

The Mohegan Striders  
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**THE MOHEGAN STRIDERS RUNNING CLUB  
NEWSLETTER – March 2004**

**JOLLEY CONCRETE  
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**THE MOHEGAN STRIDERS RUNNING CLUB  
NEWSLETTER – March 2004**



[www.moheganstriders.org](http://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. **Marshall Collins** has become a regular contributor, "**Coach's Corner**" is back, and after lengthy contract negotiations the much-anticipated return of "**Short Takes**" has occurred.

**More rambling:** I hope everyone had a good time at the **Strider Banquet**. It's always one of my favorite events of the year. It just goes by to quick. Once I pick up my guitar it's over in a flash. Which leads me to my next thought. The Strider band, formerly known as **The RUNZ, are no longer**. That is no longer to be called the RUNZ, not sure where the name ever came from, maybe it was Curtiss's idea--just kidding--he hates the name. Must have been Steve. Additionally, we the "?", are playing a couple of places this summer. **The John Kelly/Ocean Beach 11.6 miler** being one of those places. We need a new name. As of right now, Way has deemed us "The Strider All-Star Band", for use on the road race applications. However, we would like to elicit suggestions from the membership as to a new Strider band name. The **winning name** will receive a product of their choice from the **Strider Web Store**. So, start your brainstorming!

Email your suggestions to me at [clehansen@netzero.net](mailto:clehansen@netzero.net)

### 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

## Grand Prix Trophies

The following people have a trophy from the Grand Prix Series: Judy McGrath, Kathy Smolenski, Carl Roth, Elizabeth Boucher, Laurie Lamb and Colburn Graves.  
Contact Liz Tefft, (822-8726), to see about getting it.

## President's Corner

By Tim Kane

Amazingly enough, March is upon us and spring is just a few workouts away! It will be great to see this winter's cold days increasingly distant in the rearview mirror but, before those images of icicles, hats, and multiple pairs of gloves disappear until next winter, let's take a look back at an off season that had very little off time.

The Saturday Morning Slug Runs have, once again, been extremely successful. Anywhere from 25 to 45 people have been moving week to week throughout southeastern Connecticut, enjoying the homes of various accommodating hosts and relishing the opportunity to run with a group of friends through some of the coldest weather in years. Thanks to Marshall Collins for doing his usual efficient job of organizing and to all those run hosts who have willingly sacrificed home cleanliness to accommodate the post run onslaught. The most interesting trend at the runs this year has been the accumulation of clothing from shoes to gloves to hats left behind at run sites each week. What surer sign of our aging group is there than this habitual forgetfulness? Most people have reclaimed their forgotten items but Chris Picklo reports that the size 34 men's briefs left on the floor of her bathroom have yet to be reunited with their owner.

The Strider Banquet is still fresh in everyone's memories. It was another year for the record books with a record 107 Striders and guests filling the Port 'n Starbord at Ocean Beach on Saturday night, February 21st to have a hot time in the midst of a very cold winter. Fully 20% of the attendees were walk-up, paying at the door which left officials scrambling to set up enough seating but that was the only minor snafu of the evening. The food was plentiful and good, the company was outstanding, and the band, despite a number of personnel gyrations (more on this later) rarely missed a beat putting on a superb performance.

Many people deserve kudos for their efforts in making this banquet one for the records. Chris and Lynne Hansen deserve all our thanks for a great job of organizing and coordinating with Ocean Beach to produce such a fine evening. The Strider band, including Chris, Curtiss, Jim, Todd, Laurie, and Amy, put on another great show giving rise to the familiar questions of when they would be seen playing at venues other than the banquet. Finally, all who attended deserve our thanks for making this event the most successful one of its type put on by any running team anywhere.

One name conspicuous in its absence from the band at the banquet was that of Steve Hancock. Steve's bigger than life personality and singing were sorely missed as was the presence of his wife Brenda as Steve was recovering from major surgery at Yale-New Haven Hospital the night of the banquet. Steve and Brenda were on everyone's mind that night and still are as Steve faces an arduous recovery. While they may not have been present, their presence was deeply felt as Kevin Gallerani organized a massive card to be signed for Steve by all in attendance and Nona Peachey organized a group photo of everyone present encouraging Steve's speedy recovery. The emotional high point of the evening was the Tom Lee and Runz led singing of The Star Spangled Banner, Steve's favorite song, by everyone in attendance while Steve was on the phone listening. I would encourage all of you to keep sending Steve and Brenda your best wishes throughout his recovery period. The best day of 2004 will be the day we have a chance to see both of them at a race or an upcoming Strider event.

While it's been an active winter, it's just the start of what promises to be an exciting, busy 2004 in Strider land. There are lots of events on the horizon including the start of a new Strider Grand Prix series, a revamped USATF racing schedule, the 4<sup>th</sup> annual Delaney Dash Road Race on the Saturday of Memorial Day weekend, a Strider sponsored event that you can read about further along in this newsletter, along with another Strider Night at Dodd Stadium, this summer's Strider picnic, and many other events that help keep the Mohegan Striders the strong, vibrant club that it is today. I would encourage all of you to join in and participate in these great events and encourage someone you know to join us and become a member. All that we have to offer in the way of great events, fun, and friendship makes our club the best \$15 a year bargain anywhere!

Here's hoping for a great spring and perfect running conditions as the year gains momentum. See you on the roads!

Tim

# Mohegan Strider Meeting Minutes - February 11, 2004

Meeting called to order at 6:35 PM  
29 members in attendance

## **Officer and Committee Reports:**

Treasurer's Report: Lynne Hanson reported that although membership fees increased, membership was down and the club was expecting a \$350 loss.

Membership: Leslie Jolley reported that at the time of the meeting there were 120 paid members. Leslie asked that everyone please send in a completed membership application with your membership dues. Checks received without an application will be sent back.

Newsletter: Bob Buckingham indicated the end of February for the newsletter deadline. Please submit any articles to the newsletter; all are encouraged to submit anything of interest.

Grad Prix: Liz Tefft announced the schedule is set for the upcoming races and events for 2004.

Racing Teams: Tim Kane reported that the official results are still not available. The unofficial results are the open team 1<sup>st</sup> place, masters team 4<sup>th</sup>, Grandmasters 2<sup>nd</sup>, and senior team 2<sup>nd</sup>. The race schedule has changed for 2004, and registering for USATF can be done online at USATF.org. Registration can be done at the races but it must now be done 30 minutes prior to the race start.

Membership Committee: Marshall Collins reported that the committee is working on ways to increase membership. It was suggested that the benefits of joining the Striders be listed on the back of membership applications, available at races.

## **Old Business:**

Ireland Report: Tim Kane reported that everyone had a great time and that some were still recovering. He thanked Marshall Collins for his great job organizing the trip.

Strider Banquet: The Banquet will take place at the Port-n-Starboard Club at Ocean Beach on February 21 at 7 PM.

Saturday Morning Slug Runs: Marshall Collins said the slug runs are continuing on Saturday morning and you can contact him for information. April 3 will be the last run for the season.

Other Group Runs: There are group runs at the East Lyme track on Tuesday nights at 6PM and Sunday mornings at Mohegan Park.

Strider Website: Tim Kane announced that the website has been refurbished and has been voted the top running website in the state. Stop in and check it out.

Uniforms: Contact Tim Kane for your uniform needs.

Running Open House: The Charter School will be holding a fitness fair on March 4<sup>th</sup> at Thermos Factory in Norwich from 5:30 to 7:30PM.

## **New Business:**

Sponsors: Tim Kane thanked and asked that we thank all our sponsors including the Jolleys for their continued support.

Steve Hancock: Tim Kane reported that Steve is undergoing surgery and asked if everyone could send him some support via email if possible.

Delaney Dash: The Delaney Dash will be on May 29<sup>th</sup>; participation is encouraged and volunteers are always welcome.

Strider Picnic: Kris-Anne Kane announced that the picnic will again be in August; a date has not been set at this time.

Strider Night at Dodd Stadium: Strider Night is expected to return this summer on a Friday night; an exact date is not set.

Strider Calendar: Tim Kane discussed the possibility of producing a calendar of Strider members along the lines of the "All Together in the Garden" calendar to raise funds for the Striders and for charity. The "All Together in the Garden" calendar is a monthly pictorial of some amateur gardeners doing their thing in the buff.

## **STRIDERS..... MORE THAN RUNNERS**

It was the early morning of February 20, 2003 and I was on I-95 with my wife Brenda and father-in-law Frank Baldino heading toward Yale New Haven Hospital to undergo major surgery intended to remove a cancerous growth on my pancreas.

In the preceding days leading up to this operation I was overwhelmed by the many cards, e-mails and phone calls from people who to be quite honest I didn't realize cared much about me.

As I continued down 95 my mind reflected on so many things that I have had the pleasure to see and do throughout my 56 years and yet I would continually come back to memories of running and the unique friends and people met over the years.

It was with disappointment that I would miss the opportunity to attend the Strider banquet and partake in the annual celebration which has truly become a highpoint of the club. An evening filled with recognition of our outstanding competitive runners that carry our legacy throughout the state and the many club members who just love to be out there running and socializing with the likes of their own.

For those that know me they know I am an admitted die-hard patriot that has enjoyed spreading the sense of patriotism wherever I go to road races or other events proudly being known as a member of the Mohegan Striders.

Having to bow out of band practices with the "RUNZ" just a couple of weeks before the banquet I knew I would not be able to perform with them that night. I asked my dear friend Tom Lee if he would do me a favor before things got really rocking and sing my favorite song "The National Anthem".

Saturday night as I lay in bed recovering at Yale I received a call from Tom and heard the most wonderful rendition of that song sung by those in attendance at the banquet. You can't imagine how uplifted my spirit became and the water that flowed from my eyes that night.

The Mohegan Striders is a unique running club that is so much more than just runners. It's about good people doing good things for their health, good things for their community and good things for their fellow human beings.

I still have a ways to go to full recovery but I will get there by the grace of the Lord, the prayers of many, the positive energy sent to me from so many, as well the inner drive and determination that I have.

Thanks to all..... Steve Hancock

# COACH'S CORNER

By Chris Hansen and Don Sikorski

## “TOP 10 LIST OF THINGS TO DO TO IMPROVE YOUR RUNNING”

The third article of the Coach's Corner “Top 10” series will offer suggestions not only to improve your own running and racing, but to improve the sport overall. Whether you consider yourself a 5K runner, marathoner, duathlete/triathlete, or a cross-country and trail running specialist, make good on your resolutions and try the following “Top 10” suggestions from Coach's Corner to improve your running and the sport in general:

**#10 DEVELOP A PLAN OF ATTACK:** Whether you strive for a marathon personal best or simply just to lose a few pounds, try and develop a long-term running goal for the year. Write down your plan. Break the year into segments or seasons, with a general training purpose designated for each time period. A plan of attack for the upcoming season will insure adequate training, adequate recovery, and provide a source of motivation. Be sure your plan is flexible and that your goals are reasonable.

**#9 RUN LONG DISTANCE:** In the last Coach's Corner column, we discussed the training benefits of the long run (see COACH'S CORNER, The Mohegan Striders Running Club Newsletter, January 2004). Long, steady distance (LSD) builds endurance, strengthens the muscles, disciplines the mind, and burns a ton of calories. It is also the cornerstone of any solid training program.

**#8 RUN SOMEWHERE OR SOMETHING NEW:** Make plans to compete in a race that you have never done before, or to travel to an out of state race where you'll be a relative stranger. Plan a vacation or long weekend and stay overnight. If you're a weekend 5K type of person, look for a 20K or Half Marathon. Try a cross-country race or track meet. For a complete running and racing experience, try to incorporate a mix of low key local races and larger competitive events into your racing plans.

**#7 TRAIN WITH SUMMER COMPANY:** Summer running in the region offers plenty of opportunities to participate in weekly Summer Racing Series. These racing series offer a chance to socialize with fellow runners while putting in some quality running efforts. The term “race” shouldn't scare you away from participating. Focus on running at the prescribed pace and effort that your training plan calls for each week. Making some of your training runs social takes the “work” out of the workout, and gives you the opportunity to earn a cold beer or two for your efforts. Visit the Strider web site at [www.moheganstriders.org](http://www.moheganstriders.org) for information on group runs that fit into your schedule.

**#6 TEMPO:** Drill this word into your head.....tempo, tempo, tempo, tempo. One more time: T-E-M-P-O. Ask any Coach or Exercise Physiologist worth their salt that if a runner had time for only one type of workout per week, what would it be? What is the single most important workout that a distance runner can do to improve race performance? What type of effort level is used during most distance races? The answer to all of these questions is a tempo run. Coach's Corner probably sounds like a broken record on this topic. Re-read past articles on the subject for all of the specifics, but in general, tempo running consists of steady-state running at 80-85% of your maximum heart rate for 15-25 minutes in duration. If you're not sure of your heart rate ranges, don't own a heart rate monitor, or are simply too lazy to crunch the numbers for yourself, estimate by knowing that tempo pace is generally 15-20 seconds slower per mile than your current 10K race pace. 85% effort for 15-25 minutes is generally a pace that you could maintain for a 10 mile race. Novices of tempo training may want to start on the track and err on the conservative side; running a pace faster than the targeted threshold will yield inferior results.

**#5 DON'T BE GRAY:** In order to maximize the benefits of your training, don't be gray---running is black or white. As national class triathlon coach Troy Jacobson remarks, most athletes are always training in the gray zone. Hard training days aren't hard enough, and the easy days aren't easy enough. This pattern usually leads to tired legs without peak results. While the daily training runs may seem difficult—everyday fatigue resulting from pushing the effort just enough to be uncomfortable tells you that you've been doing the work, race results are mediocre compared to training volume. After a solid dose of base mileage during the off-season, focus on more challenging training sessions followed by an active recovery day instead of monotonous runs in those effort zones that should be avoided. As you approach the busy racing season, remember that in order to run fast, you must at times, train fast. Try to include a higher intensity running effort once or twice a week. As your racing season progresses, the fast

runs will get faster (at the same effort), and recovery days should become easier. This training pattern, as opposed to a constant diet of hammering the same roads at the same pace and effort day in and day out, will yield superior racing results.

**#4 CROSS TRAIN:** Try some cross training to improve your running and overall fitness. There is a significant distinction between cross-training and multi-sport racing which must be understood. Cross-training is used to add an extra workout or workouts to a training schedule or as a substitution for a running day. This is a great way to improve fitness or give the body a rest from the pounding that running delivers, yet still stay active. Cross-training, when done correctly, develops non-running muscles, improves form and general conditioning, and strengthens ligaments and tendons. The repetitive motions of running tend to involve only certain muscles, while ignoring others. Multi-sport training is geared towards improving performance at multiple disciplines (swimming, biking, and running for example). Difficult workouts are performed in all disciplines in an effort to achieve superior fitness, whereas cross-training aims to support runners focusing on running. Multi-sport training focuses on each specific sport, with running only part of the plan. Consider an easy bike ride or swim once a week instead of a run.....go outside and play.

**#3 RECRUIT FOR THE FUTURE:** The “running boom” of the late 1970’s and early 1980’s is long gone, probably never to return. But there are plenty of people out there who may become runners someday. Many just don’t know it yet. Be active in trying to get your friends, family, or co-workers involved in running. Most races don’t have qualifying requirements; many will even welcome walkers. We all started somewhere, so be an active recruiter for your sport.

**#2 VOLUNTEER:** Become a more active member of your club by volunteering at a race or a Mohegan Striders club event. You will see things from a different perspective; have fun without the pain. Witness firsthand how uncool it really is to deal with runners crossing the finish line with a spouse or friend, for a second time, and telling a visibly annoyed Melinda Hedding, “no thanks, I already got my stick”. Join one of the many Strider committees and help organize an event. More volunteers means less work for the few individuals who continuously volunteer. Our sport is not as fortunate as some, and nothing just happens by accident or through the work of the full-time hired staff. Running isn’t the NFL; volunteers do 95% of the work. Volunteering is one of the most under-appreciated aspects of our sport. Anyone who has ever participated in a road race as a runner should make their best effort to volunteer at least once in order to appreciate the amenities and hard work that go into putting on a quality road race event.

**#1 ATTEND A MOHEGAN STRIDERS EVENT:** Get to the next quarterly club meeting.....volunteer at the club-sponsored Delaney Dash Road Race.....attend the Strider’s Summer Picnic. Get to Mohegan Park on Thursday night for the Summer Recreation Races.....donate to a good cause by participating in the Tommy Toy Fund Run. Be a part of the annual Millrose Games Trip to Madison Square Garden (only if you’re male....sorry, ladies). Sign up for the Strider Banquet in advance and be “pre-registered” for a night of great food, great music, and great company. In summary, become a more active member of your running club.

Follow these ten guidelines for a successful 2004 and happier and healthier running. See you on the roads.

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

**Spring Racing is Almost Here!  
Get Yourself Something  
from the Strider Web Store!  
[www.moheganstriders.org](http://www.moheganstriders.org)**

# NINTH YEAR OF SATURDAY SLUGS SERIES HAS SOMETHING FOR EVERYONE.

By Marshall Collins

Nearly nine years ago, after spending too much time whining about how hard it is to train by yourself for a spring marathon, usually Boston, a few Striders decided to do something about it. We were tired of doing long runs alone in the cold and wind. We agreed that it is much harder to get out the door to start a run during lousy weather, especially if you are alone. We needed company. The answer was to train together and run different and progressively longer courses together for about fourteen weeks. And so the Saturday Slugs Series was born nearly nine years ago.



The first run, on the day after New Year's, was from Eric Isbister's house in Mystic. It was 2 degrees, icy and windy. Five people, including Eric, Tom McColl, Denise Switek, Steve Middel and myself ran 10 miles and had breakfast after we finished. Each week thereafter, we ran from a new location and added one mile. By the last week, we had added a few more live ones and ran 22 miles from Frank Balantic's in Niantic. We were ready for a two-week taper and the 100<sup>th</sup> Boston.

The simple concept of combining good company with good training remains, but the Saturday Slugs Winter Series run and brunch series has evolved into a series for runners of all abilities and ages.

This year, during the first eight of fourteen weekly stops, we have had between 20 and 55 people each week. Considering some of the brutal weather, those were remarkable turnouts. Each week the host maps out short, medium and long courses and everyone brings something to share for breakfast afterwards. We have had stops in Pawcatuck, Oakdale, Niantic, New London, Uncasville, Groton, Preston and Salem. The food that people have contributed has been just amazing. It is a far cry from the bagels, bananas and coffee after that first run nine years ago. Over the next six weeks (the weather has to improve) we will stop in Salem, Richmond, R.I, Niantic, Griswold, Yantic and Niantic again.



The Series has evolved and now the dedicated few that are marathon training are far outnumbered by those of us that are either trying to maintain a base through the winter, trying to get back into shape, beginning a running program, or getting ready to race in the spring. The point is that there is something for everyone. You cannot use the excuse that the group is too fast or too slow, or that they go too far or not far enough.

The series works because of the hospitality of the hosts each week and the willingness to share. There is still no cost for the series unless you bring children that need a baby sitter and you share the cost of the baby sitters that watch them while you run. The kids get the best deal; they don't have to run and they get first crack at all the food.

We hope that the series will continue to grow. If the number of participants each week gets too large, we will figure out what to do when that happens. We want to encourage people to run and to enjoy the company of other Mohegan Striders. After all that is the basic mission of the Club.

Bob Buckingham's note: We have also had runners join the Striders after experiencing the Saturday series, so if you know a runner who is not in the Striders, bring him/her along some Saturday. Who knows, they may become the next club president.

# SHORT TAKES

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Okay Okay Okay. Enough already. I KNOW I didn't submit an article for the December newsletter. Geez. I need to feel loved and wanted. I now do. Hence, this column. (Note to self: try the every-other-edition method. Keep 'em hungry and stoke the ol' ego simultaneously).

Well, if you missed the *Strider* Banquet on February 21, then you passed on an exceptionally fun event. *Strider* President **Tim Kane** announced the names of the club members who earned \$\$\$ in the USATF/CT Grand Prix series, **Liz Tefft** and **Nicole Jolley** handed out the *Strider* Grand Prix awards, the traditional *Strider* raffle netted just under \$700 for the **Delaney Dash** (thank you, Diane Yeager) and our very own house band, **The Runz**, rocked on into the wee hours of the morning. As always, special thanks to **Todd Geurtin and the Geurtones (Ryan and Kyle)**, **Chris "Hot and Waxy" Hansen**, **Curtiss Thompson**, **Jim Carper**, **Laurie Schaeffer**, and The Girl Whose Name I Don't Know But Whose Voice Is Amazing, (Ed note: Amy Hannum), for entertaining the club and proving that good music can indeed *still* inspire those that will never dance publicly to actually find an inconspicuous place on the dance floor to boogie with some friends (yes, that's you, **Maryann Bourassa!** You Go, Girl!). The evening's most poignant moment had to be when the club gathered together for a group photo (thank you, **Nona Peachey**) and phone call to our buddy, **Steve "Crank" Hancock** who was unable to attend the Banquet and who was greatly missed. Under the direction of conductors **Tommy Lee** and **Kevin Gallerani**, we serenaded **Steve** with our version of "The Star Spangled Banner". **Steve** – Get Well Soon. Please. We love you and **Brenda**. Tons.

**Other Banquet Bits:** It was wonderful to witness **Bob Niedbala** having such a great time on the dance floor; It was shocking (in a good way!) to see **Ma-mo Christie** enter the building; It was disappointing that **Jim Loughead** was unable to attend as I so enjoy listening to his Irish brogue; It was heart-warming to spy **Glenn** and **Debbie Costello** snuggling all night (yes, I'm a romantic at heart); It was refreshing to know that **Linda Jaynes** and **Jotham Coe** had time to shower post-skiing, pre-Banquet; It was comical to watch **Tom Degnan** grapple with his big decision of the evening: who will receive **Tom's** affection -- Mary Rose or the Prides Corner Plant?; It was hilarious to listen to **Joe** and **Christine Swift's** "Is That A Mouse Crawling Up Your Leg Or Are You Just Screaming Like A Girl?" story. And although I usually bestow the **Hottie Award** upon **Lynne Hansen**, this year I must make note of **Hubby Chris's** transformation – WOW! Sizzle! Still -- the quote of the evening belongs to **Lynne** who, when confronted with some resistance from **Kris-Anne Kane** about dancing, retaliated with, "My feet are killing me, I'm wearing nothing, you get out there and dance with me!"

Happy Birthday to **Leslie Jolley** and **Nick Bottone** who both turned 50 recently but who seem to be defying the Laws of Aging. New race division, eh? Since **Nick** prefers announcing road races to running them, he won't be looking to steal any prizes but **Leslie "The Kid"** will be giving some serious stiff necks to her more senior competition. **Leslie** and **Wayne Jolley**, as you know (or should certainly know) are not only the sponsors of the running club that produces the very document you are now reading, but are also generous sponsors of **The Delaney Dash Road Race** . . .



Great segue, huh? Here we are, right next to the **Delaney Dash** logo. How appropriate. You will find, in this very newsletter, a race application (well, enough of one for you to register, I suppose). Mark your calendars. Date -- Saturday, May 29, 2004. Same Time -- 9:00 AM. Same Distance -- Five mile run and 5k walk. Same Place -- at Saybrook Point. Once again, No Hassles ergo No Buses! Enormous Thank Yous to Jon Kodama for granting the race permission to use the Dock & Dine parking lot for race day parking again this year. Registration will be at The Fort at Saybrook Point. The race committee desperately needs volunteers. **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. We need your help (am I repeating myself?). The water stop (5), splits (2), intersections (21), registration and scoring (5), refreshments (4), parking (5). . .you get the idea? We need your help! Don't know yet if there will be a post-race party at **Tom Degnan's** house in Old Lyme. But if there is one, please plan on bringing a dish.

For those new *Striders* who are not familiar with the **Delaney Dash**, **Sean Delaney** was the captain of the *Striders* Men's Racing Team, a talented runner and a cherished friend. **Sean** died on May 2, 2000 after fighting cancer for many years. **Sean** was loyal to the club and is painfully missed by many. The *Striders* are proud race sponsors.

Race proceeds benefit the **Sean Delaney** Scholarships which are awarded to two Old Saybrook High School seniors who have participated in track & field and/or cross-country. The race committee will again be awarding two \$1000 scholarships. If you wish to donate directly to the scholarship fund, make your tax-deductible checks payable to the "Old Saybrook Education Foundation" and mail to Karen Short, 174 Plant Street, New London, CT 06320. Donations of \$100 or more to the scholarship fund (via the Old Saybrook Education Foundation) will be rewarded with free race entry and a plant donated by Prides Corner Farms.

Let's keep **Sean's** memory running!

And, in closing.....two things:

- I'd like to wish my Boston Bound Buddies, **Sue Lamoureux**, **Annette Barbay** and **Tracy Citron**, loads of good luck on April 19. May your finish line photos capture smiling faces!
- And, to **Teresa Dickson** who had to make one of Those Adult Decisions regarding her participation in the Boston Marathon: the sacrifices you make now, although difficult and painful at times, will be rewarded with superior grades, a diploma, a degree, and countless patients who will benefit from your intelligence, your drive, your courage, and your compassion.



Jim, Curtiss, Tommy, Billy, Ted and Doug lead the club in singing for Steve.



Degnan's Dilemma

Homemade Strider card for Steve Hancock

## The Meandering Thoughts of Wandering Strider

Do you Striders realize how incredibly lucky you are? If you attended the Strider Banquet, you would have seen another example of the leadership provided to the club by Tim Kane. Tim has been the Strider president for years. During that time, in addition to training, running and racing himself, he has overseen Strider Banquets (an awesome time again this year), countless Strider meetings, organizing yearly fundraisers at the Norwich Navigators, providing support and encouragement at many races and still finds time after putting in a multitude of overtime in his day job to make Kris-Anne feel like the Queen of his world (ok Kris-Anne, you can make that brandy face now). He has been doing his part, along with the rest of the Strider board, with virtually no public complaint. With a dearth of people willing to step forward to provide relief, the people currently on the Strider board-Mike Fusaro, Eddie Eckard, Lynne Hansen, and Leslie Jolly-have continued to provide their services. But, here's the rub folks; things happen, jobs transfer, lifestyles change and people get burnout. We need people willing to volunteer their time. Maybe not immediately but at least provide their name as someone who would be willing to take over a position. It could also be to just help out with a club function or a club-sponsored race (Delaney Dash, Saturday May 29, 2004). Provide your name to Tim Smith (887-1518). The club leadership board would appreciate it. As for Tim Kane or any of the current board members, next time you see them, be sure to thank them profusely for all of their time and energy that they give to the club. Thanks to all and especially Thank You Tim!!

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**Here's a blast from the past.  
"Young Guys, Old Guys Football Game - 1989?"  
That sure was a good time.  
The Strider Store will outfit you better than these guys look.  
Though, this could easily be a cover for GQ magazine.**



# Strider Racing Team Struts Its Stuff in 2003

By Tim Kane

The Mohegan Striders Racing Teams made their presence felt statewide on the USATF racing circuit in 2003. The Men's Open Team, once again, proved its strength and depth by squeaking by Athlete's Foot by a single point in the final, still unofficial, team standings for 2003. A strong 5<sup>th</sup> place showing for the Masters Team and a superlative 2<sup>nd</sup> place by the Men's Grandmasters rounded out one of the Strider's most successful years ever in the USATF Grand Prix. I would like to personally thank each and every Strider who participated on a team in 2003. Your work, while not glorious, certainly helped produce a glorious result and legacy you can be proud of. As soon as the slowly turning cogs of USATF-CT can get their act together (don't hold your breath!) each of you will be rewarded for your fine efforts. Here's looking forward to a much shorter, more interesting 2004 schedule with some much better races!

When you see the following individuals, without whom this great effort and result would not be possible, please thank them for their great work and persistence for the Striders.

## Men's Open Team – Don Sikorski, coordinator

- Bob Davenport
- Steve Swift
- Chadwick Brown
- Chad Johnson
- Marc Robaczynski
- Stephen Herrera
- Tim Kane
- Jon Kornacki
- Kevin Gallerani
- Mike Fusaro
- Patrick Swift
- Wayne Jolley
- Tim Smith
- Eddie Eckard
- Kris Kimbro
- Todd Fisher
- Chris McCormack
- Glenn Costello
- Bill Marshall
- Charlie Iselin
- Walt Smolenski
- Bob Neidbala
- Guy Pulino

## Men's Masters Team – Jon Kornacki, coordinator

- Tim Kane
- Jon Kornacki
- Kevin Gallerani
- Don Smith
- Wayne Jolley
- Guy Pulino
- Carl Fuller
- Bill Marshall
- Tony Savenelli
- Tim Smith
- Allen Potter
- Dexter Goyette

## Men's Grandmasters Team – Ed Root, coordinator

- Don Smith
- Wayne Jolley
- Carl Fuller
- Bill Marshall
- Tim Smith
- Dexter Goyette
- Guy Pulino
- Ed Root
- Dean Festa
- John Sacrey
- Joe Lemieux
- Tom Lee
- Dennis Zajehowski

## Cross Country – Tim Smith, coordinator

- Stephen Herrera
- Tim Smith
- Jon Kornacki
- Mike Fusaro
- Allen Potter
- Way Hedding
- Chad Johnson
- John Sacrey
- Bob Davenport
- Chadwick Brown

### **Cross Country con't**

- Kevin Gallerani
- Don Smith
- Keith Pellerin
- Wade Moss
- Wayne Jolley
- Bob Buckingham

### **Men's Veterans Team – Ed Root, coordinator**

- Bill Harding
- Jerry Levasseur
- Carl Fuller

## **2004 USATF CHAMPIONSHIP SCHEDULE ANNOUNCED**

**In 2004, the Men, Women, Open, Master, and Grandmaster teams will all be competing in the same circuit races.** The number of races has also been reduced to 6. The race schedule, chosen by the Representatives from the USATF clubs in attendance at the winter meeting and based on the available bids, will be as follows:

- SAT 05/01 Middlebury 12K**
- SUN 06/20 Branford 5 Mile Road Race**
- SUN 06/27 Fairfield 1/2 Marathon**
- THU 08/12 River Run Corporate 5K - Hartford**
- MON 09/06 New Haven Savings Bank 20K**
- SUN 10/24 Mystic Places Marathon 5 Person Relay**

USATF Officers have also recommended that runners sign up for their 2004 USATF cards using the USATF official web site at [www.usatf-ct.org](http://www.usatf-ct.org). There is a link to this site on the Mohegan Striders web page ([www.moheganstriders.org](http://www.moheganstriders.org)). This method is preferred to signing up on race day and will help expedite the team scoring process in a more efficient manner (remember our club # is 028).

## 2003 Club Grand Prix Circuit Results

	AGE	GRAND
	as of	POINT
	05/01/03	TOTAL
<b>MEN'S JUNIOR (19 AND UNDER)</b>		
Zachery Eckard	13	480
Joseph Marceau	13	380
Andrew Orum	13	260
Charlie Spellman, Jr.	8	125
David Marshall	15	115
Alex Orum	17	110
Kevin Sikorski	5	105
Anson Moody, III	17	100
Ryan Murdoch	14	100
Eddie Zubritsky	11	95
Kyle Guertin	12	50
Ryan Guertin	14	50
Tyler Guertin	8	50
Christopher Montgomery	10	35
David Flounders, Jr.	10	25
Geoffrey Montgomery	8	25
Ethan Andstrom	10	10
Wesley Pellerin	11	10
<b>WOMEN'S JUNIOR (19 AND UNDER)</b>		
Elizabeth Boucher	16	100
Katelyn Zubritsky	9	100
Elizabeth Hansen	7	95
Jessie Marshall	17	30
Ariel Flounders	5	25
Patricia Flounders	8	25
Angela Jeanne Thompson	4	25
Haley Rose Thompson	7	25
Alyssa L. Fisher	10	10
Lindsay E. Fisher	9	10
Megan Smolenski	14	10
<b>MEN'S OPEN (20 - 29)</b>		
Stephen Moskaluk	29	720
Chris Jolley	23	585
Carl Roth	27	400
Chad Johnson	27	210
Thomas Jolley	27	90
<b>WOMEN'S OPEN (20 - 29)</b>		
Elizabeth Tefft	28	730
Nicole Jolley	24	275
Tana McClure	24	100

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**MEN'S SUBMASTERS (30 - 39)**

Mark Chartier, Jr.	32	875
Eddie Eckard	38	850
Keith Pellerin	38	670
Kris Kimbro	32	590
Mike Fusaro	37	585
Larry Orum	39	450
Tracy Montoya	38	350
Don Sikorski	36	240
John Schaeffer	36	205
Chris Hansen	37	185
Todd H. Fisher	34	145
Bob Davenport	34	25
Stephen Herrera	32	25
Steven Rief	36	25

**WOMEN'S SUBMASTERS (30 - 39)**

Norma Vivar-Orum	39	895
Carolyn Verdon	32	375
Catherine Sikorski	35	310
Kris-Anne Kane	39	290
Meg Chartier	32	205
Claire Tonewo	33	195
Lynne Hansen	36	145
Laurie Schaeffer	37	125
Paige Davenport	33	25
Mary Paliotta	34	25

**MEN'S MASTERS (40 - 49)**

Brian Andstrom	47	690
Kevin Gallerani	48	650
Glenn Costello	43	505
Jim Carper	49	450
Tim Kane	46	400
Michael Didato	41	375
Walt Smolenski	46	330
Brian Lundie	48	205
Bill Sheek	43	190
Charlie Spellman	40	165
Jon Kornacki	44	150
Todd Guertin	40	125
Michael Boucher	49	100
Ed Zubritsky	40	100
David Magario	44	95
David Anderson	46	85
Dean Festa	49	80
Nick Bottone, Jr.	49	35
Bob Buckingham	42	25
Jotham Coe	44	25
Patrick Maloney	48	25

# Whose It

# Gonna Be

# This Season?

Curtiss Thompson 49 25

**WOMEN'S MASTERS (40 - 49)**

Leslie Jolley 49 870  
Christine Sacrey 49 820  
Kathy Smolenski 46 785  
Elizabeth Andstrom 48 485  
Terrie Smith 49 380  
Karen Short 42 375  
Susan Lamoureux 44 315  
Melinda Hedding 48 225  
Michele Wolfe 48 195  
Sue Catullo 42 160  
Germaine Boucher 46 100  
Joanna Herrick 45 95  
Pat Swim 49 95  
Sherry Forgue 46 75  
Christine Lemieux 42 50  
Dee Hill 49 30  
Shari Flounders 42 25  
Linda Jaynes 40 25  
Nona Peachey 45 25  
Carla Thompson 43 25  
Karen Guertin 40 10

**MEN'S GRANDMASTERS (50+)**

Timothy Smith 55 940  
John Sacrey 51 910  
Wayne Jolley 52 885  
Bill Marshall 58 775  
Dennis Zajehowski 59 635  
Dave Jacobs 57 555  
Mike Gouthro 50 375  
Bob Niedbala 55 325  
Way Hedding 53 295  
Tom Lee 54 270  
Ed Root 57 260  
Charles Bartnicki 52 245  
Dennis Main 53 225  
Guy Pulino 58 210  
Joe Lemieux 50 205  
Ron Dombrowski 59 195  
Carl Fuller 59 190  
Lance Magnuson 59 180  
Steve Hill 52 145  
Mike Ladd 50 120  
Pete Volkmar 59 100  
Kevin Crowley 52 85  
Dexter Goyette 57 85  
Jim Gotta 53 80

**Will Somebody**

**Break 1000pts**

**This Season?**