SHORT TAKES

Bruce Springsteen closed most of his 2000 tour shows and many of ***The Rising*** tour shows with a song called "Land of Hope and Dreams." I first heard Bruce sing the song in May 2000, six days after **Sean** died, and immediately fell in love with the lyrics because of the phrase "sweet souls departed." I played the song as I drove to The Delaney Dash the first year, and have repeated the ritual for the subsequent races. **Sean Delaney** – a sweet soul departed.

Well, the rain kept people away from the third annual Delaney Dash, thwarting the hopes and dreams of race directors, **Short** and **Volkmar** who felt that moving the race from Memorial Day to the Saturday before would surely up the number of participants. Pre-race numbers looked promising but the days of downpours prior to, and the constant drizzle on the day of, proved to be daunting as 30 pre-registered turned no-shows and less than 100 paid on race day. Final tally -- 235 total entries with a meager 161 crossing the finish line for the 5 mile race and another 30ish walking the 5k. (Race results are posted at http://www.hitekracing.com)

Rays of sunshine? Well, there were plenty even if they didn't necessarily come from the sky. We begged for volunteers and although we could've used more, the ones we got were top notch. **Tim Kane** and **Jon Kornacki,** along with **John "JB" Bysiewicz**, were the best. . .THE BEST! I cannot say thank you enough to them for being such workhorses. More Than Honorable Mentions: **Liz "Broken But Dependable" Tefft, Laurie "Baton Free This Year" Tomlinson, Sue "Run My Race Too" Catullo, Ron Dombrowski, Nick Delaney, Coach Capp & Kids, Don Sikorski, Michaeleen "Mike" Haeseler, Kathleen Buckingham, Dave Brady, Eileen "I Wanted To Watch My Brothers Run, But Now I'm Arranging Food" Delaney, Themum Kane** and **Teresa Dickson** -- all gave up actual race participation (and, in some cases, glory) in order to help us. Many many thanks. Precious Gem Awards: **Phil Schaller** for the race banner and **Jay "Gets It Done" Churchill** for the food. Behind the scenes, these two help make our race a success, regardless of overall numbers. Race Photographers: **Tacky Cunningham** and **Alan Holt** who demonstrated that finishing last in a race has some distinct advantages after all (did you see that entourage following them to the finish?). Special Achievement Award: **Tory Bell** and her amazing family – **Skinny Mom Ginger, Dad Wendell, Kids Sarah & Ryan** and now-seasoned-runner, **Hubby Greg.** I challenge you to find a family that is more selfless than these people are. Hang with them for a while and I guarantee that you will want to be a better person. Their generosity is infectious.

Speaking of generosity, we could not have this race without our sponsors so, once again, thank you to The Mohegan Striders, Jolley Concrete, United Abrasives, Prides Corner Farms, US Foodservice, CL&P, Savinelli Well Drilling (Tony ran 3:27:55 at VCM), Iselin Tree Experts (Charlie ran 2:59:22 at VCM), Marconi Builders and Fortuna & Cartelli, Attorneys (fast ones, too!). In addition, we received direct scholarship donations from **Tim Kane, Kris-Anne Kane, Short & Volkmar, Bob Buckingham, Tracy McKenzie (who contributed $500 <u>again</u> this year), Joan Delaney, Colin & Sheila Delaney, Brian Delaney, Nick Bottone, Peter Charbonnier, Sue Lamoureux** and **SNERRO.** The **Sean Delaney** Scholarships will be presented at Awards Night at Old Saybrook High School to a male and a female athlete who participated in track and/or cross-country. This year, we are giving 3x$1000 scholarships, having decided to up the ante on the $1000 scholarship that was going to be split between two female recipients. The Delaney Dash will be run next year, possibly on Sunday of Memorial Day weekend at the request of the **OS Police Department** (who were wonderful and very supportive of our event). Our goal – to keep **Sean's** memory running!

Missing **Sean** can only help us appreciate those sweet souls that we still have in our lives. On a personal note, this race held special meaning for me as I watched my brother, **Rick (Frud)**, walk the 5k. Last year, **Pete** and I left The Manchester Race on Thanksgiving Day and visited my Diabetes-stricken brother in the hospital. Fast forward six months: a healthy, 64 pounds lighter version of that person participated in his first organized event. Proud? Me? Ya think?

And, in closing (did George Carlin *really* say this?)..... "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Third Annual Delaney Dash - May 24, 2003

Way Hedding, AKA SNERRO

Race banner courtesy of Phil Schaller

Race Winner, Tyler Cardinal

Wayno?

First Grand Master, Tim Smith (wearing a non-brown Strider uniform, how unusual!)

Second Place, Steve Swift

Carl Roth (in uniform)?

First Master, Bob Stack. Behind him, First Senior, Ted Phillips (and John Brown's head!)

Second Master, Walt Smo

Where are the women?