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THE MOHEGAN STRIDERS RUNNING CLUB NEWSLETTER – May 2010

To Print, or not to Print...

Or, do we really need a newsletter?

So went the discussions at our past two Mohegan Striders meetings. Ah the controversy, and hot on the heels of winter debacle over whether the Slug Run series is a Strider trademark event. In that case discussion culminated in a 'peace offering' bottle of Arrogant Bastard Ale for a certain person with strong opinion on the subject. But back to the newsletter debate.

Some members opined that print media including our newsletter are of the past; that electronic media only are relevant today. Others stated they were less likely to read a newsletter posted on our web site than if sent to them to read. In either case, our loyal newsletter editor wasn't getting articles sent to him for publication, despite repeated pleas in our meetings and by email 'blast' to members. Thankfully one member once again voiced a strong opinion – as paraphrased and of course embellished: "We must have a newsletter" said he, "and in print it must be! For if posted on the web only some will read, and only members will see. The public will not know, and we cannot show, the benefits of becoming a member to help the club grow." Good points all, and replete with detailed instruction how to get our newsletter re-started. But who will take the lead? Would he? "Oh, Noooooooo!" He be way too busy for that...this being his busy season with work...and he having done so much for the club already...and isn't it time for others to contribute. Once again good points all, though leaving us where we were.

Well I'm happy to report the task was not so monumental. Every single member I asked to contribute graciously agreed to write a short article; one volunteered to write two! So please join me in thanking them for supporting the club and contributing their time and their thoughts for your enjoyment. And please do let us know – good or bad – what you think of our 'new newsletter'. My intent is to publish a similar rag every 2nd month to keep up with happenings and inspire us all to stay engaged, and get others involved.

I hope this works for all. If it does I guess I'll be giving someone, who shall remain nameless, another bottle of Arrogant Bastard Ale...or perhaps he should offer one to me!

John Trahan, President

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

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 STRIDERS

www.moheganstriders.org
Membership: 201
USATF Team No.28

10 Years and Running

The Delaney Dash is 10-years old! The Old Saybrook race was established in memory of Mohegan Strider racing team captain Sean Delaney who died in May of 2000 at the age of 42 after a six-year battle with cancer. Sean was a Class of 1976 graduate of Old Saybrook High School where he excelled in both track and cross country and is a former record holder at the 800 meter, 1 mile and 2 mile distances. Sean continued to run track & field and cross country at Hamilton College. He graduated from Vermont Law School, had a private law practice in Essex and continued to run competitively, winning many local road races including the Chester Four on the Fourth Road Race, the L&M Spring Stride and the Run for Reliance House. He captained the Mohegan Striders Men's Racing team to numerous state titles, even organizing the team from a hospital bed. Sean was a gifted runner, an accomplished student, and a cherished friend.

Several of Sean's friends teamed together to develop a plan for a memorial race and presented the plan to the Striders with a request for sponsorship. The Mohegan Striders voted, in November 2000, to sponsor the Delaney Dash in Sean's memory. With help from Jolley Concrete, Savinelli Well Drilling, Connecticut Light and Power, Computer Recognition Systems, US FoodService, Prides Corner Farms, Fortuna & Cartelli and others, the 1st Delaney Dash was run on Memorial Day 2001 in Old Saybrook.

Iselin Tree Experts, the Old Saybrook Police Department and United Abrasives came aboard in subsequent years and in 2006 Dr. Kurt Strecker of the Center for Better Health in Old Saybrook joined as a Gold sponsor. Ten-years later, thanks to what the Mohegan Striders started, the race has donated $24,000.00 in scholarships to college-bound Old Saybrook High School runners.

Race Benefits the Alliance for Living located at 154 Broad Street in New London, Connecticut. The Alliance for Living is dedicated to improving the quality of life for people affected by HIV/AIDS in New London County.

BACK TO FEATURED RACES

GO TO HI-TEK RACING HOMEPAGE

Sponsoring the Delaney Dash is a special thing the Mohegan Striders do. Sponsoring it for 10-years is something the Club can be rightfully proud of.

Visit www.snerro.com for race apps!

Jogger Joe Fun Runs

The Jogger Joe fun runs, an informal series of road races that are part of the region's rich running heritage, have been taking place every Friday in May and June for about 35 years.

Named for "Jogger Joe" Smith, a longtime runner from Pawcatuck who has since moved from the area, the races are self-timed, with no entry fees or registration. Though the races are low-key and casual, past competitors have included Boston Marathon winners, Olympians and world-class runners.

Amby Burfoot, 1968 Boston marathon champ and a former Groton Long Point resident now living in Pennsylvania, where he is executive editor of Runner's World magazine, usually returns for a few races each year, and Jogger Joe veterans have also included Waterford native Jan Merrill-Morin, finalist in 1,500-meter at the 1976 Olympics, a gold-medalist at the 1975 and 1979 Pan Am Games and a former world-record holder in the indoor 3,000-meter and two mile run, as well as the outdoor 5,000-meter. Other Jogger Joe regulars have included Patti Catalano Dillon, four-time Honolulu Marathon champion and the first American woman to break 2:30 in the marathon, as well as her husband, Dan Dillon, a two-time All American in cross country.

Legendary Niantic runner Way Hedding also is a Jogger Joe regular.

After "Jogger Joe" moved about 25 years ago, Eric Isbister of Mystic took over the series, and when Eric left the area about 20 years ago he handed the reins to Steve Fagin of Ledyard, the current race director.

Steve recalls back then the so-called "fun" runs were jokingly called "hate" runs because they were so competitive, with fields of 50 or more and winning times hovering around 15 minutes. These days the runs are much more relaxed, though occasionally some of the region's top runners show up for a hard workout.

Runners meet at 6 p.m. at the Esker Point Beach parking lot on Groton Long Point Road in Noank next to the Fisherman restaurant for a 1.5-mile warm-up, followed by a 3-mile race about 6:20. The flat, fast course begins and ends at the parking lot.

The final race of the series, the last Friday in June, is run as a handicap, no watches allowed, with runners starting at staggered times, slower ones first. Theoretically everyone crosses the finish line at the same time.

Afterward there's a picnic and short ceremony, including the presentation of the dreaded "sandbag" award for the runner who underestimated his or her time by the greatest margin.

"Like the Slug Runs, and the New Year's Day run-swims and the Kelley race, Jogger Joe is part of the region's running heritage," Steve says. "It's always a great reunion when one of the veterans shows up. Hope to see you there."

The tail of an alien slug.

I was running my usual 6 miler around Mystic one dark and chilly December evening when 2 complete strangers invited me to meet with them for a run on a Thursday evening at 1700 at the River Walk Café in Mystic. It was a very fortuitous meeting as I had only been in the country for a few months and I was finding it difficult to vary my running route due to a lack of time and local knowledge.

From the outset the group were extremely friendly and comprised a varied bunch of ages, abilities and gender. It was so nice to be able to go for a run in company and hold a conversation at the same time (which helps with the breathing). Different people would turn up each week and gradually as the meeting became better known numbers grew. Afterwards we would hang out at the River walk Café for a refreshment and maybe some food (highly recommended).

Through this meeting I was introduced to the Saturday Slug runs which are a real hoot. Consequently I've met countless people and visited areas of Connecticut that I probably would not have otherwise seen. I would encourage anyone who enjoys running (or even walking) to get involved with the Striders, especially if you are an alien.

Stranded!

Florence Italy was intended to be the destination for my two week vacation to visit my girlfriend while she was studying graphic design there during the spring semester of 2010. The tickets were bought and ready to go for April 1st through April 16th. Little did I know while leaving that a volcano that no one can pronounce, under a glacier 2000 miles away in Iceland, would disrupt my plans.

During the planned part of the vacation my girlfriend Julie and I visited the Duomo, the Baptista, David, Ponte Vecchio and all the major attractions there is to see in downtown Florence. We also got away from Florence during those 2 weeks. We spent a four day weekend in Rome, hiked the 6 miles of trails that links the 5 cities of Cinque Terre, got stuck in a train station in Pisa over night, and made quick day trips in Naples, Pompeii, Maranello, and Modena. Up until this point everything was going great besides the crash of the Vespa in downtown Rome.

April 15th I woke up and was hearing on and off reports about flights starting to be cancelled out of England and Ireland. The next day, April 16th I woke up with everything packed and ready to go, checked the Luftansa Airlines website for the flight status to make sure I was still on time and there it was, DELAYED DUE TO VOLCANIC ASH. I made my way to the airport anyways because all of the phones were jammed up from everyone calling. After an hour and a half wait in line to re-book my ticket the best they could do for me was to push my reservation back four days until the 20th. No biggie, only a few more days away from home and work.

We made a blast of the weekend, found some good wine and beer and by Monday I was all packed again and ready to get back home. Reading the news the morning of my re-booked flight it was not looking good, more volcanic ash. The Luftansa website told me what I already knew was coming, another cancelled flight. After another bus trip to the airport, and an hour wait in line all the airline could do for me was give me a flight for the 26th. Another six days in Florence, life could be worse I guess.

Funds were running low by this time but we still made the best of what we had. Luckily that following week all the museums and attractions in Florence were open to the public for free so I took full advantage of that while Julie was at her classes. The nights out and Florentine steak dinners turned into barilla and bread at home. April 26th finally rolled around, a full ten days after my scheduled leave date. There had not been one flight canceled in 3 days leaving Florence so everything was a go. The trip home only consisted of one delayed flight, and a couple missed connecting flights. After landing in Hartford in the early hours on the 27th I had finally made it home and life could get back to what I call normal.

How I Beat the Heat – A New Jersey Marathon Race Report

With a high temperature of 89 degrees in Long Branch New Jersey, Sunday May 2nd was a day much better suited for the beach than for running 26.2. But fellow Strider **Tracy Citron** and I both endured the conditions to earn finisher's medals.

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The New Jersey Marathon is a two-loop course, with the Start, Half, and Finish at the Ocean Promenade in Long Branch. Cool ocean breezes predominated at the 9:00 am start, but the heat hit like a wall by mile one as the course turned away from the shore. I struggled with worries about the heat and thoughts of quitting for the entire first half.

When I finally reached the half, the brief respite of cooler ocean air and the cheering of spectators kept me moving forward. And once I had passed this point of no turning back, the negative thoughts vanished and I realized that I wasn't feeling so bad. I was able to maintain my pace, even as the temperature climbed. My finishing time was 3:29:01 - about 10 minutes slower than what I'd expect to run with good weather. I placed 5th among women and first in my age group. I didn't set a PR or a personal course record, but I did beat the heat!

Hello fellow runners.

My name is Katie Gustafson, and I recently moved here from Hebron after having grown up in Groton. While in Hebron I ran for the Hartford Track Club and am very excited about meeting many new runners as a Mohegan Strider.

One of the things I loved most about the small group that ran together every weekend, was the flexibility. We had a group email and anytime someone wanted to post a run, we would. We would let everyone know what time, place, distance and pace we were planning and then wait for responses from others who might want to run with us. We also ran on Saturdays and Sunday mornings on a place and time decided upon by whomever was available that day! This made ·tting up early, or meeting at the track that much easier…it's hard to t motivated sometimes!

I have noticed the lack of a women's team for the Striders and am really surprised! I have never seen as many women runners in one community as I have since arriving in Waterford! The roads are packed! I would love to meet up with some of you on the weekends or during the week and would also love to see more women running races! (You don't have to be fast, my 5K and marathon pace are pretty much the same) I look forward to meeting many of you! Thanks so much for including me in this fantastic club!!
running4me1@sbcglobal.net

Shaking Hands

I'm fairly new to the group run dynamic and have been left more than a little confused by runner's handshaking protocol pre-run and post-run. Who'd of thought that the simple act of greeting or bidding farewell could be so complex? Lately, I've been left fingertip to knuckle far too often to the point of becoming paranoid that it's a conspiracy against me.

Where did the knuckle bump come from? It can be dangerous when attempting it on the move, especially when tired, and it is no more sanitary or cool than the palm on palm of the high five or the standard side slap. Some guys wear big rings too, which adds a whole new dimension to the practice.

Like it or not the knuckle bump is a fact of life. Therefore, until it goes the way of the diagonal thumb clasp and the thumbs up, here's a proposal to formalize the etiquette pre-run and post-run based on my recent experience.

A standard shake pre-run and a knuckle bump post-run seem to fulfill appropriate social group requirement and therefore should become standard practice. Hopefully, this will save new group runners some awkward moments.

Handshake confusion not withstanding, let's continue to meet, greet, and run!

Run an "Ultra" this Year

If you've run a marathon or just love hiking and running long distances you may want to consider getting off the road in 2010 and sign up for a trail ultramarathon. An "ultra" is a race of a distance greater than 26.2 miles. Most races are 50K, 100K, 50 miles and 100 miles. Strider Brad Overturf, who has completed all but the 100K distance in 2009-2010 and is training for the Old Dominion 100 and Vermont 100 coming up this summer, has some tips:

Goals: An ultra, like any other race, is personal. For some it's finishing, for some it is finishing in the top 10. The difference is if your goal for an ultra is not realistic, the suffering can last for a very long time!

Training: You need to have the free time to spend 5+ hours one day per week for a long run/hike as part of your training. You need lots of time on your feet to be ready. It's great to have a partner for long training runs, preferably a partner who will go to and run the race with you.

Walk: You're probably going to walk during the race, so do it during training. The more efficiently you walk, the faster you'll finish.

Gear: You can get off cheap. You need running shoes, a water bottle, some energy gels, some pockets and a backpack with a hydration option for the long training day.

Ultras in and around CT: Vermont 100 (July), Vermont 50 (September), Bimblers Bluff 50K (Connecticut in October), Stone Cat Ale 50 (Massachusetts in November)
Great websites: run100s.com, ultrarunning.com, ultrarunner.net,

Brad invites anyone interested in trying an ultra and in doing bi-monthly or monthly "really long" runs on trails in Eastern Connecticut to contact him at bjturf@gmail.com.

"Where are you from?"

Florida originally, but Seattle as of lately...
"When did you move here?"
Well, about three weeks ago; January 18th to be exact.
"What do you do?"
I'm in the Coast Guard---I am stationed in New London.
"How did you find the Mohegan Striders?"
Google! I found the club through a general google search..."

My relationship with the Mohegan Striders had begun about two weeks prior to these curious questions being asked at my first group run on a cold, Thursday evening. You see, I sent an email to John Trahan, President of the club, prying for information, "...what are the Striders *actually* about? Are they a racing club? or a 'run for fun' club? Would I be the only woman? or were there others?" I wondered. The warm, friendly reply that I received drew me in quickly. I was assured that out of the more than 250 members, I was not the only female that wanted to run casually.

Apparently I had gotten in touch with John at a great time, proceeding emails were filled with invites to all of the club's upcoming events---the quarterly meeting, the yearly gala, the Saturday morning Slug series, as well as a plethora of fun runs; and

regardless of whether or not I chose to officially become a member, I was told that I should be there. So what did I do? Naturally I took him up on his offer!

The first event that I attended was a Thursday night group run that left from Riverwalk in Mystic. I walked in not knowing anyone, and walked out with several giant hugs, and am fairly certain, a kiss on the cheek from Way Hedding. Next, I attended a Saturday morning slug run (my favorite of all of the group runs). I have to say, about the time that I returned from a 10 miler, to find an ice cold Guinness being shoved into my hand, and an introduction to Bob Buckingham, a.k.a. "...the guy that you HAVE to talk to about trails..." I knew that this group was for me. Later that same evening, I did not have to think twice about trading my sneakers in for a pair of heels in order to attend the Strider Gala at the Mystic Aquarium (and am so glad that I did). It was an event that I will never forget; from the food, to the dancing, to all of the club members, it was truly a special occasion.

I honestly could not imagine what life would be like for me had I not stumbled across the Mohegan Striders. Being a member of the group has made my transition to the northeast so much more enjoyable than it would otherwise be. I have found that whether I attend every single run offered, or can only make it one once in a while, I am always welcomed with open arms, and yes, kisses on the cheek from Way.

New Member

by: Sarah Martin

Hi. My name is Sarah. I am new to the club and I have recently turned to running. I've been impressed with the camaraderie of the Mohegan Striders and to tell a story…

I attended my first event, the Greater Hartford 1/4 Marathon early in April of this year… Much to my surprise and delight I was warmly greeted and immediately felt welcomed as a member of 'the team' (something not easily found once we've grown past school age).

At the race, I purchased my official singlet and with this new group of red, WE collected bib numbers and warmed-up together. Along the race path spectators encouragingly voiced 'Go Striders' giving me flight and filling me with pride. As I neared the finish line I heard cheering from *my team!* Oh, What A Rush - I was awarded a finishers medal AND then… treated to a post-race libation!!!

Afterwards WE exchanging stories for a bit and I thought to myself, *this is WAY better than High School Cross Country.* In a sport that can be so solitary, it's simply a joy to find the support of a team. So this new member is glad to report that good things have been found here and I'll see you soon.

'Tis the Season for Antioxidant-rich Berries

Warmer weather is here, the flowers are blooming, and it's berry season. In Connecticut, strawberries are in season from late May to early June while mid-July through August is raspberry, blueberry and blackberry picking time. Berries are sweet, juicy and satisfying. They are high in vitamins and minerals, such as vitamin C, potassium, and manganese. Berries are also good sources of fiber, and low in calories with ¾ of a cup supplying approximately 60 calories. Berries are great for runners because they are nutrient-rich and provide natural sugar which your body can easily convert to energy. And, because berries are good sources of fiber they keep you fuller for longer without feeling sluggish, which is advantageous for training and racing. These tasty fruits are also rich in antioxidants which act to repair cell damage caused by 'free radicals' produced when oxygen is utilized by cells to convert food to energy or during exercise.

You can enjoy antioxidant-rich, fresh berries this summer by eating them plain, with low-fat yogurt or cottage cheese, on cereal, or in muffins, pancakes, waffles, cakes and fruit crisps. Or, freezing berries allows you to enjoy them all year. Frozen berries are also wonderful in yogurt, cereal and baked goods. Enjoy these tasty, refreshing fruits throughout the year to increase your intake of antioxidants, potassium, manganese, and fiber and optimize not only your health but your running as well! Try the recipe below for a tasty healthy treat!

Banana Blueberry Muffins

Ingredients:

- 1 cup Bananas, ripe and mashed (about 3 large bananas)
- 2 tbsp. Canola oil
- 2 large Eggs
- 1 tsp Vanilla extract
- ¾ cup Reduced Fat Buttermilk
- 1 cup All-Purpose flour
- 1 cup Whole Wheat Pastry flour or White Whole Wheat flour
- 1 tsp. Baking Soda
- ¾ tsp Cinnamon, ground
- ½ tsp Salt
- ½ cup Light Brown Sugar, packed
- 1 ½ cups Blueberries

Directions:

1. Preheat oven to 400°F. Coat two 12-cup muffin pan with cooking spray or line with paper and aluminum muffin cups.
2. In a medium bowl, sift together the flours, baking soda, salt and cinnamon. Mix well with a wire whisk or fork. Set aside.
3. In a large bowl, mash the bananas. Add one egg at a time, whisking after each addition. Add the oil, vanilla extract, and sugar and whisk well. Whisk in the buttermilk.
4. Stir in half of the flour mixture at a time. After each flour addition, mix until just combined.
5. Pour batter into prepared muffin pan, filling each tin almost to the top. Bake for approximately 20-minutes or until a toothpick inserted in the center of one of the muffins comes out clean.
6. Let cool on a wire rack for 10 minutes. Carefully remove muffins from pan. If used cooking spray, run a knife around the muffins to loosen and remove them.
7. Enjoy warm or allow to completely cool before storing in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Serves: 15.0 * Serving Description: 1 muffin * Preparation Time: 30 mins * Cooking Time: 20 mins

Nutrition Facts per serving
Calories: 141.2, Total Fat 3.1g, Saturated Fat 0.6g, Cholesterol 29.2mg, Sodium 185.1mg
Total Carbohydrate 25.7g, Dietary Fiber 2.1g, Sugars 11.3g, Protein 3.6g

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic. For more information, call 860-536-3610 or go online to www.fitnutrition.net for additional information, healthy recipes and other nutrition articles.