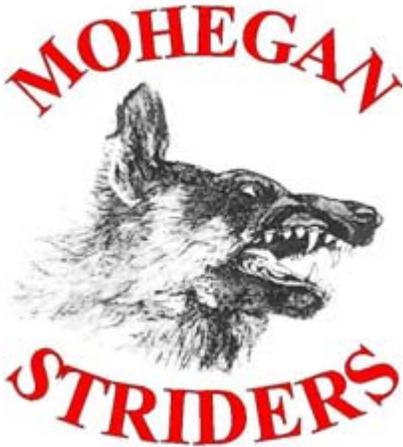


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**THE MOHEGAN STRIDERS RUNNING CLUB  
NEWSLETTER – November 2004**

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

**THE MOHEGAN STRIDERS RUNNING CLUB  
NEWSLETTER – November 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.

**DEADLINE FOR NEXT NEWSLETTER IS January 30<sup>TH</sup>**

**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.

**The Next Strider Meeting will be:**

**WHEN: Wednesday, November 12<sup>th</sup>, 2005**

**WHERE: Otis Library, Norwich CT**

**TIME: 6:30 – 8:00pm**

## President's Corner

By Tim Kane

Here we are at the end of yet another year. Just about everyone these days, including myself, feel that time speeds up as each year passes. For some reason it used to seem as if each year went by slowly enough so that significant events found a secure home in your mind making it easy when someone might say "Here we are at the end of yet another year" to conjure up a group of significant images that would reassure yourself that you were part of that year and that you actually had something to look back on fondly. I long for those days because, when I think about the end of a year today, there are very few images, just the disquieting thought that a whole train of events happened but I was spending most of my time sprinting to jump on the back of that train before it disappeared into the night.

For those of you who have this same problem, you may find yourself questioning whether you did anything at all that was significant in this past year. I understand that feeling and, as a yearend service, I am going to provide you with the images of a great Mohegan Strider year in 2004. Please don't think that this service is something that is an easy thing for me to provide. These images did not just pop into my head either because, at first thought, all I remembered was the image of that rushing train! But, after sitting down and doing a little research, I am able to say with something resembling real confidence that 2004 was a year in the life of the Mohegan Striders worth trying to remember!

- Saturday Morning Slug Runs. It seems like a lifetime ago but this moveable feast of runs drew between 25 and 50 Striders throughout January, February, and March to different homes each Saturday scattered around southeastern New England. Lots of fun and the ability to hook up with others to get in some good training in sometimes abominable conditions make this an event that should prompt a smile to your face and maybe even make you look forward to the upcoming winter.
- The Strider Banquet. Another outstanding success at the end of last February with well over 100 Striders in attendance to enjoy a night of eating, drinking, dancing, and companionship with a great group of running friends. Circle Saturday night, February 26, 2005 on your calendar for the next installment of the Strider Banquet!
- Grand Prix Races. 2004 saw another fantastic collection of local races that allowed every Strider to go out, see their running teammates, and compete for age group bragging rights. An average of 40 to 60 Striders per race took advantage of this great opportunity and helped support some great local events by doing so. Be sure to attend the Strider banquet this year to see who can truly brag in their age group!
- USATF Racing Team. The Striders put their imprint on the statewide running scene again in 2004 by crushing the competition and winning the men's open title in a runaway. Capped by a marathon relay Dream Team at the Mystic Places Marathon, the Striders dominated the 6 race series and further enhanced our men's open racing team legend. Men's Masters and Grandmasters also produced a series of great finishes in these races and added to fact that the Mohegan Striders are easily the most recognizable running club in Connecticut.
- Delaney Dash. This event is rapidly becoming a Memorial Day weekend tradition. Scores of Striders showed up in 2004 to support or run in this 5 mile Mohegan Strider sponsored race that helps keep the memory of deceased Strider Sean Delaney alive and helps raise funds for college scholarships for Old Saybrook High School students.
- Strider Night at Dodd Stadium. The 2004 edition of this night at the ballpark was a little more sparsely attended that those in past years but still brought in some significant money for the Strider treasury and was, as always, a great night to hang out with Strider friends. It's also a great time to see which Striders should be happy they found running as they manage with varying degrees of success to get the ceremonial first pitch up to home plate.
- The Strider Picnic. Well over 50 Strider members showed up to Giddings Park in North Franklin for an afternoon of fun, games, food and beverage this past August. Each year a few more people attend and each year that competitive Strider nature shows up....in 2004 it was the long games of cut throat bocce that brought that competitive bloodlust to a boil!
- The Thursday Night Mohegan Park Rec Runs. When you look at the course you can't believe that well over 100 people of all ages show up for 8 straight weeks between the 4<sup>th</sup> of July and Labor Day to run the half mile, mile, and 5K races on those daunting Mohegan Park hills but they do and more show up with

each passing year. This Strider run event is the highlight of the summer not just for the competition and the comradery but also for the shared misery of running those hills!

- Tuesday Night Track Runs. While this isn't a Mohegan Strider sponsored event, it is a Mohegan Strider tradition every Tuesday night at East Lyme High School. A moveable cast of characters shows up every Tuesday night, rain or shine and despite snow, rain, or darkness to get in a run, swim, or a hobble with other dedicated athletes. Rumor has it that the exercise is just an excuse to show up at Crown Pizza for beer and pizza but I can tell you that it was, again in 2004, a great opportunity get in a quality workout and catch up on the latest Strider news.
- Sunday Morning Mohegan Park Runs. Throughout 2004 there was a dedicated group masochists who showed up Sunday morning near the ball fields to get in a run on the meandering roads and paths of Mohegan Park. One of the great traditions throughout the 30+ years of the Mohegan Striders has been the ability to get together with other Striders to get in a workout and complain about how hilly the park is. 2004 continued to enhance that tradition!
- Mohegan Strider Road Trip to Williamsburg, VA. 2004 saw the rekindling of the Strider Road Trip, a tradition so strikingly revived in 2003 when 50 Striders invaded Ireland for 5 days and 4 nights of running and funning. The Williamsburg trip is a week away at this writing and promises to be another legendary bit of Strider lore.

I hope this review of the Strider images of 2004 has put as big a smile on your face as it has mine. Even though life seems insufferably busy most times we are so lucky to belong to a club like the Striders that allows us to shoehorn in a significant number of great runs and great memories each year. It's these memories, once you are able to take the time to sit down and conjure them up from the blur of that speeding locomotive of life you are constantly chasing that renders the rush of your life a little less insufferable. There is no better reason to join the Striders than for these wonderful images of fun, friendship, and running that are available for the taking each year. All that for \$15...what a bargain! Make sure you tell a friend that fun is still available in their busy lives and maybe I'll see you and them on the roads soon!

Tim

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

# Mohegan Strider Meeting Minutes

August 14, 2004

At the Annual Strider Picnic

Treasurer's Report – Lynn Hansen reported the USATF checks have been sent. Lynn also reported that although membership has been down this year, with the increase in dues, the Strider income has evened out. It was suggested that due to continued increases in newsletter expenses, that the newsletter be sent out via email 3 out of the 4 times during the year to reduce the cost of printing and mailing. A motion was made and passed.

Membership Report – Leslie Jolley reported there were 282 paid members at the time of the meeting.

Grand Prix – Liz Tefft said the Deary Race will be taken off the Grand Prix series for next year. The next two Grand Prix races are Movable Feast and EBAC.

Racing Teams – Don Sikorski reported that the Strider Open Team is in 1<sup>st</sup> place with the New Haven 20K and the Mystic Places Marathon Relay left for this year.

Group Runs – Group runs are being held at the East Lyme track on Tuesday evenings.

Strider Night at Dodd Stadium – Tim Kane reported that the Striders made \$312 at Strider Night. This down \$200 from last year.

Elections – Elections will be held at the fall meeting in early November.

Banquet – The Strider Banquet will again be held in February at the Port and Starboard Room at Ocean Beach Park.

Meeting adjourned and back to the Picnic

# 2004 NORWICH REC RUN SUMMARY

By Charlie Spellman

The 2004 edition of the Norwich Rec Runs were quite the success, maybe too much of a success!! As I came to the first week's run straight from vacation, I realized I had forgotten my race stuff at home. But hey it was the first week, how many runners could there be? The usual 35-45 runners, right? As I called the runners to the start, I was amazed to see a hoard of runners coming down the path to the start. As I sent the runners off, the panic began to set in as I was not prepared for this may runners. Luckily Terry Smith came to the rescue with timesheets and finish sticks. As it turned out we had we had 66 finishers, which I believe is one short of the rec run record since I began doing the races in 1991. Little did I know what was to come!! The second week had 73 finishers followed by 63, 72, 87, 93, 63 and for the final week a mere 92 finishers. So we wound up with an average of 76 runners, about a 50% increase from last year, and nearly a 100% increase from a few years ago.

With such a large turnout, much help was needed. I would especially like to thank Gene McGrath and Kevin Crowley, as well as Tim and Kris-Anne Kane, Lee Johnson, Terry Smith and all others who helped out.

Also growing in size are the 0.5 and 1 mile developmental runs before the 3 mile race. These races have been but in place to encourage people to get out and exercise, especially the kids. There was a solid turnout each week for both of the shorter runs as well as for the pre-run stretching activity. Thanks to the Smiths, Kris-Anne Kane, Wayne Jolley and Glenn Costello (and anyone else I forgot).

On somber note, long time rec run fixture Joe Lonardelli passed away a few weeks before the runs began. You could always count on Joe to give out the time "on the corner" as you came down the home stretch, not to mention always pulling out a candy to hand out after the race was over. We missed you Joe.

See you all next year (or will I??).

## Final Divisional Standings:

Mens Youth  $\leq 18$

1. Kyle Friedman\*\* 2. Kevin Sorrell 3. Matt Miclette\*\*

Mens Open 19-39

1. Curt Ramsey\*\* 2. Chad Brown\*\* 3. Eddie Eckard

Mens Master 40-49

1. Brain Lundie 2. Glenn Costello\*\* 3. Derek Albertson

Mens Grandmaster  $\geq 50$

1. Wayne Jolley 2. Tim Smith 3. Lance Magnuson

Womens Youth  $\leq 18$

1. Sterling Dumas 2. Dana Troy 3. Meegan Joly\*\*

Womens Open 19-39

1. Merideth Filteau 2. Cathy Sikorski\*\* 3. Carolyn Verdon

Womens Master 40-49

1. Norma Vivar-Orum 2. Lynne Love 3. Kathy Sorrell

Womens Grandmaster  $\geq 50$

Leslie Jolley 2. Judy McGrath 3. Christine Sacrey

\*\* These winners were not available to receive their trophies after the last race. These winners (or anyone who knows them) can contact me at 860-563-3264 or [csPELLMAN@snet.net](mailto:csPELLMAN@snet.net) to make arrangements to pick up the trophy.

## PELLERIN HEADED IN THE RIGHT DIRECTION

By **DON SIKORSKI**  
*Special to the Bulletin*

Keith Pellerin was 35 years old. He had been smoking cigarettes for 15 years. At 190 pounds, he wasn't obese, but his years of smoking, poor dietary habits, and a sedentary lifestyle made even a brisk walk seem like an exhausting chore. Finally, he had mustered enough discipline to quit the cigarettes and began walking. 3 years later, a friend coaxed Pellerin into going for a run as a way to up the tempo of his walking routine just a bit. That was back in August of 2000, and Pellerin has been running and racing ever since.

The following May, now smoke free and with nearly 10 months of running under his belt, that same friend talked Pellerin into entering and running his first road race, the Danielson Springtime Festival 5K. "I thought he was nuts," recalls Pellerin of his friend's idea. It was that Danielson race where I had personally first met Keith Pellerin, an inexperienced racer preparing to pin a number on and compete for the very first time. He was clearly in search of advice, looking to assure himself that he wasn't going to be over his head in running a 3.1 mile race. But when it was over, Pellerin had finished a strong 18<sup>th</sup> place overall amongst the 200+ person field, covering the 3.1 mile race in a more than solid time of 18:52. He was hooked. He followed that effort up with a 7<sup>th</sup> place finish in the Woodstock 10K a week later, and Pellerin has been competing in road races almost every weekend since. His weight has also dropped, right along with his race times. Pellerin has since posted personal bests of 17:28 for the 5K distance and 29:17 for 5 miles, and last week returned to the grueling Woodstock course to record a personal best time of 37:54 for 10K, finishing 3<sup>rd</sup> overall just 2 days after a sub 30 minute 5 mile race effort at the Delaney Dash Road Race in Old Saybrook on Saturday. Not bad for a former coach potato.

"One morning I woke up and decided that I had to do something," said Pellerin of his sorry physical condition at the time. "That day I took a walk, came home, and told people that I was exercising." Pellerin, a Brooklyn resident and single parent with two children; 15 year-old daughter Britney and 12 year-old son Wesley, maintains an impressive workout routine to fit his busy lifestyle. He rises at 4:50a.m. on weekdays to log 5 miles, almost always at a sub 8 minute per mile clip. Saturday is a race, followed by a long, 10-15 mile Sunday morning run, often with training partners from the area including road racing veterans like Harry Lepp, Wayne Jolley, Dexter Goyette, Dan Santos, and Eddie Eckard. "I've met some truly great people through running and the Mohegan Striders," said Pellerin of his experiences. "I've really appreciated the people that I've met. Running is individual but yet you can still be part of a team." Pellerin has always stayed involved in his kid's activities, and that involvement also helped his decision to take up competitive running. "I looked at my kids; they have trophies from their accomplishment," said Pellerin. "Now it's nice to have something of my own as well. To me, it's my softball or bowling league."

Pellerin, who will enter the Master's division when he turns 40 next February, likes to race almost every weekend and enjoys being competitive on the local level. Although he realized that his forte is still the 5K to 10K distance, Pellerin admits that he's been tempted, often at the prodding of his training partners, to test the waters at longer race distances. He's considering taking a shot at either the Hartford or Mystic Places Marathon in the fall, but until then, Pellerin is content to continue training and racing locally while continuing his improvement. "I'm just driven by it," said Pellerin of his current level of motivation. "Running has truly changed my life around."

### **Racing Roundup**

With humid conditions welcoming the competitors for the 12:30pm start of the Danielson Springtime 5K, it was surprising to many of the runners when their chip-timed finishing times were to their liking. After further review, however, it was discovered that the posted times were 58 seconds quicker than actual. Nevertheless, Chris Owen's winning time, actually 16:38 instead of the listed 15:40, is still very respectable considering the conditions and his comfortable margin of victory. The Springtime race has always been one of the area's most enjoyable events, but timing errors and starting line issues have plagued this race for years.....Kenenisa Bekele of Ethiopia shaved 2 seconds off of the world outdoor 5,000 meter record at the IAAF Grand Prix Track and Field Championships in the Netherlands. Bekele, the 10,000 meter world champion who had also set the indoor 5,000 meter record in Birmingham earlier this year, was timed in 12:37.35, shattering his fellow countryman Haile Gebrselassie's former mark of 12:39.36, set in Helsinki in 1998. In the same meet, Alan Webb finished an impressive 4th overall in the 1,500 meter final in a personal best of 3:33.7, only 0.18 seconds behind winner Bernard Lagat of Kenya. It was the 7<sup>th</sup> fastest time ever run by an American for the distance.

**This Month in History**

June 23<sup>rd</sup>, 1985 – 30 year old Wayne Jacob of Mystic captures the 19<sup>th</sup> Annual Rose Arts Festival road race in impressive fashion. Jacob led the 10.47 mile race from start to finish, hitting the tape in 53:46 to outdistance Norwich's Fran Houle (2<sup>nd</sup> in 55:04) by over a minute. Norwich's Joe Banas duplicates his 3<sup>rd</sup> place finish of a year ago (56:09), while 44 year-old Ernie Dumas of Danielson finishes just 4 seconds behind Banas in 4<sup>th</sup>. Norwich's Carla Brown wins her third straight women's title, finishing in 67:16. Janice Boyes, the 1983 Class LL XC Champion at NFA, takes runner-up honors in 69:05. 5 time Rose Arts winner John Vitale finishes 15<sup>th</sup> overall in 58:44 to claim the submaster title, while Amby Burfoot, the race's other 5 time winner, is 20<sup>th</sup> overall in 59:25. There were 441 finishers, with the top 24 runners all under the 1 hour mark.

Don Sikorski writes a twice-monthly running column for the Norwich Bulletin. His "Coach's Corner" column can be accessed at [www.moheganstriders.org](http://www.moheganstriders.org). He can also be reached by e-mail at [kdcsikorski@netzero.net](mailto:kdcsikorski@netzero.net).

**Don't Forget Those Christmas Gifts!  
Get Yourself or someone Special  
Something from the Strider Web Store!  
[www.moheganstriders.org](http://www.moheganstriders.org)**

# SHORT TAKES

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**Chicago:** The Windy City. A play written by Maurine Watkins made into a Bob Fosse movie. Carl Sandburg's hog butcher for the world, city of the big shoulders. Conveniently located near Oak Park, birth place of Ernest Hemingway. Home of the Bear Cubs. And where I spent my Columbus Day weekend, waiting in many a line with many a runner.

**The Chicago Marathon** is where Khalid Khannouchi set both the world and American records (he still holds the American record). It's where, on October 10, 40,000 runners toed the starting line on a clear, bright, cool morning and pondered what the next 2, 3, 4, 5, 6 hours would bring; 40,000 runners filled with anticipation, excitement, apprehension and fear. Yes, fear. For the marathon is a powerful beast. It lies in wait, ready to destroy you. It allows you to think you are prepared, think you are strong, think you have planned properly, before it pounces. 'Cause on any given day, even the most disciplined runner can die that slow, painful death. And be defeated, left wondering why. And vowing it won't happen the next time. And, yet, it just might. So, you struggle to do it again. And again. Until you get it right. Until you win the battle that exists only inside of you.

My demons brought me to Chicago; my doubts came along for the ride. Perhaps, not the best idea. Trying to achieve a Personal Record (PR) in a race the size of the Chicago Marathon adds more complexity to that which is difficult enough. But I felt compelled to redeem myself. In 2002, I bonked at mile 24 in the Marine Corps Marathon, missing a sub-4 hour finish by 1.5 minutes when my pace through 23 "guaranteed" success; Last year, I had my best racing year, setting PRs in many distances including the marathon. But my finish at Mystic Places did not accurately reflect my abilities as I was repeatedly told by those individuals who know more about race predictor charts than I. Fast forward to October 10, 2004. I was ready to try again.

If a monkey falls off your back in the forest, and nobody is around to hear it, does it make a noise? The monkey fell off my back today, as I finally finally **finally** ran the marathon that I believed I was able to run. I crossed the finish line in a now-official 3:49:50 chip time. I ran most of the race with the New Balance 3:50 Pace Team, led by a man named Sean who looked eerily like our **Sean**. I qualified for Boston, and now only want to run marathons for fun, assuming my quads will eventually allow me to walk again, let alone run.

Chicago is an awesome course. Yes, it's flat. But, with 40,000 runners, it's crowded. Too crowded to run hard. It took 8 minutes for me to cross the starting line; we were almost 2 minutes over pace by mile 3, which the pace team tried to get back in the next 7 miles. By mile 10, I was 6 seconds under pace and quite concerned that those 2x8:20 miles would collect a fee from my legs around the 20 mile mark. I backed from the pace team and tried to absorb the experience. I was running The Chicago Marathon! Quite cool. There were bands on the course, and cheerleaders, and men who, for whatever reason, felt compelled to dress up as the Village People. I tried to relax and enjoy the day. But...the sheer number of participants made relaxation a bit impossible. I learned to hate my fellow runner. Every water stop became an obstacle course. Yet, through 26.2 miles of dodging sweaty flesh, taking elbows to various body parts that are not meant to be elbowed, slugging down Gatorade & GU until I could no longer stand the taste, and praying that the heaviness in my quads was not another Bonk-fest, I tried to focus on the people that mattered to me and who helped me achieve this goal.

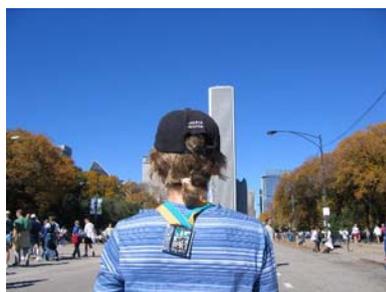
Regardless of my finish time, I know that I am blessed. Why?

- Because my brother, **Frud**, remains home, shouldering our share of family issues alone, while I got to travel to Chicago to have some fun. Not once has he said anything to me other than encouraging and guilt-freeing words.
- Because my best friend from high school is still my best friend (You do the math. Then again, don't. That's a lot of years!). In July, when I half-jokingly challenged **Tacky** to set a goal of completing a 10 mile race, she grabbed the bait and ran with it. Literally. Tacky completed her first half marathon, the BAA Half, in 2:34:30 despite stopping to properly dispose of her garbage, wait in the Port-o-Potty Lines (twice) and feed the camels.

Note to self: provide Tacky with demonstration of how women can, like their male counterparts, pee anywhere when valuable seconds are at stake.

- Because I have friends like **Dr. Kathy-Sue, Annette, Tracy, Jen, Themum, Timmy, "Carlos", Leeann, the CECs** (sounds like a 60s pop group), and **Yummy** who thought about me, picked up the phone, sent an email, wrote a card, made a card, sent chocolate & cookies for post-race pig-out. . . did something special to let me know that I was being remembered (**Sue Smith**, you are the best! RICE=Rest, Ice, Champagne/Cookies/Chocolate, Elevation).
- Because through the months of training for this marathon, I have run almost every single mile in the company of two extraordinary women, **Beth** and **T**. As a wise man said to me recently, it's the journey that is important, not just the end result. Well, this journey has been fantastic -- many stories told, many laughs shared, a nursing degree for T., Beth's adorable doggies, my work challenges (a better word for problem, don'cha think?), a bond of friendship strengthened. Each of us had our own individual goals. Teresa ran the Mohawk-Hudson Marathon in a not-her-best-but-she'll-take-it 4:13:42. Beth, like Tacky, ran her first half marathon but Beth ran in Hartford and kicked butt, finishing in 1:55:50, faster than her predicted time! And it doesn't end just because the finish lines were crossed. Next up? Oh, this little event in DC next October, where a few good men wear camouflage at the water stops, continually shout "OOH RAH" at the runners and then wrap us in myler when we're done. Yes, ma'am!
- Because I am healthy. I am here. I am able. I never - ever - take my health for granted. And if I can run, I can keep **Sean's** memory running. I wore one of his race T-shirts to the starting line to keep me warm. And although it was considered a throw-away shirt, one that would not go the distance with me, Sean's Spirit is always with me. Sean Delaney -- a sweet soul departed.
- Because **Sue Wyatt**, my little Sistah, had the courage and dedication to train alone for her first marathon, Chicago. But months and months of training, all alone? Well, not quite. For many of those miles, she had **Vern** at her side, pedaling his bike (many of those miles but not quite all, right, Water Boy? How about that 23 miler sans water? Meant to toughen her up or piss her off? Maybe both.). Sis, you are now officially a marathoner! Running a marathon changes your life. I am so incredibly proud of you -- I can't capture my feelings. Sue Wyatt, marathoner, finished in 4:57:47.
- Because I have not one, but two, Magnificent Marines in my life. Thank you, **Spider**, for listening to my fears, responding with intelligent and thought-provoking advice, and then gently (hmmmm....?) telling me to lighten up. You are a treasured gift. And to **Boom Boom**: your thoughtfulness, insane antics, and hilarious emails have brightened my days. Thank you for continuing to care even after the money for our wilderness excursion wasn't there.
- Because **Coach Sikorski**, having witnessed the depth of my disappointment at Mystic Places last year, offered to help me with my training for Chicago. Thank you, Don, for every phone call that I returned via email, for every training tip based on your years of experience, for the faith you had (have) in my abilities and for finding the time in your very busy life to carve out a few precious moments for me every week.
- Because my virtual hubby is a closet saint. Name another man who would spend his 12 year wedding anniversary trolling the streets of Chicago, playing road crew to his wife as she tries, once again, to have the marathon that she claims is within her. **Pete**, my love, you're the best thing that's ever happened to me. Thank you for being the first person I got to hug after crossing the finish line.

And in closing: I saw hundreds of signs on the race course yesterday. Some I read; two I retained: We understand what it means to believe. And, It's what we love that defines us.



The back of my hat reads: "Flawless Execution" which was one of my mantras during the marathon.

# Mohegan Striders

## 2004 Club Grand Prix Circuit Schedule

L& M Spring Stride	3.5 MI*
Delaney Dash	5 MI*
Run for Reliance House	5K*
Rose City Challenge	10MI or 5K*
St Catherine's Festival Run	3.8MI*
Preston Cannonball Run	1MI*
Sneekers' Run	2MI or 5MI*
Deary Memorial Race	5MI*
Lisbon Fall Festival	3.5MI*
Moveable Feast	5K*
EBAC Fall Challenge	4.75MI*

\* Please contact race directors for official dates and start times.

### Scoring as follows:

100 points for 1<sup>st</sup> club finisher, 95 for 2<sup>nd</sup> club finisher, etc.

Points are awarded for each age group annual awards based on best 7 of the circuit

Male & Female divisions - <20, 20-29, 30-39, 40-49, 50-59, >60

Based on age as of May 1, 2004. Awards to top 3 Striders per div.

Race Attendance = 10PT

Norwich Rec Runs Attendance = 10 PT/ Week

Rose City Volunteer = 25 PT

Delaney Dash Volunteer or Walk = 25 PT

Strider Picnic Attendance = 25 PT

Kelley Race Volunteer or Run = 25 PT

Awards Banquet Attendance = 25 PT

Strider Referral = 10 PT

Meeting Attendance = 25 PT

(Reminder Post Cards will be mailed in advance of meetings)

### \*\*\*\* Please Note \*\*\*\*

You must sign sheet in order to be scored for each event.

Please be sure to put your overall finish place in the space provided

Questions contact Liz Tefft (822-8726) or Nicole Jolley (779-2448)

### Grand Prix Circuit Rules and Regulations:

**2004 Membership dues must be paid to receive points!!**

At each event please look for the Mohegan Strider sign up sheet. This will be clearly marked with our red flag. It is usually in the registration area unless the race finishes in a different location, and then it will be at the finish line. **Please make sure you sign it !!! If for any reason you do not sign the sheet, you will not get points for running or attending an event!!**

We thank you for your cooperation and have a great year of running.



**MEMBERSHIP APPLICATION**

January 1, 2004 through December 31, 2004

USATF # 028

**Why Join The Mohegan Striders ?**

We have.....

Social Running, Group Track Workouts, Long Runs,  
Club Grand Prix Competition, USATF Team Competition,  
Club Picnic & Awards Banquet, Quarterly Newsletter & Much More!!

**Primary Member:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ - \_\_\_\_\_ Gender: M or F

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

E-Mail Address: \_\_\_\_\_

**Please Print Clearly**

Primary Member\*.....\$15.00/yr.

Each Additional Family Member

Living at Home\*.....\$1.00/yr.

Junior Member\*(Primary Member, 17 &  
Under, W/O Additional Family).\$1.00/yr.

\*Dues are reduced by 50% after Sept. 1<sup>st</sup>.

**Additional Family Members:**

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M / F

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M / F

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M / F

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ M / F

**2004 Club Officers**

President.....Tim Kane (860-823-1422)

Vice President.....Mike Fusaro

Secretary.....Edward Eckard

Treasurer.....Lynne Hansen

Membership Secretary.....Leslie Jolley (860-779-3980)

**Please Print All Information And Return With Dues To:**

Make Checks Payable to “**The Mohegan Striders**”

Leslie A. Jolley

524 Wauregan Road, Brooklyn, CT 06234

www.moheganstriders.org

## 2004 SNERRO SCHEDULE

call before you drive

SNERRO, 174 Plant Street, New London, CT 06320: 860-437-7247 – pvolkmar@snet.net

<u>Date</u>	<u>Time</u>	<u>Dist</u>	<u>Race</u>	<u>Race City</u>	<u>Phone</u>	<u>Email</u>
11/13/2004	10:00 AM	4.75 MI	EBAC FALL CHALLENGE	NEW LONDON, CT	860-437-7247	pvolkmar@snet.net
11/13/2004	9:00 AM	5 km	CHESHIRE CANAL CANTER	NEW HAVEN, CT	203-481-5933	www.jbsports.com
11/14/2004	11:00 AM	5 km	WESTERLY K of C	WESTERLY, RI	401-596-1684	turano22@verizon.net
11/14/2004	9:00 AM	8 km	MADD DASH	NEW HAVEN, CT	203-374-6433	msrunningproductions@yahoo.com
11/18/2004	11:30 AM	5 km	SMOKEOUT 5K (SUBASE)	GROTON, CT	860-705-9081	yeagerl@subasenlon.navy.mil
11/21/2004	11:00 AM	8 mi	LIL' RHODY RUNAROUND	CHARLESTOWN, RI	401-377-4601	nbotjr@efortress.com
11/25/2004	8:30 AM	3 mi	TURKEY TROT & DIP	MYSTIC, CT	860-536-3575	mcollins@wpymca.org
11/27/2004	9:30 AM	5 km	COW CHIP X-COUNTRY	TRUMBULL, CT	203-374-6433	msrunningproductions@yahoo.com
12/5/2004	1:00 PM	5.1 MI	PEARL HARBOR DAY-MASTER'S	WATERFORD, CT	860-444-5881	ksullivan@waterfordct.org
12/5/2004	NOON	3.5 MI	26th SANTA'S RUN	GLASTONBURY	860-652-7679	engle@glasct.org
12/10/2004	7:00 PM	3 MI	TOMMY TOY FUND RUN	NORWICH, CT	860-889-5842	rmiles15@aol.com
12/12/2004	10:00 AM	5 km	20th CHRISTOPHER MARTIN'S RUN	NEW HAVEN, CT	203-481-5933	www.jbsports.com
1/9/2005	1:30 PM	3.05 mi	13th SNOW DASH	EAST HARTFORD, CT	860-282-8240	juhrig@ci.east-hartford.ct.us
1/9/2005	1:00 PM	5 mi	KELLEY'S PACE FROSTBITE	MYSTIC, CT	860-536-8175	