

Saturday Slugs – 2010

January 2	New Year's Con't	John Trahan & Laura	Mystic
January 9		Jotham Coe & Linda Jaynes	Niantic
January 16	Dump Run	Kevin & Alison Gallerani	Uncasville
January 23		Tracy & Annette Montoya	Waterford
January 30		Alan & Chris Schwarz	Old Saybrook
February 6		John & Laurie Schaeffer	Oakdale
February 13	Love Run	Tim and Kris-Anne Kane	Preston
February 20	Strider Banquet	Marshall & Maureen Collins	Salem
February 27		Jennifer Fredricks & Harvey	Quaker Hill
March 6		Chris & Lynne Hansen	Hope Valley RI
March 13		Tracy Romano	Stonington
March 20	St. Patrick's Day	Steve and Mary Rief	Voluntown
March 27		Steve Fagin	Ledyard
April 3	Picnic	Curtiss and Carla Thompson	Pawcatuck

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Info for newbies: 'Slug Runs' are casual runs hosted by Mohegan Striders members as a means to help friends keep running through the winter. Invited guests are welcome and are encouraged to support the organization by joining the club (\$15 annual fee). Runners pair up according to distance and speed; some walkers usually attend. Expect between 20 and 50 people; attendees are asked to bring food or drink to share after the run.