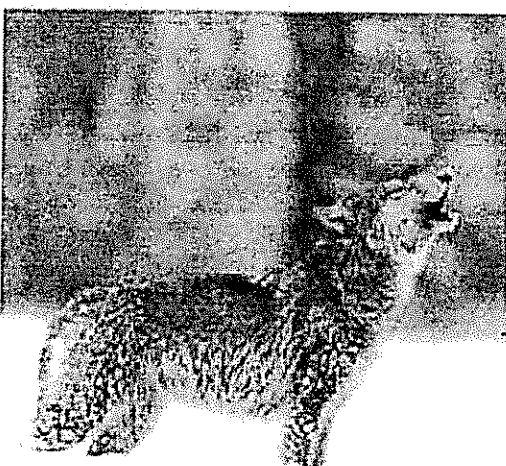


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The Mohegan Striders
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2000 STRIDER
TIM SMITH
43 BEECH ST
NORWICH, CT 06360

Voice of
**The
Mohegan Striders
Running Club**

THE HOWLING WOLF NEWSLETTER

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

EASTERN CONNECTICUT REHABILITATION CENTERS

**559 HARTFORD TURNPIKE
DAYVILLE CT 06241
779-0150**

**69C NORTH MAIN STREET
JEWETT CITY CT 06351
376-2564**

**150 OTROBANDO AVENUE
NORWICH CT 06360
889-1948**

**163 BROADWAY (RT 85)
COLCHESTER CT 06415
537-4601**

**1666 ROUTE 12 (JOB LOT)
GALES FERRY CT 06335
464-3100**

*The
Mohegan
Striders*

Membership: 216

USATF Team No. 28

President: Tim Kane (860) 823-1422

Vice President: Chris Hansen (401) 539-4672

Secretary: Kris-Anne Kane (860) 823-1422

Membership: Karen Short (860) 437-7247

Treasurer: Don Sikorski (860) 886-4959

Vol. 48, No. 1, March 2000
THE STRIDER NEWSLETTER
The voice of the MOHEGAN STRIDERS

PRESIDENT'S CORNER

The first spring of the 2000's is upon us! It's an ideal time for aging runners like myself to think about races from years past and anticipate what lies ahead for the coming racing season. If you're like me these days, your biggest concern is anticipating whether you can stay far enough ahead of injuries to get some races in!! Despite the injuries and the thought of the tough training road ahead, spring is exciting because the slate is clean and hope springs eternal. Spring and optimism just seem to walk hand in hand.

I would like to carry that thought of spring optimism and apply it to the Striders for a moment. Our first event of 2000, the Strider banquet, was ample reason to anticipate greatness for 2000. As always, there was a great turnout of running comrades and a great exchange of running comradery. The food was ample, the awards were well deserved and well appreciated and the Runz were at their musical best!! We are very lucky to have such a talented group of musicians in the club that make it so easy to have such a great evening. My thanks to everyone in the band: Jim Carper, Chris Hansen, Laurie Lilienthal, Curtiss Thompson, Todd Guertin, and Steve Hancock for doing so much for just a free meal and a big 'thank you'. I would urge all of you to thank these folks for a great club service rendered. A special thanks also goes to Bob Carbray who organized and executed a fine raffle at the banquet to benefit the Strider treasury. Great job Bob!

My optimism for a great 2000 for the Striders does not end at the banquet. I'm happy to report that the spirit of volunteerism is alive and well in the Striders with a number of friends stepping forward to add their time and effort for the betterment of Strider events this year. Bob Buckingham has taken the lead on producing this newsletter and should be applauded and encouraged in this effort. Tim Smith has put together a committee to help find possible nominees for Strider offices in the coming years along with Bob Carbray and Todd Guertin. Frank Morosky and John Sacrey have taken over the lead for Strider Night at Dodd Stadium for 2000. I'm sure you'll be hearing from these guys soon with further details concerning our August 1, 2000 night to cheer on the Norwich Navigators and help raise money for the club treasury. Ed Root is looking to continue the club effort to gather old training and racing shoes for donations to African countries.

I applaud each and every one of these people and others out there who have volunteered time out of their busy schedules to help make 2000 another great year for the Striders. Please lend a hand and some encouragement to all these fine volunteers and feel free to lend some of your valuable time to make their jobs a little easier.

See you on the road!

Training Runs

Training Runs

Training Runs

Training Runs

Training Runs

Training Runs

Training Runs

Training Runs

Training Runs

Tuesdays: East Lyme High School, 6:00 pm
Run and Track Workout
Contact: Marshall Collins (859-1555) or
Way Hedding (739-2884)

Sundays: Mohegan Park, 9:00 am
Norwich Rec Facility
Contact: Todd Guertin (822-8488)

Movable Feast Runs (Saturday Morning Slugs) 9:00 am

Every Saturday morning at a different host's house (thru the last Saturday in March). Contact Marshall Collins (859-1555) for schedule. The first Saturday in April is reserved for the Saturday Morning Slugs Run and Brunch at a yet to be determined site.

Subject: Search for the proud and the few. . .

Hello Striders;

We would like to present the names and numbers of the Mohegan Strider's Officers 2001 Nomination Committee. Elections will be held at the November 2000 meeting; we're starting now because a lot of awareness needs be generated to create interest in this most important area of Club success.

Tim (chairperson) and Terrie Smith 887-1518

E-mail: trs@eastern-savings.com

Bob Carbray 464-9022

Todd Guertin 822-8488

Lance Magnuson 642-7797

We encourage members to communicate their interest in any of the club's positions to this committee, along with any concerns and/or questions.

Some officer trivia: Over the Club's twenty-eight years eleven different members have served as President. There have been twelve serve as VP; eight as Secretary - that is both Membership and Recording Secretary combined, largely due to Bob Carbray's seventeen year stint as Secretary; and Treasurer - four. Treasurer is a most trusted position as custodian of the Club's funds and therein perhaps, the reason for so little turnover in that position. "Auntie" Joan Hill remains as our only woman President, having served one-year terms in '84 and '87, with two years as VP '85-'86.

Thanks,

Tim Smith

To: The Mohegan Striders Association

From: Don Sikorski, Treasurer

Re: 1999 Balance Sheet and Income Statement

Date: March 1, 2000

Please find a copy of the final Balance Sheet and Income Statement for the Mohegan Striders Association for the calendar year ending December 31, 1999. Please note the following information concerning this financial report:

- This financial report had been presented using the Accrual Basis method of Accounting. Therefore, expenses paid subsequent to December 31, 1999 that pertain to the 1999 calendar year are recorded as expenses on this income statement. Money collected during 1999 for the year 2000 dues and January 2000 banquet tickets are recorded as a liability on this balance sheet.
- The USATF Awards earned by racing team members (\$1,825 including a receivable of \$450) are disbursed to the various club members that participated in these events and recorded as an expense of USATF Awards Paid.
- The 1999 membership breakdown is as follows: 201 primary members (\$1,930.), 157 family members (\$78.), 19 junior members (\$12.), and 4 honorary members (complimentary). Club members joining on or after September 1, 1999 were charged 50% of the annual membership fee.
- A total of 177 tickets to the Norwich Navigators "Strider Night at Dodd Stadium" event were sold out of a total of 250 tickets that the Mohegan Striders purchased from the navigators organization at a 50% discounted rate. Our goal for this years event, scheduled for Tuesday, August 1st, 2000, should be to sell a minimum of the 250 tickets that were have committed to and an organization in order to increase our revenue for this event.
- The Martin Fund Racing Expense of \$700 is comprised of three (3) disbursements during the calendar year 1999 from funds that were donated to the club in prior years. These transactions were recorded as revenues during the year that the donation was received and as an expense in the year that the money was disbursed.
- A special thank you should be extended to Wayne and Leslie Jolley of Jolley Concrete, Inc. for their very generous donation of \$1,000. Wayne and Leslie also donated a great deal of their time and efforts in coordinating the 1999 Mohegan Striders Grand Prix Race Series as well.

If you have any questions or comments concerning this information, please feel free to contact me at (860) 886-4959 or e-mail me at dsikorsk@mtga.com. Thank you.

Sincerely,

Don Sikorski

Treasurer

Mohegan Striders Association

**THE MOHEGAN STRIDERS
ASSOCIATION, INC.
BALANCE SHEET AND INCOME
STATEMENT
FOR THE CALENDAR YEAR ENDING
DECEMBER 31, 1999**

ASSETS

Cash-Savings	\$5,040.88
Cash-Checking	6,204.50
Cash-John Martin Fund	358.88
USATF Awards Receivable	450.00
Inventory-Uniforms (9 @ \$15)	105.00
Inventory-Jackets (6 @ \$40)	240.00
Inventory-Hats (3 @ \$10)	30.00
Prepaid Banquet Deposit	250.00
Prepaid Bulk Mail Postage	42.31

Total Assets **\$12,721.57**

LIABILITIES

Club Circuit Awards Payable	\$351.32
Racing Expenses Payable	958.00
USATF Awards Payable	1,825.00
Dues and Banquet Payable	771.00

Total Liabilities **\$3,905.32**

FUND BALANCE

Fund Balance - Beginning	9,448.87
Net Gain (Loss)	(632.62)
Fund Balance - Ending	8,816.25

Total Liabilities and Fund Balance **\$12,721.57**

REVENUE

USATF Awards Earned	\$1,825.00
Dues (381 Members)	2,020.00
Sponsorship Donations	1,000.00
Norwich Recreation Series Fees	320.00
Norwich Navigator Revenue	364.00
Interest Income	82.84

Total Revenue **\$5,611.84**

Less: Total Expenses **6,244.46**

NET GAIN (LOSS) **(\$632.62)**

EXPENSES

USATF Awards Paid	\$1,825.00
USATF Racing Expenses	958.00
Martin Fund Racing Expenses	700.00
Recreation Race Awards	145.01
Club Circuit Prizes	351.32
Social Committee	418.34
Community Service	92.92
Newsletter Printing	404.92
Postage and Supplies	386.18
USATF Club Dues / State Fee	50.00
Donations	25.00
Banquet Expense	690.50
Miscellaneous Expense	197.27

Total Expenses **\$6,244.46**

STRIDER MINUTES

2/7/00

By Kris-Anne Kane, Recording Secretary

Meeting was called to order at 7:05 pm.

Treasurer's report: Don Sikorski reported \$1800 in awards was handed out at the annual banquet. He will submit his final report to the newsletter. \$700 from the John Martin fund has been used. Don stated the club would probably break even for the 1999 year.

Membership: Karen Short reported there were 216 paid members at this time.

Newsletter: Bob Buckingham announced the deadline for the newsletter is March 1, 2000. His e-mail address is: buckinghamfour@msn.com.

Banquet: Tim Kane announced this year's banquet was very successful and the band members were given a hearty ovation for their outstanding performance. Bob Carbray shared that the club raised \$202 from the raffle, coordinated by Bob.

Grand Prix: Tim Kane announced that the banquet was the first event on the circuit. Don Sikorski added the L & M Spring Stride on May 6th would be the first race.

Picnic: Chris Hanson stated that Lynne is waiting for approval from Giddens Park in Franklin. Lynne has talked to Lee Johnson about reserving this site. The club will have to provide grills.

Racing teams: Tim Kane announced that the USATF racing schedule is out. The schedule has been changed radically. The Rose City Challenge will be the 10-mile state championship.

Old Biz: Tim announced uniforms are still available as well as new long sleeve t-shirts for \$10.

New officer recruitment committee- Tim Kane announced he "latched onto this idea with a death grip". Tim Smith asked for volunteers to serve on this committee to prepare for next year's elections. Terry Smith, Bob Carbray and Todd Guertin will serve on this valuable committee. Bob Carbray suggested setting a time limit for the executive board to serve.

Old shoes- Ed Root volunteered to take over the "Old Shoes Project" started by Rich Friedrich last year. Old running shoes will be collected throughout the year at road races by Ed and sent to Texas where they will eventually be sent to underprivileged countries.

Milrose Games trip- Pete Volkmar reported the "trip went well".

Excuse Quilt- Terri Smith shared her whimsical "excuse quilt" she started last year. Members can note their excuse for not running well or not running at all. The quilt will be displayed throughout the year at various events.

Peace Run- Frank Morosky shared the newly constructed three-sided Peace Run poster. It lists the participants for the 1999 run, the places of worship visited and some

interesting facts about the Peace Run. Frank plans on taking the Peace Run quilt on tour to area places of worship this year.

New Biz: Tim Kane asked the club members present if they would like to host Strider Night at Dodd Stadium again this year. All were in favor. Tim asked for volunteers to take over coordinating this event. Frank Morosky volunteered as long as he is not the only person on the committee. John Sacrey offered to help. Pete Volkmar offered to display any flyers the committee creates at SNERRO races.

Rose City Challenge: Pete Volkmar shared that the Rose City Challenge Committee has requested the Mohegan Striders serve as water marshal again this year. Bob Buckingham agreed to be 'water king' again. Pete also announced a club special- if a club or group can submit 10 race applications in one envelope, there will be a \$5.00 discount for each runner.

Other Biz: Tim Smith was asked by former Strider Joe Banas to read an open letter at tonight's meeting regarding the Norwich Bulletin's 'Runner of the year' column written by Don Sikorski. After the letter was read, Pete Volkmar asked why the letter was addressed to the Mohegan Striders since the club has nothing to do with the column. Tim Kane added, "This is not the forum for this sort of thing...this should be handled through the Norwich Bulletin. We have nothing to say about this because it's none of our business".

Chris Hanson announced the next meeting would be held May 1, 2000.

Bob Carbray motioned to adjourn meeting; Kris Kimbro seconded motion.

SATURDAY SERIES SUCCESSFUL

By Marshall Collins

The Saturday morning series of runs has been more successful than ever. Weekly, and in some cases weakly, between 15 to 25 people have braved the weather to get in a run of varying distances. So far, we have run in Ivoryton, Niantic, North Stonington, New London, Preston, Salem, Hope Valley and Westerly, R.I. We still have stops to make in Oakdale, Yantic, Stonington and our season ending potluck cookout on April 1st.

We have had great food after running and the courses have been scenic. Tradition has been dutifully observed with faulty directions from Doug Peachey (Nona's directions were correct), the absence of Way Hedding after the Millrose trip (we couldn't imagine why), maps with such small print that even the State Police get lost, wonderful food, and some interesting weather. Although the footing has been good, the two stops in Niantic were run in 6 to 10 degree weather with a strong wind.

Those in the group that doing marathon training are up to 20 miles, while the lesser humans have been running courses from 4 to 12 miles. In spite of all the variables, people have been running in groups and although no one has gotten lost yet, there is always someone to whine with.

Finally, it has been great to see participants of all ages. Runner's ages have ranged from 18 months to 60 years. If you are wondering, Jotham Coe deserves either praise or medication for pushing his twin boys up the hills of Ivoryton, and of course Clem McGrath has been the oldest participant until he took off for Florida to win a few races from the really old guys down there. We hope that more of you will join us. It is a great way to put in some decent miles during the winter and we have been known to have some fun.

SHORT TAKES

Enough already. This running in windy, cold, windy, snowy, windy, freezing weather (did I mention the wind?) is getting old. Very old. And annoying. Question for the meteorologists in our ranks – how come it's never windy in the summer? And, furthermore, how is it possible that the wind can be in one's face when running in a certain direction AND still be in one's face after said runner has turned 90 degrees and then again after another 90 degree turn? How is that possible? How can the wind be in my face on the way out AND on the way back? HUH? HUH? HUH?.....Grumbling aside, let me just say this about the Banas / Sikorski / Gallerani controversy: Joe, you don't get a vote. It's that simple. Don's column is his column. Period. End of discussion. Get the feeling that maybe I know what it's like to be in Don's shoes? I don't really care who wins the award, who is deserving, who is qualified, who was overlooked, blah blah blah. The simple truth is that Don's column is an opinion column, his opinion. Next topic?.....Check out Marie Mello's latest video, coming soon to the adult section of a Blockbuster near you!.....Many Strider congrats to Leslie Jolley who finished her first half marathon (2:11) in Disney World last month. Equally impressive was Laurie Lamb's 2:48 in the Naples Half Marathon. That's 13.1 miles WALKING at close to a 12 minute pace! Wow! Congrats also to Laurie's longtime love, Colburn Graves, who ran the Naples Half and finished in 2:17 despite that nagging injury in areas that are best left unmentioned. Missing in Naples – one black toenail. If found, please return to Laurie.....Banquet Bits 2000 – Another excellent time at yet another excellent Strider Awards Banquet. President Timster Kane, once again, proved why he is an outstanding club leader by coordinating a night of fun, food, music and camaraderie. The Strider House Band, The Runz, were the night's entertainment and had a pleasant surprise for all those in attendance. New band member, Laurie Lilienthal, dazzled the crowd with her amazing vocals and sexy alter ego proving that the club Webmaster Can Sing! Wow! Once again, thanks to Jim Carper, Todd Guertin, Steve Hancock, Chris Hansen, and Curtiss Thompson for providing their clubmates with some great tunes and a great time. We can only hope that y'all had as much fun playing for us as we had dancing to you! Please come back next year!...Other club notables : apparently Elvis isn't really dead after all; he was resurrected at the banquet. Let me say this – please let him rest in peace. Please...Bob Carbray provided a slew of raffle prizes to anyone willing to spend a few bucks and take a chance. Bob raised over \$200 for the club and most of us walked away with a treat or two (or seven or eight if you were Kris Kimbro or Liz Tefft). Great idea, Bob. Thanks for your efforts!...Zubby may not have cleaned up with raffle prizes but I think the Zubby household took home the majority of Grand Prix trophies!...Hard to believe, yes, it has happened, we finally did it! The Striders finally signed up the Other Silva Brother and his gorgeous (and fast!) wife. Welcome, Pete and Edna! 'Bout time!... Always wonderful to see Brenda Crank and catch up on the goings-on with the Crankettes and Laura. Out of sight but never out of mind. Miss you, Brenda...Conspicuous in their absence were the Swift Bros. Maybe next year, guys? Maybe Steve didn't want to be embarrassed by the press he received in "Running Times." Maybe he thought someone would have brought the magazine to the banquet and read the article out loud? Nah...Heard that our club VP likes to dress his wife (one would think that undressing her might be more of a priority). Guess Chris Hansen has an eye for Ladies Apparel. A good eye, I might add. Lynne looked hot! Good job, Chris!...Speaking of hot, yes that was Mike Pretty Boy Fusaro out on the dance floor. Seems that Rosemary Orciari accomplished what no woman before her has been able to successfully do – she got Mike to dance! Amazing. Where's that damn digital camera when you need one? Next year's challenge for Rosemary is to get any one of the Swifts to publicly boogie...Hi Teresa! How's the travelling going? Shuffling in any cool places lately?...Julie Pinkham may not look any different but don't be deceived. There's a sinner hiding behind that cute smile and friendly face. A happy sinner!And, speaking of happiness, many many many good wishes to Ellen and Rob Scala who recently welcomed daughter Lia into their household. Looking forward to seeing Mom running with baby jogger and dog as I'm going into work one of these days (warmer days, I hope!).....How's my long time buddy, Jim Loughead doing with his studies? How'd YOU like to go back to college at age...well, let's just say Jim is to be commended for his commitment to furthering his education at an age when most of us are starting to forget all the things we learned way back when.....Is Ma-Mo really living with a WOMAN? REALLY?.....Strider Get Well Wishes to Lloyd Whitman. Hope to see you at a SNERRO race soon!.....Lastly, best of luck to Steve Swift who will be running for his dreams in Pittsburgh. Wouldn't it be just awesome if. . .

And, in closing, "Do you love him, Loretta?" "Ma, I love him awful." "Gee, that's too bad."

COACH'S CORNER
By Chris Hansen and Don Sikorski
"THE DO'S AND DON'TS OF INJURIES"

As most of us can attest, very few runners get injured. It is relatively rare to know a bruised and banged-up runner. Follow this logic and chances are you've wagered on the Red Sox to win a few World Series in past years. Let's try again. The truth of the matter is that anyone reading this article probably has never known a runner who has effectively dodged any sort of running-related injuries or any type of pain that requires some medical attention (runners under the age of 21 don't count). The following is a list of general ideas that might help prevent injuries, or at least help speed recovery from injuries when they do occur:

- **R.I.C.E.** – Rest, Ice, Compression, and Elevation. Most have probably read this advice before, but it really works. When pain or injury occurs, RICE can help alleviate most problems. Don't dismiss this advice as too simple. Hint: If you find icing injuries to be a real inconvenience, try using a bag of frozen vegetables to avoid the mess of melting ice in your living room. Second hint: Be sure to clearly label this bag of frozen vegetables as an ice pack to avoid being served these vegetables as a side dish for a future meal.
- **GET OFF THE ROADS.** Try moving your training run to some nice trails or grass surfaces. This type of terrain greatly diminishes repetitive motion injuries due to the softer ground and the more random foot plant angles. The chance of spraining an ankle is far outweighed by the added benefits, not to mention the nice scenery and increased knee lift gained in the woods. From personal experience, one of the coaches thought his running was over, due to reoccurring inflamed cartilage in the knee. Fortunately, a move to the woods completely cured the pain which seemed like it was going to last a lifetime.
- **DON'T RUN THROUGH PAIN.** Be sure to read into this statement correctly. In running, there are two kinds of pain. The first is the threshold pain of fatigue when pushing your body to the very limit while attempting to cover ground at a rapid rate of speed. Let's call this "Racing Pain". The second is pain from injury. We'll call this "Injury Pain". Know the difference. For example, if you back down during the last mile of a race because your body is tired, chances are quite frankly that you're probably a wimp. However, if you develop an achillies problem, **do not try to run through it.** If you think it's best to attempt a few easy miles but then have trouble walking from your desk to the men's room at work, **skip the run.** These are classified as Injury Pains, and are not those types of injuries where you can just "suck it up." Just trust us; we possess first hand experience.
- **BUY A NEW PAIR OF RUNNING SHOES.** Think of this as the same type of reasoning as changing the oil in your automobile. This preventative measure is a lot easier (and cheaper) than going to a doctor. Novice runners regularly ask about various leg pains. When asked about their shoes, the a common reply is that they have had them forever, but that they don't run that much so their shoes aren't worn out. Have you ever compared a brand new set of shoes to your old ones? We will leave it at that—sorry Clem.
- **TAKE AN OCCASIONAL DAY OFF.** Taking a day off as soon as a problem is assessed is often prudent. Sometimes the legs need a day to heal from the constant beatings you may have been giving them. As a compromise, at least consider a short-term cut back on both mileage and intensity. Learn to apply at least some form of a hard day / easy day routine in your training. Pounding your body every day will lead to spectator status.
- **STOP BEFORE IT HURTS.** If an injured area hurts more as you run, **STOP.** It is better to run a little, pain free, than to prolong and possibly worsen an injury just to get in those extra two miles. Run smart.
- **AVOID THE MARATHON TEMPTATION.** Running a marathon with a slight pain in your leg will lead to a huge pain in your leg—is it worth it?
- **STRETCH AND STRENGTHEN.** No study has yet definitively demonstrated that stretching can help prevent injury, but aside from the time it takes, it sure can't hurt. Any type of strength training or cross-training may also provide benefits, depending on your definition of cross training (Guinness drinking, riding in a golf cart, and Casino gambling don't qualify).
- **TRAIN SMART AND RECOVER.** A good rule of thumb for race recovery: for every mile of the race distance, it takes about a day to recover from that mile. For example, a 5-mile race usually takes about 5 days to fully recover from.
- **GET A SECOND OPINION.** Question: What do you call a person who graduates dead last in his or her class from medical school? Answer: Doctor. Give them some credit for their knowledge, and try to find a physician that looks like they at least possess some notion of your physical fitness needs.

The best advice we can offer, of course, is to not get injured in the first place. But when injuries do occur, try following these guidelines on your road to recovery. See you on the roads.

Coach's Corner welcomes questions from dues paying Mohegan Striders to be discussed in upcoming newsletters. Contact Don or Chris by writing to Coach's Corner, c/o Sikorski, 6 Crescent Street, Norwich, CT 06360, or e-mail at clehansen@netzero.net or dsikorsk@mtga.com. The opinions expressed in the above article represent that of Chris, Don, and the army of disciples who follow their preaching and not necessarily that of all members of the Mohegan Striders Association.

SENIOR RUNNING

The past two years, since I turned 60, have been very rewarding and a lot of fun. I give many thanks to all my running friends who encouraged and complimented me. I hope I have responded in kind. Thanks also to the Mohegan Striders for their support. I competed in world, national and regional championships and was fortunate enough to come away with a few medals. I was fortunate to have placed first in my division in over 110 races, including many track events. At the sixty-third Manchester Road Race, I placed first for the sixty-third time this year with my next birthday being my sixty-third. Another important part of these competitions is the new friendships made as well as seeing and running with old friends.

Every year I look forward to the Senior Games. This year is the qualifying year for the biennial National Senior Games (Senior Olympics), taking place in Baton Rouge LA in 2001. All New England states have annual competitions in eighteen different sports for men and women fifty years and older in five year age brackets. It is very rewarding to watch and cheer for fellow athletes, especially those 'youngsters' in there eighty's and ninety's. The Connecticut Senior Olympics have been very successful. Will Berger and Ginger Bedat, who have been the driving force behind these games for so many years have recently retired and will be sorely missed. They have always been there to support and encourage the Connecticut athletes. At the National Senior Games in Orlando last year, during my second lap in the 800-meter run, I heard and saw them telling me to get moving. This encouraged me to move from third to second in my heat. Last year medals were given to the top three and ribbons to the next five, giving more of the 11,938 athletes a chance to go home with an award. In August of this year the National Masters Track and Field meet will be held at Hayward field in Eugene OR. I ran there at the World Masters Games and it truly is special. As we move on in life, many of us try different sports. At the Eastern Regional Championships, I ran the steeplechase for the first time and loved it. The National Senior Games will run winter games for the first time at Lake Placid this year. I plan on participating in the cross-country ski and snowshoe races and am trying to get them to have sled dog racing so I can run with my dogs.

Maybe I run a lot of races because I would rather run in a race with friends than run by myself. It is a good workout for me and I can support a good cause. I don't 'race' every race, but most times I try to win my division.

Running is a very rewarding way of life in many ways, but it is only a part of the total. My wife, Arden, who competes in swimming in the Senior Games, and I attend the distant events as vacation time. We tour the area trying to see and do as much as we can. My running friends and I are awed and encouraged by other athlete's stories of overcoming adversities. General talk gets around to the fact that we get slower each year. In the end we realize how fortunate we are to still be able to run with our friends. Below are the web sites for some of the various senior organizations.

Jerry LaVasseur

- | | | |
|---------------------------------------|-------------------------------------|-------------------------|
| National Senior Games Association | nsga.com | nationalseniorgames.net |
| World Association of Veteran Athletes | wava.org | |
| Masters USA Track & Field | eugenechamps.com | |
| National Masters | nationalmastersnews.com | |
| Masters running | members.aol.com/trackceo/index.html | |

2000
MOHEGAN STRIDERS
CLUB GRAND PRIX CIRCUIT SCHEDULE

MAY 6	L&M SPRING STRIDE	3.5 MI
MAY 20	KILLINGLY-BROOKLYN SPRINGTIME	5 K
JUNE 2	RUN FOR RELIANCE HOUSE	5 K
JUNE 11	ROSE CITY CHALLENGE	10 MI
JUNE 15	ST CATHERINE'S FESTIVAL RUN	3.8 MI
JUNE 22	PRESTON CANNONBALL RUN	1 MI
JULY 9	NEW LONDON ROAD RACE	5 K
AUG 27	SNEEKERS' RUN	2 MI OR 5 MI
SEPT 23	LISBON FALL FESTIVAL	3.5 MI
OCT 29	STRIDES FOR THE HANDICAPPED	3 MI OR 5 MI
NOV 11	EBAC FALL CHALLENGE	4.75 MI

SCORING IS AS FOLLOWS:
100 POINTS FOR 1ST CLUB FINISHER, 95 FOR 2ND 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, 2000. AWARDS TO TOP 3 STRIDERS PER DIV.
RACE ATTENDANCE (IF NOT RUNNING) = 10 PT
NORWICH REC RUNS ATTENDANCE (7/6-9/7) = 10 PT/WEEK
ROSE CITY VOLUNTEER = 50 PT
EAST LYME MARATHON VOLUNTEER OR RUN (9/24) = 25 PT
STRIDER PICNIC ATTENDANCE (8/?) = 25 PT
AWARDS BANQUET ATTENDANCE = 25 PT
MEETING ATTENDANCE = 25 PT
(REMINDER 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 WRITE YOUR OVERALL FINISH PLACE IN THE SPACE PROVIDED
OR DNR (DID NOT RUN). CHECK DATES FOR RACES WITH RACE DIRECTORS.

QUESTIONS? CONTACT WAYNE OR LESLIE JOLLEY 779-3980-DAY OR 779-9119-EVEN
OR EMAIL US AT jolley@cyberzone.net

GRAND PRIX CIRCUIT RULES & REGULATIONS

2000 MEMBERSHIP DUES MUST BE PAID TO RECEIVE POINTS!!

We receive an updated membership roster prior to every Grand Prix race.
Please be on it....we are.

At each event please look for the Mohegan Striders 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, 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.

GRAND PRIX ROAD RACE FINAL SCORES

Steve Swift	28	25
Jamie Wallace	28	185

AGE GRAND
as of POINT
5/01/99 TOTAL

MEN'S JUNIOR (19 AND UNDER)

Ethan Andstrom	6	10
Michael Brown	0	40
Patrick Brown	2	40
Jonathan Carper	9	65
William Carper	9	70
Zachery Eckard	9	480
David Flounders, Jr.	6	50
Ryan Gauthier	12	105
Kyle Guertin	8	25
Ryan Guertin	10	25
Tyler Guertin	4	25
Ben Izbicki	10	85
Anson Moody	13	195
Marc O'Farrell	14	650
Stephen Renzoni	10	90
Kevin Sikorski	1	155
Ned Smith	13	80
Charlie Spellman, Jr.	4	40
Michael Zenowitz	12	100
Tom Zenowitz	16	100
Eddie Zubritsky	7	220

WOMEN'S JUNIOR (19 AND UNDER)

Elizabeth Boucher	12	300
Guineveire Doyle	16	60
Ariel Flounders	1	50
Patricia Flounders	4	50
Elizabeth Hansen	3	175
Colby Ladd	11	90
Jane Sacrey	12	60
Megan Smolenski	10	80
Victoria Spellman	0	40
Kailey Sullivan	0	35
Angela Jeanne Thompson	0	80
Haley Rose Thompson	3	80
Katelyn Zubritsky	5	110

MEN'S OPEN (20 - 29)

Scott Deslongchamps	29	575
Todd Deslongchamps	25	405
Chad Johnson	23	260
Kris Kimbro	28	800
James Parks	20	340
Tom Sullivan	29	535

WOMEN'S OPEN (20 - 29)

Paige Davenport	29	25
Kristin Sullivan	28	70
Elizabeth Tefft	24	590

MEN'S SUBMASTERS (30 - 39)

Frank Balantic	37	620
Bob Buckingham	38	185
Glenn Costello	39	325
Bob Davenport	30	25
Roger Davis	38	95
Eddie Eckard	34	805
David Flounders	35	250
Richard Friedrich	34	700
Mike Fusaro	33	755
Todd Guertin	36	720
Chris Hansen	33	455
Chris Lawrence	32	145
Ed Lilienthal	36	50
Al Lyman	39	25
Christopher Page	36	170
Steven Rief	32	25
Don Sikorski	32	480
Charlie Spellman	36	410
Joe Swift	36	25
Patrick Swift	34	25
Gregg Weber	32	100
Ed Zubritsky	36	755

WOMEN'S SUBMASTERS (30 - 39)

Paulette Bolton	39	225
Barbara Brown	31	40
Shari Flounders	38	75
Lynne Hansen	32	775
Kathy Izbicki	39	385
Linda Jaynes	36	85
Kris-Anne Kane	35	735
Christine Lemieux	38	85
Laurie Lilienthal	33	145
Stacey Lion-Lee	39	25
Susan Makowicki	37	25
Karen Ouimet-Bastedo	34	110
Julie Pinkham	33	25
Monica Rief	35	25
Gena Rose Schaller	36	25
Karen Short	38	535
Catherine Sikorski	31	270
Carla Thompson	39	285
Rebecca Zubritsky	35	25

MEN'S MASTERS (40 - 49)

Andrew Anderson	45	70
Brian Andstrom	43	515
Doug Barlow	42	110
Michael Boucher	45	295
David Brady	46	60
John Brown	40	480
Jim Carper	45	170
Jotham Coe	40	55
Marshall Collins	49	175
Sean Delaney	41	35
Dean Festa	45	155
Steve Gagnon	42	125
Kevin Gallerani	44	100
Wayne Hanson	49	70
Way Hedding	49	295
Steve Hill	48	90
Thomas Izbicki	42	425
Lee Johnson	47	10
Wayne Jolley	48	870
Tim Kane	42	340
Mike Ladd	46	425
Joe Lemieux	46	350
Brian Lundie	44	405
David Magario	40	260
Carl Mailhot	44	140
Luis Martinez	44	45
Mark Maruscak	42	255
Frank Morosky	48	115
Doug Peachey	48	115
John Sacrey	47	815
Philip Schaller	42	110
Walt Smolenski	42	380
Curtiss Thompson	45	495
Ken Wimberly	40	370

WOMEN'S MASTERS (40 - 49)

Germaine Boucher	42	230
Teresa Dickson	40	490
Melinda Hedding	44	225
Joanna Herrick	41	95
Dee Hill	45	10
Leslie Jolley	45	880
Laurie Lamb	46	180
Susan Lamoureux	40	370
Denise Magario	40	125
Carol Osora	41	275
Nona Peachey	41	25
Christine Sacrey	45	35
Terrie Smith	45	295
Kathy Smolenski	42	830
Michele Spellman	40	155
Michele Wolfe	44	120

MEN'S GRANDMASTERS (50 AND OVER)

Randy Baah	51	225
Jerry Brown	57	240
Jay Churchill	54	85
Jack Curran	59	65
Paul DeAngelis	53	175
Ron Dombrowski	55	890
Charlie Fenick	58	85
Cliff Fisher	57	35
Carl Fuller	55	70
George Gillespie	57	55
Steve Hancock	51	75
Dave Jacobs	53	775
Tom Lee	50	55
Lance Magnuson	55	835
Ray McDermott	55	220
Clem McGrath	59	90
Eugene McGrath	58	95
Bob Niedbala	51	195
Jerzy Pileszczak	53	250
Ken Rawn	56	90
Ed Root	53	465
Walter Scepanski	56	75
Timothy Smith	51	805
Al Vescovi	59	20
Pete Volkmar	55	135
Dennis Zajehowski	55	600

WOMEN'S GRANDMASTERS (50 AND OVER)

Michaeleen Haeseler	52	680
Ellie Lowell	52	350
Pauline Magnuson	57	235
Judy McGrath	57	100
Jan McKeown	52	20
Geraldine Palonen	56	90
Lynn Wisniewski	52	320

MEN'S VETERANS (60 AND OVER)

Bob Carbray	61	140
Colburn Graves, Jr.	65	285
Daniel Jacobs	62	435
Jim Latourette	65	95
Jerry Levassuer	61	525
Joe Lonardelli	65	175
John Martin	80	95
Peter Pantelis	73	100
Patrick Reynolds	65	20
Victor Sitty	66	80
Jan Slonski	60	190
Ed Sweeney	81	90
John Thomas	60	100
Joseph White	67	90

Roger Zotti 60 270

WOMEN'S VETERANS (60 AND OVER)

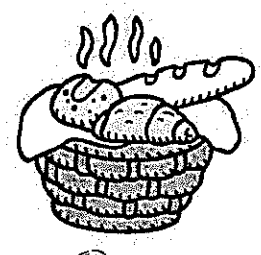
Jackie Fisher 62 10
Anne Bingham Pierson 69 220

We still have trophies for the 1999 Grand Prix



HONORARY MEMBER NEWS

For those who are not aware, John Martin, one of our honorary members, had a heart attack the day before our club picnic in August. Following that, he had a five-way bypass. It has taken time, but he is almost back to normal (he never was normal before-only kidding Dad). You cannot keep him away from running. He is back to doing a mile or so a couple days a week and doing a lot of walking. He will be up here running come June. Be on the look out for him.
Lynn Wisniewski



for the following people:
Elizabeth Boucher, Ron Dombrowski,
Michaeleen Haeseler, Ellie Lowell, Lynn
Wisniewski, Colburn Graves, Jr., Anne Bingham
Pierson and Jackie Fisher.

We will bring the trophies with us to L&M
Spring Stride on May 6th. Please
come and see us and we will be glad to give you
your award. Thanks and see
you at the races!!!

The Strider Picnic is scheduled
for August 19th, 2000, noontime.
Normally it is scheduled for the August
12th weekend, but this date is taken. We
are having the picnic this year at
Giddings Park, Rte. 207, North Franklin,
which is the same place as the Cross
Country Rec Races that Lee Johnson
puts on. Please make a note - there is
NOT a grill at this place. If anyone
would like to bring his/her grill, that
would be great! There are lots of fields,
a playground, and a pavilion.
Thanks.
Lynne Hansen

Strider Picnic News

RUNNING AS SACRIFICE AND METAPHOR

Interview with Frank Morosky

By Roger Zotti

As Frank Morosky sees it, running can be done for reasons other than competition.

"One such purpose is sacrifice," Morosky said.

A Strider for almost two years, what Morosky means by sacrifice is "showing the public you really care about a particular cause. The Peace Run demonstrated this. The Peace Runners put their time, effort, and sweat on the road for a cause they believe in."

And when Morosky's friends ask why he didn't opt for having a bake sale or a car wash for peace instead of a run, he replies that because of its physical effort running is a purer form of sacrifice than those activities.

"A perfect example of that is Al Lyman of Montville," Morosky said. "He ran for the Children's Wish Foundation. He ran for a higher cause."

Roger Zotti: Talk about last year's Peace Run.

Frank Morosky: It was a little bit on the disappointing side. Being the eternal optimist, I had projected there would be more participation on the part of the general public. But I'm not totally down about it because we had 80 people who participated, which is a pretty good-sized crowd of folks. Spread out over a year, though, it's not that many people per week. But it was the quality of the people who participated more than the quantity, and in that respect our goals were far surpassed.

RZ: What's the history of the Peace Run?

FM: Well, I first learned about it when I was living in upstate New York back in 1995. I heard the run was coming through, and though I didn't participate in it, I became interested in what it was trying to accomplish. So when I came back to Connecticut, I found out more about it. Lo and behold, every two years it would come through Norwich. I contacted the people in New York who organized and sanctioned the Peace Run, and they made me the unofficial Eastern Connecticut Coordinator. From there I became involved in our own local Peace Run effort.

RZ: Any Peace Run plans for this year?

FM: Yes. As you know, we went around last year running from one place of worship to another with the peace quilt and had members of the different congregations we visited put their prayers and messages on it. This year we're planning to tour the peace quilt throughout the area. We're going to take it back to the different places of worship and let the people see the full impact of their contribution to the cause of world peace.

We'll take it to any churches interested in seeing what we did. We'll offer it to different towns, so it can be displayed in their town halls. We'll take it to any local places of business that would like it displayed for the benefit of their employees. We'll carry it to any other appropriate place in the community interested in the cause of peace. By the way, the downtown tourism office in Norwich has expressed interest.

RZ: I'm sure the Peace Run has a doctrine.

FM: One of our basic tenets is the belief that the common man and woman can make a difference in world peace. Another is that world peace can be achieved one person at a time. They're both especially poignant.

RZ: Once you mentioned renaming the Run.

FM: Well, if I could rename it, I'd call it the Inner Peace Run because that's what it's really trying to accomplish. In other words, peace begins with me. Only when we have achieved inner peace, one person at a time, can we hope to have outer peace. And if enough people think that way, there will be an impact.

RZ: Let's go back to the peace quilt tour. I understand there's a sign.

FM: Yes, and that's what I've been primarily working on. I'm getting that ready. The tour, you see, will comprise not only the peace quilt but also a big 4x8 display sign that will have listed on it the names of all the people who took part in the Peace Run last year, the names of the different places of worship we visited, a description of what it was we did as well as why we did it, a map of our route, and a listing of all the different entries on the quilt.

RZ: Sri Chimnoy--

FM: --is a very interesting person. He's different things to different people. He's actually an athlete. He was born in 1931, in India, and in his youth was a decathlon champion. In his adult years, he became a marathoner and completed 22 marathons. Lately, in his

golden years, he's taken up weight lifting. He's also an author and has written some 1200 books. He's a musician who plays 60 instruments, many of which are from his native culture.

An artist. He's most famous for having created seven million bird drawings. Sounds ridiculously fantastic, but each drawing is like a doodle, almost microscopic in size. And despite having accomplished so much, he's still a humble person.

RZ: What's he doing now?

FM: The accomplishment he's most proud of is title of At-Large Ambassador to Peace. Every week he's conducted meditations at the United Nations in New York City for the ambassadors and their staffs. He's been doing this ever since he first came to the west. So he's recognized as a spiritual authority--a World Peace authority--on the order of the Dalai Llama, Mother Teresa and Pope John Paul. He's not known in the west as well as those folks, but he will be. He's created such programs as the Peace Run and given five hundred concerts, free, around the world all in the name of world peace.

RZ: What are your non-Peace Run plans for this year? Road races?

FM: For the last 20-25 years I've been non-competitive. From time to time, though, I enjoy getting involved in road races. I did the Canon Ball Run last year. I'd be interested in running the St. Catherine's Road Race. I like the camaraderie of runners, but I don't have a lot of competitive juices flowing. I don't have much natural running talent, though I've run races in the past and did reasonably well at some of them.

My interest is using running as a metaphor for becoming a better person, for meditating, for experiencing higher levels of consciousness. For me, running is a physical form of meditation. When I go running, which I usually do by myself, I typically do it to enjoy the beauty of nature as well as the exhilaration of moving my body as fast as I can, which isn't too fast these days.

PEACE RUN WRAP-UP

Well, the 1999 Eastern Connecticut Community Peace Run is now history. It was a tremendous journey through Southeastern Connecticut and into the hearts and souls of everyone in Southeastern Connecticut whom the Peace Run touched along the way. We ran every weekend in 1999. We ran through all twenty-one towns in New London County. We ran over 250 miles. We ran to more than 40 different places of worship. We ran to honor the 2,000th anniversary of the birth of Christ. We ran to bring our religious denominations closer together. We ran to spread a message of peace from one congregation to another through the medium of our 'Peace Quilt'. We ran because we love to run and God has blessed us with the ability to do so. We ran not just for our community, and ourselves but because we are part of a worldwide effort to bring about outer peace through inner peace attainment.

PEACE RUN STATISTICS

No one really knows exactly how far we ran because there was no truly accurate way to measure it. Even a car's odometer isn't all that accurate and anyway, we did not use this method consistently enough to be able to rely on it. However, I do have a fairly accurate map with a scale and a pocket odometer that I have gotten pretty adept at using so here goes:

Total distance covered (best estimate)-258 miles. Average distance /week-4.96 miles. Longest run-7.8 miles (week 8, 2/21/99, Chelsea Parade to Lawler Lane and back).

Shortest run-1.7 miles (week 2, 1/10/99, Norwich UU Church to Glory Church).

Total runners and participants (people who came to ceremonies, but did not run)-79.

Most active runner/participant- Bill Champagne, Preston CT.

Family with most runners/participants- The Smiths of Norwich, the Schilkes of Gales Ferry, the Onates and the LaPointes of Jewett City all tied with 3 members each.

Total number of places of worships visited- 44.

Most frequently visited denomination- Tie between Catholic and Congregational with 11 each.

Breakdown of other denominations- Baptist (5), Methodist (5), Unaffiliated (3), Unitarian-Universalist (2), Episcopal (2) and 1 each for Church of God in Christ, Lutheran, AME Zion, Society of Friends (Quakers) and Greek Orthodox.

Number of inscriptions on Peace Quilt- 505 (not including duplications and signatures).

HIGHLIGHTS

There are so many highlights it is hard to remember them all. I will try to recall the best of the best.

- Getting to know so many of the wonderful and inspiring clergy of New London County. We are truly blessed here in Southeastern Connecticut with some of the finest human beings in creation for our clergy.
- Visiting so many beautiful and moving places of worship around our area. They are all wonderful in their own right. If you have not had an opportunity to visit these places of worship, I highly recommend that you do.

- Getting the opportunity to view/experience the splendor of New London County at 6 miles/hour. What a truly beautiful place we live in and getting to see it at eye level while moving so slowly really allowed this fact to hit home.
- Meeting the friendly, supportive and spiritual people who were members of the congregations we visited. The people of New London County really love their fellow men and women, love God and love peace. It is my greatest sense of accomplishment to have brought them a little closer together.
- Reading the so many prayers and messages for peace written on the Peace Quilt. The heart-felt wishes the people of Southeastern Connecticut wrote on our quilt make it a manifesto for peace for our region and an important document for peace for our nation and the world. Copies of all 505 Peace Quilt inscriptions are available at no cost to anyone requesting it.

SPECIAL THANKS

Just like the Highlights, there are so many people to thank for the success of our inaugural Eastern Connecticut Community Peace Run that it is hard to remember them all. If I forget anyone, please forgive me. First of all is a very special thanks for the support I received from the founder of the Peace Run, **Sri Chinmoy**, Executive Director of Peace Runs International, **Neil Vineberg** and the Chairman of the U.S. Peace Run, **Lee Berube** in helping to design and implement our local Peace Run. Thank you to the stalwarts of our local effort: **Bill Champagne**, **Tim Smith** and **Marc O'Farrell**. It is safe to say that without them, I would have been a very lonely runner on the roads of Eastern Connecticut last year...The **Rev. Will Sieberg** for taking a chance on our Peace Run and inviting us to the Day of Prayer for Christian Unity Celebration at St. Mark's Church last January...the Sunday morning **Mohegan Park Runners** for making last February's 'open date' runs so eventful...**Deacon Phil Ludlow** for staging 'the peace run within the Peace Run' at St. James Church...the **Rev. Julia Wilson** for her enthusiastic support of the Peace Run with the Mystic-Groton Clergy Council...**Jamal Blanco** and **Morgan Church**, our two youngest peace runners, who paced us through the streets of New London and added a special touch of youthful joy and exuberance to an otherwise gray and soggy run...**Mary Ekler** and **Kit Johnson** for a very special duet performed at All Soul's Church last July...the **Rev. Alan Scott** for coming through in the clutch and inviting us to speak at both of his churches when it looked like no others were available...Musical Director **John Kunha** and the members of the **NFA Wildcat Marching Band** for serenading us and members of the **U.S. Peace Run Team** when the team made its biennial stop in Norwich last August...**Walt Smolenski** for rounding up all the local runners at St. Andrew's Church in Colchester...Coach **Carlos Onate** and the members of the **St. Mary's Cross Country Team** (17 in all) for the largest group participation in last years Peace Run...the **Rev. Lou Harper**, who transformed from town meeting chairman, to pastor, to member of a brass quartet, to choir singer in a matter of minutes right before our eyes at The First Cong. Church of Griswold last November...a most helpful colleague and dear friend, **Ray Mastronunzio**, of the Office of Justice and Peace within the Norwich Diocese, for his generous gift to the Peace Run and for acting as liaison with the Catholic churches on our route...the **Rev. Michael Smith** for his very moving prayer about 'running the good race'...the **Rev. Bill Frost**, who wins the persistence award for support of the Peace Run with his congregation...and especially my wonderful wife, **Denise Pelletier**, for sewing the Peace Quilt and tolerating my absence every Sunday morning in 1999.

WHAT'S NEXT?

You may have heard by now that during Y2K, we will be busy touring the Peace Quilt. We will be taking the quilt back to the places of worship we visited last year (as well as to any others who would like it), offering it to the Town Halls of all the towns in New London County we ran through and providing it to any businesses or other public/private entities who would like to display the quilt. If you or anyone you know would like to have the Peace Quilt come to you or your organization, please let me know.

Once again, thank you to all the people of Southeastern Connecticut for embracing the concept of the Peace Run and for making 1999 a great year for peace in our region. See you in 2001. Peace
Frank Morosky

Hi Striders!

Nick Bottone Jr., here. I'm a member of the Board of The Westerly Track & Athletic Club, Westerly, R.I. and a member of Southern New England Road Race Officials (SNERRO) based in New London/Niantic, Ct. I offer you the following writing. In the summer of 1975, several area runners from the Westerly Track Club, as it was formerly known, devised a plan for a weekly group run. They took their idea from a highly successful weekly series called "Run For Fun" which was founded by the late Sam Hathaway, a well known area running enthusiast. One of those several runners, was Tom McCoy.

The first Westerly Track Club Fun Runs began at the Weekapaug Breachway in Misquamicut, R.I. and proceeded through scenic Weekapaug. Distances were 1.5 and 3 miles. 20 to 25 runners participated in the inaugural Fun Run which was run on a Tuesday evening, so as not to conflict with the popular Hathaway Runs which took place on Thursdays. Participants enjoyed the initial runs and wondered if there was also another location to stage the distances (The Hathaway Runs were staged at several locations around the region). Once again, following Hathaway's lead- McCoy and his colleagues found another venue- Stonington, Ct. High School, just over the R.I. border, and its spacious wooded recreation area. The year was 1975.

From its modest beginning, comes the Silver Anniversary Year of what is now one of New England's oldest and largest continuous family oriented running events. Bearing the name of one of its founders who through the years has continued to coordinate the event for the good of the running, jogging, and walking public, The Tom McCoy Family Fun Run Series enters its 25th year into the New Millenium! St. Clare's Church in Misquamicut, R.I. is the present day home of the weekly summertime event, and has been for a number of years, offering scenic distances of 1,2, and 3 miles catering to all ages and abilities. A children's run is also staged with distances of 1/4 and 1/2 mile. Participation in recent seasons has been truly outstanding, with 200 plus on a weekly basis. Of the 200, as many as 65 are children, much to the delight of McCoy, a cross country coach at Stonington High School.

The Tom McCoy Family Fun Run Series 2000 is proudly presented by the Westerly Track & Athletic Club. The event begins on Wednesday June 21st and runs each Wednesday through August 16th. The program begins with the childrens' races at 6 P.M. followed by runs of 1,2, and 3 miles for adults.

Location- St. Clare's Church across from the Misquamicut Fire Station- Crandall Ave., Misquamicut, R.I.

There is NO ENTRY FEE to participate, however, a liability waiver form must be completed and submitted for the season.

For more information contact Tom McCoy- (860) 599-1219 or Nick Bottone Jr.- (401) 596-7404, E-mail= nbotjr@efortress.com.

Nick Bottone Jr.
(Asst. Coordinator)
Tom McCoy Family
Fun Run Series 2000

The Meandering Thoughts of a Wandering Strider

Hi Striders,

I am the new (but I don't think the improved) editor of the newsletter. My name is Bob Buckingham. There are a couple of things that I would like to do, such as give our newsletter a name (I think we need a contest; who wants to be a judge?) and start at least one regular column with writings from our far-flung Striders. So all you Striders who live a distance away, start thinking about writing about your running experiences (or just life) where you live. I hope that this issue and every other issue meet with your expectations. Please don't be shy either. We need your musings.

On February 19th, I decided to take a trip to Martha's Vineyard and participate in the 20-mile race they were putting on. So I dragged my son and his friend out of bed at 4:30 (not something they particularly wanted to do-teenagers), got on I-95, picked up Sue McCarthy and headed to Woods Hole in MA to catch the 8:45 ferry across to the island. Now the day before we had, if you all remember, quite a bit of snow and rain, creating some slippery conditions. But by the time we left, the roads were actually in pretty good shape.

For anyone who is interested in a pretty good run in February, this could be it. It will take a short drive (two hours), a five-dollar ferry ride and a beautiful island with really flat running. The ferry ride was very calm, which was good, as I get kind of queasy. On the way over and just after we got there, it was raining. By the start of the race, it had quit and there was no wind. They had over five hundred entries, but I think that the weather scared away a few of them. The total number of finishers was under four hundred.

The course is about 5 miles of road and most of the rest is on a bike path. The organizers had cleared all the snow off of the course and the town made sure that the roads were completely cleaned off. The route runs along the shore for ten miles, going past all the summer homes that line it. There are people who live there year round also. I was surprised by how many homes lined the shore, with hardly any kind of yards. I never did get to the other side of the island so I don't know if the same is true there. Once past the ten-mile mark, the course turns in toward the middle of the island. The support is good, with water stops every two miles or so. There are no real hills on the course. The race ends up at a school, with a great spread and showers.

So, if next year you are looking for a run, just something to help you get into shape, a long winter's run along a nice course, then maybe you should think about doing the 4th annual Martha's Vineyard 20-mile race. They give out great t-shirts also.