

# THE MOHEGAN STRIDERS RUNNING CLUB

## NEWSLETTER – October 2011

### President's Message

by John Trahan

Season's Greetings !

No, it's not the Christmas/New Year's season yet. It's prime running season! Our last issue trumpeted the start and with issue the late season classics are at hand. The Racing Teams having just competed in the New Haven 20K have one final USATF race Sept 25<sup>th</sup> in the Niantic Bay 1/2 Marathon. The Striders Grand Prix circuit has 3 events remaining – the Lisbon Fall Festival 3.5 miler Sept 17<sup>th</sup>, the Mystic Aquarium Run/Walk for the Penguins 5K run/2 mile walk/0.25 mile kids run Oct 15<sup>th</sup>, and the EBAC Fall Challenge 4.7 miler Nov 11<sup>th</sup>. The annual Striders-produced Norwich Recreation runs at Mohegan Park completed it's 8-week summer series the last Thursday of August, once again involving many kids and up-and-coming area youth runners. Similar events took place at Giddings Park in Franklin on Monday nights and at the Dog Watch Café in Stonington on Tuesday nights. Still running – and slated to go all year round – are two Thursday night runs, both at 6pm: from East Lyme High and from the RiverWalk Restaurant in Mystic.

Pursuit Athletic Performance principals Coach Al Lyman and Dr. Kurt Strecker dished out some great free advice for a new group of Triathlon enthusiasts who competed in the Niantic Bay Tri in August. They're set to offer a new semi-private 6-week Functional Strength and Flexibility class starting Sept 19<sup>th</sup> aimed at helping athletes get and stay healthy to achieve personal goals.

Our last newsletter published answers to Karen Short's new "Short on Answers" column which asks members to respond to one probing question each issue and I'd be remiss if I did not acknowledge and respond to at least a couple valuable member comments on what the club should work on, so...

**Comment** – need to do more for youth. **Response** – yes; could not agree more. This summer's fun



[www.moheganstriders.org](http://www.moheganstriders.org)

**Total Membership: 222**

**USATF Team No.28**

run series (see above) have continued to work on that and earlier in the year a Sunday Striders youth group met several Sunday mornings at 9:00 am, a new series that's slated to continue later this year and into the winter. One idea coming out of discussion at our annual picnic in August was to improve the Grand Prix award structure for kids; Agreement was reached to push forward changes for the coming year.

**Comment** – Emphasis seems to be on short distance running/racing; Need more long distance runners. **Response** – many of us like to run long but may lack either the time or schedule flexibility to get together for long runs. Some may not know of our Runner-to-Runner email network that allows members to contact one another directly. Might we also encourage those who use it to add a heading "Going long" at the start of their message? Might we also pick out an Ultra race sometime in the future and advertise - maybe via our Facebook page – to get together some like-minded runners to join together to train and race? Anyone else have ideas? Maybe a „Mileage Junkie“ contest for most miles run per month or year. Bottom line is we need to push all types of running and expanding our offerings for ultra

runners is totally within our capability and club interests.

Responses to Karen's next question on costs of races are published in this issue. Be sure to read the responses and get your pen out to respond to the new question and do your part to help the club. Thanks to Karen for keeping us talking and improving.

A couple new items to note:

At our picnic your "First Lady" (club president's wife, Laura Elsenboss) initiated an idea for a member gear swap. Though not many members took advantage at the picnic, many did say they'd like to see it continue. So we might consider picking that up as an addition to our annual banquet and/or at each quarterly meeting. More on that soon via email blast.

In this issue I write of a race run out-of-area for a new column possibly titled Striders' Travelogue. I invite all members to send in a few lines about their „Road Trip“ races, fun runs or just exploring the area runs. That is, places you run while on vacation, business travel, or special destination events such as the Gasparilla Distance Classic which many members attend in Tampa each year.

## SHORT **T** 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.

**This Issue's Inquisition is two fold:**

- 1. What do you consider to be a reasonable price for a 5K entry fee?**
- 2. Would you prefer an entry fee that does not include a T-shirt (cost of the T-shirt is extra, similar to Manchester Road Race)?**

Wow, I received some very interesting feedback (Thank you!!) that makes this missive lengthy. Clearly, I hit a hot button with some people. I am going to provide the (anonymous) responses to each question. And then, I will add my unsolicited five cents. Being a runner AND a race director, I have visibility into both sides of this debate.

I'd also note that both Runner's World (August) and Running Times (July/August) have recently written about this same topic, although I am unwavering in my belief that I sent my first poll to the club prior to each magazine arriving in my mailbox! Although not the complete article, here's a link to what Runner's World had to say about the expense of one marathon: <http://runnersworld.com/racefees>.

**Survey Says:**

### **1. What do you consider to be a reasonable price for a 5K entry fee?**

- Wow, Delaney Dash certainly is a jewel of a race. Race day entry of \$20 is cheaper than all the other USATF pre-race fees. Might those others all be over-priced? I think so. Pretty much gone are the days to have a race for the sake of the runners (Kelley Ocean Beach Race excluded). The goal of fundraising has pretty much superseded the courtesy to go easy on the pockets of the event's performers, aka the runners. An avid racer invests a cool grand a year in race fees. Dave Jacobs must shell out \$1,500 or so annually. I have just mailed registrations for a couple ONE MILE events at \$12 and \$14 pre-race fees respectively. So I suppose proportionately a 5K fee should be ok at \$30 - \$40.
- Minus any wrap-around benefits (apparel, post-race bash, raffle, etc) a fair fee is \$15. Director gathers the field, ensures relative course safety, provides relatively accurate results, awards useful, practical place prizes.
- \$18 for pre-registration. \$25 for day of registration.
- 10-15 bucks is a reasonable price for running on a road.

- Delaney Dash at \$15 & \$20 on race day is ideal & to boot you get a high tech t-shirt - awesome! You forgot the bargains in road racing: Johnny Jessie Kelly Ocean Beach 11.6 miler at \$0 and the Colchester Half Marathon at \$12.00 and lots of good food after the race! Don't absorb the online fee. If racers want that convenience, then they must be willing to pay for it. If they want to save some \$\$, they'll send it in.
  - \$15 - \$20 is reasonable for a 5K. I refuse to enter any 5K that costs more than \$25.
  - Reasonable 5K entry fee: \$20 preregistered; \$25 post-registration with discount for multiple family members (i.e. have a family "cap" of \$30 - \$40)
  - Entry fees are all over the lot as you showed. Can't beat Delaney Dash 15/20. If you think leaving the T-shirt out would bring the fee down, you're dreaming. 5K races at 25/30 is a joke!! How about \$70 (race day) for the Misquamicut Half coming up in Sept. There is no one down there then so the logistics are minimal.
  - \$15 pre.....\$20 day
  - I feel a \$15 pre entry fee (could be \$20 day of) is reasonable for a 5K entry, with or without the T-shirt.
  - \$20 pre registration, \$25 same day (lower is a bargain)
  - I think the Delaney Dash fees are a good example: \$15 early and \$20 same day, with an option for donating more to the cause.
  - \$20
  - I think \$20.00 is a reasonable price for a 5K. Or \$25.00 on registration day. I noticed you didn't list the prices of any of the Hartford Marathon Foundations races. These races are the most over-priced races in the state. I have sworn off running in any of these races, from their 5K's to their marathon, they are grossly overpriced. New Haven 20K has all the amenities of Hartford 1/2 and whole marathon at a much less price. The same weekend as Hartford, in October, the Lowell, MA (Bay State) whole & half marathon is held. A far less crowded race, with the same amenities, at half the price!
  - I was amazed that the new half marathon at Misquamicut Beach in September is charging \$70 (race day). That seems too high. I have not been involved in race logistics in years, since helping out with the old East Lyme marathon, but I can imagine there is a wide spectrum of cost drivers for races depending on the location of the race and the amount of free goods and services that can be successfully solicited. I think \$20 - 25 is about right for a 5K, and a bit more for longer races with more required services (i.e. showers, police, security, and the extent of the post race party and food/drink offered).
  - I would consider \$15- \$20 for a race including a shirt. Also the race would have to be for a charity (scholarship or fund raiser) not for profit (Hartford Marathon Foundation / Niantic half marathon \$50 (race day) / Misquamicut half marathon \$70 (race day)).
  - For 5K, \$25 max; prefer lower but okay for fund-raiser events if I want to support the cause.
  - Suggested 5K entry fee= \$15.00 dollars
- 2. Would you prefer an entry fee that does not include a T-shirt (cost of the T-shirt is extra, similar to Manchester Road Race)?**
- No.
  - Yes. No T-shirt (is acceptable).
  - I like the idea of a fee option for tee shirt or no tee shirt. In the day, some of the best races traditionally had a tee shirt that was a real "keeper", and looked forward to each year.
  - A director probably works the free t-shirt distribution aggressively with potential sponsors. But many of these shirts splattered with vendor logos never make it to the public mainstream. Women don't generally care for them and often they wind up as work clothes around the house. So will a director lose out on sponsorship without the promise of advertising on a free tee? There are, however, some classy race shirts out there sans sponsor advertising. Uncluttered socks or gloves may be welcomed, too. Do away with the free tee and reduce entry fee \$2 - \$5. Let those

seeking memorabilia buy a shirt for \$7 - \$10.

- The real driver to what is taking place with race fees is the economic formula of supply and demand. The running fad is back and is recognized by the promoter, development director, non-profit as a "cash cow." I'm updating my June 12 response to suggest a formula akin to the health reform requirement to insurance companies that mandate that the companies spend .82 of every premium dollar received on subscribers' health care bills. This formula would need some work but races that shell out a substantial amount of their gross revenue on the runners should be high on the approval rating while those that divert substantial revenue towards their own pockets, excessive overhead or a fundraising cause should not receive such high marks.
- I think T-shirts should be included in the registration fee.
- The shirt, or whatever is being offered, should be included in the price for the race.
- Those wanting a special sized shirt or tech shirt could pay an extra \$5 or \$10 on preorder with pre-registry to get their correct size. (If I get a shirt too big, I end up giving it away anyway). With the way the economy in this state, myself & others I have talked to will pick & chose our races, & will tend to enter less events as the fees increase.
- I want the tee and don't want an extra fee for it. It is the package.
- Though I do look forward to getting a T-shirt and it's good publicity for the race when people see it worn, it is really an extra which I have no problem doing without, especially when the money can be best used for the race cause.
- I have plenty of cotton & cotton blend T-shirts and I don't want any more, so reduce the entry fee or give me a high tech T-shirt (like Delaney Dash or the Salem Road Race). Now that I think about it, I have got quite a few of those high tech shirts now, so give the racer an option. Make the shirt optional

& have folks pay more for it or offer it to only the first 'so many' preregistered runners.

- I would gladly pass on the free shirt to keep cost down.
- T-shirt extra is best. Then if I like I buy; if not, I'm not stuck with cost and another t-shirt I won't wear.
- Yes, I would like a race that was less expensive because they don't offer a T-shirt. I have a lot of road race T-shirts and could go a couple of years before needing any more shirts.
- I would prefer a discounted rate if you don't want a T-shirt (I think \$5 off is fair). But, I'd like to see the actual design and color before I made my choice. This would be for pre-entries before a certain date, understanding that the race organizers would have to have an idea of how many shirts to order. Post entry would pay the increased race fee and have an option to purchase a tee (while supplies last).
- \$15- \$20 for a race including a shirt.
- T-shirt = optional fee.

I asked these questions to receive answers based on a runner's Frame of Reference (that is, from runner's perspective). Thank you, again, to everyone that took the time to provide an opinion. I found the responses honest, entertaining, and illuminating. The majority of the respondents is willing to forgo a shirt if the entry fee is reasonable where reasonable is \$15 - \$20 (pre-entry) for a 5K.

As a runner, I cringe when I have to pay \$30 to run a 5K, especially when I rarely accept the T-shirt (they seldom fit) and I'm not one to eat post-race (unlike my husband who consumed seafood gumbo and beer at 9:00 AM after we completed the Gumbo Festival 5K in N'Awlins). But, as a race director who awards scholarships because of the race (Delaney Dash), and who manages the finances for the race, my Frame of Reference is different from the runner's. I do understand why the cost of road race entry fees continues to rise.

Speaking *solely for the Delaney Dash*, here are some data points, meant to enlighten the reader, not defend the race directors:

- The kids' fun run at the DDash race costs us money. The \$5 entry fee doesn't cover the cost of the shirt and the medal. Believe it or not. But the kids' race is a hoot; we want a family event; we can't bring ourselves to raise the price or eliminate the kids' T-shirts (what would Dave Jacobs do without the kids' Large T??).
- Although the price of the DDash has remained consistent (\$15 pre, \$20 race day), every expense we incur has increased over the last 10 years. Notable (generous) exception: Finkeldey portable toilets.
- We pay the online entry fee (this will stop in 2011 so be prepared). For every \$15 paid by you, we receive \$12.75 if the runner registers online, which the majority of pre-race entrants do.
- We will have to start to pay the Old Saybrook Police Department. Their benevolent donation to the race will end next year – another consequence of our current economy that will, in turn, raise the per runner cost.
- In 2011, our race expenses were approximately \$19 per runner, before charitable donations from the race. Of course, we (thankfully) have sponsors to offset some of these costs. But I think it's important to note that putting on a quality road race is indeed more expensive than most people realize.
- Sponsors expect a T-shirt or similar event participation souvenir that acknowledges their generosity/donation.
- The reason that race day entry can be astronomically high is because *race directors want the runners to register in advance!!* The outrageous race day entry fee is meant to discourage last minute decisions. Many of the costs **to** the race (i.e. food, shirts, bathrooms) are dependent on the number of entries. Most timing companies charge more money for race day entries (ask MooLinda how she feels about computer-entering 200 runners for a 5K on

the day of the race, although SNERRO doesn't yet charge additional \$\$\$ for race day entries). Race directors have to guess at final numbers, therefore, the risk inherent in estimating is reflected in the race day entry fee. There is a price to pay for a lack of commitment.

- Roughly speaking, one third to one half of the runners will enter on race day! I assume, then, that runners are willing to pay for the flexibility to make a just-in-time decision. You can't fault the race directors for capitalizing on that behavior, can you? Although \$70 to run a half marathon seems a tad ridiculous, I would love to know how many runners paid that price on race day.
- Does anyone remember the Delaney Dash bags we gave out in lieu of T-shirts in 2004? Pete and I foolishly thought that runners must have overdosed on T-shirts and would be open-minded to something new... Wrong!
- How about 2010 when we ran out of T-shirts? OMG, I thought we'd be lynched!
- We award scholarships in **Sean's** name to graduating high school runners at Old Saybrook High School. In 2011, our scholarships totaled \$5000. Rather than lower that amount -- as some have suggested as a cost savings, we'd love to increase the scholarship amounts we award in proportion to the increase in college costs.

Additional things to consider when evaluating the cost of road races:

- Imagine the cost of the race if we had to pay our volunteers. Simply stated: No volunteers = No road race.
- Imagine the cost of the race if towns and states charge a road use fee as they do for cars, or a field use field as they do for softball leagues.
- Imagine the cost of the race if the race director(s) received a salary. You may scoff at this but there are individuals who earn their livelihood directing road races/events.
- Imagine the cost of the Kelley Race if Way Hedding didn't obtain in-kind services of

food, water, timing, Police, Fire, venue, etc. **Somebody** pays for these items. The runners, in this case, are the recipients of a charitable donation.

I acknowledge that there are actions Pete and I could take to help lower our DDash costs. There is always room for improvement. Fortunately, we can rely on JB Sports to help guide us with service offerings at discounted rates by using some of his vendors. However, as the expression goes, time is money. Although some of the suggestions offered by the **Striders** may decrease the cost to the runner, these same suggestions may increase the amount of time that Pete and I commit to the DDash. Frame of Reference, remember? As a runner, I don't consider the about the amount of personal time a race director sacrifices for a road race; as a race director, I will look closely at the cost savings vs. the additional demand required of myself and/or our volunteers to implement a cost savings. Cost savings to whom? Time is money.

**Bottom Line:** This is an interesting debate, with no right or wrong answers. Race directors will charge what the market will bear and appear to push that envelop yearly. However, we runners have choices in that we can avoid the races that we feel are over-priced. But as Runner's World concluded, *"No matter where you race, you're getting more than your money's worth."*

Don't forget to check out the  
**Strider Happenings** on the  
SNERRO web site:  
[http://www.snerro.com/SNERRO\\_/Happenings.html](http://www.snerro.com/SNERRO_/Happenings.html)

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## The Top Thirteen Reasons To Support The Delaney Dash

13. The opportunity to be barked at by John Byciewicz and/or Pete Volkmar
12. The scenic route, flat and fast certified course, and superb traffic control
11. Cool, useful, runner-centric prizes with cash awards to the overall winners
10. The soothing, melodic voice of the race announcer
9. The yearly challenge of Dr. Strecker vs. The Kids: will he or won't he get passed by an 8 year old?
8. The yearly challenge of the port-a-potties arrival: will they or won't they arrive before the race begins (Bonus Question: will Short explode from stress prior to the starting gun being fired?)
7. The possibility of witnessing another false start (it has happened once already!)
6. Watching Colin Delaney streak. . .er. . . extend his streak
5. Help the Mohegan Striders win a USATF

Grand Prix race

4. Participate in the Shoreline Road Race Series (towards winning a jacket!)
3. Score some Mohegan Strider Grand Prix points
2. Keep Sean's Memory Running

### **And the #1 reason to support the Delaney Dash. .**

Because we can affect the lives of high school students like Mark Rubano, a remarkable young man and a 2011 recipient of the Sean Delaney Scholarship.

Attached is a thank-you note I received from Mark. It's well worth the read. In 2009, Mark's brother, Mike, won the scholarship. I also printed his touching and articulate expression of gratitude. In a world that seems to be overflowing with The Entitlement Attitude, these two brothers help restore my faith. They, along with all the other winners of Sean's scholarship, represent one of the driving forces behind the Delaney Dash: our desire to influence, as Sean did, future runners and leaders.

Karen Short

Reading about Sean Delaney made me think about how dedicated I am to running, school and trying to be a good person. I feel like I would relate to Sean a lot. And there is something about running that I love. I know it is with me for life.

I visited with Mrs. Delaney this summer. My parents and I wanted to reach out to her. I hope she didn't mind. I brought her flowers and she showed me pictures, and awards of Sean. I think my visit was good. she was very proud to tell me about Sean.

Thank You again for this Scholarship and please pass this thank you to the committee. I hope to see you at the Road race in May.

Sincerely,  
Mark Rubano

Dear Ms. Short -

I am getting ready this week to head up to UCONN. It's been a fast summer. I worked at Goodwin School, as well as 3 track camps with Coach Cap. I ran my mileage every day no matter how busy or late in day.

The past week I have made so many purchases for school. Books, laptop, room supplies. I got my lesson in college expenses. So it is very timely for me to say thank you to you and the Delaney Scholarship committee for the Sean Delaney scholarship. It is helping me towards so many expenses and tuition.

I really want to tell you that the scholarship means so much more to me. I remember my brother Mike filling out for the Delaney Scholarship and reading about Sean. I know he was very proud to receive the award. When I applied for scholarships, the Sean Delaney award meant the most.

## **Striders' Travelogue**

### **Running On (and Off) the Road**

By John Trahan

Early this August I had to travel to the Seattle area on business and unfortunately missed one of our USATF team events. That motivated me to look on-line for a Seattle area race. What I found was totally unexpected and impressive.

The race was part of an annual trail run series competition called Evergreen Trail Runs promoted by 4<sup>th</sup> Dimension Racing whose goal it is to show off Washington State's great trails by staging almost weekly races throughout the region. I ran the Grand Ridge ½ Marathon and Laura and her brother-in-law Rich who lives in Seattle ran the 5 miler. We were impressed with the camaraderie of the runners and the calmness and inventiveness of the staff. Scoring was done on iPad, a photographer was on the course and the water station at the start/finish and on the course had re-useable plastic cups instead of throw-away paper or plastic cups. The environmentally friendly theme was a constant during the event and the cups were returned to be washed and re-use in future events. That is just so Seattle! The courses were well marked and everyone seemed to have a fun time, even though there was a brutal amount of climbing – trust me, I was walking backward down stairs the next few days! They also had a nice tech t-shirt for purchase, which kept the race cost down as the event was not paying for a free token cotton t-shirt for the first 100 odd runners. Registration on line was easy as well, prompting Rich (who is in the tech field) to comment, "Wow, that was actually easy. They need to hire an MBA to screw it up!"

On top of having a good time we all apparently ran well - Laura placed first in her age group as did I in mine while Rich was second in his. Our awards? A big, "Nice job" from the race director and a reminder this was part of an annual series so keep racing to add to your points! We'd love to...maybe we could do a virtual run??? Ah, as Lance said, "It's not about the bike", it's not really about the awards. It's about having fun and being healthy. Nice to be able to run wherever you are and enjoy a new area to run. I hope you all get some inspiration from this and go explore running wherever you go.

## **Start the Summer and Day Right with Breakfast**

Is breakfast really the most important meal of the day? Should I eat right when I wake up even if I'm not hungry? What should I eat for breakfast? These are a few of the questions I have received from clients.

It's summer and time for warm weather and bathing suits. Have you promised yourself to work towards optimizing your health and fitness this summer? Whether you have decided to eat healthier, lose a few pounds, exercise more or increase your strength, breakfast is an essential component of reaching your goal. Not only is breakfast key but the types of foods you eat at breakfast are also of the utmost importance.

According to more than 40 years of research, eating breakfast is beneficial for a variety of health and performance reasons. These are:

1) **Why is breakfast important?** After fasting during the night for 8 to 12 hours, you need to refuel your body by eating. The brain requires a constant supply of energy since it does not store energy like your muscles or liver. Breakfast eaters have better attitudes toward work or school, display higher productivity and are more capable of handling tasks that rely on memory. Additionally, those who enjoy breakfast usually have more strength and endurance as well as better concentration and problem-solving ability.

2) **What are the consequences of skipping breakfast?** Research has shown that individuals who skip breakfast often feel tired, irritable, or restless in the morning.

3) **Does eating breakfast increase your nutrient intake?** Yes. Breakfast eaters typically have a higher total nutrient intake than non-breakfast eaters. This is particularly true for women and children.

4) **Is there a connection between breakfast and learning?** Children and teens who eat breakfast are more likely to attend school and are better

prepared to meet the challenges of learning because food provides the fuel their brains and bodies require to concentrate, problem-solve, and have muscle coordination (think fine-motor skills such as writing).

5)**Can breakfast enhance health?** Research has shown that individuals who enjoy a nutritious breakfast are more likely to be a healthy weight and have a reduced risk for heart disease.

6)**Does it matter what I eat for breakfast?** Yes. Start your day off right with a well-balanced, low sugar breakfast consisting of whole grains, lean protein, and heart healthy fat. Choose either traditional or nontraditional breakfast foods. Build a balanced meal consisting of at least three of the five food groups (fruits, vegetables, meat/fish/eggs/soy/beans, whole grains, & dairy).

7)**When should I eat breakfast?** Strive to eat or drink something nutrient-rich within one to two hours of waking.

8)**What are some tasty and easy breakfast options?** With a little bit of planning you can enjoy breakfast everyday.

Here are a few suggestions:

1. Ready-to-eat breakfast cereal or hot cereal (oats or oat bran) with milk and fruit.
  - Look for cereals that contain 3 or more grams of fiber per serving and 5 grams or less of sugar per serving.
2. 100% whole grain toast, English muffin or mini bagel with milk or low-fat yogurt/Greek yogurt and fruit.
  - Try something different on your toast such as, low-fat cottage cheese with jam or nut butter with jam or Laughing Cow wedges with jam.
  - Mix wheat germ or milled flax seed into the yogurt.
3. Homemade GORP mix: your favorite dry cereal plus dried fruit and nuts.

- Prepare the mix the night before so you can grab it on the way out the door.
- For a more complete breakfast enjoy with a glass of milk or all natural yogurt.

4. Toast with an omelet or scrambled eggs prepared with with low-fat cheese and vegetables.

5. Leftovers: vegetable pizza, pasta, dinner leftovers or sandwich with milk.

Now, there are no excuses to miss this extremely important and versatile meal of the day!

Happy summer!

Katie Jeffrey-Lunn, MS, RD, CSSD, CD-N, LD-N, is the owner of FitNutrition, LLC and a Board Certified Specialist in Sports Dietetics. Contact her today to optimize your athletic performance. For more information, go online to [www.fitnutrition.net](http://www.fitnutrition.net).

References:

- Albertson AM, Thompson D, Franko DL, Kleinman RE, Barton BA, and Crockett SJ. (2008). Consumption of breakfast cereal is associated with positive health outcomes: evidence from the National Heart, Lung, and Blood Institute Growth and Health Study. *Nutr Res.* Nov;28(11):744-52.
- Duyff R.L. (3rd ed). (2006). *Complete food and nutrition guide*. Hoboken, NJ: American Dietetic Association.

Due to my increasing workload, this will be my last article that I will be contributing to your newsletter. This decision was challenging. I wish I had time to "do it all." But it is becoming increasing more difficult. I hope you understand and I thank you for allowing me to contribute to your newsletter. I hope that you and the Mohegan Striders keep me in mind for performance nutrition workshops and individual sports nutrition consultations. Beginning in September I will have offices in two location: both Stonington and Old Lyme, CT. My business phone

number will be changing next week so please visit my website for this new number or simply email me. Thank you! And, have a healthy day!

*Katie Jeffrey-Lunn*, MS, RD, CSSD, CD-N, LD-N

**Board Certified as a Specialist in Sports Dietetics**

[Watch Katie on Channel 8 Connecticut Style show!](#)

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## **REMEMBER WHEN**

From the Mohegan Strider Arrowhead

Newsletter:

Edited by Tim Smith

**Thirty-five years ago – September 1, 1976 issue:**

### RUNNER

Running across idealism and desolation.

Running because it feels good,

I'm afraid to stop.

Running around, beyond,  
towards, nothing but steps.

Running because of glows, of  
vapors, of noise, of the need

to be, to be alone.

Running because it clears my eyes,  
makes me less nervous,

able to smile.

Running because I want to touch  
life, but have trouble putting  
my fingers on it.

Running because everything  
just wants to, just exists as,  
just is and I want to part into  
that infinity.

From "Poems of a Long Distance Runner"

by Mike Spino

**Twenty-five years ago – December 1986 issue:**

SNERRO & company are retiring from the scoring of races. All their equipment including the clocks, cones and van will be for sale. Please contact any club officer and we can put you in touch with Tony Sabilia for more details. We will greatly miss all those great guys and gals in their bright orange shirts and black pants. They were really professional and anyone will be very hard pressed to ever come up with a bunch of dedicated people such as they are. We will miss each one of you.

**Editor's note: The running community dodged a bullet here. Thank you SNERRO for keeping the legacy alive.**

**Mohegan Strider Goodies  
now available at the Strider  
Web Store**

[www.moheganstriders.org](http://www.moheganstriders.org)

# WEEKLY MOHEGAN STRIDER TRAINING RUNS

Mohegan Strider Website: [www.moheganstriders.org](http://www.moheganstriders.org)

**Where:** East Lyme High School Track  
**When:** Tuesday's @ 6:00 PM  
**Contact:** Marshall Collins (860) 859-1555 or Way Hedding (860) 739-2884  
**Other:** Pace = All levels, mostly casual; some people also meet @ the pool for swim workouts

**Where:** Each of the soundRUNNER stores locations  
**When:** Wednesday's @ 6:30 PM  
**Contact:** Julie@soundrunner.net  
**Other:** Mohegan Striders get 10% off shoes & running apparel at any of the 3 soundRUNNER stores: Old Saybrook, Branford, Madison

**Where:** RiverWalk Restaurant in Mystic  
**When:** Thursday's @ 6:00 PM  
**Contact:** John Trahan (860) 501-8404 or email [jdtrahan@comcast.net](mailto:jdtrahan@comcast.net)  
**Other:** Mohegan Striders get 10% off anytime at RiverWalk

**Where:** Mohegan Park; Rec Office, 75 Mohegan Rd, Norwich, CT  
**When:** Sunday's @ 8:00 AM  
**Contact:** Mike Fusaro (860) 886-1122  
**Other:** small group, approximately an hour run on some rugged, hilly trails

## Winter Slug Runs

**Where:** Various locations from January thru April  
**When:** Saturday's @ 9:00 AM  
**Contact:** Bob Buckingham: [robert.w.buckingham@pfizer.com](mailto:robert.w.buckingham@pfizer.com)  
**Other:** Short and long courses each week, participants are asked to bring a food/drink item to the host house to share with group at the post run social