



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

[www.SilkCityStriders.org](http://www.SilkCityStriders.org)

## Ray Crothers (1942 –2008)



Ray at Mile 3 of the 2007 Manchester Road Race

Photo Courtesy of John Spaulding

Although not a member of the Silk City Striders, Ray Crothers was a fellow runner with a strong connection to us through the Manchester Road Race – which he won in 3 different Divisions – High School, Open and Masters.

He was a teacher in the Wethersfield School System for 10 years and was also co-owner and operator of “The Run In” in Rocky Hill. He graduated from Central Connecticut State University where he achieved All American status and was later inducted into their Hall of Fame for his running accomplishments.

Ray will live on in the hearts and minds of runners throughout the Northeast. We are currently working in conjunction with the Crothers Family to establish an event to honor Ray’s memory and legacy. More information will be provided as details are finalized. We hope you’ll join us to celebrate, run and remember.

The memorial card read:

I know you think I’ve left you, my voice you no longer hear ...  
but close your eyes and see my face, and you’ll always have me near.  
I’ll always see your smile, and share your happy days.  
I’ll be there when you need me to help in secret ways.  
Remember when you feel sad and alone I’m standing there by you.  
For in your heart, I’ll always live, no matter the years go by ...  
I’m here for you – no matter what. My kind of love can’t die.

Tributes from other runners & friends: [http://www.letsrun.com/forum/flat\\_read.php?thread=2378782](http://www.letsrun.com/forum/flat_read.php?thread=2378782)



**Saturday, May 17**

**8:00 AM**

**Northeast School, Vernon, CT**

All proceeds benefit the R.J. Bonadies Scholarship Funds at Rockville High School and St. James School

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**2008 BOARD OF DIRECTORS**

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**Staff:** Bekkie Wright – Editor  
 Karen Saunders – Editor Emeritus  
 Jim Best – Race Calendar  
 Barry Stoner – Coach’s Corner  
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**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 - 6:00 pm**  
**Martin Elementary School –**  
**Dartmouth Street**

**Wednesday Evening Funs Runs - 5:15 pm**  
**Mt. Nebo Parking Lot - Spring Street**

**CLUB NEWS & EVENTS**

**WELCOME NEW MEMBERS**

John Agosto	East Hartford
Tony Ciccone	Tolland
Alan & Mike McCall	Manchester
Ken Platt & Denise Valk	Tolland
Santina Scalia	Middletown



**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 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 Tuesday, April 22, we would like to spend an hour or so after the Fun Run on Saturday, April 19, 2008 to beautify the East Coast Greenway. The club will provide trash bags, but you might want to bring some work gloves. Join us in helping to make the Manchester Bike Trail a little nicer for everyone.

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**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 17th at 8:00 AM. Registration forms for the 8 Mile Race are 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.



**2008 CT Race in the Park  
Walnut Hill Park – New Britain  
Saturday, May 10, 2008**

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>. Online Team Registration Closes April 27, 2008. Paper applications should be returned with a check for \$25.00 payable to “CT BHI” to Bekkie by Saturday, April 19.

**Event Schedule**

- 9:00 AM Kids 1 Mile Run
- 9:05 AM Kids Fun Run
- 9:30 AM Men’s 5K
- 10:15 AM Women’s 5K
- 11:15 AM 1 Mile & 4K Walk



**Komen CT Race For The Cure 5K  
Bushnell Park – Hartford  
Saturday, June 7, 2008**

Join the Silk City Striders Team at the Race for the Cure 5K at Bushnell Park in Hartford on Saturday, June 7th. 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 23, 2008. 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 \$30.00 payable to “Komen CT Race for the Cure” to Bekkie by Saturday, May 17th.

**Event Schedule**

- 8:30 AM Men’s & Women's (Co-ed) 5K
- 9:30 AM Kids’ Short Race
- 9:40 AM Kids’ K
- 10:20 AM 4K Walk
- 10:30 AM 1K Walk

**RACE RESULTS**

Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 461-1486. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.

**RESULTS OMITTED  
FROM FEBRUARY NEWSLETTER**

**BRIGHT NIGHTS 5K**  
Forest Park (Springfield), MA Dec. 11, 2007  
Ginny Welch #2 F40-49 23:31

**RUN FOR REFUGEES 5K**  
New Haven, CT February 3, 2008

Adam Bulewich #1 M30-39 18:18

**CEDAR HILLS 4M (HTC Winter Series)**  
Hartford, CT February 10, 2008

Scott Livingston #3M 26:15  
Steve Morse #5M 27:08  
King Archibald 31:30  
Zofia Turosz #2F 36:35  
Janit Romayko #3F 42:59  
Jim Hodges 53:40

**BOSTON BUILDUP 20K**  
Southport, CT February 10, 2008

Bekkie Wright 1:46:30  
Joe Poliquin 1:46:30

**YMCA SWEETHEART RUN 4M**  
Stratford, CT February 16, 2008

Mark Turkington #1 60-69 27:37

**HYANNIS MARATHON & HALF MARATHON**  
Hyannis, MA February 24, 2008

**Marathon**  
Mike Munroe 3:40:12  
Bekkie Wright 3:56:23  
Joe Poliquin 3:56:23

**Half Marathon**  
Joan Munroe 1:53:16

**NEAC INDOOR TRIATHLON**  
Middletown, CT February 24, 2008

15 minute timed Swim in pool  
15 minute timed Bike on Precor Upright Bicycles  
15 minute timed Run on Lifefitness Treadmills

Janit Romayko & MaryLou White

**MYRTLE BEACH MARATHON**  
Myrtle Beach, SC February 16, 2008

Bill Gaghan 3:37:45

**GSH SNOWSTORM CLASSIC 10K**  
Forest Park, Springfield, MA  
February 16, 2008

MaryLou White 1:01:33

**COLCHESTER HALF MARATHON**  
Colchester, CT February 23, 2008

Cristiano Gloria 1:28:15  
Adam Bulewich 1:31:47  
John Paggioli 1:33:05  
Art Byram 1:33:19  
Mike Bendzinski 1:38:39  
Ginny Welch 1:46:26  
John Sloan 1:50:16  
Jay Hamilton 1:56:14  
Andy Zyrek 2:09:55

**WPLR SHAMROCK & ROLL 5K**  
New Haven, CT March 2, 2008

Tris Carta #4 M50-59 20:40  
Dean Bolt #6 M50-59 21:12



Cristiano

Bekkie & Joe

**STU'S 30K**  
Clinton, MA March 2, 2008

Cristiano Gloria 2:12:14  
Bekkie Wright 2:42:31  
Joe Poliquin 2:42:32

**MOONLIGHT 5K @ Hare & Hound  
Mystic, CT**

Janit Romayko 27:43

**HARE HOP 5K  
Mystic, CT March 2, 2008**

Bob Niedbala 25:42  
Peggy Byram #3 F50-59 28:26

**QUONSET POINT 10M ROAD RACE  
North Kingston, RI March 2, 2008**

Ken Pacileo 1:03:21  
Ken Reports: This was a training race I did with one of my Boston Marathon training partners. The course was very flat though it had a lot of turns. It would be a very fast course if there wasn't any wind but the coast of Rhode Island always has wind that time of year.

**COLLINSVILLE BAKE-OFF 5.53M & 11.2 M  
Collinsville, CT March 9, 2008**

**11.2 M**  
Neal Leibowitz #8M 1:16:54  
Mike Bendzinski 1:23:53  
King Archibald 1:31:19  
**5.53 M**  
David Bendzinski #2M 41:07

**NEW BEDFORD HALF MARATHON  
New Bedford, MA March 16, 2008**

Bob Niedbala 1:59:01  
Brendon McDermott 1:24:01  
Jamie McDermott 2:05:09

**WSSAC ST. PATRICK'S DAY 4 Mile  
Fairfield, CT March 16, 2008**

Mark Turkington #1 60-64 27:06

**O'HARTFORD 5K  
Hartford, CT March 16, 2008**

Ned Kennedy #2 M45-49 18:49  
John Agosto #3 M40-44 18:56  
Tom Geer 19:59  
Jay Hamilton 22:19  
Dani Kennedy #1 F45-49 23:22  
Rob Dollak 23:30  
Michael Shore 24:25  
Annette Hamilton 24:33

**CHUCKANUT MOUNTAIN 50K RACE  
Bellingham, WA March 15, 2008**

Bekkie Wright 6:53:37  
Joe Poliquin 6:53:37

**SIX FOOT TRACK TRAIL MARATHON  
New South Wales, Australia March 15, 2008**

The following is an excerpt  
from Scott Livingston's blog.  
For complete text, links and pics go to:  
<http://scottlivingston.wordpress.com/>

The Six Foot Track is a 45km footpath stretching across the Blue Mountains from The Explorer's Marked Tree, near Katoomba to Jenolan Caves. It is Australia's 5th largest marathon and by far the largest 100% off-road running event.

The course went through beautiful meadows through streams and small rivers, and over some very big hills. The last 10km were mostly downhill and that was where I blew up. I'm good for 20 miles, but then it is survival after that. I had a pretty big lead on Deb after the climbs and hung on to finish in front of her, though not by much. My time was 4:26:37 and I was 64th. Deb finished in 4:41:05, was 6th woman and 108th overall. She had a great run! She was also 3rd in her age group and we were 2nd in the "Couples Competition" or "Partners Prize." Our time was the 2nd fastest combined time. The race cutoff is 7 hours which comparably, seems short for a race like this. Still, many who fail at making the mark, return year after year to give it another go. Cheers to them!

The race is comparable to another legendary trail marathon celebrating its 25th anniversary in 2008. The Nipmuck Trail Marathon is 26.4 miles, a bit shorter, but has more rocky single-track and more steep ups and downs. Six Foot has more overall climbing and descending, but it also has more dirt roads and better overall footing. Of course, we drive up the road to get to Nipmuck and we had to go 12,000+ miles by air for Six Foot. Six Foot also has the unique format of being a point to point race and it has the spectacular Jenolan Caves finish. We crossed the line and were within 50 meters of our hotel room and a hot shower.

**WILLIMANTIC EASTER 5K**

Willimantic, CT March 22, 2008

Photos courtesy of **J. Macht Photography**

Please visit the Photo Gallery at:

<http://www.jmachtphotography.com/Sports/448138>



<b>John</b>	<b>David</b>	<b>Art</b>	<b>Mark</b>
John Collins	<b>#3 M40-49</b>		18:51
David Bendzinski	<b>#1 M14-18</b>		19:19
Art Byram			19:38
Mark Turkington	<b>#2 M60-69</b>		21:15
Jay Hamilton			22:41
Annette Hamilton			23:24
Andy Zyrek			25:18
Zofia Turosz	<b>#2 F60-69</b>		26:32
Sue Leslie	<b>#3 F50-59</b>		27:24
MaryLou White			27:39
Ellie Lowell	<b>#3 F60-69</b>		27:44
Janit Romayko			28:03
Peggy Byram			28:27
Barry Stoner			29:25
Jim Hodges			37:31



**Annette Zofia Sue MaryLou**



**Janit Peggy Barry Jim**

**O'NIANTIC 5K**

Niantic, CT March 15, 2008

MaryLou White **#2F50-54** 28:13

**TOUR DE VILLAGE 5K**

Tampa, FL March 15, 2008

Janit Romayko **#1 F 60-64** 31:08

James Hodges **#1 M65-69** 40:31

Janit Reports: XC race around the grounds, ponds and grasses of the Carrollwood community.

**BRADLEY INTERNATIONAL AIRPORT 10K**

Windsor Locks, CT March 22, 2008

John Paggioli **#3 M40-49** 39:17

Adam Bulewich **#3 M30-39** 39:27

David Leak 46:54

Keron Smith **#3 F30-39** 48:06

Sandy Webb 50:02

**ST. JOSEPH SCHOOL ROAD RACE - 3 Miles**

Baltic, CT March 29, 2008

Mark Turkington **#2 M60-69** 19:59

Joan Munroe **#2 F50-59** 24:10

**FAST SPLITS WINTER MULTISPORT SERIES**

Weston, MA

January, February & March 2008

**MaryLou White and Janit Romayko**

Janit Reports: The "Fast Splits Winter Triathlon" (reported in the February Newsletter) included a 4K XC Run, 8K XC Ski, and 6K Mountain Bike all in the snow. The 2nd and 3rd events – the Sunset Winter Duathlon & Sunrise Winter Duathlon – were similar in distances but the conditions of the 2nd event made the visibility almost impossible in the snow: 4K XC Run, 8K XC Ski, 4K XC Run.

MaryLou and Janit both garnered enough points in the series of take First Place in their respective age groups. Races were USAT sanctioned and both qualified to go to the Nationals in February in Utah, and then the Internationals later in February in Germany. They decided against the trans-Atlantic race as they did not have "anything to wear that was flashy enough"...maybe next year!!

	Tri - Jan 26	Du - Feb 9	Du - Mar 2
<b>MaryLou</b>	2:01	1:36	1:49
<b>Janit</b>	1:49	1:32	1:36

**BRISTOL SHAMROCK & ROLL 5M**  
**Bristol, CT March 29, 2008**

Dean Bolt #3 M50-59 35:31

**GEORGIA MARATHON**  
**Atlanta, GA March 30, 2008**

Bill Gaghan 3:48:40  
 Tammy Gaghan 5:02:27

Bill Reports: It was cool (temps in the 40s) and overcast which was nice, but quite windy. The course is a loop, so the net elevation was 0 feet, but the hills really kicked our butts. They never seemed to end! All in all, it was a good race and we had a great time!

**EASTERN STATES 20 MILER**

**Kittery, ME to Salisbury, MA March 30, 2008**

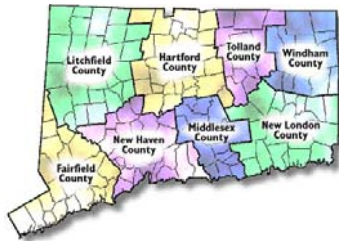
Cristiano Gloria 2:12:50  
 Marty Keibel #3 M50-59 2:21:52  
 Art Byram 2:24:06  
 Bill Schwarz 3:16:52  
 Jill Ramos 4:19:00

**ECOHUSKY 5000**

**Storrs, CT March 30, 2008**

Jay Hamilton #2 M30-39 22:23  
 Annette Hamilton #1 F40-49 24:35  
 Ellie Lowell #1 F60-69 27:47  
 Janit Romayko #2 F60-69 29:23  
 MaryLou White #2 F50-59 29:30

Janit Reports: This is a very tough and hilly course but it was a beautiful sunny day.



**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. Last year we had seven (7) Finishers.

Fairfield	New Haven
Hartford	New London
Litchfield	Tolland
Middlesex	Windham

Please submit your results to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org) for races completed in each of Connecticut’s 8 Counties during 2008. We will track results and report them in this Newsletter. All “Finishers” will be announced at the 2009 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In.

Join the fun, and see how many counties you can “bag” in 2008.

**2007-2008 HIGH SCHOOL INDOOR TRACK & FIELD RESULTS**  
<http://www.mysportsresults.com>

**ELLINGTON HIGH SCHOOL -- Aaron Flamino, Coach; Andrew Cannella, Team Member**

**MANCHESTER HIGH SCHOOL -- Colby Welch and Tyler Gauruder** are the only Silk City Striders 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)**

**NEW ENGLAND INTERSCHOLASTIC  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 Boston, MA February 29, 2008**

**MANCHESTER BOYS**

Long Jump Michael Hartfield - #2 22-04

**MANCHESTER GIRLS**

300M Run Elsa Millett - #5 40.75

**CIAC STATE OPEN  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 New Haven, CT February 16, 2008**

**MANCHESTER BOYS - #6 TEAM**

4x400 Relay #7 Team 3:33.26

1600 Sprint Medley #14 Team 3:51.09

High Jump Michael Hartfield - #4 6-02

Long Jump Michael Hartfield - #2 22-11.75

Shot Put Thomas Kenney - #2 50-08.50

**MANCHESTER GIRLS - #12 TEAM**

300M Run Elsa Millett - #2 41.22

**ELLINGTON GIRLS - #35 TEAM**

1600 Sprint Medley #5 Team 4:22.08

600M Run Amanda Sullivan - #11 1:43.05

**MERCY GIRLS**

4x400 Relay #10 Team 4:15.52

**CIAC CLASS "S"  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 New Haven, CT February 8, 2008**

**ELLINGTON BOYS - #12 TEAM**

4x200 Relay #6 Team 1:38.75

(Andrew Cannella – Team Member)

4x400 Relay #13 Team 3:58.83

4x800 Relay #4 Team 8:41.90

1600 Sprint Medley #12 Team 4:02.07

(Andrew Cannella – Team Member)

55M Dash Andrew Canella (Prelims) 7.19

55M Hurdles Zachary Babella - #6 8.55

600M Run Steven Tiernan - #3 1:25.88

Nicholas Varney - #24 1:36.07

1600M Run Stephen Crouse - #12 4:55.27

Adam Sawamura - #13 4:55.44

3200M Run Lucas Smith-Horn - #5 10:11.07

**ELLINGTON GIRLS - #7 TEAM**

4x200 Relay #5 Team 1:53.59

4x400 Relay #9 Team 4:32.96

4x800 Relay #6 Team 10:30.90

1600 Sprint Medley #2 Team 4:27.26

55M Dash Calesia Henson - #3 7.62

Amanda Blanchard - #6 7.75

300M Run Emily Parker - #20 46.78

600M Run Amanda Sullivan - #2 1:42.49

1600M Run Kelly Sawamura - #19 5:53.24



**CIAC CLASS "L"**  
**INDOOR TRACK & FIELD CHAMPIONSHIPS**  
 New Haven, CT February 9, 2008

**MERCY GIRLS - #15 TEAM**

4x200 Relay	<b>#11 Team</b>	1:55.46
4x400 Relay	<b>#3 Team</b>	4:14.02
4x800 Relay	<b>#8 Team</b>	10:41.15
1600 Sprint Medley	<b>#16 Team</b>	4:48.21
300M Run	Jessica Oidtman - #10	43.10
600M Run	Erin McCormack - #6	1:43.86
Long Jump	Arissa Opalacz - #10	14-11.25
	Aniela Opalacz - #14	14-06.50

**CIAC CLASS "LL"**  
**INDOOR TRACK & FIELD CHAMPIONSHIPS**  
 New Haven, CT February 7, 2008

**MANCHESTER BOYS - #4 TEAM**

4x200 Relay	<b>#5 Team</b>	1:38.40
4x400 Relay	<b>#2 Team</b>	3:31.95
4x800 Relay	<b>#12 Team</b>	8:59.37
1600 Sprint Medley	<b>#2 Team</b>	3:45.14
55M Hurdles	Brice Edwards - #5	8.34
300M Run	Keron Stoute - #6	37.66
	Nathan Philbrick - #16	39.60
600M Run	Matthew Almeida - #12	1:29.32
1000M Run	David Krinjak - #4	2:38.49
1600M Run	<b>Colby Welch - #16</b>	4:51.64
3200M Run	<b>Tyler Gauruder - #21</b>	10:37.91
High Jump	Michael Hartfield - #4	6-02
	Brendan Collier - #8	5-08
Long Jump	Michael Hartfield - #3	22-09.25
	Keron Stoute - #11	19-01.50
Shot Put	Thomas Kenney - #2	50-08.50

**MANCHESTER GIRLS - #10 TEAM**

4x200 Relay	<b>#4 Team</b>	1:51.07
4x400 Relay	<b>#2 Team</b>	4:11.49
4x800 Relay	<b>#6 Team</b>	9:55.50
300M Run	Elsa Millett - #1	*40.80
600M Run	Kelly Gentilecore - #16	1:48.34
	Yolanda Jackson - #24	1:53.74
1000M Run	Yolanda Jackson - #9	3:16.13
	Larisa Woykovsky - #17	3:26.70
	Mary Bugbee - #18	3:31.03
1600M Run	Emily Anderson - #12	5:34.68
	Alissa Watson - #17	5:37.53
3200M Run	Emily Anderson - #15	12:09.73

\* Beat her own Meet Record set in 2007

**CCC INDOOR TRACK & FIELD**  
**CONFERENCE CHAMPIONSHIPS**  
 New Haven, CT February 2, 2008

**MANCHESTER BOYS - #2 TEAM**

4x200 Relay	<b>#9 Team</b>	1:40.22
4x400 Relay	<b>#3 Team</b>	3:38.47
4x800 Relay	<b>#4 Team</b>	8:36.50
1600 Sprint Medley	<b>#8 Team</b>	4:03.50
55M Hurdles	Brice Edwards - #4	8.39
	Jim Anderson - #6	8.61
300M Run	Ben AuYeung - #7	38.04
	Brice Edwards - #8	38.17
600M Run	Matt Almeida - #2	1:27.28
1600M Run	<b>Tyler Gauruder - #7</b>	4:47.86
3200M Run	Tyler Gauruder - #5	10:17.92
High Jump	Michael Hartfield - #4	6-02
	Brendan Collier - #8	5-08
Long Jump	Michael Hartfield - #2	*23-00.00
Shot Put	Thomas Kenney - #1	49-06.00
	Mike Ruggiero - #9	40-09.50

\* New CCC Meet Record

**MANCHESTER GIRLS - #10 TEAM**

4x200 Relay	<b>#7 Team</b>	1:55.21
4x400 Relay	<b>#6 Team</b>	4:31.56
4x800 Relay	<b>#5 Team</b>	10:30.92
1600 Sprint Medley	<b>#3 Team</b>	4:34.09
1000M Run	Larisa Woykovsky - #10	3:24.23
1600M Run	Alissa Watson - #7	5:28.94
3200M Run	Emily Anderson - #9	12:15.22
	Alissa Watson - #10	12:25.13

**SCC INDOOR TRACK & FIELD**  
**CONFERENCE CHAMPIONSHIPS**  
 New Haven, CT February 1, 2008

**MERCY GIRLS - #7 TEAM**

4x200 Relay	<b>#7 Team</b>	1:54.24
4x400 Relay	<b>#3 Team</b>	4:13.14
1600 Sprint Medley	<b>#11 Team</b>	5:00.65
600M Run	Jessica Oidtman - #2	42.76
600M Run	Erin McCormick - #3	1:41.92
1000M Run	Ally Picard - #10	3:27.52
	Leah Hetzel - #13	3:46.07
1600M Run	Molly Quinn - #12	5:45.39
	Gabriella Wilson - #15	5:48.26
	Monica Castro - #18	5:53.27
Long Jump	Quenia Spievey - #1	17-03

**NCCC INDOOR TRACK & FIELD  
CONFERENCE CHAMPIONSHIPS  
New Haven, CT January 30, 2008**

**ELLINGTON BOYS - #1 TEAM**

4x200 Relay	<b>#1 Team</b>	1:39.85
	( <b>Andrew Cannella</b> – Team Member)	
4x400 Relay	<b>#1 Team</b>	3:46.87
1600 Sprint Medley	<b>#3 Team</b>	4:02.30
3200 Dist. Relay	<b>#1 Team</b>	9:14.82
55M Hurdles	Zak Babella - #1	8.37
55M Dash	<b>Andrew Cannella - #6</b>	7.10
300M Run	Deadrick Baker - #4	40.11
600M Run	Steve Tiernan - #1	1:27.64
	Nick Varney - #5	1:34.63
	Joe Bergeron - #7	1:35.79
	Dan Dryburgh - #10	1:36.94
1000M Run	Andrew Sullivan - #2	2:42.10
	Lucas Smith-Horn - #3	2:42.77
	Cameron Payzant - #10	3:09.01
1600M Run	Adam Sawamura - #2	4:53.38
	Stephan Crouse - #3	4:53.50
	Brian Kelleher - #7	5:07.84
	Beau Baker - #8	5:20.12
	Matt Stephan - #9	5:21.29
	Keith Sardo - #10	5:23.11
3200M Run	Lucas Smith-Horn - #2	10:14.91
	Andrew Sullivan - #3	10:24.24
	Cameron Payzant - #8	11:02.51
	Matt Lebel - #9	11:25.44
	Zac Babineau - #10	11:25.53
Pole Vault	Matt Stephan - #9	9-00.00
High Jump	Jordan Cusson - #9	5-00
Long Jump	Zak Babella - #3	18-10.00
	Eric Vincens - #5	17-01.00
	<b>Andrew Cannella - #11</b>	16-09.50
Shot Put	Derrick Gruelle - #3	37-10.00
	Gary Feldman - #5	37-04.50
	Andrew Alcutt - #6	36-10.50
	Brad Hoffman - #9	34-02.00

**ELLINGTON GIRLS - #3 TEAM**

4x200 Relay	<b>#1 Team</b>	*1:51.18
4x400 Relay	<b>#2 Team</b>	4:37:63
1600 Sprint Medley	<b>#3 Team</b>	4:56.80
3200 Dist. Relay	<b>#3 Team</b>	11:11.70
	*Broke own NCCC Meet Record from 2007	
55M Hurdles	Laura Fetko - #6	10.43
55M Dash	Amanda Blanchard - #1	7.62
	Celesia Henson - #2	7.66
	Clairborne Jones - #5	7.86
300M Run	Calesia Henson - #1	43.59
	Amanda Sullivan - #4	45.41
	Amanda Blanchard - #6	45.49
600M Run	Amanda Sullivan - #2	1:47.32
	Molly Honda - #6	1:54.42
1000M Run	Kerry Sawamura - #3	3:17.71
	Allison Landry - #5	3:23.78
1600M Run	Melody Smith - #5	6:13.05
	Alex Maciolek - #7	6:13.87
3200M Run	Kerry Sawamura - #1	12:50.80
	Melody Smith - #7	13:30.20
	Molly Maciolek - #8	14:01.23
	Oliva Wick-Bander - #9	14:28.39
	Jessica Dennis - #10	14:29.48
High Jump	Molly Maciolek - #2	4-08

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

**Greater Hartford  
Outdoor Track & Field Meet  
Saturday, May 3, 2008  
Simsbury High School**

**JI Greater Manchester  
Track & Field Invitational  
Saturday, May 17, 2008 9:30 AM**



## 2008 U.S. Olympic Team Trials – Women's Marathon

Sunday, April 20th, 2008 - 8:00 AM

For a list of entrants and additional information and Press Releases, please visit:

<http://bostontrials2008.com/>

Over 150 elite female marathoners will participate, including 14 New Englanders. The top 3 finishers will go to Beijing this summer as members of the U.S. Olympic Team.

The race starts on Boylston St. at Fairfield St. and finishes on the traditional Boston Marathon finish line. The first portion of the course, or “City Loop”, up to Dartmouth St. and Commonwealth Ave. will only be run once. The “Core Loop” from Dartmouth St. and Commonwealth Ave. out to Memorial Dr. and back will be run four (4) times.



Spectators are encouraged. Preferred locations are along upper Boylston St., Massachusetts Ave. and Memorial Dr. Spectators will be allowed to cross the course route with the assistance of public safety officers.

If you can't be there in person – Live coverage of the 2008 U.S. Olympic Team Trials-Women's Marathon will be available on [NBCSports.com/marathon](http://NBCSports.com/marathon) on Sunday, April 20. Additionally, a 60-minute highlights show will air on MSNBC on Sunday, April 27 from 12:00-1:00 p.m. ET.



### 112th Boston Marathon

Monday, April 21st, 2008 – 10:00 AM & 10:30 AM

Cheer on the Silk City Striders (past & present) in person or track them online at [www.BAA.org](http://www.BAA.org) - “King Archibald” #26395, Art Byram #7220, Diana Cohen #14941, Doug Flamino #10144, Cristiano Gloria #3499, Marty Keibel #4478, Joe Kidder #6190, Neal Leibowitz #4207, Joan Munroe #20108, Mike Munroe #9581, Bob Niedbala #25282, Ken Pacileo #2885, John Paggioli #6804, Bill Schwarz #20071, Mike Tartar #5956, Ginny Welch #18759 and Scott Wojnarowicz #2727 (as well as local Manchester speedsters, Brendan Prindiville #1070 and Nick AuYeung #1181). There are two wave starts -- 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>

If you are interesting in carpooling to Boston to spectate, please contact Bekkie & Joe at (860) 461-1486. It's about a 2 hour ride to Boston, but with the road closures, we're planning on leaving from the Silver Lane/Spencer Street Computer Lot on the Manchester/East Hartford line at 5:30 AM on Sunday, and 8:00 AM on Monday. Hope you can join us.

## NEW MEMBER PROFILES

### John Agosto

I live on Oak St. in East Hartford. This is close to MCC and all the other training runs. To become a better runner, I felt I needed to join a running club.

At 43 years old, I've been running seriously for about two years. I run about 40 miles per week. I love trail running, Case Mountain, etc.

I run a lot of road races, mostly 5K's. My best time last year was 18:03 at the Bradley Space Race.

#### 2008 Goals:

Sub 18:00 5K; Sub 29:00 Manchester Road Race; Run longer races, including trail races like Soapstone. I ran the sampler last year.

My favorite race is The Manchester Road Race. It was my worst race of the year.

I ran 31:15. I was sick and over-dressed. I am on a mission this year to run under 29:00.

I think Silk City does a lot for running in Connecticut. I hope to learn from other club members and will support the club any way I can.

#### **Past Results:**

3/16/08	O'Hartford 5K	18:56
1/6/08	E Hartford Snow Dash	18:31
12/2/07	Santa's Run	21:11
11/22/07	Manchester Road Race	31:15
10/28/07	Columbia Autumn Classic 5K	19:29
10/14/07	Apple Harvest Festival 5K	18:47
9/15/07	Somers Great Escape 5K Run	18:46
8/26/07	Old Wethersfield 5K Run/Walk	18:56
7/14/07	Bradley Space Race	18:03
6/2/07	Komen CT Race for the Cure	19:19
4/7/07	Bradley Airport 5K	18:57
3/18/07	Salem Road Race	19:44
11/23/06	Manchester Road Race	30:58

### Tony Ciccone

Personal Info: I'm 47 years old and a resident of Tolland. I am married to my best friend, Sheila. We are raising four girls. I am an Executive for AAA and I'm on the road a lot. Life is very full.

Running Info: Lifelong runner. 40 miles/week. Mainly a 5K racer. Haven't raced since 2005. PR is like 17:20 in 2005. When motivated and in racing shape I am a pretty good Master's 5K runner ... motivation has been the problem lately. Most proud of a few accomplishments: ran a 4:53 mile in 2005 (must have been a poorly measured course!) Ran one season with Providence College Cross Country Team and met some world class runners and people. Run 14 miles every other Sunday morning in Litchfield CT with a few world class age group runners. Great stories and very inspiring.

That's it for me. Just a guy who loves to get out there and slog around.

#### **Past Results:**

10/1/05	Cider Mill 5K	17:52
9/5/05	New Haven 20K	1:16:41
7/4/05	Boom Box Mile	4:53
6/4/05	Chaplin Country 5K	18:29
5/1/05	Wolcott 5K	18:14
4/23/05	Hebron 5K	18:03
3/26/05	Willimantic Easter 5K	19:07
12/4/04	NIA Jingle Bell Run	18:55
11/25/04	Manchester Road Race	29:38
11/6/04	E Windsor Veterans Day 5K	17:30

## Alan & Mike McCall

### Alan Reports:

We didn't have track or cross-country when I attended Lyman High in Lebanon some time in the middle of the last century, but I have always loved running, and spent many hours shuffling through the streets over the years. It wasn't until my son Mike started running for Iling Middle School and Manchester High School in the late 90's that I was motivated to actually enter races, and follow a more regimented training program.

Over the last few years, I have run many races in the area with many of the club members. While not as fast as most of the members, I am proud to be holding the line and even improving my times in the face of advancing age, while enjoying the friendship of such as Bekkie Wright and "King Archibald". It just seemed like now was the time to officially join.

Mike, meanwhile, enjoyed a nice career running for Coach Bendzinski's fine program at MHS, including All-State recognition. He went on to run three years at Bentley College, before the realities of real life interfered (he now works where he used to run). He still keeps up his regular regimen, however. His early-season highlight was when he was the phantom Bentley XC runner who ran 18:10, and prevented Todd Brown and Scott & Shep Livingston from winning the Scrooge Scramble at Rockville on Christmas Day 2007.

### Alan's Early-Season Results:

Guilford Frosty 5K	23:12
Aselton Snow Dash	23:35
HTC People's Forest 8.57M	1:13:42
HTC Wally World 9.5M	1:24:23

### Mike's PR's (2003-2005)

Wickham Park Summer XC (2003)	2.6M	13:40
Asleton Snow Dash (2005)	3.05 M	16:34
Scrooge's Scramble (2005)	3.1 M	16:30
Manchester Road Race (2004)	4.748 M	26:13

## Santina Scalia

After watching "Marathon Challenge" on NOVA, I became re-interested in running and began following their training schedule at the end of December. I now have time and am ready to transition from the rubber meeting the treadmill to the rubber meeting the trail. I discovered the SCS website while searching for weekend running clubs that would assist with pacing, provide advice from veteran runners, hone running skills, offer opportunities to run races and have room for me to be part of a team. At first I was hesitant in joining the group; I was assured by a board member that the group is comprised of members with varied running abilities.

Since I tend to skip over warming up, cooling down and stretching; I thought that training with a group would get me into the habit of doing the preliminary "before and after" running to prevent injuries as was the case in 2003 when, on my own, I started training for the Hartford Marathon. A foot injury resulted and a reworded line from "Tosca" became my mantra "disappeared forever is my dream of running a marathon."

My extent of running a race was in 1999 while attending my best friend's wedding in NJ/NY where I ran the Avon Women's 10K in Central Park on a whim with a running time of about 48 minutes.

As a teenager, I moved from a small Sicilian town near the Ionian Sea to Middletown. Some of my interests include, reading, walking, the arts, traveling (especially) Europe, foreign films, ethnic cuisine, yoga, and salsa dancing. Merengue anyone?

## Ken Platt & Denise Valk (Platt)

Most of you know Ken as the owner of Platt System, the first race timing company in Connecticut to embrace the ChampionChip timing system. You'll see him at the Vernon Mother's Day Dash; the East Hartford Parks & Rec Series: Aselton Snow Dash, Memorial Mile, Riverfest 5K, EHHS Alumni XC 5K; and the Lake Terramuggus Sprint Tri Series. He also has a company website [www.PlattSys.com](http://www.PlattSys.com) which includes a Race Calendar, Results and Links to Active.com online registration.

Ken forwarded me the following newsclip regarding his "amazing" wife's marathon debut.

### November 29, 1987 - Philadelphia Independence Marathon

About 1,700 people entered the race, which was run in steady rain, blustery winds and temperatures in the mid-to-upper 40's. Tim Wunsch of St. Louis held off Charles Ellis of Endicott, NY, yesterday to win the rain-soaked Philadelphia Independence Marathon in 2 hours 24 minutes 8 seconds. Lori Lawson, a 21-year-old medical student from Philadelphia, finished in 2:54:12 to win the women's division of the race from Independence Hall to Memorial Hall in the city's Fairmount Park. **Denise Valk (Platt) of Tolland, Conn running in her first marathon, was second in 2:55:07**, with Cheryl O'Keefe of Baltimore third in 3:01:12.(AP)

These days, Denise's November race of choice appears to be the Manchester Road Race, where she is still running strong.

2005 Manchester Road Race	38:27
2004 Manchester Road Race	37:35

## Diana Cohen

I was introduced to the Silk City Striders through our current President, Barry. I met some group members over the past few years, and am excited to train with everyone this summer. I hated running for most of my life, mostly because it was something that coaches used as punishment. While in graduate school, my roommate, a lifetime runner, invited me to train with her for the 2004 OUC Orlando Half Marathon. I decided to give it a try, and in my first road race ever, ran a 2:07 with a smile on my face.

After suffering a major injury in Tae Kwon Do, I came back to running in 2006. I completed two marathons in 2007, as well as a few sprint triathlons.

Thanks to Barry for showing me the awesome world of triathlon! I now aspire to be an Ironman finisher.

This year I will be participating in the Boston Marathon, Florida Half Ironman, and Baltimore Marathon. I will also be active in Tae Kwon Do competition. I am a 2nd degree black belt at United Tae Kwon Do in East Hartford.

I received my Ph.D. from the University of Florida in the Summer of 2007, and am currently serving as a Visiting Assistant Professor of Government and Law at Lafayette College. I am currently writing a book on the Ned Lamont for Senate campaign.

I wish everyone luck in reaching their goals this year.

### Past Results:

10/28/07	Marine Corps Marathon	5:28:55
10/13/07	Baltimore Marathon	6:12:51
9/23/07	Fall Distance Frolic 30K	3:13:29
8/5/07	NYC Half-Marathon	2:03:45
7/12/07	Lake Terramuggus Sprint Tri	1:25:40
6/28/07	Lake Terramuggus Sprint Tri	1:26:30
6/3/07	You Can 'Du' It Duathlon	1:19:38
5/12/07	Bolton 5 Mile Road Race	43:04
2/24/07	Colchester Half-Marathon	2:21:42
9/30/06	Hogs Back Half Marathon	2:07:38

## Adam Bulewich

I grew up in Windsor, CT. The first road race I remember running was actually the Manchester Road Race -- I was in middle school (I think it was 1989). I just remember two things about that race -- first -- it was snowing that day and secondly -- the hill was never ending.

I ran cross country for Windsor High but I admit that I wasn't very dedicated to the sport of running then -- I was much more concerned about getting ready for the hockey season.

At some point in the late 1990s my Dad asked my brother and I if we'd be interested in running the Manchester Road Race every year. Since then I've run Manchester every year for the past ten years -- with the exception of 2006 when I slipped and twisted my knee while running the Lil' Rhody Runaround. The Manchester Road Race is a wonderful event, I always enjoy running it Thanksgiving morning. The wonderful crowds of people always offer such enthusiastic support. Last year I received some great cheers when I ran the course wearing my old Hartford Whalers jersey.

In 2006, for the first time, I ran a road race of more than 5 miles when I ran the John Kelley Beach Run in New London. More recently, I've been trying my hand at some longer distances. As a long-term goal I'd love to qualify for the Boston Marathon but I've got some work to do before I come close to achieving that goal. Also, someday, I'd love to do a triathlon.

Last year I especially enjoyed running the Colchester Half Marathon and the Salem Road Race.

### Past Results:

12/2/07	Santa's 3.5 Mile Run	23:25
11/22/07	Manchester Road Race	31:49
10/13/07	Hartford Marathon	3:42:09
9/3/07	New Haven Road Race 20K	1:26:12
8/9/07	Corporate 5K	19:04
8/4/07	John J Kelley Ocean Beach Run	1:26:56
4/1/07	Cherry Blossom Ten Mile Run	1:15:20
3/18/07	Salem 5K Road Race	21:44
2/24/07	Colchester Half-Marathon	1:49:01
11/19/06	Lil' Rhody Runaround 8 Mile Trail Run	1:13:45
10/22/06	Mystic Places Marathon	3:35:38
9/4/06	New Haven Road Race 20K	1:38:16
11/24/05	Manchester Road Race	37:01
11/25/04	Manchester Road Race	38:38
11/23/03	Manchester Road Race	31:40
11/28/02	Manchester Road Race	34:22



(click on logo for online registration)

**Sunday, April 27, 2008**  
**5K Run/Walk**  
**10:00 AM**  
**&**  
**One Mile Kid's Fun Run**  
**9:15 AM**

## RACE CALENDAR

Date	Time	Race (USATF Grand Prix)	Place	Website / Contact	
Sa	Apr 5	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green)	www.spiritofspring.org
Sa	Apr 5	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow St. Forest)	www.runwmac.com/gt2008/gt08-races.html
Sa	Apr 5	10:00 AM	Greater Hartford Quarter-Marathon	West Hartford (MDC Res.)	www.hartfordtrackclub.org
Su	Apr 6	10:00 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park)	www.jbsports.com
Su	Apr 6	11:00 AM	Spring Half-Marathon	Westfield, MA(Boys/Girls Club)	www.boysandgirlsclubofwestfield.org
Sa	Apr 12	10:00 AM	Earth Day 5K Trail Race	Mansfield (Mansfield Hollow)	Race Director 860-465-5729
Sa	Apr 12	9:00 AM	Merrimack River Trail 10M	Andover, MA (Wyndham Hotel)	www.runwmac.com/gt2008/gt08-races.html
Sa	Apr 12	10:00 AM	Salem 3M	Salem (Salem School - Rt 85)	Rick Konon 860-537-4597
Su	Apr 13	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.)	www.juliarun.org
Sa	Apr 19	9:00 AM	Hebron Road Race 5K	Hebron (RHAM H.S.)	www.hebronct.com/pr_special-event.pdf
Su	Apr 20	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park)	www.meridenrotary.org
Su	Apr 20	10:00 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch)	www.hitekcracing.com/midmay/
Su	Apr 20	9:10 AM	DCF Community Awareness 5K	Waterbury (Library Park)	www.jbsports.com/dcf5k.htm
Su	Apr 27	8:30 AM	Minuteman 10K/5K	Westport (Compo Beach)	www.wywl.com
Su	Apr 27	10:00 AM	Belltown Spring Sprint 5K	East Hampton (Sears Park)	http://thelastmileracing.com/belltown5k.html
Su	Apr 27	9:00 AM	Leatherman's Loop 10K Trail	Cross River, NY (Ward Pound Res.)	www.leathermansloop.org
Su	Apr 27	Noon	Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall)	www.simsburyrotary.org
Su	Apr 27	1:00 PM	Glastonbury River Run 5K	Glastonbury (Old Maid Lane)	www.hartfordmarathon.com
Sa	May 3	10:15 AM	Sharon 5M	Sharon (The Green)	www.sharondaycare.org
Su	May 4	10:00 AM	Independent Day School 4M	Middlefield	www.idsmiddlefield.org
Su	May 4	1:00 PM	Granby 10K	Granby (Memorial H.S.)	Don Housmann 860-653-6334
Su	May 4	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis.Ctr)	www.7sisterstrailrace.com
Sa	May 10	10:00 AM	Salmon River Run 5.5	East Hampton (Rt 16 at Comstock Bridge)	www.colchesterlandtrust.org
Sa	May 10	9:00 AM	Bolton 5M	Bolton (Bolton H.S.)	Elise Fiorentino 860-647-1100
Sa	May 10	9:30 AM men 10:15 AM women	CT Race in the Park	New Britain (Walnut Hill Park)	www.ctraceinthepark.org
Su	May 11	10:00 AM	Mothers Day Dash 5K	Vernon (Henry Park)	www.plattsys.com
Fr	May 16	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park)	www.twilighttrailrun.com
Sa	May 17	8:00 AM	Bobby's Run 8M	Vernon (Northeast School)	www.silkcitystriders.org
Sa	May 17	10:00 AM	Shad Derby 5K	Windsor (Sage Park Mid. School)	www.kiwanis.org/club/windsorct
Su	May 18	9:00 AM	Trails to a Cure 8M	Chester (Cockaponset St. Forest)	Laurie Tomlinson 860-526-2240
Su	May 18	9:00 AM	Library 5K Challenge	Newington (Mill Pond Park)	www.newington.lib.ct.us
Su	May 18	9:00 AM	Guilford 5M	Guilford (Jacobs Beach)	www.jbsports.com
Su	May 18	9:00 AM	Soapstone Mt. Trail 24K/6K	Stafford Springs (Hendel Rd.)	www.shenipsitstriders.org
Sa	May 24	9:00 AM	Delaney Dash 5M	Old Saybrook (Fort at Saybrook Pt.)	www.snerro.com
Sun	May 25	8:00 AM	Tri Sports 5K & 10K	Bristol (Lake Compounce)	www.trisportmedia.com/events.html
Su	May 25	10:30 AM	Memorial Around the Lake 5K	Marlborough (Blish Park)	Don Lack 860-295-8374
Mo	May 26	11:00 AM	Washington Trail 10K	Durham (Coginchaug H.S.)	www.dmexchangeclub.com
Mo	May 26	9:00 AM	Woodstock 10K	Woodstock	Barry Kromer 860-928-1828
Mo	May 26	10:20 AM	E.H. Memorial Mile	E. Hartford	www.ci.east-hartford.ct.us
Su	Jun 1	8:00 AM	Iron Horse Half-Marathon	Simsbury (Iron Horse Bvd)	www.hartfordmarathon.com
Su	Jun 1	9:00 AM	Suffield Fireman's 5K	West Suffield (W.Suff.Center)	Michael Thibedeau 860-668-3888
Sa	Jun 7	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	www.komenct.org
Su	Jun 8	1:00 PM	Litchfield Hills Road Race 7.05M	Litchfield (Village Green)	www.lhrr.com
Su	Jun 15	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	www.branfordroadrace.net
Su	Jun 15	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	www.celebratewesthartford.com
Su	Jun 15	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA	www.runwmac.com/info-greylocktrail.html
Sa	Jun 21	10:00 AM	Mount Washington 7.6M	Gorham, NH	www.gsr.com
Su	Jun 22	8:30 AM	Fairfield 13.1M & 5K	Fairfield (Jennings Beach)	www.fairfieldhalf.org/fldhalf





The **Pancreatic Cancer Action Network (PanCAN)** invites you to support **Trails to a Cure**. This 8 Mile Trail Race and 3 Mile Walk will take place on Sunday, May 18th, 2008, at 9:00am at Cockaponsett State Park, in Chester, Connecticut. The purpose of our event is to raise awareness and funds for the Pancreatic Cancer Action Network, a nonprofit organization.

In 2005, after being diagnosed with pancreatic cancer, longtime local marathoner Steve Hancock (one of the Manchester Road Race's original "Plaiders") resurrected the trail race and named it **Trails to a Cure**. Steve's goal was to help bring attention and awareness to pancreatic cancer as well as raise money to fight this insidious disease. Unfortunately, subsequent to that inaugural event, Steve passed away after a courageous battle with this disease. As a result, this year's Trails to a Cure will be held in memory of Steve for the second year in a row. Our goal is to continue with the efforts that Steve initiated in 2005.

#### About Pancreatic Cancer:

Pancreatic cancer is the fourth leading cause of cancer death in the U.S., and over 37,000 Americans will be diagnosed with it this year alone. For patients receiving a pancreatic cancer diagnosis, the five-year survival rate is only five percent - the lowest survival rate of all major cancers. Pancreatic cancer is difficult to diagnose and once spotted, there are few treatment options available. Despite these facts, pancreatic cancer receives the least amount of federal research funding among major cancer killers.

In 2007, pancreatic cancer received less than 2% of the National Cancer Institute's overall cancer research budget. Death rates from pancreatic cancer are still rising, and the main reason is lack of resources to develop proper diagnostic tools and more effective therapies to achieve higher survivability rates, and ultimately, find a cure.

#### About the Pancreatic Cancer Action Network:

Founded in 1999, the Pancreatic Cancer Action Network was the first national advocacy organization dedicated to serving the pancreatic cancer community. The organization is leading the charge against this terrible disease by working in a comprehensive manner to find a cure. Our mission is to advance research, support patients and create hope for those affected by pancreatic cancer.

All donations are tax-deductible to the extent of the law (Pancreatic Cancer Action Network is a 501(c)(3) organization, tax ID# 33-0841281). Please make checks payable to "PanCAN". The mailing address is "Cockaponsett Trail Race, 493 Winthrop Road, Deep River, CT 06417".

**Editor's Note:** The Race Application is available through the Silk City Striders website.

**SPRING 2008 NEW ENGLAND MARATHON/ULTRA CALENDAR**

Date	Time	Race	Place	Website
Su Apr 20	7:00 AM	Lake Waramaug 50K, 50M, 100K	New Preston	<a href="http://www.RoadnTrackSports.com/LWUM">www.RoadnTrackSports.com/LWUM</a>
Mo Apr 21	Noon	Boston Marathon	Hopkinton, MA	<a href="http://www.baa.org">www.baa.org</a>
Su May 4	8:30 AM	New Jersey Marathon	Long Branch, NJ	<a href="http://www.njmarathon.org">www.njmarathon.org</a>
Su May 4	8:00 AM	Long Island Marathon (&half)	E. Meadow, NY (Eisenhower Pk)	<a href="http://www.thelimarathon.com">www.thelimarathon.com</a>
Su May 4	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	<a href="http://www.harriers.org/marathon/application.htm">www.harriers.org/marathon/application.htm</a>
Su May 4	8:00 AM	Providence Marathon	Providence, RI	<a href="http://www.rhoderaces.com">www.rhoderaces.com</a>
Su May 18	7:00 AM	Sugarloaf Marathon/15K	Eustis, ME (Cath. Pines Camp)	<a href="http://www.sugarloafmarathon.com">www.sugarloafmarathon.com</a>
Su May 25	7:00 AM	Ottawa Marathon	Ottawa, ON	<a href="http://www.ingottawamarathon.ca">www.ingottawamarathon.ca</a>
Su May 25	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	<a href="http://www.vcm.org">www.vcm.org</a>
Su Jun 1	8:00 AM	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	<a href="http://www.runwmac.com/gt2008/gt08-races.html">www.runwmac.com/gt2008/gt08-races.html</a>
Su Jun 21-22		Green Mountain Relay 202M	Jeffersonville, VT	<a href="http://www.GreenMountainRelay.com">www.GreenMountainRelay.com</a>

**SILK CITY STRIDERS -- 2008 EVENT CALENDAR**

- APRIL** - [Women’s Olympic Marathon Trials Excursion](#) .....Sunday, April 20  
[Boston Marathon Excursion](#)..... Monday, April 21
- MAY** - [Bobby’s Run](#).....Saturday, May 17
- JUNE** - [Lake Terramuggus Sprint Tri Training Series](#) ..... Thursday Nights - TBA
- JULY** - [Wickham Park Cross Country Series](#) ..... Monday Nights - July 7, 14, 21  
[Lake Terramuggus Sprint Tri Training Series](#) ..... Thursday Nights - TBA  
[Summer Picnic \(Blish Park, Lake Terramuggus\)](#)..... TBA
- AUGUST** - [John & Jessie Kelley Ocean Beach Run & Picnic](#) ..... Saturday, August 2  
[Wickham Park Cross Country Series](#) ..... Monday Nights - August 4 & 18  
[Lake Terramuggus Sprint Tri Training Series](#) ..... Thursday Nights - TBA
- SEPTEMBER** - [Nikki’s Run Walk ‘N’ Roll](#) ..... Sunday, September 7  
[Fred Brown Lake Winnepesaukee Relays](#) ..... Saturday, September 20
- OCTOBER** - [Halloween Pot Luck Supper](#)..... TBA
- NOVEMBER** - [New York City Marathon Excursion](#) ..... Sunday, November 2  
[Parker Holt 5K](#) ..... Sunday, November 9  
[Know Your Pace Race](#) ..... Saturday, November 22  
[Manchester Road Race](#)..... Thursday, November 27
- DECEMBER** - [Silk City Holiday Open House](#).....Sunday, December 7  
..... following Santa’s Run in Glastonbury

**DEADLINE FOR NEXT NEWSLETTER: May 31, 2008**