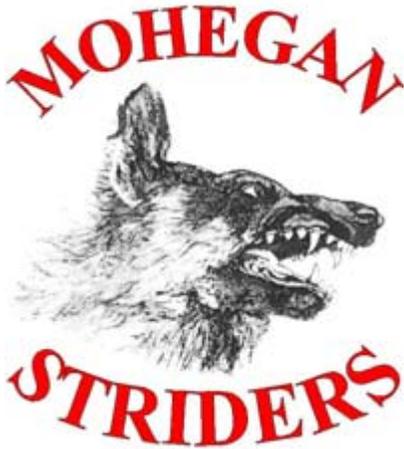


**THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – June 14, 2009**



www.moheganstriders.org

President: John Trahan (860) 536-8766

Vice President: Michael Fusaro (860) 886-1122

Treasurer: Don Sikorski

Membership: Joanne Gillespie

Secretary: Kris-Anne Kane

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

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

Training Runs

Tuesdays: East Lyme High School, 6:00pm
Run , Track and Swim Workouts
Pace = All levels, mostly casual
Contact: Marshall Collins (860) 859-1555 or
Way Hedding (860) 739-2884

Sundays: Mohegan Park, 8:00am
Norwich Rec Facility
Pace = All levels, mostly casual
Contact: Michael Fusaro (860) 889-6784

A Note from the Editor

By Chris Hansen

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

Please send me any pics fit for the newsletter!

DEADLINE FOR NEXT NEWSLETTER IS: SEPTEMBER 1st

Please submit all newsletter articles as follows:
Microsoft Word, Font =Times New Roman, size=10, all
margins=1”

You're INVITED !!!

To Renew Your Membership with the Mohegan Striders Running Club

A Message to Current, Past and (hopefully!) Renewing Members From John Trahan, New Mohegan Striders President

As the newly elected President of the Mohegan Striders it's my pleasure to introduce myself to you. And for those of you who have not renewed your membership for 2009, I'd like to personally invite you to renew now and help us remain the biggest and best running club in the area, perhaps all of Connecticut!

By way of introduction I'm 52 years old, I live in Mystic and I've been a runner since I was a freshman in high school. I've sometimes been competitive, sometimes not. Like many, I've had times when I didn't run at all but I've always come back to running. It's what I do. I pretty much grew up running and I'm really glad I found the Mohegan Striders. I haven't had this much fun since I ran with my old teammates - read that as FRIENDS - on the track and cross-country teams in high school. My fellow Striders are also friends. Belonging to the club provides an atmosphere of camaraderie that you can't get running on your own. You don't have to be an elite runner or even a runner at all to be treated as an equal by even the most talented of our competitive runners. This is truly a club that supports its members and focuses on the positive. Want to start or re-start running? Want to improve your running? No problem. Renew your membership with the Mohegan Striders and our members will be happy to help you attain whatever goal to which you aspire!

The Mohegan Striders have been around for a quite a while now. Started in the 70's to promote participation in running with emphasis on healthful exercise and sportsmanlike competitiveness, the Striders have broadened into one of the most fun and active social organizations in Southeastern Connecticut. While still competitive on the racing circuit, the club now sponsors regular weekly training runs as well as several social events and trips throughout the year. Here are just a few of the 'activities' coming up:

- Saturday 'Slug Runs' – group runs January through March where everyone brings food or drink to share after the run. A great social and supportive atmosphere where new and seasoned runners alike share stories, goals, and an all around good time.
- The Strider Banquet Gala – held February 21st at the Holiday Inn of Norwich, this semi-formal club party annually attracts 100 or more friends and features music by the Run for Cover Band, headlined by Striders members Laurie & John Schaeffer, Jim Carper, and Chris Hansen.
- Bus Trip to a Boston St Paddy's Day 5K – this recent addition to our calendar is one of the biggest and most Irish races ever. A leprechaun sighting is guaranteed (we happen to know because he's another Striders member). Space is limited so get your application in soon!
- Group training runs year-round in two locations and a summer recreation race series.

Visit our web site at www.moheganstriders.org to see what else we're up to lately like occasional fun group trips, sometimes overseas – we've been to Ireland twice! A new feature on our web site is an interactive calendar you can use to find out what's going on this week, this month or this year. So don't delay. Renew today! Feel free to contact me for any questions.

John Trahan, President
Mohegan Striders Running Club
jdtrahan@comcast.net
860-536-8766

Notice:

Please note that the club has voted to now distribute our periodic Newsletter by email rather than mailed copy. Newsletters are also posted and archived on our web site. The membership list enclosed (for members only) will continue to be mailed to all members of record annually at year's end.

Mohegan Strider Goodies now available at the Strider Web Store!

www.moheganstriders.org

**The next Strider meeting will take place at our
summer picnic in August. Here are the details:**

When: Saturday, August 22rd

**Where: Giddens Park, Rte 207 (Pond Road,
Franklin)**

**Time: Picnic begins @ noon, brief meeting approx
1:00 PM**

STRIDER MEETING MINUTES

2/5/09

Kris-Anne Kane, Recording Secretary

Meeting was called to order at 6:37pm. John Trahan conducted his first meeting as Strider President. John thanked all those who have helped me make the transition a smooth one.

The meeting began with Rich DeLorge, retired Vietnam vet, former Strider presenting the **Traveling Vietnam Memorial Wall** which will be coming to Norwich on June 17. Mr. DeLorge is requesting for Strider participation. He would like to see Striders be a part of the three group relay-a group wearing red uniforms, and a group wearing white uniforms (T-shirts). A group wearing blue has already been coordinated. Tim Smith has volunteered to lead an ad-hoc committee.

Cheryl Hughes of the Norwich YMCA asked Striders for ideas for **the Norwich 350th Anniversary 5K Run** to be held Friday, June 5. Ms Hughes would like to see Striders participate in the race which is taking the place of the Saturday morning race. She also needs ideas for a runner-friendly course as well as mini-events for weekend celebration. Evelyn Bessette suggested someone run in period clothing.

Officers and Committee Reports:

Vice President: Mike Fusaro absent.

Treasurer's Report: Don Sikorski reports he is finalizing the Balance Sheet. The fund balance is currently \$14,800. He thanked the Jolleys for their annual generous donation to the club. Their financial help is greatly appreciated.

Recording Secretary: Kris-Anne Kane had nothing to report.

Membership Secretary: Joanne Gillespie reported the club has 154 primary members, 47 family members and 2 life members. There are 103 members as of January 30, 2009. More applications have been coming in. Joanne announced a membership list will be sent out soon along with a reminder letter to renew memberships. The Mohegan Strider 3-D Display was presented. Joanne asked if the Jolleys and SNEERO would take displays to races.

Newsletter: Chris Hansen absent. John Trahan announced the newsletter will now be posted on the website. Chris will not be e-mailing the membership roster due to the personal information listed on it. Don Sikorski asked about advertising for the newsletter since it will only be on the website. John T. said "We need to look into that".

Website: John T. praised Laurie Schaffer has done a lot of work on the website. The SNEERO schedule has been posted. A calendar link is also on the Moheganstriders.org. site. John encouraged members to submit any updates to him or Laurie.

Racing Teams: Jon Kornacki will be writing up a Racing Team summary for next the newsletter. Racing information will be posted on the website. Jon expressed his concern for the state of the men's and women's teams. Jon distributed a fact sheet on the Striders Racing history, noting how race participation has dropped over the last several years. "We are having trouble attracting younger runners and women", Jon reported. Jon proposed to form a committee to address these issues and find ways to get younger runners to participate in USATF races. Joanne Gillespie suggested her committee of herself, Norma V. Leslie J. and Chris S. join up with Jon to brainstorm ideas. She purposed a mentoring program for new runners. Jon suggested the idea of offering free membership or uniforms as an incentive. John Trahan stated we will bring this up at the next meeting. Norma V. suggested we advertise at local colleges. John reminded members it is important to talk to people at races, in the finishing shoot. He asked members to bring at least 1 Strider application to races.

Jon Smedley offered to be a conduit for the Naval Sub Base. He reported the guys at the Base "are hungry for new activities". Jon K. reminded everyone "you don't necessarily need to be fast. WE JUST NEED BODIES".

Grand Prix: Leslie J. brought copies of the 2009 Club Grand Prix Circuit Schedule for distribution.

STRIDER MEETING MINUTES

APRIL 30, 2009

Kris-Anne Kane, Recording Secretary

President John Trahan called the meeting to order at 6:42pm.

Guest speaker Rich DeLorge reminded Striders of the “Cost of Freedom” Project coming to the area on June 17. This project features the **Traveling Vietnam Memorial Wall**. He has asked the Striders to participate in a 7 mile run from the Montville Town Hall to Howard T. Brown Park in Norwich. An informational meeting will be held on May 5 at 7 pm at the Dime Bank on Rt. 82, Norwich. Tim Smith reminded the group “it is a wonderful opportunity for us to serve”. A sign up sheet was sent around table for those interested in participating.

John Trahan recognized all Striders who competed in the **Boston Marathon** held April 20. Applause.

Officer’s Reports:

VP/Mike Fusaro- Nothing to report.

Treasurer/Don Sikorski- Don passed out balance sheets/income statement for 2008. The year ended with a \$345 loss. Don thanked the Jolleys for their yearly generous donation to the club. Applause.

Recording Secretary/KA Kane- Tonight’s Meeting Minutes will be in the next newsletter.

Membership Secretary/Joanne Gillepsie- The Striders have 188 members. This number is down from last year. Many Striders have not re-newed their memberships. New members signed up from the last Slug Run. The new Strider Tent help bring in new members also.

Newsletter/John announced Chris Hansen has set a deadline of May 7 for articles for the next newsletter.

Newsletter is on-line now. Notices will be sent on-line.

New Biz:

Strider Banquet: John T. announced the Strider Banquet for 2010 will be held Feb. 20 at the Mystic Aquarium. He thanked Tracy Romano for being able to get access to the Aquarium for us.

Website: John T. shared Laurie Schaffer has updated the Strider website with an event calendar, Grand Prix events and USATF information.

Grand Prix: Leslie Jolley announced the next Grand Prix event will be the Woodstock 5K on May 2. This is the 3rd race in the series.

Membership/Racing Committee: Jon Kornacki reported this committee was formed to find ways to boost membership and USATF Race participation. There were only 3 members present at the first meeting held. Ideas that were discussed at the meeting: creating a flyer on why people should join the racing teams, develop a Racing Team page on the Strider website.

John T. brought up the possibility of providing an incentive such as running shoes, shirts, USATF registration. Leslie noted the USATF registration is already being done. Jon K. suggested the Racing Team be a budgeted item. He also suggested a space be made on the Membership Renewal form for “donation for racing team”. Pete Volkmar presented examples of discount coupons that will be used as part of the age-group prizes at the Delaney Dash this year. Coupon allows recipient the \$5.00 off the cost of a 1st time Strider membership. Pete suggested the coupons be used at Grand Prix events. It will target faster runners in age groups. Ed Hogan shared he feels the idea would work. Don D. suggested giving a free membership to winners of GP races. Joe Banas suggested a racing singlet be given also. He explained with a racing singlet, a fast runner would have what he needed to run for a team. Joanne G. shared she liked the idea of not just giving out coupons to first place finishers. George G. added “we shouldn’t look like we are an elitist group”. Karen Short pointed out the Grand Prix races don’t always target the extremely fast runners. What would be the cost to the club if we handed out singlets at every GP race? Don S. suggested we defer to the Racing Committee to make a decision. Clem M. agreed with George G. to note a \$5.00 discount on all 1st time Strider Membership applications. Todd Fisher suggested we pick 3 races and use it as a test.

Motion was made to pass coupons out to race finishers and to members to distribute as incentives to join the Striders. Distribution system to be determined. Kris-Anne Kane made motion. Tana Jolley seconded. Clem McGrath asked how are we reminding members to re-new their membership? Joanne explained the last membership list went out in 2007. We need to get a new list out. John T. said he will take action on this issue.

Striders Post Hancock Memorial Run



SHORT TAKES

March 1 newsletter deadline means only one thing: Use this space to pitch, market, promote, blabber about, bore the reader to tears with. . .uh. . . hype **The 2009 Delaney Dash**. Yes, fellow *Striders*, it's that time again, time for us to keep **Sean's** memory running. It's so incredibly hard to believe that Sean has been gone for 9 years. May 2, 2000. Sigh.



Mark your calendars. Date: Saturday, May 23, 2009. Same Time: 9:00 AM. Same Distances: Five mile run and 5k walk. We will have a kids' fun run again this year since this event is always such a blast (T-shirts and medals for the kids!). Same Place : at Saybrook Point. I have already received sponsorship commitments from **The Striders**, **Iselin Tree Experts (Charlie Iselin)**, **Savinelli Well Drilling (Tony Savinelli)**, **United Abrasives (Christine Sacrey)**, **Prides Corner Farms (Tim Kane)**, **Fortuna and Cartelli (Carl and Tom)** and **CL&P (Joe Swift)**. And. . .I'm very excited to announce that once again **The Center for Better Health (Dr. Kurt Strecker, D.C.)** will be extremely generous to our race as our premier sponsor. Because his business, which specializes in chiropractic and rehabilitative services for runners, is located in Old Saybrook, Dr. Strecker will also be donating the First Old Saybrook Finisher prizes. Maybe we'll get lucky and he'll bring massage therapists to the race as a special treat for the runners (and that really annoying Race Announcer). His energy is infectious; his talents have healed many of us. We're quite fortunate to have him support our race!!!

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

Banquet Bits: I suspect that there will be plenty o' sordid stories from the *Strider* banquet in this here newsletter but, heck, why not a couple more? Notable Quotables: **Tim Kane**, when presented with a gift from the club as an appreciation for his years of service as club President, stated, "That's a pretty small bag for 14 years." ☺ Then there was **Chris Hansen** busting **Short** by a) noticing and b) commenting that she had worn her dress at a prior *Strider* banquet. Can you believe it? Well, yes, I suppose I can! After all, **Chris and Lynne** have been the perennial fashionistas at our yearly social event (**Lynne** was burning up the dance floor in a stunning red dress – Did He or Didn't He buy it for her? She was just gorgeous, as always). I should've known better than to think I could inconspicuously recycle my wardrobe. Shame on me! . . .Jaw-dropping generosity was discreetly displayed by **Joe Lemieux** when he donated not only his USATF winnings but also a personal contribution to **The Delaney Dash**. Heartfelt thanks to **Joe** for his continued support of our race and **Sean's** legacy. . . Boo Hoo We Missed You to **Degnan, Linda and Jotham, Bob-Dog and Paige, Jon Kornaki, Glenn and Debbie, Don and Catherine, Brenda** and especially **Lori Andrzejcik**. . . Lastly, I would be remiss if I didn't announce the winner of my annual **Strider Hottie Award** (drum roll, please) – **Mooooooo-Linda Hedding!** Hands down, no contest, done deal. **Melinda** was sizzling in this sexy little black dealy with stiletto heels and . . .wow. Absolute knockout.

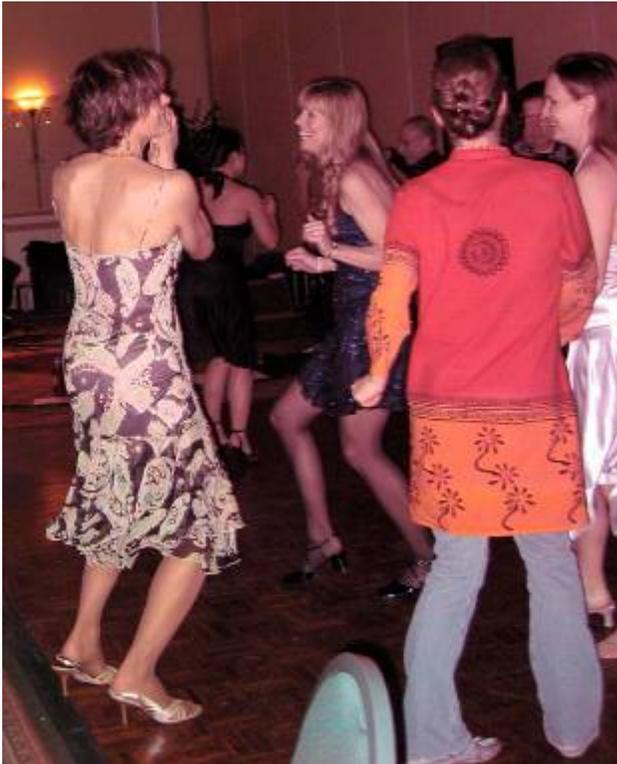
And, in closing, please help remember our cherished **Crank** and raise money for Pancreatic Cancer Awareness by registering to participate in the Cocaponsett Trails 8 miler (Trails to a Cure) on May 17. Or just make a donation. Or both. For more information, contact **Laurie Tomlinson** at either 860.526.2240 or laurie.tomlinson@wachoviasec.com.



The Club's new First Lady



Mo was a winner in the raffle and in her outfit! Sizzle!!



All she wants to do is dance dance dance

SHORT TAKES

As I pull into the cemetery, my CD player kicks off the next song: Springsteen's "Land of Hope and Dreams" fills the interior of my car. I'm struck by the timing of that song playing while I'm visiting **Joe**. That's **Sean Delaney's** song -- at least to me. I can't hear Bruce singing the words "sweet souls departed" without remembering **Sean**. Perhaps it is just happenstance that this particular Bruce song is chosen at a time when I'm reflective about life and its random acts. Perhaps not. Regardless, I add **Joe** to the list of sweet souls who have departed, leaving voids in our lives and holes in our hearts that even the ceaseless flow of tears can not fill.

April 17: Three days before Boston, seven days before the next Springsteen show, and my energy levels are sub-par. How can that be? Qualifying for my second Boston Marathon was a goal I set for myself last year and achieved with at 3:51:37 finish at Bay State (ditto for **Sue Smith** (3:53:42)). **Tacky** just sent a bubbly email, wishing me luck and reassuring me that the weather should accommodate the runners this year. I even reconnected with **The Disappearing Drexler**, the subject-matter-expert and sweetheart-of-a-guy behind the training plan that got us to the starting line. All good stuff, right? Positives on the biofeedback scale, yes? At a time when excitement should be obnoxiously overflowing, when I should be bouncing off the walls with anticipation and glee, I am flat. Dull. Uninterested. What's the problem, **Short**? HUH HUH HUH?

I dunno. Maybe it was the months of uncertainty and ambivalence regarding my employment situation at Pfizer; maybe it was the incessant wind, rain and/or snow that accompanied us on every freakin' long run; maybe it was the steady stream of anxious colleagues who came to my office to discuss their futures after being told that their jobs were eliminated; maybe it was seeing my brother in the hospital after triple by-pass surgery; maybe it was (is) witnessing the aftermath of the unfair and premature death of a vibrant, self-sufficient, hard-working business owner who was also the beloved husband of one of my closest and most treasured friends; maybe it's the harsh reality that **Beth** is enduring what I consider to be my biggest fear -- the loss of a spouse -- while I have to acknowledge my helplessness as I watch her suffer. I dunno. But something is missing from this marathon go-round. I think it's my heart.

As Loretta Castorini Clark barked at Ronnie Cammareri in *Moonstruck*: "Snap out of it!"

April 18: When **Sue** and I ran The Marine Corps Marathon in 2002, we registered as "The Well-Oiled Machine" team. We got the name from a runner who ran with us for part of the Block Island race. He commented that **Sue** and I take the hills smoothly and that we run "like a well-oiled machine." Well. . .during our last 3 EZ miles before making the trip to Beantown, I commented to Sue that perhaps the machine needed a lube job. She responded, "A lube job? I'm thinking major overhaul. The body doesn't react the way I expect it to anymore." And, on that note, we began our marathon weekend getaway, willing to accept whatever was awaiting us and understanding that the journey is of greater importance than the destination -- AKA finish time, or so we told ourselves.

April 19: At what point in the calendar year do meteorologists substitute the word "breezy" for "windy"? Breezy has such lighthearted connotations like girls in their summer clothes; windy implies work, pain and extra effort. As far as I'm concerned, the fact that **Sue** had to keep her gloves on during the pasta dinner meant that we were experiencing cold weather -- plain and simple. And 16 mph breezes out of the East meant one thing: head winds. Gulp.

April 20: Running in The Boston Marathon is a magical experience, both spellbinding and diabolical. The qualifying standards make this one special, no doubt about it. The course is a beast and we weren't about to tame it. Nor were we going to try. We just wanted to enjoy it for as long as we could before The Survival Shuffle became the dance du jour.

The Race: After **Sue**, sick with a severe cold, crashed and burned during our 23 miler, we had our doubts about how much fun this marathon was going to be. And when yours truly stupidly ate too much food the morning of the marathon, I had to say to **Sue**, "This one 'Excuse Me' covers me for anything and everything that may happen over

the next 5 hours, okay?” We didn’t really have a plan, other than to finish. But we knew not to go out too fast despite the tempting down-hills that make the runners feel invincible -- only to be humbled in Newton when the up-hills get the last laugh. Somewhere around mile 10, my digestive problems settled and I started to feel strong. Maybe this run could be salvaged after all.



The noise from Wellesley, audible *well before* the crowds are visible, was absolutely astonishing. We passed the half-way point in 2:02, knowing that we were going to slow down due to the course elevation, tired legs, and that beer that **Chris McGrath** believes we stopped to consume in the last 10k. We enjoyed Elvis as he crooned and Neil Diamond as he reached out his hands to the runners while wailing “touching me. . touching you.” When we crossed the 17 mile mark, we spotted **Yummy Yeomans** sitting on the road, looking up the shorts of passing female runners (apparently the long wait for **Sue** and I exhausted him and he needed to get off his feet). The students at Boston College provided a huge boost at a crucial point on the course (post Heartbreak Hill) despite their inability to shout both “**Short**” and “**Sue**” in the same mouthful (end result was “Snortin’ Sue”). The CITGO Sign then the Finish Line after The Turn Onto Boylston are all memorable moments captured in the recesses of my brain where I store reminders of how lucky I am. But nothing – NOTHING – compared to the joy I felt when I saw **Beth** standing outside a bar right before the 25 mile mark. There she stood – smiling -- with **Sue’s** wonderful **Patrick**, in our 2007 NYCM jacket, waiting for **Sue** and I to make our grand entrance. Yes, **Beth** was smiling. Even if just for a moment. Or maybe two. And the 25 mile trek to reach that point was well worth every step, every belch (good peanut butter, **Sue**), every in-your-face f-ing wind gust, every fear of injury, every it-seemed-like-a-good-idea-a-few-months-ago, every what were we thinking, every doubt and every ouch.

The Well-Oiled Machine finished in a **4:15:35** (9:45 pace). We saw **Annette Barbay (3:18:49)** at the Expo, **Way Hedding (4:05:39)** at Athletes’ Village, and **Bob Niedbala (4:19:39)** on the crawl back to our hotel. We looked for but couldn’t find **Tommy Lee, Kevin and Alison Gallerani**, and **Themum Kane**. We have no plans yet for what’s next. Rather, we’re basking in our accomplishment and in our blessed fortune to a) have each other and b) have friends like **Beth, Patrick** and **Yummy** who played Road Crew, and **Teresa** and **Gronk** who played Emotional Support Crew, for the single reason that they care. About us.

And, in closing, once again I am going to rely on others to express how I feel. **Mark Berry**, a Pfellow Pfizer runner is, like **Beth**, trying to establish a semblance of a life -- of an existence -- as he mourns the passing of his wife, **Kim**. He wrote the inspirational words that will close this column. Although he may not be ready to believe that in this Land of Hope and Dreams he will eventually smile again, I will cautiously hope that the day will come when he, and **Beth**, will find a way to put their pain aside for small fragments of time. I thank him for the poignant reminder that we should appreciate what we have while we have the luxury of doing so:

Let’s commit to keeping health within reach: sign up for that 5K, register for that trail run, start a running group, push yourself out the door. Why? Because *we can*, that’s why. Let the black toenails, sub-zero wind-chill, blisters, ruptured hamstrings, plantar fasciitis, and 98 degree heat remind us that we are alive - and continue to embrace life for it’s moments of joy. It is all we have.



SHORT TAKES

2009 **Delaney Dash** Final Jeopardy Round. The answer is: Kicked Butt!

<insert 30 seconds of Jeopardy ditty here, ending with “boom boom”>

- What is, “A yoga pose where one bends into a pretzel by taking right heel and punching it into left heinie cheek?” The judges confer with yoga instructor **Lisa Bragaw** who attempts to demonstrate this pose before ruling. Sorry. No on the yoga pose question.
- What is, “What smokers do when they quit?” True, quite true. But, alas, not the correct question.
- What is, “What the Yankees will attempt to do to the Red Sox this year?” To me this question fits but when I defer to the judges, I see that they are shaking their heads, laughing uproariously and muttering something about “CC Sabathia. . .7 years. . . \$161 million. . . over-paid under-performer (although he did win last night).”
- What is, “What **Shannon (Hovey) McHale** did to the rest of the field in this year’s **Delaney Dash**?” YES! The winning answer!

May 23, 2009. The ninth running of the **Delaney Dash** is history but not before A First was achieved – a bit more noteworthy than the False Start First we had two years ago. This year, we had a woman win the race. Yes, you read the correctly. A woman won. Overall winner. First finisher. Outright beat the men. Kicked butt. Estrogen dusted testosterone. Venus dominated Mars. I’ll stop. You get the point. But it was tres kewl to witness. Race highlights:

- 172 runners (down 15 from last year ☺) crossed the finish line, led by 38-year-old **Shannon McHale (29:19)**, an Olympic Marathon Trials qualifier/finisher (2:42:40) and first time **Delaney Dash** participant. Leading the pack of men chasing **Shannon** was 42-year-old **Greg Bonaiuto (29:39)** and 52-year-old **Bob Stack (30:23)**.
- 20 runners crossed the line before someone under age 30 finished: 15-year-old **Clay Farrell (33:52)**. The first 20-29 year old was female **Addy Danaher (34:19)**. **Kyle Spooonea (40:53)** was the first 20-29 age group male; he finished 74th. Drawing any conclusions about the state of our sport and the interest in running by the younger generations? Perhaps the USATF 10k race the day after the **Delaney Dash** had a negative impact on the field. Maybe if we make the **Dash** a USATF race, we can correct that problem!? Ya think? Watch this space.
- Am I allowed to plagiarize from my own prior columns? It seems that I repeat myself over and over again when I gush yearly about our major race sponsor, **Dr. Kurt Strecker (36:11)**. To quote **Don Imus**, “I like this guy so much it’s stupid.” **Dr. Strecker** is noteworthy on many levels: he runs the races (he’s training for a Tri right now), he will work with you until you can resume your training, he listens, and he cares. His positive attitude is infectious and his smile alone will cure a sour mood. He has committed to sponsoring our race for as long as he has a job. He donated our Old Saybrook finisher prizes. And he led the kids’ fun run, stopping at the corner and pointing to the Finish Line to ensure that those frisky young whippersnappers didn’t beat him. He’s smart and shrewd. His office, The Center for Better Health (www.thecenterforbetterhealth.com), is located in Old Saybrook and is worth the trek for those **Striders** who find that distance daunting.
- Race sponsor **Carl Fortuna (33:19)** wasn’t our first Old Saybrook finisher (**Brian Selfors (31:54)**) but he won the prize for Most Mutilated Bib Number. Thankfully, the number was still visible when he entered the chute. Had that not been the case, **The Bandit Police** would’ve tackled one of our race sponsors! That would’ve been memorable, eh? First Old Saybrook woman finisher was **Jennifer Hallowell (37:44)**.
- It was A Family Affair for **Delaneys: Brian (40:44), Colin (44:57), Ruth (46:50), Devin (47:12), Meghan (49:52)** and **Shelia (52:55)**. Also supporting the race as walkers and/or spectators: **Nick, Joan, Ian, Shelly** and **Riley**.
- Race sponsors **Charlie Iselin (30:40)** and wife **Becky (34:04)** finished second in their respective divisions before joining son **Sam** in the kids’ fun run. Grandma/Mom **Shirley** was on hand to support the family and keep an eye on **Baby Iselin** who is too young to participate – but there’s always next year, right?
- In the Lack of Attention to Details Department, news broke the night before the race when directors **Shortmar** realized that **Mark Olivier (25:17)** did not set a course record last year. **Tyler Cardinale** still owns the record by a mere two seconds. Gee, can I get my 50 bucks back from **Mark**?

- All the way from Madison, South Dakota via Big Al, a sizzling and svelte **Nona Peachey (42:13)** led her division as well as the group of my running Buds who gathered in Old Saybrook for our weekly Saturday morning run. Newly pinned **Nurse T Dickson (43:42)** finished second in her division. The aforementioned **Lisa Bragaw (43:47)** completed her first 5 mile race and was smiling as she finished. **Linda Jaynes (47:13)** went unnoticed at the finish due to running side-by-side with **Devin Delaney**, while hubby **Jotham Coe (37:39)** managed to finish the race AND remain injury-free simultaneously (but can he chew gum, too?).
- Race proceeds help fund The **Sean Delaney** Scholarships, which are awarded to a male and a female Old Saybrook High School senior who have participated in track/x-country. A big thank you to the members of the OSHS track/x-country team who volunteered on race day, although I can't say I saw any of them other than **Mike**. Thank you to **Coach Peter Capezzone** for selecting the scholarship recipients who will remain nameless because the awards ceremony is on June 4 and it's currently May 31. But the race committee will present **two \$2000** scholarships at the Senior Awards night at OSHS, making our scholarship donations to date an impressive **\$22,000!!!**
- Once again, Team Pfizer selected the **Delaney Dash** as a team race, bringing 10+ runners (including PGRD Prez **Martin Mackay (49:33)**) to the race, along with race coordinator **Karen Santacroce** and disabled-list volunteer, **Mark Berry**. To be chosen as a Team Pfizer race is quite the honor (translation: more runners, more income, more Pfizer Pfun) and we thank **Pam Award (38:59)**, **Matt Smith** and the rest of the Team Pfizer race committee for picking us. Y'all come back next year! Pretty Please!?
- **Jan McKeown** may have been disappointed in her performance but I have no doubt -- truly no doubt -- that **Sean** was whispering in her ear, telling her to gut it out and get her butt across that finish line so that she can enjoy a brew or two at The Tavern post-race. And she did. He's proud of you, **Jan**.
- Thanks, as always, to my high school best friend, **Tacky Cunningham (57:32)**, and her parents, **John and Linda**, for supporting both me and the race. Although **Mr. C** didn't make the trip this year due to a foot injury, **Tacky's Mike Mello** accompanied her for a day of exercise and fun (leaving Lucy, The Orange Thing and The White Thing to fend for themselves for a night). My yearly quick hugs and 32 seconds worth of conversation is not indicative of how much I appreciate your presence every year.
- The **Sean Delaney** Scholarship Fund has received over \$2300 in direct donations this year, thanks to the generosity of **Joan Delaney, Roger Zotti, Tom Degnan, Teresa Dickson, Tacky Cunningham, Sue Smith, Beth Perry, Nick & Holly Delaney, Brian Delaney & Linda Willoughby, Kris-Anne & Tim Kane, Bob Buckingham, Nick Bottone, Michelle & Paul Sagristano** (whose son is named after **Sean**) and **The Shortmars**.



Without volunteers and sponsors, there would be no race. And although **Volkmar** and I are the voice of the race and the scholarships, we know that keeping **Sean's** memory running takes a commitment from many people. I do need to use valuable newsletter space to thank our volunteers:

- **Tim Kane, Ed Root, and John "JB" Bysiewicz** -- the Road Crew. These guys are the foundation to race day success. Experienced, competent, hard-working help. Thank you. Thank you. Thank you.
- **Bob Buckingham** -- a 5:30 AM start time never dissuades him. Load/Unload trucks. Water Stop King. Dependable. Reliable. Much needed. Greatly appreciated.
- **Issi (Izzi?) and Raissi Bysiewicz:** From T-shirt distribution duties to water stop hand-outs, these kids play a crucial role in the success of the race. **Sophie** had a race-day commitment but **The Twins** covered for her. Many thanks.
- **Terri Smith**, our Top Chef and Awards Queen, who gets it done every time. She and **Gimpy Kris-Anne Kane** did an outstanding job with the food prep and prize set-up. What a relief it is to wrap up the kids' race, wander back to the tent, and trust that the prizes will be ready for the awards ceremony and that the runners will be chowing.
- **Chris Picklo** and **John Sacrey** for splits-duty (and for finding your way back to the start after you completed your assignments).
- **Jo Gillespie, Tim Smith, Al Lyman** and **Mark Berry** for a superb job with registration and subsequent SNERRO, water stop and walker finish responsibilities.
- **Norma Viva-Orum** for walk-turnaround chore despite being sick enough to be home in bed.
- **Way and Mo, Jim Brown, Nick Bottone, John McKeown** -- SNERRO

And our sponsors, along with a few helpers:

- **Dr. Kurt Strecker** from **The Center for Better Health**
- **The Mohegan Striders (John Trahan)** (The bestest running club in the state)
- United Abrasives (**Christine Sacrey**)
- Prides Corner Farms (**Tim Kane**)
- CL&P (**Joe Swift**)
- Savinelli Well Drilling (**Tony**)
- Iselin Tree Experts (**Charlie**)
- Fortuna & Cartelli, Attorneys (**Tom & Carl**, who both attended along with Tom's son **Ryan**)
- **Jon Kodama** who allowed us to park at the Dock & Dine again this year
- Signs and Digital Graphics (Banner by **Phil Schaller**)
- The Old Saybrook Police Department

In closing, "Life isn't about waiting for storms to pass. It's about learning to dance in the rain." ~ Unknown



Leg #2 of the Hancock Memorial Run

AN INTERVIEW WITH BILL KROHN

By DON SIKORSKI

As submitted to The Norwich Bulletin – February 2009 (used with permission)

Standing curbside on the corner in Norwich's Mohegan Park in the summer of 1985, I was a spectator for the Norwich Free Academy alumni cross-country race. Kevin Crowley, the Wildcats new coach, had pulled out all the stops to put together a competitive gathering of former NFA runners. I had heard stories that Bill Krohn, Norwich Free Academy Class of '76 and now a national class distance runner, would be making an appearance. My only question as I stood at the one mile mark watching Krohn move past briskly was, where was everyone else?

Krohn's time of 14:14 over the hilly, 3 mile layout would win comfortably that night against some of the area's best road racers. It appeared effortless for Krohn. I would have the pleasure of seeing Bill Krohn race again in the future, the next time competing head-to-head against a world class field over 3,000 meters at the Millrose Games in New York's Madison Square Garden. It was impressive to witness someone our group had a personal connection to competing on that stage. Krohn would also return to his former hometown to compete in the 1992 Rose Arts Road Race. Tomasz Gnabel, a marathon runner and native of Poland training in Alamosa, Colorado, would spoil Krohn's homecoming that day, breaking away at the six mile mark for the win. As Mohegan Striders Club President at the time, Krohn spoke with me after his runner-up finish over the challenging 10.4 mile course and graciously donated his \$100 cash winnings to the club. We have considered him an honorary member every since.

Bill Krohn had blossomed from a talented high school runner at Norwich Free Academy to a national class competitor who had attained the opportunity to travel all over the world to compete in Track & Field meets. At the time a school teacher living in White Plains, New York, Krohn now resides in Stockholm, Sweden with his wife Gunnel and children Kevin, 8, and Kajsa, 3. Now at age 50, Krohn continues to run and race at a national class level, and has posted some of the fastest times in the world for his age group. I recently caught up with Bill Krohn to discuss his early years at NFA, his progression to a national class athlete, and a reflection back on what the sport of running has meant to him.

DON SIKORSKI: How did you begin running?

BILL KROHN: I became interested in running around 1970 as a 12 year old while watching the Rose Arts Festival race, which always finished just before the parade. In those days, running 10 miles was considered crazy as running wasn't mainstream yet. Watching Billy Shea, Tim Smith, and other local runners and reading about Amby Burfoot, John Vitale, and Ray Crothers gave me the motivation to try and run myself. I can't remember my exact finish that first year but it was around 100th place and I knew that I could improve on this with a little training.

DS: Tell me about your early days running at Norwich Free Academy. When did you realize that you had a talent for running?

BK: I joined the cross country team my freshman year at NFA and realized that I had talent at shorter distances and decided to run track as well. Gene McGrath and Dick McCarthy were great inspirations as well as all my teammates during that time. I also have memories of the summer rec runs and meeting John and Don Pirie, who were also great motivators. I was obsessed with bettering Amby Burfoot's course record and finally did it in one of the last years the race was run on the old course.

DS: How did you do on a local and state level in high school? Did you realize at that time that you could excel running at the collegiate level?

BK: At NFA, I steadily improved in cross country and eventually broke Jim Euell's school record on the old course (Hartford Public's Jody Weatherwax also broke the course record in that same race). On the track, I eventually ran 4:16 for the mile and 9:20 for two miles, which was good enough for colleges to start taking notice.

DS: Tell me about your college decision.

BK: At the State "LL" Championships in my senior year, I was racing against my biggest rival, Jody Weatherwax, in the mile. (Coach) Fred Dwyer of Manhattan College was there recruiting and was eager to sign Weatherwax, who was debating between Manhattan and a few other colleges. I had college offers as well but nothing that I wanted to jump at. I ended up beating Weatherwax that night (Krohn would run 4:17 to win the mile) and Dwyer, who had one scholarship left, offered it to me instead and I accepted.

DS: What was the adjustment to racing against collegiate competition like for you?

BK: Manhattan College, along with Villanova, was one of the most respected running colleges on the East Coast. Fred Dwyer coached Marty Liquori in high school, who was the second high schooler to break 4 minutes for the mile after Jim Ryun. Dwyer broke four minutes himself in 1958 shortly after (Roger) Bannister and was quite respected also. I was recruited with a group of top ranked high school milers and 800 runners and my 4:16 ranked last in the group. I was not used to training higher mileage like the other guys and it took a while before I started to develop and get results. During my sophomore and junior years, I started to rival my teammates and during my senior year, I ran PR's (personal records) of 4:06 for the mile and 8:48 for two miles. I felt that my college years were successful but I still had a way to go before I fully developed as a runner.

DS: Did you make a formal decision to continue running and racing after college?

BK: I graduated in 1980 and decided to continue running for a local club called the Westchester Track Club, coached by Mike Barnow. Mike was a great inspiration and I felt fortunate that there was a serious club in the area with good athletes who wanted to continue after college. I began to train and race with a new schedule and plan that was more tailored to my needs instead of the hectic college schedule and occasional overtraining I experience during the previous four years.

DS: Tell me about your experience in national class competition.

BK: I immediately experienced improvements and during 1980-81, I ran PR's of 4:00.6 for the mile and 8:29 for two miles. I started to get more and more invitations to big meets and started running the 5,000 (meters) as well. I won the Penn Relays Olympic Invitational 5,000m in 13:48 in 1983 and started to ease my way into the top 10 in the U.S. rankings. I finished 3rd in the 1984 U.S. Championships 5,000m outdoors and 4th indoors at three miles 4 times (Krohn still owns the 6th fastest American time for three mile indoors at 13:06). As a result, I made several American national teams and started competing in Europe as well. I still remember my first unofficial payday after winning a 3,000 meter race in Milan, Italy. A guy in a raincoat came up to me in the stadium tunnel and handed me \$500 dollars in an envelope and said "nice race". I was completely surprised, but that was the way things were done in the 80's.

DS: Were you a full-time runner in those days? Did you have a coach?

BK: In 1984, I began working with an agent Tom Sturak, who got me into races I couldn't have gotten into otherwise. I also signed contracts with Adidas, Nike, and Puma during different periods, which gave me flexibility with travel and expenses which was a necessity when all the

big meets were so spread out. After the racing season in the United States, I began going to Europe during the summer and over six or seven years, have probably raced in all of the big grand prix meets like Zurich, Brussels, Oslo, Stockholm, London, etc. I also have really great memories of many smaller meets as well, where many of the good runners sacrificed big paydays just to enjoy the scenery like the fjörd's of Norway or the Swiss Alps or the beaches near Barcelona.

PART TWO:

Distance running tradition runs deep at Norwich Free Academy. Names like Clem McGrath, Bill Marshall, Tim Smith, Jim Euell, Alden Miner, Chad Johnson, Mark Akus, and Chris Andrew have all played strong roles in building that tradition. With a handful of State Open team and individual champions over the years, the Norwich running community has provided loyal support for their teams and the runners who have competed for the Wildcats. Bill Krohn, class of 1976, has established the strongest post-scholastic running resume of the bunch.

Former NFA distance running standout Clem McGrath, who had won the 1956 CIAC State Open in cross-country while competing for the Wildcats and still a familiar face on the local running scene, recalls a young Bill Krohn and knowing even back then that there was something special. "I first saw Bill run and handily win an age group mile on the NFA track as a grade schooler," recalls McGrath. His potential was there and showed in his success as a high schooler at NFA. I always felt he was a smooth runner with outstanding form and mechanics. I recall his great duels with Doug Padilla on the National Indoor Track Circuit." Padilla, one of the country's best distance runners at the time, was one of many national class competitors that Krohn would race against in his prime. Krohn's picture-perfect form and efficient stride made him appear that he was running effortlessly, and with a 4:00.6 personal best for the mile, he possessed the leg speed to be a threat against the best track runners in the world. Gene McGrath, Clem's brother who coached Krohn during his high school years, recalls that efficient form that Krohn displayed. "I feel Bill was one of the most technically smooth running individual that I've ever had the pleasure to coach," said McGrath. "Every time I look at the old films of him, running like a deer comes to mind." McGrath realized Krohn had national class potential despite bouts of bad luck. "He seemed to be snake-bit," said McGrath of Krohn. "There were always nagging injuries when the big meets came around." McGrath and company recall being at Madison Square Garden for the Millrose Games and watching Krohn race against the world's best at 3,000 meters. "My proudest moment with Bill was when he signed a Millrose Games poster for me," said McGrath. "He was pictured running the 3,000 meters on that poster".

Gerry Chester, who coached state champions Matt Papuga, Gavin Coombs, and Tradelle Ward at Griswold High School and also a former NFA runner, recalled Krohn's gift for running. "Of all the runners that I've ever seen in person, Bill had the most perfect form," said Chester. "He was truly effortless when he ran. There was never any wasted motion. He always looked like he was jogging, even when he was racing." Chester also acknowledged Krohn's world class accomplishments. "He rubbed elbows with some of the biggest names that you and I only read about," said Chester. "What great experiences he had because of running."

DON SIKORSKI: Many people don't realize how competitive you were on a national and world level. How did you feel that you stacked up against the world's best completion? Was there anyone in particular that stood out as a rival?

BILL KROHN: I never broke into the top elite, but I was always in the pack fighting for a top spot. I don't have a long list of big wins, but I did end up with a decent list of PR's. I also had the experience of competing with some of the best runners from that era like Said Aouita, Sydney Maree, Sebastian Coe, Steve Scott, John Walker, Eamonn Coughlan, Doug Padilla,

etc. One big win which got a lot of publicity in New York was beating favorite Bill Rogers in a 5K on Long Island. The headlines in the paper the next day read "The Wrong Bill Won!"

DS: Did you struggle with any injuries?

BK: My biggest advantage was that I was always very consistent and avoided injuries most of my career. I never over trained, and the focus of my training was always to achieve the best possible race results. I loved to race and, when I was well prepared, I never got nervous as I knew that the results would come.

DS: What was a typical training week for you during that time?

BK: A typical training week would be about 55-60 miles and two track sessions. I ran all of my personal bests in my late 20's and I attributed this longevity to moderate training, running mostly on grass and dirt and focusing on racing and not over training. I was a full time teacher during these years as well, so running even at this level, was more of a hobby and not an obsession.

DS: Tell me about Masters Competition and the success that you have had running after age 40. Do you still run and race today?

BK: I spent a lot of time in Sweden during the summers training and racing and eventually met my wife Gunnel in 1991. My running career started to wind down and I retired from serious competition. We lived in the New York for 4 years and decided to move to Stockholm in 1995. I started to get restless in 1998 and made a little comeback at the Master's level at age 40. After a year of training, I finished 2nd in the 1,500 meter race at the World Masters Championships in Gateshead, England. I later ran the fastest time in the world that year for 1,500 meters (3:52) and for 3,000 meters (8:18) (Krohn's 1,500 meter time still ranks 16th on the all-time list). I also won the Masters 5th Avenue Mile in New York the same year in 4:16. Then came my two children; Kevin, 9 and Kajsa, 4, and competitive running was put aside again.

DS: Do you have any long term running goals?

BK: I recently turned 50 and after joining a local club in Stockholm with my son, they convinced me to start training and racing again. This summer, I raced a variety of distances and had pretty good success. I plan on running the World Masters Championships in Finland this summer and then take another long break from competition.

DS: What factors would you attribute your success as a distance runner to? How much of competitive running do you feel is talent and how much is hard work?

BK: I have been given a good set of lungs and some talent, but running fast, even at this level, requires a lot of hard work and a little luck staying healthy and injury free. I also feel that talent isn't always enough to insure top performances. Mental toughness in races can be the difference between being good and being great.

DS: What accomplishments in your running career are you the most proud of? What kept you motivated to train and race at that level for so long?

BK: Winning a race every now and then was a great motivator, but running my fastest was more of a priority, even if it meant finishing in the middle of the pack in a big race. I ran my fastest 5,000m in Oslo, Norway and finished 10th in a world record race (behind Said Aouita's 13:00 clocking) in 1985 and got more satisfaction from that than many of my wins.

DS: What advice would you offer a beginning runner or a high school runner hoping to run at the national class level someday?

BK: Everything is relative, and I would suggest to those looking for motivation that are just starting out to have fun and find new personal incentives and goals to keep things interesting. It

takes many years to develop as an athlete, and this is a sport that has something for everyone. Try to find a distance or event that suits you and train smart. There are no shortcuts in endurance events and training smart over time will produce results.

DS: What has running meant to you?

BK: Running for me has been rewarding in terms of personal accomplishment but more importantly it has open doors to things I would have never experienced otherwise. A road race in Rio de Janeiro, a track meet in Tahiti, a mountain run on Borneo, training in Morocco, moving to and living in Sweden, I would have never thought in my wildest dreams that running would someday take me to these places while running circles on NFA's cinder track in the 70's! I can honestly say that running has shaped me as a person and has influenced me when making some of my most important decisions. The best I could hope for now is that could help motivate others to take a similar path and let running open doors for them also.

KROHN EARNS AMERICAN RECORD FOR 50+ AT 1,500 METERS

Subsequent to the interview, Bill Krohn ran a time of 4 minutes, 13.98 seconds for 1,500 meters to eclipse the former mark of 4:15.64 set by another former Connecticut runner, Albin Swenson, back in 1998. The world record mark for 50+ is 4:09.98.

Bill Krohn's Personal Bests:	ALL-TIME	40+	50+
400m	----	55.3	59.5
800m	----	1:57.5	2:05.9
1,000 Meters	----	----	2:43.0
1,500 Meters	3:41.1	3:52	4:13.98 (AR)
Mile	4:00.6	4:10	----
3,000 Meters	7:50.2	8:18	9:10.1
Two Miles	8:29	----	----
Three Miles	13:06	----	----
5,000 Meters	13:25.4	14:43	----
10K Road	28:50	----	34:50

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His past columns can be accessed at www.moheganstriders.org. He can also be reached by e-mail at kdcsikorski@sbcglobal.net.



Final Leg of Run

The Meandering Thoughts of a Wandering Strider

I have decided that I would like to do another 100 miler. The problem is that a lot of the 100 mile races require that each entrant do volunteering at a race or races (some require a certain amount of hours and some require it to be certain races or ultras, or to do trail maintenance) that will pass whatever requirements each race calls for. I volunteer at races on my own. I do not require anyone to make me do it. But I do not take kindly to a race director or committee to whom I am paying a goodly amount of money for the privilege of running in his/their race requiring me to also do as they say in regards to volunteering. I enjoy volunteering at races; I know a lot of the local runners and race directors in my area. Since there is only one ultra in this area (50K in Branford, which is still a half hour trek), the requirement to volunteer in an ultra means that I would have to travel to complete that. To get in say Vermont 100 I would have to do the following: 1) get permission from my wife; 2) pay my \$200.00 (!) entrance fee; 3) find out what volunteer work will be okayed by the race director; 4) travel to said volunteer work (and have it recorded?); 5) travel to Brownsville, VT to participate in the race. This does not include the training time (truth be told, I do this anyway) which can and should be extensive. It also does not include the cost of staying somewhere Friday evening and possibly Sunday (it depends on how fit you are to travel).

If you look up volunteer in the dictionary this is the definition:

1.
a person who voluntarily offers himself or herself for a service or undertaking.
2.
a person who performs a service willingly and without pay.

It does not say anything about being made to do something. When you do that, you are no longer a volunteer, but akin to a conscripted person. It no longer rings true that you are doing volunteer work.



Striders on Leg #1 of the Hancock Memorial Run

From the Mohegan Strider Arrowhead Newsletter: Edited by Tim Smith

Thirty-five years ago - May 1, 1974 issue:

B.A.A. Marathon

April 15th could only be termed as Runner's Weather as our local Strider contingent all recorded personal bests in most every instance. Tim Smith led the onslaught with a 2:26:42 for 41st place, Gene McMerriman (2:46), Marc Gottesdiener (2:53), and Rob Huntington (2:58) in his first marathon ever, also slipped under three hours. Lenny Nasser (3:03), Walt Thoma (3:09), Bill Shea (3:12), Al Williams, (3:12), George Maine (3:12), Bob Dempsy (3:21), John Leslie (3:22), Ray Portelance (3:22), and John Barry (3:30) also recorded tremendous efforts. Former Waterford High ace, Tom Greene ran into blister problems and was forced to the sidelines. Ray Crothers, still mending from his fast 2:31 in Middletown, passed up the 'thon and won the first annual Vernon Rabbit Run on Easter weekend. He'll be in Hopkinton next year, though. Norm Higgins sold a number of Mohegan Strider shirts at Hopkinton. We're almost a household word.

Twenty-five years ago – April 1984 issue:

I'm not sure this is printable material , but it is a gripe Jan and I have had concerning road races for a long time now. Here it goes.

Back in the Dark Ages

It seems that in our area road races, women are back in the dark ages. Not treated well at all. Jan and I have been on the racing scene about 5 years now. In the beginning we complained loudly to no avail. We gave up and decided to have patience and wait. Things will improve it just takes longer. Forget it. The problem is what happens after the men are acknowledged and awarded. Then it seems no one cares how the women really placed. If a junior or master woman should happen to finish first, she is usually not announced first. But the women's open is given first, second, and third in that category. Then if the winner was a junior she is not even announced as first over-all female, but only as the junior woman. Shouldn't the first female get first choice for prizes or the biggest trophy, or even that acknowledgement that she was first? I can't believe that men would tolerate what women are expected to tolerate in a race. Imagine Ernie Dumas winning a race, and sitting there while first, second, and third men's open winners go up first, and then when he is announced as the men's Master Winner and no mention is made of the fact that he was the first male.

If I mention this to other male runners they say “Well, its up to the race director and he can do whatever he wants.” TRUE, AND HE SURE DOES.” It sure makes us feel like second class citizens. And like we should just be thankful that we are allowed to race with men, never mind fairness. Jan and I love racing, whether things change or not we will be there. We just wanted you all to know we have feelings and we get hurt by such treatment. Thanks for listening.

Geraldine and Janice Palonen

In response to Snippet #3 of the Delaney Dash recap posted in January's newsletter I wish to share my recollection of the maliciously stated contention by first describing the location of the alleged "misdirection." The runners are to proceed out of the turnaround loop on a road designated as Sea Lane No. 2, making a right turn back onto Maple Avenue aka Route 154, and then passing the three-mile mark. Complainant is referencing an alley designated as E Lane ("E" perhaps for "end") just before the right hand turn onto Maple. The defendant, aka "little creep", was dutifully stationed at the junction of Sea Lane No. 2 and Maple Avenue both gesturing and vocalizing that the course bears right out of Sea Lane No. 2 onto Maple Avenue. Complainant, with head bowed undoubtedly due to unusually heavy, bushy eyebrows along with additional burden of excessive head and facial hair, clearly was not focused on the competition at hand, and so, while all the runners were streaming out of the loop as orderly as a colony of ants, complainant starts for "E" Lane, hoping perhaps that the "E" stood for erogenous. After all, this is a person who emails a threat to pull down the defendant's trunks although there isn't much to find there. Anyway, complainant claims losing 2.10 seconds which at a time of 53:05 (finish place of 172nd) is equivalent to a little more than eight feet out and the corrective turnabout. The 171st finisher was over eighty feet ahead of this slogger! Obviously this divergence did not effect the complainant's finish place, not even close. The hope is that this statement of truth over fiction will maintain the flawless integrity of The Delaney Dash and increase readership of this critically acclaimed newsletter. You decide.

Sincerely,
Tim Smith
Longtime knower of all things

P.S. This is what happens to people who cannot run – they find foolish things to fill their time. We're talking about the author here, not the complainant. Although . . .



Leg #3 of the
Hancock
Memorial Run

USATF/CT Team Results Lake Compounce 10K May 25, 2009

Men's Open

1st Mohegan Striders

Jeffrey Wadecki	33:15
Steve Swift	35:09
Bob Davenport	36:43
Brad Overturf	37:05
Wayne Jolley	40:35
Total	3:02:47

2nd Hartford Track Club

Mark Hixson	33:35
Bill Thramann	36:40
David Poirot	36:56
Michael Graziosi	38:25
Dennis Barone	38:48
Total	3:04:24

3rd Housatonic

Jim Zoldy	35:59
Jim Mas	38:33
Paul Moyse	38:45
Frank Tiroletto	38:54
Peter Lesser	39:12
Total	3:11:23

4th Woodbridge/Milford RR

Gary Dubois	40:31
Mark Malkin	41:58
Al Post	43:16
Bob Stephenson	44:14
Wayne Theriault	46:05
Total	3:36:04

5th Athletes Foot New Bal

George Buchanan	35:50
Alan MacDougall	37:14
Robin Fryer	44:20
Bob Marum	57:24
Rich DeMarco	60:38
Total	3:55:56

Men's Masters

1st Hartford Track Club

Mark Hixson	33:35
Bill Thramann	36:40
David Poirot	36:56
Total	1:47:11

2nd Housatonic

Jim Zoldy	35:59
Jim Mas	38:33
Paul Moyse	38:45
Total	1:53:17

3rd Mohegan Striders

Bob Davenport	36:43
Brad Overturf	37:05
Wayne Jolley	40:35
Total	1:54:23

4th Athletes Foot New Bal

George Buchanan	35:50
Alan MacDougall	37:14
Robin Fryer	44:20
Total	1:57:24

5th Woodbridge/Milford RR

Gary Dubois	40:31
Mark Malkin	41:48
Al Post	43:16
Total	2:05:35

Men's Grandmasters

1st Housatonic

Jim Mas	38:33
Paul Moyse	38:45
Rich Olmstead	41:28
Total	1:58:46

2nd Hartford Track Club

Dennis Barone	38:48
Kevin Markowski	40:47
Rick Konon	42:34
Total	2:02:09

3rd Woodbridge/Milford RR

Gary Dubois	40:31
Al Post	41:48
Bob Stephenson	44:14
Total	2:06:33

4th Athletes Foot New Bal

George Buchanan	35:50
Robin Fryer	44:20
Bob Marum	57:54
Total	2:18:04

5th Mohegan Striders

Wayne Jolley	40:35
Tim Smith	42:08
Ed Root	70:55
Total	2:33:38

Senior Men

1st Athletes Foot New Bal

Robin Fryer	44:20
Bob Marum	57:54
Rich DeMarco	60:38
Total	2:42:52

Mohegan Strider Gran Prix 2009

Race	Date	Time	City	Phone	Email
St Joseph of Baltic - 3 Mi	3/28/09	9:30 AM	Baltic, CT	(860) 886-2828	rungdc@aol.com
Clamdigger, 5 Mi	4/19/09	10:30 AM	Westerly, RI	(401) 377-2306	nbatir@cox.net
Jog With Judy, 5 K	5/2/09	10:00 AM	Woodstock, CT		jogwithjudy@woodstockschoos.net
Delaney Dash, 5 Mi	5/23/09	9:00 AM	Old Saybrook, CT	(860) 437-7247	pvolkmar@snet.net
St. Catherines of Siena, 5 K	6/18/09	7:00 PM	Preston, CT	(860) 739-6215	racedir_stcath@mac.com
Cannonball, 1 Mi	6/25/09	7:00 PM	Preston, CT	(860) 823-1422	tkkakane@sbcglobal.com
Kelley/Ocean Beach, 11.6 Mi	8/1/09	9:00 AM	New London, CT	(860) 739-9927	heddingw@aol.com
Deary Memorial, 5 Mi	8/8/09	9:05 AM	Putnam, CT	(860)928-7141	ybates@daykimbal.org
Lisbon Fall Festival, 3.5 Mi	9/19/09	10:00 AM	Lisbon, CT	(860) 376-4381	edjoly01@snet.net
Run for the Penguins, 5 K	10/17/09	9:00 AM	Mystic, CT	(860) 536-8766	ltrahan@comcast.net
EBAC Fall Challenge, 5 Mi	11/14/09	10:00 AM	New London, CT	860-437-7247	pvolkmar@snet.net

Always check the date and time before driving!



Don't even ask what Billy is wearing at the Hancock Memorial Run

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!

Summer Fun Run

Sponsored by: Norwich Recreation Department and Mohegan Striders

Ages: 6 years and older

When: Thursdays – July 9th through August 27th
There will be an end of season party on August 27

Time: 6:15 – Group Stretching and Warm-up
6:30 – ½ Mile Run (Children under 6 must be accompanied by an adult)
6:45 – 1 Mile Run (Children under 6 must be accompanied by an adult)
7:00 – 3 Mile Run (Children under 12 must be accompanied by an adult)

Place: Mohegan Park Center, Norwich, CT

Contact Norwich Recreation Department at (860) 823-3791 or at recnorwich@cityofnorwich.org for more information

Name: _____ Birthday ____/____/____

Address: _____

City: _____ State. _____ Zip _____

Primary Contact _____ Phone (h) _____ Phone (w) _____

Second Contact: _____ Phone (h) _____ Phone (w) _____

Emergency Name: _____ Phone (h) _____ Phone (w) _____

Medical Concerns/Meds: _____

ADULT ACCIDENT WAIVER - RELEASE OF LIABILITY

The undersigned agrees to the fullest extent permitted by law to save and hold harmless the City of Norwich, it's elected officials, employees and volunteers of the City of Norwich and the Mohegan Striders from all liability, loss, cost of claim, or damages whatsoever which may be imposed upon or incurred by said parties resulting from participation in the event shown, even if arising from their own negligence.

Participant Signature

Date

Mohegan Strider Newsletter Advertising Rates

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

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

Sizes and specifications:

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

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

Special Advertising Bonus:

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