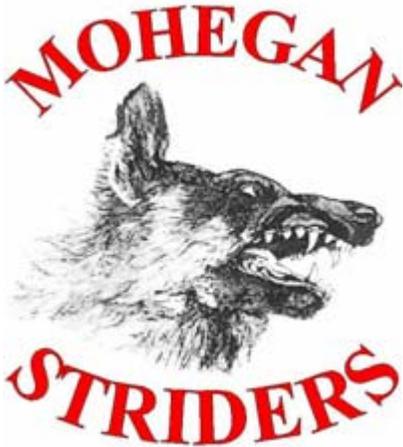


The Mohegan Striders
174 Plant Street
New London CT 06320

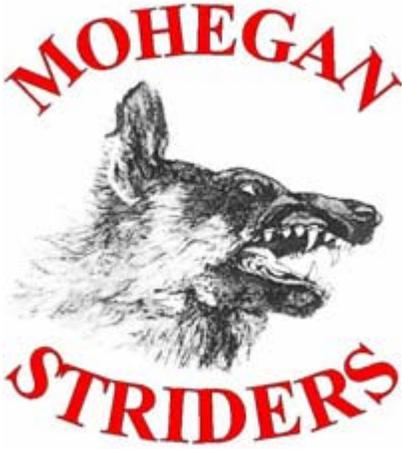
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**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – July 2004**

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

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



www.moheganstriders.org

President: Tim Kane (860) 823-1422

Vice President: Michael Fusaro (860) 889-6784

Treasurer: Lynne Hansen

Membership: Leslie Jolley (860) 779-9119

Secretary: Eddie Eckard

**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 SEPTEMBER 30TH

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.

Membership Reminder

Hi All,

This is just a little reminder for you to check your address label on this newsletter. This will tell you if you have paid your dues for 2004. If not there is an application enclosed for you to fill out and send to me (application must be filled out). We are also trying to increase our membership. If you know someone you can sign up please do; you get Grand Prix points if your name is referenced on their application!!!! Hope everyone is healthy and ready for the running season. See you all soon!!!

Leslie Jolley
Membership Secretary

The Next Strider Meeting will be the day of our Annual Picnic, here are the details on the meeting:

WHEN: Saturday, August 14th

WHERE: Giddings Park Pavilion, Franklin

TIME: 1:00pm

President's Corner

By Tim Kane

As I write this on Memorial Day 2004 at the traditional start of another summer season, I am amazed at the level of activity for the coming summer on the Strider calendar. There has been a lot of just concern over the past year about stagnant or declining club membership and an aging team demographic but there is one thing that irrefutably true: we are one active group of aging, slowing runners!

The first event of the summer season already took place this past Saturday morning as the Fourth Annual Delaney Dash 5 Miler ran from Saybrook Point. The weather cooperated for the first time in four years bringing out a great crowd of runners, with 198 finishers, along with a solid group of walkers, and volunteers. This Strider sponsored event was well run by the race directing team of Short & Volkmar, and it was great to see so many Striders running or helping out for a great cause. The only thing that would have been better was if more Striders put in an appearance. Strider Tom Degan, who dusted off an antique pair of running shoes for his one run of the year in memory of his late roomie, stated it best at his post race party when he commented, "It was great to see all the Striders that attended but with such a big group, I'm always surprised I don't see more Striders running or volunteering." Well said, Tom. Let's hope we build on this year's successful turnout for an even bigger one next year.

The Delaney Dash is only the first of many races for the goal oriented Strider to attend this summer. The Strider Grand Prix circuit is underway with loads of great local races for runners of every age group and ability. Check out the schedule in the newsletter or on the Strider website and come on out and support running in our community. Races are also underway in the statewide USATF Grand Prix circuit. There are fewer races this year meaning that each race is crucial for scoring. The Striders Men's Open team took second place at the first event, the 12K Quassy Run in early May with Strider Chadwick Brown winning the race in impressive fashion. Strider Master and Grandmaster teams also scored well but the teams could use more support for upcoming June races in Branford and Fairfield along with later season races in Hartford and New Haven. Don't think you aren't good enough to run for the team in these races. Last year a huge array of Striders stepped it up to score or add depth to an open team that won the overall championship and for Masters and Grandmasters teams that scored well and were in the state championship race all season. Contact Don Sikorski, Tim Smith, or Ed Root if you are interested in getting more details on the Strider racing team and upcoming USATF races.

On the social side, Strider Night at Dodd Stadium has been set up for Friday Night, July 16th. The event serves a dual purpose of raising money for the Strider treasury through ticket sales and getting Strider families out to the ballpark for a night of socializing at the ballpark. Four dollars of each \$8 ticket sold goes directly to the Strider treasury. A number of the (200) tickets the team has purchased are already sold but there are many more available. All seats are located in just two sections so we'll all be together to see who'll be the lucky soul to throw out the first pitch or to see if the Smolenski family comes away with another foul ball this year after last year's surprising drought. It's a great family night with the added bonus of post game fireworks to complete the fun. Contact John Sacrey or myself if you need tickets for this traditional summer Strider event.

Another tradition, this one stretching many more years, is the Strider Picnic taking place this year at Giddings Park in North Franklin on Saturday August 14. Picnic coordinator Kris-Anne Kane assures me the event will be filled with the same family fun that has had attendance on the rebound for the last couple of years. Water balloons, large water guns, basketball hoops for those runners whose glacier instincts can't dampen their dreams of hoop glory, and lots of food and drink are just a few of the highlights of a great summer Saturday that starts at noon and stretches until the last Striders standing refuse to eat and drink anymore!

Enjoy the summer while it's here because it always seems to be September before you know it and we are reduced to mourning over what we wanted to do but didn't get done in the summer months. Plan for and have a summer to remember and I'll see you on the roads!

Tim

June 2004 will be remembered for recollection and reminiscence for the Mohegan Strider family. Honorary members Joe Lonardelli passed away June 9th and Al Morrison June 22nd. Joe died on his 71rd birthday and Al just five days before his 79th birthday.

JOE LONARDELLI
A MAN FOR ALL SEASONS
by Kevin Crowley

Joseph Lonardelli died on Wednesday, June 9, 2004. Ironically, Joe was pronounced dead on his 71st birthday. On Friday night June 4, Joe worked with me on the Reliance House Youth Race and then Dave Burnett had Joe be the official starter for the adult race. He worked at the finish line of that race and then went to Billy Wilson's to socialize with his fellow Striders. After a while Joe asked to go home to the Blackstone Apartments so he could watch his beloved Yankees and Pete Volkmar volunteered to give Joe a ride home.

On Saturday Joe was at the Norwich Golf Course for breakfast with a friend, Doug, who also live at the Blackstone. On Monday Joe was at Beebe's Dairy in the Norwichtown Mall for lunch and on Tuesday Joe was in downtown Norwich for a good portion of the day and then went home to the Blackstone. Joe was last seen in the lobby of the Blackstone at around 5:00 when he told Doug he was going to go to his apartment to watch some TV before baseball started. Joe didn't get his newspaper in the corridor in front of his door on Wednesday morning. When neighbors were concerned about Joe, they contacted the manager who went in and found Joe sitting peacefully in his chair with the TV on.

We all know Joe through the running community where he has been an Honorary Life Member of the Mohegan Striders since 1991. Joe has worked at the finish line of so many races, and he has done so much for traffic control and splits at the Recreation Races in Mohegan Park that some of us may think that is all Joe did. That is why I talked about what Joe did in his last four days. He was with friends each day. Just like he was everyday. The Striders were a big part of Joe's life. But he also was the "unofficial social director" at the Blackstone Apartments. The residents there say that Joe is the only one who knew the name of every resident. Most days he walked into downtown and made the rounds. If the bakery needed a quick delivery, Joe would handle that. If another place needed change, Joe was off to the bank. And then it was to the Ambassador to see who was getting a haircut and catch up on any "local news."

Joe had a full life with many experiences that most people don't know about. Joe was a discus thrower on the NFA Track Team and then was in the Air Force from 1952-56. Joe played in the City League in both baseball and basketball for several years and won the Bill Kelly Award for Sportsmanship in 1957. In 1962 and 1963 he had the high average in the Norwich Ten Pin Bowling League and his team won the league titles in 1964-65. Joe was a youth Bowling instructor for 10 years. Joe also was a head coach in the Norwich PeeWee Football League. His Dairyland Packers won the league title in 1968.

For thirty years he served on the Executive Committee of the Southern New England Tennis Tournament. Prior to his retirement from the City of Norwich in 1988, Joe would take his vacation during the two weeks of the tournament so he could keep the clay courts in top shape so there would be top competition. Joe was also an Honorary Life Member of the United States Tennis Association because of his commitment to tennis.

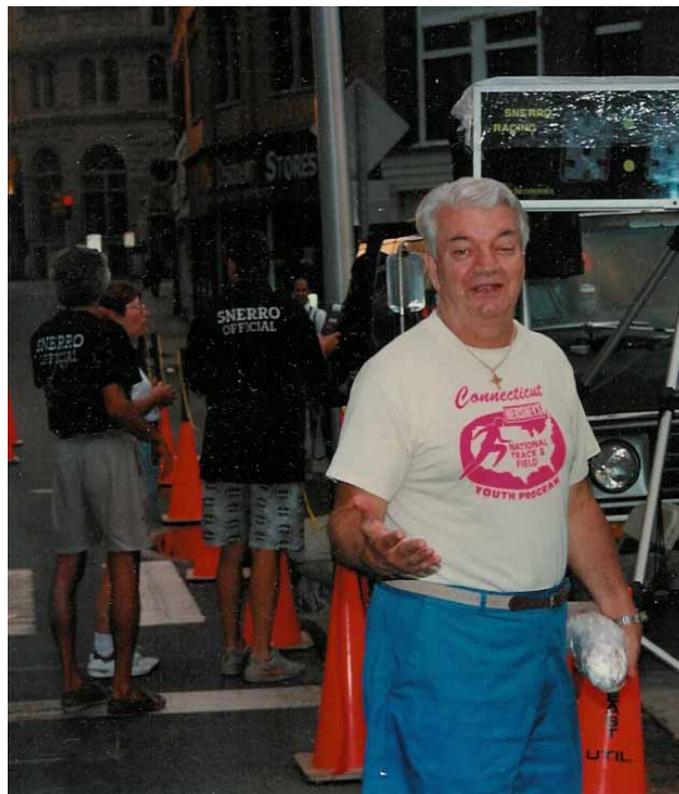
Joe was a man for all seasons. The Striders knew him as the finish line guy who always had an encouraging and positive word. Or the guy who gave the split each time you passed him on Thursday night. He has been the same (positive, encouraging) guy at the finish line for me for over 25 years. He would take a cab so he could help at the Fort Shantok Invitational Meets in the late 70's and early 80's. He has been at the finish line at every youth race in Norwich since 1984. He has been at the finish line at NFA track meets since 1988. Joe has handed out thousands of ribbons and T-shirts to young kids at the youth races. Many of these same kids became NFA track athletes and when they got to the finish line, there was Joe with an encouraging word and a supportive smile. These athletes were his friends too. At the NFA Men's Track Banquet this year, Coach Jemal Davis instituted a new award: The

Joe Lonardelli Award for Inspiration. I was very proud to be asked to present this award to JJ Justice, the 3 time State Open Javelin Champion who helped lead NFA to the State Open Team Title.

In May 2001, Joe was inducted into the Norwich Sports Hall of Fame for his many achievements and involvements. This was a very proud moment for Joe because it brought together all of the sports things Joe has done. In his acceptance speech, Joe recited a poem. "Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Walk beside me, and be my friend." We have all had the opportunity to walk beside Joe Lonardelli and we know what a great friend he was.

We are all going to miss Joe and all that he did for us in the running community. Many runners missed him last Thursday in Mohegan Park when the splits they have become accustomed to weren't there. I missed him for the Wimbledon Tennis final. Every year we talk on the telephone while we watch the men's final. Joe had great insights into tennis and how the game has changed. Fortunately, we were able to talk during the French Open on the clay courts. The age group track program will continue but Joe's commitment, enthusiasm and encouragement will be missed and hard to replace.

Everybody is going to miss the friendship of Joe Lonardelli. May he rest in peace.



Joe helping out at Downtown Merchants Race

Al Morrison

By Tim Smith

In 1976 Al Morrison became the third honorary member in the Club's four-year history, joining former sports writer John DeGange and noted Mohegan-Pequot Indian, Harold Tantaquidgeon. Unlike the two prior inductees whose professional backgrounds had much to do with their success, Al's background was simply one of love for the sport and the Club, along with a genuine desire to aid the cause whenever possible. Al served as chute master, timer, spotter, statistician, trainer, and coach. Hence, the Club also unanimously voted him as honorary coach of the Mohegan Strider Association. Al was there for each runner – first through last, all were special to him. Although the running community felt a sense of “ownership” on Al's attention, he was equally embraced by the boxing, weightlifting, and arm wrestling cults. He also enjoyed baseball and football games, the Yale-Harvard regatta and any other sport one was willing to discuss. Al was a walking sports encyclopedia. Many a brew will be hoisted in memory of Al, notably for his love of sports and his many gatherings at the pub.

Tim Smith

NOVEMBER 5 – 8, 2004
MOHEGAN STRIDER ROAD TRIP
COLONIAL WILLIAMSBURG &
THE YORKTOWN BATTLEFIELD 10M/5K ROAD RACE

The Mohegan Striders have arranged another road trip. The package for club members is approximately \$315 per person if sharing a room and \$415 for a person staying alone.

The package includes:

- *Round trip on Amtrak from New London to Williamsburg, Virginia.*
- *3 Nights accommodations at the Governor's Inn which is adjacent to Colonial Williamsburg.*
- *Daily continental breakfast.*
- *Transfers from the Amtrak Station to the Hotel.*
- *A daily pass to Colonial Williamsburg.*
- *Dinner for the group at Shields Tavern (in Colonial Williamsburg).*

Non Club members can go for an additional 10% per person, so it makes sense join the club and pay the nominal dues.

Extras for the runners:

- Entry fee for the Yorktown Battlefield 10 mile / 5k race.
- Transportation from Williamsburg to and from the race (depending on how many people want to race, we will split the cost of a bus or vans. It is about 15 miles from Williamsburg to Yorktown.

The tentative itinerary is:

- Leave New London on Amtrak at 7:52 AM, Friday 11/5 and arrive in Williamsburg at 6:00 PM (if we have enough people we can have our own car on the train).
- Everyone on their own Friday night in Williamsburg.
- Saturday, 11/6, the race is in the morning. Those that don't go to Yorktown can stay and sightsee in Colonial Williamsburg. Those that race should be back around the middle of the day.
- Saturday evening 11/6, a group dinner at Shields Tavern, a colonial tavern in Williamsburg.
- Sunday 11/7, sightseeing on you own.
- Monday 11/8, Amtrak leaves at 9:56 AM, arrives in New London at 8:20 PM.

WE NEED TO COMMIT BY JULY 27TH TO HOLD THE RATES
If we don't get enough people the trip will be cancelled, so commit ASAP.

TO SIGN UP CALL WILTON CENTER TRAVEL AT 203-762-2551, ASK FOR JULIA OR JUDY.

SHORT TAKES

For me, directing **The Delaney Dash** is like planning a wedding. Months are spent organizing things and then worrying about the organization of those things, with the goal being the best, most smoothly run event ever held anywhere in the entire universe. Countless phone calls are made to check and double check on the items that need to be lined up in order for said event to be p-e-r-f-e-c-t (“The port-o-potties will arrive at 7:00 AM, right? BEFORE the runners, right?”). Hell, even a bit of creativity can cause some controversy (“What, no T-shirts? I can’t wear a tote bag! Active.com said I’d get a T-shirt.”) but that’s to be expected (Contingency Plan: bring leftover T-shirts from last year’s race for those individuals who hit the High Mark on the Whiner Scale because, apparently, 500 T-shirts really isn’t enough for one person to own).

And then the Big Day arrives, all the planning becomes tangible, the dominoes start to fall, and *within a matter of sheer moments*, chaos reigns, all control is lost (or so I think), 15 people are talking to me simultaneously, and I struggle to:

- a) Remember who I assigned to what job
- b) Acknowledge all the people who have helped me
- c) Explain the computer snafu that resulted in Sharon, the 40 year old female, becoming Austin, the 15 year old male and, most importantly. . .
- d) Snapshot the moments that remind me why I’m here in the first place

Then, just when I think that the sky really is falling, Chicken Little, a smiling **Colin Delaney** approaches me and as I look into a face that is so much like **Sean’s**, my eyes fill with tears, I am flooded with memories and every worry, every complaint, every not-so-perfect plan execution, becomes insignificant.

But the Reality Checks don’t end there. How about seeing **Crank** at the water stop, Runners? Was that a much-needed pick-me-up and a gee-the-wind-isn’t-all-that-bad moment? Or how about hearing that **Paul** and **Michelle Sagristano** named their son after **Sean**? Or, for me, seeing my still-fit-and-trim, no-longer-diabetes-stricken brother, **Frud**, complete the 5k walk while watching my high school best friend (that’s many many years worth of friendship, folks), **Tacky**, run a 5 mile PR (48:39) after finishing in last place on this same course one year ago. **The Delaney Dash** is more than just a road race – it’s a timeout, a wake-up call, a chance for all of us to reflect on those people who touched our lives and an opportunity for all of us to say thank-you to those who are still able to hear the words.*



Well, we finally had race day sunshine, albeit a wind-aided sunshine, but the fourth annual **Delaney Dash** was not the huge success that race directors, **Short** and **Volkmar** had hoped it would be (maybe we should lower the bar, eh?). Pre-race numbers looked promising and we probably had 100 runners register on race day but that 300 runner goal remains elusive. Final tally -- 259 total entries with 198 crossing the finish line for the 5 mile race and another 30ish walking the 5k. **Jim DeSilva** (26:42) and **Martha Merz** (29:51) were the overall winners. (Race results are posted at <http://www.hitekracing.com>)

*About those thank yous. . . Any successes we had on race day would never have been possible without the volunteers and our sponsors. **Tim Kane**, *Strider* President and a rock of emotional strength and dependability, had the toughest job on race day. He, along with **John “JB” Bysiewicz**, and poor, unsuspecting **Brian Delaney**, were the best. . .THE BEST! I cannot say thank you enough to them for being such workhorses (mark my words – **Brian** will follow in the footsteps of **Tom Degnan** and never EVER utter those regrettable, “do you need any help?” words again). Above And Beyond The Call Awards to: **Sue Lamoureux** and the aforementioned **Crank** who had babysitting duty at the water stop but didn’t seem to mind; **Tracy**, **Leah** and **Kate Citron** for helping out in various spots, although **Tracy** received her first **Volkmar Tongue Lashing** for being a tad too energetic in the chute; **Nona**

Peachy for remembering a camera which is more than I can say for yours truly (about those **Volkmar Tongue Lashings**. . .); **Bob Stack** for his constant support of this race and all the other races we are involved in; **Jay Churchill** who continually pulls through with the post-race food; **Phil Schaller** for the banner; **Gene McGrath** and **Walt Smo** who handled some disgruntled pre-registered runners and then joined **Pauline Magnuson** at the end of the chute; **Themum Kane** and **Teresa Dickson** who completed some pre-race assignments with finesse and then seamlessly tackled split duty (although Nurse **Teresa** was seen lying face-down in some gravel while attempting a post-race run but perhaps I should ignore this lack of coordination?); **Nick Delaney** for his parking and pull-tag prowess; **Chris Kirby** for being kind enough to volunteer and then nice enough not to yell at me when I gave his assignment to **Kathleen Buckingham**; **Coach Cap & Kids**, at least one of whom could be an unsuspecting **Sean Delaney** Scholarship recipient. . . and who am I forgetting to thank??? Lastly, a Repeat Special Achievement Award to **Tory Bell** and her amazing family – **Mom Ginger, Dad Wendell** (did I miss saying hello to **Dad?**), **Kids Sarah & Ryan, Hubby Greg** and friend, **Danielle**. I said this last year and I will say it again this year: I challenge you to find a family that is more selfless than these people are. Hang with them for a while and I guarantee that you will want to be a better person. Their generosity is infectious.

Speaking of generosity, we could not have this race without our sponsors so, once again, thank you to **The Mohegan Striders**, Jolley Concrete (**Wayno & Leslie**), United Abrasives (**Christine Sacrey**), Prides Corner Farms (**Tim Kane**), CL&P (**Joe Swift**), Savinelli Well Drilling (**Tony**), Iselin Tree Experts (**Charlie**), Fortuna & Cartelli, Attorneys (**Carl** who just missed being the First Old Saybrook finisher & **Tom** who ran a 7:00 pace while pushing a baby stroller!), Grampy’s (**The Swims & Doug**), **Jay Kelleher** (help with food), and **Jon Kodama** who allowed us to park at the Dock & Dine again this year. In addition, we received direct scholarship donations from **The Kanes, Short & Volkmar, Bob Buckingham, Sharon Cohen, Joan Delaney, Colin & Sheila Delaney, Brian Delaney, Nick Bottone, Teresa Dickson, and The Sagristanos**. The **Sean Delaney** Scholarships will be presented at Awards Night at Old Saybrook High School to a male and a female athlete who participated in track and/or cross-country. **The Delaney Dash** will be held next year (assuming Vicki doesn’t ban us from The Fort because of the damage to the grass caused by a couple wayward vehicles), maybe earlier in the morning, but not without the support of the **OS Police Department** and **Sgt Robbert van der Horst** who have been wonderful to us for the past 4 years.

And, in closing, as I hugged **Colin** on Saturday, perhaps a bit too hard, I was, of course, reminded of **Sean**. We all miss him, in our own unique ways. But we share a common bond when we come together for **The Delaney Dash** -- to keep **Sean's** memory running!



**Sean Delaney,
Second Place Finisher
Sneekers’ Run, 1997**

Better pass boldly into that other world, in the full glory of some passion, than fade and wither dimly with age. . . James Joyce, *Dubliners*

Winter Running in Florida by an Old Connecticut Runner

Just before the 1st Saturday morning Slug Run in January, we crawl out of bed at 3:00 A.M. and hit the road by 4:30 A.M. heading for Florida. Gene and Judy are usually a few days ahead of us. We take 3-4 days getting there, stopping each day around 4:00 P.M. I immediately put on my running shoes and go out for an easy run to loosen up a tight back and also to scout out a good eating place for dinner. I pack my running bag for cool running early in the trip and lighten it each day as we progress south.

Arriving in Florida to temperatures in the 70's and everything so green is in sharp contrast to the cold and gray we left behind. The attitude to go out for a run improves immensely.

The training (when not injured) usually consists of an easy run (4-6 miles) followed by a swim. Hills are non-existent so you have to find sky bridges if you want to do any hill work. Two days rest each week allows for big breakfast outings.

Races in Florida are not hard to find, but they have one significant drawback. The gun goes off at 8:00 A.M. and they're up to an hour's drive away. This requires you to rise and shine around 5:30 A.M. This, my friends, is way too early for this body to loosen up. In January, you're warming up in the dark. I have not fared well in these races and have decided to avoid them and leave them to Judy who is an early morning runner. There are a couple races a little later including one in the early evening that will make up my race schedule in the future.

The age divisions in Florida are stacked with Grandmasters and older (I wonder why?) I ran a 5k race where the 60-69 age group had 67 finishers and a lot of these old guys can run. The winner ran 18:30 and he was 65. The awards are in 5yr age groups and are usually trophies or plaques. The entry fees are reasonable, there is always a t-shirt and the refreshments are plentiful.

As April arrives, we start our journey back with our daily stops and easy runs, only the running bag gets heavier and the scenery gets grayer as we approach the north. We get home too late for the last Saturday morning Slug Run but early enough to make the Westerly Clamdigger 5 miler.

It's a nice way to spend your winters when you reach your "Golden Years" and God has blessed you with the health and welfare to be able to do it.



Division winners of the Ft Myers Beach 5k Treasure Run

One of Those Days - Seven Sisters **by Bob Buckingham**

Have you ever had one of those days? You know what I'm talking about? You wake up and try to figure out why it is that you are going to do what you are going to do? You move around in the early morning trying to reason with yourself that, yes, this is what you wanted to do, yes, you really have to move it or you will be late to the start. So there I was, waiting for the start of the Seven Sisters Trail race and I did not want to be there. For those of you who know me, this is not a normal reaction for me. I love to run, normally the longer, the better, especially on trails. Even after the start of the race, the feeling persisted. Keeping to the back of the pack, I had hoped that I could run the feeling off, as it were. If it had been any other race than Seven Sisters, I would have turned around within a mile and gone home. But I do not like to throw away a Seven Sisters experience. It is a beautiful course (of which I have written about before) and the day, while cloudy, was very comfortable. The views from the escarpments were clear and gorgeous. Maintaining a steady pace I made it to the turn-around of the out and back course in 1:38. At that point I realized that I was missing my number. My first thought was that I had lost it when I had fallen about ½ mile in. The race crew wouldn't take what I thought was the number since I was not sure. So I was entered into the list as an 'unknown runner'. I grabbed something to eat, refilled my bottle and headed back up the trail. Right after I left, I realized that I had never put the number on and I was sure that when I finished I would find the number exactly where I put it-in the pocket of the shorts I was wearing (not my running shorts). So, getting back to my apathy, after the turn-around I was feeling a bit better. Running-wise, I had kept up a steady pace and the constant picking off other runners helped improve my outlook slightly. I still was not my normal self, but better than at the start of the race. The last ½-mile of the race is a long, rocky downhill. I knew I still wasn't feeling normal when, with about 200 yards to go, one of the runners I had passed earlier raced by and I did not care a whit. I finished, I felt pretty good and I was not injured. Nor did I get any cramps, which is a rarity for me on that course. I have not figured out what was the cause for how I felt. I ran L & M the day before, twice, plus ran to and from home. Too much the day before? I took a hot, salt bath the night before. Maybe too relaxed? I haven't taken too many days off since the beginning of the year, although there has been a lot of cross-training. What, maybe over trained? I do not know, but I do know that, now that it is over, I am very glad I ran the race and finished. Hopefully it is not something that becomes a habit. I like the running habit much better.

Summer Racing is Here!
Get Yourself Something
from the Strider Web Store!
www.moheganstriders.org

THE MOHEGAN STRIDERS ASSOCIATION

2004 Men's Open Racing Team Report

As of June 1st, 2004

The Mohegan Striders Men's Open Racing Team has claimed a total of 16 state USATF/TAC championships and 3 runner-up team finishes during the past 19 years of racing competition. Now looking to 2004, a revamped USATF racing schedule brings a number of changes. Most notable is the decrease in the overall number of distances being contested, down to only 6 and without the 1, 4, or 10 mile distance and no cross-country or track events. This makes a strong team finish in every race much more significant. There is also the consolidation of the Open, Masters, and Grandmasters championship races, a logical move considering that most Open teams have relied heavily on their 40+ age runners to score in past seasons. Finally, there is the Mystic Places Marathon Relay, a 5 person team event that will have the honor of being the first ever relay race to serve as a USATF championship event in Connecticut.

While change isn't always a good thing, right off the bat, there was a noticeable difference from the racing requirements of the past two seasons. That would be elimination of the Terryville 5K as a season opener, a race which never produced the competitive fields or championship atmosphere of past 5K's like Willimantic, Hartford, or Simsbury before it. The 5K Championships will return to Hartford for the River Run (formerly the U.S. Healthcare Corporate 5K) on August 12th. Now the 2004 Mohegan Striders Open Racing Team, rumored to be significantly slowed by injuries, the purchase of new homes, and the birth of little baby Striders, hit the road to defend their title at the Quassy Loop 12K in Middlebury. Chadwick Brown, who falls one of the categories just mentioned, still managed a terrific performance to win the race overall in a time of 41:26. Litchfield's Bob Davenport, who can also claim one of those excuses, delivered another fine effort, claiming 3rd place overall in 43:08. After that, the Striders again looked to their Master and Grandmaster teammates for some help. They delivered, with young Timmy Smith, sharp-dressed Wayne Jolly, and Masters Team Captain Jon Kornacki (both fresh off a warm Boston Marathon performance just a dozen days prior) being the Striders 3-4-5 scorers. Athlete's Foot/Hi-Tek had too much for the Striders this day, also relying on their elders to claim the 12K team title.

QUASSY LOOP 12K – May 1st, 2004		2nd Place Team – 8 Points (8 YTD)	
1. Chadwick Brown (1st)	41:26	1. Athlete's Foot / Hi Tek	3:46:44
2. Bob Davenport (3 rd)	43:08	2. Mohegan Striders	3:49:27
3. Tim Smith (18 th)	47:11	3. Hartford Track Club	3:53:12
4. Wayne Jolly (24 th)	48:31	4. Empire Racing Team	3:54:42
5. Jon Kornacki (26 th)	49:11	5. Housatonic Road Runners	4:05:05
6. Don Smith (49 th)	54:08	6. Woodbridge/Milford Road Runners	4:10:21
7. Joe Lemieux (57 th)	55:33	7. Silk City Striders	5:20:30
8. Guy Pulino (60 th)	56:02		
9. John Sacrey (71 st)	57:34		

AF/HI-TEK 10 MOHEGAN 8

Remaining USATF Championship Races:

- **Sunday, June 20th** **24th Annual Branford 5 Mile Road Race – Branford, CT**
- **Sunday, June 26th** **24th Annual Fairfield Half-Marathon – Fairfield, CT**
- **Thursday, August 12th** **15th Annual River Run 5K – Hartford, CT**
- **Monday, September 6th** **27th Annual Labor Day New Haven Savings Bank 20K – New Haven, CT**
- **Sunday, October 24th** **4th Annual Mystic Places Marathon 5 Person Relay – Niantic, CT**