



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

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

## President’s Message: A Perspective on Running and Giving for Charity

People like to contribute to their favorite charities. Said differently, many of these people would like you to contribute to their favorite charities. There are many categories to which you can contribute by participating in certain events or by giving money or other gifts. These categories range from human issues such as medical problems and social problems to environmental issues like saving wolves, whales, sharks, pup fish, polar bears, water, air, forests, etc.

The Silk City Striders puts on races and our members participate in races for charity. Probably the most notable are Bobby’s Run and the Race for the Cure. In addition to these “club” events, many Striders run in races and raise money for other charities. An example might be the raising of money for a charity in conjunction with the Boston Marathon.

Every day you most likely receive several pieces of mail that are targeted toward seeking your donations for some environmental group, disease research, or social endeavor. Sometimes you throw these solicitations out with the trash and sometimes you write a check. Why do you do this? We all have our reasons for giving yet we all know we cannot support all of these solicitations with money even though we might like to.

Why do we run? The short answer is that we run for ourselves. Why do we give? The short answer should be to help someone else. Plants and animals provide for their species with food and other care; man is the only animal who can provide using money and sometimes other intelligent actions. Man is also the animal who has created most of the problems on this planet. To this end I would like to leave you with a quote from Sam Clemons, “If man was God’s greatest creation, then the less said the better.”

- Hillman

### Special Event Training Run

Join us for a 7-Mile Training Run  
which includes the  
**Wapping Fair 5 Mile**  
Road Race course  
from Sue Leslie’s House  
in South Windsor  
on Wednesday, September 3rd  
at 5:00 PM

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## 2008 BOARD OF DIRECTORS

### Officers

**President:** Barry Stoner (860) 647-9503  
**Vice President:** Art Byram (860) 430-1072  
**Treasurer:** John Sloan (860) 643-6123  
**Secretary:** Ed Steele (860) 649-1541

Carol-Line Hazel (860) 896-3334  
 Sue Leslie (860) 644-1804  
 Andre Mesnil (860) 647-1574  
 Karen Saunders (860) 643-9125  
 MaryLou White (860) 512-0007  
 Bekkie Wright (860) 461-1486

### 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**  
**Parking Lot C**  
 (near the “Great Path” entrance)

**Tuesday Evening Funs Runs - 6:00 pm**  
**Martin Elementary School**  
**Dartmouth Street, Manchester**

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

**Thursday Evening Funs Runs - 6:00 pm**  
**Bolton High School**  
**Brandy Street, Bolton**

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Mike & Tineeka Fromerth East Hartford  
 Maggie Gesue Manchester

### CONGRATULATIONS

To Carol-Line & Tom Hazel on the birth of their daughter, Chloé Leah Hazel, on June 8th.

## COMING UP – August & Sept.

- John & Jessie Kelley 11.6 Mile Race at Ocean Beach Park in New London – **Saturday, August 2nd**
- Wickham Park XC Series Races 4 & 5 – **Monday, August 4th & 18th**
- EHHS Alumni Cross Country 5K – **Thursday, August 21st**
- New Haven Road Race 20K & 5K – **Monday, September 1st**
- South Windsor 5 Mile Road Race – **Saturday, September 6th**
- Nikki’s Run Walk & Roll – **Sunday, September 7th**
- Fred Brown Lake Winnepesaukee Relays – **Saturday, September 20th**  
**Team Captains:**  
 Bill McGugan and Sue Leslie
- Celebration Run for Len Underwood – **Sunday, September 21st**

## 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 5 & 12. 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.

### PREVIOUSLY OMITTED RESULTS

#### OCEAN DRIVE MARATHON Cape May, NJ March 30, 2008

Adam Bulewich 3:33:34

#### AROUND THE LAGOON 10K St. Maarten May 18, 2008

Ed Yergeau #9M 58:16

#### KEYBANK VERMONT CITY MARATHON Burlington, VT May 25, 2008

Adam Bulewich 3:29:22

Paul Damon 1st Marathon 3:36:35

#### KEANE FOUNDATION 5K Wethersfield, CT June 1, 2008

Steve Morse #8M; #1 M50-59 19:19

#### LITCHFIELD HILLS ROAD RACE 7.1M Litchfield, CT June 7, 2008

Matt Butwill 1:09:58

King Archibald 1:15:41

#### NORTHFIELD MOUNTAIN 10K Northfield, MA June 7, 2008

John Salcius 1:11:14

MaryLou White 1:11:52

#### NIANTIC BAY 10K Niantic, CT June 13, 2008

Randy Potterton 54:33

Janit Romayko #1 F60-64 56:47

#### LAUREN'S RUN 5K Cromwell, CT June 14, 2008

John Paggioli #2 M40-49 18:35

Ned Kennedy #3 M40-49 19:02

Dani Kennedy #4 F, #3F 40-49 22:12

#### CELEBRATE WEST HARTFORD 5K West Hartford, CT June 15, 2008

Steve Morse #1 M50-49 19:38

#### MT. GREYLOCK TRAIL RACES Pittsfield, MA June 15, 2008

##### 13.5 M

John Agosto 2:01:01

MaryLou White 3:15:10

##### 5K

Debbie Livingston #1F 22:38

Scott & Shep Livingston\*

\* According to the WMAC Results Page:

A good run, a timeless run- but not an isentropic run.

#### BRANFORD ROAD RACE 5M Branford, CT June 17, 2008

Adam Bulewich 32:24

Bekkie Wright 35:27

Joe Poliquin 35:28

Keron Smith 37:26

Alan McCall 41:12

Randy Potterton 43:08

Joyce Thorner 49:42

#### SOLSTICE SPRINT West Hartford, CT June 18, 2008

King Archibald 22:09

#### FAIRFIELD HALF MARATHON & 5K Fairfield, CT June 22, 2008

##### Half Marathon

John Sloan 1:46:22

Bekkie Wright 1:47:17

Joe Poliquin 1:47:17

Michael Shore 1:53:03

King Archibald 2:00:47

Andy Zyrek 2:08:11

Randy Potterton 2:13:47

##### 5K

Keron Smith #3 F30-39 21:57

**TRI-SPORTS LAKE COMPOUNCE  
HALF-MARATHON  
Bristol, CT June 22, 2008**

Ginny Welch #6F; #2 F40-49 1:46:40  
Maggie Gesue 2:05:53

**X-TREME SCRAMBLE 5K SERIES  
Hartford, CT**

**Race 1 - June 26, 2008**

Michael Tirrell #1 M50-54 21:06  
Jay Hamilton 22:12  
Scott Wojnarowicz 22:39  
Tony Hollister #1 M60-64 22:57  
Dani Kennedy #10F; #2 F45-49 23:21  
Keron Smith #1 F30-34 23:29  
Mickey Grabner 23:29  
Annette Hamilton #1 F40-44 24:14  
Dan Kennedy 24:36  
Andy Zyrek #3 Clydesdale 24:41  
Ellie Lowell #1 F60-64 26:20  
Scott Hollister 27:06  
Maggie Gesue 27:26

**INDEPENDENCE DAY 5,000  
Milford, CT July 4, 2008**

Bekkie Wright 22:03  
Joe Poliquin 22:03

**BOOMBOX MILE  
Willimantic, CT July 4, 2008**

Dale Toce #3 M40-49 5:52

**CHESTER ROTARY ROAD RACE  
"4 on the 4th"  
Chester, CT July 4, 2008**

Adam Bulewich #4 M30-39 25:11  
Debbie Livingston #4F; #2 F30-39 26:36  
Allan McCall 33:20

**RIVERFEST 5K  
East Hartford, CT July 5, 2008**

Michael Tartar #2M; #1 M30-39 18:21  
John Agosto #4M; #2 M40-49 18:33  
Bill McGugan #9M; #1 M50-59 20:18  
Jay Hamilton #2 M30-39 20:57  
Keron Smith #2F; #2 F30-39 22:24  
Annette Hamilton #4F; #1 F40-49 23:37  
Joan Munroe #7F; #1 F50-59 25:22  
Randy Potterton 25:31

**KENNEBUNK LIBRARY 5K  
Kennebunk, ME July 11, 2008**

Wally Squier 25:07

**BRADLEY SPACE RACE 5K  
July 12, 2008 Windsor Locks, CT**

Keron Smith #2F; #1 F30-39 21:34



**RED DRESS  
RUN FOR WOMEN 5K  
West Hartford, CT  
July 12, 2008**

Dani Kennedy\* #4F; #1 F45-49 21:52  
Bekkie Wright\* #7F; #3 F45-49 22:23  
Jill Ahern\* #2 F50-54 23:09  
Marie Cook\* 25:20  
Lynn Damon 26:09  
Susan Leslie\* #2 F55-59 27:15  
Joyce Thorner\* 30:19  
Natalie Alexandre 34:49  
Carla Simmons\* 39:05  
Linda Lentini\* 39:05  
Chiara Medina\* 39:05

\* Members 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 Barry Stoner and Andy Zyrek.

**GLORIOUS GALLOP 5K  
East Hampton, CT July 13, 2008**

John Paggioli #2 M40-49 17:47  
King Archibald 21:22  
Randy Potterton 25:02

**SAILFEST 5K  
New London, CT July 13, 2008**

Joe Kidder #3 M50-59 20:00  
King Archibald 22:49

**UTICA BOILERMAKER 15K  
Utica, NY July 13, 2008**

Ellie Lowell 1:25:00



### SUMMER RACING SERIES

#### Race 1 - 5K

Smith Middle School July 19, 2008

|               |                     |       |
|---------------|---------------------|-------|
| Art Byram     | #9. #2 M40-49       | 18:27 |
| Dani Kennedy  | #8F; #2 F40-49 - PR | 21:04 |
| George Ripley |                     | 23:13 |

#### Race 2 - 4.5M

Addison Park July 26, 2008

|               |                |       |
|---------------|----------------|-------|
| Ned Kennedy   | #4M; #2M40-49  | 27:44 |
| John Paggioli | #5M; #3 M40-49 | 27:48 |
| Art Byram     | #8M            | 29:08 |
| Dani Kennedy  | #6F; #1 F40-49 | 33:10 |
| George Ripley |                | 35:38 |
| Alan McCall   |                | 36:52 |
| MaryLou White | #3 F50-59      | 41:37 |

### NORWICH SUMMER SERIES - 3M Norwich, CT

July 17, 2008

|             |  |       |
|-------------|--|-------|
| Alan McCall |  | 25:14 |
|-------------|--|-------|

July 24, 2008

|             |  |       |
|-------------|--|-------|
| Alan McCall |  | 24:48 |
|-------------|--|-------|

### CITIZEN'S BANK "Not Your Typical 5K" Middletown, CT July 16, 2008

|                |  |       |
|----------------|--|-------|
| King Archibald |  | 22:28 |
| Andy Zyrek     |  | 24:04 |

### ROXBURY RACE SERIES - 3.7M Roxbury, CT July 19, 2008

|               |                |       |
|---------------|----------------|-------|
| MaryLou White | #5F; #1 F50-59 | 35:11 |
|---------------|----------------|-------|

### PETIT FOUNDATION 5K Plainville, CT July 20, 2008

|                       |           |       |
|-----------------------|-----------|-------|
| Marty & Lauren Keibel |           | 21:23 |
| Ellie Lowell          | #1 F60-69 | 25:38 |
| Sue Leslie            |           | 26:46 |

### MONTVILLE MASTERS 10K Montville, CT July 20, 2008

|              |           |       |
|--------------|-----------|-------|
| Bob Niedbala | #2M 60-69 | 57:06 |
|--------------|-----------|-------|



### GREEN MOUNTAIN RELAY 200 Miles - 26 Legs - 12 Runners 7 Covered Bridges - 1 Summer Solstice June 21 - 22, 2008

#### Wally Squier Reports:

My Team "More Cowbell" was comprised mostly of UTC Employees (5 Pratt 1 Ex-Pratt, 5 Sikorsky & 1 Friend). It was a rainy weekend same as last year. Our finish time was 27:56:39.

This is a very well run race and with only about 50 teams - up from 26 last year. There is nothing like spending 28 hours in a van with 6 other people (teams break up into two 6 person sub teams). You really get to know the runners, and if you all get along it's a great race weekend.

### BLESSING OF THE FLEET 10M Narragansett, RI July 25, 2008

|               |           |       |
|---------------|-----------|-------|
| Aaron Flamino | #1M 30-39 | 56:26 |
|---------------|-----------|-------|

### TRI-SPORTS LAKE COMPOUNCE 10K Bristol, CT July 27, 2008

|             |                |       |
|-------------|----------------|-------|
| Joe Kidder  | #9M; #1 M50-59 | 41:56 |
| Ginny Welch | #2F; #2 F40-49 | 48:51 |

### ESCARPMENT TRAIL RUN 30K Windham to North Lake in Haines Falls, NY July 27, 2008

|           |  |      |
|-----------|--|------|
| Ed Steele |  | 5:28 |
|-----------|--|------|

#### Weather Report:

Sleet, hail and MASSIVE thunderstorms...

|                                     |
|-------------------------------------|
| <b>MARATHON &amp; ULTRA ROUNDUP</b> |
|-------------------------------------|

**PITTSFIELD PEAKS  
ULTRA CHALLENGE ~60M  
Pittsfield, VT June 19, 2008**

The Ultra Challenge Summits Six (6) Vermont Peaks  
 Wilcox - 2840 ft                      Darning Needle - 2885 ft  
 Carmel - 3365 ft                      South Mt - 2065 ft  
 Hedgehog Knoll - 2025 ft          Joe's Hill - 1820 ft  
 Debbie Livingston    **#8 Overall; #2F**    10:38:48

For pictures and the full story visit:  
<http://scottlivingston.wordpress.com/2008/06/16/pittsfield-peaks-ultra-challenge-2/>

**FINGER LAKES FIFTIES – 50M  
Hector, NY July 5, 2008**

Bekkie Wright    **#4F; #1 F40-49**            10:41:41  
 Joe Poliquin        **#2 M50-59**                            10:41:42

**JAY MOUNTAIN ULTIMATE XC 33+ Miles  
Jay, VT July 27, 2008**

Debbie Livingston    **#4 F**                                      ~6:30  
<http://scottlivingston.wordpress.com/2008/07/28/2008-ultimate-xc-jay-edition/>

## Silk City Striders 8 County Challenge

### At Least Four (4) Counties Completed as of 7/27/2008

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

|                  | Fairfield | Hartford | Litchfield | Middlesex | New Haven | New London | Tolland | Windham |
|------------------|-----------|----------|------------|-----------|-----------|------------|---------|---------|
| John Agosto      |           | X        |            |           | X         | X          | X       |         |
| King Archibald   | X         | X        | X          | X         | X         | X          | X       | X       |
| Adam Bulewich    | X         | X        |            | X         | X         | X          |         |         |
| Art Byram        |           | X        |            |           |           | X          | X       | X       |
| Peggy Byram      |           |          |            |           | X         | X          |         | X       |
| Annette Hamilton |           | X        |            |           |           |            | X       | X       |
| Jay Hamilton     |           | X        |            |           |           | X          | X       | X       |
| Sue Leslie       |           | X        |            |           |           |            | X       | X       |
| Ellie Lowell     |           | X        | X          |           |           |            | X       | X       |
| Alan McCall      |           | X        |            | X         | X         | X          |         |         |
| Steve Morse      | X         | X        | X          |           |           | X          | X       |         |
| John Paggioli    |           | X        | X          | X         |           | X          |         |         |
| Joe Poliquin     | X         | X        | X          | X         | X         |            | X       |         |
| Randy Potterton  | X         | X        |            | X         | X         | X          | X       | X       |
| Jill Ramos       | X         | X        |            |           |           |            | X       |         |
| Janit Romayko    |           | X        |            | X         |           | X          | X       | X       |
| John Salcius     |           | X        |            |           | X         |            |         | X       |
| Jay Seney        |           | X        |            |           |           | X          | X       |         |
| John Sloan       | X         | X        |            |           |           | X          | X       |         |
| Keron Smith      | X         | X        |            |           | X         | X          |         |         |
| Mark Turkington  | X         | X        |            |           |           | X          |         | X       |
| MaryLou White    | X         | X        | X          | X         | X         | X          | X       | X       |
| Bekkie Wright    | X         | X        | X          | X         | X         |            | X       |         |
| Andy Zyrek       | X         | X        | X          | X         |           | X          |         | X       |

## DUATHLON / TRIATHLON & ADVENTURE RACE RESULTS

### WINDING TRAILS SPRINT TRIATHLON Farmington, CT

1/4 M Swim – 8K Mtn Bike – 5K Trail Run

#### Race #1 - June 17, 2008

|               |                  |         |
|---------------|------------------|---------|
| Bill Schwarz  | <b>#1 M60-69</b> | 1:12:21 |
| Janit Romayko | <b>#1 F60-69</b> | 1:19:31 |

#### Race #2 - June 24, 2008

|              |                  |         |
|--------------|------------------|---------|
| Bill Schwarz | <b>#2 M60-69</b> | 1:09:13 |
|--------------|------------------|---------|

#### Race #3 - July 1, 2008

(No Swim due to thunder)

|               |                  |         |
|---------------|------------------|---------|
| Jeff Thornton |                  | 56:11   |
| Bill Schwarz  | <b>#3 M60-69</b> | 1:03:45 |

#### Race #4 - July 8, 2008

|              |                  |         |
|--------------|------------------|---------|
| Bill Schwarz | <b>#2 M60-69</b> | 1:10:06 |
|--------------|------------------|---------|

#### Race #5 - July 15, 2008

|              |                  |         |
|--------------|------------------|---------|
| Bill Schwarz | <b>#4 M60-69</b> | 1:10:54 |
|--------------|------------------|---------|

#### Race #6 - July 22, 2008

|              |                  |         |
|--------------|------------------|---------|
| Dean Bolt    | <b>#2 M50-59</b> | 51:55   |
| Bill Schwarz | <b>#1 M60-69</b> | 1:07:18 |



**Ned Kennedy**

(Photos Courtesy of Dani Kennedy)

## IRONMAN 70.3<sup>®</sup>

Providence, RI July 13, 2008

1.2 M Swim – 56 M Bike – 13.1 M Run

|              |         |
|--------------|---------|
| Ken Pacileo  | 5:04:43 |
| Mike Tirrell | 5:25:45 |
| Ned Kennedy  | 5:35:08 |
| Mark Helisek | 6:22:53 |
| Diana Cohen  | 7:46:01 |

**NOTE:** Silk City Striders Member Ron Schauster, who lives in RI, was a Volunteer at this event.

### LUDLOW BOYS & GIRLS TRIATHLON

Ludlow, MA June 1, 2008

1/2 M Swim – 14 M Bike – 4 M Run

|                |                  |         |
|----------------|------------------|---------|
| Dean Bolt      | <b>#3 M55-59</b> | 1:22:59 |
| Janit Romayko  | <b>#1 F60-64</b> | 1:49:13 |
| Clint Driscoll |                  | 2:11:00 |

### TOLLAND SUMMER SOLTICE SPRINT TRIATHLON

Crandall Pond, Tolland, CT June 21, 2008

300 Yard Swim – 12M Bike – 5K Run

|                  |                  |         |
|------------------|------------------|---------|
| Ed Yergeau       | <b>#2 M50-59</b> | 1:30:07 |
| Clinton Driscoll | <b>#3 M50-59</b> | 1:41:31 |

### HEALTHNET TRIATHLON Indian Well State Park, Shelton, CT June 21, 2008

1.5K Swim – 40K Bike – 10K Run

|                 |                  |         |
|-----------------|------------------|---------|
| Michael Tirrell | <b>#6 M50-54</b> | 2:24:13 |
|-----------------|------------------|---------|

### HOLLISTON LIONS TRIATHLON

Holliston, MA July 6, 2008

1/2 M Swim – 15 M Bike – 5 M Run

|                |                  |         |
|----------------|------------------|---------|
| Jeff Thornton  |                  | 1:42:46 |
| Kathy Thornton | <b>#3 F50-54</b> | 1:53:42 |
| Bill Schwarz   | <b>#3 M65-69</b> | 1:56:07 |

### LITCHFIELD HILLS TRIATHLON

Litchfield, CT July 27, 2008

1M Swim – 24.8 M Bike – 10K Run

|              |                  |         |
|--------------|------------------|---------|
| Barry Stoner | <b>#1 M65-69</b> | 3:14:46 |
|--------------|------------------|---------|

### DANSKIN WOMEN'S TRIATHLON

Webster, MA July 27, 2008

1/2 M Swim – 12M Bike – 5K Run

|                   |                  |         |
|-------------------|------------------|---------|
| Janit Romayko     | <b>#1 F60-64</b> | 1:26:27 |
| Paige Westerfield |                  | 1:50:54 |





<http://www.genesisadventures.com>

**GENESIS ADVENTURE RACES**  
**Trail Run – Mountain Bike – Kayak**  
**& Navigation – 15-20 Miles**

**Race #2 - Harriman State Park, NY**  
**May 3, 2008**

**“Two Fools”** **4:50**  
**Ned Kennedy & John Whalen - #1 Masters Advanced**

**NOTE: Race #5 of the Series will be held Saturday, August 23rd at Pachaug State Park in Voluntown, CT.** The field is limited to 150 Two-Person teams – Divisions: Coed, Male, Female & Masters (combined Age 80+). Race will include trail running, mountain biking, kayaking, and navigation. Total miles, 15-20. Kayaks & paddles are provided as well as post-race refreshments.

### RUNNERS, WALKERS & VOLUNTEERS NEEDED

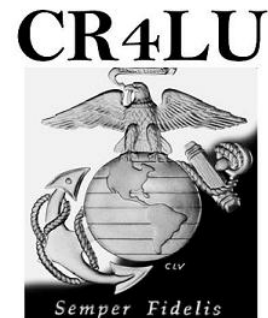
**Nikki's**  
**Run, Walk 'N' Roll**  
**for Children with Cancer**

**5K Run & Walk**  
**September 7, 2008 – 10:00 AM**  
**Manchester Community College**

This is the 6th 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.

Race brochures will be available at Silk City Fun Runs at MCC. Registration and Donation forms are available through SignMeUp Sports from the Nikki's Run website - [www.NikkisRun.org](http://www.NikkisRun.org).

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



**CELEBRATION RUN**  
**FOR LEN UNDERWOOD**  
**5K Run, 1M Walk & Kid's 1/2 Mile**  
**September 21, 2008 – 1:00 PM**  
**Memorial Elementary School**  
**East Hampton, CT**

This inaugural event is being coordinated by Len's daughter Jennifer. Come join us as we remember our friend, Len Underwood, who lost his courageous battle with Esophageal Cancer last December, and who inspired the runner in all of us.

Pre-Registration Fee is \$16 for Adults (Age 19 & up); \$12 for Students (Ages 13-18), and \$10 for Kids (Age 12 & Under). The application with online registration link and course map are available on the Silk City Website under "Upcoming Events".

A few Volunteers are needed to serve as Course Monitors on Race Day. Please contact Bekkie Wright at 860-461-1486 if you can help.





## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

**Dates: Mondays Nights at Wickham Park  
TWO (2) RACES LEFT -  
AUGUST 4 & 18**

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:** \$4.00 (13 and under)  
\$5.00 (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 7, 2008

**For More Information contact:**

Mike Bendzinski (860) 649-6426

**WEEK 1 - July 7, 2008**

**ADULT RACE 2.6 miles**

|                           |       |
|---------------------------|-------|
| Neal Leibowitz            | 14:40 |
| Adam Bulewich             | 15:06 |
| John Collins              | 15:10 |
| John Paggioli             | 15:20 |
| Jay Seney                 | 16:10 |
| Deborah Livingston        | 16:10 |
| Bill McGugan              | 16:30 |
| Matthew Butwill           | 16:32 |
| Tris Carta                | 17:33 |
| Tony Hollister            | 17:55 |
| King Archibald            | 18:09 |
| Bill Metzger              | 18:27 |
| Michael Dolen             | 18:28 |
| Rachel Blinn              | 18:40 |
| Tim Blinn                 | 19:04 |
| Michael Fromerth          | 20:17 |
| Ed Steele                 | 20:50 |
| Kathy Thornton            | 21:31 |
| Scott (& Shep) Livingston | 21:45 |
| Keith Morgan              | 22:40 |
| Ed Yergeau                | 22:45 |
| Susan Leslie              | 22:47 |
| Joan Munroe               | 23:08 |
| Matthew Wynne             | 23:10 |
| John Salcius              | 24:40 |
| Clinton Driscoll          | 25:12 |
| Jill Ramos                | 26:35 |
| James Hodges              | 32:10 |

**YOUTH RACE - 1 mile**

|               |       |
|---------------|-------|
| Emma Dolen    | 7:22  |
| Steven Ramos  | 11:35 |
| Eddie Steele  | 12:51 |
| Lindsay Ramos | 14:56 |

**WICKHAM PARK SUMMER CROSS COUNTRY SERIES****WEEK 2 - July 14, 2008****ADULT RACE 2.6 miles**

|                           |       |
|---------------------------|-------|
| David Metzger             | 13:34 |
| Tyler Gauruder            | 14:10 |
| Neal Leibowitz            | 14:22 |
| Michael Tartar            | 14:48 |
| Adam Bulewich             | 14:51 |
| Tom Geer                  | 14:59 |
| John Paggioli             | 15:10 |
| John Collins              | 15:12 |
| Colby Welch               | 15:21 |
| Bill McGugan              | 15:52 |
| Deborah Livingston        | 16:22 |
| Matthew Butwill           | 16:26 |
| Tris Carta                | 16:50 |
| Scott (& Shep) Livingston | 17:32 |
| Bekkie Wright             | 17:39 |
| Joseph Poliquin           | 17:40 |
| Tony Hollister            | 17:40 |
| Bill Metzger              | 17:42 |
| Michael Dolen             | 17:46 |
| King Archibald            | 18:08 |
| Dani Kennedy              | 18:28 |
| Tim Blinn                 | 18:35 |
| Ed Steele                 | 19:10 |
| Michael Fromerth          | 20:04 |
| Kathy Thornton            | 21:19 |
| Randall Potterton         | 21:29 |
| Joan Munroe               | 21:32 |
| Susan Leslie              | 22:39 |
| Matthew Wynne             | 22:57 |
| MaryLou White             | 23:20 |
| Ed Yergeau                | 23:55 |
| Jill Ramos                | 23:58 |
| John Salcius              | 24:28 |
| Janit Romayko             | 25:56 |
| James Hodges              | 33:11 |

**YOUTH RACE - 1 mile**

|                |       |
|----------------|-------|
| Emma Dolen     | 7:21  |
| Noah Leibowitz | 10:52 |
| Lindsay Ramos  | 11:31 |
| Eddie Steele   | 12:45 |

**WEEK 3 - July 21, 2008****ADULT RACE 2.6 miles**

|                    |       |
|--------------------|-------|
| David Metzger      | 12:47 |
| Aaron Flamino      | 12:57 |
| Neal Leibowitz     | 14:26 |
| Adam Bulewich      | 14:36 |
| Scott Livingston   | 14:55 |
| John Collins       | 15:06 |
| Jason Earle        | 15:15 |
| Bryce Metzger      | 15:17 |
| Bill McGugan       | 15:35 |
| Jay Seney          | 16:09 |
| Colby Welch        | 16:15 |
| Tyler Gauruder     | 16:17 |
| Matthew Butwill    | 16:18 |
| Tris Carta         | 16:35 |
| Deborah Livingston | 16:39 |
| Linda Yamamoto     | 16:43 |
| Dale Toce          | 17:03 |
| Tony Hollister     | 17:38 |
| Bekkie Wright      | 17:42 |
| Joseph Poliquin    | 17:42 |
| Tim Blinn          | 18:21 |
| Ed Steele          | 19:01 |
| Michael Fromerth   | 19:55 |
| Kathy Thornton     | 21:02 |
| Randall Potterton  | 21:32 |
| King Archibald     | 21:33 |
| Keith Morgan       | 22:05 |
| Matthew Wynne      | 22:13 |
| Joan Munroe        | 22:13 |
| Susan Leslie       | 22:38 |
| Ed Yergeau         | 23:21 |
| Jill Ramos         | 24:03 |
| Clinton Driscoll   | 25:32 |
| Janit Romayko      | 27:06 |

**YOUTH RACE - 1 mile**

|                |       |
|----------------|-------|
| Kyle Toce      | 7:55  |
| Noah Leibowitz | 10:56 |
| Steven Ramos   | 11:11 |
| Eddie Steele   | 13:25 |
| Lindsay Ramos  | 21:00 |

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**NEW MEMBER PROFILES**


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**Mike Fromerth**

I'm 37 years old. Originally from Connecticut, I went to graduate school in Arizona, where I earned a PhD in physics. I returned to my home state two years ago after living in Ithaca, NY for a few years. I teach chemistry and physics at University High School in Hartford, where I also coach track (sprinters) and boys' JV basketball.

I've always enjoyed playing basketball and ultimate frisbee. Over the years, however, I've suffered a herniated disc and numerous joint injuries, so I'm just not as quick or maneuverable as before, and it takes several days to recover whenever I do go "all out". This has led me to seek something new.

Coaching track the past two years got me thinking about getting involved in running again. I was a sprinter and javelin thrower in high school, and in the years since I've run occasionally to keep in shape. But with my summers off, there was no reason I couldn't start training. So I decided to give it a shot, and here I am!

My goal for 2008 is to run a 5K in less than 24:00.

Past Results:

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10/14/00 Pony Express 5K, Tucson, AZ 24:18

Editor's Note: Mike has really jumped back into running with both feet participating in both the Wickham Park XC Series and X-Treme Scramble Series. Mike's wife, Tineeka, although not a runner has been seen in the cheering section at the WPXC races with their two dogs (she's a Veterinarian).

**KATIE STEELE – Age 9****“What I did on my Summer Vacation”**

Katie got home on Sunday, July 13th from her bike ride with Grandma Noreen and Grandpa Ed. For those who don't know, this wasn't just any bike ride. They went on the 10th Anniversary "Cycling the Erie Canal" trip with about 600 other people. They rode their bikes from Buffalo, NY to Albany, NY in. That's 400+ miles they rode on their bikes in 8 days with temps ranging from the high 70's to the high 90's and Katie rode every mile of it. She was the youngest rider on the trip and the only child to do every mile of it!! With their training to be sure they were ready for the trip and the miles traveled on this trip they have logged 713 miles so far this year and they have set a goal of trying for 1000 miles before the winter puts the bikes in storage!

**Maggie Gesue**

I moved to CT in May of this year to take a new position with Eastern Mountain Sports. I'm newer to running and, just last year finished my first marathon attempt in Columbus Ohio. I am looking forward to running my second marathon this year. I have always run and trained by myself and am looking forward to running with other people.

Trail running is where my passion for running has really blossomed, and I try to get out a few times a week. I look forward to exploring all of the trails that Connecticut has to offer. I would like to move into longer distances and eventually run some ultra distances. I also enjoy hiking, backpacking, snowboarding and mountain biking.

Past Results:

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4/7/07 Tyler Arboretum 10K Trail Run 1:04:56

6/2/07 Wissahickon Trail Classic 10K 1:10:08



**STATE OF THE ART** by Art Byram***New Manchester Running Club***

This year The Silk City Striders are celebrating 30 years of Running in Manchester and the other 8 Counties of CT and beyond. Around 5 years ago I was lucky enough to have been drawn in by the friendly members of the club. It has been a very positive influence in my running development and my life. The club has allowed me to learn a lot about training, racing and what it means to be a team. Many of us are so comfortable with our club event schedule and know each other so well that it is not uncommon for us to just show up and put on events without a lot of involved planning. We know who will bring tables, who will clean the course the day before, who will bring the food, order the shirts, reserve the site. The Striders, like many larger clubs in CT, at times have many soldiers to share the work on race day. However, at times we also have very few Generals and Sergeants to plan and execute new events. Board and committee meetings are usually quiet and low-key affairs attended by few.

In talking to some of our long time members, I have heard that there was a time when the Board meetings were packed, had large race committees, and the membership was very interested in attracting new members and trying new and exciting events. There was even a Silk City Triathlon! But, perhaps times have changed with everyone working longer hours and overbooked private lives.

In the spirit of trying to further the sport of running, and resurrect the “King of Pain” race, I have recently been involved with a group of runners in Glastonbury that have decided to form a new running club called “The Glastonbury River Runners”. The first meeting had six of us, talking at a coffee house. The second meeting had 12 at one of the member’s houses. Much to my surprise, there were around 25 at the last meeting. They have committees, and have pooled their resources and are well on their way to forming a legitimate active club.

This got me thinking, why was there was such enthusiasm and involvement for this new club? Other clubs in CT have been trying hard to get broad based support from their memberships. Perhaps they felt that in the new club, they could be part of creating something special and new in the running community. They will do just that. New traditions will be established, and the newly enlisted Generals, Sergeants and Soldiers will have the satisfaction of being a part of it all.

As an established club, The Silk City Striders have 30 years of tradition to celebrate. However, we as the membership also have the opportunity to blend this tradition with our own creativity, and build upon our history and grow. As club members, each of us has the opportunity to get involved and make running history. So, do you have a running event or contest that you would like to see organized? Would you like to put together a quirky contest, or form a competitive racing team? Then talk to some of your buddies next time you go for a run. Perhaps they will want to join the Striders, and bring your ideas to the next board meeting! With our experience we can help make it a reality. The Striders can be your “new running club”.

As we pass the 30 year marker, lets all give ourselves congratulations for being part of such a great group, and dig deep to ensure we stay on pace!

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**The Silk City Striders Present – “The BIG 3-0”**  
**WALK, RUN & RIDE 30M & 3.0M**  
**Sunday, September 28, 2008**

Thirty (30) is a pretty big number, and so we've planned a pretty ambitious event. For those up for the challenge, we will be hosting a 30M Run/Ride on the Manchester “Rails to Trails” and Vernon Greenway. Most of the trail through Vernon, Bolton, and out towards Willimantic is packed dirt and gravel. There is one old bridge that has yet to be replaced, which will involve a slight detour. However, we believe that runners and anyone with a hybrid or mountain bike should find this shady trail a welcome change from the paved East Coast Greenway we usually run on. Since the 30M run will take the longest, we'll start at 7:30 AM. Bike riders will be able to cover the distance much more quickly, and their event will start at 10:30 AM. The 3M Run/Walk will begin at 12:30 PM. With any luck that should get us all back to the trailhead between 1-1:30 PM, at which time we'd like to have a little post-race refreshment. We're still working out the details, so stay tuned.

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**ONE MILE FOR EVERY SERVICE MEMBER  
KILLED IN OPERATION IRAQI FREEDOM**



Beginning Flag Day, June 14, 2008, a dedicated team of runners began their run across America from Fort Irwin, CA to Arlington National Cemetery, one mile for every Soldier, Sailor, Airmen, and Marine killed in Operation Iraqi Freedom. Team members marked each mile with an American flag and signcard in an apolitical reflection of remembrance of each service member. The final day of this cross country event will be Sunday, August 24, 2008.

The organizers sent out the following message to Running Clubs across the country:

“Run with us on our last day, wherever you are, one mile for a fallen service member. On this day we run together in honor of all service members killed in both Operation Enduring Freedom and Operation Iraqi Freedom. Our goal is to have runners from all 50 States remembering our service members. Share with us your mileage and, if you run in honor of a particular service member, his or her name. We'll be posting America's combined mileage on our website as a reflection of remembrance for our beloved heroes.”

To honor their event, the Silk City Striders will be holding a “satellite” run in Manchester, CT on the afternoon of August 24<sup>th</sup> beginning at 1:00 PM. This will be an informal run/walk on the Manchester “Rails to Trails” from the trailhead on Colonial Road (just off Sheldon/Parker) near the AAMCO.

To date, almost 3 dozen men and women from Connecticut have been lost in Operation Iraqi Freedom. If 12 runners and walkers each cover 3 miles, we can do our part to honor each of these service members. There is no required distance for each runner or walker, and this will not be a timed race. Runners and Walkers can download a Waiver Form and “Run in Memory of” bib from the RFTF website <http://info.runforthefallen.org>.

For additional information, to volunteer, or to declare your intent to participate as a runner/walker, please send an email to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org). We hope you'll join us.

## RACE CALENDAR

| Date       | Time      | Race (signifies USATF champ.)   | Place  | Website / Email Contact  |
|------------|-----------|---------------------------------|--|--|
| Th Jul 31  | 6:00 PM   | X-Treme Scramble Series 5K #2   | Hartford (Riverfront Plaza)  | www.hartfordmarathon.com   |
| Sa Aug 2   | 9:00 AM   | John & Jessie Kelly 11.6M       | New London (Ocean Beach Pk)  | www.moheganstriders.org  |
| Sa Aug 2   | 9:00 AM   | People's Forest 7M Trail Run    | Barkhamsted (Mathies Pavilion)   | www.runwmac.com/gt2008/gt08-races.html                             |
| Sa Aug 2   | 8:00 AM * | Glastonbury SRS #3 – 10K-       | Glastonbury (Nayaug School)  | www.glastonburychamber.com   |
| Su Aug 3   | 8:00 AM   | Sea Legs Shuffle 10M & 5K       | Guilford (Jacobs Beach)  | www.force5sports.com   |
| Sa Aug 9   | 9:00 AM   | Bridge of Flowers 10K           | Shelburne Falls, MA  | www.bridgeofflowers10k.com   |
| Sa Aug 9   | 9:00 AM   | Deary Memorial Putnam 5M        | Putnam<br>www.daykimball.org/philanthropy/events/deary_race.shtml<br>(J.D.Cooper's Restaurant) |  |
| Su Aug 10  | 10:00 AM  | Falmouth 7.1M                   | Woods Hole, MA   | www.falmouthroadrace.com   |
| Su Aug 10  | 10:00 AM  | 37th Donors Week 5M             | Torrington (Coe Park)  | www.torringtonrace.com   |
| Th Aug 14  | 6:25 PM   | Corporate Challenge 5K          | Hartford (Bushnell Park)   | www.jbsports.com   |
| Fri Aug 15 | 6:30 PM   | Come on Over 5K                 | Portland (Town Hall)   | www.portlandct.org/Portland/departments/parks.htm                  |
| Sa Aug 16  | 9:00 AM   | 11th Bluefish Festival 5K       | Clinton (Jared Eliot Sch)  | www.clintonct.com/roadrace   |
| Su Aug 17  | 8:30 AM   | Lobster Loop 5K                 | Canton (Town Green)  | www.plattsys.com   |
| Tu Aug 19  | 6:00 PM   | Battle of Stonington 5k         | Stonington Village Green   | www.battleofstonington5k.com                                       |
| Th Aug 21  | 6:30 PM   | E.Hartford H.S. Alumni XC 5K    | E. Hartford (Veteran's Memorial)   | www.ci.east-hartford.ct.us   |
| Sa Aug 23  | 9:30 AM   | MADD Dash 5K                    | Strafford (Short Beach)  | www.hitekcracing.com   |
| Sa Aug 23  | 8:30 AM   | Holcomb Farm 10K                | West Granby  | http://thelastmileracing.com/holcombfarm10k.html                   |
| Su Aug 24  | 9:30 AM   | Mt. Toby 14M Trail Race         | Sunderland, MA (Town Park)   | www.runwmac.com/gt2008/gt08-races.html                             |
| Su Aug 24  | 8:30 AM   | Old Wethersfield 5K             | Wethersfield   | www.hartfordmarathon.com   |
| Th Aug 28  | 6:00 PM   | X-Treme Scramble Series 5K #3   | Hartford (Riverfront Plaza)  | www.hartfordmarathon.com   |
| Mo Sep 1   | 8:30 AM   | New Haven 20K & 5K              | New Haven Town Green   | www.newhavenroadrace.org   |
| Mo Sep 1   | 9:00 AM   | Cape Ann 25K                    | Gloucester, MA   | www.northshoreymca.org   |
| Sa Sep 6   | 1:30 PM   | Run Around the Block 15K        | Block Island, RI   | www.blockislandchamber.com   |
| Su Sep 7   | 10:00 AM  | South Windsor 5M                | S.Windsor (Rye St. Fairgrounds)  | Race Director 860-291-8095   |
| Su Sep 7   | 9:30 AM   | Run for Prostate Cancer 5K      | Hartford, CT (Riverside Park)  | www.hartfordprostatereun.org                                       |
| Fr Sep 12  | 7:30 AM   | Reach the Beach Relay 200M      | Bretton Woods, NH  | www.rtbrelay.com   |
| Sa Sep 13  | 8:00 AM   | Great Escape 5K/5M              | Somers   | www.somersnow.com/race   |
| Sa Sep 20  | 8:00 AM   | Lake Winnepesaukee 66M Relay    | Weirs Beach, NH (Funspot)  | www.northmedfordclub.org   |
| Su Sep 21  | 11:15 AM  | CVS Caremark Downtown 5K        | Providence, RI   | www.cvsdowntown5k.com  |
| Su Sep 21  | 10:00 AM  | Niantic Bay Half Marathon & 5K  | E. Lyme (Rocky Neck)   | www.nianticbayhalfmarathon.com                                     |
| Sa Sep 27  | 9:30 AM   | Hogs Back Half-Marathon         | Colebrook Center   | www.hartfordtrackclub.org  |
| Sa Sep 27  | 9:00 AM   | South Park 5K Road Race         | Farmington (UConn Health Ctr)  | http://fitsweb.uhc.edu/student/southpark/south_park_race/index.htm |
| Su Sep 28  | 10:30 AM  | 13th Tommy Fund Run for Kids 5K | New Haven (Yale Tennis Ctr)  | www.jbsports.com   |
| Su Sep 28  | 10:00 AM  | 21st Bigelow Tea 5K             | Southport (Wakeman's Club)   | www.hitekcracing.com   |
| Su Sep 28  | 10:00 AM  | Run for Nancy's Kids 5K         | Farmington (W.Hartford Res.)   | www.ccmckids.org   |
| Su Oct 5   | 10:00 AM  | Breakneck Trail 20K             | Union (Bigelow Hollow St.Pk)   | www.runwmac.com/gt2008/gt08-races.html                             |

\* "Living Well" in Glastonbury - Summer Racing Series (SRS)

## 2008 "LOCAL" MARATHON CALENDAR

(Click on Marathon Name for Link)

|          |  |   |
|----------|--|---|
| 8/31/08  | <b>Monster Trail Marathon</b>                      | Virgil, NY                              |
| 9/7/08   | <b>Stumpy's Marathon (Trail)</b>                   | Newark, DE                              |
| 9/14/08  | <b>Rochester Marathon</b>                          | Rochester, NY                           |
| 9/15/08  | <b>Yonkers Marathon</b>                            | Yonkers, NY                             |
| 9/21/08  | <b>Adirondack Marathon</b>                         | Schroon Lake, NY                        |
| 9/27/08  | <b>Hamptons Marathon</b>                           | East Hampton, NY                        |
| 9/28/08  | <b>Clarence Demar Marathon</b>                     | Keene, NH                               |
| 10/4/08  | <b>New Hampshire Marathon</b>                      | Bristol, NH                             |
| 10/5/08  | <b>Wineglass Marathon</b>                          | Corning, NY                             |
| 10/5/08  | <b>Johnstown Marathon</b>                          | Johnstown, PA                           |
| 10/5/08  | <b>Maine Marathon</b>                              | Portland, ME                            |
| 10/5/08  | <b>Westchester Marathon</b>                        | White Plains, NY                        |
| 10/11/08 | <b>Baltimore Marathon</b>                          | Baltimore, MD                           |
| 10/11/08 | <b>Hartford Marathon</b>                           | Hartford, CT                            |
| 10/12/08 | <b>Mohawk-Hudson River Marathon</b>                | Albany, NY                              |
| 10/12/08 | <b>Steamtown Marathon</b>                          | Scranton, PA                            |
| 10/18/08 | <b>Breakers Marathon</b>                           | Newport, RI                             |
| 10/18/08 | <b>Green Mountain Marathon</b>                     | South Hero, VT                          |
| 10/19/08 | <b>Atlantic City Marathon</b>                      | Atlantic City, NJ                       |
| 10/19/08 | <b>Bay State Marathon</b>                          | Lowell, MA                              |
| 10/19/08 | <b>Mount Desert Island Marathon</b>                | Bar Harbor, ME                          |
| 10/26/08 | <b>Cape Cod Marathon</b>                           | Falmouth, MA                            |
| 10/26/08 | <b>Marine Corps Marathon</b>                       | Washington, DC (Registration Closed)    |
| 11/2/08  | <b>Manchester City Marathon</b>                    | Manchester, NH                          |
| 11/2/08  | <b>New York City Marathon</b>                      | New York City, NY (Registration Closed) |
| 11/8/08  | <b>Stone Cat Marathon &amp; 50 Mile Trail Race</b> | Ipswich, MA                             |
| 11/9/08  | <b>Harrisburg Marathon</b>                         | Harrisburg, PA                          |
| 11/23/08 | <b>Philadelphia Marathon</b>                       | Philadelphia, PA                        |
| 11/29/08 | <b>BRRC North Central Trail Marathon</b>           | Sparks, MD                              |
| 12/13/08 | <b>Roxbury Marathon</b>                            | Roxbury, CT                             |

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### PACE GROUP LEADERS NEEDED FOR THE HARTFORD MARATHON

Want to run the Hartford Marathon for FREE? The 2008 ING Greater 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](mailto:JALFANO@ASSUMPTION.EDU).



## Silk City Striders 2008 Event Calendar

- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic ..... Saturday, August 2  
 Wickham Park Cross Country Series ..... Monday Nights - August 4 & 18  
 Run for the Fallen “Satellite” Run ..... Sunday, August 24
- SEPTEMBER** - Nikki’s Run Walk ‘N’ Roll ..... Sunday, September 7  
 Fred Brown Lake Winnepesaukee Relays ..... Saturday, September 20  
 Celebration Run for Len Underwood (New\*) ..... Sunday, September 21  
 “The Big 3-0” 30M Bike/Run & 3M Run/Walk ..... Sunday, September 28
- OCTOBER** - Halloween Pot Luck Supper ..... TBA
- NOVEMBER** - New York City Marathon Excursion ..... Sunday, November 2  
 Parker Holt 5K ..... Sunday, November 9  
 Know Your Pace Race ..... Saturday, November 22  
 Manchester Road Race ..... Thursday, November 27
- DECEMBER** - Silk City Holiday Open House ..... Sunday, December 7  
 following Santa’s Run in Glastonbury

### UltraMarathon Man: 50 Marathons \* 50 States \* 50 Days

Don't miss the July 31st, 2008 national movie release of the inspirational film UltraMarathon Man: 50 Marathons \* 50 States \* 50 Days, featuring renowned endurance athlete and best selling author Dean Karnazes. The film follows Dean in his attempt to run 50 marathons in 50 states in 50 consecutive days. A beautiful and epic journey across the United States, during which Dean pushes the limits of human endurance, inspiring thousands across the country to join him (including Silk City Striders Bekkie Wright & Joe Poliquin who ran the six New England States - Day #28 – 33).

To share this experience with people who love running, or those who just want to be inspired, Journeyfilm has created a unique opportunity:

- Host a Fun and Inspiring Group Event at the Movies (Running attire welcome).
- Win Dean Karnazes for the Day Contest
- Free Movie Tickets and Signed Posters for participating groups.
- Product Giveaways by The North Face.

Get Tickets and Showtimes and enter the Contest at <http://www.50marathons.com/>

Showcase Cinemas at 99 Red Stone Road in Manchester at 7:30pm.

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**DEADLINE FOR NEXT NEWSLETTER: September 30, 2008**

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