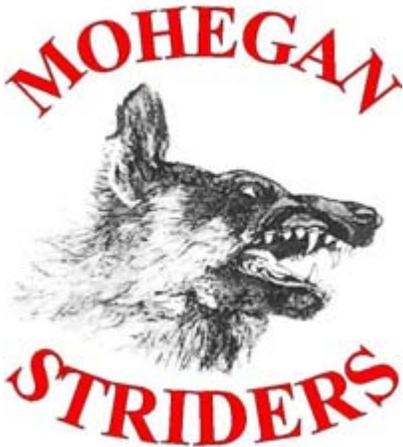


The Mohegan Striders
291 Harland Rd.
Norwich, CT 06360

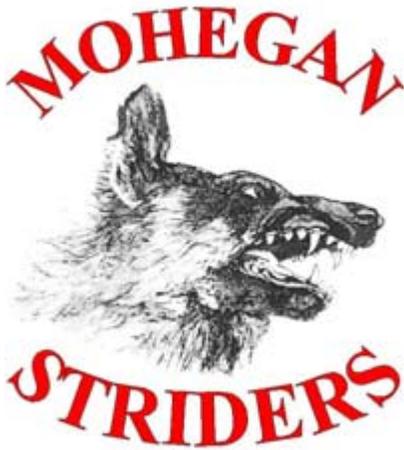
Presorted Standard
U.S. POSTAGE
PAID
Norwich CT
Permit No.25



**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – January 2007**

**JOLLEY CONCRETE
42 JUNIOR AVE.
DANIELSON CT 06239
779-3980, 800-752-5720 (CT)**

**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – January 2007**



www.moheganstriders.org

President: Tim Kane (860) 823-1422

Vice President: Michael Fusaro (860) 886-1122

Treasurer: Lynne Hansen

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.

DEADLINE FOR NEXT NEWSLETTER IS March 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

Help Wanted Grand Prix!

Due to my involvement in many other activities besides the striders, this will be my last year doing the grand prix for the striders. I hope that someone will step forward to take over this important piece of the striders. My goal over the past several years has been to incorporate as small local races as possible that can benefit from strider participation. We on average have about 40 to 50 striders sign up at many of the races. So if you are interested please let me know, I don't want to see the grand prix disappear.

Thanks Liz Tefft



President's Corner

By Tim Kane

Clubs like the Mohegan Striders rise and fall on the strength of the people that volunteer to work in the various offices or on the committees that the club has to offer. Without volunteers, nothing in the Striders or in any other club would get accomplished. In a club our size with approximately 300 members, give or take in any particular year, far less than 10% of the club members volunteer each year to fill the various roles needed to keep the club vital. If you do the math, that means that there may be 15 to 20 people at the very most that give their time to keep the Striders going strong well into the club's fourth decade of existence.

This is not an indictment of the other 90+%, it's just reality in the course of everyone's extremely busy, activity-filled life. It's hard to find the time to give because there are so many other things happening and, hey, this is a running club isn't it?? It would be nice to find time to run once in awhile, too! With so few people able to give their time to the club, it is always difficult when someone who has volunteered for a number of years and has helped both on committees and as a club officer finds that that they have to step aside and move on.

This is the case with Lynne Hansen long time volunteer and current club Treasurer. Unfortunately, Lynne has found it necessary to resign as Strider Treasurer and, while everyone can relate to their own busy life, it is a resignation that will be a big blow to the Striders. Lynne has worked hard and done a great job and all of us will miss her help and contributions to making the Striders what they are today, a strong, financially stable club that is the envy of the rest of the running clubs throughout Connecticut. When you see Lynne, thank her for her great work and for the valuable time she has given the club. Thankfully, Lynne has said that she will still remain intimately involved with the Strider banquet so I know you'll have the opportunity to see her and tell how much we all appreciate the time and effort she has given the club.

Another person with a long track record of helping the club, Don Sikorski, has volunteered to work as Strider Treasurer for the upcoming 2007 season. Don was himself club treasurer before Lynne was elected to the position and has an intimate knowledge of club finances and will be a great help to the club in Lynne's absence.

Speaking of volunteering, a warm thank you should also be sent Kevin Crowley's way for organizing what was certainly the most successful Tommy Toy run in years and, quite possibly, the most successful ever. The streets of Norwich were alive with runners, the biggest group to do the traditional loop through town in recent memory, and the pile of toys and monies brought in from the Tommy Toy raffle were significant and a welcome sight to those in need in Norwich during the holidays. Great job Kevin!!

Treasurer Report

Lynne Hansen

Hello Striders. This year I have experienced numerous additional responsibilities. I am working full time, and going back to school. Elizabeth's activities in middle school have increased, and our families have needed some extra attention. As a result, I must resign as treasurer from the Mohegan Striders. I have been Treasurer since November 2001, and want to thank everyone for the experience.

I have asked Don Sikorski to be treasurer of the Mohegan Striders for the rest of the year. Don has been treasurer in the past, and will do an exemplary job.

Chris and I will still handle all the needs of the banquet. We will still be a major part of the club. It is our extended family.

Thank you for your understanding . See you on the roads.
Lynne Hansen



Many Thanks go to Kevin Crowley for the Tommy Toy Fund Run Organizing.

Great Job Elevating this Event for a Very Worthy Cause!

14th Annual Mohegan Strider Gala

New Location!

Easier Drive!

Better Food and Drink!

Luxurious Ballroom!



New Members Welcome!

www.moheganstriders.org

Dancing and Music provided by our very own band "*RUN* For Cover"

When: Saturday, February 24, 2006 6:00pm

Where: Holiday Inn, 10 Laura Blvd, Norwich

(take exit 80 from rte. 395 to rte. 82 west. 860-887-1223)

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

Ticket Prices: Before Feb 10th { Strider: \$25
non-Strider: \$30
AFTER Feb 10th All TICKETS \$30

Make checks payable to: **Mohegan Striders**

Mail to: Lynne Hansen
361 Arcadia Rd.
Hope Valley, RI 02832

Cut here

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

Name(s):	Phone #:	# of Tickets
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Amount Enclosed: \$ _____

Be an Early Bird and Save - Tickets Will Be \$30 at the Door

Strider Meeting Minutes – November 8, 2006

Kris-Anne Kane, Rec. Secretary

Meeting was called to order at 6:40pm. 23 members present.

Treasurer's Report:

Lynne Hansen's report was read by Tim Kane. No change in financial status since the last meeting. The club has still not received monies from USATF.

Newsletter deadline is December 10. New items have been added to the Strider website store.

Membership Report:

Leslie Jolley reports the club has 297 paid members as of tonight's meeting.

New memberships will be accepted at the Tommy Toy Fun Run.

Grand Prix:

Liz Tefft announced she will be stepping down as Grand Prix coordinator. Eddie Eckard has agreed to take over the position if no one else wants it.

Racing Teams:

Ed Root shared there was a low turnout at the Colebrook Half Marathon. The men's Open Team finished 3rd for the year. Jon Kornacki added it was the worst finish in Grand Prix history for the men. "The racing team is in a crisis situation."

Old Biz:

Kevin Crowley announced the **Tommy Toy Fun Run** will be December 8. He noted this is a Mohegan Strider event. He would like to see people dressed up in holiday costume this year. The Striders donated \$1050 from raffle sales last year.

The issue over how to get advertisers to renew their **newsletter ads** was discussed. Marshall Collins suggested phone calls be made. Tim Kane suggested a letter be sent to remind advertisers to renew. Wayne Jolley suggested Crown Pizza be contacted.

Mike Fusaro reminded members about the **Sunday morning group runs in Mohegan Park**. Various runs start at 8am. Marshall Collins asked for someone to volunteer to coordinate the **Saturday Morning Slug Runs** beginning in January. Janice Logan will not be returning as coordinator. He is still looking for ideas for the next **Strider Trip**.

New Biz:

Marshall Collins shared information from Gianni Ficarra that a memorial run for **Steve Hancock** will be held on Saturday, November 11. The relay will be 36 miles long. Steve and Brenda's house will be the starting point. The run will finish at the Veteran's Memorial Cemetery in Middletown.

Marshall mentioned he would like to coordinate another Strider **Memorial Run** in April, 2007. Tim K. asked the group if there was any interest in having a run. No response from group.

Strider Elections were held. Wayne Jolley nominated Kris-Anne Kane for Recording Secretary. All in favor. Tim Smith nominated Leslie Jolley for Membership Secretary. All in favor. Leslie Jolley nominated Lynne Hansen for Treasurer. All in favor. Tim Smith nominated Mike Fusaro for Vice President. Marshall Collins nominated Carolyn Fusaro. No second motion. Wayne Jolley nominated Tim Kane for President. All in favor.

Leslie Jolley explained the **dues structure**. Tim Smith motioned to keep the current dues at \$15/year for individuals. Additional family members are \$1.00. After September 1, dues are half price. John Sacrey seconded motion. All in favor of keeping the dues the same for 2007.

Volunteer Committees:

Formation of a **Newsletter Advertising Committee** was discussed. Kris-Anne Kane and Leslie Jolley offered to help Wayne Jolley with contacting current sponsors to re new their newsletter ads. Cliff suggested everyone help out with soliciting businesses to buy ad space. Tim K. will talk to Laurie S. regarding the website and advertising.

Wayne and Pat offered to help Kris-Anne out with the summer **Strider picnic**. Pat volunteered her husband to cook. Tim Kane and Leslie Jolley offered to sell raffle tickets at the **Tommy Toy Run**.

Judy McGrath offered to help Eddie Eckard with the **Grand Prix** in 2007.

Joe Banas announced that due to work commitments, Melissa will not be in the Norwich area all the time but will still help out with the **Norwich Rec Runs** next summer. Kevin C. would like to see more Striders work the finish line. He states there is a lot of rudeness at the races. He needs people to write down names, hand out sticks. The following members volunteered to help out in the half mile and 1 mile race: Judy M., Leslie J., Terri S., Tina S., Ron D., Walt S., Wayne J., Gene M., Brian A.

Kevin spoke to Police Chief Fusaro about police involvement. He learned in order to close the roads in Mohegan Park, they would have to utilize overtime officers, which isn't going to happen. Kevin will be meeting with Recreation Director Lou Depina about possibly altering the course and other possible solutions to the safety issue. Tim Smith suggested we make a formal request to the Rec Dept. to implement safety measures for 2007. Tim K. agreed we can make suggestions to the City since this is a Strider-run event. He would like to continue the discussion at the next meeting.

Jon Kornacki stated he and Don Sikorski discussed problems arising within the racing team. He asked the club "Do we want to continue **maintaining a racing team**?" He feels the committee should include the Club President. He would like to make a proposal at the next meeting regarding what needs to be done to support our men's open racing team. What should the racing team have in order to function? Kevin asked about what some of the problems are. Jon replied "No uniforms, sending out checks at the end of the year-this should be done at the beginning of the year". He states we need to market the racing team. John Sacrey agreed to volunteer. Liz Tefft will volunteer to represent the women.

Ed Root announced the **2007 USATF dues** will be \$29.95. Dues can be renewed every two years.

Tim Smith thanked all those involved with copying the **last newsletter** and member **roster**.

Meeting was adjourned at 7:55pm. Next meeting will be in February, 2007.

MARSHALL R. COLLINS & ASSOCIATES, LLC.

GOVERNMENT RELATIONS

117 New London Turnpike
Glastonbury, Connecticut 06033

(860) 657-8587

mrcolsal@aol.com

Marshall R. Collins, Esq.
M. Randall Collins, Jr.

Specializing in representation before state, local and federal government.
More than 35 years of combined experience representing
Individuals and organizations before the Connecticut General Assembly, various state agencies,
municipal boards and commissions and the federal government.

2007 Slug Run Calendar

Contact Bob Buckingham for further information

Date	Info	Host
January 6	1 st run of the season	Jotham and Linda Coe
January 13	Dump Run	Kevin and Alison Gallerani
January 20		John and Laura Trahan
January 27	Boston Track meet	Bob and Carol Buckingham
February 3		Chris Picklo
February 10		Lee and Ruth Cole-Chu
February 17	The Love Run	Tim and Kris-Anne Kane
February 24	Strider Banquet	The Collins
March 3		Chris and Lynn Hansen
March 10		John and Laurie Schaeffer
March 17	St. Patrick's Day	Steve and Mary Rief
March 24		Annette Barbay
March 31		Steve and Laurie Middel
April 7	Picnic	Curtis and Carla Thompson

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 ass well as local running events.

The Meandering Thoughts of a Wandering Strider

For the ShorTakes column in the last newsletter, the Striders were asked for their favorite story about Steve Hancock. I thought about it and could not come up with anything before the deadline. My experience with Steve and the Chester Road Race came to mind later. About four years ago, with the Four on the Forth looming on the horizon, the group that normally carried the flags during the race were missing one member. So I was asked, as a Navy veteran, to carry the Navy flag with the group. Although I was honored to be asked, I expressed my feelings of being inadequate as I was a peacetime sailor. Steve told me that a vet was a vet, no matter what the circumstances and that I had joined with no way of knowing what would happen. He made me feel more than adequate and allowed me the honor of participating in the birthday celebration by carrying the flag with the other vets.

Fast forward to the 11th of November, Veteran's Day and the day of John Ficarra's relay from the Hancock's house in Bozrah to the cemetery in Middletown to honor Steve and all Veterans. When John first sent out word about the relay, my first reaction was "wow, I would really like to do the whole thing". I wanted to honor Steve in the only unique way that I could, a way that Steve would say, "go for it". So after getting the okay from John and from my wife, I was at Brenda Hancock's home at 8:45 am on Saturday, November 11th. I was leaving an hour before the relay started, figuring that the relay would move quicker than myself and they would catch up to me at some point. Before leaving I went in to say hello to Brenda, who, for those of you who do not know her, is a very remarkable woman. Her love for Steve and for her family was and is always evident. She always managed to look (and probably was) like she was in complete control of Steve's situation up to the very end. I find her to be a real inspiration.

After saying goodbye to Brenda, I was off. The wrong way. If John had not driven up after I had gone maybe 500 feet, who knows how far I would have gone before I realized something was wrong. After all, as some people know, *I don't need no stinkin' map!* (And I did not have one). So John straightened me out and I was off again. From there everything went pretty smoothly. John did an excellent job marking the road (he did it just for me since the relay group was going to stick together and for that I thank him) and I had no problems until the very end.

But I am getting slightly ahead of myself. Going into this run had been personally difficult. The week before was too much work, not enough sleep, did not eat right and got too little exercise in. But I still wanted to do the run. Steve was on my mind during a lot of the week, his enthusiasm to do something on the spur of the moment, his ability, when you first met him, to make you feel like you had been in his circle of friends for a long time. So I had to go ahead with the run for my memory of Steve.

Heading out on the run I was not sure what kind of pace I could maintain or how much distance I would have behind me when the relay was supposed to start. I do know that by the time I was two and a half hours into my run, if someone had come by in a vehicle (that I knew) I would probably have asked for a ride. By that point I was convinced that it just was not going to be my day. But no one came by and so I just kept on going. As I approached the Goodspeed Opera House at the three and a half hour mark, something occurred that made me slow down. I cramped up at the bottom of the hill. So now I had to pay attention to my legs, resting them when I could to stave off further cramping.

The bridge over the Connecticut River (I have written about it before; not a fun bridge) has no pedestrian walkway and is very uncomfortable crossing. Leaving the bridge behind, once I got to Rte. 154, I stopped at the convenience store to refill my liquids and then pushed on north. The rest of the run on 154 was uneventful with myself continually wondering when the relay group would catch up. I had on problem about a quarter of a mile from the end, where I was not sure whether I was still on the right route. A friendly lady helped me out and confirmed that I was still going the right way. I stopped at the spot that I was told would be the gathering spot for everyone to run the final distance together into the cemetery. The relay ended up being 55 minutes behind me.

My total time was 6 hours, 10 minutes. I had a good run, no one tried to run me off the road and I had one car honk at me and a pretty 20-something young lady wave at me from it (Brenda said that was her-like I said, a pretty 20-something young lady). The longest run this fall before this was a 19-miler back in September. This was a little longer, but everything feels good physically and I enjoyed it mentally.

Happy Veterans Day.

Kashen: Cuckoo? Whacked? What do you mean?

SHORT TAKES

Today's Cerebral Challenge: Why do you run? (Note to self: Poll club. Publish responses. Intriguing column). How many times have you been asked this question? And by whom? (Note to self: Poll club. Publish responses. Entertaining column). And if you choose to brave the marathon distance (or beyond), well, an unmistakable underlying judgment regarding your sanity, or lack thereof, is implied in the tone of the question by the inquisitor*. Do I think I'm nuts, bonkers, whacko, loopy because I run marathons? Hell no. But why do I run marathons? Well, the answers vary depending upon when I'm being asked. If asked at mile 22 of a marathon, I can't for the life of me remember a single reason why I have chosen to subject myself to the boredom, the pain, and the mental anguish associated with covering 26.2 miles on foot. At mile 22 of a marathon, I'm probably questioning my own sanity when I realize that I actually paid mucho buckeroos for the pleasure of self-inflicted punishment. But, if asked why I run marathons when I have the finisher's medal hung around my sweaty neck, I'd probably respond, when my breathing returns to normal and the tears have dried, with one of the following answers:

- Because today I can and I don't know about tomorrow
- The **Gal Pal** friendships formed and deepened with every mile
- Therapy (running is one variation of The Pfizer Pflush, although I prefer the Margritaville Method to Pavement Pounding, given the choice)
- So I can say I did
- Goal setting
- Whatever does not kill me will make me stronger (pain is weakness leaving the body, right, **Sue Smith**?)
- Because there is nothing. . . NOTHING. . . **NOTHING**. . . like the excitement, the gratitude, the apprehension, the anxiety and the fear that you feel while waiting for the gun at the start of the marathon, waiting for the crowds to move enough to reveal the starting line mat, knowing that all the training and preparation may, or may not, be enough
- The medal
- The pride
- The cookies Cookies? Yup, cookies! I have learned that the 'C' in post-marathon RICE means either chocolate, champagne, or cookies. All three if I'm really lucky. (Note to self: beg, bribe, cajole **Sharron Ficarra** into making me a whopper bag of her oatmeal chocolate chip delights before my next 26.2 miler. Must consume post-race and not before, although cookies are carbs, right?)

Which brings me to my latest 26.2 mile romp, this one through the streets of Chicago with **Beth "BBB" Perry** at my side – something we had planned for, something we had trained for, but something I doubted would actually coming to fruition. Rewind to the Kelley Race at the beginning of August. **Beth** struggled up the hills, walking at times, disgusted at the situation, and incredulous that her body was not responding when she gave it the clear command to move. What happened? In what appeared to be a two week period, **Beth's** training went from good to not-so-good, to bad, to who-is-this-person? When many would've tanked the marathon training plan, frustrated at the unfairness of it all, **Beth** continued to try. Just try. And slowly, her perseverance paid off. As Fall approached, maybe the cooler temps helped, maybe the virus left her body, maybe we'll never know, but we got through a 20 miler, then a 22 miler, then we were on the plane, then we were in our hotel watching the Weather Channel in complete disbelief that we had come this far to be challenged once again. From the email I sent after the race:

10/22/06 5:00 AM

As if running 26.2 miles wasn't tough enough. . . We've spent the week/weekend staring at weather.com only to watch the forecast go from awful to atrocious. Three hours pre-race forecast:

Windy. A steady rain this morning, with showers continuing this afternoon. Cooler. High around 45 degrees. Winds NW at 25 to 35 MPH. Chance of rain 70%.

Weather person said, "Looks like the runners will be running into the wind for most of the marathon."

Sure makes ya want to lace up them running shoes, doesn't it?

10/22/06 1:30 PM

Every step that we took and remained dry was a step we didn't anticipate taking. We took 4 hours 25 minutes and 29 seconds worth of dry steps. Yes, it was windy; yes, it was chilly; but no, it didn't rain. Maybe a couple spits but that could've been other runners and not the clouds. I have to say that my running partner saved her best run of the year for today. **Beth** rocked. Truly. I was along for the ride. She ran a PR by 5+ minutes. And she ran it with 40,000 of her closest friends. Just awesome.

Other highlights:

- The man giving out Free Motivational Hugs at mile 23. I got in line.
- "Born to Run" playing at The Start. And music all along the course.
- Enough Gatorade to make you want to, well, never have to consume Gatorade again. Ever.
- The medal. Of course.

We digested all three of the post-race "C"s (perhaps a tad too much of the Champagne for yours truly), danced at the post-race party, and proudly displayed our medals, all the while architecting next year's agenda item: NYCM. Wonder if **Lance** will be back?

Notable News: Annette Barbay smashed. . .obliterated. . .demolished (you get the idea) her marathon PR at Mohawk-Hudson, running an *amazing* 3:08:32. **Kris-Anne Kane** finally got a Tarzan Brown win added to her lengthy lists of accomplishments (and another, uh, interesting post-race quote printed in The Day – do do do do, do do do do says Rod Sterling). Other Marathon Moments: **Tracy Citron** 3:39:39 at Mohawk-Hudson, **Teresa Dickson** 4:24:50 at Indianapolis (fortunately she didn't have to drive the course – that would've been a bit of a problem, eh, T?), **Jim Loughead** 3:37:57 at Hartford and **TW2** 4:41:04 at Dublin. Many congrats to all my buddies for their successes!!!

*And in closing, **Bob Buckingham** is indeed cuckoo! 50-100 mile runs? 30 mile training jogs? Yeah, he's whacked! ☺



Chiropractic & Massage Sports Medicine

**Gales Ferry Chiropractic Massage
&
Holistic Health
Center**

**DR. ROBERT BARNETT
Certified Chiropractic Sports Physician**

Open until 6:30 p.m. MWF
464-0036
Rte. 12, Gales Ferry

Chiropractic joint manipulation and clinical massage therapy for athletic sprains/strains

Most common training injury is over use tendonitis. We use specific cross friction massage which is somewhat uncomfortable but very effective at getting you running full speed again within weeks or even days.

I can relate!

Dr. Barnett is a past and current competitive and recreational athlete and from a family of “aging” athletes including two Boston Marathon brothers.

**Don't Forget to Send in the
Banquet Application!**

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, a 20% savings!

- **½ page (3.6" x 10") or (4.85" x 7.5") \$50.00/insertion**
Insert in all (4) issues and pay only \$120.00, a 20% savings!

- **Full page (7.5" x 10") \$75.00/insertion**
Insert in all (4) issues and pay only \$240.00, a 20% savings!

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!

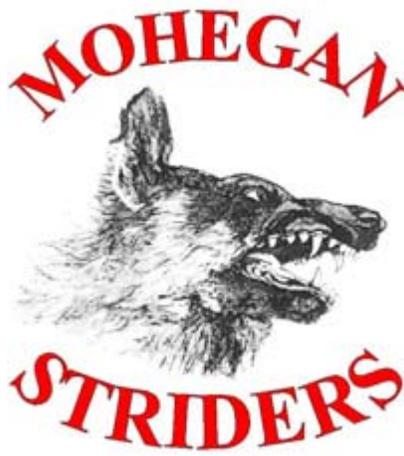
Social:

- 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

Referred By: _____

2006 Club Officers

President.....Tim Kane (860-823-1422) Vice President.....Mike Fusaro
Secretary.....Kris-Anne Kane Treasurer.....Lynne Hansen
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