



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Are you ready for a new Silk City Striders team singlet? It has been a few years since we offered new uniforms. We did have a 25th anniversary orange T-shirt available the past few years but no new running stuff? Well, new stuff has been ordered and it is our objective to have these outfits available by the end of May. So hopefully we can show our colors once again – go orange. An assortment of sizes has been ordered which should accommodate almost everybody interested in upgrading. We hope you will take an interest in this endeavor.

Bobby's Run is our next Club activity and it is scheduled for May 19th. As always, we need a few good men and women to put on this event. We are counting upon the usual suspects who have worked this race in the past; and hopefully, we can attract a few new volunteers. Contact Bekkie Wright if you wish to volunteer for Bobby's Run. Or, you might consider running this beautiful 8 mile course around Shenipsit Lake in Rockville, CT – see details within this newsletter.

The "Fun Runs" have been better attended the past few weeks and this can only be attributed to the better weather. *Come on down*, as the expression goes, and join us on Wednesday evening at 5:15 PM at Mt. Nebo Park on Spring Street and on Saturday morning at Manchester Community College. We meet in Parking Lot C near the Great Path Entrance to MCC at 8:30 AM.

Finally, please take a look at the Silk City calendar of events for this Summer and mark your personal calendar to participate in as many of these events as you can.

- Hillman

LATE BREAKING RESULTS

BRIAN'S BEACHSIDE BOOGIE DUATHLON

Madison, CT April 1, 2007
2 mile Run, 12 mile Mountain Bike, 2 mile Run

Daria Vander Veer	#1 F40-44	1:04:14
Dean Bolt	#3 M 50-54	1:05:16
Rich White		1:14:31
John Salcius	#2 M60-64	1:21:00
Janit Romayko	#1 F60-64	1:30:11
Richard White		1:31:03
MaryLou White	#3 F50-54	1:31:59

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2007 BOARD OF DIRECTORS

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Sue Leslie (860) 644-1804

WebMaster

Bill Schwarz (860) 643-4096

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.

***NEW Tuesday Track Workouts - 6:00 pm**

Manchester High School

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

Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street

... and the Charter Oak section of the Manchester Greenway is finally clear of ice & snow!

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Donna Camerota Vernon
 Rob Dollak Coventry
 Russell Saucier Manchester



**EARTH DAY
 Manchester Greenway
 Beautification Project**

Last year, in celebration of Earth Day, a few members of the Silk City Striders spent time after our regular Saturday Fun Run to do some “clean up” on the Bike Path from Manchester Community College to just past Silver Lane along I-384.

Although the “official” Earth Day falls on a Sunday this year, we would like to spend an hour or so after our Saturday Fun Run on April 21, 2007 to beautify the East Coast Greenway. 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.



Red Nose Run For Kids

Saturday, April 21, 1:00 PM

Riverfront Plaza, Hartford, CT

Age appropriate distances for Kids ages 2-11.

Run with real Circus Clowns
 and receive a T-Shirt,

Ticket to the Barnum & Bailey Circus,
 Music and Food.

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 19th at 8:00 AM. Registration forms for the 8 Mile Race will be available soon 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.



2007 CT Race in the Park Walnut Hill Park – New Britain Saturday, May 5, 2007

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 23, 2007. Paper applications should be returned with a check for \$20.00 payable to "CT BHI" to Bekkie by Saturday, April 14th.

Event Schedule

9:00 AM	Kids 1 Mile Run
9:05 AM	Kids Fun Run
9:30 AM	Men's 5K
9:45 AM	Women's 5K
10:15 AM	1 Mile & 4K Walk



Komen CT Race For The Cure 5K Bushnell Park – Hartford Saturday June 2, 2007

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 30, 2007. 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 Bekkie by Wednesday, May 16th.

Event Schedule

8:30 AM	Men's and Women's 5K*
9:30 AM	Kids' Short Race
9:35 AM	Kids' K
10:30 AM	4K Walk
10:40 AM	1.5K Walk

* Men's & Women's 5K races were combined into one Co-Ed Race as of last 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.



AUSTIN MARATHON
Austin, TX February 18, 2007

Joe Poliquin	3:58:29
Bekkie Wright	3:58:29

COLCHESTER HALF MARATHON
Colchester, CT February 24, 2007

Drew Best	1:26:05
Scott Freeman	1:29:01
John Paggioli	1:31:34
Mike Bendzinski	1:35:53
Art Byram	1:39:37
King Archibald	1:44:04
Daria Vander Veer	1:48:01
Dean Bolt	1:49:38
Bill McGugan	2:01:17
John Sloan	2:03:53
Mary Lou White	2:17:27
Dennis Mahoney	2:19:33
Diana Cohen	2:21:42

WPLR SHAMROCK & ROLL 5K
New Haven, CT March 4, 2007

Gary Sweet	22:40
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STU'S 30K
Clinton, MA March 4, 2007

Bob Niedbala	2:59:37
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Race Report: Leisurely training run in preparation for Boston. Stu Thurston is now 70, and he ran in the highly competitive 70 division ... and didn't make the top three! I got to talk to Dick Hoyt, who was pushing his son Rick ... and he said he did not feel good ... I was told later that they dropped out. The post-race feed at Stu's included the traditional Twinkies, Snow Balls, Yoo-Hoos, Yodels, and Cheese Danish ... a Nutritionist's nightmare. They also had Clam Chowder.

HYANNIS MARATHON & HALF MARATHON
Hyannis, MA February 25, 2007

Half Marathon

Bob Niedbala	1:54:14
Terry Voytek	2:05:19

ROXBURY RACE SERIES 2.8 Miles
Roxbury, CT March 3, 2007

Art Byram	18:06
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Janit, Zofia, MaryLou & Mark

WSSAC ST. PATRICK'S DAY 4 Mile
Fairfield, CT March 11, 2007
USATF Grand Prix Race*

Steve Morse		25:12
Mark Turkington	#1 M60-64	26:22
Joe Poliquin*		27:55
Bekkie Wright*	#4 F40-44	30:14
Len Underwood*		31:01
Zofia Turosz*	#1 F65-69	33:22
Andy Zyrek*		33:57
Mary Lou White*		34:28
Susan Leslie*	#4 F55-59	34:35
Janit Romayko	#2 F60-64	35:21
John Salcius*		37:49
Barry Stoner*		37:56
Jim Hodges*		45:48

* Members of Silk City's USATF Grand Prix Men's & Women's Teams. For this race we had Men's Open, Masters, GrandMasters & Seniors, and Women's Open, Masters & GrandMasters.

Also visit www.PrintRoom.com/Pro/JackMcCoy for individual Finish Line Pictures of the runners.

O'HARTFORD 5K
Hartford, CT March 11, 2007

Gary Sweet		22:30
Dani Kennedy	#3 F45-49	23:17
Ellie Lowell*	#1 F55-59	23:56
Carol-Line Hazel		24:11
Nancy Gresh		26:54

*Broke Women's Grand Masters course record.

CHUCKANUT MOUNTAIN 50K RACE
Bellingham, WA March 17, 2007

Rich White (MaryLou's son)	6:26:14
MaryLou White	9:00:46

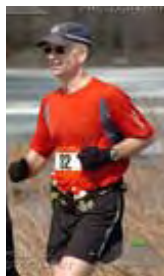
NOTE from the Race Director: WOW! What a (WET) day! It was definitely the rainiest year. The rain started about 6 AM and never, ever let up. Sometimes it even came down harder.

30th NEW BEDFORD HALF MARATHON
New Bedford, MA March 18, 2007

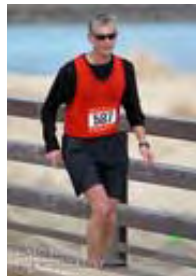
Bob Neidbala	1:55:34
David LaPorte	1:57:16

BRISTOL SHAMROCK & ROLL 5M
Bristol, CT March 24, 2007

Gary Sweet	37:53
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Art Byram



Bill McGugan



Bill Schwarz

EASTERN STATES 20 MILER
Kittery, ME to Salisbury, MA March 25, 2007

Art Byram (#82)		2:22:20
Joe Poliquin (#416)		2:57:26
Bekkie Wright (#555)		2:57:27
Bill Schwarz (#589)	#6 M60-69	3:02:36
Bill McGugan (#587)		3:08:51
Jill Ramos (#421)		4:11:24

For more pictures visit: www.capstonephoto.com
and search by Bib Number.

COLLINSVILLE BAKE-OFF 11.2 M
Collinsville, CT March 25, 2007

King Archibald	1:27:19
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EAST HADDAM LIONS 5K & 10.5 Mile Races
East Haddam, CT March 25, 2007

	<u>10.5 Mile</u>	
Steve Henry	#1 M	1:11:57

	<u>5K</u>	
MaryLou White	#1 F50-59	27:30

ST. JOSEPH SCHOOL ROAD RACE - 3 Miles
Baltic, CT March 31, 2007

David Bendzinski	#1 M10-14	18:39
Mike Bendzinski	#4 M50-59	18:42
Mark Turkington	#2 M60-99	19:08
Joan Munroe	#2 F50-59	23:39
Mary Lou White	#4 F50-59	24:57
Janit Romayko*	#1 F60-99	25:25
James Hodges		33:15

*Broke Women's Seniors course record.

DANBURY HALF MARATHON
Danbury, CT April 1, 2007

Half Marathon

Joe Kidder		1:31:42
Mike Tirrell		1:42:15
Ginny Welch	PR	1:44:10
Bill Schwarz	#4 M60-69	1:45:23
Cristiano Gloria		1:50:24
Bekkie Wright		1:52:43
Joe Poliquin		1:52:43

5K

Keron Smith	#4 F30-39	23:17
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ECOHUSKY 5000
Storrs, CT April 1, 2007

Art Byram	#2 M40-49	19:30
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OLEKSAK LUMBER HALF-MARATHON
Westfield, MA April 1, 2007

John Paggioli	1:25:58
Bob Niedbala	1:54:25

UCONN TRAIL RUNNING STUDY

Lorinda Boyd, a member of the local "Dead Runners Society" asked me to publish this notice about a running study to take place at the University of Connecticut in June 2007. Her son, Paul is finishing up his undergraduate Athletic Training studies at the University of Connecticut in May 2007, but has decided to stay on for a few more weeks to help in a running study to be conducted on the days of June 5th, 8th, 11th, and 14th from 12-4 pm in Mansfield Hollow Park, Mansfield CT. The person to contact regarding the study is Rebecca Stearns (rebecca.stearns@uconn.edu), whom you can contact directly. Please mention that the notice came in from Paul Boyd.

Paul's note regarding the study follows:

I have been occasionally volunteering for experience with research studies here at UConn and I came across this one that Dr. Casa and the Kinesiology department is doing this summer and I decided to sign up for to help out with data collection. I am telling you about this because they are looking for subjects to participate in, and I thought that you and a few of your friends would be interested.

They are looking for experienced male and female runners, ages 18-59 who are available for four days in June of this summer to be subjects. The activity is a 7.5 mile trail run course, of which one trial will have the subject try to keep a consistent pace, checking it with 4 stations which are positioned at the 1/4 points of the track (i.e., at 1.8, 3.7, 5.6 and 7.5 mile markers) and the second trial will have the subject be placed in a pod of other subjects of the same running ability and have a trail race over that same course. Since there are four days of this study that each subject needs to be available for, there will be two days devoted to Road Races and two days devoted to Time Trials.

This study is going to be looking at exertion in the heat with hydrated and dehydrated individuals, so one of the time trial days the subject will be partially dehydrated, and the other day they will be fully hydrated. Same goes for the race days. There will be plenty of water and or Gatorade available before, during and after the race, as well as a BBQ dinner waiting for the subjects on the first and last days of the study, hosted by my professor and leading author/researcher Dr. Douglas Casa (Look him up if you want, this guy knows his stuff). Now I know this information may be a little scary to handle at first (running in the heat while being slightly dehydrated) but I can assure you that every day there will be a full medical staff available, who have had years of experience with these studies, and who are on the cutting edge of this research. I myself have participated in these types of research studies and I found that they are safe, fun, and educational; especially if you are with a few of your friends.

Some other things worth noting here would be that methods of determining body temperature are going to be ingestible thermistors, which are pills that have a thermometer in them to determine your core body temperature. Also different questionnaires will be presented to you, asking about your perceived exertion level and your perceived hydration level. This study is not invasive and is meant to give us information to help further the medical knowledge of sport exertion in the heat. The dates set for the study are June 5th, 8th, 11th, and 14th from 12-4 pm in Mansfield Hollow Park, Mansfield CT. The pre-study selection and familiarization dates are dependent upon the people who show their interest, and will be scheduled again whenever the interested potential subject is available, however they will try to make an appointment with people within the last two weeks of May.

Now, the last thing that I will mention is that this study is going to be able to financially compensate its subjects. Each subject is given \$200.00 for participation, and has the potential of winning more money. The prizes for keeping the most consistent time and/or for the placing of the trail run race will be different according to the subject's time. However there is potential to walk away with (round numbers)\$400-500 dollars, for just four days of running participation.

2006-2007 HIGH SCHOOL INDOOR TRACK & FIELD RESULTS
<http://www.mysportsresults.com>

ELLINGTON HIGH SCHOOL -- Aaron Flamino, Coach

MANCHESTER HIGH SCHOOL -- Colby Welch and Tyler Gauruder are the only Silk City Strider on the MHS team, however, selected results for MHS Top 10 finishes have also been provided since many of you know these runners.

MERCY HIGH SCHOOL -- Dani Kennedy, Assistant Track Coach (Volunteer)

Manchester High School Indoor Track Season Wrap-Up by Ginny Welch

The **MHS Boys 4 x 800 team** won the State Open Championship in 8:12 with a team consisting of Colin Burgess, Scott Perkins, Will Edgington and David Krinjak. Colin Burgess ran with an injured foot but the team still pulled through and came in first. In the New England Championships they ran a team of Scott Perkins, Will Edgington, Alex Johnson and David Krinjak, and qualified for the National Meeting, which they were unable to compete in due to injuries.

The **MHS Boys Distance Medley Relay (DMR) team** also broke the school record at 10:52. Running the 1200 was David Krinjak, followed by the 800 run by Scott Perkins, then the 400 run by Connor Malick, and anchored with an impressive 4:28 mile leg run by Will Edgington.

Colby Welch broke the MHS Indoor Track school record for the Mile at 4:31.

**NEW ENGLAND INTERSCHOLASTIC
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 Boston, MA March 1, 2007**

MANCHESTER BOYS			MERCY GIRLS		
4x800 Relay	#9 Team	8:12.75	4x800 Relay	#12 Team	9:55.87
MANCHESTER GIRLS					
300M Run	Elsa Millet - #5	41.18			

**CIAC STATE OPEN
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 17, 2007**

ELLINGTON BOYS			MANCHESTER GIRLS - #17 TEAM		
4x200 Relay	#10 Team	1:36.40	4x400 Relay	#8 Team	4:12.59
4x400 Relay	#11 Team	8:26.35	4x800 Relay	#10 Team	10:08.12
-----			300M Run	Elsa Millett - #2	41.14
MANCHESTER BOYS - #4 TEAM			-----		
4x400 Relay	#11 Team	3:34.22	MERCY GIRLS - #38 TEAM		
4x800 Relay	#1 Team	8:08.84	4x400 Relay	#18 Team	4:21.86
1600 Sprint Medley	#5 Team	3:44.71	4x800 Relay	#6 Team	9:53.31
55M Dash	Nana Ocran - #2	6.48			
1600M Run*	Colby Welch - #12	4:31:74			
* MHS Indoor Record					

**NCCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT January 31, 2007**

ELLINGTON BOYS - #1 TEAM

4x200 Relay	#1 Team	1:36.56
4x400 Relay	#4 Team	3:47.85
1600 Sprint Medley	#2 Team	4:00.15
3200 Dist. Relay	#1 Team	9:02.64
55M Hurdles	Zak Babella - #4	9.53
55M Dash	Deadrick Baker - #3	6.88
	Eddy Skowronek - #4	6.93
300M Run	Mike Reimer - #4	38.36
	Deadrick Baker - #6	38.55
	Eddy Skowronek - #7	38.61
600M Run	Steve Tiernan - #3	1:28.50
	Justin Marginelli - #5	1:32.27
	Zack Zwiesler - #6	1:35.86
	Cody Anselmo - #7	1:40.28
	Stephen Crouse - #10	1:41.57
1000M Run	Chris Kelleher - #2	2:49.11
	Drew Munson - #8	3:12.19
	Cameron Payzant - #9	3:13.58
1600M Run	Andrew Sullivan - #2	4:51.25
	Nick Pappas - #6	5:02.39
3200M Run	Andrew Sullivan - #1	10:11.82
	Chris Kelleher - #e	10:32.64
	Nick Pappas - #6	11:02.59
	Brian Kosila - #8	11:19.41

ELLINGTON GIRLS - #3 TEAM

4x200 Relay	#1 Team	*1:54.68
4x400 Relay	#3 Team	4:39:00
1600 Sprint Medley	#1 Team	4:42.53
3200 Dist. Relay	#4 Team	11:20.12
*New NCCC Meet Record		
55M Dash	Amanda Blanchard - #2	7.65
	Celesia Henson - #4	7.95
	Amanda Sullivan - #6	7.96
300M Run	Amanda Sullivan - #3	45.50
	Amanda Blanchard - #6	45.85
600M Run	Jennifer Bergeron - #3	1:47.04
	Oliva Wick-Bander - #8	1:58.12
	Mallory Honda - #9	1:00.85
1000M Run	Allison Landry - #2	3:20.38
1600M Run	Molly Maciolek - #7	6:04.47
	Janese Pike - #8	6:17.65
3200M Run	Allison Landry - #2	12:24.57
	Courtney Payzant - #3	12:45.57

**CCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT February 3, 2007**

MANCHESTER BOYS - #2 TEAM

4x400 Relay	#3 Team	3:38.32
4x800 Relay	#1 Team	*8:12:50
1600 Sprint Medley	#8 Team	4:01.81
55M Hurdles	Brice Edwards - #6	8.63
600M Run	Colin Burgess - #5	1:27.45
	Jacob DeValve - #8	1:28.98
1000M Run	Will Edgington - #6	2:41.03
1600M Run	Colby Welch - #5	4:33.92
	Dave Krinjak - #9	4:50.65
3200M Run	Colby Welch - #5	10:09.56
	Tyler Gauruder - #6	10:12.78

* Beat previous CCC Meet Record set by last year's Manchester Team

MANCHESTER GIRLS - #3 TEAM

4x200 Relay	#9 Team	1:59.23
4x400 Relay	#6 Team	4:30.46
4x800 Relay	#2 Team	9:56.97
1600 Sprint Medley	#6 Team	4:35.94
300M Run	Elsa Millett - #3	42.84
600M Run	Elsa Millett - #1	1:40.92
	Alia Verner - #10	1:47.65
1000M Run	Yolanda Jackson - #7	3:22.87
	Jordan Smith - #10	3:27.95
3200M Run	Alissa Watson - #7	11:54.37
	Julia Hickey - #8	12:01.87

**SCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT February 2, 2007**

MERCY GIRLS - #11 TEAM

4x200 Relay	#7 Team	1:56.01
4x400 Relay	#5 Team	4:18.82
4x800 Relay	#3 Team	10:22.05
1600 Sprint Medley	#6 Team	4:35.49
600M Run	Erin McCormick - #6	1:45.73
3200M Run	Gabriella Wilson - #6	12:24.98

**CIAC CLASS "LL"
INDOOR TRACK & FIELD CHAMPIONSHIPS
New Haven, CT February 10, 2007**

MANCHESTER BOYS - #3 TEAM

4x400 Relay	#2 Team	3:34.22
4x800 Relay	#1 Team	*8:03.77
1600 Sprint Medley	#2 Team	3:44.93
55M Dash	Nana Ocran - #3	6.55
600M Run	Colin Burgess - #9	1:28.70
1000M Run	Will Edgington - #4	2:37.57
1600M Run	Colby Welch - #9	4:34.63
3200M Run	Colby Welch - #11	10:00.46
	Tyler Gauruder - #23	10:47.01

*Meet Record

MANCHESTER GIRLS - #9 TEAM

4x200 Relay	#10 Team	1:55.77
4x400 Relay	#5 Team	4:15.59
4x800 Relay	#6 Team	10:08.12
300M Run	Elsa Millett - #1	41.27
	Shaquanna Applewhite - #9	44.02
600M Run	Elsa Millett - #3	1:40.47
	Alia Verner - #10	1:44.90
1000M Run	Mary Bugbee - #8	3:18.33

**CIAC CLASS "L"
INDOOR TRACK & FIELD CHAMPIONSHIPS
New Haven, CT February 9, 2007**

MERCY GIRLS - #8 TEAM

4x200 Relay	#2 Team	1:54.53
4x400 Relay	#4 Team	4:21.65
4x800 Relay	#3 Team	10:02.46
300M Dash	Jessica Oidtman - #10	44.33
3200M Run	Gabriella Wilson - #8	12:36.27

**CIAC CLASS "S"
INDOOR TRACK & FIELD CHAMPIONSHIPS
New Haven, CT February 8, 2007**

ELLINGTON BOYS - #12 TEAM

4x200 Relay	#5 Team	1:37.32
4x400 Relay	#11 Team	3:49.92
4x800 Relay	#2 Team	8:26.35
1600 Sprint Medley	#5 Team	3:53.48

ELLINGTON GIRLS - #26 TEAM

4x200 Relay	#8 Team	1:55.16
4x400 Relay	#10 Team	4:42.34
4x800 Relay	#6 Team	10:32.18
1600 Sprint Medley	#9 Team	4:44.16
3200M Run	Allison Landry - #8	12:08.46
	Courtney Payzant - #13	12:45.57

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

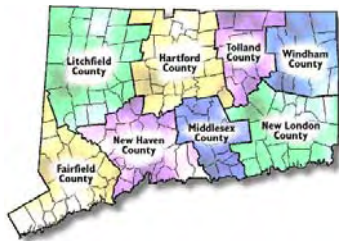
[76th Greater Hartford
Outdoor Track & Field Meet](#)
Saturday, April 28, 2007
Simsbury High School

[25th JI Greater Manchester
Track & Field Invitational](#)
Saturday, May 19, 2007 9:30 AM



The Boston Marathon is Monday, April 16

Cheer on your fellow Striders in person or track them online at www.BAA.org - Mike Bendzinski #7078, Drew Best #1189, Art Byram #11887, Rob Dollak #9725, Scott Freeman #1880, Joe Kidder #6571, Neal Leibowitz #5030, Andre Mesnil #22796, Joan Munroe #18376, Bob Niedbala #23484, John Paggioli #6673, Joe Poliquin #13537, Bill Schwarz #18176, Cassandra "Sandy" Webb #23789, Ginny Welch #16596, Bekkie Wright #14025, and Andy Zyrek #24641. This year the race starts in the morning, and there are two wave starts behind the elite women and wheelchairs: Bib Numbers up to 10,999 Start at 10:00 AM, and Numbers 11,000+ Start at 10:30 AM. Visit the site below for a virtual tour, and an overview of choice viewing locations: <http://www.boston.com/marathon/course> And for the runners, here's a cool link: [Boston Specific Pace/Split Calculator](#)



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	New Haven
Hartford	New London
Litchfield	Tolland
Middlesex	Windham

Please submit your results to Webmaster@SilkCityStriders.org for races completed in each of Connecticut’s 8 Counties during 2007. We will track results and report them in this Newsletter. All “Finishers” will be announced at the 2008 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In.

Last year’s only two Finishers - Mary Lou White and Janit Romayko - are already well on their way to completion. Join the fun, and see how many counties you can “bag” in 2007.

NEW MEMBER PROFILES

Nancy Gresh

Nancy, though new to running, has wasted no time in literally “hitting the ground running”. Just before reaching one of those milestone birthdays in the summer of 2006, she bought a pair of running shoes. Using Bob Greene’s *Total Body Makeover*, she signed up for her first race last September, the 5 mile Somers Great Escape. By October she was already up for a 13.1 miler and completed the Greater Hartford Half Marathon. She then added a 5K on the beach in Florida, the Manchester Road Race, Santa’s Run, and the O’Hartford 5K.

Nancy has 3 children and though she usually runs solo, she is occasionally joined by her oldest, 10 year old Paul. Even with a family and her work as a Weight Management Coach, she has found the time to keep up her training. The mild winter has kept Nancy on track, and she is planning to run another Half Marathon in 2007.

Carol-Line Hazel

Carol-Line (pronounced Karo-Leen) came to the US to teach French at Wesleyan in 2000. In France even after college she had continued to play a number of team sports, but didn’t find the same opportunity to do so here. The desire to run and to be part of a team, led her to join the Silk City Striders. She was surprised to find the Striders to be such an “international” team. Karen Saunders, a French teacher at Manchester High, spoke to her straightaway in her native tongue. Barry Stoner mentioned that a coworker had invited him to a wedding in Creteil, with just happened to be Carol-Line’s hometown. Andre Mesnil noticed her accent immediately and they struck up a conversation “en Français” as well.

Even though Carol-Line often found it difficult to run this winter during the busy corporate tax season, we have seen her at a number of Club runs recently. She is currently preparing for her first Half Marathon in June.

RACE CALENDAR

Date	Time	Race (USATF Grand Prix)	Place	Contact
Sa	Apr 7	8:30 AM	12th Bradley Airport 5K	Windsor Locks www.bradleyroadrace.net
Sa	Apr 7	9:30 AM	Easter Road Race 5K	Willimantic (Jillson Sq) www.thelastmileracing.com/easterrace/easter5kwebpage.html
Sa	Apr 7	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green) www.spiritofspring.org
Sa	Apr 7	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow St. Forest) www.runwmac.com/gt2007/gt07-races.html
Sa	Apr 14	9:00 AM	Merrimack River Trail 10M	Andover, MA (Wyndham Hotel) www.runwmac.com/gt2007/gt07-races.html
Sa	Apr 14	10:00 AM	Earth Day 5K Trail Race	Mansfield (Mans. Hollow) Race Director 860-465-5729
Su	Apr 15	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.) www.juliarun.org
Sa	Apr 21	9:00 AM	16th Hebron Road Race 5K	Hebron (RHAM H.S.) www.hebronct.com/pr_special-event.pdf
Su	Apr 22	9:00 AM	21st Leatherman's Loop 10K Trail	Cross River, NY (Ward Pd Res) www.leathermansloop.org
Su	Apr 22	10:00 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch) www.hitekracing.com/midmay/
Su	Apr 22	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park) Race Director 203-238-1005
Su	Apr 22	Noon	Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall) www.simsburyrotary.org
Sa	Apr 28	9:30 AM	John Ponte 5K	Torrington (Fuesserich Park) www.greystoneracing.net
Su	Apr 29	8:30 AM	29th Minuteman 10K/5K	Westport (Compo Beach) www.wywl.com
Su	Apr 29	10:00 AM	Spring Sprint 5K	East Hampton (Sears Park) Denise Nowakowski 860-267-1308
Su	Apr 29	1:00 PM	River Run 5K	Glastonbury (Old Maid Lane) www.hartfordmarathon.com
Sa	May 5	9:00 AM	Trial Run 5K	W.Hartford (MDC Res.) Race Director 860-525-8106
Sa	May 5	10:00 AM	Salmon River Run 5.5	East Hampton www.active.com/event_detail.cfm?event_id=1431561 (Rt 16 at Comstock Bridge)
Sa	May 5	10:15 AM	21st Sharon 5M	Sharon (The Green) www.sharondaycare.org
Su	May 6	1:00 PM	36th Granby 10K	Granby (Memorial H.S.) dan@dowlingrisk.com
Su	May 6	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis. Ctr) www.7sisterstrailrace.com
Su	May 6	10:00 AM	17th Day School 4M	Middlefield www.idsmiddlefield.org
Sa	May 12	9:30 AM men 9:45 AM women	CT Race in the Park	New Britain (Walnut Hill Park) www.ctraceinthepark.org
Su	May 13	8:00 AM	30th Mother's Day 10K	Norwalk www.lightfootrunners.com
Su	May 13	10:00 AM	30th Mothers Day Dash 5K	Vernon (Henry Park) www.vernonct.com/parkrec.htm
Fr	May 18	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park) kahmystic@hotmail.com
Sa	May 19	10:00 AM	Shad Derby 5K	Windsor (Sage Park Mid. School) www.kiwanis.org/club/windsorct
Sa	May 19	8:00 AM	4th Annual Bobby's Run 8M	Vernon (Northeast School) www.silkcitystriders.org
Sa	May 19	10:00 AM	37th Shad Derby 5K	Windsor (Sage Park Mid. School) www.kiwanis.org/club/windsorct
Su	May 20	9:00 AM	Cockaponset Jay Walk 8M Tr. Run	Chester (Cockaponset St. Forest) Race Director 860-887-2062
Su	May 20	9:00 AM	Library 5K challenge	Newington (Mill Pond Park) www.newington.lib.ct.us
Su	May 20	9:00 AM	12th Guilford 5M	Guilford (Jacobs Beach) www.jbsports.com
Su	May 20	9:00 AM	23rd Soapstone Mt. Trail 14.5/3.9M	Stafford Springs (Hendel Rd.) www.shenipsitstriders.org
Su	May 20	10:00 AM	Race Around the Lake 3.5M	New Hartford (Brodie Park) www.friendsofbrodie.org
Sa	May 26	9:00 AM	Delaney Dash 5M	Old Saybrook (Fort at Say.Pt.) www.snerro.com
Mo	May 28	9:00 AM	27th Woodstock 10K	Woodstock Barry Kromer 860-928-1828
Mo	May 28	11:00 AM	30th Washington Trail 10K	Durham (Coginchaug H.S.) www.dmexchangeclub.com
Mo	May 28	10:20 AM	20th Memorial Mile 1M	E. Hartford www.ci.east-hartford.ct.us
Sa	Jun 2	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park) www.komenct.org
Su	Jun 3	9:30 AM	20th Celebrate West Hartford 5K	W.Hartford (Town Hall Common) www.celebratwesthartford.com
Su	Jun 3	8:00 AM	Iron Horse Half-Marathon	Simsbury (Iron Horse Bvd) www.hartfordmarathon.com
Su	Jun 17	10:15 AM	Branford Road Race 5M	Branford (Branford Green) www.branfordroadrace.net

SPRING 2007 NEW ENGLAND MARATHON/ULTRA CALENDAR

Date	Time	Race	Place	Website
Mo Apr 16	Noon	110th Boston Marathon	Hopkinton, MA	www.baa.org
Su Apr 29	7:00 AM	Lake Waramaug 50K, 50M, 100K	New Preston	www.RoadnTrackSports.com/LWUM
Su Apr 29	8:30 AM	New Jersey Marathon	Long Branch, NJ	www.njmarathon.org
Su May 6	8:00 AM	Long Island Marathon (& Half Mar.)	E. Meadow, NY (Eisenhower Pk)	www.thelimarathon.com
Su May 6	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	www.harriers.org/marathon/application.htm
Su May 20	7:00 AM	Sugarloaf Marathon & 15K	Eustis, ME (Cath. Pines Camp.)	www.sugarloafmarathon.com
Su May 27	7:00 AM	33rd Ottawa Marathon	Ottawa, ON	www.ingottawamarathon.ca
Su May 28	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	www.vcm.org
Su Jun 2-3		Green Mountain Relay 202M	Jeffersonville, VT	www.GreenMountainRelay.com
Su Jun 3	8:00 AM	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	www.marathonguide.com/sites/nipmucktrail

SILK CITY STRIDERS -- 2007 EVENT CALENDAR

- APRIL** - Track Workouts begin.....Tuesday, April 3
Boston Marathon Excursion.....Monday, April 16
- MAY** - Bobby’s Run Saturday, May 19
Sunday Bike Rides begin
- JUNE** - Lake Terramuggus Sprint Tri Training SeriesThursday Nights - TBA
- JULY** - Wickham Park Cross Country SeriesMonday Nights - July 9, 16, 23
Lake Terramuggus Sprint Tri Training SeriesThursday Nights - TBA
Summer Picnic (Blish Park, Lake Terramuggus).....Sunday July 14 or 29
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic.....Saturday, August 4
Wickham Park Cross Country SeriesMonday Nights - August 6 & 20
Lake Terramuggus Sprint Tri Training SeriesThursday Nights - TBA
- SEPTEMBER-** Nikki’s Run Walk ‘N’ Roll.....Sunday, September 9
Fred Brown Lake Winnepesaukee Relays Saturday, September 22
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 27
- NOVEMBER** - New York City Marathon ExcursionSunday, November 4
Parker Holt 5KSunday, November 11
Know Your Pace RaceSaturday, November 17
Manchester Road Race.....Thursday, November 22
- DECEMBER** - Silk City Holiday Open House..... Sunday, December 2
following Santa’s Run in Glastonbury

DEADLINE FOR NEXT NEWSLETTER: May 31, 2007