani (37th) 1:04:49
9. Ryan Murdock (38th) 1:04:56
10. Walt Smolenski (40th) 1:05:21
11. Eddie Eckard (43rd) 1:05:32
12. Wayno Jolley (48th) 1:05:58

1st Place Team – 10 Points (30 YTD)

1. Mohegan Striders 4:46:23
2. Hi-Tek / Athlete's Foot 4:49:53
3. Hartford Track Club 5:04:54
4. Empire Racing Team 5:23:27
5. Housatonic Road Runners 5:26:00

MOHEGAN 30 AF/HI-TEK 23

Fairfield saw the Striders Open team lose a team race for the first time this season. The team was tired and beat up (adding Chadwick Brown and Jon Kornacki to the 15 day disabled list), and now forced to travel across the state for 13.1 miles of racing. Marc Robaczynski showed no ill effects from his Rose City race, earning top USATF honors with his 14th place finish in an impressive 1:11:59. Teammate Steve Swift followed closely behind in 15th (1:12:25). Young Kris Kimbro kept looking over his shoulder for the ghost of Way Hedding to emerge from the Southport taverns. But Hedding was sleeping off the effects of the McGrath Beach Bash a day earlier, and Kimbro ran a PR 1:40:24 as the 3rd Strider to finish. After that, the team looked to get help from our Grandmasters. Guy Pulino was the man this time, just like a year ago, with Bob Niedbala and Carl Fuller rounding out our 50+ team.

FAIRFIELD HALF MARATHON – June 22nd, 2003

1. Marc Robaczynski (14th) 1:11:59
2. Steve Swift (15th) 1:12:25
3. Kris Kimbro (376th) 1:40:24
4. Guy Pulino (403rd) 1:40:57
5. Robert Niedbala (709th) 1:49:28
6. Carl Fuller (711th) 1:49:32

5th Place Team – 5 Points (35 YTD)

1. Hi-Tek / Athlete's Foot 6:36:06
2. Hartford Track Club 6:53:51
3. Housatonic Road Runners 6:54:45
4. Empire Racing Team 7:12:08
5. Mohegan Striders 7:35:13

MOHEGAN 35 AF/HI-TEK 33

Harwinton, Connecticut is a long way for most of our team to travel just to run a race that lasts less than 6 minutes. But thankfully, many Striders were willing to make the drive to the Harwinton Firecracker Mile and another USATF championship event. My approach of recruiting younger, faster, and more talented runners than myself (not too difficult to find these days) while I sit back and compile results via the internet paid off again, as newcomer Chris McCormack looked sharp coming off his sophomore season at Southern Connecticut State, shaving a second off Chad Johnson's 2002 course record to win the race overall in 4 minutes and 30 seconds. It was not Chris' first state championship, however, since he was a CT State Open champion at 800 meters while competing for Montville High School. Please welcome Chris to the team. The Striders followed in impressive fashion, as former HTC standout

Marc Robaczynski (5th), Bob Davenport (who didn't know what time the race started - 6th), Chadwick Brown (who recruited Mr. McCormack - 7th) and Steve Swift (8th after racing in Chester a day earlier) completing the scoring 5 for the club. We strengthened our position atop the seasonal standings as well, as it appears Empire had enough to outrun the Robaczynski-less Hartford club for 3rd. A special thanks also to Pat Swift, Club President Kane (who also logged the Chester/Harwinton double) and the supporting crew of Open, Masters, and Grandmasters who also helped out again. A great team effort.

HARWINTON FIRECRACKER MILE – July 5th, 2003 1st Place Team – 10 Points (45 YTD)

- | | |
|--------------------------------------------|----------------------------------|
| 1. Chris McCormack (1st) 4:30 | 1. Mohegan Striders 23:26 |
| 2. Marc Robaczynski (5th) 4:42 | 2. Athlete's Foot / Hi-Tek 24:33 |
| 3. Bob Davenport (6th) 4:42 | 3. Empire Racing Team 25:01 |
| 4. Chadwick Brown (7th) 4:44 | 4. Hartford Track Club 25:34 |
| 5. Steve Swift (8th) 4:48 | 5. Torrington Track Club 27:54 |
| 6. Pat Swift (15 th) 5:00 | |
| 7. Tim Kane (23 rd) 5:12 | |
| 8. Wayno Jolley (30 th) 5:19 | |
| 9. Dexter Goyette (52 nd) 5:54 | |
| 10. Kris Kimbro (53 rd) 5:55 | |

MOHEGAN 45 AF/HI-TEK 41

The Liberty Bank / Middletown 4 Mile Road Race drew some of Connecticut's top runners. The Mohegan Striders ran like they were the state's top team, with a strong effort over the four-mile distance. The turning point of last season was the Striders' 4 second team win in this race. Chad Johnson, the runner-up to Kenyan Gideon Mutisya at Middletown in 2002, claimed top honors by posting a sub 20 minute effort, outdistancing George Luke for the win in 19:55, a solid 25 second improvement from a year ago and his 2nd state title of 2003. Help from the Swift brothers was close behind, as Steve (5th) and Pat (19th) provided strong support. Chadwick Brown recovered from a bum foot earlier in the season to post an impressive 7th place finish overall. Bob Davenport rounded out the top 5 scorers in 26th place. The Strider put 10 runners in the top 67 places to show their best team depth all season. Job well done.

LIBERTY BANK 4 MILER - July 20th, 2003

- | | |
|----------------------------------------------|------------------------------------|
| 1. Chad Johnson (1st) 19:55 | 1. Mohegan Striders 1:46:24 |
| 2. Steve Swift (5th) 20:37 | 2. Athlete's Foot / Hi-Tek 1:47:33 |
| 3. Chadwick Brown (7th) 21:03 | 3. Hartford Track Club 1:50:30 |
| 4. Pat Swift (19th) 22:11 | 4. Empire Racing Team 1:56:09 |
| 5. Bob Davenport (26th) 22:38 | |
| 6. Tim Kane (30 th) 23:04 | |
| 7. Kevin Gallerani (44 th) 23:54 | |
| 8. Eddie Eckard (50th) 24:05 | |
| 9. Jon Kornacki (55th) 24:27 | |
| 10. Glenn Costello (67th) 25:05 | |

MOHEGAN 55 AF/HI-TEK 49

The New Haven 20K has become a Labor Day tradition for runners in Connecticut, with its holiday tradition, great organization, talented race field, and a "back to school" college atmosphere that helps motivate runners to get ready for fall racing. The weather wasn't the best, but much better than last year. Most importantly, the rain subsided for the post race festivities. While Chad Johnson of Oregon dropped out of the race after leading through the first mile, Chad Johnson of Lisbon, Connecticut fared much better, running 1:05:20 (5:16 pace) for 2nd Connecticut finisher behind Eric Blake. Marc Robaczynski, the Striders "Rookie of the Year" this season, again posted a strong effort, finishing in 1:07:17. Bob Davenport earned "Race of the Day" honors with his 1:11:18 clocking. The Striders posted a strong performance overall to help strengthen our position for the 2003 team title. The Brothers Swift were

again strong support, with Steve (4th Strider in 1:12:18) and Pat (6th man in 1:15:19) providing the necessary depth. Chadwick Brown rounded out the top 5 scorers with a steady-paced training run in 1:14:18 before beginning another XC season at Southern Connecticut this fall. Good luck Chad, and do your best to keep Coach Jack and Coach Will happy. Don't mention my name or they will be looking for an alumni donation. The post race festivities at New Haven are always enjoyable; New Haven police are still searching for a runner described as "a short John Lennon look-a-like" who was witnessed donating some of his complimentary alcoholic refreshments to the homeless.

NEW HAVEN 20K – September 1st, 2003

1. Chad Johnson (36th) 1:05:20
2. Marc Robaczynski (57th) 1:07:17
3. Bob Davenport (86th) 1:11:18
4. Steve Swift (99th) 1:12:18
5. Chadwick Brown (123rd) 1:14:18
6. Pat Swift (137th) 1:15:19
7. Jon Kornacki (179th) 1:19:07
8. Wayno Jolley (183rd) 1:19:25
9. Kevin Gallerani (202nd) 1:20:16
10. Tim Smith (205th) 1:20:24

1st Place Team – 10 Points (65 YTD)

1. Mohegan Striders 5:50:36
2. Athlete's Foot / Hi-Tek 5:52:37
3. Hartford Track Club 6:06:28
4. Empire Racing Team 6:17:33
5. Housatonic Road Runners 6:19:56

MOHEGAN 65 AF/HI-TEK 57

The Old Saybrook race challenged the Striders to recover from New Haven quickly and get back to thinking about fall racing. Steve Swift continued to be the clutch guy, finishing 3rd overall in 26:38 under humid and windy conditions. Steve was familiar with the Old Saybrook setting, having cruised to a 2nd place finish at the Delaney Dash on Memorial Day weekend over the very same race course. Bob Davenport posted another very impressive effort, finishing 5th overall in 27:02 (note a 31 place and a 2 minute, 40 second improvement from his 2002 effort). Great race Bob. Two 40+ guys, President Tim Kane and Kevin Gallerani, were able to put their golf clubs aside for long enough to run strong races in the 3-4 spots for the Striders. Charlie Iselin was a welcome addition that I missed in the results the first time around in the 5th man position, while Timmy Smith ran 6th man while scoring for both the Master and Grandmaster teams by virtue of his 33rd place finish.

OLD SAYBROOK 5M – September 14th, 2003

1. Steve Swift (3rd) 26:38
2. Bob Davenport (5th) 27:02
3. Tim Kane (16th) 28:49
4. Kevin Gallerani (27th) 29:58
5. Charlie Iselin (28th) 30:03
6. Tim Smith (33rd) 30:27
7. Mike Fusaro (38th) 30:40
8. Wayno Jolley (39th) 30:42
9. Bill Marshall (44th) 37:03
10. Vince Thompson (49th) 31:40
11. Kris Kimbro (89th) 34:19

3rd Place Team – 7 Points (72 YTD)

1. Athlete's Foot / Hi-Tek 2:20:43
2. Empire Racing Team 2:22:24
3. Mohegan Striders 2:22:30
4. Hartford Track Club 2:22:42

MOHEGAN 72 AF/HI-TEK 67

The Striders attempted to close out the USATF season with the 3rd Annual Mystic Places Marathon. We needed three runners to run 26.2 miles as fast as they could. Well, at least fast enough to earn enough team points to claim a 16th Men's Open State Grand Prix Championship over the fast-charging Hi-Tek Racing Team. Would the Striders have enough left in the tank? For what seemed like months, I had been telling my friend Kevin Gallerani that the team would be counting on a strong race from him at Mystic. Gal, an experienced marathon runner who had been nursing a bum hamstring since the snowy Saturday morning winter training runs, responded with an impressive effort, claiming top local honors in 3:01:30 (sub 7 pace) for 22nd place overall. Although he was disappointed to not

go sub 3 hours, Kevin took consolation in the fact that he had a loyal support cast (95% female) awaiting him in the rain along the finishing stretch that left other onlookers in awe. Steve Swift also valiantly contributed to the team effort, running a comfortable 3:16:32 (although I was concerned with the noticeable limp) and was the top finisher to wear sweat pants. Last year's 3rd man, Wayno Jolley, was unavailable due to frequent trips to the G.M.I.'s open bar at his son's wedding the night before, so the Striders went with Jolley's Grandmaster teammate Billy Marshall as the 3rd scorer. Marshall, whose running resume includes a 2:25 marathon at Boston back in 1975, paced Dino Festa through the halfway point before cruising home in 3:32:45, good for 122nd place overall. Billy, like Wayno in 2002, earned the honor of scoring for the Open, Masters, and Grandmasters teams in one race.

MYSTIC PLACES MARATHON – October 26th, 2003 4th Place Team – 6 Points (78 YTD)

1. Kevin Gallerani (22nd) 3:01:30
2. Steve Swift (52nd) 3:16:35
3. Billy Marshall (122nd) 3:32:53
4. Don Smith (137th) 3:35:39
5. Eddie Eckard (168th) 3:42:46
6. Bob Buckingham (183rd) 3:45:12
7. Kris Kimbro (230th) 3:53:18
8. Dexter Goyette (376th) 4:13:14

1. Athlete's Foot / Hi-Tek 8:30:04
2. Empire Racing Team 9:04:42
3. Hartford Track Club 9:24:57
4. Mohegan Striders 9:50:58

MOHEGAN 78 AF/HI-TEK 77

While the 2003 season results have not yet been 100% confirmed by the folks at USATF just yet, the final results tabulation has the Mohegan Striders Men's Open Racing Team winning the 2003 Grand Prix by a single point, posting a 78-77 win over cross-state rival Athlete's Foot/Hi-Tek Racing. This year's team responded to adversity and tackled a difficult race schedule with admirable results. Despite a lack of depth compared to the strong Striders team of the past, 17 different runners contributed in scoring positions, showing that every runner who puts on the Strider uniform has a chance to make the difference between winning and losing. A new 2004 Grand Prix schedule has been penciled in but not 100% confirmed (and we are under strict orders not to reveal the content just yet), but the Mohegan Striders will certainly enter the new season as the team to beat in Connecticut. Great job Striders.



2004
Mohegan Striders
Club Grand Prix Circuit Schedule

L& M Spring Stride	3.5 MI*
Delaney Dash	5 MI*
Run for Reliance House	5K*
Rose City Challenge	10MI or 5K*
St Catherine's Festival Run	3.8MI*
Preston Cannonball Run	1MI*
Sneekers' Run	2MI or 5MI*
Deary Memorial Race	5MI*
Lisbon Fall Festival	3.5MI*
Moveable Feast	5K*
EBAC Fall Challenge	4.75MI*

* Please contact race directors for official dates and start times.

Scoring as follows:

100 points for 1st club finisher, 95 for 2nd club finisher, etc.

Points are awarded for each age group annual awards based on best 7 of the circuit

Male & Female divisions - <20, 20-29, 30-39, 40-49, 50-59, >60

Based on age as of May 1, 2004. Awards to top 3 Striders per div.

Race Attendance = 10PT

Norwich Rec Runs Attendance = 10 PT/ Week

Rose City Volunteer = 25 PT

Delaney Dash Volunteer or Walk =25 PT

Strider Picnic Attendance = 25 PT

Kelley Race Volunteer or Run = 25 PT

Awards Banquet Attendance = 25 PT

Strider Referral = 10 PT

Meeting Attendance = 25 PT

(Reminder Post Cards will be mailed in advance of meetings)

****** Please Note ******

You must sign sheet in order to be scored for each event.

Please be sure to put your overall finish place in the space provided

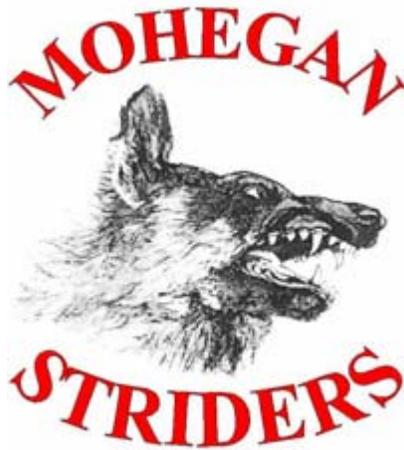
Questions contact Liz Tefft (822-8726) or Nicole Jolley (779-2448)

Grand Prix Circuit Rules and Regulations:

2004 Membership dues must be paid to receive points!!

At each event please look for the Mohegan Strider sign up sheet. This will be clearly marked with our red flag. It is usually in the registration area unless the race finishes in a different location, and then it will be at the finish line. **Please make sure you sign it !!! If for any reason you do not sign the sheet, you will not get points for running or attending an event!!**

We thank you for your cooperation and have a great year of running.



MEMBERSHIP APPLICATION

January 1, 2004 through December 31, 2004

USATF # 028

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

2004 Club Officers

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

Vice President.....Mike Fusaro

Secretary.....Edward Eckard

Treasurer.....Lynn Hansen

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

Please Print All Information And Return With Dues To:

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

Leslie A. Jolley

524 Wauregan Road, Brooklyn, CT 06234

www.moheganstriders.org