

The Mohegan Striders  
12 Wayne St.  
Norwich, CT 06360

Presorted Standard  
U.S. POSTAGE  
**PAID**  
Norwich CT  
Permit No.25



---

**THE MOHEGAN STRIDERS RUNNING CLUB  
NEWSLETTER – Sept 1, 2007**

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

**THE MOHEGAN STRIDERS RUNNING CLUB  
NEWSLETTER – Sept 1, 2007**



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

**President: Tim Kane (860) 823-1422**

**Vice President: Michael Fusaro (860) 886-1122**

**Treasurer: Don Sikorski**

**Membership: Leslie Jolley (860) 779-9119**

**Secretary: Kris-Anne Kane**

**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.

**Please send me any pics fit for the newsletter!**

**DEADLINE FOR NEXT NEWSLETTER IS November 1st**

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

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

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

## President's Corner

By Tim Kane

Fall is just about here. It's amazing to think about that...where does the time go and how does it go so quickly?? It seems like last week that I was welcoming in the warm weather and now I am ushering it out! No matter, with the edge gone from summer's hot weather, it's a great time to get those races in. We are blessed in eastern Connecticut to have lots of great races, close at hand, right on through the fall to keep us focused and running hard right on through the climax of the running season.

The list of the races that have made our area such a hotbed for distance running is long and illustrious. There is such tradition attached to many of these races...they are races that old timers like many of us have grown up with, matured with and are now trying to hang onto what's left of our running youth with!

The September through November stretch of 12 weeks is filled with countless racing gems starting with the traditional Labor Day trip to New Haven for the New Haven 20K and ending with the granddaddy of them all, the Manchester Road Race 5 mile on Thanksgiving. In between you have scores of longtime standards like the Block Island 15K, the Lisbon Festival 5K, the Hartford half marathon and marathon, Strides for the Handicapped 5 mile in Waterford, Tarzan Brown 5.5 mile in Mystic and the EBAC 5 mile at Ocean Beach just to name a few.

There are so many great, established races that it's hard to choose the ones you want run but everyone has their personal favorite. Mine is a relatively new race in comparison to all these other established races, A Moveable Feast 5K at Waterford Beach Park. While this race has been around far less time than many of our area's fall races, it has quickly established itself as a race that takes you back to how you may have felt in those first tentative years that you started racing. It always reminds me of high school cross country season. I know, it's incredible that I still have memories of that time, but it truly is a fountain of youth type of race that reminds me of the fun, challenges and comradery that got me hooked on running.

The course is an eclectic mixture of surfaces from pavement to grass to even a quarter mile stretch of beach on a course that runs throughout Waterford Beach Park and neighboring Harkness State Park. It's a beautiful course, if you have time to soak in the ambience, but one that makes you concentrate and challenge yourself with the changing terrain if you expect to turn in a good time.

The course and run get high marks along with the fun series of kid's runs but it's the extras that A Moveable Feast brings to the table that makes it memorable. It is a most decidedly uncorporate affair, put together since its inception by local families to benefit a local cause, meals for the hungry and less fortunate in our area. It also is a race, unlike many in today's hurry up and drop the kids off somewhere world, that invites you to stick around well past the awards ceremony to socialize with fellow runners at a food spread that puts most much larger races to shame. Seafood, chowder, corn on the cob and loads of sweet goodies are just a few of the homemade enticements that will have you kicking back and enjoying the day or at least a good portion of it along the water in Waterford.

If you haven't raced for awhile and you want to experience the fun of running without going to an "event race", try A Moveable Feast on Saturday, October 6<sup>th</sup> at Waterford Beach Park. It's a small race that is rewarding in a big way. If you can't make it to A Moveable Feast, rest assured that there are plenty of great races in our area to jump into. Get out there and enjoy yourself...it's the best time of year to remind yourself why you started racing to begin with!

See you on the roads.



# We're in it for the long haul...

Auto • Home • Life • Business • Recreation Vehicles • Health Insurance  
Financial Services & Planning

127 Norwich Rd (Rt 12) • Plainfield, Connecticut  
(860) 564.3315 or 1-800-292-1127

 THE  
QUINTAL  
AGENCY  
INC.  
INSURANCE & FINANCIAL SERVICES  
[www.quintalagency.com](http://www.quintalagency.com)

*Lynne M. Quintal-Hill, President*

# SHORT TAKES

---

2007 **Delaney Dash** Final Jeopardy Round. The answer is: A False Start

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

What is, “The action taken by **Short** as she tries repeatedly to begin this column?” Accurate question but wrong!

What is, “Another name for the offside penalty in football?” Ah, another appropriate question but, alas, also incorrect.

What is, “The name of a bar that doesn’t serve alcohol?” Hmm...interesting concept, but disappointing on many counts.

What is, “What will happen, at the beginning of a road race, when the pace car driver is standing OUTSIDE of said pace car when the starting gun is fired?” YES! The winning answer! No need to start over!

**May 26, 2007.** The seventh running of the **Delaney Dash** is history and despite a couple snafus, the positives far exceeded any negatives. Race highlights:

- 184 runners (up 2 from last year!) crossed the finish line, with **Striders Steve Herrera (26:47), Steve Swift (27:54) and Bob-Dog Davenport (28:50)** finishing 1-2-3. First female was **Eileen Lawrence (34:54)** from Killingworth, whose winning time is causing some serious **Strider** sighs from the fast females in our club who, well, for various reasons, didn’t run the **Strider**-sponsored race. **Carolyn Fusaro (35:28)** was second woman but was the unofficial winner when one considers that she pushed **Baby Katherine** while hammering 5 miles in the heat.
- Race sponsor **Carl Fortuna (32:30)** was out-kicked for the first Old Saybrook finisher award by **James Whelen (32:13)** but considering **Carl** is, ahem, 20+ years older, I’d say that **Carl** done pretty darn good. First Old Saybrook woman finisher was (again) **Lauren Novakowski (36:20 - again)**. Noticeably lacking from this year’s race was **Carl’s** business partner and co-sponsor **Tom Cartelli** who opted out of the race in order to train for a triathlon (I think – can’t quite recall the specific details. . .). We missed **Tom** nonetheless.
- Premier race sponsor and chiropractor extraordinaire, **Dr. Kurt Strecker (36:08)**, has committed to sponsoring our race again next year!!!! *I cannot stress enough how supportive this guy is to the running community.* In addition to sponsoring various races, he donates prizes, he runs the races (he walks the talk), he heals pesky injuries, he listens, and he cares. Sure, his office may be in Old Saybrook which isn’t local for some of the **Striders** but ask **The SNERRO Boys** if the trip is worth making and I’m confident you will hear a resounding, “Yes!”
- Although the walkers and kids (10 and under) didn’t turn out in droves, the race will record numbers in the **black** this year.
- Turning out in droves, however, were members of the OSHS track/cross-country team. We received lots of help this year from the high school students, two of who will receive the **Sean Delaney** Scholarships on June 7. In addition, guidance counselor **Maureen Healy** participated in the walk while assistant coach **Adam Eldridge (37:56)** set a shining example for his high school runners by running the race.
- Winner of the Best Excuse for Not Volunteering to Assist on Race Day (BEFNVTAORD) Award is **Kris-Anne Kane**. Last year, **Themum** was ill and unable to perform her race day duties; this year, realizing that she could not reuse last year’s lame excuse, **Mrs. Kane** decided to try the old “my appendix burst the day before the race” line and spent race day in the hospital, easily securing victory and setting an impossibly high standard for next year’s competition in this category.
- **Tom Degnan** ran his last race as a sub-Master (**39:38**) and was robbed of a finish line Happy Birthday serenade when the race announcer was pre-occupied by news that a runner had fainted on the course (the runner is fine – I spoke with him after the race). Apologies are being extended to **Mr. Degnan** who most certainly deserved both recognition and embarrassment as he approached his 40<sup>th</sup> birthday milestone. However, a quick look in the mirror will reassure **Tom** that he hardly looks his age and is still indeed hot to trot, on and off the race course.

- **Joe Swift** brought two important items to the race with him: a \$100 check for the **Delaney Dash** from race sponsor **CL&P** and his absolutely adorable daughter, **Emily**, who grinned incessantly throughout the day. What a sweetie-pie she is!
- **Tom Jacoby (33:21)**, **Sean's** cousin, ran his first **Delaney Dash** and promises to be back next year. Traveling 'cross The Sound from Lon-Guy-lend, **Tom** hasn't been a runner for very long but seems to have inherited those **Delaney** speed genes!
- It's a Family Affair (Name that Tune) for the **Iselin-Savinelli** Crew. Race sponsor **Charlie Iselin**, wife **Becky**, Mom **Shirley** and son **Sam** all participated in the day's events while race sponsor and Dad (in-law) **Tony Savinelli** called out splits at the mile marks.
- **Phil Schaller** did an admirable job impersonating **Sean's** race day routine by arriving at the race 5 minutes prior to the starting gun being fired (well, the first starting gun, that is). Phil's phirst race, perhaps?
- Thanks, as always, to my high school best friend, **Tacky Cunningham**, and her parents, **John and Linda**, for supporting both me and the race. My quick hugs and 32 seconds worth of conversation is not indicative of how much I appreciate your presence every year.
- Thanks also to **Jim Roy** and **David Citron** for adding **The Dash** to their 2007 race calendar. I hope to see a repeat sighting next year!
- The **Sean Delaney** Scholarship Fund has received just over \$2000 in direct donations this year alone, thanks to the generosity of **Joan Delaney**, **Susan Smith**, **Roger Zotti**, **Genevieve Huta**, **Barbara Ignatowich**, **Tom Jacoby**, **Teresa Dickson**, **Tacky Cunningham**, **Beth Perry**, **Nick & Holly Delaney**, **Brian Delaney & Linda Willoughby**, **Kris-Anne & Tim Kane**, **Bob Buckingham** and **The Shortmars**.



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

- **Tim Kane**, *Strider* President, **Ed Root**, and **John "JB" Bysiewicz**. Workhorses. Sweat. Dedication. Dependable. Yearly. Thank you.
- **Bob Buckingham** who arrived at my house at 5:00 AM to help load the trucks and then proceeded to do various chores throughout the day until he was finally allowed to get on his bike for a 50 miler starting around noon when the temps were well into

the 80s.

- **The Bell Family – Greg, Tory, Sarah, Ryan and Mom Ginger**. You guys rock. I don't know why you do what you do but I'm so very grateful that you do.
- **Rob D and the new Strider family** who just joined the club, proudly wore our colors, and worked the water stop.
- **Moshen Safari** who was volunteered to lead the kids' race and given about 3 seconds to warm up.
- **Terri Smith** who handles food and prizes like a pro, giving the race directors a much-needed sense of relief and one less thing to worry about.
- **Gene McGrath**, **Michaeleen Haeseler**, **Dennis Zajehowski**, and the three **Bysiewicz** (Glassiewicz?) **Girls** (**Sophie**, **Isabel** and **Raissi**), **Nick Delaney**, **Patrick Reynolds** (**The Flower Girl**), **Dave Brady**, **Tony Savinelli**, **John McKeown** (subbing for **Jan**, apparently), **the high school kids**, and **anyone else that I've inadvertently forgotten** for handling registration, T-shirts, **SNERRO** timing, traffic control, splits, flower distribution, walk turnaround, walk finish, yada yada yada.

And our sponsors, along with a few helpers:

- **Dr. Kurt Strecker** from **The Center for Better Health**. The man can handle a starting gun like a pro – imagine what he can do with your sore and pulled muscles!?
- **The Mohegan Striders** (the bestest running club in the state)
- **United Abrasives** (**Christine Sacrey**)
- **Prides Corner Farms** (**Tim Kane**)
- **CL&P** (**Joe Swift**)
- **Savinelli Well Drilling** (**Tony**)
- **Iselin Tree Experts** (**Charlie**). Pronounced Is-lin. Maybe **Pete** will eventually get it right.

- Fortuna & Cartelli, Attorneys (**Tom & Carl**)
- Moroso Motorsports Park (**Ms. Moroso Strecker**)
- Paperback Café
- **Jon Kodama** who allowed us to park at the Dock & Dine again this year.
- Great Harvest Bread Company
- Signs and Digital Graphics (Banner by **Phil Schaller**)
- The Old Saybrook Police Department
- **Don Sikorski** who wrote an awesome article in The Bulletin and gave us some much needed press.

In closing, “Be glad of life because it gives you the chance to love and to work and to play and to look up at the stars.” ~ Henry Van Dyke



*We'll run circles  
around your  
present bank.*

Let us show you why you should switch to Putnam Savings Bank!

 **PUTNAM SAVINGS BANK**  
...Banking for All Times

• Putnam • Pomfret Center • Danielson • Plainfield • Griswold • Gales Ferry  
Toll Free 1-800-377-4424 • [putnamsavings.com](http://putnamsavings.com)

Member FDIC Equal Housing Lender

2007 DELANEY DASH PHOTOS



Becky, Charlie, Sam and Shirley

My brother, Brian, is going to run the race with me today.



Flower Power:  
Sophie, Raissi, Isabel  
and Patrick



Yo, Brother, any idea what this button is for?

Got me. Maybe we should ask Mo-Linda or Short?



# Strider Meeting Minutes - August 18, 2007

By Kris-Anne Kane

Tim Kane called the meeting to order at 1:25 pm.

**Treasurer's Report:** Don Sikorski is on vacation. No treasurer's report.

**Newsletter:** Chris Hansen stated he wanted to get articles sent to him as soon as possible for the July newsletter.

**Grand Prix:** Brian Anstrom stated there were three Grand prix races left.

**Racing Teams:** The men's Open Team had initially tied for first at the Milford 5K, but the win went to Hi-Tek because their 5<sup>th</sup> man finished faster. The women's team posted a fifth place finish at Fairfield.

**Tommy Toy Fun Run:** Kevin Crowley announced the Tommy Toy Fun Run will be held December 7. Tim K. asked for volunteers to help Kevin this year. Kevin will be stepping down as Run Director after this year.

**Rec Runs:** Kevin C. shared that a 15 yr. old boy collapsed during the Rec.Run last Thursday. He commended Walt Smolenski and Chad Johnson in assisting with CPR. Club members were asked to sign a card for the runner who is at Hartford Hospital.

**Jackets:** Tim will talk to Jon Kornacki about submitting another jacket order since there seems to be a great need for small sizes. Payment should be made after jacket has been received. Tim will also check with Jon about uniforms.

**Other:** Tim Smith requested \$75 be allocated for the last Rec Run's pizza party.

Tim Kane announced the November meeting is approaching fast. Officer Elections will be held at that time. All positions are open.

Mike Fusaro will set the date for the next meeting.

Meeting adjourned at 1:40pm. Picnic resumed.

## MARSHALL R. COLLINS & ASSOCIATES, LLC.

### GOVERNMENT RELATIONS

117 NEW LONDON TURNPIKE  
GLASTONBURY, CONNECTICUT 06033

(860) 657-8587  
[MRCOLSAL@AOL.COM](mailto:MRCOLSAL@AOL.COM)

MARSHALL R. COLLINS, ESQ.  
M. RANDALL COLLINS, JR.

Specializing in representation before state, local and federal government.  
More than 35 years of combined experience representing  
Individuals and organizations before the Connecticut General Assembly, various state agencies,  
municipal boards and commissions and the federal government.

**Tana Jolley's ever so good Roasted Red Pepper & Black Bean Dip**  
(Special thanks to Wayne Jolley for supervising this recipe)

- 1 15oz can of Black Beans (drained & rinsed)
- 1 8oz package cream cheese (soften at room temperature)
- 1 package taco season
- 2 TBSP lemon juice
- 7-10 oz roasted red peppers
- Fresh cilantro to taste

Place all ingredients into food processor blend until creamy. Place in covered bowl and refrigerator for at least one hour. Serve cold with chips.

This also can be served as Pin wheels-just spread the mixture on to tortilla's; roll into log shape and refrigerator for at least one hour. When ready to serve -cut into 1 inch sections and enjoy.

## Billy Wilson's Ageing Still



**57 Broadway, Norwich, CT 06360-5701**

**(860) 887-8733**

Billy Wilson's is located in downtown Norwich, has a good pubby ambience, and

has an excellent selection of draught beers. Its located just across from Norwich town hall, and is located on the historic Broadway thoroughfare. The beers are Harp, Bass, Fuller ESB, Sam Adams, Dos Equis, Stella Artois, Killians, Shipyard, and Sam Adams Summer Ale. A key supporter of the Tommy Toy Fund Run as well as local running events.

# MASSAGE THERAPY for ATHLETES



*with Libby Baxter, LMT*

Specializing in personalized, custom sessions of **Deep Tissue and Sports** specific techniques blended with relaxing **Swedish** massage. Additional bodywork and integrated techniques include: **Acupressure/Shiatsu, Myofascial Release, Thai yoga massage, Craniosacral Therapy, and Reiki.**

## COACH'S TESTIMONIAL !!!

"Libby Baxter's extensive knowledge as a therapist combined with her own experience as an athlete creates an unbeatable combination, especially for any athlete or non-athlete looking to improve their recovery, overall health, and vitality, through the benefits of massage therapy. As an endurance athlete who has received many massages over a 25+ year career, and as a coach to many other endurance athletes, I highly recommend her services to every athlete that I come into contact with!"

**Coach Al Lyman, CSCS**

[www.Pursuit-Fitness.com](http://www.Pursuit-Fitness.com)

A Joe Friel Ultrafit Associate

Certified USA Triathlon Coach

Certified USA Cycling Coach

Creator of the popular Cyclo-Core Off and In-Season Training

Plans: <http://www.cyclo-core.com/products/plans/index.html>



**Invisible Sun  
Massage & Bodywork**

**Libby Baxter, LMT • AMTA • NCTMB**

**(860) 510-3441 • [www.invisiblesunmassage.com](http://www.invisiblesunmassage.com)**

# A Most Memorable Hill

## By Rob Dahmer

Excited would be an understatement to describe my feelings leading up to the 27<sup>th</sup> annual Woodstock Memorial Day 10K race. My family and I had just volunteered at the Delaney Dash two days prior to the Woodstock 10K. We had recently joined the Striders after moving up here from the Jacksonville, FL, area. Being dubbed as “the new Strider family of four,” we eagerly worked the water stop and had a blast. Seeing all the runners at the Delaney Dash hammer out the 5 miles on a beautiful day definitely had me eager to run. My original plan was to take both Saturday and Sunday off, then race the 10K on Monday. However, I was so wound up with energy after the Delaney Dash that as soon as we got home I changed into my running gear and was out the door for a quick seven miler.

The heat and humidity that afternoon reminded me of Jacksonville, FL, although it gets much hotter and way more humid down there. My thoughts of Jacksonville were quickly erased by the fact that I was running up and down vertically on these things called hills. We live in Oakdale and let me tell you that we have our fair share of hills out here. While it seems a few may be fairly moderate grade, there are a couple steep ones that challenge me on a regular basis. No, I realized I was not in Jacksonville anymore. The closest thing to a hill down there is the Hart Bridge at the end of the Gate River Run 15K Championships. When I first started running up here in Connecticut, I loathed the hills. Hills just slow you down. But, the more I ran up here, the more I started to look at the hills as just another challenge. In the South, my challenges were always related to distance and/or speed. Now I have this new category of challenges known as hills. It didn't take long before I would drive somewhere and notice some very hilly roads and immediately think, “Wow, I have got to run this!”

Prior to the actual race starting on Memorial Day, I had the pleasure of meeting fellow Striders Wayne and Keith. I casually remarked about the hills up here in New England and both stated that the course was a little challenging due to the hills. I think Wayne said that the first five miles was rolling hills and there was a good size hill at the end. He did have this serious look, but hey, I'm a seasoned runner up here now. I thought that surely it can't be that tough. Well, the first five miles were no problem. It was a nice rural, rolling course with a few nice hills and an overall decrease in elevation. Of course, what goes down must come up. I reached the 5 mile point at 33 minutes and some change and I was feeling great. It was a little warm and muggy, but with only a little over a mile to go, I was pleased with my effort to that point. Just after the 5 mile point I see this smiley face spray painted on the road with the word “Hill” and an arrow pointing straight ahead at what appeared to be a decent hill. I hunkered down and motored up the hill clinging to the thought of the relief I would have at reaching the summit. It would flatten out and I would possibly be on pace for a PR. Not too bad for a former flatlander.

Alas, all hopes were immediately dashed when I reached what appeared to be the top of the hill, it did not flatten out, but kept on going up and up. Due to some optical illusion or maybe a mirage created by the heat that day, I could swear I was almost at the top of the hill a few times, but each and every time, the hill continued its ascent higher and higher into the Woodstock countryside. Now I was getting closer to the two runners in front of me so I figured either the hill was also getting the better of them or I was holding my own against the veteran hill runners here in Connecticut. Despite being the slowest mile I have run in a long time, the hill did finally end and I was overjoyed with a small descent towards the finish line. My 43:51 finish time was definitely not a PR, but I had an awesome time running this race and will be back next year to go head to head, man against hill, if you will, against the Woodstock 10K course. Great job by the race director and his supporting cast of volunteers. All of them did an outstanding job, on a holiday no less, to make this race a success. A personal word of thanks from me because without you, the race wouldn't have been possible. Let us also not forget the runners and walkers either. From the front runners to the walkers and everyone in between, everybody did a great job finishing the race.

I am sure many of you have run this race multiple times and a few may even be so brazen as to scoff at that last hill, but personally, I believe this was my hardest effort in quite some time. I know that my hardest runs culminate with a feeling afterwards that I left everything out on the road and can rest easy knowing I will be a better runner because of them. It may not have been a PR as far as finishing time is concerned, but I feel it was my best 10K performance. As for the hills, I have decided that I like the challenge so we'll just have to keep all of these hills around so I have ready access at a moment's notice for some grueling hill repeats. To those that have not experienced the challenge of the Woodstock Memorial Day 10K, give it a try next year, you won't be disappointed.



## PETROWSKY-QUINTAL

Exit 89 of I-395 West 1/8 mile on Route 14

NEW CONSTRUCTION - RESIDENTIAL  
LAND - RENTALS - COMMERCIAL/INDUSTRIAL  
INVESTMENT PROPERTIES

SINCE 1973

BRIAN ANDSTROM - OWNER/BROKER

34 East Main Street, P.O. Box 426  
Central Village, CT 06332-0426  
Telephone (860) 564-3366 (860) 774-7655  
Fax (860) 564-3371  
e-mail: [r.w.petrov-quintal@snet.net](mailto:r.w.petrov-quintal@snet.net)

**2007 MOHEGAN STRIDERS  
GRAND PRIX CIRCUIT SCHEDULE**

Kelley's Pace Hare Hop	3 MI*
St. Joseph of Baltic	3 MI*
Flanders 5K	3.1 MI*
Woodstock Memorial	10 K*
St. Catherine's Festival Run	3.8 M*
Cannonball Run	1M*
Ocean Beach	11.6 MI*
Waterford Week	5 MI*
Lisbon Fall Festival	3.5 MI*
A Moveable Feast	5 K*
EBAC Fall Challenge	4.75 MI*
*Please contact race directors for official dates and start times.	

**GRAND PRIX CIRCUIT RULES & REGULATIONS**

**2007 Membership dues must be paid to receive points!!**

At each event, please look for the Mohegan Striders sign up sheet, which can be found on the table clearly marked with our red flag. The table will usually be in the registration area, unless the race finishes in a different location, then it will be at the finish line. **PLEASE make sure you sign in!!! If for any reason you do not sign the sheet, you will not get points for running or attending an event!!** Also, if you forget, please do not ask at the next event to have us sign you in for the previous event.

**SCORING IS AS FOLLOWS:**

**ANNUAL AWARDS BASED ON BEST 7 OF THE CIRCUIT**

POINTS ARE AWARDED FOR EACH AGE GROUP, BASED ON AGE AS OF MARCH 4, 2007

MALE & FEMALE DIVISIONS - <20, 20-29, 30-39, 40-49, 50-59, >60 - AWARDS TO TOP 3 IN EACH DIV

100 POINTS FOR 1<sup>ST</sup> CLUB FINISHER, 95 FOR 2<sup>ND</sup> CLUB FINISHER, ETC.

ADDITIONAL POINTS CAN BE EARNED BY ATTENDENCE AT THE FOLLOWING EVENTS:

- ❖ RACE ATTENDENCE = 10 PTS
- ❖ NORWICH REC RUNS ATTENDANCE = 10 PT/WEEK
- ❖ DELANEY DASH VOLUNTEER OR WALK = 25 PT
- ❖ STRIDER PICNIC ATTENDANCE = 25 PT
- ❖ KELLEY RACE VOLUNTEER OR RUN= 25 PT
- ❖ AWARDS BANQUET ATTENDANCE = 25 PT
- ❖ MEETING ATTENDANCE = 25 PT
- ❖ TOMMY TOY FUN RUN= 30 PT (Receive double points if you sign up for the next year as a strider)
- ❖ **PROMOTE THE TEAM!!!!** WEAR YOUR SRIDER SINGLET AT A GRAND PRIX EVENT AND RECEIVE AN ADDITIONAL 5 POINTS FOR THAT RACE (Does not apply at Norwich Rec Runs)
- ❖ **NEW THIS YEAR!!!** FOR THOSE WHO ATTEND A LOT OF RACES THROUGHOUT THE YEAR, THERE WILL BE AN UNANNOUNCED SURPRISE GRAND PRIX RACE DURING THE SEASON WITH POINTS GIVEN AS USUAL

QUESTIONS? Contact Ed Eckard 860 546 6643

# 20<sup>TH</sup> ANNUAL HARRY "O" FUN RUN

Sponsored by

## *People's United Bank*

### Norwich Recreation Department

**SEPTEMBER 16, 2007**  
**MOHEGAN PARK CENTER (NEAR FOUNTAIN)**  
**RACE BEGINS AT 11:30 A.M.**



- **FREE!! FOR CHILDREN AGES 6 – 14**
- **T-SHIRTS TO THE FIRST 200 REGISTERED RUNNERS**  
(courtesy of people's bank)
- **REFRESHMENTS AND FAMILY DAY ACTIVITIES**
- **RIBBONS FOR ALL FINISHERS!**

**Race Day Registration** - Begins at 10:30 a.m.

**Race Route Information** - The race will begin in Mohegan Park Center. Athletes will be running on the path around Spaulding Pond. The length of the race is approximately 8/10ths of a mile.

**Questions** - Call Norwich Recreation at 823-3791

.....**HARRY "O" FUN RUN – 2007**

Name \_\_\_\_\_ Boy \_\_\_\_\_ Girl \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ School \_\_\_\_\_ Grade \_\_\_\_\_

**Youth Waiver**

**Accident Waiver – Release of Liability – Consent to medical treatment of minor**

The undersigned parent and natural guardian does hereby represent the he/she is, in fact, acting in such capacity and agrees to the extent permitted by law to save and hold harmless and indemnify the City of Norwich, it's elected and appointed officials, employees and volunteers of the City of Norwich from all liability, loss, cost claim or damage whatsoever which may be imposed upon or incurred by said parties because of the participation of the minor in the event shown, and does release said parties in this regard on behalf of both the minor and the parents or legal guardian.

I hereby authorize any duly authorized doctor, emergency medical technician, paramedic, nurse, hospital or other medical facility to treat said minor for the purpose of attempting to treat or relieve any injuries received by or illness of said minor while he/she is/was a participant or observer in the event named below.

I authorize any licensed physician to perform any procedures which he/she deems advisable in attempting to treat or relieve any injuries to or illness of said minor that he/she may encounter during any necessary operation. I consent to the administration of anesthesia to said minor as deemed advisable by any licensed physician. The undersigned parent and natural guardian does hereby represent the he/she is, in fact, acting in such capacity and agrees to the extent permitted by law to save and hold harmless and indemnify the City of Norwich, it's elected and appointed officials, employees and volunteers, event holders and sponsors, doctors, paramedics, emergency room technicians, nurses, hospitals or other medical from all liability, loss cost, or damage whatsoever which may be imposed upon or incurred by said parties because of the participation of the minor in the event shown, and does release said parties in this regard on behalf of both the minor and the parents or legal guardian.

Parent / Guardian Signature

Date

**Please mail to:** Norwich Rec. Dept., 75 Mohegan Rd., Norwich, CT 06360



# JOE LONARDELLI Age-Group Cross Country

## Championship

Sponsored by:

Norwich Recreation Dept.

Monday, October 8, 2007

Kelly Jr. High School

Races start at 11:00 a.m.

Races will proceed in the order in which they are listed

**Ages 13-14** (2000 meters)

**Ages 6-8** (800 meters)

**Ages 9-10** (1500 meters)

**Ages 11-12** (1500 meters)



**Eligibility** - Children in eighth grade or lower are eligible. **Awards** - Ribbons will be given to all participants. Trophies will be awarded to the first three boys & girls in each race.

---

### Joe Lonardelli Meet- 2007

Name \_\_\_\_\_ Boy \_\_\_ Girl \_\_\_ Age \_\_\_ Grade \_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ School \_\_\_\_\_ Race \_\_\_\_\_ meters

### Youth Waiver

Accident Waiver – Release of Liability – Consent to medical treatment of minor

The undersigned parent and natural guardian or legal guardian does hereby represent the he/she is, in fact, acting in such capacity and agrees to the extent permitted by law to save and hold harmless and indemnify the City of Norwich, it's elected and appointed officials, employees and volunteers of the City of Norwich from all liability, loss, cost claim or damage whatsoever which may be imposed upon or incurred by said parties because of the participation of the minor in the event shown, and does release said parties in this regard on behalf of both the minor and the parents or legal guardian.

I hereby authorize any duly authorized doctor, emergency medical technician, paramedic, nurse, hospital or other medical facility to treat said minor for the purpose of attempting to treat or relieve any injuries received by or illness of said minor while he/she is/was a participant or observer in the event named below.

I authorize any licensed physician to perform any procedures which he/she deems advisable in attempting to treat or relieve any injuries to or illness of said minor that he/she may encounter during any necessary operation. I consent to the administration of anesthesia to said minor as deemed advisable by any licensed physician. The undersigned parent and natural guardian or legal guardian does hereby represent the he/she is, in fact, acting in such capacity and agrees to the extent permitted by law to save and hold harmless and indemnify the City of Norwich, it's elected and appointed officials, employees and volunteers, event holders and sponsors, doctors, paramedics, emergency room technicians, nurses, hospitals or other medical from all liability, loss cost, or damage whatsoever which may be imposed upon or incurred by said parties because of the participation of the minor in the event shown, and does release said parties in this regard on behalf of both the minor and the parents or legal guardian.

\_\_\_\_\_  
Parent / Guardian Signature

\_\_\_\_\_  
Date

**Return completed form to:** Norwich Rec. Dept., 75 Mohegan Rd., Norwich, CT 06360

# The Tommy Toy Fund Fun Run



Mohegan Striders

Billy Wilson's

Friday, December 7, 2006

**7:00 p.m.**

Run with Santa through the streets of Downtown Norwich while singing favorite Christmas songs.

Entry fee: to join the fun, we ask that you bring a new, unwrapped toy to be donated to the Tommy Toy Fund, when you come to run the route.

Santa Claus leads the way with many of his elves and other friends.

Run as a group. **All runners must stay behind Santa.**

This is not a race.

Police escort in front and back of the pack.

The start is in front of Billy Wilson's Ageing Still. The toys will be gathered in the front window of Billy Wilson's.

## **The Route: One Loop (approximately 1.5 miles when completed)**

From the Front of Billy Wilson's Ageing Still on Broadway,  
straight into Courthouse Square, Left onto Main Street,  
in Franklin Square take a left onto Franklin Street, (which changes to McKinley  
Avenue) continuing up the road to Perkins Avenue, take a left onto Perkins  
Avenue, at the top, take a left onto Broadway,  
at the fork in the road, take the right onto Union Street,  
which will bring you back to Broadway in Union Square.

You are now back where you started.

Congratulations!

## **Summer Rec Runs - Mohegan Park**

### **By Gene McGrath**

The summer fun runs on Thursday evenings have been well attended. Eighty to one hundred runners have been taking part in this activity.

Here is a list of the best times to date in each division:

#### Women:

Junior (18 and under) 1. Dana Troy 19:09, 2. Katherine Fitton 19:19, 3. Amy Sinko 21:30, 4. Sterling Dumas 21:47, 5. Kathleen O'Brien 21:55.

Open (19-29) 1. Erin-Kate Aleksak 19:23, 2. Kayla O'Rourke 22:49, 3. Lauren Heinonen 25:06, 4. Stephanie DeLucia 27:08, 5. Alicia Hunt 31:25.

Sub-Masters (30-39) 1. Amy Teper 23:23, 2. Liz Tefft 25:05, 3. Jerri Potter 25:40, 4. Sharon Fisher 26:06, 5. Kimberly Dominy 27:17.

Masters (40-49) 1. Kris-Anne Kane 21:57, 2. Mary Ann Babcock 23:21, 3. Norma Vivar-Orum 25:18, 4. Colleen Tules 29:21, 5. Linda Wesolek 32:27.

Grand-Masters (50 and up) 1. Pat Swim 23:37, 2. Sandy Collins 25:04, 3. Amanda Berard 28:39, 4. Liz Andstrom, 30:19, Jacquie Burzycki 31:14.

#### Men:

Junior (18 and under) 1. Zachary Eckard 16:24, 2. Luke Albertson 16:52, 3. Shawn Mulcahy 17:33, 4. Jason Wagner 18:11, 5. Chris Connors 18:41.

Open (19-29) 1. Jeff Wadecki 16:14, 2. Chris McCormack 16:20, 3. Kevin Martin 17:05, 4. Matt Warren 17:06, 5. Matt Miclette 17:57.

Sub-Masters (30-39) 1. John Anthony 16:38, 2. Noah Eames 17:38, 3. Chad Johnson 18:21, 4. Todd Fisher 19:37, 5. Josh Hartwell 21:18.

Masters (40-49) 1. Kevin Grant 18:59, 2. Paul Dominy 18:59, 3. Derek Albertson 20:10, 4. Paul Andruskiewicz 20:40, 5. Todd Guertin 23:15.

Grand-Masters (50 and up) 1. Tim Smith 18:43, 2. Carl Mohrbacher 18:50, 3. Wayno Jolley 18:51, 4. Brian Lundie 20:29, 5. Walt Smolenski 20:49.

## Mohegan Strider Newsletter Advertising Rates

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

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

### Sizes and specifications:

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

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

### Special Advertising Bonus:

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

## Why Join the Mohegan Striders??

**Your \$15 per year Mohegan Strider membership fee and \$1 each per additional family member brings you running value that is priceless!**

### **Training:**

- (300+) members in 2004 make it easy to find a club running partner!
- Sunday group runs in Mohegan Park throughout the year. All abilities welcome!
- Tuesday night track runs at East Lyme High School year round for runners of all abilities.
- Saturday Morning Slug Runs throughout eastern Connecticut January 1 through April 1. All abilities welcome!
- Summer recreational runs at Mohegan Park for (8) Thursday nights after July 4<sup>th</sup>. 2 kids runs and 5K run means fun for the whole family!
- Strider Grand Prix circuit at local races allow you to compete against other Striders in your age group for year-end awards.
- Strider USATF racing team that competes and wins at the statewide level. All members welcome!
- \$1 membership rate for all students high school age and younger!

### **Social:**

- Annual Mohegan Strider Banquet. Grand Prix race awards and the best party value of the year!
- Strider Summer Family Picnic. Fun, games, and comradery for the whole family!
- Strider Night at Dodd Stadium. Spend a summer night with fellow Striders at the ballpark.
- Mohegan Strider newsletter (4) times yearly with the latest Strider news, race results, training information and advertising to enhance your running.
- [www.moheganstriders.org](http://www.moheganstriders.org), the official Strider website. Pictures, information, & more keep you up to date on Strider activities.
- Meet new friends while attending Strider meetings or volunteering at Strider runs and events!

### **Discounts:**

- Shoe and Clothing discounts available at Nassiff's in Willimantic and Kelley's Pace in Mystic.
- Strider running store on-line offers the latest in Strider gifts and apparel.
- Strider vacations and group travel discounts allow you to travel the country and the world with Strider teammates!

All are welcome to join the Mohegan Striders!