



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message: SUMMER WRAP-UP

The T-Shirts are finally here. To celebrate our 25+ Years of Running in Manchester, we have made some special bright orange T-shirts. So, show your colors. Sue Leslie will have the T-Shirts available for sale at the next two Wickham Park Races and at Saturday Fun Runs for \$10 each while supplies last.

There was some nice press recently in the Manchester Edition of the "Rare Reminder" on the Striders. Look for a copy of the article soon on the website for those who missed it.

Upcoming Events of Interest:

- Johnny Kelley Ocean Beach 11.6 Mile Race – **Saturday, August 6th**
followed by a Beach Party & Picnic (Silk City will provide the non-alcoholic beverages)
- Wickham Park Cross Country Series Races 4 & 5 – **Monday, August 8th & 22th.**
- Corporate 5K in Hartford (Bushnell Park) – **Thursday, August 11th** (USATF Grand Prix Race)
- Terramuggus Sprint Triathlon in Marlborough – **Thursday, August 11th**
- East Hartford High School Alumni Cross Country 5K – **Thursday, August 18th**
- New Haven Road Race 20K & 5K – **Monday, September 5th** (USATF Grand Prix Race)
- Nikki's Run Walk & Roll – **Saturday, September 10th**
- Wapping Fair South Windsor 5 Mile Road Race – **Sunday, September 11th**
- Fred Brown Lake Winnepesaukee Relays – **Saturday, September 25th**
Bill McGugan will be the Team Captain for Men's Masters Team this year.

- Bekkie

Never Run the EH Alumni XC Course?

Join us for a Training Run
from Veteran's Memorial Clubhouse
in East Hartford
at 7:00 PM on Wednesday, August 10th
and see what it's all about.

Also, join us for another
special 7-Mile Training Run
which includes the
Wapping Fair 5 Mile course
from Sue Leslie's House
in South Windsor
on Wednesday, September 7th at 5:00 PM

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2005 BOARD OF DIRECTORS**Officers**

Interim President: Bekkie Wright 533-1557
Vice President: Betty Cannella 872-5903
Treasurer: Art Byram 430-1072
Secretary: John Sloan 643-6123

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		<i>Term</i>
Sue Leslie	644-1804	Ex-Officio
Dennis Mahoney	930-8073	2005-2007
Ian Roberts	645-1011	2005-2007
Jim Tharp	646-5155	2003-2005
Jim Whitehouse	432-4997	Ex-Officio

Uniforms & T-Shirts

Sue Leslie 644-1804

WebMaster

Bill Schwarz 643-4096

Newsletter

Staff: Bekkie Wright – Editor
 Karen Saunders – Editor Emeritus
 Jim Best – Race Calendar
 Barry Stoner – Coach’s Corner

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

Mark Helisek	Tolland
Carmen Herzog	East Hampton
Derek Jakoboski	Tolland
Valerie Johnson	Vernon
Sue Potter	Ellington

**GLASTONBURY PARKS & REC
 SUMMER FUN RUNS
 Tuesday Nights - 6:50 pm
 Buttonball Elementary School**

There is a 1 Mile Kids Run around school grounds. Adult courses are 2.4 or 3.5 miles in the Buttonball Lane area. Register starting at 6:30 for a 6:50 start. All Finishers receive ribbons. Divisions include male and female 50+, 35-49, 19-34, 15-18, 13-14, 10-12, 7-9, and 6 & under. **Tuesday evenings through August 9th. FREE.**

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Manchester Community College
 Meet in Lot C, near the Great Path entrance.

Tuesday Track Workouts - 6:00 pm
Manchester High School
 Will resume in the Spring.

Wednesday Evening Funs Runs - 5:00 pm
Bennet Middle School
 Come join us for the Spring Street Loop.
 Runs of 3 – 8 miles are available.

Thursday Evening Funs Runs - 5:30 pm
Bolton High School
 Thursday Fun Runs are at Bolton High School.
 We’ll be moving back to
 Martin Elementary School in the Fall.



**SILK CITY
 SUMMER PICNIC**

We had a great day for the Annual Silk City Summer Picnic at Lake Terramuggus in Marlborough. A group of Striders ran a 5K around the lake followed by swimming and the obligatory burgers & hotdogs on the grill.

Be sure to join us for Summer Picnic Part 2 at the Johnny Kelley 11.6 Mile Race at Ocean Beach Park in New London on Saturday, August 6th. The Race is FREE, and we’ll bring the drinks for the Beach Party after.

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.

KOMEN RACE FOR THE CURE 5K Hartford, CT June 11, 2005

Women's 5K

Linda Yamamoto*	#7F; #3 F19-29	20:47
Sue Leslie*		26:43
Betty Cannella*		28:40
Pat Saimond		28:30
Janice Tirrell*		30:54
Deb Thurston*		32:13
Joyce Thorner*	Survivor	36:36

*The Women's Silk City team placed 6th. Jessica Thurston was also a member of the Silk City team, however, Kids Race times were not available. Thanks to Joyce & Betty for coordinating the team.

Men's 5K

John Paggioli		18:35
Mike Saimond		21:47
Bill Schwarz	#2 M60-69	25:37
Keith Morgan		26:19
Randy Potterton		31:07

CHAPLIN COUNTRY 5K Chaplin, CT June 4, 2005

David Laporte	#4 M30-39	20:10
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LAUREN'S RUN 5K Cromwell, CT June 4, 2005

John Paggioli	#6M; #2 M30-39	18:04
Mike Munroe	#7M; #1 M40-49	18:15
Joan Munroe	#1 F50-59	23:51

SUFFIELD FIREMANS ASSOCIATION 5K Suffield, CT June 5, 2005

Mike Munroe	#3M; #2 M40-49	18:28
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NIPMUCK TRAIL MARATHON Ashford, CT June 5, 2005

Keith Morgan	4:52:22
Tim Blinn	5:51:58

NIANTIC BAY 10K Niantic, CT June 10, 2005

Mike Munroe	#3 M45-49	40:05
Clint Driscoll		49:56
Bob Niedbala	#3 M55-59	50:37
Joan Munroe	#1 F50-54	53:37
Randy Potterton		58:10

CELEBRATE WEST HARTFORD 5K West Hartford, CT June 5, 2005

Paul Bennett	23:40
Bill Schwarz*	28:32
John Sloan*	31:25
Andre Mesnil*	32:14

* Bill took John & Andre on a 16 mile "Training Run" from his house in Manchester to the race Start in West Hartford. A little too much warm up for a 5K!

IRON HORSE HALF MARATHON Simsbury, CT June 5, 2005

Mike Tartar	1:27:09	
Mickey Grabner	1:39:00	
James Janiak	1:40:18	
Rick Chromik	1:50:59	
Jennifer Freeman	1:59:59	
Keith Morgan	2:00:09	
Norlean Litwinka	2:01:35	
Barry Stoner	#3 M65-69	2:12:29
Randy Potterton	2:26:11	
Patricia Desimone	2:32:13	

RUN FOR THE ROCK 5K Black Rock, CT June 12, 2005

Mike Munroe	#6M; #2 M40-49	18:42
Joan Munroe	#3 F50-59	25:56

CHAZZY B'S 5 MILER Chicopee Falls, MA June 12, 2005

Bob Niedbala	40:26
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PLAINFIELD CATHOLIC 5K

Plainfield, CT June 15, 2005

Mike Munroe #6 Overall, #2 M40-49 18:22

ST. CATHERINE'S OF SIENA 3.8M

Preston, CT June 16, 2005

Bob Niedbala 30:12

RUN FOR THE ARTS 5K

Hartford, CT June 18, 2005

Mike Tartar #1 M30-39 18:32

David Laporte 20:33

MT. WASHINGTON ROAD RACE 7.6M

Gorham, NH June 18, 2005

Neal Leibowitz 1:27:57

Steve McLaughlin PR 1:33:58

Ben Witkowski 1:44:15

Mike Salcius* 1:49:25

* John Salcius' son.

BRANFORD ROAD RACE 5M

Branford, CT June 19, 2005

Betty Cannella* 42:36

Sue Leslie* 43:08

Randy Potterton 44:06

Barry Stoner 44:17

Joyce Thorner* 52:13

* Member of the USATF Grand Prix Women's Open & Masters Team. The Open Team Placed 4th, and the Masters Team Placed 3rd.

CT IRISH FESTIVAL 5K

North Haven, CT June 25, 2005

Ben Witkowski #2 M20-29 19:48

PEG COUGHLIN 5K ROAD RACE

Bristol, CT June 25, 2005

John Paggioli #4M; #2 M30-39 18:09

Mike Munroe #7M; #1 M40-49 19:33

FATHERS DAY DASH 5K*

Ellington, CT June 19, 2005

David Metzger #2M; #1M19-29 17:10

Aaron Flamino #3M; #1 M30-39 17:29

Yolanda Flamino #1F 17:38

Lance Flamino #6M; #3 M19-29 18:09

Mike Munroe #7M; #1 M40-49 18:16

Jay Seney #8M; #2 M40-49 18:20

Steve Morse #1 M50-59 19:23

Doug Flamino #2 M50-59 19:25

Tim Blinn 19:38

Linda Yamamoto #5F 21:17

Bill Metzger 21:28

Bryce Metzger #1 M12-18 21:29

Kristin Metzger #7F 21:49

Joan Munroe #1 F50-59 24:16

Brian Seney 29:08

Keith Morgan 33:41

Jeff Morgan 33:42

Andy Morgan 33:42

Rachel Blinn 52:10

*Or should we just call it "Flamino-fest" Part II?

FAIRFIELD HALF MARATHON & 5K

Fairfield, CT June 26, 2005

Half Marathon

Bekkie Wright 1:45:14

Art Byram* 1:53:36

Rick Chromik* 2:01:23

Norlean Litwinka 2:03:37

Barry Stoner* 2:19:45

Randy Potterton* 2:25:57

* Member of the USATF Grand Prix Men's Masters Team which placed 6th.

5K

Mike Munroe #9M; #1 M45-49 18:34

Dean Bolt #3 M50-54 20:58

Keron Smith #1 F20-29 21:17

Joan Munroe #2 F50-54 25:26

Results Omitted From June Newsletter**BOLDER BOULDER 10K**

Boulder, CO May 29, 2005

Bill Schwarz 1:05:07



Photos from <http://www.jimrhoades.com/>

WHIRLAWAY 10K

USAT&F NE Championship
Methuen, MA June 26, 2005

Yolanda Flamino #7F; #2 F20-29	38:48
Jay Seney	40:56
Doug Flamino	44:02

RIVERFEST 5K

East Hartford, CT July 2, 2005

Mike Tartar #9M	17:58
Mike Munroe	19:13
Steve Morse #3 M50-59	19:28
Steve McLaughlin	19:46
Bill McGugan	20:53
Rick Chromik	24:11
Joan Munroe #1 F50-59	24:45
Sarah Tartar #3 F30-39	24:50
Norlean Litwinka	25:19
Sue Leslie #2 F50-59	25:39
Randy Potterton	25:47

ENFIELD CELEBRATION 5K

Enfield, CT July 4, 2005

Jim Tharp	20:28
Clint Driscoll #3 M50-59	22:49

CHESTER ROTARY ROAD RACE

"4 on the 4th"

Chester, CT July 4, 2005

Joe Kidder Top 20	24:36
Jim Best	29:05
Barry Stoner	36:00

GLORIOUS GALLOP 5K*

East Hampton, CT July 8, 2005

Mike Munroe #6M; #1M 40-49	17:13
Jim Tharp	17:53
Bekkie Wright #1F, PR	18:54
Joan Munroe #1F 50-59	23:25
Carmen Herzog	25:53
Charlene Tharp	34:03
Eloise Tharp	35:40

* This course is a screaming downhill, and may have even been short this year.

HEALTH HEART WOMEN'S 5M

West Hartford, CT July 9, 2005

Special thanks to Randy Potterton,
our only Silk City "Water Boy."

Bekkie Wright #3F	34:51
Keron Smith	36:23
Jill Ahern* #1 F45-49	37:37
Marie Slattery*	
Sue Leslie #1 F55-59	42:18
Betty Cannella	42:35
Chiara Medina* #1 Athena	42:40
Norlean Litwinka	41:57
Silva Mesnil	48:52
Patricia Desimone	49:59

* Special Guests on the *Red Dress Runners* Team
which Placed 1st Overall.

SEAFAIR Marathon

Bellevue, WA July 10, 2004

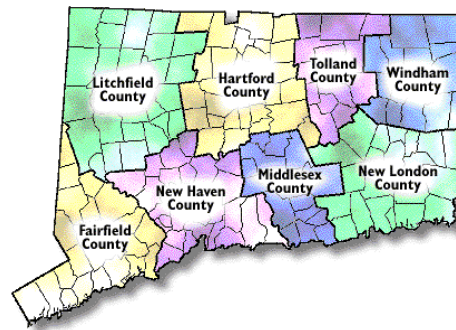
Judging by the comments on MarathonGuide.com
this was a really tough hilly course.

Jay Seney #4 M40-44	3:12:18
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BLESSING OF THE FLEET 10M

Narragansett, RI July 29, 2005

Jay Seney	1:05:58
Jim Tharp	1:10:42
Bekkie Wright	1:15:46
Bob Niedbala	1:26:51
Betty Cannella	1:30:16
Pat Desimone	1:55:02
Barry Stoner	1:55:04



Silk City Striders 8 County Challenge

At Least Three (3) Counties Completed as of 8/1/2005

To be part of the 8 County Challenge, simply submit your results for races completed in Connecticut this year to Webmaster@SilkCityStriders.org. Each Challenger's progress will be reported on upon completion of a race in at least three (3) Counties. All successful "8 County Challenge" Finishers will be announced at the 2006 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In.

		Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Dean	Bolt	X	X		X				
Art	Byram	X	X		X				
Betty	Cannella	X		X	X				
Rick	Chromik	X	X	X					
Clint	Driscoll	X			X			X	X
Scott	Freeman		X	X				X	
David	LaPorte	X		X		X			
Sue	Leslie	X		X	X				
Norlean	Litwinka	X	X					X	X
Steve	Morse	X		X	X			X	
Joan	Munroe	X	X	X	X	X	X	X	X
Mike	Munroe	X	X	X	X	X	X	X	X
John	Paggioli	X		X			X		X
Randy	Potterton	X	X	X	X				X
Janit	Romayko	X			X	X			
Jay	Seney	X		X					X
Barry	Stoner	X	X	X	X	X	X		X
Dale	Toce	X		X	X				X
Jim	Tharp	X		X			X		X
Marylou	White	X		X					X
Bekkie	Wright	X	X	X			X		

**USATF OUTDOOR
TRACK & FIELD MEET**
Southern Connecticut State University
New Haven, CT
July 31, 2005

Complete Event Results available at
<http://www.plattsys.com>

TOCE FAMILY RESULTS

Women's 100 Meters
Denise Toce **#1 F40-44** 17.01

Women's 200 Meters
Denise Toce **#1 F40-44** 35.44

Women's High Jump
Denise Toce **#1 F40-44** 4-06

Boy's 100 Meters
Michael Toce **#11 Age 9-10** 19.74

Boy's Long Jump
Michael Toce **#10 Age 9-10** 6-06.5

Men's 100 Meters
Dale Toce **#3 M40-44** 14.23

Men's 200 Meters
Dale Toce **#2 M40-44** 29.27

Men's 400 Meters
Dale Toce **#2 M40-44** 1:05.8

Men's 800 Meters
Dale Toce **#1 M40-44** 2:35.86

Men's 1 Mile
Dale Toce **#1 M40-44** 5:29.37

GLASTONBURY FUN RUNS

Tuesday, August 9th
is the last night for this series.

Jessica Thurston participated in the
Kid's Run on June 28, and July 5, 12, 19 & 26.
Score one for the next generation!

Race #2 - July 5

3.5 Miles

Bekkie Wright	27:32
Kathy Thornton	31:54
Debbie Thurston	37:17

Race #3 - July 12

3.5 Miles

Jeff Thornton	27:45
Kathy Thornton	31:06
Debbie Thurston	36:59

Race #4 - July 19

2.4 Miles

Debbie Thurston	23:51
Bill Schwarz	23:52

3.5 Miles

Bekkie Wright	27:11
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Race #5 - July 26

3.5 Miles

Bekkie Wright	26:49
Art Byram	26:51

Race #6 - Aug 2

2.4 Miles

Debbie Thurston	TNA
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3.5 Miles

Bekkie Wright	30:08
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DUATHLON / TRIATHLON & ADVENTURE RACE RESULTS

SHAMROCK DUATHLON Glastonbury, CT May 22, 2005

5K Run – 28 M Bike – 5K Run

Ian Roberts		1:50:50
Cathi Koehler	#2 F45-49	1:54:37
AnnMarie DeMonte	#1F60-64	2:18:49

MOOSEMAN TRIATHLON Bristol, NH June 4, 2005

.6 M Swim – 27.25M Bike – 10K Run

Mike Tirrell	#1 M50-54	2:21:54
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LUDLOW BOYS & GIRLS TRIATHLON Ludlow, MA June 5, 2005

1/2 M Swim – 14 M Bike – 4 M Run

Janit Romayko	#3 F55-59	1:42:04
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HYANNIS SPRINT TRIATHLON Hyannis, MA June 11, 2005

1/4 M Swim – 10 M Bike – 3.5 M Run

It was a beautiful weekend with lots of wind.

Barry Stoner	#2 M65-69	1:14:18
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WEBSTER TRIATHLON Webster, MA June 26, 2005

1/2 M Swim – 12 M Bike – 3 M Run

Janit Romayko	#2 F55-59	1:42:04
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LAKE WARAMAUG SPRINT TRIATHLON New Preston, CT June 21, 2005

1/2 M Swim – 9M Bike – 5K Run

Clint Driscoll		1:17:28
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IRONMAN FRANCE Nice, France June 26, 2005

2.4M Swim, 112M Bike, 26.2M Run

AnnMarie DeMonte	#1 F60	15:57:06
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That's right ... AnnMarie is headed back to KONA!

PAT GRISKUS OLYMPIC TRIATHLON Middlebury, CT June 19, 2004

1.5K Swim – 40K Bike – 10K Run

Mike Tirrell	#1 M50-54	2:32:39
Dean Bolt	#3 M50-54	2:41:07
Daria Vanderveer	#2 F35-39	2:43:03
Cathi Koehler		3:07:41
Clint Driscoll		3:12:11

DUDLEY BIATHLON Dudley, MA July 2, 2005

5K XC Run – 400M Swim

Janit Romayko	#1 F60-69	33:24
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PAT GRISKUS SPRINT TRIATHLON Middlebury, CT July 6, 2005

1/2 M Swim – 10.5 M Bike – 5K Run

Cathi Koehler	#3 F45-49	1:18:49
Clint Driscoll		1:21:13

FAIRLEE GREAT TRIATHLON Fairlee, VT July 10, 2005

3/4 M Swim – 24 M Bike – 5 M Run

Dean Bolt		2:13:52
Cathi Koehler		2:25:08
Barry Stoner		2:40:02

CAP CITY DIRT TRIATHLON Hartford, CT July 17, 2005

.7 M Swim – 5K Run - 12 M Mountain Bike

Dean Bolt	#1 M50-54	1:46:01
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DANSKIN WOMEN'S TRIATHLON Webster, MA July 31, 2005

1/2 M Swim – 12M Bike – 5K Run

Over 2,100 participants, and 21 Swim Waves made this a challenging Sprint Triathlon, but Janit came through with flying colors.

Janit Romayko	#1 F60-64	TNA
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TERRAMUGGUS TRIATHLON SERIES

1/4 M Swim – 12M Bike – 5K Run
Marlborough, CT

Race 1 - June 16, 2005

“Team” Driscoll 1:15:14

Race 2 - June 30, 2005

Ned Kennedy 1:01:36
Dean Bolt 1:03:26
Jeremy Thornton 1:07:26
Jeff Thornton 1:10:37
Beth Shluger 1:13:19
Bekkie Wright 1:13:46
Kathy Thornton 1:17:04
Janit Romayko 1:17:14

Race 3 - July 14, 2005

Jeremy Thornton 1:07:21
Jeff Thornton 1:08:14
“Team” Driscoll 1:10:46
Kyle Thornton 1:12:29
Beth Shluger 1:13:14
Janit Romayko 1:16:16
Kathy Thornton 1:16:58
Barry Stoner *1 Mtn Bike Loop* 1:02:37

Race 4 - July 28, 2005

Jeremy Thornton 1:06:05
Kyle Thornton 1:08:42
Jeff Thornton 1:10:01
Clint Driscoll 1:10:36
Bekkie Wright 1:12:52
Kathy Thornton 1:14:44
Janit Romayko 1:15:25

One (1) more race left, Thursday, August 11.
Registration starts at 6:00 pm; the Race is at 6:30 pm,
Blish Park, Lake Terramuggus, Marlborough, CT.

And a Big Thanks to Barry & Merle Stoner, Beth Shluger and Cathi Koehler who served as volunteer Registration Coordinators and Course Monitors at the Terramuggus Tri Series this summer.



<http://www.genesisadventures.com>

**GENESIS ADVENTURE RACES
NEW BALANCE SPRINT SERIES**

Trail Run – Mountain Bike – Kayak
+ Special Tests & Navigation - 25 Miles

EMS Sprint Series

**Race #1 - Harriman State Park, NY
May 7, 2005**

“Two Fools” 5:55
Ned Kennedy & John Whalen - #1 Male Masters

**Race #2 - Hartford, CT
June 4, 2005**

“Two Fools” 4:21
Ned Kennedy & John Vitti - #1 Male Masters

**WINDING TRAILS
OFFROAD TRIATHLON SERIES
1/4 M Swim – 8K Mtn Bike – 5K XC Run
Farmington, CT**

Race 5 July 19, 2005

Dean Bolt #1 M50-59 56:50

Race 6 - July 26, 2005

Dean Bolt #3 M50-59 55:22



WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 1 - July 11, 2005

**Dates: Mondays Nights at Wickham Park
TWO (2) RACES LEFT -
AUGUST 8 & 22**

Meet at back parking lot where the
State High School Races finish.

Time and Distance

6:00 pm, First 3 age groups
1 Mile for ages 13 and under
6:30 pm, Older age groups
2.6 Miles for ages 14 and older

Entry fees: \$3.00 (13 and under)
\$4.00 (14 and up)

To be eligible for an award you must run in 4
out of 5 races during the summer. Trophies will
be presented to the top 2 finishers in each age
group and medals to any other runner
completing the series.

Age Groups:

Boys and Girls

1 Mile Race – 9 and under, 10-11, 12-13

Men and Women

2.6 Mile Race – 14-15, 16-18, 19-29, 30-39,
40-49, 50-59, 60 and older

Age: Based on Age as of July 11, 2005

For More Information contact:

Mike Bendzinski 649-6426

ADULT RACE 2.6 miles

David Metzger	13:37
Neal Leibowitz	14:25
John Paggioli	15:03
Michael Munroe	15:15
Steve McLaughlin	15:20
Steve Morse	15:40
Ben Witkowski	15:47
Doug Flamino	15:54
Bryce Metzger	16:22
Tris Carta	16:34
Tim Blinn	16:42
Bill Metzger	17:37
Bekkie Wright	17:45
Clint Driscoll	18:47
Matt Wynne	20:21
Kathy Thornton	21:08
Joan Munroe	21:27
Sue Leslie	21:53
Keith Morgan	22:10
Randy Potterton	22:40
Jill Ramos	22:56
Ed Yergeau	22:59
Janit Romayko	24:32
Jim Hodges	29:46

YOUTH RACE - 1 mile

Michael Litwinka	10:49
Cameron Litwinka	11:11
Lindsay Ramos	13:02

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 2 - July 25, 2005

ADULT RACE 2.6 miles

Aaron Flamino	13:51
Lance Flamino	14:22
John Paggioli	14:57
Colby Welch	15:00
Steve Henry	15:29
Ben Witkowski	15:31
Steve Morse	15:35
Doug Flamino	15:36
Jay Seney	15:41
Tris Carta	16:33
Tim Blinn	16:39
Linda Yamamoto	17:25
Bekkie Wright	17:38
Clint Driscoll	19:23
Edward Steele	19:38
Matt Wynne	20:39
Kathy Thornton	21:03
Joan Munroe	21:27
Keith Morgan	21:40
Sue Leslie	21:41
Ed Yergeau	21:41
Mary Lou White	21:46
Jill Ramos	21:51
Randy Potterton	23:24

YOUTH RACE - 1 mile

Brian Seney	7:40
Lindsay Ramos	11:23

WEEK 3 - August 1, 2005

ADULT RACE 2.6 miles

Aaron Flamino	13:25
Lance Flamino	14:02
Neal Leibowitz	14:29
Colby Welch	14:30
Steve Henry	14:34
John Paggioli	14:39
Steve McLaughlin	15:05
Ben Witkowski	15:14
Steve Morse	15:19
Doug Flamino	15:22
Jay Seney	15:36
Tim Blinn	15:57
Bekkie Wright	16:34
Linda Yamamoto	16:46
Clint Driscoll	18:39
Kathy Thornton	20:44
Ed Yergeau	21:18
Sue Leslie	21:36
Jill Ramos	22:01
Randy Potterton	22:19
Janit Romayko	23:16
Jim Hodges	28:58

YOUTH RACE - 1 mile

Brian Seney	7:36
Chrissy Bendzinski	9:06
Lindsay Ramos	12:38

**2005 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS
STATE, NEW ENGLAND & NATIONAL CHAMPIONSHIPS**

<http://www.mysportsresults.com> and <http://www.dyestat.com>

EAST HARTFORD HIGH SCHOOL Boys & Girls -- Scott Wojnarowicz, Coach

ELLINGTON HIGH SCHOOL Boys & Girls -- Aaron Flamino Co-Coach; Jeff Morgan & Bryce Metzger, Team Members

MANCHESTER HIGH SCHOOL Boys -- Kyle Thornton, Team Member. Although Mike Bendzinski is not the Outdoor Track Coach, many of the members of his Cross Country Boys Team also run track, so selected running event results have also been included for the MHS Boys Team.

**CIAC STATE OPEN
OUTDOOR TRACK & FIELD CHAMPIONSHIPS
New Britain, CT June 6, 2005**

EAST HARTFORD - BOYS - #9 Team (3-way tie)

4x400M Relay	#18 Team	3:30.46
110M Hurdles	Diwani Augustine - #5	15.54
	McNeil Johnson - #6	15.55
300M Hurdles	McNeil Johnson - #4	40.42
Discus	John Brinley - #2	154-04
Javelin	Stephen Rivera - #19	146-03

MANCHESTER - BOYS - #17 Team (5-way tie)

4x100M Relay	#7 Team	43.99
4x400M Relay	#1 Team	3:24.98
4x800M Relay	#12 Team	8:13.65
400M Dash	Brian Wirtalla - #8	49.88
800M Dash	Matt Whalen - #20	2:02.24

ELLINGTON - BOYS - #22 Team

4x800M Relay	#4 Team	7:58.78
3200M Run	Hunter Norte - #3	9:35.51
Long Jump	Jeff Morgan - #19	19-04

EAST HARTFORD - GIRLS - #47 Team (6-way tie)

800M Run	Allie Lemire - #19	2:26.77
3200M Run	Ellen Dobbin - #16	12:13.64
4x100 Relay	#12 Team	51.17
4x400 Relay	#11 Team	4:08.41
4x800 Relay	#6 Team	9:48.90

ELLINGTON - GIRLS - #33 Team (6-way tie)

800M Run	Liz Foster - #13	2:22.68
3200M Run	Tara Heffernan - #17	12:20.86
4x400 Relay	#12 Team	4:08.41
Triple Jump	Katie Harty - #1	36-05

**CIAC STEEPLECHASE & HAMMER THROW
CHAMPIONSHIPS
New Britain, CT June 14, 2005**

ELLINGTON - GIRLS

2000M Steeplechase	Liz Foster #3	7:37.52
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**CIAC DECATHLON, HEPTATHLON
& STEEPLECHASE CHAMPIONSHIPS
New Britain, CT June 15, 2005**

EAST HARTFORD - BOYS

Decathlon	Diwani Augustine - #5	5357 pts
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ELLINGTON - BOYS

Decathlon	Spencer Hrubala - #7	5152 pts
2000M Steeplech.	Mark Szafir - #2	6:44.77
	Chris Kelleher - #6	6:51.75
3000M Steeplech.	Alec Carlson - #13	10:26.71

ELLINGTON - GIRLS

Heptathlon	Katie Harty - #2	4136 pts
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**NIKE OUTDOOR NATIONALS
TRACK & FIELD CHAMPIONSHIPS
Greensboro, NC June 16-18, 2005**

ELLINGTON - BOYS

2000M Steeplech.	Hunter Norte - #6	6:04.64
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**NEW ENGLAND BOYS & GIRLS
TRACK CHAMPIONSHIPS
Saco, ME June 11, 2005**

EAST HARTFORD - BOYS

110M Hurdles	McNeil Johnson - #4	14.84
300M Hurdles	McNeil Johnson - #10	40.05
Discus	John Brinley - #6	161-06

MANCHESTER - BOYS

4x400M Relay	#1 Team	3:22.62
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ELLINGTON - BOYS

4x800 Relay	#7 Team	7:59.16
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EAST HARTFORD - GIRLS

4x800M Relay	#7 Team	4:37.72
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ELLINGTON - GIRLS

Triple Jump	Katie Hardy - #7	36-09.75
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**VOLUNTEERS NEEDED FOR
NIKKI'S RUN, WALK 'N' ROLL 5K
FOR CHILDREN WITH CANCER**

**September 10, 2005 – 3:00 PM
Manchester Community College**

This is the 3rd year for Nikki's Run, which is co-sponsored by the Silk City Striders. The event supports children with cancer in several different ways. The proceeds will fund pediatric cancer research and family support through the following non-profit foundations: Build-a-Bear Workshop Foundation; Connecticut Children's Medical Center; The Jimmy Fund; and Hannah's Gift – A Fund for Children with Cancer.

A Water Captain and 3-4 Volunteers are needed to staff the Water Stop on Race Day. Please contact Bekkie Wright if you would like to volunteer to help (860) 533-1557.

COACH'S CORNER - "Good Hydration - Fueling for the Endurance"

by Barry Stoner

It's time for my annual reminder to those who have heard this before and a plea to those new to this game of extreme exercise. I could almost put this message to music – for instance the Beach Boys tune "Good Vibrations" because that is how you will feel if you are well hydrated and attentive to good nutrition.

This message applies not only to summertime but whenever you exercise. Drink lots of water and sports drink the day before as well as the day of an event or long training run to stay on top of your game. It is necessary to drink 8-16 ounces of water before any run and much more for a race. You want to feel like you need to pee all the time and your pee should be almost clear. This is the layman's test to good hydration.

Why use sports drinks? Gatorade, Powerade and similar concoctions fall into the category of sports drinks. These drinks replace the electrolytes your body loses due to perspiration.

What should I eat? A well balanced diet is best; but that's too extensive a discussion to get into in this brief space. It is important to eat right, and to fuel up at least two hours before an event. I prefer to eat a Powerbar because it is not too filling and provides the "carbs" I need to feel good while performing. A lot of people don't like the taste, but they work for me. Also, have some pasta the night before, or something with similar nutritional value. A banana or a bagel is good the morning of; but again each person must find what works best for them.

The message is that each person must drink and eat well to allow the body to perform at its best. In addition you must eat and drink during an endurance event. So until next year around this time, keep on top of your game.

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone	
Sa	Aug 6	9:00 AM	John J. Kelley Ocean Beach 11.6M	New London (Ocean Beach Pk)	Way Hedding	860-739-9927
Sa	Aug 6	9:00 AM	People's Forest 7M Trail Run	Barkhamsted (Mathies Pavillion)	Will Graustein	203-574-3310
Su	Aug 7	8:00 AM	Sea Legs Shuffle 10M/5K	Guilford (Jacobs Beach)	Nancy Ashcroft	203-458-6612
Su	Aug 7	:30 AM	Niantic Bay Triathlon	Niantic (McCook Beach Park)	Beth Shluger	860-652-8866
Mo	Aug 8	6:30 PM	Sloper Trails 5K	Southington (Sloper Outdoor Ctr)	Race Director	860-628-5597
Th	Aug 11	6:20 PM	Corporate Classic 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Sa	Aug 13	9:00 AM	27th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Sa	Aug 13	9:05 AM	Deary Memorial Race 5M	Putnam, CT (JD Cooper's)	Victoria Weigand	860-928-7141
Su	Aug 14	10:00 AM	33rd Falmouth 7.1M	Woods Hole, MA	Rich Sherman	508-540-7000
Su	Aug 14	8:25 AM	28th Waterford Week 5M	Waterford Beach Park	Kerry Sullivan	203-444-5881
Su	Aug 14	10:00 AM	34th Donors Week Road Race 5M	Torrington (Coe Park)	Dean Dziedzic	860-482-4425
Su	Aug 14	10:00 AM	Lakewood YMCA 5K	Monroe	Joe Riccio	203-481-7453
We	Aug 17	6:30 AM	Shoreline Road Race 5M	Old Saybrook (Town Green)	John Bysiewicz	203-481-5933
Th	Aug 18	6:30 PM	20th E. Hartford HS Alumni XC 5K	E. Hartford (Veteran's Memorial)	Jim Uhrig	860-282-8240
Sa	Aug 20	9:00 AM	Bluefish Festival 5K	Clinton (Jared Eliot Sch)	Ellen Cavanagh	860-669-3889
Su	Aug 21	8:30 AM	Lobster Loop 5K	Canton (Town Green)	Race Director	860-693-4446
Su	Aug 21	8:00 AM	Old Wethersfield 5K	Wethersfield	Beth Shluger	860-652-8866
Su	Aug 21	8:30 AM	Brooklyn Fair 5K	Brooklyn	Race Director	860-779-2236
Th	Aug 25	6:00 PM	XTerra Scramble 5K	Hartford (Riverfront Plaza)	Beth Shluger	860-652-8866
Fr	Aug 26	6:30 PM	Bill Hyland Memorial 5K	Bristol (St.Paul H.S.)	Race Director	860-314-0814
Sa	Aug 27	9:00 AM	Trinity 5K	Danbury	Race Director	203-748-0671
Sa	Aug 27	9:30 AM	16th MADD Dash 5K	Stratford (Short Beach)	Marty Schaivone	203-374-6433
Su	Aug 28	9:30 AM	18th Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	Scott Hunter	413-256-0608
Su	Aug 28	10:00 AM	Keney Park 5K	Hartford	Race Director	860-985-8489
Mo	Sep 5	8:30 AM	New Haven Road Race 20K/5K	New Haven Town Green	John Bysiewicz	203-481-5933
Mo	Sep 5	9:00 AM	72nd Cape Ann 25K	Gloucester, MA	Maggie Oveson	978-283-0470
Sa	Sep 10	3:00 PM	Nikki's Run 5K	Manchester (MCC)	Mark Logan	860-647-7440
Sa	Sep 10	1:30 PM	30th Run Around the Block 15K	Block Island, RI	Kathy Szabo	800-383-2474
Su	Sep 11	10:00 AM	Wapping Fair Road Race 5M	South Windsor (Rye St Fairgr.)	Steve Stoklosa	860-291-8095 x26884
Fr	Sep 16	10:00 AM	Reach the Beach Relay 200M	Bretton Woods, NH	RTB Hotline	508-881-4505
Sa	Sep 17	8:00 AM	Great Escape 5K/5M	Somers	Paul Salva	860-749-1147
Su	Sep 18	7:20 AM	Fall Distance Frolic 30K	Fairfield	Marty Schaivone	203-374-6433
Su	Sep 18	7:45 AM	Philadelphia Distance Run 1/2 Mar.	Philadelphia, PA (Philadelphia Museum of Art)		www.RunPhilly.com
Sa	Sep 24	8:00 AM	17th Winnepesaukee Relay 66M	Weirs Beach, NH (Funspot)	Ken Robichaud	617-232-8778
Sa	Sep 24	9:30 AM	Hogs Back Half-Marathon	Colebrook Center	Will Graustein	860-485-1506
Su	Sep 25	10:00 AM	18th Bigelow Tea 5K	Southport (Wakeman's Club)	Marty Schaivone	203-374-6433
Su	Sep 25	Noon	32nd Marshfield 20K	Marshfield, MA (High School)	Marianne Withington	508-747-2491
Su	Sep 25	10:00 AM	13th Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Center)	John Bysiewicz	203-481-5933
Sa	Oct 1	10:30 AM	Cider Mill 5K	Tolland (Crandall Park)	Kerri Gedansky	860-872-5836
Su	Oct 2	10:00 AM	Breakneck Trail 20K	Union (Bigelow Hollow St. Pk)	Karl Molitoris	914-878-6523
Mo	Oct 10	Noon	29th Tufts 10K for Women	Boston (Boston Common)	Kristin Murphy	888-767-RACE http://www.Tufts-Healthplan.com/Tufts10k/thp10k.php

FALL 2005 MARATHON CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su	Sep 11	8:15 AM	Stowe Marathon & 1/2 Mar.	Morrisville, VT	Russ Halpern-Reiss 802-244-6269
Su	Sep 11	7:30 AM	Eric Marathon & Relay	Erie, PA	www.Erie-RunnersClub.org
Su	Sep 18	8:30 AM	Dutchess County Marathon	Wappingers Falls, NY	Paul Cassito 845-797-2205
Su	Sep 18	8:30 AM	80th Yonkers Marathon	Yonkers, NY	A.J. Cambria 914-377-6430
Su	Sep 25	8:00 AM	Clarence DeMar Marathon	Gilsum, NH (Town Hall)	Steve White 603-358-4115
Su	Sep 25	9:00 AM	Adirondack Marathon	Schroon Lake, NY	Mark Elmore 888-schroon
Sa	Oct 1	9:00 AM	Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C 603-744-3335
Su	Oct 2	7:45 AM	Maine Marathon, 1/2 Mar. & Relay	Portland, ME (U of So. ME)	Howard Spear 207-741-2084
Su	Oct 2	9:00 AM	Wineglass Marathon & Relay	Corning, NY	Bill Taylor 607-936-4686
Sa	Oct 8	8:00 AM	Hartford Marathon, 1/2 Mar., 5K & Relay	Hartford (Bushnell Park)	Beth Shluger 860-652-8866
Su	Oct 9	8:30 AM	Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries 518-435-4500
Su	Oct 9	8:00 AM	Steamtown Marathon	Scranton, PA	Race Director 570-963-6363
Sa	Oct 15	8:30 AM	Green Mountain Marathon	S.Hero, VT (Folsom School)	Danielle Graham 802-655-3751
Sa	Oct 15	8:00 AM	Baltimore Marathon & Relay	Baltimore, MD (M&T Bank Stadium)	www.TheBaltimoreMarathon.com
Su	Oct 16	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen 207-288-5103
Su	Oct 16	8:00 AM	Baystate Marathon & 1/2 Mar.	Lowell, MA (Tsongas Arena)	Mark Coddair 978-323-4400
Su	Oct 23	10:00 AM	Mystic Places Marathon & Relay	E. Lyme (Rocky Neck)	John Bysiewicz 203-481-5933
Su	Oct 30	8:30 AM	Marine Corps Marathon	Quantico, VA	Rick Nealis 800-RUN-USMC
Su	Oct 30	8:30 AM	Cape Cod Marathon & Relay	Falmouth, MA (Village Green)	Courtney Bird 508-540-6959
Su	Nov 6	10:52 AM	New York Marathon	New York City	NYRRC 212-860-4455



2005 USATF GRAND PRIX SERIES CALENDAR

Date	Time	Race	Place	Contact	Telephone
Th	Aug 11	6:20 PM	Corporate Classic 5K	Hartford (Bushnell Park)	John Bysiewicz 203-481-5933
Mo	Sep 5	8:30 AM	New Haven Road Race 20K	New Haven Town Green	John Bysiewicz 203-481-5933
Su	Oct 16	11:00 AM	Stenger Farm <u>Cross-Country</u> 5K	Madison (Stenger Farm Park)	Kevin Grant 860-877-0226
Su	Oct 23	10:00 AM	Mystic Places 10M	E. Lyme (Rocky Neck)	John Bysiewicz 203-481-5933
Su	Nov 6	10:00 AM	Sunny Brook <u>Cross-Country</u> 5K	Torrington (Sunny Brook St. Pk)	Will Graustein 860-485-1506
Sa	Nov 19	10:00 AM	HTC <u>Cross-Country Challenge</u> 8K	Farmington (MDC Reservoir)	Will Graustein 860-485-1506
Sa	Nov 26	9:30 AM	Cow Chip <u>Cross-Country</u> 5K	Trumbull (Trumbull H.S.)	Marty Schaivone 203-374-6433

SILK CITY STRIDERS -- 2005 EVENT CALENDAR

- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic.....Saturday, August 6
 Wickham Park Cross Country SeriesMonday Nights - August 1, 8 & 22
 Lake Terramuggus Sprint Tri Training Series Thursday Nights - August 11
- SEPTEMBER**- Nikki's Run Walk 'N' Roll Saturday, September 10
 Fred Brown Lake Winnepesaukee Relays Saturday, September 24
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 29
- NOVEMBER** - New York City Marathon ExcursionSunday, November 6
 Parker Holt 5KSunday, November 13
 Know Your Pace RaceSaturday, November 19
 Manchester Road Race.....Thursday, November 24
- DECEMBER** - Silk City Holiday Open House..... Sunday Afternoon
following Santa's Run in Glastonbury
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**ANNOUNCING THE NEW
 MANCHESTER ROAD RACE TRAINING PROGRAM**

*More details will be posted on the website as they become available,
 but here are the basics.*

Beginning in October Members of the Silk City Striders will be conducting training sessions for runners training for the Manchester Road Race. Members of the Striders will serve as coaches for new runners and those looking to improve their race experience.

Typical goals may include:

1. Finishing the race or just running the entire course.
2. Specific time goals such as a Personal Record (PR)
3. Getting a seeding card for the Manchester Road Race
 - 40 min seeding card (8:25 Pace)
 - 35 min seeding card (7:22 Pace)
 - 30 min seeding card (6:19 Pace)

The program concludes with the opportunity to get a seeding card on Saturday, November 20th at the "Silk City Striders Know your Pace Race" which is run on the Manchester Road Race loop starting at Bennet Middle School.

DEADLINE FOR NEXT NEWSLETTER: September 28, 2005

40 Spruce Street
Manchester, CT 06040



DEADLINE FOR NEXT NEWSLETTER: September 28, 2005

**MEMBERSHIP APPLICATION/RENEWAL
For Calendar Year 2005**

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 Steve at (860) 543-4047 or via email at webmaster@silkcitystriders.org.