

THE MOHEGAN STRIDERS RUNNING CLUB NEWSLETTER – March 2011

President's Message by John Trahan



Come On Spring!!! Come On Spring!!! I'm sure I speak for many members in uttering this chant. It's been a nasty cold and snowy winter. Many members have said they've had trouble getting out there this year, what with the slippery roads made ever more dangerous by the deep snow narrowing the driving lanes. But cheer up! Punksatawny Phil did not see his shadow – must have known we'd all hunt him down if he did – so spring is just around the corner!



There's lots to look forward to this year starting with the **first Striders Grand Prix race – St. Joseph's of Baltic on March 26th** directed by long-time Strider Glenn Costello.



www.moheganstriders.org

Total Membership: 438
USATF Team No.28

The Grand Prix Series has a new team at the helm, Al Phillips and Amy Teper; check the schedule on the web site. Please join me in thanking Leslie and Wayne Jolley for their many years presenting this series for us.

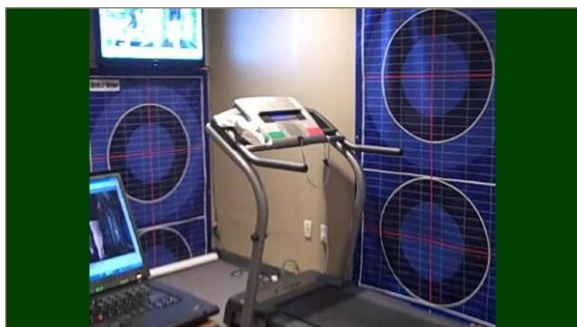
Also on **March 26th is our 18th Annual Striders Banquet** 6:30pm at the RiverWalk Restaurant, 14 Holmes Street, Mystic CT thanks to owner and fellow Strider Steve Turner.



Special contest this year - look for **Striders Trivia in this newsletter** and send in your answers to **win a prize at the Banquet!** You must be present to win so make your banquet reservations now!

Our USATF Racing Teams will already be in action by the time you read this with the first race on March 6th in New Haven. But there's still time to register for the second race – the Greater Hartford Quarter Marathon on April 2nd. If you haven't done so yet remember to sign up to race for the Mohegan Striders, Club #028 when you sign up with the USATF for 2011. Contact Jon Kornacki for any questions or problems (jonkornacki@comcast.net).

Another exciting event coming up soon is a Triathlon Training Series. We're taking on 30 members who want to train for triathlon in 2011. Sign-ups begin April 15th and training starts May 1. We'll have professional coaching courtesy of our new partnership with Pursuit Athletic Performance LLC (owned by Striders members Dr. Kurt Strecker and Coach Al Lyman), group training sessions and mentoring by our own experienced triathletes, Kris-Anne Kane and Christine Picklo.



So as you can see we've been busy getting ready to make 2011 an exciting new year for our members. If you haven't renewed your membership yet better get to it! You don't want to miss this year or worse yet....make Pete Volkmar hunt you down! Go to <http://www.imathlete.com/> to register on line.

**Mohegan Strider
Goodies available at the
Strider Web Store!**
www.moheganstriders.org

Striders Trivia

1. In what year was the club officially founded?
2. When was the current President elected?
3. How long did the last past President serve (as President)?
4. What is the current number of businesses who provide discounts for Strider members?
5. Does the club have a Facebook page?
6. Can you name all 5 current officers and their positions?
7. What is the club's USATF registration number?
8. How much does registration for USATF racing cost?
9. Does the club reimburse members for USATF registration?
10. How many Strider group runs are held weekly?

Bonus: What is the single most important thing you can do for the club?

Scoring:
1 point each correct answer except, Question 6 - one point for each correct (5 total); Bonus question - 5 points.

New and Exciting!

The Mohegan Striders' Triathlon Training Group

The Mohegan Striders, in partnership with Pursuit Athletic Performance are proud to present a unique opportunity for members. In our constant quest to expand our member benefits and motivate you we've developed a professionally-coached, group oriented program to help you train for your first, or best triathlon.

See the official flyer included in this newsletter for more information or contact Christine Picklo at cpicklo24@yahoo.com. Sign up by April 15th. First meeting May 1st; your training starts May 15th!

SHORT On Answers _____

Because my **ShorTakes** column is too wordy (i.e. long-winded, high bloviation factor) for the new and improved **Strider** Newsletter, I have had to devise a new and improved outlet for channeling my . . um. . Creative juices. The outcome? I will periodically use the **Strider** email-blast method to poll the Club on various topics that make me go "Hmmm.. . I wonder." I will then consolidate the responses and share with the club. Inquiring minds do want to know, you know. Have a question you want asked to the club? Email me (Karen Short) at kshort@snet.net.

This Issue's Inquisition: What are your sources for road race information?

Survey Says:

- SNERRO.com schedule (overall winner)
- hitekraCing.com calendar
- coolrunning.com calendar
- New England Runner calendar
- jbsports.com
- Grand Prix (USATF/CT and/or Strider) races
- lastmileraCing.com calendar
- greystoneraCing.net calendar
- Facebook
- If I only have a clue on the name of the run, and don't see it on any of the sites, I just try keying it in and generally get a good lead to get me started towards an application.
- If planning a trip to another state, I usually key in "road running clubs" for that state and most often find that each Club site has its schedule listed.
- I read the newspapers (Community events and the sports sections) Hartford Courant, Norwich Bulletin and the Day.



- I pick up applications at races and in sporting goods stores, i.e. Kelly's Pace.
- I rely on word of mouth from other **Striders** and those in other clubs, i.e. Hartford Track.
- The Tuesday night group at East Lyme is a year round source and the Saturday Slugs are good if you are nutty enough to want to race between January 1 and April 1.
- I try to have a current **SNERRO** schedule handy for race info, also look for the **SNERRO** listing in the sports page of the (2) local dailies.
- At races I look for the **SNERRO** table and the hardcopy apps they have.

Coming Soon to **SNERRO.com**: "Find A Race" webpage to link you to other links!

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Mohegan Striders Racing Team

By Jon Kornacki

Did you know that the Mohegan Striders have the most successful racing team in Connecticut?

Did you know that the Mohegan Striders routinely have teams in all the standard age group divisions: Open, Masters (40+), Grandmasters (50+), and Seniors (60+)?

Did you know that the Mohegan Striders have both men's and women's teams?

Did you know that the Mohegan Striders had 43 club members (a new record!) compete in at least one team race during 2010?

Did you know that any club member can be on the racing team?

So you may be asking "How can I join the Mohegan Striders Racing Team?" It's easy:

1. Make sure you have a 2011 Mohegan Striders membership.
2. Make sure you have a 2011 USATF membership. USATF registration is available at usatf.org. Please make sure that you designate the Mohegan Striders (club #28) as your club.
3. Notify the racing team coordinator (me!) at jonkornacki@comcast.net.
4. Register to run in the races.

The 2011 USATF-CT Road Grand Prix Series consists of seven races ranging in distance from 5K to the Half Marathon:

Mar. 7	ShamRock & Roll 5K
Apr. 3	HTC ¼ Marathon
May 29	Delaney Dash 4M
Jun. 20	Branford 5M
Aug. 1	Sea Legs 10M
Sept. 6	New Haven 20K
Sept. 26	Niantic Bay ½ Marathon

Please visit the USATF-CT website (usatf-ct.org) for USATF-CT race information and results.

I usually have Mohegan Striders racing singlets at all club meetings and at the USATF-CT races (\$20 each). They are available in both men's and women's sizes.

For more information, contact me at jonkornacki@comcast.net.

I hope to see you at the races!

A Really Quick Note from the Editor *By Chris Hansen*

Please send photos fit to include. It will really add a nice touch of color and personality to the Strider Newsletter!

Thanks,
Chris

18th Annual Mohegan Striders Banquet

www.moheganstriders.org

RiverWalk Restaurant, 14 Holmes Street, Mystic CT

Saturday, March 26, 2011

Social hour 6:30 – 7:30 pm; Cash Bar

Appetizers: Teriyaki Beef, Mini Crab Cakes, Ahi Tuna, Vegetable Summer Rolls, Cheese & Crackers

Served Dinner 7:30

Choice of:

- Pan Seared Cod
- Roasted Chicken
- Grilled NY Sirloin
- Pork Chops

*Vegetarian option available

Dessert: Apple Crisp & Ice Cream, Mocha Grenache Tart

DJ and Dancing 8:00 – 11:00

Only \$30 per person*

*Be an Early Bird and Save – Tickets will be \$35 at the door
Reserve your seat now. This event may sell out!

Questions? Contact: John Trahan at 860-501-8404 or email: jdtrahan@comcast.net

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18th Annual Mohegan Striders Banquet

Names: _____ Primary Contact: email: _____
(1 ticket per) _____ Phone: (____) _____

_____ Totals – Tickets: _____ Cost: \$ _____

Indicate meal choices: Cod: ___ Chicken: ___ Sirloin: ___ Pork: ___ Vegetarian: ___

Make checks payable to: Mohegan Striders Association
Mail to: John Trahan; 45 Hewitt Rd Unit A2, Mystic CT 06355

Up Coming Events:

1. Time to renew your Strider membership for 2011 now at:

<http://www.imathlete.com/events/EventSearch.aspx - SearchResults>

It's easy, just point and click.

2. The **Slug Runs** have started! (contact Bob Buckingham for information)

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

Way Hedding (860) 739-2884

Sundays:

Mohegan Park, 8:00am

Norwich Rec Facility

Pace = All levels, mostly casual

Contact: Michael Fusaro (860) 889-6784