

THE MOHEGAN STRIDERS RUNNING CLUB
NEWSLETTER – August 2005

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The Mohegan Striders
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www.moheganstriders.org

President: Tim Kane (860) 823-1422
Vice President: Michael Fusaro (860) 889-6784
Treasurer: Lynne Hansen
Membership: Leslie Jolley (860) 779-9119
Secretary: Eddie Eckard
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

**Mohegan Strider Goodies now
available at the Strider Web
Store!**
www.moheganstriders.org

Mark your calendars:
Mohegan Strider Banquet
February 18th, 2006
Port'n Starboard Club, Ocean Beach, New London

Please submit all newsletter articles as follows:
Microsoft Word, Font=Times New Roman, size=10, all margins=1"
Why so picky? The less time required reformatting articles, leaves more time to
add those graphics and to create a more slick looking newsletter over time. In
future issues if extensive re-formatting is required the article may not be included
in the newsletter!

DEADLINE FOR NEXT NEWSLETTER IS November 1st

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.

A Note from the Editor
By Chris Hansen

Mohegan Strider Grand Prix

The remaining grand prix schedule consists of the Lisbon Fall Festival, A Moveable Feast, and EBAC races as well as the November meeting. Also this year we have added points for attending the Tommy Toy Fund Run. Also as added incentive if you sign up for the 2006 striders that night you will get points to start the next year. So I hope to see all striders there that night to support this wonderful cause.

Thanks Liz

President's Corner

By Tim Kane

It's been a long, hot summer and, as usual, it has rushed by so quickly that it has left me breathless and wondering where the time goes so quickly. Life and events seem to have a momentum that never lags, in fact, it, perversely, seems to pick up each year until each week and month seem to flash by like sound bites on a television screen. While events come and go quickly, it's good that there are some lasting memories of fun had so that we can actually remember we were at these events!

One of those great summer events was the traditional Strider Night at Dodd Stadium held on July 22. Many Striders showed up for a night of socializing and fun despite a fairly bad game in which our hometown Navigators got whupped pretty soundly. Of course, everyone wanted to see the fireworks after the game that were scheduled but, even the weather was against us and the Navigators that night as a rarity for this summer, rain, opened up on everyone at the end of the 8th inning and the game and the fireworks were called. My thanks go to Steve Hancock for taking the lead in getting people to the game, selling tickets, and throwing out the first pitch. He did all three of those tasks well and the Strider realized a profit of \$400 from the ticket sales. Great job, Steve!

The Strider picnic took place on Saturday, August 20 at Giddings Park in Franklin and a nice crowd of Strider Family and friends showed up to share a fun afternoon of food and games. All the usual suspects were there to ensure that a good time was had by all. A crowd of nearly 50 showed including a number of kids who had fun tossing water balloons, tying each other up into 3 legged couples for racing and dousing each other and a few parents with the usual squirt gun arsenal. It's good to know the big kids got along well with the little kids by coaxing them into a little picnic 'Russian Roulette' with the water helmet that kept the rapt attention of attendees from ages 7 through 70 for hours. Congratulations to Kris-Anne Kane for surviving the organization of another successful picnic and thanks to all who contributed to a great afternoon

especially Mr. Fusaro for the carnivore's delight Hot Dogs and Hamburgers and Wayno for his usual grill wizardry.

With fall rapidly approaching it's time to turn our sites to another momentous Strider event that should galvanize the attention of the whole club. For those of you who think I am talking about the upcoming Strider elections in early November I would say that, although I appreciate your enthusiasm, you are thinking of the wrong event. I am really talking about the Tommy Toy Run which is set for Friday night, December 9 starting and finishing at Billy Wilson's Ageing Still in downtown Norwich. Kevin Crowley has taken over the stewardship of this outstanding community event and has proposed a number of exciting changes that are bound to inject more life and, hopefully, more participation in what has always been a great holiday tradition for the Striders. I am sure there are more details inside this newsletter and I encourage you to circle the date on your calendar now and plan on making this the best attended, most fun Tommy Toy Run ever.

As September looms ahead of us with cooler days and longer nights it's time to reap the rewards of running through this dreadfully hot, humid summer at the fall races. Enjoy the cooler weather, support our local races including the Grand Prix and USATF race events and I look forward to seeing all of you, less sweaty and much fresher than this summer, on the roads this fall.

MARSHALL R. COLLINS & ASSOCIATES, LLC.

GOVERNMENT RELATIONS

117 New London Turnpike
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individuals and organizations before the Connecticut General Assembly, various state agencies,
municipal boards and commissions and the federal government.

Calling All Photographers

The newsletter is in need of some good or not so good pics of any and all Strider events fit to publish.

Old photos, New photos, lets see'um.

Email to: clehansen@cox.net



**We're in it for
the distance**

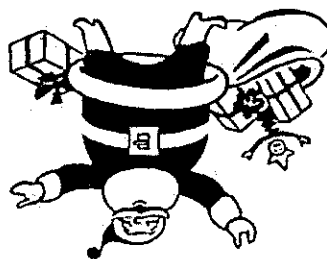
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The Tommy Toy Fund Fun Run



Billy Wilson's

Mohegan Striders

Friday, December 9, 2005
Start-7:00 p.m.

Run with Santa through the streets of Downton 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)

From the front of Billy Wilson's Ageing Still on Broadway, straight into Courthouse Square, Left onto Main Street, at 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!

Sing with me. Come on. I know you know the song: "So it's the laughter, we will remember, whenever we remember, the way we were. The way we... werrrrrrrrrrre. Do do. Do do do do do do do."

May 28, 2005. 165 finishers in the race. About 20 walkers. And 30+ kids run our first kids' fun run (which was truly a blast to witness). Scott Besette (26:08) and Carolyn Fusaro (32:14) win overall honors. The race loses money. But . . . we raise over \$2000 in direct scholarship donations; the father of Matt Termine, a 2002 Sean Delaney Scholarship winner, approaches me at the race and tells me that Matt is going to captain the Trinity College cross country team in the fall as my eyes fill with tears; Dr. Kurt Strecker, chiropractor and owner of "The Center For Better Health" in Old Saybrook, not only runs the race but initiates a conversation with me, offering sponsorship for the 2006 Delaney Dash. "Sorry, Doc," I try to explain, "I'm not sure there will be a race next year." He scoffs at me. I feel like Tim Kane must feel every November when he tries, lamely, to relinquish his rank as of President of the club.

I

Always!), Sister of Liz Tefft, and Daughter of Norma Vivar-Orum ran the water stop. Surely I'm forgetting to thank someone but I will not forget Terri Smith and Dennis Zajehowski who handled food and prize preparation professionally!

Nor will I forget our sponsors (another fine segue, eh? Perhaps I should consider quitting my day job and syndacating this column?). We could not have this race without our sponsors so, once again, thank you to The Mohegan Striders, Jolley Concrete (Wayno & Leslie), United Abrasives (Christine Sacrey), Prides Corner Farms (Tim Kane), Savinelli Well Drilling (Tony), Iselin Tree Experts (Charlie), Fortuna & Cartelli, Attorneys (Tom and Carl cleaned up at the Awards Ceremony!), Paperback Café (ice) and Jon Kodama who allowed us to park at the Dock & Dine again this year. Bob Stack is like OZ, the man behind the curtain, always willing to assist, never asking for anything in return. Every year, he supports our race(s) by printing applications or anything else we need. Bob, along with his wife, Jan, have started a business called "This-N-That" and I encourage the club to use Bob (464-71119) whenever possible. Bob stepped it when we lost CL&P but Joe Swift persevered and arrived (hobbled, gimped - hey, Joe and Dennis Z. could've been The Disabled Duo and provided entertainment to us at the Awards Ceremony!) with a \$100 check from CL&P. In addition, we received direct scholarship donations from Tim & Delaney, Short & Volkmar, Bob Buckingham, Beth Perry, Joan Delaney, Brian Delaney, Nick Delaney, Teresa Dickson, and Tacky Cunningham (the "I think I'll run the route twice because once just ain't enough" runner). The Delaney Dash will be held next year but not without the support of the OS Police Department.

In closing, yes, you read that right. The race will be held next year under the direction of Short and Volkmar. For, as Babs Streisand so accurately croons, it's the laughter we remember. Not the hassles, not the lack of runners, not the annoying phone calls the night before the race. It's the laughter. And Sean's smile. See you next year (but we still want 300 runners!).

Fall Racing is Here!
Get Yourself Something
From the Strider Web Store!
www.moheganstriders.org

1165F

Bears and frogs, more bears,
oh my!
We pride ourselves on our
unique prizes. This year's
offering received much
praise, although mostly from
those of the female
persuasion!



Hedding imparting wisdom to his kids,
"Have you heard the one about the
farmer's daughter?"



Carolyn Fusaro appears quite
energetic despite having just
returned from her honeymoon!



2005 DELANEY DASH PHOTOS

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& Massage
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massage which is somewhat uncomfortable
but very effective at getting you running full
speed again within weeks or even days.

I can relate!

Dr. Barnett is a past and current competitive
and recreational athlete and from a family of
"aging" athletes including two Boston
Marathon brothers.

(Editor's note: Dr. Barnett was instrumental in troubleshoooting/treating my recent injury.
I highly recommend him for those muscle/skeletal issues us runners acquire.)

THE MOHEGAN STRIDERS ASSOCIATION 2005 Racing Team Report As of July 31st, 2005

The championships keep piling up for the Mohegan Striders. The Men's Open Racing Team has dominated Connecticut team road racing, earning an unprecedented 17th state USATF/TAC titles in the past 20 years (finishing with runner-up honors in three other seasons). If the Striders do ever purchase that Club House (talked about many years ago), it will have to be large enough to display plenty of championship banners. The Strider Masters and Grandmaster teams also posted strong seasons in 2004 and, thanks to Father Time, will acquire new blood this season with runners like Keith Pellerin and Kevin Galliani moving up to the next racing age bracket. The 2005 USATF schedule will mirror last year, with the exception of Marty Schavone's Mid-May 10K in Fairfield filling the shoes of the now-extinct Quassy Loop 12K. No complaints there. Again, with only six championship races scheduled, a strong team

finish in each and every event is required in order to content for championship honors. Each of the 2005 circuit races are championship caliber events. So here's hoping the Striders won't be required to race in Meriden, Terryville (both towns the site of the coldest and wettest USATF races in history), Barkhamsted (I'm not making these towns up), Durham, Prospect, or Williamantic anytime soon.

The Mohegan Striders opened their 2005 racing season on a sunny Sunday morning in the extremely wealthy town of Fairfield. The club seemed to adapt to the flat, fast 10K layout designed by Mr. Schavone rather nicely, with the Open team posting a strong win and a successful title defense by packing 6 runners into the top 11 spots. The Waterford duo of Steve Herrera and Chadwick Brown led the way with a strong 3-4 finish; Steve clocking in at a brisk 32:11 and Chadwick, the Striders' 2004 Runner of the Year, following a mere 10 seconds later. Also great to see long-time Mohegan contributors Steve Swift (6th) and Chad Johnson (7th) both in the mix and finishing under the 33 minute mark as well. Former PC middle distance runner Brendan Cashman, who whipped himself into great racing shape last season and again this Spring, rounded out the top 5 scorers for the Striders in 10th place overall. Rookie of the Day honors go to Yale grad Chris Andrew, like his cousin Chad Johnson a former State Open XC Champion at NFA, who has returned to the racing scene with a vengeance. Chris was 11th overall in 33:49. Also lacing up their shoes for the first time at Mohegan Striders in a club race were Timmy Smith's new Norwich neighbor Kevin Grant (my former college roommate at SCSU many, many years ago) and young Andrew Orum, a solid contributor on Gerry Chester's powerful Griswold XC team this past fall. Racing Team Co-Coordinator Jon Kornacki (by far the faster of the two Coordinators), posted a terrific effort (27th overall in 36:21) to lead the Masters team. The Grandmasters 1-2 punch on Wayno Jolley and Timmy Smith were again at the front, finishing 52nd and 54th overall respectively and just 13 seconds apart.

MID-MAY 10K - May 22nd, 2005

OPEN: 1st Place Team - 11 Points (11 YTD)

1. Mohegan Striders 32:11 MO 2:43:19
2. Athlete's Foot / Hi Tek
3. Woodbridge Running Company
4. Housatonic Road Runners 2:58:39
5. Hartford Track Club

Leader board: MOHEGAN 11 HI-TEK 9

MASTERS: 4th Place Team - 7 Points (7 YTD)

1. Athlete's Foot / Hi Tek
2. Hartford Track Club
3. Housatonic Road Runners
4. Mohegan Striders
5. Woodbridge Running Company

9. Jon Kornacki (27th) 36:21 MM
8. Kevin Grant (20th) 35:12 MO
7. Bob Davenport (17th) 34:57 MO
6. Chris Andrew (11th) 33:49 MO
5. Brendan Cashman (10th) 33:15 MO
4. Chad Johnson (7th) 32:52 MO
3. Steve Swift (6th) 32:40 MO
2. Chadwick Brown (4th) 32:21 MO
1. Steve Herrera (3rd) 32:11 MO

10. Andrew Orum (43rd) 37:15 MO
11. President Tim Kane (51st) 37:54 MM
12. Wayno Jolley (52nd) 38:02 MGM
13. Tim Smith (54th) 38:15 MGM
14. Tony Savinelli (80th) 40:18 MGM
15. Joe Lemieux (110th) 42:37 MGM

9 Points (9 YTD)

GRANDMASTERS: 2nd Place Team -

BRANFORD 5 MILE - June 19th, 2005				YTD)			
OPEN: 1 st Place Team - 11 Points (22							
1.	Chad Johnson (1 st)	MO	25:07	1.	Chad Johnson (1 st)	2:10:33	TEK 18
2.	Chadwick Brown (3 rd)	MO	25:48	2.	Chadwick Brown (3 rd)	2:19:03	
3.	Chris Andrew (6 th)	MO	26:29	3.	Chris Andrew (6 th)	2:21:24	
4.	Brendan Cashman (7 th)	MO	26:32	4.	Brendan Cashman (7 th)	2:25:38	
5.	Steve Swift (9 th)	MO	26:37	5.	Steve Swift (9 th)	2:25:42	
6.	Pat Swift (20 th)	MM	28:03	6.	Pat Swift (20 th)	2:25:42	
Leader board: MOHEGAN 22 HI-							
1.	Mohegan Striders			1.	Mohegan Striders		
2.	Athlete's Foot / Hi Tek			2.	Athlete's Foot / Hi Tek		
3.	Woodbridge Running Company			3.	Woodbridge Running Company		
4.	Housatonic Road Runners			4.	Housatonic Road Runners		
5.	Hartford Track Club			5.	Hartford Track Club		

The Mohegan Striders rode into Branford 21 runners deep, ready to show the rest of the state that the opening day performance at the Fairfield 10K wasn't a fluke. The Men's Open Team has now made it 2 for 2, posting a decisive 8 1/2 minute win with all 5 scorers finishing in the top 9 spots. This one wasn't even in question. Chad Johnson is clearly back in top form and was the very first runner to arrive at the finish line, touring the 5 mile course in a brisk 25:07. Even the fastest of the wheelchair racers couldn't keep up with Chad. Chadwick Brown posted another impressive effort, finishing 3rd over in 25:48. Chris Andrew, spotted on frequent occasion training with cousin Chad over the hilly Norwich terrain, continues to get faster with each effort, finishing 6th overall in 26:29. Speaking on continuous improvement, Brendan Cashman followed Chris a mere 3 seconds later in 7th place. The ever-faithful Steve Swift rounded out the Strider scorers in 9th place overall. Not sure if this guy would qualify for "Rookie of the Day", but brother Patrick Swift has re-emerged to the racing scene as a Master runner and finished 20th overall in 28:03, a welcome addition to the Strider's 40+ club, which moved up past Housatonic into the 3rd spot by 16 seconds. "Young" Timmy Smith led the Grandmasters in 54th place overall, just missing the sub 30 club (30:03). The Senior team, led by Dave Jacobs terrific 33:09, joined the Open team as undefeated in 2005 with a second straight win over Athlete's Foot/Hi-Tek.

SENIORS: 1 st Place Team - 11 Points				(11 YTD)			
1.	Mohegan Striders			1.	Mohegan Striders	2:26:09	
2.	Athlete's Foot / Hi Tek			2.	Athlete's Foot / Hi Tek	2:32:09	
3.	Woodbridge Running Company			3.	Woodbridge Running Company	2:32:26	

16.	John Sacrey (124 th)	MGM	43:57	17.	Guy Pulino (131 st)	1:53:40	
17.	Guy Pulino (131 st)	MS	44:38	18.	Jerry Brown (184 th)	1:56:35	
18.	Jerry Brown (184 th)	MS	50:38	19.	Carl Fuller (187 th)	1:56:41	
19.	Carl Fuller (187 th)	MS	50:53	20.	Ed Root (244 th)	1:59:40	
20.	Ed Root (244 th)	MGM	59:17			2:18:09	
1.	Hartford Track Club			2.	Mohegan Striders		
2.	Mohegan Striders			3.	Housatonic Road Runners		
3.	Housatonic Road Runners			4.	Woodbridge Running Company		
4.	Woodbridge Running Company			5.	Athlete's Foot / Hi Tek		

The Striders returned to Fairfield, scene of the opening race of the 2005 circuit. Too bad the club's budget doesn't permit mileage reimbursement; the frequent trips down Route 95 are getting costly with gasoline prices hovering above the \$2.50 per gallon mark. The Mohegan Striders Open Racing Team hasn't been able to capture the team title in Fairfield in recent years, and that winless streak continued in 2005, thanks in part to Hi-Tek's ability to lure Kenya's Gideon Mutisya to the starting line for this one. Mutisya clocked in at sub 1:10 for the second consecutive year, and it was lights out for Mohegan. But in annoyingly warm and humid conditions, the Open team was able to use it's depth to post a strong runner-up team finish. Chadwick Brown was top dog for the club in 18th overall, running 1:14:54. Chris Andrew showed his range by adding as top 25 Fairfield finish to his resume; I don't recall Chris ever racing this far in his school days. Steve Swift (34th), Steve Herrera (35th), and Brendan Cashman (36th) all finished with 10 seconds of one another to complete the showing. Great team running under difficult racing conditions; Bryce Lindamood (1:16:31) was the only runner on the 3-4-5 Open teams to crack the Striders top 5 scorers. Norwich resident Larz Selmer-Larsen earned Rookie of the Day honors with his first team

7. Bob Davenport (23 rd)	28:21	MO	
8. Kevin Grant (36 th)	29:22	MO	
(15 YTD)			
9. Charlie Isehn (43 rd)	29:33	MM	
10. Jon Kornacki (46 th)	29:43	MM	
11. Tim Smith (54 th)	30:03	MGM	
12. Keith Pellerin (55 th)	30:08	MM	
13. Wayne Jolley (70 th)	31:02	MGM	
14. Tony Savinelli (97 th)	32:12	MGM	
15. Dave Jacobs (122 nd)	33:09	MS	
7 Points (16 YTD)			
16. Joe Lemieux (150 th)	34:11	MGM	
17. John Sacrey (179 th)	35:00	MGM	
18. Way Hedding (302 nd)	38:13	MGM	
19. Jerry Brown (410 th)	39:50	MS	
20. Carl Fuller (456 th)	40:31	MS	
21. Ed Root (1108 th)	52:06	MGM	
SENIORS: 1st Place Team - 11 Points			
(22 YTD)			
1. Mohegan Striders			
2. Athlete's Foot / Hi Tek			
3. Woodbridge Running Company			
1. Hartford Track Club			
2. Athlete's Foot / Hi Tek			
3. Housatonic Road Runners			
4. Mohegan Striders			
5. Woodbridge Running Company			
GRANDMASTERS: 4th Place Team -			
1. Athlete's Foot / Hi Tek			
2. Hartford Track Club			
3. Mohegan Striders			
4 Housatonic Road Runners			
5. Woodbridge Running Company			
MASTERS: 3rd Place Team - 8 Points			

race, finishing 42nd overall in 1:20:05. Welcome Larz. Wayno Jolley seemed to enjoy the heat, cruising home in 1:26:36 as the team's top Grandmaster.

FAIRFIELD HALF MARATHON - June 26th, 2005

OPEN: 2nd Place Team - 9 Points (31

YTD)

1. Chadwick Brown (18th) 1:14:54 MO

2. Chris Andrew (25th) 1:16:35 MO

3. Steve Swift (34th) 1:18:17 MO

4. Stephen Herrera (35th) 1:18:24 MO

5. Brendan Cashman (36th) 1:18:27 MO

6. Larz Selmer-Larsen (42nd) 1:20:05 MO

7. Ken Pacilio (75th) 1:25:36 MM

8. Charlie Iselin (77th) 1:26:03 MM

9. Kevin Grant (81st) 1:29:19 MO

10. Wayno Jolley (83rd) 1:26:36 MGM

11. Bob Davenport (86th) 1:27:05 MO

12. Jon Kornacki (89th) 1:27:14 MM

13. Tim Smith (97th) 1:28:00 MGM

14. John Hadcock (213th) 1:37:28 MM

15. Joe Lemieux (228th) 1:38:40 MGM

16. John Sacrey (293rd) 1:41:51 MGM

17. Way Hedding (751st) 1:57:55 MGM

18. Carl Fuller (1188th) 2:11:36 MS

19. Ed Root (1644th) 2:41:35 MGM

4:33:16

4:51:21

5:54:51

1. Athlete's Foot / Hi Tek

2. Mohegan Striders

3. Hartford Track Club

4. Housatonic Road Runners

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3. Hartford Track Club

4. Housatonic Road Runners

5. Woodbridge Running Company

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FAIRFIELD HALF MARATHON - June 26th, 2005

OPEN: 2nd Place Team - 9 Points (31

YTD)

1. Chadwick Brown (18th) 1:14:54 MO

2. Chris Andrew (25th) 1:16:35 MO

3. Steve Swift (34th) 1:18:17 MO

4. Stephen Herrera (35th) 1:18:24 MO

5. Brendan Cashman (36th) 1:18:27 MO

6. Larz Selmer-Larsen (42nd) 1:20:05 MO

7. Ken Pacilio (75th) 1:25:36 MM

8. Charlie Iselin (77th) 1:26:03 MM

9. Kevin Grant (81st) 1:29:19 MO

10. Wayno Jolley (83rd) 1:26:36 MGM

11. Bob Davenport (86th) 1:27:05 MO

12. Jon Kornacki (89th) 1:27:14 MM

13. Tim Smith (97th) 1:28:00 MGM

14. John Hadcock (213th) 1:37:28 MM

15. Joe Lemieux (228th) 1:38:40 MGM

16. John Sacrey (293rd) 1:41:51 MGM

17. Way Hedding (751st) 1:57:55 MGM

18. Carl Fuller (1188th) 2:11:36 MS

19. Ed Root (1644th) 2:41:35 MGM

4:33:16

4:51:21

5:54:51

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JOLLEY CONCRETE & BLOCK

