



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

## Happy Thanksgiving, Happy Holidays and Happy New Year -

Thanks to everyone who supported the Silk City Striders events in 2006 -- especially the members of the Board of Directors: **Betty Cannella**, Vice President and USATF Team Captain; **Art Byram**, Treasurer and Road Race Technical Assistant; **John Sloan**, Secretary and Yahoo Sports Group ListServ Administrator; **Sue Leslie**, **Andre Mesnil**, **Karen Saunders**, **Ed Steele** **MaryLou White** - Board of Directors; and **Bill Schwarz**, Webmaster.

Thanks to all the Club Members who volunteered at our events throughout the year, including Bobby's Run, the Summer Picnic at Lake Terramuggus, the Parker Holt Celebration Run 5K, and the Know Your Pace Race (and Manchester Road Race Expo). We couldn't have done it without you.

It was great to see everyone out on Main Street on Thanksgiving Morning, even though the weather could have kept you away. I hope you'll all take the time to read Joe Damon's "Thank You" on the last page of this Newsletter, and celebrate the true spirit of the season.

See you all at the New Years' Champagne Run and Brunch at MaryLou White's house on January 1, 2007. Thanks again for another great year.

- Bekkie



Norlean Janit Bekkie Carol Sue

Silk City Halloween Party  
October 2006

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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

Corner of Main & Forest Street,  
 Downtown Manchester

through the end of December

@ Manchester Community College

beginning in January

We will continue to meet in Lot C, near the  
 Great Path entrance as we did last year.

### Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street

Come join us for a tour of the Manchester  
 Christmas lights. It'll be dark, so don't  
 forget to wear your reflective apparel.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Lee & Camelia Jones	Ellington
Robert Bieri & Family	South Windsor
Cassandra Webb	Enfield

### GET WELL SOON

Long time Silk City Strider **Ron Schauster** recently underwent knee surgery. We wish him well in his recovery, and hope to see him up running and on the ski slopes soon.

### NEW YEAR'S DAY CHAMPAGNE RUN & BRUNCH 10:00 am

The traditional Champagne Run, Brunch and Annual SCS Awards Ceremony will be held at 10:00 am at MaryLou & Richard White's home – 97 Volpi Road, Bolton. Please bring your favorite brunch item ... "The Hot Tub is open" - so bring your swim suit too!

Directions - From Manchester:  
 Take Highland St. up the hill past Highland Park Market where it becomes Camp Meeting Road. Take a Right onto Carter Street (the one after Birch Mountain Road). Then Right onto Volpi Road. #87 Volpi will be less than 1/2 Mile.



### HALLOWEEN POT LUCK SUPPER

Thanks to Art & Peggy Byram for hosting the Halloween Pot Luck Supper in October. The dinner was followed by the traditional carving of the pumpkins. I think this was the largest numbers of kids we've had at an event in years! Come join us next year for this festive event.

**Parker Holt Celebration Run 5K**  
**November 12, 2006 Manchester - MCC**

**Aaron Flamino** of Manchester was the Winner again this year to complete his 3-peat. **Tyler Gauruder** of Manchester, coming off his High School Cross Country Season (and a bout with Lyme Disease) was 2nd. **John Paggioli** moved up steadily through the field to finish in 3rd. In the Women's Race, **Julia Squires** of Manchester was 1st, with **Bekkie Wright & Jill Ramos** in 2nd & 3rd. In the 50+ Race, **Bill McGugan** placed first in the Men's Race with Dorothy Paquette placing 1st for the Women. **Bill Tribou** of Granby was our oldest finisher at Age 85, with a stellar run of 29:47, with **Don Osborne** and **Ray Greene** keeping up the tradition of finishing side-by-side in the Men's 80-89 Age Group. Our oldest female finisher was **Diane Stuart** at 71.

**Parker Holt Celebration Run 5K -- Overall Winners**

<b>OPEN MALE</b>	<b>Time</b>	<b>OPEN FEMALE</b>	<b>Time</b>
Aaron Flamino	16:15	Jennifer Squires	24:00
Tyler Gauruder	17:30	Bekkie Wright	25:30
John Paggioli	18:28	Jill Ramos	26:25
<b>50+ MALE</b>		<b>50+ FEMALE</b>	
Bill McGugan	20:01	Dorothy Paquette	27:27
<b>OLDEST MALE</b>		<b>OLDEST FEMALE</b>	
85 Bill Tribou	29:47	71 Diane Stuart	51:04

**Age Group Winners**

<b>MALE Age 0-14</b>	<b>Time</b>	<b>MALE Age 60-69</b>	<b>Time</b>
Nathaniel Picard-Busky	24:53	Jerry Augustine	22:35
<b>MALE Age 15-19</b>		<b>MALE Age 70-79</b>	
Thomas Paquette	18:33	Tom Butterfield	23:56
Alex Cropley	18:36	Marvin Howard	27:32
Conor Hackett	19:56	Willi Fredrich	28:21
<b>MALE Age 20-29</b>		<b>MALE Age 80-89</b>	
Darrin Smith	20:15	Don Osborne	52:00
Kevin Beals	21:27	Ray Greene	52:00
<b>MALE Age 30-39</b>		<b>FEMALE Age 0-14</b>	
Michael Tartar	18:47	Jasmine Vasquez	29:45
Kevin Tranberg	20:49	Cashay Poudrier	36:47
Noe Vasquez	21:30	<b>FEMALE Age 15-19</b>	
<b>MALE Age 40-49</b>		Iris Armen	36:52
Paul Smith	19:04	<b>FEMALE Age 30-39</b>	
Geoff Michaud	19:15	Amy Sowa	32:43
Dave Cutler	19:22	Genevieve Lattimer	32:43
<b>MALE Age 50-59</b>		Denise Kowalyszyn	38:08
Chris Armen	20:09	<b>FEMALE Age 40-49</b>	
Rick Pentz	20:34	Peggy Byram	28:05
Donald Nuhn	20:55	<b>FEMALE Age 50-59</b>	
		Anne Brown	34:22

## Parker Holt Celebration Run 5K -- Overall Race Results

Place	Name	Time	Place	Name	Time
1	<b>Aaron Flamino</b>	<b>16:15</b>	31	Michael Ersevim	24:16
2	Tyler Gauruder	17:30	32	Nathaniel Picard-Busky	24:53
3	John Paggioli	18:28	33	William Cipkus	25:21
4	Thomas Paquette	18:33	34	Jon Brown	25:22
5	Alex Cropley	18:36	35	Bekkie Wright	25:30
6	Michael Tartar	18:47	36	Joseph Poliquin	25:31
7	Paul Smith	19:04	37	Richard Chromik	25:39
8	Geoff Michaud	19:15	38	Chris Adams	25:43
9	Dave Cutler	19:22	39	Jill Ramos	26:25
10	Conor Hackett	19:56	40	Richard Zbrozek	26:29
11	<b>Bill McGugan</b>	<b>20:01</b>	41	Todd Gaston	26:56
12	Chris Armen	20:09	42	Andre Mesnil	27:09
13	Darrin Smith	20:15	43	Roger Petersen	27:14
14	Rick Pentz	20:34	44	<b>Dorothy Paquette</b>	<b>27:27</b>
15	Kevin Tranberg	20:49	45	Johnny Day	27:30
16	Donald Nuhn	20:55	46	Marvin Howard	27:32
17	David Taylor	21:04	47	Peggy Byram	28:05
18	Bob Dacey	21:09	48	Willi Fredrich	28:21
19	Kevin Beals	21:27	49	Jasmine Vasquez	29:45
20	Noe Vasquez	21:30	50	<b>Bill Tribou</b>	<b>29:47</b>
21	Paul Rabenold	21:38	51	Amy Sowa	32:43
22	Steve Burdick	21:56	52	Genevieve Lattimer	32:43
23	Greg Clark	22:17	53	Anne Brown	34:22
24	Melvin Simon	22:23	54	Dan Fabricant	34:56
25	Will Barrios	22:32	55	Cashay Poudrier	36:47
26	Jerry Augustine	22:35	56	Iris Armen	36:52
27	Tom Walsh	23:42	57	Denise Kowalyshyn	38:08
28	Jason Alden	23:51	58	Carma Oakes-Breault	43:26
29	Tom Butterfield	23:56	59	<b>Diane Stuart</b>	<b>51:04</b>
30	<b>Jennifer Squires</b>	<b>24:00</b>	60	Don Osborne	52:00
			61	Ray Greene	52:00

**Bekkie Wright** served as Race Director and was aided by a large staff of volunteers. Special thanks to **Sue Leslie** for coordinating the Volunteers, and **Art Byram** and **Jim Best** for course clean-up, **Jackie Steele** and **Beth Shluger** for the refreshments, the **Cannella Family** for coordinating the Water Stop, **Merle Stoner** and **Kathy Thornton** for registration, **John Salcius** and **Mike Cannella** for serving as Split Timers, **Carmen Herzog** and **Maura McGuire** for assistance with Finish Line Timing, **Steve Morse**, **Randy Potterton**, **Karen Saunders**, **Dave Cass**, **MaryLou White** and **Janit Romayko** our course monitors, and **Ed Steele**, **John Sloan**, **Mike & Sarah Tartar**, **Andre Mesnil** and **Jill Ramos** for set-up and clean-up. We would also like to thank our sponsors Shop-Rite, Price Chopper, Shaw's and **Big Y** for their support, as well as **Charlie Olbrias** from The Last Mile Racing and **Jeremiah Macht** from J.Macht photography. Please visit [http://www.jmachtphotography.com/parker\\_holt5k/index.htm](http://www.jmachtphotography.com/parker_holt5k/index.htm) for photos of the event.

**KNOW YOUR PACE RACE**  
**Manchester CT November 18, 2006**

The Know Your Pace race is an annual event held the Saturday before the Manchester Road Race, in which runners predict the time in which they think they will run the race and then try to run their predicted time. The Winners are those runners who come closest to their predicted time. This year our "Winner" predicted his time perfectly. Several other runners were within 10 seconds of their prediction.

<b>Fname</b>	<b>Lname</b>	<b>Predicted Time</b>	<b>Actual Time</b>	<b>Diff</b>	<b>Fname</b>	<b>Lname</b>	<b>Predicted Time</b>	<b>Actual Time</b>	<b>Diff</b>
Carl	Mohrbacher	29:41	29:41	:00	Michelle	Cyr	39:38	38:19	1:19
Scott	McCall	37:58	38:00	:02	Michael	Guilford	36:48	35:27	1:21
Michael	Tartar	31:18	31:16	:02	Joyce	Thorner	51:37	50:12	1:25
Jeff	Brackett	35:30	35:28	:02	Jeff	Edwards	44:48	46:20	1:32
Peter	Ballsieper	34:25	34:22	:03	Kevin	Tranberg	35:00	33:25	1:35
Nima	Zanganeh	34:59	34:53	:06	Johnny	Day	43:45	45:21	1:36
Richard	Chromik	39:59	40:06	:07	Willi	Frederich	42:00	43:46	1:46
Kayla	Boucher	34:25	34:18	:07	Mickey	Grabner	36:00	34:14	1:46
Diane	Snow	42:15	42:03	:12	Martin	Keibel	32:03	30:16	1:47
Devin	McCall	35:37	35:49	:12	Michael	Trevores	40:00	38:12	1:48
Geoff	Michaud	30:12	29:59	:13	Matthew	Butwill	34:59	33:11	1:48
Scott	Freeman	29:50	29:36	:14	Ian	Roberts	35:00	36:53	1:53
Michael	Shore	34:30	34:15	:15	John	Bucci	36:00	34:01	1:59
Janice	Tirrell	50:21	50:38	:17	Casey	McCall	35:37	33:38	1:59
William	Sullivan	30:52	30:34	:18	Thomas	Parise	27:31	29:33	2:02
Michael	Falcetta	34:30	34:11	:19	Barry	Stoner	45:00	42:57	2:03
David	Wade	31:20	30:59	:21	William	Lodge	38:00	35:55	2:05
Carl	Gorski	40:05	39:41	:24	James	Hilliard	44:00	46:08	2:08
Peter	Briggeman	33:59	34:24	:25	James	Willard	39:10	37:02	2:08
Michael	Tirrell	34:59	35:27	:28	Peggy	Falcetta	46:02	43:48	2:14
Clint	Driscoll	37:02	37:30	:28	Keith	Podrebartz	42:00	39:46	2:14
Mitch	Bielenda	32:30	33:08	:38	Mark	Callahan	33:14	35:30	2:16
David	Thatcher	35:00	34:21	:39	Scott	Brew	34:04	31:44	2:20
Julie	Rooney	38:30	37:50	:40	Peter	Boucher	40:00	37:34	2:26
Tyler	Gauruder	29:41	28:58	:43	Jennifer	Ballsieper	45:06	42:36	2:30
Bill	McGugan	29:59	30:44	:45	Mia	Walters	57:00	54:29	2:31
Robert	Bass	47:30	46:43	:47	Robert	Scanlon	36:54	34:00	2:54
Andrea	Armstead	34:49	34:01	:48	Aaron	White	39:06	35:53	3:13
John	Legier	34:59	34:07	:52	Dennis	Russo	39:30	36:16	3:14
Cassidy	Taylor	37:59	34:07	:52	Sean	Moyer	34:30	37:50	3:20
Matthew	Brew	30:50	29:56	:54	Amanda	Weinberger	37:59	42:11	4:12
Dave	Cutler	29:41	30:35	:54	Jay	Weinberger	37:59	42:36	4:37
Craig	Larson	29:55	30:50	:55	Jason	Galloway	37:59	35:19	2:40
Andrew	Paterna	39:55	40:52	:57	Roxanne	Collins	40:00	46:26	6:26
Carol	Fraleigh	35:37	34:39	:58	Jennifer	Zapatka	47:29	40:45	6:44
Jeff	Thornton	34:43	33:45	:58	Joe	Timbro	47:29	40:02	7:27
Chuck	Obuchowski	37:30	36:32	:58	Steve	McLaughlin	44:10	36:21	7:49
Dylan	Hammerman	34:42	33:39	1:03	Barbara	Dell	34:50	43:59	9:09
Brandon	Shore	34:30	33:24	1:06	Michael	Zapatka	47:29	36:20	11:09
Jim	Best	42:50	41:34	1:16	Cashay	Poudrier	36:00	59:59	23:59

## 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.

### LITCHFIELD HILLS TRIATHLON New Hartford, CT August 6, 2006

Barry Stoner #1 M65-69 3:16:20

### NEW HAVEN ROAD RACE 20K New Haven, CT September 3, 2006

Cassandra Web "New Member" 1:45:20

### RUN FOR FRED 5K New London, CT October 1, 2006

John Paggioli #2M, #1M40-49 18:06

### CIDER MILL 5K Tolland, CT October 7, 2006

Matt Butwill 21:00  
John Sloan 21:47  
Keron Smith #3F 30-39 23:10

### APPLE HARVEST FESTIVAL 5K Glastonbury, CT October 14, 2006

Aaron Flamino #1M 16:04  
Peggy Byram 27:54

### BAYSTATE MARATHON & HALF MARATHON Lowell, MA October 15, 2006

#### Marathon

Neal Leibowitz **Boston Qualifier** 3:09:39  
Mike Tartar **BQ, PR** 3:12:16  
John Paggioli **BQ, PR** 3:14:55

#### Half Marathon

Clint Driscoll 1:42:56

### SOAPSTONE ASSAULT TRAIL RACE 5.5M Somers, CT October 15, 2006

Steve Henry 56:00

### MIKEY'S PLACE 5K Wethersfield, CT October 15, 2006

Joe Kidder #6 M, #2 M40-49 18:58  
King Archibald 20:22

### HARTFORD MARATHON, HALF-MARATHON & 5K Hartford, CT October 14, 2006

#### Marathon

Scott Freeman #2 M45-49, BQ 2:54:36  
Scott Wojnarowicz **BQ** 2:59:50  
Jay Seney **BQ** 3:01:32  
Dale Toce **BQ** 3:15:44  
Ginny Welch **BQ, PR** 3:44:46  
Cassandra Webb 3:51:48  
John Sloan **PR** 3:52:02  
Bekkie Wright **4:15 Pace Leader** 4:21:26  
Joseph Poliquin 4:21:27

#### Half Marathon

Bill McGugan 1:30:05  
David LaPorte 1:31:21  
Mike Tirrell 1:35:56  
Linda Kolbasovsky 1:47:27  
George Ripley 1:52:25  
Keron Smith 1:54:06  
Keith Morgan **PR** 1:51:37  
Andy Zyrek **PR** 2:05:03  
Jennifer Freeman 2:09:55  
Michelle Sawyer 2:14:28  
Cathy Kapa 3:53:57

#### Huck Finn 5K

Mark Turkington #1 M60-64 20:49  
Len Underwood 22:25  
Norlean Litwinka 26:55  
Janice Tirrell 31:51  
Michael Litwinka 39:43  
Cameron Litwinka 39:44  
Bob Cozzolino 39:45

### VOLUNTEERS & RACE STAFF

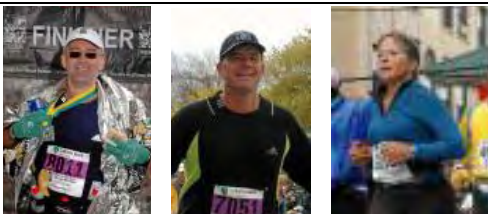
Beth Shluger Race Director  
Ken Shluger Announcer  
Barry Stoner Elite Runners  
Merle Stoner Elite Runners  
MaryLou White Elite Runners  
Ian Roberts Course Support Biker  
Susan Leslie Relay Operations  
Jill Ramos Relay Operations  
Betty Cannella Relay Operations  
Andre Mesnil Relay Operations  
Haewon Uhm Relay Operations

**MYSTIC COUNTRY 10 MILER**  
East Lyme, CT October 22, 2006

Keron Smith 1:19:27  
Joan Munroe 1:22:21

**ACT SCHOLARSHIP FUND 5K**  
Willimantic, CT October 22, 2006

Mark Turkington #5M, #1 M60-69 20:26



Art Bill Tammy

**CHICAGO MARATHON**  
Chicago, IL October 22, 2006

Art Byram Boston Qualifier 3:19:29  
Bill Gaghan 3:38:38  
Tammy Gaghan 5:03:30

**HOG JOG 5K**  
South Windsor, CT October 28, 2006

John Paggioli #3M, #3 M40-49 19:14  
Tim Blinn 21:11  
Rachel Blinn #2 F0-14 27:00  
Kyle Toce 27:13  
Dale Toce 27:13  
Denise Toce #3 F40-49 27:38  
Janit Romayko #1 F60-69 27:51  
MaryLou White #2 F50-59 29:32

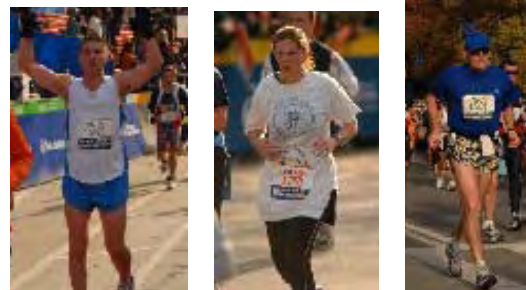
**WRENTHAM HALLOWEEN DUATHLON**  
Wrentham, MA October 29, 2006

3 M Run – 11 M Bike – 2 M Run

Janit Romayko #1 F60-64 1:30:18  
Peggy Byram 1:33:17

**MARINE CORPS MARATHON**  
Washington, DC October 29, 2006

Keith Morgan 4:55:44  
Pat DeSimone 5:49:44



Dave Carmen Bill

**NEW YORK CITY MARATHON**  
New York, NY November 5, 2006

Cristiano Gloria 3:04:43  
David LaPorte 3:52:57  
Mike Munroe 3:56:10  
Joan Munroe 4:09:11  
Carmen Herzog 4:13:50  
Bill Schwarz 4:17:40

“Running with Lance Armstrong” by Gary Allen:  
<http://www.marathonmaniacs.com/Articles/My%20Lance%20Armstrong%20report%20by%20Mainiac%20Gary%20Allen.htm>

**TARZAN BROWN 5.5 Miler**  
“MYSTIC RIVER RUN”  
Mystic, CT November 5, 2006

Joe Kidder 34:45  
John Yavis 54:47

**PLATT TECH 5K**  
Milford, CT November 5, 2006

John Paggioli #2 M40-49 18:03

**VETERANS MEMORIAL GREENWAY 5K\***  
Willimantic, CT November 5, 2006

Mark Turkington #1M60-69 19:42  
MaryLou White #1 F50-59 25:01

**USATF XC CHAMPIONSHIPS 8K**  
West Hartford, CT November 18, 2006

Terry Voytek 44:46

**EBAC FALL CHALLENGE 4.75M**  
New London, CT November 11, 2006

John Paggioli #9M, #3 M40-49 28:39  
Clint Driscoll 36:44

**MONSON MEMORIAL CLASSIC  
HALF MARATHON  
Monson, MA November 12, 2006**

Jay Seney 1:25:32  
Ginny Welch 1:46:10

**EAST WINDSOR VETERANS DAY 5K  
East Windsor, CT November 4, 2006**

Aaron Flamino #2M, #1 M30-39 16:24  
Keith Morgan 24:50  
Sue Leslie #3 F50-59 27:18  
Honora Vet (aka Carol Conlon) 27:20  
Robert Bieri 29:49

**CHESHIRE CANAL CANTER 5K  
Cheshire, CT November 18, 2006**

John Paggioli #7M, 1 M40-49 18:03

**JFK 50 Miler  
Washington County, MD November 18, 2006**

Bekkie Wright 11:16:26  
Joe Poliquin 11:16:30

**PHILADELPHIA HALF MARATHON  
Philadelphia, PA November 19, 2006**

Laura Kingstorf 2:07:13

**COW CHIP XC 3.4 Miles  
Trumbull, CT November 25, 2006**

Bekkie Wright 28:53  
Joe Poliquin 28:54  
MaryLou White 33:10  
Janit Romayko #2 F60-69 34:38

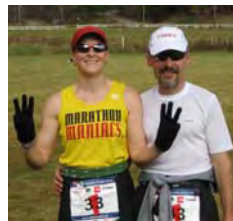
**PREVIOUSLY OMITTED  
MARATHON RESULTS**

**SHAMROCK SPORTSFEST MARATHON  
Virginia Beach, VA March 19, 2006**

Bill Gaghan 3:28:51

**FLYING PIG MARATHON  
Cincinnati, OH May 7, 2006**

Bill Gaghan 3:33:27  
Tammy Gaghan 4:54:55



**Bekkie & Joe still smiling after 157.2 miles**

**THE NORTHFACE ENDURANCE 50  
New England 6-Pack  
“On the Road with the Dean Karnazes”  
by Bekkie Wright**

For those of you who don't get "Runner's World" or don't spend much time on Active.com ... you may not have realized that Dean Karnazes, author of "Ultramarathon Man" was running his 28th of 50 Marathons in a row at Hartford this year. Since he was going to be spending the next five (5) days running marathons around New England, Joe & I decided to take a week of vacation and tag along. On October 15 we ran the Boston Marathon course, then the Breakers Marathon course in Newport, RI; a slightly modified Maine Marathon course in Portland, ME; the New Hampshire Marathon course in Bristol, NH; and, the Stowe Marathon course in Vermont. Although we started each day with Dean, we ran conservatively, and took lots of walk breaks, and finished about an hour behind him each day.

Hartford, CT .....	4:22:39
Boston, MA .....	4:55:34
Newport, RI .....	5:16:54
Portland, ME .....	5:05:39
Bristol, NH .....	5:22:01
Stowe, VT .....	5:29:35

Read Dean's Blog: <http://enduranceis.typepad.com/>  
Video Clip: "No Child Left Inside" - Bristol, NH  
[www.trainright.com/info.asp?action=display&uid=3813](http://www.trainright.com/info.asp?action=display&uid=3813)

NOTE: After finishing the "e50" in New York, Dean decided to run home to San Francisco:  
[www.runnersworld.com/e50/deantool.html](http://www.runnersworld.com/e50/deantool.html)

**MANCHESTER ROAD RACE  
Manchester, CT November 23, 2006**

*Special Thanks to MRR Committee Members  
Greg Best, Tris Carta and Jack Leonard  
for another great year.*

**Please see Page 9  
for complete MRR Race Results**



**70<sup>th</sup> Annual  
Manchester Road Race  
November 23, 2006**

Following are the **Chip Time** results  
for Silk City Striders Members  
(Past & Present), Family & Friends:

Drew Best	23:59	Michael Salcius	34:54	Janice Tirrell	48:59
Aaron Flamino*	25:09	Bill Gaghan	35:02	Rachel Blinn	49:31
Colby Welch	25:38	Len Underwood	35:14	Daniel Jakowski	49:36
Tyler Gauruder	26:48	Clinton Driscoll	36:41	Theresa Voytek	50:09
John Paggioli	28:28	Cassandra Webb	36:44	Eric Donch	50:09
David Metzger	28:36	Mike Saimond	37:03	John Yavis	50:33
Lance Flamino	28:42	George Ripley III	37:17	Silva Mesnil	50:54
Steven Henry	28:44	Ken Balette	37:55	Melissa Cannella	51:14
Neal Leibowitz	28:47	Keron Smith	38:43	Betty Cannella	51:15
Jay Seney	28:57	Kyle Thornton	39:28	David Peck	52:37
Scott Freeman	29:10	Dan Kennedy	40:09	David Cass	52:45
Bill McGugan	29:37	Lynn Damon	40:20	Sue Riley	53:26
Benjamin Witkowski	29:52	Susan Leslie	40:34	Mark Bierbaum	53:42
Ned Kennedy	29:59	Ted Kennedy	40:38	Maggie Bierbaum	53:44
Michael Tartar	30:10	Dani Kennedy	40:43	Maura McGuire	53:56
Dale Toce (PR)	30:46	Janit Romayko	41:20	Mary-Kate McGuire	53:57
Mike Bendzinski	31:28	Jill Ramos	41:42	Cassandra Saimond	57:02
Mark Turkington	31:47	Beth Shluger	42:39	Angelee Carta	57:16
Tim Blinn	31:48	Mary Lou White	42:41	Carolyn Carta	57:52
Michael Tirrell	31:56	George Caye	42:45	James Hodges	59:39
Matthew Butwill	32:00	Andrew Zyrek	43:32	Catherine Kapa	1:04:53
Derek Jakoboski	32:05	Rebecca Logiudice	43:58	David Logiudice	1:08:55
Bill Metzger	32:30	Keith Morgan	44:51	Catherine Logiudice	1:08:56
Paul Damon	32:35	Adam Paggioli	45:03	Carol Salcius	1:15:39
Todd Mozzer	32:37	Denise Toce	45:06	Karen Saunders	1:24:10
King Archibald	33:19	Marie Mieses	45:25	Roger Smith	1:36:20
Steve Gates	33:21	Patricia Saimond	46:03	Stacey Smith	1:36:20
Linda Yamamoto*	33:49	John Salcius	46:36		
John Sloan	33:57	Alex Mesnil	46:43		
Tony Hollister	34:22	Andre Mesnil	46:44		
Anne Leonard	34:23	Edward Yergeau	46:54		
James Janiak	34:24	Johnny Day	47:32		
Ian Roberts	34:26	KC Beauregard	47:52		
Ginny Welch (PR)	34:34	Randy Potterton	47:54		
Mickey Grabner	34:40	Thornton Family	47:58		
Stephen McLaughlin	34:42	Pat Desimone	48:08		
Gary Sweet	34:43	Miriam Degrandi	48:09		
Kristen Metzger	34:53	Joyce Thorner	48:12		
		Bekkie Wright	48:14		
		Peggy Byram	48:14		
		Art Byram	48:15		
		Joseph Poliquin	48:16		
		Norlean Litwinka	48:31		
		Brad Shoenfelt	48:39		
		Robert S. Bieri Jr.	48:58		

**Congratulations to those  
who placed in the Top 10 in  
their Age Groups:**

Colby Welch #2 M14-18,  
Tyler Gauruder #5 M14-18,  
Aaron Flamino #5 M30-39,  
Bill McGugan #7 M50-59,  
Janit Romayko #5 F60-69,  
Mark Turkington #4 M60-69.

**\* First Male and Female  
Silk City Strider Members -**  
Congratulations again this year  
to Aaron Flamino & Linda  
Yamamoto.

<b>CROSS COUNTRY CORNER</b>
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<b>College Results</b>
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**David Metzger - Stonehill College - NCAA Division II**

**NEICAAA MEN'S VARSITY  
CROSS COUNTRY CHAMPIONSHIP  
Franklin Park, Boston, MA  
October 7, 2006**

Stonehill College - #12 Team	
Joe Ryan	25:05
Keith Gill	25:13
<b>Dave Metzger</b>	25:30
Matt Meagher	26:11
Tim Catoggio	26:12

**NCAA DIVISION II NORTHEAST REGION  
CROSS COUNTRY CHAMPIONSHIP  
November 5, 2006  
UMass-Lowell, Boston, MA**

Stonehill College - #2 Team	
Keith Gill	31:20
<b>Dave Metzger</b>	31:23
Tim Cattoggio	31:57
Joe Ryan	32:01
Josh Andrews	32:32

**NORTHEAST-10 CONFERENCE  
CROSS COUNTRY CHAMPIONSHIP  
October 22, 2006  
Bryant University, Smithfield, RI**

Stonehill College - #2 Team	
Keith Gill	26:11
<b>Dave Metzger</b>	26:15
Joe Ryan	26:17
Khalid Abdi	26:51
Timothy Cattoggio	26:53

**NCAA DIVISION II  
CROSS COUNTRY CHAMPIONSHIP  
Escambia County Equestrian Center,  
Pensacola, FL November 18, 2006**

Stonehill College - #10 Team	
Keith Gill	30:26
Joe Ryan	31:18
<b>Dave Metzger</b>	31:18
Tim Cattoggio	31:39
Josh Andrews	32:17

<b>Boys Cross Country - MHS' Best Kept Secret</b>
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by Mike Benzinski (Originally published in MHS News)
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There hasn't been a single article in any newspaper. You won't see this team competing in front of 1,500 fans or under the stadium lights. But that doesn't bother the 18 members of this year's team. They have silently and pridefully put up great numbers in the classroom, done great things for the community and yes are the highest ranked fall sport in the school. Led by tri-captains Connor Malick, Scott Perkins and Will Edgington, the team finished the regular season with a fine 12-3 record and has earned the respect of the running community across the state. Ranked 9th in the most recent Coaches Poll, the team has blended fun with hard work and a burning desire to run well for each other. Connor Malick, primarily a hurdler and 400 meter specialist in track and field has made the difficult transition to long distance running. Connor and Scott Perkins kept the spirit alive during the dog days of summer running. Will Edgington, plagued by injuries that kept him sidelined for an entire year has made a great comeback. Will's presence has helped a talented but young group of sophomores. **Colby Welch** is now on the edge of possible All-State honors, while **Tyler Gauruder**, Alex Johnson and brother Marty Edgington have made huge improvements. Add junior National Honor Society member David Krinjak to the mix, and you have a varsity team that the community can be proud of.

(See Follow-Up on Next Page)

**Follow up:** The MHS Boys Cross Country team had a very successful season. The Boys finished the regular season with a record of 10-3, finished second in the CCC North to Glastonbury who went on to finish second in the New England Championships. Will Edgington was the race winner held at Stratton Brook State Park in Simsbury. A week later, Will Edgington once again led the team to a 7th place finish in the Class LL State Championship held at Wickham Park on October 30th. Dave Krinjak and Marty Edgington also ran their finest races of the year. The team qualified for the State Open Championship which was contested on November 3rd. **Colby Welch** ranked 40th going into the race ran his best race of his life finishing 12th. Will Edgington also ran well to earn All-State status finishing 20th. Unfortunately the team did not qualify for the New Englands, but finished a respectable 10th. Not bad for a team that did not get a single vote from the coaches poll at the beginning of the season. **Colby Welch** finished his season on a high note running to the highest finish for a sophomore in at least the last 30 years, finishing 26th and narrowly missing All New England honors by one place.

### High School Results

Manchester High School - **Mike Bendzinski**, Boys' Coach

**Colby Welch & Tyler Gauruder**, Team Members

Editor's Note: Manchester High School Girls' results have also been provided.

Ellington High School - **Aaron Flamino**, Coach

#### WICKHAM INVITATIONAL CROSS COUNTRY CHAMPIONSHIP Wickham Park October 7, 2006

##### BOYS SEEDED RACE

###### Ellington #9 Team

Andrew Sullivan	17:16
Lucas Smith-Horn	18:17
Ken Sitek	18:18
Nick Pappas	18:29
Zack Zwiesler	19:06

##### BOYS CHAMPIONSHIP RACE

###### Manchester #6 Team

<b>Colby Welch</b>	17:08
Will Edgington	17:21
Dave Krinjak	17:51
<b>Tyler Gauruder</b>	17:59
Alex Johnson	18:00
Connor Malick	18:23
Marty Edgington	18:34

##### GIRLS SEEDED RACE

###### Manchester #2 Team

Alissa Watson	17:36
Julia Hickey	17:46
Jordan Smith	18:17
Mary Bugbee	18:41
Allison Jamison	19:23
Becky Reiser	20:04
Amy Pearl	20:13

###### Ellington #20 Team

Allison Landry	17:34
Jennifer Bergeron	19:29
Molly Maciolek	19:31
Katherine Tautkus	19:06
Courtney Payzant	20:08
Jessica Dennis	22:46

**CENTRAL CT CONFERENCE (CCC)  
NORTH DIVISION  
CROSS COUNTRY CHAMPIONSHIP  
Stratton Brook Park - Simsbury  
October 19, 2006**

**GIRLS - 5K**

<b>Manchester</b>	#3 Team	1:48:02
Alissa Watson		20:39
Julia Hickey		21:21
Mary Bugbee		21:36
Jordan Smith		21:48
Yolanda Jackson		22:36
Amy Pearl		23:34
Becky Reiser		23:41

**BOYS - 5K**

<b>Manchester</b>	#2 Team	1:28:03
Will Edgington	<b>Boy's Conf. Champ</b>	17:04
<b>Colby Welch</b>		17:14
<b>Tyler Gauruder</b>		17:52
Dave Krinjak		17:55
Alex Johnson		17:56
Connor Malick		18:09
Marty Edgington		18:28

**NORTH CENTRAL CT CONFERENCE (NCCC)  
CROSS COUNTRY CHAMPIONSHIPS  
Windsor Locks High School October 20, 2006**

**GIRLS VARSITY - 5K**

<b>Ellington</b>	#1 Team	1:46:49
Allison Landry (20:22), Courtney Payzant (21:27), Molly Maciolek (21:35), Jennifer Bergeron (21:41), Katherine Tautkus (21:43), Emily Fetko (23:05), Jessica Dennis (25:05)		

**BOYS VARSITY - 5K**

<b>Ellington</b>	#2 Team	1:25:41
Andrew Sullivan (16:24), Chris Kelleher (17:00), Lucas Smith-Horn (17:07), Ken Sitek (17:23), Nick Pappas (17:44), Zack Zwiesler (17:50), Evan Hurley (19:32)		

**CIAC DIVISION "SS"  
CROSS COUNTRY CHAMPIONSHIP  
Wickham Park October 30, 2006**

**GIRLS - 4K (4.25 K)**

<b>Ellington</b>	#4 Team	1:34:44
Allison Landry (17:44), Katherine Tautkus (19:05), Courtney Payzant (19:05), Molly Maciolek (19:21), Jennifer Bergeron (19:29), Emily Fetko (21:15), Jessica Dennis (22:28)		

**CIAC DIVISION "M"  
CROSS COUNTRY CHAMPIONSHIP  
Wickham Park October 30, 2006**

**BOYS - 5K (5.15 K)**

<b>Ellington</b>	#4 Team	1:32:36
Andrew Sullivan (17:19), Lucas Smith-Horn (17:53), Kenneth Sitek (18:28), Zachary Zwiesler (19:13), Nicholas Pappas (19:43), Evan Hurley (20:18)		

**CIAC DIVISION "LL"  
CROSS COUNTRY CHAMPIONSHIP  
Wickham Park October 30, 2006**

**GIRLS - 4K (4.25 K)**

<b>Manchester</b>	#6 Team	1:31:20
Alissa Watson (17:30), Jordan Smith (17:58), Julia Hickey (18:09), Mary Bugbee (18:37), Yolanda Jackson (19:06), Rebecca Reiser (19:37), Amy Pearl (19:44)		

**BOYS - 5K (5.15 K)**

<b>Manchester</b>	#7 Team	1:28:39
Will Edgington (17:00), <b>Colby Welch (17:27)</b> , David Krinjak (17:43), Marty Edgington (18:12), Alexander Johnson (18:17), Connor Malick (18:28)		

**CIAC STATE OPEN  
CROSS COUNTRY CHAMPIONSHIP  
Wickham Park November 3, 2006**

**GIRLS - 4K (4.25 K)**

<b>Manchester</b>	#10 Team	1:27:38
Alissa Watson (17:22), Julia Hickey (17:34), Mary Bugbee (17:39), Jordan Smith (17:51), Yolanda Jackson (18:26), Rebecca Reiser (18:52), Amy Pearl (21:12)		

Allison Landry - Ellington	17:12
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**BOYS - 5K (5.15 K)**

<b>Manchester</b>	#10 Team	1:27:29
<b>Colby Welch (16:36)</b> , Will Edgington (16:45), David Krinjak (17:59), Alexander Johnson (18:02), <b>Tyler Gauruder (18:07)</b> , Connor Malick (18:20), Marty Edgington (18:43)		

**NEW ENGLAND HIGH SCHOOL  
CROSS COUNTRY CHAMPIONSHIP  
Ponagansett High School, N. Scituate, RI  
November 11, 2006**

**BOYS - 5K**

<b>#26 Colby Welch - Manchester</b>	16:28
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**Genesis Adventures Sprint Series Championship Race Report**  
**October 14, 2006. Ringwood, NJ**  
**Team Two Fools – Ned Kennedy & John Whalen**  
<http://www.genesisadventures.com/v3/>

The Genesis sprint series championship adventure race started, like all of the others in the series, with everyone gathering for the pre-race briefing at 8 am. There seemed to be the extra bit of anticipation that comes with the season's final race, but there were differences too. For one thing, we were gathered indoors, even though it wasn't raining, because it was 29 degrees out and the race directors are wimps and didn't want to be cold (the bike racks did actually have frost on them). We also learned that the checkpoints for the running portion of the race would not be revealed until after the race was started – only the first checkpoint was provided. I hate it when they do that kind of thing because I like to plan out our entire course in advance. The other key piece of information was that the elite teams would not be allowed to take their paddles with them for the first of two laps around Sheppard Lake (the kayak leg of the race).

Whalen and I had a lot on the line with this race. We had enough points accumulated from other races in the series that we knew getting 1st place in the Masters division would make us the series champs. The only serious competition we'd had this year had come from John Vitti's team, and they hadn't shown up. A solid effort without any mishaps should lock it for us.

The starting horn blasted and about 160 racers burst out of the race start chute. Things became confused immediately as a handful of runners entered the mouth of a trail into the woods while the masses headed down the road. Joe Brautigam, from Team EMS, started down the road but then cut back to take the trail. Team Jeep did the same. Seeing some teams go another way wouldn't normally have caused us concern, but EMS and Jeep (which completed "Primal Quest" a couple of months ago) had consistently podiumed throughout the series, so going a different route from them got Whalen concerned. I assured him that I knew where they were going and was pretty sure the road would be just as fast while being less tiring to run. We had started out slowly, but Whalen told me to check my heart-rate anyway. I guess he heard it bleeping away in warning that I was outside the limits I had set. I become semi-deaf while running and hadn't heard it. When I saw it was registering 276 bpm, I knew it was malfunctioning and ignored it. We continued on and sure enough we merged with the trail about a mile out, and there were EMS and Jeep right in front of us. We hit CP1 (check point 1) after about another mile. It was mass confusion as at least half the field arrived at the same time. At the CP there was a topographic map posted on a tree, and on it we were able to see the location of CP2. There were four trails leading into the woods from the first CP and teams seemed to be heading off on all of them. After a quick study of the map I figured out which trail was the right one to take and we departed. The rest of the CPs on the trek worked the same. Get to it, check out the map, and head off to the next CP. We ran a lot of sweet single-track through a part of Ringwood Park that I was not familiar with. Because I was trying to keep my heart-rate down, so as to make it through the race without getting sick, we took it easy and found ourselves in a group of 20-30 other racers who were maintaining a similar pace. You'd think that having so many others around would make finding the CPs easy, and it did, but it also made me nervous because it's easy to lose focus when there are others to follow and we've been in other races where we followed teams only to find out later that they didn't know where they were going and we were all in the wrong place. That didn't end up happening this time. With the exception of taking a fall on my right hip while bush whacking to the special checkpoint (only the elite teams do the special checkpoints), the run leg of the race was uneventful.

Upon return to transition we had to make a quick decision. Carry our kayak around the lake (this would be tiring and possibly difficult if there were no trails), paddle with our hands (it had warmed up, but only to about 35 degrees), or take one of the two homemade sets of wheels that I had designed, but not tested, for portaging kayaks. We decided to give the heavy duty wheels a try. They worked well and we got several comments as we passed jealous competitors who were carrying their kayaks.

Our advantage didn't last long though. Just after shredding our legs on thorns, hitting the second kayak CP and getting about half way around the lake, the trail ended at a large wire fence. The "no trespassing" sign made it clear that we needed to get in the water. Understand that Whalen had specifically stated, as we felt the chill of the pre-race air, that he absolutely would "not be getting wet today". We'd been in the lake about 5 minutes (I was sitting in the boat eating a Gu while Whalen towed the boat in knee deep water) before we both got pretty damp. I thought Whalen was getting in the boat so I could take a turn towing. It turned out he was trying to get in because the water had suddenly become deep. I ended up going in just over my waist while Whalen went in up to his neck - so much for staying dry. We did a fair amount of paddling with our hands after that and were very happy once we completed the first lap and were able to retrieve our paddles. We had one of our more interesting transitions as Whalen, sticking with his plan to not do this race while wet, stripped completely naked and pulled on dry clothing. It would have been no big deal except that there were several women in the transition area at the time and Whalen felt the need to yell that there was "nothing to see over here". He later explained that due to the cold water we'd been in, there really was not much to see.

Heading into the bike leg I felt confident. We were not sure what place we were in, but we figured there were not too many teams ahead of us. In addition, I had some familiarity with the area of the park we were heading into. If I hadn't started to get nauseous during the kayak, and had my right leg not been locked up in some kind of trek fall/cold water/sitting too long in a kayak induced cramp, I might have even been cocky. Whalen was fired up like a kid opening his birthday presents and was wanting to really crank. His only problem was that I was the one who knew where we were going and I was borderline on tossing cookies. I thought if I held back I'd be OK. We slowly started to pick other teams off. Maybe a third of the way through the bike leg we passed a men's open team. They were a couple of young bucks who were focused on their position in the race. One of them asked me if I thought there was anyone ahead of us. I laughed and said I was sure there were some.

After that I started thinking about it and told Whalen that we might be doing pretty well. We hadn't seen EMS or Jeep since they had pulled away from us on the run, but it seemed like there might not be too many others ahead of us. We started looking for tire tracks and couldn't find very many. Maybe we were doing well. After pushing our bikes about  $\frac{3}{4}$  mile up an un-ridable trail, we hit the bike special CP dead on. It was like magic. I said to Whalen, it should be up on the left pretty soon, then I looked up to the left and spotted it. Whalen sprinted to get it and we managed to clear out before any other teams caught up and saw where we'd found it. Then we hammered. At one point we ended up on separate parallel trails. Not on purpose... we both thought the other was following. It worked out OK though since we both recognized the mistake before much time was lost. Whalen could smell a podium finish and couldn't restrain himself from pushing. I would have done the same if I hadn't been too busy puking. From there on Whalen started grabbing both of our bikes on any hills that were too steep to ride up and ran them to the top while I nursed myself along trying to keep up. With a mile or so to go, I put aside how I felt and we both dug in for the finish line.

The only thing sweeter than the weather (and it was really nice) at 1:00 pm, precisely four hours after we had started, was that we were crossing the finish line. We had annihilated our competition in the Master's category with the next team not coming in for nearly half an hour. We had beaten all of the Men's open teams. It turned out that the team that asked us if we thought anyone was ahead ended up being the first Men's Open finishers. We had beaten all of the sponsored teams except for EMS and Jeep, who finished minutes ahead of us, and we had taken third place overall.

Sure I got sick, and had to stop the car a few times on the trip home to further empty my stomach, but I was better in time to eat later that evening. It was a small price to pay for such a great time. If you haven't tried adventure racing YOU NEED TO. It's more fun than anything you are doing now. You already know how to ride. Everyone can run. Even a fool can paddle (swimming is optional). Only one person on your two-man team has to know how to read a map and use a compass. So if that's not you, pick a teammate who can. You have until next spring to prepare for it. Make it a training goal this winter to be at the first race next season.

## RACE CALENDAR

Date	Time	Race	Place	More Information
Sa	Dec 2	9:30 AM	17th Jingle Bell Run 5K	Trumbull (Nichols Green) <a href="http://www.hitekracing.com">www.hitekracing.com</a>
Sa	Dec 2	10:00 AM	Hot Chocolate Run	Northampton, MA <a href="http://www.hotchocolaterun.com">www.hotchocolaterun.com</a>
Su	Dec 3	1:00 PM	27th Pearl Harbor Masters 5.1M	Waterford (VFW) <a href="http://www.hitekracing.com">www.hitekracing.com</a>
Su	Dec 3	Noon	28th Santa's Run 3.5M	Glastonbury H.S. <a href="http://www.glastct.org">www.glastct.org</a>
Su	Dec 10	10:00 AM	22nd Christmas Run for Children 5K	New Haven <a href="http://www.jbsports.com">www.jbsports.com</a>
Sa	Dec 16	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall) <a href="http://www.greystonercing.net">www.greystonercing.net</a>
Mo	Dec 25	10:30 AM	Scrooge Scramble 5K	Rockville (Cornerstone) Joan Powers 860-875-0538
Mo	Jan 1	10:00 AM	Silk City Champagne Run	Bolton, CT MaryLou White 860-512-0007
Su	Jan 7	10:00 AM	29th Boston Buildup Series 10K	Norwalk (McMahon H.S.)) <a href="http://www.clubct.org">www.clubct.org</a>
Su	Jan 7	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace) Roger Camire 860-536-8175
Su	Jan 7	1:30 PM	15th Snow Dash 3.05M	E. Hartford (E.Hart. Golf Course) <a href="http://www.ci.east-hartford.ct.us">www.ci.east-hartford.ct.us</a>
Su	Jan 7	6:00 AM	14th Walt Disney Marathon	Orlando, FL (Registration is closed)
Su	Jan 21	9:00 AM	29th Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch) <a href="http://www.clubct.org">www.clubct.org</a>
Su	Feb 11	9:00 AM	29th Boston Buildup Series 20K	Southport (RR Station) <a href="http://www.clubct.org">www.clubct.org</a>
Sa	Feb 24	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy) <a href="http://www.greystonercing.net">www.greystonercing.net</a>
Su	Feb 25	11:00 AM	23rd Polar Bear 7.66M	New Preston (Lake Waramaug) <a href="http://www.roadntracksports.com">www.roadntracksports.com</a>
Su	Mar 4	9:30 AM	29th Boston Buildup Series 25K	Norwalk (Silvermine School) <a href="http://www.clubct.org">www.clubct.org</a>
Su	Mar 25	7:30 AM	Boston Blowout 30K	Fairfield <a href="http://www.clubct.org/Races/30k/Blowout.html">www.clubct.org/Races/30k/Blowout.html</a>
Sa	Mar 31	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green) <a href="http://www.spiritofspring.org">www.spiritofspring.org</a>

## WINTER/SPRING 2007 MARATHON CALENDAR

Lots of local races and some nice Winter Get-Aways

with Link to Marathon Guide Home Page - Website, Email Contact, Race Director, Phone, etc.

DATE	RACE (with Link)	PLACE	NOTES
December 9, 2006	<a href="#">Roxbury Marathon</a>	Roxbury, CT	
January 28, 2007	<a href="#">Miami Tropical Marathon</a>	Miami, FL	
February 17, 2007	<a href="#">Myrtle Beach Marathon</a>	Myrtle Beach, SC	
February 18, 2007	<a href="#">Bank of America Marathon</a>	Tampa, FL	
February 25, 2007	<a href="#">Mardi Gras Marathon</a>	New Orleans, LA	Fundraiser for Hurricane Katrina Relief
February 25, 2007	<a href="#">Hyannis Marathon</a>	Hyannis, MA	
February 25, 2007	<a href="#">Hudson Mohawk Winter Marathon</a>	Albany, NY	
March 18, 2007	<a href="#">Shamrock Sportsfest Marathon</a>	Virginia Beach, VA	
March 25, 2007	<a href="#">More Marathon</a>	New York, NY	For Ladies Age 40+ Only
March 25, 2007	<a href="#">Ocean Drive Marathon</a>	Cape May County, NJ	
April 1, 2007	<a href="#">Virginia Creeper Marathon</a>	Abingdon, VA	
April 16, 2007	<a href="#">Boston Marathon</a>	Boston, MA	
April 29, 2007	<a href="#">New Jersey Marathon</a>	Long Branch, NJ	
May 6, 2007	<a href="#">Long Island Marathon</a>	East Meadow, NY	
May 6, 2007	<a href="#">Race of Champions Marathon</a>	Holyoke, MA	
May 27, 2007	<a href="#">Vermont City Marathon</a>	Burlington, VT	Register Early - Always sells out

## How to Avoid Race Day Stress (or at least Reduce it!!)

By Jackie Steele

It's race day and you've been training for this race (Does it really matter if it is a 5K, 10K, half marathon, marathon or multi-sport event? You've been training!). You have your shoes and clothes ready and you are off to the race site but you are dreading the bib pick up/registration area. In the past you've had problems (or heard about other people's nightmares) with the pre-registration not being there, your name spelled wrong, your age being listed 10+ years more than you are, etc., and then the dread of results being wrong.

Having worked as a Registration Manager and now for a Timing company doing data entry/results (I'm the one in the van printing out the results sheets) I have a few suggestions to help you avoid or reduce your stress at packet pick up/registration.

Register early either by mail or online. If you register online be sure to put your name in properly. Every form is different and it is very easy swap your first/last names by entering them in the wrong field. Print your confirmation when you have finished, and keep it to bring with you on race day.

When you register by mail be sure to keep a copy of your registration form and check you sent with it. Also, be sure to print or write legibly, and to fill in ALL information requested. Organizations will NOT guess your sex so make sure to fill it out. If the form requests Age and Date of Birth be sure to give BOTH. You are not being quizzed, they are being asked for a reason (for example, USATriathlon began an "Age Up" policy in 2006 where your Age Group is calculated based on your Age on December 31st). If Emergency Contact information is requested be sure to give a cell phone number or other number the person can be reached at on Race Day. It is useless to give a Home Phone number for someone who is at the race with you. Race officials will utilize this information only if necessary.

Now we are up to Race Weekend!! If there is the option of early packet pick up and you are able to get there the day or so before - DO SO!! It will save you frustration if there is a problem because you won't be frantic about putting stuff in your car, missing the time for your warm up, the Start, etc. Picking up early also gives you the option of pinning your bib number on your clothing, tying your Champion Chip to your shoe, laying everything you'll need out before you go to bed. Just a reminder - Pin your bib number to the front of your clothing or you'll hear someone like me yelling at you at the finish "WHAT'S YOUR BIB NUMBER?"

Day of Race - ARRIVE early!! Don't arrive at registration or packet pick up FIVE minutes or less before race start because more than likely you will regret that decision. Waiting until the last minute guarantees you and the registration staff will be stressed and doesn't give you much time if there is a problem to correct, or if you have forms fill out for "Day of" Registration.

You decided previously to not register for various reasons so you head to the "Day of Race" Registration area. One way to forever endear yourself to the registration and timing crew is to have one of those return address labels that you get a million of in the mail to put on your registration form! This is LEGIBLE, won't run on damp paper, won't refuse to write, etc. Before you walk up to the registration table be sure ALL information (Age, Sex, DOB, etc. - see above) are filled out. Now walk to the registration table with cash or check in hand (some races do NOT accept credit cards on day of race) to get your bib number and head to the Start line.



If you pre-registered, first go to the Bib Number Look Up area. Locate your name and the number and proceed to pick up your bib. Don't walk up to the table without your number because more than likely you will be sent back to look it up. If your worst nightmare comes to fruition, and your name isn't on the registration list ... First check to be sure you haven't been listed by your last name as your first name, you'd be surprised how many online registrations the names get reversed. If it still isn't there, DON'T PANIC!! You have arrived early, so calmly walk up to the registration staff and explain your situation. You have your online confirmation or copy of your registration form and check in hand for proof. Most races I have worked with will have you fill out a new Registration form and assign you a bib number and will deal with straightening out the payment situation later. Now go and enjoy your run.

Let's review...

- √ Register early either online or mail
- √ Keep a copy of registration and check or online confirmation to take to race with you "just in case"
- √ Be sure to write legibly and give ALL information requested
- √ Use return address label for legibility
- √ Get to race site early
- √ Have cash or check for Day of Race Registration
- √ Proper Identification for packet pick up (some races won't let you pick up with out your id)
- √ Do you have pins from other races? Bring some with you in case the race runs low or out.
- √ Secure timing chip properly to ankle or shoe (depending on type used)
- √ Secure bib number to front of clothing
- √ Have a good time!!!

## SILK CITY STRIDERS 2006 AWARDS BALLOT

### "Rookie of the Year"

Awarded to a current SCS member, male or female, with less than 3 years experience including the award year, one award per year, outstanding improvement, most improved beginner.

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Cristiano Gloria | <input type="checkbox"/> Rachel Blinn |
| <input type="checkbox"/> Andy Zyrek       | <input type="checkbox"/> Denise Toce  |
| <input type="checkbox"/> _____            | <input type="checkbox"/> _____        |

### "Best Comeback"

Awarded to a current SCS member, male or female who has recently returned to competitive running after a layoff due to some type of set-back or injury.

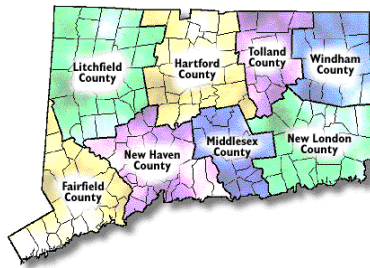
- |  |                                       |
|--|---------------------------------------|
| <input type="checkbox"/> Mike Tartar   | <input type="checkbox"/> Ellie Lowell |
| <input type="checkbox"/> Len Underwood | <input type="checkbox"/> _____        |
| <input type="checkbox"/> _____         |                                       |

### "Most Improved" Male & Female

Awarded to a current SCS member, with more than 3 years prior competitive running experience since the beginning of the award year, showing significant improvement during the last year, # of PRs, variety of PRs, dramatic increase in mileage or length of races, etc.

- | <u>Male</u>                           | <u>Female</u>                          |
|---------------------------------------|--|
| <input type="checkbox"/> Art Byram    | <input type="checkbox"/> Carmen Herzog |
| <input type="checkbox"/> Bill McGugan | <input type="checkbox"/> Keron Smith   |
| <input type="checkbox"/> Keith Morgan | <input type="checkbox"/> Ginny Welch   |
| <input type="checkbox"/> _____        | <input type="checkbox"/> _____         |

These nominations are just suggestions ... write-ins are welcome. Please send completed ballots to Bekkie Wright, 40 Spruce Street, Manchester, CT 06040 or email selections to [webmaster@silkcitystriders.org](mailto:webmaster@silkcitystriders.org). Thank You.



## Silk City Striders 8 County Challenge

### At Least Four (4) Counties Completed as of 12/1/2006

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. **Finishers are Highlighted.**

	Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Art Byram	X	X		X			X	
Betty Cannella	X			X		X	X	
Clint Driscoll	X			X		X	X	X
Scott Freeman	X	X		X				X
Cristiano Gloria		X			X		X	X
Steve Henry	X	X	X	X		X	X	X
Sue Leslie	X	X	X	X				
Norlean Litwinka	X		X	X				X
Ellie Lowell	X	X	X	X	X	X	X	
Joan Munroe	X			X		X		X
John Paggioli	X	X		X		X		X
Jill Ramos	X		X	X				X
Janit Romayko	X	X		X	X	X		X
Jay Seney	X		X	X				X
John Sloan	X	X	X			X		X
Keron Smith	X	X	X	X				X
Ed Steele	X	X	X	X				
Jim Tharp	X	X	X		X	X		X
Debbie Thurston	X			X		X	X	X
Mark Turkington	X		X	X	X		X	
Ginny Welch	X	X	X	X				
<b>Mary Lou White</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Ben Witkowski	X		X	X	X	X		X
Bekkie Wright	X	X		X		X		

### SILK CITY STRIDERS BOARD OF DIRECTORS MEMBERS NEEDED FOR 2007

Nominations are currently being accepted for the 2007 Silk City Striders Board of Directors. Email nominations to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org). Thanks.

### TIME TO RENEW YOUR MEMBERSHIP

(Click above to Link to the 2007 Membership App)

It's time to renew your Silk City Striders Membership for 2006. Dues are \$12.00 for a single membership, and \$15.00 for a family membership. In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. For those of you already receiving a paper copy - a 2007 Membership Application has been enclosed with this Newsletter.

**A “Thank You” from Joe Damon - November 19, 2006**

“I will not mention names, but hopefully you know that you are included in one of these categories.

I'd like to take this moment to thank our families, our close friends, our photography friends, my colleagues, our athletic friends, and our therapy friends for their love, support, prayers, emails, concern and most of all their financial gifts to help defray the huge expense of my recovery.

We are fortunate to have experienced a wonderful life in Italy. We have met some interesting people, seen a beautiful country and grown professionally. I was respected and rewarded for my past experiences, and I taught my understanding of the Japanese style of efficiency called 'Kaizen.' I learned how to respect people and I learned how to better use diplomacy to obtain desirable results. I enabled the people around me to achieve their goals and to exceed their potential.

Living with a Traumatic Brain Injury is sheer misery. My life will never be the same. My reality consists of this; I face no down time, I get no breaks. I live in a dream state and I feel I can never escape.

I try to be motivated, but it is an ongoing challenge. I am grateful to be alive today. The past is gone and I don't want to compete with the old Joe. I hope and pray that the evolution of the new me is a process that I, and those around me can learn from, gaining wisdom and compassion.

You will see in the image show that I've come so far, but I have so much further to go. Thanks most of all to my 'Home Staff'; to Paul, my son, who is the glue that holds us together. To Kate, my blessed daughter, who has a sense of humor that makes my days brighter. And to Lynn, my soul mate and best advocate, who has supported me both emotionally and physically for as long as we have known each other.

I love you all. Thank you!”

**EDITOR'S NOTE:** Joe delivered the above speech at a recent fundraiser. He was in a severe car accident in Italy, and has been recovering at home in Manchester with the help of his family, friends, and therapists. Thanks to all who have lent their support.

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**DEADLINE FOR NEXT NEWSLETTER: January 31, 2007**

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