

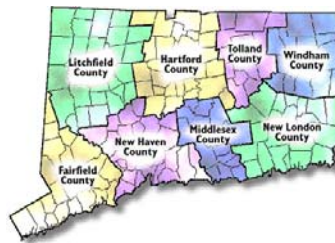


INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org



The Silk City Striders “8 County Challenge” is on!

Once again this year the Silk City Striders are putting out a challenge to all members to run a race in each of Connecticut’s 8 Counties:

Fairfield	Hartford
Litchfield	Middlesex
New Haven	New London
Tolland	Windham

Simply submit your results to Webmaster@SilkCityStriders.org for races completed in each of Connecticut’s 8 Counties during 2006. We will track results and report them in this Newsletter. All “Finishers” will be announced at the 2007 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In.



For more see Carmen Herzog’s Website
www.chpainting.com

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2006 BOARD OF DIRECTORS

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Newsletter

Staff: Bekkie Wright – Editor
 Karen Saunders – Editor Emeritus
 Jim Best – Race Calendar
 Barry Stoner – Coach's Corner
 Jamie McDermott – Nutrition Nook
 Art Byram – State-of-the-Art

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am

Manchester Community College

We will continue to meet in Lot C, near the Great Path entrance as we did last year.

Tuesday Evening Funs Runs - 5:30 pm

Martin Elementary School

Join us at Martin Elementary School.

Wednesday Evening Funs Runs - 5:00 pm

Bennet Middle School

Bring your reflective gear, and join us for the Spring Street loop.

*NEW Thursday Track Workouts - 6:00 pm

Manchester High School

Join us on the Manchester High School Track on Thursday nights. Spring into action with Track Workouts for runners of all abilities.

EARTH DAY - April 22, 2006

By Sue Leslie

Over the past few weeks running on the Bike Path from Manchester Community College, I have noticed that a lot of litter has accumulated on the sides of the trail over the winter months. It is particularly prevalent where the highway comes close to the trail. As runners, walks or cyclists we are most fortunate to have this fine trail system in our backyard.

I would like to suggest a Silk City Striders project in conjunction with Earth Day. In the spirit of ecology and community service, I propose that we spend an hour or so after our weekly run on Saturday, April 22, 2006 to clean up sections of the trail. The club will provide trash bags, but you might want to bring some work gloves. Join your club members in helping to make the Manchester Bike Trail a little nicer for everyone.

SOME OF OUR FAVORITE RACES

MOTHER'S DAY DASH 5K

(formerly the Rabbit Run)

Sunday May 7, 2006 10:00 AM

Henry Park, Vernon, CT

For more information contact
 the Vernon Recreation Department
 (860) 870-3520

BOLTON ROAD RACE 5 Miles

Saturday May 20, 2006 9:00 AM

Bolton High School, Bolton, CT

For more information contact
 Elise Fiorentino (860) 649-9525

FATHER'S DAY DASH 5K

Sunday June 17, 2006 9:00 AM

Brookside Park, Ellington, CT

For more information contact
 Bill Metzger at (860) 875-2077
 or wjmrn@snet.net

CLUB NEWS & EVENTS

Bobby's Run Volunteers & Runners

Volunteers and runners are needed for Bobby's Run established in honor of Bob Bonadies, to be held at Northeast School in Vernon, CT on May 20th at 8:00 AM. Registration forms for the 8 Mile Race are now available on the website (or in this newsletter if you don't have email). There is a \$10 fee for the race, and proceeds will be donated to the R.J. Bonadies Scholarship Fund at Rockville High School & St. James School.



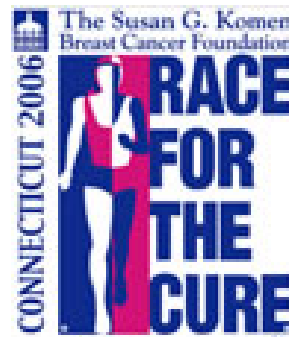
2006 CT Race in the Park Walnut Hill Park – New Britain Saturday, May 6, 2006

The CT Breast Health Initiative, Inc. is holding their event on Mother's Day Weekend in Walnut Hill Park. Silk City will have a Team this year, and we'd like you to join us.

There are separate Men's & Women's 5K Races and Kids Fun Runs as well as a 1-Mile or 4K Walk. Applications will be available at the Wednesday or Saturday Fun Runs, or you can join the Silk City Team online at <http://www.CTRace.org> (or click on race logo above). Online Team Registration Closes April 24, 2006. Paper applications should be returned with a check for \$20.00 payable to "CT BHI" to Bekkie by Saturday, April 15th.

Event Schedule

8:30 AM	Kids 1 Mile Run
8:35 AM	Kids Fun Run
9:00 AM	Men's 5K
9:45 AM	Women's 5K
10:45 AM	1 Mile & 4K Walk



Komen CT Race For The Cure 5K Bushnell Park – Hartford Saturday June 3, 2006

Join the Silk City Striders Team at the Race for the Cure 5K at Bushnell Park in Hartford on Saturday, June 3rd. Joyce Thorner is our Team Captain again this year.

You can join the Silk City team online at <http://www.KomenCT.org>. Online Team Registration Closes May 31, 2006. If you'd prefer to join the team the old fashioned way, applications for the Silk City team will be available at the Wednesday or Saturday Fun Runs. Please return your application with a check for \$25 payable to "Komen CT Race for the Cure" to Joyce or Bekkie by Wednesday, May 17th.

Event Schedule

8:30 AM	Men's and Women's 5K*
9:35 AM	Kids' K
10:30 AM	4K Walk
10:40 AM	1 Mile Walk

* Men's & Women's 5K races have been combined into one Co-Ed Race this year.

RACE RESULTS

Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 533-1557. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.

PREVIOUSLY OMITTED RESULTS



**AMSTERDAM MARATHON
October 18, 2005**

Clint Driscoll 3:49:17

**KELLEY'S FROSTBITE 5M
Mystic, CT January 8, 2006**

Bob Neidbala 39:38

**BOSTON PREP 16M
Derry, NH January 22, 2006**

Bob Neidbala 2:23:13

**MIAMI TROPICAL HALF MARATHON
Miami, FL – January 26, 2006**

MaryLou White 2:14:37

**BANK OF AMERICA
GASPARILLA DISTANCE CLASSIC
PT CRUISER CHALLENGE
Tampa, FL February 25 & 26, 2006**

Bekkie Wright #6F; #2 F Master 5:58:27

15K 1:19:41

5K 27:45

Marathon 4:11:11

**POLAR BEAR RUN 7.6 Miles
New Preston, CT February 26, 2006**

Clint Driscoll 1:00:49

Debbie Thurston 1:17:15

Bill Schwarz 1:17:17

**COLCHESTER HALF MARATHON
Colchester, CT February 27, 2006**

John Paggioli 1:27:57

Ben Witkowski 1:36:58

Mike Bendzinski 1:37:49

Jay Seney 1:41:07

Jim Tharp 1:43:24

John Sloan 1:46:57

Rick Chromik 1:58:11

MaryLou White 2:01:14

Barb Bellas 2:09:52

Jill Ramos 2:11:03

**HYANNIS MARATHON & HALF MARATHON
Hyannis, MA February 26, 2006**

Marathon

Scott Freeman #14M, #3 M40-49 3:01:00

Half Marathon

Bob Niedbala 1:52:43

Cathi Koehler 2:00:21

Jennifer Freeman 2:06:38



**SENECA CREEK TRAIL GREENWAY TRAIL
50K**

Gaithersburg, MD March 4, 2006

Bill Schwarz 6:45:03

STU'S 30K

Clinton, MA March 5, 2006

Clint Driscoll 2:43:02

Bob Niedbala 2:44:28

WSSAC ST. PATRICK'S DAY 4 Mile
Fairfield, CT March 12, 2006
USATF Grand Prix Race*

Steve Henry	#2 M25-29	24:11
Jim Tharp		24:13
Edward Steele*		28:22
Jim Best*	#3 M60-64	28:28
Len Underwood**		29:33
Richard Chromik*		31:42
Ellie Lowell*	#2 F55-59	31:48
Mary Lou White*		32:38
Susan Leslie*	#3 F55-59	33:26

* The Silk City Striders fielded Women's Open, Master & GrandMasters, and a Men's Masters Team
 ** Unfortunately we didn't get Len registered with USATF in time to field a Men's Open Team

O'HARTFORD 5K
Hartford, CT March 12, 2006

Tom Geer	#7M; #2 M20-24	16:36
Dale Toce		19:41
David LaPorte		19:55
Michael Munroe	#1 M45-49	20:07
Bill Gaghan		20:48
Keron Smith		22:55
Ken Balette	#2 M55-59	23:57
Norlean Litwinka		25:02
Keith Morgan		26:53
Andrew Zyrek		26:54

SALEM ROAD RACE 5K
Salem, CT March 18, 2006

Jim Tharp	#5M, #1 M40-49	19:02
Steven Henry	#6M, #1 20-29	19:11
Joan Munroe	#6F; #2 F50-59	24:44

NEW BEDFORD HALF MARATHON
New Bedford, MA March 19, 2006

Drew Best	1:11:38
Clint Driscoll	1:47:21
Bob Neidbala	1:50:27

EHHS PI DAY MEMORIAL RUN – 3.14 Miles
East Hartford, CT March 18, 2006

It was a cool & windy day for the 5th Annual Pi Day Memorial Run to raise funds for the team trip to the Penn Relays. Thanks to the EHHS Girls Track Team for putting on another great race.

Neal Liebowitz	#2 M30-39	18:21
John Paggioli	#1 M40-49*	18:27
Scott Wojnarowitz†	#1 M20-29	18:30
Ben Witkowski	#2 M20-29	18:53
Mike Munroe	#2 M40-49	20:44
Bill McGugan	#2 M50-59	20:50
Sarah Forzley†	#1 F	21:10
Keron Smith	#1 F30-39	22:31
Clint Driscoll		23:32
Rick Chromik	#3 M40-49	23:53
Anne Forzley†	#1 F40-49*	24:11
MaryLou White	#1 F50-59	25:30
Janit Romayko	#1 F60-69*	27:45
Jim Hodges		33:01

* New Age Group Record
 † Former Striders

EASTERN STATES 20 MILER
Kittery, ME to Salisbury, MA March 25, 2006

Marylou White	2:57:00
Jill Ramos	3:39:40

ST. JOSEPH SCHOOL ROAD RACE - 3 Miles
Baltic, CT March 25, 2006

Joan Munroe	#8F; #2 F50-59	22:54
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NATIONAL MARATHON
Washington, DC March 25, 2006

Bekkie Wright	4:08:25
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BOSTON BLOWOUT 30K
Fairfield, CT March 26, 2006

Scott Freeman	#2 M40-49	2:02:23
Joe Kidder		2:06:27

SPIRIT OF SPRING 5.1 M
Tolland, CT April 1, 2006

Jay Seney	#5M; #2 Master	31:57
James Janiak		38:22
Matt Butwill		39:02
Mary Lou White	#1F Master	43:00
Ellie Lowell	#2F Master	43:12
Matthew Wynne		43:33

DANBURY HALF MARATHON
Danbury, CT April 2, 2006

Jay Seney		1:38:42
Ed Steele		1:45:34
John Sloan		1:46:08
Keron Smith		1:51:35
Jim Best	#3 M60-69	1:56:43
Bekkie Wright		1:58:41

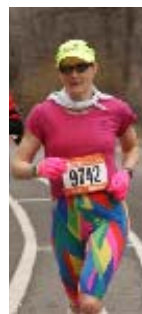
MORE HALF MARATHON Central Park, New York, NY March 26, 2006



Pat



Betty & Chiara



Bekkie

Silk City Striders & Friends -- 2-Person Teams

PLACE	RUNNERS NAME	FINISH TIME	COMBINED TIME
166	Cannella, Betty Slattery, Marie	2:01:18 1:56:09	3:57:27
359	Medina, Chiara Pechin, Jennifer	2:01:17 2:16:33	4:17:50
486	Desimone, Patricia Wright, Bekkie	2:33:33 1:56:55	4:30:28

2005-2006 HIGH SCHOOL INDOOR TRACK & FIELD RESULTS
<http://www.mysportsresults.com>

ELLINGTON HIGH SCHOOL -- Aaron Flamino, Coach

MANCHESTER HIGH SCHOOL -- Colby Welch is the only Silk City Strider on the MHS team, however, selected results for MHS runners have also been provided since many of you know these runners.

NATIONAL INTERSCHOLASTIC INDOOR TRACK & FIELD CHAMPIONSHIPS
New York, NY March 11, 2006

MANCHESTER BOYS

400 Meter Run Josh Miller - #51 52:78

NEW ENGLAND INTERSCHOLASTIC INDOOR TRACK & FIELD CHAMPIONSHIPS
Boston, MA March 3, 2006

MANCHESTER BOYS

4x400 Relay #4 Team 3:29.05
Rob Perry, Connor Malick, Colin Burgess, and Josh Miller

MANCHESTERGIRLS

55M Hurdles Courtney Sims - #22 9.26

**NCCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT February 1, 2006**

ELLINGTON BOYS - #3 TEAM

4x200 Relay	#4 Team	1:43.61
4x400 Relay	#4 Team	4:01.38
4x800 Relay	#2 Team	9:01.48
1600 Sprint Medley	#5 Team	4:11.15
55M Hurdles	Eric Dinse - #7	10.94
300M Run	William Shaeneman - #3	39.00
600M Run	Zach Zweisler - #2	1:34.08
	Justin Marginelli - #5	1:36.32
	Ryan Armstrong - #6	1:37.31
1000M Run	Chris Kelleher - #3	2:47.12
	Andrew Sullivan - #5	2:47.87
1600M Run	Alec Carlson - #3	4:55.93
	Nick Casciano - #6	5:02.09
3200M Run	Alec Carlson - #3	10:15.55
	Chris Kelleher - #4	10:37.64
	Andrew Sullivan - #5	10:47.02
	Nick Pappas - #6	11:08.60

ELLINGTON GIRLS - #3 TEAM

4x200 Relay	#4 Team	2:00.69
4x400 Relay	#3 Team	4:54.28
4x800 Relay	#3 Team	11:11.94
1600 Sprint Medley	#1 Team	4:42.95
55M Dash	Amanda Blanchard - #2	7.66
	Amanda Sullivan - #6	7.99
300M Run	Amanda Sullivan - #3	46.55
	Amanda Blanchard - #6	46.91
600M Run	Jennifer Bergeron - #3	1:50.14
	Erin Szewc - #7	1:55.80
1000M Run	Allison Landry - #3	3:21.11
	Amanda Keune - #9	3:53.57
1600M Run	Katie Tautkas - #4	6:04.16
	Courtney Payzant - #6	6:15.26
	Jessica Miler - #8	6:38.45
3200M Run	Allison Landry - #2	13:05.63
	Katie Tautkas - #4	13:17.06
	Emily Fetko - #7	14:01.54
	Jessica Miller - #8	14:08.87
	Taylor Maciolek - #9	14:40.46

**CCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT February 6, 2006**

MANCHESTER BOYS - #2 TEAM

4x200 Relay	#6 Team	1:40.70
4x400 Relay	#1 Team	*3:33.49
4x800 Relay	#4 Team	*8:27.37
1600 Sprint Medley	#3 Team	3:54.57
55M Hurdles	Anthony Solano - #4	8.52
300M Run	Josh Miller - #5	36.89
600M Run	Josh Miller - #2	1:24.85
	Colin Burgess - #8	1:29.00
1000M Run	David Krinjak - #5	2:50.76
1600M Run	Colby Welch - #17	5:00.88
3200M Run	Justin Metheny - #15	10:49.54
	Tyler Gauruder - #16	10:51.14

MANCHESTER GIRLS - #4 TEAM

4x200 Relay	#8 Team	1:58.10
4x400 Relay	#6 Team	4:31.20
4x800 Relay	#3 Team	10:28.04
1600 Sprint Medley	#6 Team	4:39.94
55M Hurdles	Courtney Sims - #2	9.19
55M Dash	Elsa Millett - #4	7.46
300M Run	Elsa Millett - #2	42.84
600M Run	Elsa Millett - #3	1:42.20
1000M Run	Mary Bugbee - #8	3:18.89
1600M Run	Larissa Woykowvsky - #7	5:49.03
	Jordan Smith - #10	5:52.03
3200M Run	Alissa Watson - #8	12:09.96

* Beat previous CCC Meet Record

CIAC CLASS "LL"
INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 11, 2006

MANCHESTER BOYS - #7 TEAM

4x200 Relay	#10 Team	1:40.72
4x400 Relay	#1 Team	3:32.38
4x800 Relay	#7 Team	8:24.08
1600 Spring Medley	#5 Team	3:49.77
55M Dash	Anthony Solano - #9	8.67
300M Run	Josh Miller - #4	37.06
600M Run	Josh Miller - #3	1:25.18

MANCHESTER GIRLS - #9 TEAM

4x200 Relay	#6 Team	1:55.32
4x400 Relay	#4 Team	4:18.45
4x800 Relay	#6 Team	10:09.98
1600 Spring Medley	#6 Team	4:32.92
55M Hurdles	Courtney Sims - #6	8.76*
600M Run	Yolanda Jackson - #13	1:51.63
1000M Run	Amy Pearl - #12	3:27.73
1600M Run	Larisa Woykovsky - #19	5:52.02
	Jordan Smith - #20	5:52.44
3200M Run	Alissa Watson - #10	12:17.73
	Jennifer Lee - #16	13:20.10

*Class LL Meet Record

CIAC STATE OPEN
INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 18, 2006

MANCHESTER BOYS - #32 TEAM

4x400 Relay	#6 Team	3:31.58
1600 Spring Medley	#4 Team	3:44.37
600M Run	Josh Miller - #7	1:25.47

MANCHESTER GIRLS - #37 TEAM

4x400 Relay	#11 Team	4:18.68
4x800 Relay	#8 Team	10:01.44
1600 Spring Medley	#11 Team	4:27.13
55M Hurdles	Courtney Sims - #6	8.67

CIAC CLASS "S"
INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 11, 2006

ELLINGTON BOYS - #19 TEAM

4x200 Relay	#11 Team	1:42.82
4x800 Relay	#5 Team	8:38.77
1600 Sprint Medley	#11 Team	4:01.23
300M Run	William Shaeneman - #17	39.71
	Ryan Armstrong - #30	41.25
1600M Run	Alec Carlson - #5	4:37.21

ELLINGTON GIRLS - #26 TEAM

4x200 Relay	#16 Team	1:59.52
4x400 Relay	#10 Team	4:37.03
4x800 Relay	#6 Team	10:27.00
1600 Sprint Medley	#10 Team	4:45.57
300M Run	Amanda Sullivan - #15	45.86
1600M Run	Allison Landry - #8	5:41.20
3200M Run	Katherine Tautkas - #10	13:05.70

OUTDOOR TRACK MEETS
AT MANCHESTER HIGH SCHOOL
 (Click on Meet Name for more information)

[75th Greater Hartford](#)
[Outdoor Track & Field Meet](#)

Saturday, April 29, 2006 10:00 AM

[Manchester Midnight Invite](#)
[Track & Field Meet](#)

Friday, May 5, 2006 4:30-10 PM

[25th JI Greater Manchester](#)
[Track & Field Invitational](#)

Saturday, May 20, 2006 9:30 AM

COACH'S CORNER: Tuning up for Spring

By Barry Stoner

If you have been laying off running for the winter or if you are thinking about getting back into road racing, now is the time to start tuning up. The Silk City Striders' Connecticut Eight County Challenge is on again this year so you might use this as motivation to get out and run some races. Whatever, do not hesitate in getting started to recover your form and fitness.

Runner's World publishes a different article each month on training regimens and what others do to reach peak fitness. If you like to follow written instructions and feel the need to follow what seems like expert advice, then I recommend that you look into one of these plans. On the other hand, if you are a more casual runner, then I would like to offer you some suggestions.

Build up your mileage using the Ten Percent Rule which is adding no more than 10% more distance to your base each week or two to get back into running. What is your base? Well, if you were an accomplished runner and now are doing nothing, I suggest you start with a mile or two each day and go from there. I would also suggest that you run every other day until you can run each day without muscle pain. If you have been running a little through the winter, then you should be able to calculate how many miles you have run each week and use that as your base.

Since everyone is different due to age, ability, strength, goals, desire, etc., you need to plan your comeback accordingly. The following, in my opinion, are givens: build a base that will help you toward your race distance goals; include one longer run each week or two; and do a speed workout once each week. The definition for each of these givens has latitude depending on each person's goals and abilities. So, as an example for each given, consider building your base to around 20 miles per week, do a longer run of 7-10 miles every 2 weeks, and run some speed pickups at least once each week. This general example should prepare you to enter the 5K or 10K race distances. For more detailed training plans, I refer you to the previously mentioned *Runner's World* articles or to the advice of experienced runners who may be willing to share their ideas about running.



The Boston Marathon is Monday, April 17

Cheer on your fellow Striders in person or track them online at www.BAA.org - Scott Freeman #2052, Bill Gaghan #7377, Joe Kidder #5396, Andre Mesnil #22579, Joan Monroe #17151, Bob Niedbala #20695, John Paggioli #6825, Bill Schwarz #16892, and Bekkie Wright #8826. This year there are two wave starts

behind the elite women: Bib Numbers up to 10,999 Start at Noon, and Bib Numbers 11,000+ Start at 12:30 PM. Visit the site below for a virtual tour, and an overview of choice viewing locations:

<http://www.boston.com/marathon/course/>

And for those you running, here's a cool [Boston Specific Pace/Split Calculator](#) (link)

RACE CALENDAR

	Date	Time	Race	Place	Contact	Telephone
Sa	Apr 8	9:00 AM	15th Merrimack River Trail 10M	Andover, MA (Wyndham Hotel)	Stephen Peterson	508-486-4519
Su	Apr 9	10:00 AM	The Donnelly Dash - 3.5M	Fairfield	Marty Schaivone	203-374-6433
Su	Apr 9	10:00 AM	NEW EcoHuskey 5000	Storrs (Horsebarn Hill Arena Lot)	Charlie Olbrias	860-456-4451
Sa	Apr 15	8:30 AM	11th Bradley Airport 5K	Windsor Locks	Hugh Donagher	860-623-3204
Sa	Apr 15	10:00 AM	19th CSCPA Tax Track 5K	W.Hartford (MDC Reservoir)	Scarlet Riley	860-379-2536
Sa	Apr 15	9:30 AM	Easter Road Race 5K	Willimantic (Jillson Square)	Race Director	860-456-4451
Sa	Apr 22	9:00 AM	15th Hebron Road Race 5K	Hebron (RHAM H.S.)	Rob Davis	860-228-5971
Su	Apr 23	9:00 AM	20th Leatherman's Loop 10K Trail	Cross River, NY (Ward Pd Res)	Tony Godino	914-234-0289
Su	Apr 23	8:30 AM	13th Tortoise & Hare 5K	Danbury (Danbury Fair Mall)	Chris Barrett	203-790-0032
Su	Apr 23	10:00 AM	John Targaglio 5K	Milford	Jim Ronai	203-783-1997
Sa	Apr 29	10:00 AM	NEW Seaside Shuffle 5M	Old Saybrook (Goodwin Elem)	Jen SeaSideShuffle5Mile@yahoo.com	
Su	Apr 30	Noon	27th River Run 5K/10K	Simsbury (Drake Hill Mall)	Mark Demming	860-241-8646
Su	Apr 30	11:00 AM	23rd James Joyce Ramble 10K	Dedham, MA (Endicott Estate)	Martin Hanley	781-686-1500
Su	Apr 30	1:00 PM	River Run 5K	Glastonbury (Old Maid Lane)	Beth Shluger	860-652-8866
Su	Apr 30	8:30 AM	28th Minuteman 10K/5K	Westport (Compo Beach)	Karen Lexow	203-222-1388
Sa	May 6	10:00 AM	NEW Jog with Judy 5K	Woodstock (Roseland Pk Rd)	JogWithJudy@WoodstockSchools.net	
Sa	May 6	10:15 AM	20th Sharon 5M	Sharon (The Green)	Karen Dignacco	860-364-0407
Su	May 7	1:00 PM	34th Granby 10K	Granby (Memorial H.S.)	Don Housmann	860-653-6209
Su	May 7	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis. Ctr)	Fred Pilon	413-243-0101
Su	May 7	10:00 AM	16th Day School 4M	Middlefield	Annie Reilly	860-347-7235
Sa	May 13	9:00 AM men 9:45 AM women	CT Race in the Park 5K	New Britain (Walnut Hill Park)	Joyce Bray	860-829-1021
Su	May 14	10:00 AM	Mother's Day Dash 5K	Vernon (Henry Park)	Race Director	860-870-3520
Su	May 14	8:00 AM	Mother's Day 10K	Norwalk	Race Director	203-838-4984
Fr	May 19	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park)	Kurt Hansen	860-536-0060
Sa	May 20	8:00 AM	Bobby's Run 8M	Vernon (Northeast School)	Bekkie Wright	860-533-1557
Sa	May 20	9:00 AM	Bolton Road Race 5M	Bolton (Bolton H.S.)	Elise Fiorentino	860-649-9525
Sa	May 20	9:00 AM	24th Submarine Base 10K	Groton (Dealy Center)	Michael Hedman	860-694-3162
Sa	May 20	10:00 AM	35th Shad Derby 5K	Windsor (Sage Park Mid. School)	Race Director	860-683-0653
Su	May 21	10:00 AM	14th Mid-May 4M	Fairfield (Sherman Green)	Marty Schaivone	203-374-6433
Su	May 21	9:00 AM	11th Guilford 5M	Guilford (Jacobs Beach)	John Bysiewicz	203-481-5933
Su	May 21	9:00 AM	Library Challenge 5K	Newington (Mill Pond Park)	Kevin Mason	860-665-8700
Su	May 21	9:00 AM	22nd Soapstone Mt. Trail 14.5/3.9M	Stafford Springs (Hendel Rd.)	Jerry Stage	860-512-0125
Fr	May 26	8:00 PM	13th Moonlight Run 5K	New Milford (Young's Field Road)	Wallie Jahn	860-354-9191
Sa	May 27	9:00 AM	"Delaney Dash" 5M	Old Saybrook (Fort at Say.Pt.)	Pete Volkmar	860-437-7247
Sa	May 27	8:30 AM	13th Memorial Day 5K	Weston (Weston High School)	Julie Sidhu	203-544-9921
Su	May 28	8:30 AM	Blue Onion 10K/10K Walk	Hartford (Dillon Stadium)	Beth shluger	860-652-8866
Su	May 28	10:00 AM	Race Around the Lake 3.5M	New Hartford (Brodie Park)	Trish Morrissey	860-379-7081
Mo	May 29	9:00 AM	26th Woodstock 10K	Woodstock	Barry Kromer	860-928-1828
Mo	May 29	11:00 AM	29th Washington Trail 10K	Durham (Coginchaug H.S.)	Jill Phillips	860-349-1472
Mo	May 29	10:20 AM	19th Memorial Mile 1M	E. Hartford	Jim Uhrig	860-282-8240

Sa	Jun 3	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	Race Director	860-224-5RUN
Su	Jun 4	9:30 AM	19th Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	Terri Dolbec	860-523-3226
Su	Jun 4	8:00 AM	Iron Horse Half Marathon	Simsbury (Iron Horse Bvd)	Beth shluger	860-652-8866
Su	Jun 11	1:00 PM	30th Litchfield Hills 7.05M	Litchfield (Village Green)	John Clock	860-567-8504
Su	Jun 18	10:15 AM	26th Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su	Jun 18	9:00 AM	Father's Day Dash 5K	Ellington (Brookside Park)	Bill Metzger	860-875-2077

SPRING 2006 NEW ENGLAND MARATHON/ULTRA CALENDAR

Date	Time	Race	Place	Contact	Telephone
Mo	Apr 17	Noon	110th Boston Marathon	Hopkinton, MA	Race Director 508-435-6905
Su	Apr 24	7:00 AM	Lake Waramaug 50K, 50M, 100K	New Preston	Bert Meyer 203-431-4855
Su	Apr 30	8:30 AM	New Jersey Marathon	Long Branch, NJ	Art Castellano 732-578-1771
Su	May 1	8:00 AM	Long Island Marathon (&half)	E. Meadow, NY (Eisenhower Pk)	Tedd Bial 516-572-0248
Su	May 1	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	Peter Stasz 413-734-0955
Su	May 21	7:00 AM	Sugarloaf Marathon & 15K	Eustis, ME (Cath. Pines Camp.)	Sue Foster 207-237-6830
Su	May 29	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	Race Director 800-880-8149
Su	Jun 11		Green Mountain Relay 202M	Jeffersonville, VT	www.GreenMountainRelay.com

2006 USATF GRAND PRIX SERIES CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su	Jun 18	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz 203-481-5933
Su	Jul 2	9:00 AM	Independence Day 5000	Milford	Marty Schaivone 203-374-6433
Mo	Sep 4	8:30 AM	New Haven Road Race 20K and 5K	New Haven Town Green	John Bysiewicz 203-481-5933
Sa	Sep 30	9:30 AM	Hogs Back Half Marathon	Colebrook	Will Graustein 860-485-1506



**2006
The Last Mile
Point Series Schedule**

Link to Race Applications:

<http://www.thelastmileracing.com/applications.html>

- April** **15th** Easter 5K Road Race (Willimantic, CT)
- 29th** Seaside Shuffle 5 Miler (Old Saybrook, CT)
- May** **21st** VFW 4K & River Fest (Willimantic, CT)
- June** **4th** Run with Children 2 Miler (Essex)
- July** **4th** Boom Box Mile (Willimantic)
- 7th** Glorious Gallop 5k (East Hampton, CT)
- August** **27th** Brooklyn Fair 5K (Brooklyn, CT)
- September** **9th** Goshen Church 5k (Lebanon, CT)
- 16th** Hampton Road Race (Hampton, CT)
- October** **TBA** Coventry Fall Classic 4 Miler (Coventry, CT)
- TBA** ACT Scholarship Fund 5K (Willimantic, CT)
- 29th** Columbia Autumn Classic 5K (Columbia, CT)
- November** **5th** Veterans Memorial Greenway 5K (Willimantic)
- TBA** Woodstock Academy Football Fundraiser 5K (Woodstock)

SILK CITY STRIDERS -- 2006 EVENT CALENDAR
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- APRIL** - Tuesday Track Workouts begin Tuesday, April 4
Boston Marathon Excursion..... Monday, April 17
- MAY** - Bobby's Run Saturday, May 20
Sunday Bike Rides begin
- JUNE** - Lake Terramuggus Sprint Tri Training Series Thursday Nights - June 15 & 29
- JULY** - Wickham Park Cross Country Series Monday Nights - 10, 17 & 31
Lake Terramuggus Sprint Tri Training Series Thursday Nights - July 13 & 27
Summer Picnic TBA
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic..... Saturday, August 5
Wickham Park Cross Country Series Monday Nights - 7 & 21
Lake Terramuggus Sprint Tri Training Series Thursday Nights - August 10 & 24
- SEPTEMBER-** Nikki's Run Walk 'N' Roll
Fred Brown Lake Winnipisaukee Relays Saturday, September 23
- OCTOBER** - Halloween Pot Luck Supper..... Saturday, October 28
- NOVEMBER** - New York City Marathon Excursion Sunday, November 5
Parker Holt 5K (PACE Race) Sunday, November 12
Know Your Pace Race Saturday, November 18
Manchester Road Race..... Thursday, November 23
- DECEMBER** - Silk City Holiday Open House..... Sunday Afternoon
following Santa's Run in Glastonbury

<u>TIME TO RENEW YOUR MEMBERSHIP</u>

(Click above to Link to the 2006 Membership Application)

If you haven't done so already, it's time to renew your Silk City Striders membership for 2006. Dues are \$12.00 for a single membership, and \$15.00 for a family membership. 2006 dues should be mailed to the Treasurer, Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033. **In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. Thank you.**

DEADLINE FOR NEXT NEWSLETTER: May 31, 2006

40 Spruce Street
Manchester, CT 06040



DEADLINE FOR NEXT NEWSLETTER: May 31, 2006

**MEMBERSHIP APPLICATION/RENEWAL
For Calendar Year 2006**

Name: _____ Birthdate _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email _____

Telephone: (H) (_____) _____

Family Members:

Name: _____ Birthdate _____ Name: _____ Birthdate _____

Fees: (Check all that apply)

Individual \$12.00 **Family \$15.00.**

Add \$3.00 if you cannot access the newsletter online, and wish to have it mailed to you.

Make checks payable to "Silk City Striders."

Mail to: Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033

Questions? Contact Bekkie Wright at (860) 533-1557 or via email at webmaster@silkcitystriders.org.