



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

This being the Fall newsletter, we still find ourselves mired with summer heat and we may have at least another month to put up with heat waves and these hot training conditions – not that I am complaining or anything. So looking forward to the Fall season, there are several longer running races that are a tradition for the Silk City Striders and other New England runners; these being the New Haven Road Race, the Hartford Marathon, and the Manchester Road Race ... not long in miles but steeped in tradition and with longevity. Fortunately for us, our new uniforms are available to show off the traditional Silk City orange colors on stylish running outfits. Have you got yours? If not, you can still catch the next shipment by contacting Sue Leslie (860-644-1804) and place your order. You will need to specify your size and style; then following receipt, the uniform top will get the Silk City logo applied by a local artist. This process takes about a month or two once the order has been placed. You can go online to the Silk City website and see examples of these uniforms www.silkcitystriders.org.

The annual Summer Picnic was again a huge success at Blish Park in Marlboro; it was well attended by about 35 Striders who enjoyed good food, good conversation and several water sports at Lake Terramuggus.

For many runners, Fall signals the call to the marathon season across the country and especially here on the East Coast. While some folks run marathons year round, many others take advantage of the summer conditions, as opposed to winter conditions, to train and then spend their efforts running “the marathon” in more ideal Fall weather conditions. The list of events is long, but for me the events that come to mind as traditional are New York and the Marine Corps; you can check our newsletter for a more complete list or go online to the many running sites available to get details on these and the many other marathon events out here.

As a reminder, while we do our Saturday Fun Runs from Manchester Community College from January through September, we have traditionally met at Bennett Middle School from October through December. This location change is done partly to train on the Manchester Road Race course and partly for a change of venue. However, with the construction going on at Bennett, the meeting location this Fall will be the parking lot adjacent to the Army & Navy Club on the corner of Main & Forest Street. This change will occur on Saturday, September 29th at our usual time of 8:30 AM. Mark your calendar.

- Hillman

Never Run the EH Alumni XC Course?

Join us for a 3-Mile Training Run from Veteran's Memorial Clubhouse in East Hartford at 6:30 PM on Wednesday, August 8th and see what it's all about.

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

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2007 BOARD OF DIRECTORS**Officers**

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Newsletter

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

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Manchester Community College
Parking Lot C
(near the “Great Path” entrance)
until late September

* Moving to Parking Lot on Main Street,
 Manchester across from the
 Army-Navy Club on September 29th.

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

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

George Aronstamm Glastonbury
 Carol Boles South Windsor

COMING UP – August & Sept.

- John & Jessie Kelley 11.6 Mile Race at Ocean Beach Park in New London – **Saturday, August 4th**
- Wickham Park XC Series Races 4 & 5 – **Monday, August 6th & 20th**
- Terramuggus Sprint Triathlon– **Thursday, August 9th & 23rd**
- EHHS Alumni Cross Country 5K – **Thursday, August 16th**
- New Haven Road Race 20K & 5K – **Monday, September 3rd** (USATF Grand Prix Race)
- Nikki’s Run Walk & Roll – **Sunday, September 9th**
- South Windsor 5 Mile Road Race – **Saturday, September 10th**
- Fred Brown Lake Winnepesaukee Relays – **Saturday, September 22rd**
Team Captains:
 Bill McGugan and Sue Leslie

GLASTONBURY PARKS & REC
SUMMER FUN RUNS
Glastonbury High School
6:50 PM

Grab your sneakers and run some extra miles this summer. Children run for one mile around school grounds. Adult courses are 2.4 and 3.5 miles in length. Register at GHS starting at 6:30 for the 6:50 start time. Divisions include male and females 50+, 35-49, 19-34, 15-18, 13-14, 10-12, 7-9, 6 & under. **Tuesday evenings, August 7 & 14. FREE**

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 June Newsletter

CHAPLIN COUNTRY 5K ROAD RACE Chaplin, CT June 2, 2007

Randy Potterton 32:14

NUTMEG STATE HALF MARATHON Washington Depot, CT April 29, 2007

Ginny Welch PR 1:40:20

NIANTIC BAY 10K

Niantic, CT June 8, 2007

Bill Schwarz #2 M60-64 46:29
Bob Niedbala #5 M55-59 53:41
Randy Potterton 1:06:02

LAUREN'S RUN 5K

Cromwell, CT June 9, 2007

John Paggioli #6M; #1 M40-49 18:25

UP AGAINST THE WALL 5K

Montville, CT June 10, 2007

Art Byram #1 M40-49 20:04

Race Report: Course was a little long and somewhat hilly, but Art is now a "professional runner" having earned \$20 for his 1st place Master finish.

ST. CATHERINE'S OF SIENA 3.8M

Preston, CT June 14, 2007

Bob Niedbala 31:05

Race Report: Lovely cool evening this year, for change, it's usually hot & muggy

BRANFORD ROAD RACE 5M

Branford, CT June 17, 2007

Keron Smith 39:04
Ellie Lowell* 42:27
Sue Leslie* 44:44
MaryLou White* 46:17
Janit Romayko 49:44
Joyce Thorner* 51:11

* Member of the USATF Grand Prix Women's Team.

LITCHFIELD HILLS ROAD RACE 7.1

Litchfield, CT June 20, 2007

King Archibald 56:01

SOLSTICE SPRINT

West Hartford, CT June 20, 2007

Steve Morse #7M; #1 M50-59 19:41
King Archibald 22:15

CT IRISH FESTIVAL 5K

North Haven, CT June 23, 2007

John Paggioli #3M; #1 M40-49 17:59

FAIRFIELD HALF MARATHON & 5K

Fairfield, CT June 25, 2007

The weather was unusually pleasant for the race this year, and the course is about 80% shade. Nice run.

Half Marathon

Marty Kiebel* #2 M55-59 1:26:37
Joe Kidder 1:33:21
Bill Schwarz #3 M60-64 1:46:47
Ginny Welch 1:47:18
King Archibald 1:49:24
Michael Shore 1:49:28
Joan Munroe 1:52:45
Randy Potterton 2:36:11

* Former Silk City Strider

5K

Mark Turkington #3 M60-64 20:57

**LOCO MOOSE
(Almost Free Running Shoes) 5K
Bristol, RI June 27, 2007**

The first Loco Moose (Almost Free Running Shoes) 5K of the year was a smashing success at 150. Many late arrivals missed the 125 cutoff for the free shoes, but the guys at Loco Sports had brought along enough shoes to cover the whole crowd.

Mike Tirrell	#5M	20:24
Bill Schwarz		25:09

NOTE: We thought the course may have been a tad short, making it the "Loco Moose (Almost Free Running Shoes) almost 5K".

**INDEPENDENCE DAY 5,000
Milford, CT July 4, 2007**

Steve Morse	18:45
Mark Turkington	19:45
Bekkie Wright*	23:26
Joe Poliquin	23:26
Sue Leslie*	27:15
Joyce Thorner*	30:40
MaryLou White*	33:48

* Member of the USATF Grand Prix Women's Team.

**CHESTER ROTARY ROAD RACE
"4 on the 4th"
Chester, CT July 4, 2007**

Jay Seney	#4 M40-49	24:54
Joe Kidder	#9 M40-49	25:46
Ginny Welch		30:18
Lynn Damon		34:50

**BOOMBOX MILE
Willimantic, CT July 4, 2007**

Ben Witkowski	#7M; #3 M20-29	5:04
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**RED DRESS
RUN FOR WOMEN 5K
West Hartford, CT
July 7, 2007**

Bekkie Wright*	#3 F40-44	22:59
Dani Kennedy	#4 F45-49	23:24
Marie Slattery*		24:28
Lynn Damon*		24:56
Chiara Medina*	#3 Athena	25:41
Denise Toce*		25:52
Susan Leslie*	#2 F55-59	26:10
Nancy Gresh		27:02
Cristy Rewenko		29:56
Joyce Thorner*		30:01
Silva Mesnil		30:52
Carol Driscoll		44:40
Donna Camerota		Walker

* Member of the "Red Dress Runners" Team which Placed as #1 Open Team.

And a big thanks to the Silk City Striders who "manned" the Water Stop: Joe Damon, Joe Poliquin and Andy Zyrek (and Marie's fiancé, Thomas).

**RIVERFEST 5K
East Hartford, CT July 7, 2007**

Art Byram	#10M; #4 M40-49	18:38
Benjamin Witkowski	#3 M19-29	18:52
Steve Morse	#3 M50-59	19:06
King Archibald		21:02
Bill McGugan		21:16
Keron Smith	#2 F30-39	22:27
Joan Munroe	#2 F50-59	24:20
Randall Potterton		28:27

**GLORIOUS GALLOP 5K
East Hampton, CT July 13, 2007**

King Archibald		19:58
Bekkie Wright	#6F; #1 F40-49	20:28
Joe Poliquin		20:29
Len Underwood		21:59
Sue Leslie	#2 F50-59	24:16
Randall Potterton		27:27

SOAPSTONE ASSAULT 5.75 M
Stafford Springs, CT July 15, 2007

Steve Henry 52:14

CITIZEN'S BANK "Not Your Typical 5K"
Middletown, CT July 19, 2007

King Archibald 21:40

XTERRA SCRAMBLE 5K SERIES
Hartford, CT

Race 1 - July 12, 2007

Keron Smith #7F; #1 F30-34 24:36
Dani Kennedy #1 F45-49 25:16
Ned Kennedy 25:17
Ellie Lowell #1 F60-64 26:04

Race 1 - July 26, 2007

Ned Kennedy #8M; #1 M45-49 20:37
Dale Toce #2 M45-49 21:08
Keron Smith #6F; #1 F30-34 24:09
Dani Kennedy #2 F45-49 25:29
Edward Yergeau 27:48
Andy Zyrek #5 Clyde 28:50

BRADLEY SPACE RACE 5K
July 14, 2007 Windsor Locks, CT

Keron Smith #4F; #2F 30-49 22:08

MONTVILLE MASTERS 10K
Montville, CT July 15, 2007

Bob Niedbala 55:41

GLASTONBURY SCENIC RACING SERIES
"FLAT & FAST" 5K

Addison Park, Glastonbury, CT
July 14, 2007

Cristiano Gloria #6M; #2 M19-29 17:43
King Archibald 21:37
Dani Kennedy #2 F40-49 23:09
Joan Munroe #1 F50-59 24:05

GLASTONBURY SCENIC RACING SERIES
RATTLESNAKE 10K

Smith Middle School, Glastonbury, CT
July 28, 2007

John Paggioli #2 M40-49 38:34
Michael Munroe 41:20
Dani Kennedy #1 F40-49 49:29
Joan Munroe #1 F50-59 51:08
Edward Steele 53:51
George Aronstamm 55:16

MARATHON ROUNDUP



PACIFIC CREST MARATHON
Sunriver, OR June 24, 2007

Bill Gaghan #6 M40-44 3:39:09
Tammy Gaghan #4 F40-44 5:02:40

GRANDMA'S MARATHON
Duluth, MN June 17, 2006

Bekkie Wright 3:51:10
Joe Poliquin 3:51:10

JAY MOUNTAIN CHALLENGE
EXTREME XC MARATHON 33 Miles
Jay, VT July 28, 2007

Bekkie Wright #7 F-Master 8:37:25
Joe Poliquin 8:37:26

Silk City Striders 8 County Challenge

At Least Four (4) Counties Completed as of 8/1/2007

Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald	X	X	X	X		X	X	
Dean Bolt		X	X		X	X		X
Art Byram	X	X	X			X	X	
Jim Hodges	X	X				X		X
Sue Leslie	X	X		X	X		X	
Steve Morse	X	X	X		X			
John Paggioli		X	X	X	X	X	X	
Joe Poliquin	X	X	X	X	X		X	X
Randy Potterton	X	X		X		X	X	X
Jill Ramos		X				X	X	X
Janit Romayko	X	X	X	X	X	X	X	X
John Salcius	X	X	X		X			
Bill Schwarz	X	X	X			X		
Barry Stoner	X	X					X	X
Gary Sweet		X		X	X	X	X	X
Mark Turkington	X	X			X	X	X	X
Ginny Welch	X	X	X	X			X	
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright	X	X	X	X	X		X	X
Andy Zyrek	X	X				X		X

DUATHLON / TRIATHLON & ADVENTURE RACE RESULTS

MOOSEMAN HALF-IRON TRIATHLON

Bristol, NH June 2, 2007

1.2 M Swim – 56 M Bike – 13.1 M Run

Daria Vanderveer 5:20:47

LUDLOW BOYS & GIRLS TRIATHLON

Ludlow, MA June 3, 2007

1/2 M Swim – 14 M Bike – 4 M Run

Dean Bolt 1:22:29

NOTE: **Janit Romayko** volunteered at this Triathlon as well as the WEBSTER TRI in Webster, MA on June 24th, and the SOBE MOSSMAN TRI in Norwalk, CT on July 14th.

PAT GRISKUS OLYMPIC TRIATHLON

Middlebury, CT June 16, 2007

1.5K Swim – 40K Bike – 10K Run

Cristiano Gloria 2:21:53
 Daria Vanderveer #3 F40-44 2:39:45
 Dean Bolt 2:40:56

MOUNTAINEER TRIATHLON

Morgantown, WV July 1, 2007

International Distance

1500M Swim – 40K Bike – 6.5M Run

Peggy Byram #4 F50-54 3:19:27

PAT GRISKUS SPRINT TRIATHLON

Middlebury, CT July 11, 2007

1/2 M Swim – 10.5 M Bike – 5K Run

Ned Kennedy 1:13:31
 Cathi Koehler 1:26:07

DANSKIN WOMEN'S TRIATHLON

Webster, MA July 29, 2007

1/2 M Swim – 12M Bike – 5K Run

Peggy Byram 1:30:34
 Janit Romayko #1 F60-64 1:32:55

ESCAPE FROM ALCATRAZ TRIATHLON

San Francisco, CA June 3, 2007

1.5M Swim - 18M Bike - 8M Run

Cristiano Gloria 2:30:39

CLEARLAKE 101 TRIATHLON

Lakeport, CA June 10, 2007

1.86M Swim - 80.6M Bike – 18.6M Run

Cristiano Gloria 7:29:50

IRONMAN LAKE PLACID

Lake Placid, NY July 22, 2007

2.4M Swim - 112M Bike – 26.2M Run

Cristiano Gloria 11:27:24



Ned Kennedy (in the Blue Cap)

GENESIS ADVENTURE RACES

Trail Run – Mountain Bike – Kayak & Navigation – 15-20 Miles

Sprint Series

Race #1 – Ringwood State Park, NJ
 April 14, 2007

“Two Fools” 3:28
 Ned Kennedy & John Whalen - #1 Masters Elite

Race #2 - Harriman State Park, NY
 May 5, 2007

“Two Fools” 4:09
 Ned Kennedy & John Whalen - #4 Masters Elite

TERRAMUGGUS TRIATHLON SERIES

1/4 M Swim – 12M Bike – 5K Run

Two (2) more races left, Thursday, August 9 & 23.
Registration starts at 6:00 pm; the Race is at 6:30 pm,
Blish Park, Lake Terramuggus, Marlborough, CT.

Race 1 - June 14, 2007

Barry Stoner	1:16:25
Diana Cohen	1:17:34
Peggy Byram	1:20:19
Clint Driscoll	1:24:43

Swim ONLY

Cristiano Gloria	Swim 5:35
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Race 3 - July 12, 2007

Cristiano Gloria	#1 M	54:40
Thornton Relay	#1 Relay	1:21:02
(Kyle Thornton Swim)		
Kathy Thornton		1:14:59
Peggy Byram		1:17:06
Barry Stoner		1:17:49
Cathi Koehler		1:17:49
Diana Cohen		1:25:40

Race 2 - June 28, 2007

Cristiano Gloria	#3M	55:28
Jeff Thornton		1:08:50
Jeremy Thornton		1:14:18
Kathleen Thornton		1:17:13
Clinton Driscoll		1:21:40

Race 4 - July 26, 2007

Paul Damon	1:06:16
Carol-Line Hazel	1:15:38
Diana Cohen	1:16:08

Swim & Bike ONLY

Barry Stoner	Swim 10:08
	Bike 38:44
Clint Driscoll	Swim 9:51
	Bike 43:37

VOLUNTEERS NEEDED

**[NIKKI'S RUN, WALK 'N' ROLL 5K](#)
**[FOR CHILDREN WITH CANCER](#)
**[September 9, 2007 – 10:00 AM](#)
[Manchester Community College](#)******

This is the 5th 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 few Volunteers are needed to staff the Water Stop on Race Day. Please contact Bekkie Wright if you would like to volunteer to help 860-461-1486.

KENEY PARK 5K Run/Walk
August 12, 2007 – 10:00 AM
Keney Park, Hartford, CT

This is also the 5th year for the Keney Park 5K sponsored by the New England South Youth Federation (NESYTH). The event supports their College Scholarship Fund. If you are available to help with this race, please contact the Race Director, Maurice at (860) 985-8499 or via email at **Keney5K@yahoo.com**. (Application attached.)

Runners & Walkers are also welcome. Registration is \$15 for Runners ages 13 & up, \$8 for Runners from 6-12 year old; \$8 for Walkers ages 13 & up, and \$4 for Walkers from 6-12 years old. Parking is available across from 500 Woodland Street.



WICKHAM PARK SUMMER CROSS COUNTRY SERIES

**Dates: Mondays Nights at Wickham Park
TWO (2) RACES LEFT -
AUGUST 6 & 20**

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

WEEK 1 - July 9, 2007

ADULT RACE 2.6 miles

David Metzger	12:51
Colby Welch	14:27
Tyler Gauruder	14:28
Brendan McDermott	14:48
Bryce Metzger	15:07
Jay Seney	15:38
Steve Morse	15:40
Rob Dollak	15:49
Aaron Flamino	16:15
David Bendzinski	16:19
Linda Yamamoto	16:41
Tim Blinn	16:55
Matthew Butwill	17:03
Tony Hollister	17:05
Bill McGugan	17:07
Doug Flamino	17:35
Tris Carta	17:43
King Archibald	17:53
Bill Metzger	17:55
Bekkie Wright	19:29
Joe Poliquin	19:30
Edward Steele	20:09
Kathy Thornton	21:11
Joan Munroe	21:35
Sue Leslie	22:18
Edward Yergeau	22:38
Keith Morgan	22:53
Jill Ramos	24:41
Norlean Litwinka	24:53
Randall Potterton	25:12
Janit Romayko	25:56
MaryLou White	30:25
Jim Hodges	32:25

YOUTH RACE - 1 mile

Chrissy Bendzinski	7:33
Katie Steele	12:23
Lindsay Ramos	15:18

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 2 - July 16, 2007

ADULT RACE 2.6 miles

David Metzger	12:57
Tom Geer	13:43
Tyler Gauruder	13:50
Bryce Metzger	14:23
Brendan McDermott	14:24
Neal Leibowitz	14:47
Aaron Flamino	15:02
Rob Dollak	15:37
Jay Seney	15:38
David Bendzinski	15:48
Linda Yamamoto	16:17
Matthew Butwill	16:20
Bill McGugan	16:26
Tim Blinn	16:43
Tris Carta	16:47
Doug Flamino	17:01
Tony Hollister	17:12
King Archibald	17:16
Bill Metzger	17:41
Greg Best	17:43
Bekkie Wright	18:05
Joe Poliquin	18:06
Jeff Thornton	18:13
Joan Munroe	20:31
Kathy Thornton	20:59
Edward Yergeau	21:23
Sue Leslie	21:58
Denise Toce	22:39
Norlean Litwinka	23:31
Clinton Driscoll	23:35
Randall Potterton	23:35
Jill Ramos	24:13
Janit Romayko	25:11
Jim Hodges	30:49

YOUTH RACE - 1 mile

Emma Dolen	7:19
Chrissy Bendzinski	7:33
Rachel Blinn	8:06
Lindsay Ramos	13:04
Katie Steele	13:47

WEEK 3 - July 23, 2007

ADULT RACE 2.6 miles

*New Course Record	
David Metzger	*12:10
Colby Welch	14:16
Tyler Gauruder	14:17
Aaron Flamino	14:31
Neal Leibowitz	14:59
Jay Seney	15:16
David Bendzinski	15:21
Rob Dollak	15:28
Steve Morse	15:53
Matthew Butwill	16:13
Doug Flamino	16:33
Tris Carta	16:40
Tim Blinn	16:49
Tony Hollister	17:00
King Archibald	17:32
Bekkie Wright	18:18
Joe Poliquin	18:20
Ed Steele	19:21
Kathy Thornton	20:11
Joan Munroe	20:23
Kyle Toce	21:04
Dale Toce	21:05
Keith Morgan	21:06
Sue Leslie	21:35
Edward Yergeau	22:02
Norlean Litwinka	22:50
Jill Ramos	23:28
Randall Potterton	24:03
Janit Romayko	24:31
Jim Hodges	32:09

YOUTH RACE - 1 mile

Chrissy Bendzinski	7:12
Emma Dolen	7:21
Katie Steele	11:43
Lindsay Ramos	11:57

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Website / Email Contact
Sa	Aug 4	9:00 AM	People's Forest 7M Trail Run	Barkhamsted (Mathies Pavilion) www.greystonercing.net
Sa	Aug 4	9:00 AM	John & Jessie Kelley 11.6M	New London (Ocean Beach Pk) www.moheganstriders.org
Sa	Aug 4	8:00 AM	GSRS: King of Pain 10M	Glastonbury (Hopewell School) www.glastonburychamber.com
Su	Aug 5	8:00 AM	Sea Legs Shuffle 10M/5K	Guilford (Jacobs Beach) www.force5sports.com/
Th	Aug 9	6:25 PM	17th Special Olympics Corporate 5K	Hartford (Bushnell Park) www.jbsports.com
Sa	Aug 11	9:00 AM	29th Bridge of Flowers 10K	Shelburne Falls, MA www.bridgeofflowers10k.com
Sa	Aug 11	9:00 AM	18th Deary Memorial Putnam 5M	Putnam (J.D. Cooper's Restaurant) www.daykimball.org/philanthropy/events/deary_race.shtml
Su	Aug 12	10:00 AM	5th Keney Park 5K Run/Walk	Hartford (Keney Park) Keney5K@yahoo.com
Su	Aug 12	10:00 AM	35th Falmouth 7.1M	Woods Hole, MA www.falmouthroadrace.com
Su	Aug 12	10:00 AM	36th Donors Week 5M	Torrington (Coe Park) www.torringtonrace.com
Th	Aug 16	6:30 PM	22nd E.Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial) www.ci.east-hartford.ct.us
Sa	Aug 18	9:00 AM	10th Bluefish Festival 5K	Clinton (Jared Eliot Sch) www.clintonct.com/roadrace
Su	Aug 19	8:30 AM	Lobster Loop 5K	Canton (Town Green) www.plattsys.com
We	Aug 22	6:35 PM	Old Saybrook 5M	Old Saybrook www.oldsaybrookct.com
Sa	Aug 25	9:30 AM	18th MADD Dash 5K	Stratford (Short Beach) www.hitekracing.com
Su	Aug 26	9:30 AM	20th Mt. Toby 14M Trail Race	Sunderland, MA (Town Park) scotjh@aol.com
Su	Aug 26	8:30 AM	Old Wethersfield 5K	Wethersfield www.hartfordmarathon.com
Su	Aug 26	9:00 AM	34th Marshfield 20K	Marshfield, MA (High School) www.marshfield.net/roadrunners
Su	Sep 2	8:30 AM	Swanzy Covered Bridges Half Mar	Swanzy Center, NH www.gotendurance.com/scbhm.htm
Mo	Sep 3	9:00 AM	73rd Cape Ann 25K	Gloucester, MA www.northshoreymca.org
Mo	Sep 3	8:30 AM	30th Labor Day 20K/5K/.5M	New Haven Town Green www.newhavenroadrace.org
Sa	Sep 8	8:30 AM	30th Pacesetter 13.1M	Norwalk www.lightfootrunners.com
Sa	Sep 8	1:30 PM	32nd Run Around the Block 15K	Block Island, RI www.blockislandchamber.com
Su	Sep 9	10:00 AM	South Windsor Road Race 5M	South Windsor (Rye Park)
Sa	Sep 20	6:30 PM	King of the Hill 5K	Danbury (Berkshire Corp Park) www.kingofthehill5k.org
Sa	Sep 22	8:00 AM	19th Winnepesaukee 66M Relay	Weirs Beach, NH (Funspot) www.northmedfordclub.org
Su	Sep 23	7:20 AM	10th Fall Distance Frolic 30K	Fairfield www.hitekracing.com
Sa	Sep 29	10:30 AM	Cider Mill 5K & Family Fun Run	Tolland (Crandall Park) www.cidermillroadrace.org/
Su	Sep 30	9:00 AM	Valley YMCA 5K	Granby www.ghymca.org/sub/farmingtonvalley/Road%20Race%20Flyer%202005.pdf
Su	Sep 30	9:30 AM	Hogs Back Half-Marathon	Colebrook Center www.greystonercing.net
Su	Sep 30	10:00 AM	Niantic Bay Half Marathon & 5K	E. Lyme (Rocky Neck) www.nianticbayhalfmarathon.com
Sa	Oct 13	8:00 AM	13th Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park) www.hartfordmarathon.com
Sa	Oct 27	9:00 AM	Air Line Trail Ghost Run 13.8M	Hebron (Hebron Elem Rt 85) www.colchesterct.net/special/ghostrun.html
Su	Oct 28	8:30 AM	30th Cape Cod Marathon	Falmouth, MA (Village Green) www.capecodmarathon.com

SUMMER/FALL 2007 "LOCAL" MARATHON CALENDAR

(Click on Marathon Name for Link)

9/16/07	Dutchess County Classic Marathon	Wappingers Falls, NY
9/16/07	Rochester Marathon	Rochester, NY
9/16/07	Yonkers Marathon	Yonkers, NY
9/16/07	Adirondack Marathon	Schroon Lake, NY
9/29/07	Hamptons Marathon *NEW	East Hampton, NY
9/29/07	New Hampshire Marathon	Bristol, NH
9/30/07	Clarence Demar Marathon	Keene, NH
9/30/07	Wineglass Marathon	Corning, NY
10/7/07	Johnstown Marathon	Johnstown, PA
10/7/07	Maine Marathon	Portland, ME
10/7/07	Mohawk-Hudson River Marathon	Albany, NY
10/7/07	Steamtown Marathon	Scranton, PA
10/7/07	Westchester Marathon	White Plains, NY
10/13/07	Baltimore Marathon	Baltimore, MD
10/13/07	Hartford Marathon	Hartford, CT
10/14/07	Atlantic City Marathon	Atlantic City, NJ
10/14/07	Bay State Marathon	Lowell, MA
10/14/07	Mount Desert Island Marathon	Bar Harbor, ME
10/20/07	Breakers Marathon	Newport, RI
10/20/07	Green Mountain Marathon	South Hero, VT
10/28/07	Cape Cod Marathon	Falmouth, MA
10/28/07	Marine Corps Marathon	Washington, DC (Registration closed)
11/4/07	Manchester City Marathon *NEW	Manchester, NH
11/4/07	New York City Marathon	New York City, NY (Registration closed)

PACE GROUP LEADERS NEEDED FOR THE UTC GREATER HARTFORD MARATHON

Want to run the Hartford Marathon for FREE! The 2007 Hartford Marathon is looking for PACE GROUP LEADERS, they've got openings available in the time-slots 4:10, 4:25, 4:40. These may not officially be "Boston qualifier" times, but they're likely to be more popular than some of the fancier time-slots in the low 3-hour range. And as for the fancier time-slots, they're also looking to fill vacancies at 3:15, 3:20, 3:35 and 3:50. If anyone is interested in volunteering as a Pace Leader, please contact Joe Alfano of the Central Mass Striders at JALFANO@ASSUMPTION.EDU.

Editor's Note: This is a great way to help others accomplish their goals and get a free marathon entry and pasta dinner in the process. I was the 4:15 Pace Group Leader last year, and had a great time.

47th Mount Washington Road Race
June 16, 2007 7.6 Miles - Base to Summit Pinkham Notch, Gorham, NH

RACE REPORT by DALE TOCE

Posted on CoolRunning Blog Jun-18-2007

(Editor's Note: Some text and pictures have been omitted to reduce file size.)

**** MEN'S RESULTS ****

Place	Div/Tot	Div	Age Graded Time	Finish Time	Pace
189	25/94	M4549	1:31:57	1:39:49	13:08

We arrived at 7:30 and get a primo parking spot awarded for early arrival. This gives us plenty of time to kill. Jim points out various people associated with the race-from the director to people selling t-shirts and many people from his old running club-which he started 20years earlier and is still going strong. I've heard plenty of weather advice and had been told that conditions were 'perfect' with no wind (which is good at a place that set the record for highest windspeed ever) or rain. As we get out of the truck, Grambo says "It's warm". Profound understatement, IMO. I abandoned all thoughts of tying a long sleeve shirt around my waist for the chillier second half of the race and start drinking Gatorade and water prerace. We do a 1/4mile jog warmup over the beginning of the course getting a taste of what is to come. Oh boy.

It gets close to start time and we set off toward the banner stopping off at a crossing stream to cool off with some chilly water on our heads, arms and legs.

We line up near the front, about 10 rows back.



At the start, the mountain looks very big...

KTilton is out in front of the starting line talking with other elite/fast runners while we wait. As we are wishing each other good luck, the cannon sounds and we begin. We take off quickly and sadistically go downhill for several hundred feet before beginning to ascend the 'hill'. People are passing me continuously. I try to run by effort and HR, clearly looking more like a tourist than a runner-with my watch/GPS/HR monitor/fanny pack and camera. By 1/4 mile, we are climbing hard and my HR surges up to 160 which is my equivalent 5K race pace HR. Yikes! Grambo is next to me looking strong and Mike is out in front. I tell Jim that I am going to need to slow down knowing the heat is taking its toll already. I have not gone 1/2 mile and I take my first (of dozens) of walk break. I walk for 10 breaths or so to get my HR down below 160. This run/walk pattern would continue the entire race. It may be 'only one hill' but it is relentless.

We climb. Up, up. I try to stay in what little shade there is on the road. It seems many, if not most people are taking walk breaks around me also. **' Mile 1' is really 0.9 miles and I pass at 10:36-ave HR=156.** I have been warned that the second mile is difficult and I will have to slow down some. I did -- a lot. Up, up. It is very hot and there is no wind at all and very little shade. Grambo predicted it would be hot for at least 3 miles so I'm ready for it and try to keep my pace. MikeG and Grambo are ahead of me and out of sight. Run (well sort of), run, walk. Repeat. **Mile 2 (1.9) in 13:29 with my HR averaging 160.**

I see lots of runners ahead of me...and I thought there was more sun in the beginning, but the air certainly wasn't moving very much. A runner offers to take my picture so I jogged back a bit and pose.



I feel that I will definitely crash if I keep up this HR. The next two miles are smooth and steady. Up, up. I feel pretty strong. It's hot but I'm able to maintain my pace so far. I walk through all aid stations and take a full cup of water now. I'm trying to take a picture every mile marker and haven't missed any yet. All you see during this section is a steep road, runners and trees to either side. * We turn and twist our way up the mountain.

Mile 3=11:51 (HR=159)

Mile 4=11:49 (HR=158) past the halfway point in ~46:30

Mile 5 = 13:47 (HR avg 159) Not so bad, but not anywhere near what I wanted. I had to make concessions due to the weather, so it is what it is. We soon get above the trees and there is a good wind. Light and comforting but I'm still hot. Up, up, up. Walk the water stop. Drink.



We are getting closer to the clouds. I start to get a little cramping in my right calf and then my right hammy. I eat 1/2 pack of a salt packet that Jim had given me prerace. Yuck! Effective but not very tasty. Up, up, up. I stop several times to take a picture of the magnificent view of the other mountains-simply breathtaking!



My right quad cramps. Run/walk/walk. Repeat. What is this? Up ahead I spy the blue Nike racing flats of MikeG-sans socks. He is a victim of the heat and hill just like all of us. (This guy is a 1:18 1/2 Marathoner...) I walk, I run and try to run some more. I am simply mesmerized by the breathtaking sights above the clouds. **Mile 6=14:12 (HR only 155-crashing).**

Up, up, up. We get to **Mile 7 in 13:29. (HR still 155)**. Another runner sees me take a picture of my Garmin and the mile marker and offers to take my picture. Time to push it home, Ha! As we approach the finish, the road slopes cruelly even higher (22%!). I try to keep my legs moving but have serious cramps going on. I jog over the finish line only to avoid the embarrassment of walking across the line. **Last 0.7 in 10:40. Total time=1:39:49.** MikeG comes in right behind me and we high 5 as Grambo cheers us on. We climb another clump of rocks to make it to the 'summit' and touch the wood post marking it.

Nice. Very nice. Very tough race. I will never complain about hills in any local race again.



Happiness in the clouds...

SILK CITY STRIDERS -- 2007 EVENT CALENDAR

- AUGUST** - John & Jessie Kelley Ocean Beach Run & PicnicSaturday, August 4
 Wickham Park Cross Country SeriesMonday Nights - August 6 & 20
 Lake Terramuggus Sprint Tri Training Series Thursday Nights - August 9 & 23
- SEPTEMBER-** Nikki's Run Walk 'N' Roll.....Sunday, September 9
 Fred Brown Lake Winnepesaukee Relays Saturday, September 22
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 27
- NOVEMBER** - New York City Marathon ExcursionSunday, November 4
 Parker Holt 5KSunday, November 11
 Know Your Pace RaceSaturday, November 17
 Manchester Road Race.....Thursday, November 22
- DECEMBER** - Silk City Holiday Open House..... Sunday, December 2
following Santa's Run in Glastonbury

DEADLINE FOR NEXT NEWSLETTER: September 30, 2007

What did you do on your "Summer" Vacation?

The Hillman goes for the heights at the Bike Tour of Colorado.

