



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

SUMMER WRAP-UP

25th Anniversary Silk City Strider T-Shirts are still available. Sue Leslie will have the T-Shirts available for sale at the last Wickham Park Race on August 21st.

Upcoming Events of Interest:

- Johnny Kelley Ocean Beach 11.6 Mile Race – **Saturday, August 5th**
followed by a Beach Party & Picnic (Silk City will provide the non-alcoholic beverages)
- Wickham Park Cross Country Series Races 4 & 5 – **Monday, August 7th & 21st**
- Terramuggus Sprint Triathlon in Marlborough – **Thursday, August 10th & 24th**
- East Hartford High School Alumni Cross Country 5K – **Thursday, August 17th**
- New Haven Road Race 20K & 5K – **Monday, September 4th** (USATF Grand Prix Race)
- Nikki’s Run Walk & Roll – **Saturday, September 10th**
- Wapping Fair South Windsor 5 Mile Road Race – **Saturday, September 10th**
- Fred Brown Lake Winnepesaukee Relays – **Saturday, September 23rd**
Team Captains: Bill McGugan and Betty Cannella.

- 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 9th
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 6th at 5:00 PM

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2006 BOARD OF DIRECTORS

Officers

CCO*: Bekkie Wright (860) 533-1557
 Vice President: Betty Cannella (860) 872-5903
 Treasurer: Art Byram (860) 430-1072
 Secretary: John Sloan (860) 643-6123
 * Chief Communications Officer

Board Members

Sue Leslie (860) 644-1804
 Andre Mesnil (860) 647-1574
 Karen Saunders (860) 643-9125
 Ed Steele (860) 649-1541
 MaryLou White (860) 512-0007

Uniforms & T-Shirts

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.

Tuesday Evening Funs Runs - 5:30 pm Martin Elementary School

Casual 3-5 Mile Run.

Wednesday Evening Funs Runs - 5:15 pm

NEW LOCATION as of mid-June*

Mt. Nebo Parking Lot - Spring Street

Come join us for the Spring Street Loop.
 Runs of 4 – 8 miles are available.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

King Archibald Manchester

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 8th. FREE.**



SILK CITY SUMMER PICNIC

We had a great turn out for the Silk City Summer Picnic at Lake Terramuggus in Marlborough last Sunday evening. But the summer's not over yet ...

Be sure to join us for Summer Picnic Part II at the Johnny Kelley 11.6 Mile Race at Ocean Beach Park in New London on Saturday, August 5th. The Race is FREE, and we'll bring the drinks for the Beach Party after.

The Race Director, **Way Hedding** is also looking for Volunteers for this event. If you're planning on picnicking but not running, maybe you would consider working at Registration, at Water Stop, as a Course Monitor, or helping to serve the Post-Race Refreshments. **Email:** HeddingW@aol.com or **Phone:** 860-739-9927

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.

Results Omitted From June Newsletter

WOODSTOCK MEMORIAL DAY 10K Woodstock, CT May 29, 2006

MaryLou White	#1 F50-59	53:48
Janit Romayko	#1 F60-64	26:40
Jim Hodges		33:45

LITCHFIELD HILLS ROAD RACE 7.1 Litchfield, CT June 1, 2006

Steve Henry		46:05
Matt Butwill		51:03
Ellie Lowell	#4 F50-59	1:01:08

CELEBRATE WEST HARTFORD West Hartford, CT June 4, 2006

Bill Schwarz		26:15
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As a "warm up"

Bill ran all the way from his house in Manchester!

IRON HORSE HALF MARATHON Simsbury, CT June 4, 2006

Keith Morgan		1:55:46
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COVERED BRIDGES HALF MARATHON Pomfret, VT June 4, 2006

MaryLou White	#4 F50-59	1:48:36
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NIANTIC BAY 10K Niantic, CT June 9, 2006

Clint Driscoll		48:18
Bob Niedbala	#3 M55-59	50:14

THE CHARITY CHASE 5K Denver, CO* June 10, 2006

Mike Tartar	#4M; #2 M30-39	18:59
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* The Mile High City

ST. CATHERINE'S OF SIENA 3.8M Preston, CT June 22, 2006

Bob Niedbala		29:45
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BRANFORD ROAD RACE 5M Branford, CT June 18, 2006

Steve Henry		30:56
Jay Seney		32:08
Steve Morse		32:31
Ellie Lowell*		42:27
Sue Leslie*		44:29
Joyce Thorner*		53:39

* Member of the USATF Grand Prix Women's Team. The Open Team Placed 5th, the Masters Team Placed 4th, and the Grand Masters Team Placed 3rd.

CT IRISH FESTIVAL 5K North Haven, CT June 24, 2006

John Paggioli	#4M; #1 M40-49	18:12
Ben Witkowski	#7; #1 M20-29	18:49

RIVERFEST 5K East Hartford, CT July 1, 2006

Tom Geer	#3M; #3 M19-29	16:27
Ben Witkowski	#8M	18:19
Bill McGugan	#2 M50-59	19:56
Keron Smith	#5F; 1 F30-39	22:04
Joan Munroe	#1 F50-59	25:16
Carmen Herzog	#2 F30-39	26:22



Mary Lou



Ellie



Sue



Betty

INDEPENDENCE DAY 5,000 Milford, CT July 2, 2006

MaryLou White*		24:47
Ellie Lowell*		24:54
Sue Leslie*		25:56
Ed Steele		26:06
Betty Cannella*		26:50

* Member of the USATF Grand Prix Women's Team which placed as 3rd Grand Masters Team!

CHESTER ROTARY ROAD RACE

"4 on the 4th"

Chester, CT July 4, 2006

Clint Driscoll	31:00
Dennis Mahoney	36:16

NORTH CANTON YMCA ROAD RACE 5M

Akron, OH July 4, 2006

Bekkie Wright	46:20
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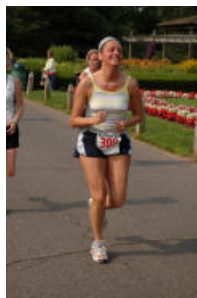
GLORIOUS GALLOP 5K

East Hampton, CT July 7, 2006

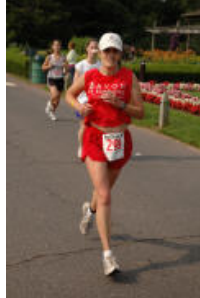
Steven Henry	#7M; #1 M20-29	17:10
Ben Witkowski	#8M; #2 M20-29	17:12
Jim Tharp	#3 M40-49	17:56
John Sloan		21:02
Len Underwood		21:15
Joan Munroe	#2 F50-59	23:39
Bekkie Wright	#3 F40-49	23:40
Carmen Herzog		24:39
Betty Cannella		24:50
Charlene Tharp		33:05
Eloise Tharp		33:23
Beranger & Chloe Tharp		33:24



Marie



Chiara



Sue



Carmen



Bekkie



Daria



Keron



Lynn



Norlean



Carol

RED DRESS RUN FOR WOMEN 5K West Hartford, CT July 8, 2006

Daria Vander Veer	#1 F35-39	21:25	Sue Leslie*	#2 F55-59	25:53
Keron Smith	#2 F30-34	22:54	Norlean Litwinka		26:24
Marie Slattery*		23:55	Carmen Herzog*		26:32
Lynn Damon		25:45	Bekkie Wright*		26:48
Chiara Medina*	#2 Athena	25:49	Carol Driscoll		45:09

* *Red Dress Runners* Team which Placed as 1st Open Team.

BOOMBOX MILE
Willimantic, CT July 4, 2006

Ben Witkowski	#8M; #2 M20-29	4:59
Jim Tharp	#2 M40-49	5:27
Dale Toce	#4 M40-49	5:32
Berangere & Chloe Tharp		7:33
Denise Toce	#2 F40-49	7:41
Mike Toce		8:13

ENFIELD CELEBRATION 5K
Enfield, CT July 8, 2006

Steve Morse	#1 M50-59	19:06
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UTICA BOILERMAKER 15K
Utica, NY July 10, 2006

Ellie Lowell	#11 F50-59	1:23:49
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CITIZEN'S BANK "Not Your Typical 5K"
and Kids' 1/2 Mile Run
Middletown, CT July 20, 2006

5K

Tom Geer	#5M; #3 M20-29	16:45
John Paggioli*	#4 M40-49	18:22
Ben Witkowski*	#5 M20-29	18:36
"King Archibald"		20:58
Clint Driscoll		23:10
Ellie Lowell	#1 F50-59	24:31
Joan Munroe	#3 F50-59	25:51
Janit Romayko	#2 F60-69	27:10
Brad Thurston		32:57
Debbie Thurston		32:57

* Members of #2 "The Hartford" Corporate Team

Kids 1/2 Mile Run

Jessica Thurston	7:01
Lindsay Thurston	7:10

BRADLEY SPACE RACE 5K
July 22, 2006 Windsor Locks, CT

Steven Morse	#7M; #2M 50-54	18:48
Mark Turkington	#1M 60-64	20:52
Joan Munroe	#1F 50-54	24:22

GLASTONBURY
SCENIC RACING SERIES 5K

Addison Park, Glastonbury, CT July 22, 2006

John Paggioli	#7M; 1 M40-49	17:49
Bill McGugan	#3 M50-59	19:51
King Archibald		20:37
Mary Lou White	#9F; #1 F50-59	24:01
Bekkie Wright	#3 F40-49	26:17
Dennis Mahoney		26:33

XTERRA SCRAMBLE 5K
(Race 1 of 3 Race Series)
Hartford, CT July 27, 2006

Ned Kennedy	#4M; #1 M45-49	20:51
Mickey Grabner	#3 M40-44	23:35
Clinton Driscoll	#1 M50-54	23:59
Linda Kolbasovsky	#4F; #3 F25-29	24:02
Keron Smith	#5F; #1 F30-34	24:26
Dani Kennedy	#1 F45-49	25:40
Cathi Koehler		27:08

GLASTONBURY
SCENIC RACING SERIES 10K
Smith Middle School, Glastonbury, CT
July 29, 2006

John Paggioli	#5M; #1 M40-49	38:31
Art Byram		43:15
Bill McGugan		47:42
King Archibald		51:56
Mary Lou White	#2 F50-59	54:15
John Salcius		1:03:47



ESCARPMENT TRAIL RUN 30K
Windham to North Lake in Haines Falls, NY
July 30, 2006

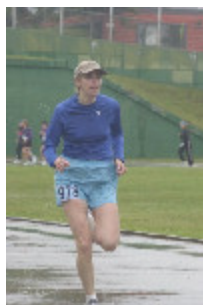
Ed Steele

5:13

MARATHON / HALF MARATHON ROUNDUP

**LONG ISLAND MARATHON
& HALF MARATHON
East Meadow, NY April 7, 2006**

Marathon		
Janit Romayko	#3 F 60-64	4:36
Half Marathon		
Jim Hodges		3:10



**LAKE PLACID HALF-MARATHON
Lake Placid, NY June 11, 2006**

Maura McGuire		2:26
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**GRANDMA'S MARATHON
Duluth, MN June 17, 2006**

Bill Gaghan		3:51:44
Tammy Gaghan		4:58:20

**MT. GREYLOCK TRAIL RACE
HALF-MARATHON
Pittsfield, MA June 18 2006**

Mary Lou White	#2 F50-59	3:39:34
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**MARATONA DA CIDADE
DO RIO DE JANEIRO 2006
Rio de Janeiro, Brazil June 25, 2006**

Cristiano Gloria		3:08:51
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Art



Ginny

**FAIRFIELD HALF MARATHON & 5K
Fairfield, CT June 25, 2006**

Half Marathon

Art Byram		1:39:28
Ginny Welch	PR	1:45:50
John Sloan		1:49:13
MaryLou White		2:01:51

5K

Keron Smith	#3 F30-39	2:13:38
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**NORDMARKA SKOGSMARATON
Oslo, Norway June 17, 2006 - 9:00 AM**

Bekkie Wright		5:18
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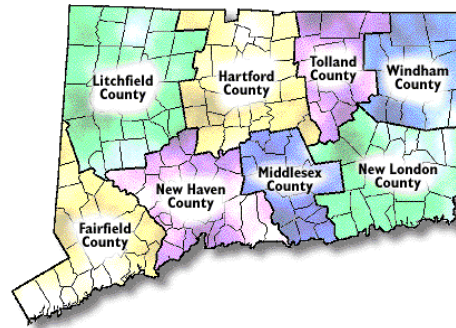
**MIDNIGHT SUN MARATHON
Tromsø, Norway June 17, 2006 - 8:30 PM**

Bekkie Wright		5:10
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**JAY MOUNTAIN MARATHON ~31.6 M
Jay, VT July 29, 2006**

Bekkie Wright		9:44
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Silk City Striders 8 County Challenge

At Least Three (3) Counties Completed as of 8/1/2006

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
Betty	Cannella	X			X		X		
Rich	Chromik	X	X						X
Clint	Driscoll	X			X		X	X	X
Steve	Henry	X	X	X	X		X	X	X
Sue	Leslie	X	X	X	X				
Ellie	Lowell	X	X	X	X	X	X	X	
Steve	Morse	X		X	X				
Joan	Munroe	X			X				X
John	Paggioli	X			X		X		
Jill	Ramos	X		X					X
Jay	Seney	X		X	X				X
John	Sloan	X					X		X
Ed	Steele	X	X	X	X				
Jim	Tharp	X	X	X		X	X		X
Deb	Thurston	X					X	X	
MaryLou	White	X	X	X	X	X	X		X
Ben	Witkowski	X			X	X	X		X
Bekkie	Wright	X	X				X		

DUATHLON / TRIATHLON & ADVENTURE RACE RESULTS
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WRENTHAM DUATHLON

Wrentham, MA April 23, 2006

3 M Run – 14 M Bike – 2 M Run

Janit Romayko #1 F60-64 1:31:50

LAKE WARAMAUG SPRINT TRIATHLON

New Preston, CT June 23, 2006

1/2 M Swim – 9.1 M Bike – 3.3 M Run

Clint Driscoll 1:16:00

MOOSEMAN HALF-IRON TRIATHLON

Bristol, NH June 3, 2006

1.2 M Swim – 56 M Bike – 13.1 M Run

Mike Tirrell 5:33:59

PAT GRISKUS OLYMPIC TRIATHLON

Middlebury, CT June 17, 2006

1.5K Swim – 40K Bike – 10K Run

Mike Tirrell #4 M50-54 2:31:21

Dean Bolt #5 M50-54 2:35:00

Daria Vanderveer #4 F35-39 2:36:57

Cathi Koehler #5 F45-49 2:58:20

LUDLOW BOYS & GIRLS TRIATHLON

Ludlow, MA June 4, 2006

1/2 M Swim – 14 M Bike – 4 M Run

Janit Romayko #1 F60-64 1:48:06

**MASSACHUSETTS
SENIOR OLYMPICS TRIATHLON
Springfield, MA July 1, 2006**

Janit Romayko #1 F60-69 1:24:15

HYANNIS SPRINT TRIATHLON

Hyannis, MA June 10, 2006

1/4 M Swim – 10 M Bike – 3.5 M Run

Barry Stoner #2 M65-69 1:18:50

**FAIRLEE GREAT TRIATHLON
Fairlee, VT July 9, 2006**

3/4 M Swim – 24 M Bike – 5 M Run

Cathi Koehler 2:01:23

Clint Driscoll 2:04:47

NEW ENGLAND ADULT TRIATHLON

Wooster, MA June 11, 2006

1/2 M Swim – 14 M Bike – 4 M Run

Janit Romayko #1 F60-64 1:32:41

PAT GRISKUS SPRINT TRIATHLON

Middlebury, CT July 12, 2006

1/2 M Swim – 10.5 M Bike – 5K Run

Clint Driscoll 1:21:46

Ed Yergeau 1:36:51

MYSTIC RIVER VALLEY TRIATHLON

Mystic, CT June 11, 2006

1/2 M Swim – 14.4 M Bike – 5 M Run

Cathi Koehler 1:30:14

Clint Driscoll 1:34:40

**SOBE MOSSMAN TRIATHLON
Norwalk, CT July 15, 2006**

1/2 M Swim – 12.5 M Bike – 5K Run

Janit Romayko #1 F60-69 1:28:44

WEBSTER TRIATHLON

Webster, MA June 25, 2006

1/2 M Swim – 12 M Bike – 3 M Run

Janit Romayko #1 F60-64 1:35:10

**NAUTICA NY TRIATHLON
New York, NY July 16, 2006**

1,500K Swim – 40K Bike – 10K Run

Cristiano Gloria 2:20:07

NIANTIC BAY TRIATHLON

Niantic, CT July 23, 2006

1/2 M Swim – 12 M Bike – 3.5M Run

Mike Tirrell	#4 M50-54	1:13:35
Clint Driscoll		1:26:34
Cathi Koehler	#5 F45-49	1:26:38
Janit Romayko	#1 F60-64	1:31:08
Barry Stoner	#2 M65-69	1:32:51
Ed Yergeau		1:36:19

DANSKIN WOMEN'S TRIATHLON

Webster, MA July 30, 2006

1/2 M Swim – 12M Bike – 5K Run

Janit Romayko	#1 F60-64	1:27:49
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<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 6, 2006**

“Two Fools” 3:46
Ned Kennedy & John Whalen - #2 Masters Elite

**Race #3 - Riverfront Park, Hartford, CT
June 24, 2006**

“Two Fools” 4:18
Ned Kennedy & John Whalen - #2 Masters Elite

TERRAMUGGUS TRIATHLON SERIES

1/4 M Swim – 12M Bike – 5K Run

Marlborough, CT

Race 1 - June 15, 2006

Jeff Thornton	1:09:12
Janit Romayko	1:18:31

Race 2 - June 29, 2006

Cristiano Gloria	59:00
Jeff Thornton	1:09:11
Clint Driscoll	1:10:55
Jeremy Thornton	1:11:48
Kathy Thornton	1:15:35
Kyle Thornton	1:16:11
Janit Romayko	1:17:08

Race 3 - July 13, 2006

Cristiano Gloria	58:06
“Team” Hollister*	1:15:24
Janit Romayko	1:18:44

* 3 generations of Tony Hollister’s family
flown in especially for the occasion.

Race 4 - July 27, 2006

Jeff Thornton	1:07:55
Jeremy Thornton	1:08:38
Kyle Thornton	1:09:12
Kathy Thornton	1:16:03
Peg Byram	1:25:25

One (2) more races left, Thursday, August 10 & 24.
Registration starts at 6:00 pm; the Race is at 6:30 pm,
Blish Park, Lake Terramuggus, Marlborough, CT.



WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 1 - July 10, 2006

ADULT RACE 2.6 miles

Dates: Mondays Nights at Wickham Park
TWO (2) RACES LEFT -
AUGUST 7 & 21

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, 2006

For More Information contact:

Mike Bendzinski (860) 649-6426

Drew Best	12:40
David Metzger	12:56
Steve Henry	14:42
Neal Leibowitz	14:53
John Paggioli	14:55
Jay Seney	15:35
Tris Carta	15:50
Steve Morse	15:53
Bill McGugan	16:05
Matt Butwill	16:52
Tim Blinn	17:05
King Archibald	17:31
Tony Hollister	17:34
Bill Metzger	17:42
Edward Steele	18:24
Clinton Driscoll	19:37
Dani Kennedy	20:06
Brian Seney	20:27
MaryLou White	20:31
Joan Munroe	21:22
Ed Yergeau	21:54
Keith Morgan	21:58
Sue Leslie	22:03
John Salcius	23:26
Janit Romayko	23:35
Jill Ramos	23:59
Norlean Litwinka	24:20
Bekkie Wright	24:21
Jim Hodges	29:51

YOUTH RACE - 1 mile

Lindsay Ramos	12:53
Chrissy Bendzinski	14:15

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 2 - July 17, 2006

ADULT RACE 2.6 miles

Drew Best	12:35
David Metzger	12:54
Aaron Flamino	13:50
John Paggioli	15:05
Steve Henry	15:09
Colby Welch	15:35
Steve Morse	15:42
Tris Carta	15:47
Jay Seney	15:48
Bill McGugan	16:13
Jason Earl	16:24
Matthew Butwill	16:52
Tim Blinn	17:34
David Bendzinski	17:42
Linda Yamamoto	17:53
Bill Metzger	17:56
Raymond Carta	18:14
Edward Steele	18:49
Clint Driscoll	19:50
MaryLou White	20:32
Matthew Wynne	20:45
Joan Munroe	22:25
Sue Leslie	22:31
Janit Romayko	23:47
Bekkie Wright	23:50
Jill Ramos	23:59
Norlean Litwinka	24:58
John Salcius	25:05
King Archibald	30:31

YOUTH RACE - 1 mile

Chrissy Bendzinski	7:41
Rachel Blinn	8:00
Steven Ramos	11:27
Lindsay Ramos	14:13

WEEK 3 - July 31, 2006

ADULT RACE 2.6 miles

David Metzger	13:09
Aaron Flamino	13:28
Neal Leibowitz	14:40
Steve Henry	14:52
John Paggioli	15:04
Jay Seney	15:35
Bill McGugan	16:17
Matthew Butwill	16:36
Colby Welch	16:46
Tim Blinn	16:57
Tony Hollister	17:24
Linda Yamamoto	17:40
King Archibald	18:12
Dani Kennedy	19:22
MaryLou White	20:20
Clint Driscoll	20:31
Keith Morgan	21:11
Joan Munroe	21:27
Sue Leslie	22:17
Ed Yergeau	23:10
John Salcius	23:15
Janit Romayko	23:27
Norlean Litwinka	24:05
Jill Ramos	24:21
Bekkie Wright	24:27
Jim Hodges	31:05

YOUTH RACE - 1 mile

Chrissy Bendzinski	7:50
Rachel Blinn	8:13
Steven Ramos	12:19

**VOLUNTEERS NEEDED FOR
NIKKI'S RUN, WALK 'N' ROLL 5K
FOR CHILDREN WITH CANCER
September 10, 2006 – 10:00 AM
Manchester Community College**

This is the 4th 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.

**"ST JUDE HEROES" TEAM
Mystic Marathon - October 22, 2006**

Participants in the marathon, marathon relay, and 10 mile race can take their involvement to the next level by participating as "St. Jude Heroes." Heroes are directly involved with helping St. Jude Children's Research Hospital in its mission of finding cures and saving children, while receiving fundraising support, as well as encouragement from our St. Jude representatives. With patients as their inspiration, St. Jude Heroes train for the race coming up in October, while encouraging friends and family members to support their efforts.

Runners are asked to raise \$500. Benefits include a reduced entry fee, a "St Jude Heroes" singlet, and other incentives, as well as fundraising support including your own fundraising website. If you were planning on running the Mystic Marathon or 10 Miler this year anyway ... Please consider being a St. Jude Hero.

**Contact: Mary Beth Carulli
St. Jude Children's Research Hospital
617-965-5262 Phone**

LITERARY CORNER

**THE LEATHERMAN:
CONNECTICUT'S WANDERING HOBO**

Since 1862, many have heard the tale of a wandering vagrant who traveled in an endless 365-mile circle between the Connecticut and Hudson rivers. The strange man only spoke with grunts or gestures and dressed in crudely stitched leather from his hat to his shoes. The suit was made of heavy pieces of raw leather estimated to have weighed more than sixty pounds in total. It was a coat of armor the vagrant depended on to protect him from the sometimes harsh New England elements. "Leatherman," as he was dubbed by those who encountered him, would only sleep outside year-round -- and mostly in caves around Connecticut and New York.

Some claim old Leatherman is still making his endless journey today, through the woods, mountains, and river valleys of Connecticut and New York state.

A wandering vagrant is nothing surprising. American folklore has more of them than could fill a thousand railroad boxcars. What makes the Leatherman unique is his incredible precision in daily routine. He would arrive in the same location every 34 days.

Many different families took it upon themselves to feed the Leatherman. Since he arrived at precisely 34-day intervals, and at the same time of day, some would have a meal prepared for his arrival. He would grunt or make appreciative gestures and then quickly move along to keep his tight schedule.

The Leatherman was first seen in Connecticut in 1862, and all who encountered him wanted to know who he was and where he came from.

BICYCLE TOUR OF COLORADO

by Barry Stoner

This adventure began with Tom Phillips inviting me to fly with him to Colorado. Since this has always been one of my personal flying goals (i.e. flying across the United States and experiencing some high altitude mountain flying,) I eagerly accepted. Oh by the way, we would also catch the Bike Tour of Colorado (BTC) www.bicycletourcolorado.com; and then see the “Rockies” first hand and use this effort to get into shape for the summer.

Upon arriving to Colorado Springs I was greeted by a nasty wind that ripped an aeronautical map and some approach charts out of my hands as I open the cockpit door. Immediately I jumped off the wing and chased these items down the taxiway. It was a losing battle as they tumbled and twisted and turned as if they were the proverbial tumbleweeds I had seen in Texas when I was a young U.S. Air Force recruit. Then when a plastic Coke bottle also tumbled past me I gave up the chase. Was this an omen of what was to come? I was clueless.

The bike trip began in Pagosa Springs the following day. Our first challenge was climbing Wolf Creek Pass; the name in itself was daunting enough but the ride was even more so. It was my first day at altitude and riding the bike in the thin air took its toll. The major climb, which began about fourteen miles into the ride, seemed to go on forever. I remember, after about an hour of pedaling uphill in the lowest gear that I had, some guy who was passing me saying that we were about half way to the top. I almost fell off my bike – he was right of course and I was christened to the BTC.

The next day was another grueling day; that being a 106 mile ride climbing some more mountains. To make a long story short, the first 39 miles of this day took me 5 hours to complete and I crossed the Continental Divide and still had another 1000 feet to climb to reach the summit at 11,500 feet. It rained, it thundered, and discharged hail but we continued and I still had 67 miles to go and some more mountains. This day lasted twelve hours for me but I made it without sagging; I learned later that about 500 people sagged out of about 2400 riders on the tour. I felt a little smug.

Was I ready for day three and another piece of humble pie? Yup! And I was getting a little better at rolling up my sleeping bag and wet tent, etc to get on the road by about 6:30 am. Well this slice of pie went down hard; after 240 miles in three days and having climbed about five mountains, I had had it. So I sagged the fourth day to recover for the final two days of 83 and 88 miles. It was worth it. Although I did get assigned being “Sherpa” for Tom and his daughter-in-law, Amy, I felt somewhat useful on my day off. “Sherpa” meant collecting their baggage from the thousands of pieces and setting up their tents. We spent the next day in Telluride enjoying the local ambiance and food.

Finally, I did complete the last two days feeling a little better and enjoying all the mountain scenery and the local folks who were very friendly to all of us – even opening their towns and streets with BBQs, country music and beer.

The trip totaled 475 miles with nearly 40,000 feet of climbing and all the riding above 7500 feet up to 11,500 feet. About 2400 riders participated and most all slept in tents with a few living out of sleeping bags in the local gyms. I did ride five out of the six riding days meaning I completed 5/6 of the event – it was enough for me. Oh I did not mention head winds, we had those too, especially on the second day riding along the Gunnison Valley.

Looking back it was a neat trip with incredible scenery and good company from a very courteous friendly bunch of riders.

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone	
Tu	Aug 1	6:30 PM	47th Yankee Homecoming 10M	Newburyport, MA	Jon Pearson	978-270-0065
Sa	Aug 5	9:00 AM	44th John J. Kelly 11.6M	New London (Ocean Beach Pk)	Way Hedding	860-739-9927
Su	Aug 6	8:00 AM	Sea Legs Shuffle 10M/5K	Guilford (Jacobs Beach)	Dave Parcels	203-458-6612
Th	Aug 10	6:25 PM	Spec Olympics Corporate 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Sa	Aug 12	9:00 AM	28th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Su	Aug 13	10:00 AM	34th Falmouth 7.1M	Woods Hole, MA	Rich Sherman	508-540-7000
Su	Aug 13	10:00 AM	35th Donors Week 5M	Torrington (Coe Park)	Dean Dzedzic	860-482-4425
We	Aug 16	6:35 PM	Old Saybrook 5M	Old Saybrook	John Bysiewicz	203-481-5933
Th	Aug 17	6:30 PM	21st E. Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	Jim Uhrig	860-282-8240
Sa	Aug 19	9:00 AM	Bluefish Festival 5K	Clinton (Jared Eliot Sch)	Ellen Cavanagh	860-669-3889
Sa	Aug 26	9:00 AM	10th Trinity 5K	Danbury	Race Director	203-748-0671
Sa	Aug 26	9:30 AM	17th MADD Dash 5K	Stratford (Short Beach)	Marty Schaivone	203-374-6433
Su	Aug 27	9:30 AM	19th Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	Scott Hunter	413-256-0608
Su	Aug 27	8:30 AM	Old Wethersfield 5K	Wethersfield	Beth Shluger	860-652-8866
Su	Aug 27	9:00 AM	33rd Marshfield 20K	Marshfield, MA (High School)	Marianne Withington	508-747-2491
Mo	Sep 4	8:30 AM	New Haven Road Race 20K/5K	New Haven Town Green	John Bysiewicz	203-481-5933
Mo	Sep 4	9:00 AM	72nd Cape Ann 25K	Gloucester, MA	Maggie Oveson	978-283-0470
Sa	Sep 9	1:30 PM	31st Run Around the Block 15K	Block Island, RI	Kathy Szabo	800-383-2474
Sa	Sep 9	10:00 AM	Quassy 5K	Middlebury	Ken Bruke	203-263-3391
Su	Sep 10	10:00 AM	Nikki's Run 5K	Manchester (MCC)	Mark Logan	860-647-7440
Su	Sep 10	10:00 AM	South Windsor Road Race 5M	South Windsor (Rye St Fairgr.)	Steve Stoklosa	860-291-8095 x26884
Fr	Sep 15	7:30 AM	Reach the Beach Relay 200M	Bretton Woods, NH	RTB Hotline	508-881-4505
Sa	Sep 16	8:00 AM	Somers Great Escape 5K/5M	Somers, CT (Educ. Complex)	Race Director	860-749-1147
Su	Sep 17	7:20 AM	Fall Distance Frolic 30K	Fairfield	Marty Schaivone	203-374-6433
Su	Sep 17	9:00 AM	10th Adirondack Marathon	Schroon Lake, NY	Mark Elmore	888-Schroon
Sa	Sep 23	8:00 AM	18th Winnepesaukee 66M Relay	Weirs Beach, NH (Funspot)	Ken Robichaud	617-232-8778
Su	Sep 24	10:00 AM	19th Bigelow Tea 5K	Southport (Wakeman's Club)	Marty Schaivone	203-374-6433
Su	Sep 24	10:30 AM	12th Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Center)	John Bysiewicz	203-481-5933
Su	Sep 24	9:00 AM	Valley YMCA 5K	Granby	Maggie Griffin	860-653-5524
Sa	Sep 30	11:30 AM	21st Reliance House 5K	Norwich	Dave Norkeveck	860-887-6536
Sa	Sep 30	9:30 AM	Hogs Back Half-Marathon	Colebrook Center	Will Graustein	860-485-1506
Mo	Oct 9	Noon	29th Tufts 10K for Women	Boston (Boston Common)	Kristin Murphy	888-767-RACE

FALL 2006 MARATHON CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su	Sep 10	8:15 AM	Stowe Marathon	Morrisville, VT	Russ Halpern-Reiss 802-244-6269
Su	Sep 17	8:30 AM	Dutchess County Marathon	Wappingers Falls, NY	Paul Cassito 845-797-2205
Su	Sep 17	9:00 AM	Adirondack Marathon	Schroon Lake, NY	Mark Elmore 888-schroon
Su	Sep 17	8:30 AM	81st Yonkers Marathon	Yonkers, NY	A.J. Cambria 914-377-6430
Su	Sep 24	8:00 AM	29th Clarence DeMar Marathon	Gilsum, NH (Town Hall)	Steve White 603-358-4115
Sa	Sep 30	9:00 AM	14th Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C 603-744-3335
Su	Oct 1	7:45 AM	Maine Marathon, 1/2 Mar. & Relay	Portland, ME (U of So. ME)	Howard Spear 207-741-2084
Su	Oct 1	9:00 AM	Wineglass Marathon & Relay	Corning, NY	Bill Taylor 607-936-4686
Su	Oct 8	8:30 AM	Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries 518-435-4500
Su	Oct 8	8:00 AM	Steamtown Marathon	Scranton, PA	Race Director 570-963-6363
Sa	Oct 14	8:00 AM	Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	Beth Shluger 860-652-8866
Sa	Oct 14	8:00 AM	Baltimore Marathon & Relay	Baltimore, MD (M&T Bank Stadium)	www.TheBaltimoreMarathon.com
Su	Oct 15	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen 207-288-5103
Su	Oct 15	8:00 AM	Baystate Marathon & 1/2 Mar	Lowell, MA (Tsongas Arena)	Mark Coddair 978-323-4400
Sa	Oct 21	8:30 AM	Green Mountain Marathon	S.Hero, VT (Folsom School)	Danielle Graham 802-655-3751
Su	Oct 22	10:00 AM	Mystic Places Marathon & Relay	E. Lyme (Rocky Neck)	John Bysiewicz 203-481-5933
Su	Oct 29	8:30 AM	Marine Corps Marathon	Quantico, VA	Rick Nealis 800-RUN-USMC
Su	Oct 29	8:30 AM	Cape Cod Marathon & Relay	Falmouth, MA (Village Green)	Courtney Bird 508-540-6959
Su	Nov 5	10:52 AM	New York City Marathon	New York, NY	NYRR 212-860-4455

SILK CITY STRIDERS -- 2006 EVENT CALENDAR

- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic.....Saturday, August 5
 Wickham Park Cross Country SeriesMonday Nights - August 7 & 21
 Lake Terramuggus Sprint Tri Training SeriesThursday Nights - August 10 & 24
- SEPTEMBER**- Nikki’s Run Walk ‘N’ Roll.....Sunday, September 10
 Fred Brown Lake Winnepesaukee Relays..... Saturday, September 23
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 28
- NOVEMBER** - New York City Marathon ExcursionSunday, November 5
 Parker Holt 5K (PACE Race)Sunday, November 12
 Know Your Pace RaceSaturday, November 18
 Manchester Road Race.....Thursday, November 23
- DECEMBER** - Silk City Holiday Open House..... Sunday Afternoon
following Santa’s Run in Glastonbury

DEADLINE FOR NEXT NEWSLETTER: September 30, 2006