



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President’s Message: “Season’s Greetings!”

Here’s wishing all Silk City Striders Season’s Greetings! Of course, I could make this greeting any time of the year, but this greeting refers to the now season typically beginning with Thanksgiving and ending on New Year’s Day when we adorn things with red, green and snowflakes. I have not seen too many snowflakes yet which means running or biking outdoors has not been a problem up to now. It is also the time of the year when we clean up remaining housekeeping chores, reminisce about our past accomplishments, and start planning for the coming year. That is a lot to still get done, so let’s get started.

Remember to vote for the Silk City annual awards: Rookie of the Year, Best Comeback, and Most Improved. Continue to volunteer at Silk City events – we had excellent participation by our volunteers this year. Thank you. Consider becoming a “Club” Officer or Board Member; we need new members to provide leadership by infusing new ideas and to assist with Club management.

Some Club accomplishments were reincorporating as a non-profit corporation, getting new comfortable and attractive uniforms, and conducting several successful running and social events for our members and other participants.

We all ran a lot of miles this year and completed many road races and marathons. As an estimate, if we have about 50 active members running about 1000 miles a year, that reaches a total of 50,000 miles. Now some run more and some run less, but we ran a lot of miles including many marathons. My guess is that we contributed to a tally of more than 50 marathons. Our Club historian might provide a better number as I did not do the investigative reporting on this and am only guessing.

So that brings me to planning for the future. The big event for The Silk City Striders this year is celebrating our thirty years of active existence. Plans are underway to conduct this celebration throughout 2008. We will have parties, road races, parades and some special events. So to begin this celebration, join Merle and me for the Champagne Run at our house on New Year’s Day.

- Hillman



Bill Tribou, Ray Greene & Don Osborne
The Men’s 80-89 Age Group
at the Parker Holt 5K

TABLE OF CONTENTS

Club News & Events	2
Parker Holt Celebration Run 5K.....	3
Know Your Pace Race	5
Race Results	6
Manchester Road Race	9
Cross-Country Corner	10
Race Calendar	13
8 County Challenge Results.....	14
Nutrition Nook	15
New Member Profiles	17
2007 Silk City Striders Awards Ballot.....	19

2007 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

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

Corner of Main & Forest Street,
Downtown Manchester

through the end of December

@ Manchester Community College

beginning in January

We will return to Parking 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

David Leak, Jr. Newington

Ken Pacileo Colchester

Wally Squier Manchester

John Collins & Family Tolland

(Dawn, Hayley & Jessica)

GET WELL SOON

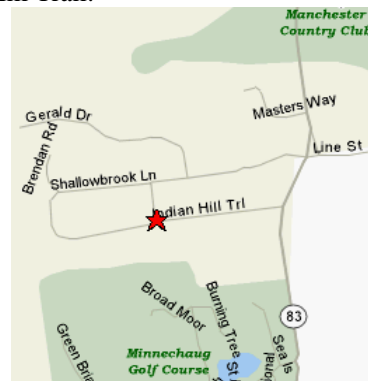
Len Underwood was recently diagnosed with cancer. We all wish him well during his treatment and recovery, and hope to see him on the roads again soon.

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 Barry & Merle Stoner's home at 12 Pane Drive, Glastonbury. The phone number is 860-647-9503. There will be four (4) running routes to choose from. Road routes range from 4 - 7 miles, and a Trail Run will also be available for those so inclined. Maps will be provided. Please Note: These routes include some hills to help you build an appetite for the Brunch. Please bring your favorite brunch item to share.

Directions from Carter Chevrolet on S. Main St., Manchester or from I-384 - Exit 3:

South on Route 83 (South Main Street) for about 1.5 miles past the Manchester Country Club Golf Course to Shallowbrook Lane on the Right across from Line Street. Turn Right on to Shallowbrook and go about 1/4 Mile to Pane Drive. Turn Left on to Pane Drive and park in the street. The house is blue/gray with vanilla trim, on the corner of Pane & Indian Hill Trail.



Parker Holt Celebration Run 5K
November 11, 2007 Manchester - MCC

Aaron Flamino continued his Winning Streak, and **Ginny Welch** added to the Silk City Trophy count, as First Female Finisher. **Bill Tribou** was our oldest finisher at Age 86 (but only because his birthday is before Don's), with **Don Osborne** (86) and **Ray Greene** (82) keeping up their tradition of finishing side-by-side in the Men's 80-89 Age Group. And, our oldest female finisher, **Diane Stuart**, Age 72, was even faster this year than last year.

Parker Holt Celebration Run 5K -- Overall Winners

OPEN MALE		Time	OPEN FEMALE		Time
	Aaron Flamino	16:43		Ginny Welch	22:37
	Nicholas Lemon	17:45		Annette Hamilton	23:11
	Neal Leibowitz	17:51		Amy Daniels	23:30
OLDEST MALE			OLDEST FEMALE		
86	Bill Tribou	33:14	72	Diane Stuart	45:05

Age Group Winners

MALE Age 0-14		Time	MALE Age 80-89		Time
	Ben Smith	20:26		Bill Tribou	33:14
	Kyle Schwartz	21:32		Ray Greene	52:35
	Nathaniel Picard-Busky	22:16		Don Osborne	52:35
MALE Age 15-19			FEMALE Age 0-14		
	Surge Davis	18:30		Hannah Ives	27:52
	Clayton Curry	20:48		Jasmine Vasquez	32:35
	Michael Falcetta	21:16		Cashay Poudrier	34:04
MALE Age 20-29			FEMALE Age 30-39		
	Kevin Beals	18:54		Genevieve Lattimer	34:47
	Ryan Powers	20:04			
MALE Age 30-39			FEMALE Age 40-49		
	Ben Witkowski	19:33		Nancy Loughlin	23:34
	Jay Hamilton	21:54		Claudia Phelan	27:17
	Keith Corneau	29:00		Jill Ramos	28:23
MALE Age 40-49			FEMALE Age 50-59		
	John Paggioli	18:26		Barbara Niski	24:57
	Paul Smith	18:43		Beth Shluger	28:28
	Geoff Michaud	18:50			
MALE Age 50-59			FEMALE Age 60-69		
	Carl Mohrbacher	18:52		Ellie Lowell	25:23
	Steve Gates	19:38		Zofia Turosz	25:56
	Donald Nuhn	20:12		Nancy Benway	30:22
MALE Age 60-69			FEMALE Age 70-69		
	Mark Turkington	21:17		Diane Stuart	45:05
	Stephen Tolman	22:24			
	Jerry Augustine	22:28			

Parker Holt Celebration Run 5K -- Overall Race Results

Place	Name	Time	Place	Name	Time
1	Aaron Flamino	16:43	38	Amy Daniels	23:30
2	Nicholas Lemon	17:45	39	Ken Ballette	23:33
3	Neal Leibowitz	17:51	40	Nancy Loughlin	23:34
4	John Paggioli	18:26	41	William Cipkus	23:44
5	Surge Davis	18:30	42	Alan Mccall	23:49
6	Paul Smith	18:43	43	Dan Krotz	24:16
7	Geoff Michaud	18:50	44	Darryl Johnson	24:36
8	Carl Mohrbacher	18:52	45	Roger Petersen	24:51
9	Kevin Beals	18:54	46	Barbara Niski	24:57
10	Benjamin Witkowski	19:33	47	Wally Squier	25:19
11	Steve Gates	19:38	48	Ellie Lowell	25:23
12	Ryan Powers	20:04	49	Chris Adams	25:32
13	Donald Nuhn	20:12	50	Andrew Paterna	25:54
14	Ben Smith	20:26	51	Zofia Turosz	25:56
15	Clayton Curry	20:48	52	John Hardy	26:38
16	Dean Bolt	20:59	53	Claudia Phelan	27:17
17	David Taylor	21:04	54	Randall Potterton	27:37
18	Michael Presti	21:13	55	Hannah Ives	27:52
19	Michael Falcetta	21:16	56	Michael Rood	27:54
20	Mark Turkington	21:17	57	Chris Lemay	28:16
21	Noe Vasquez	21:19	58	Jill Ramos	28:23
22	Ken Ives	21:20	59	Beth Shluger	28:28
23	Steve Burdick	21:26	60	Keith Corneau	29:00
24	Will Barrios	21:27	61	Peggy Falcetta	29:14
25	Kyle Schwartz	21:32	62	Sandy Desjardin	29:51
26	Jay Hamilton	21:54	63	Nancy Benway	30:22
27	Timothy Loftus	22:02	64	Jasmine Vasquez	32:35
28	Billy Jenkins	22:08	65	Bill Tribou	33:14
29	Nathaniel Picard-Busky	22:16	66	Cashay Poudrier	34:04
30	Stephen Tolman	22:24	67	Tracy Hains	34:47
31	Jerry Augustine	22:28	68	Amy Sowa	34:47
32	Ginny Welch	22:37	69	Genevieve Lattimer	34:47
33	Jack Phelan	22:48	70	Katherine Baldwin	39:39
34	Chris Hickey	23:02	71	Geraldine Lyon	39:44
35	Peter Hickey	23:05	72	Diane Stuart	45:05
36	Annette Hamilton	23:11	73	Ray Greene	52:35
37	Geoff Montgomery	23:24	74	Don Osborne	52:35

Bekkie Wright served as Race Director and was aided by a large staff of volunteers. Special thanks to **Art Byram** and **Jim Best** for course clean-up, **Joe Poliquin** for the refreshments, **Barry Stoner** for coordinating the Water Stop, **Mary Lou White**, **Janit Romayko**, **Merle Stoner** and **Bill Schwarz** for registration, **John Sloan**, **MaryLou White** and **Clint Driscoll** for serving as Split Timers, **Keron Smith**, **Sue Leslie & Merle Stoner** for assistance with Finish Line Timing; **Karen Saunders**, **Jim Best**, **Janit Romayko**, **Art Byram** and his sons **Nick & Jack** our course monitors, and **John Sloan**, **Bill Schwarz & Donna Camerota** for set-up and clean-up. We would also like to thank our title sponsor **American Sleeve Bearing** for their continued support, as well as **Charlie Olbrias** from **The Last Mile Racing**.

**KNOW YOUR PACE RACE (Manchester Road Race Course 4.758 Miles)
Manchester CT November 17, 2007**

Winners in this race are those runners who come closest to their predicted time. It was a perfect day for the race, and 7 of the 85 runners finished within 10 seconds of their predicted time.

Name	Predicted	Actual	Diff	Name	Predicted	Actual	Diff
Richard Kopacz	30:00	30:03	:03	Walter Zygmunt	37:34	36:15	1:19
Jonathan Reik	29:57	29:53	:04	Donn Friedman	39:51	41:11	1:20
Carl Mohrbacher	29:20	29:25	:05	Benjamin Moore	34:30	33:05	1:25
Barbara Dell	44:15	44:22	:07	Kerri Moore	38:00	39:25	1:25
Steve Coakley	29:59	29:51	:08	Matthew Butwill	34:30	33:04	1:26
Diane Snow	39:15	39:06	:09	Larry Brodsky	41:10	39:37	1:33
Ian Roberts	35:37	35:46	:09	Russ Stevens	38:00	39:37	1:37
Peter Briggeman	34:44	34:55	:11	Zachary Kessler	44:15	42:36	1:39
Bob Eckhoff	37:30	37:17	:13	Alex Levine	39:06	37:26	1:40
Janice Tirrell	51:00	50:47	:13	Paul Ofria	47:21	45:37	1:44
Peggy Falcetta	46:00	45:45	:15	Dave Cutler	33:00	31:15	1:45
Melvin Simon	36:00	36:18	:18	Rick Konon	28:59	30:51	1:52
Kevin Asp	30:00	30:19	:19	David McKinley	38:30	36:34	1:56
David Sutherland	38:00	38:26	:26	Nathaniel AuYeung	38:17	36:20	1:57
Roger Petersen	41:30	41:03	:27	Jackie Ofria	40:30	38:31	1:59
Martin Keibel	35:00	35:27	:27	Allison Paquin	40:00	42:02	2:02
Brian Davis	40:00	39:33	:27	Katie Stevens	37:30	39:38	2:08
Austin Konon	33:14	33:42	:28	Kathleen Bolt	45:06	47:16	2:10
Fatima Madalena	39:30	40:02	:32	Kevin Babcock	36:00	38:15	2:15
Deborah Livingston	36:30	35:54	:36	David Bendzinski	37:30	35:15	2:15
Timothy Nohelty	29:00	29:37	:37	Matthew Falcetta	36:00	38:19	2:19
Tom Walsh	39:00	38:22	:38	Patrick Mairson	42:44	40:22	2:22
Craig Larsen	30:54	31:33	:39	Jeff Roberts	30:00	32:27	2:27
Jane Zee-Zoufaly	36:10	35:29	:41	Jennifer Tierney	37:59	35:24	2:35
Mark Nadolny	34:34	33:50	:44	Surge Davis	28:50	31:26	2:36
Randall Potterton	43:30	44:18	:48	John Collins	34:34	31:48	2:46
Nick Polgorski	36:00	36:49	:49	Noe Vasquez	30:52	33:41	2:49
Andrew Paterna	41:30	42:20	:50	Mike Bendzinski	37:30	34:38	2:52
Ian Brodsky	37:00	36:07	:53	Myles Kessler	42:11	39:14	2:57
Cassidy Taylor	34:25	35:18	:53	Ken Pacileo	32:30	29:24	3:06
Dean Taylor	34:25	35:19	:54	Miriam DeGrandi	43:47	47:03	3:16
Carol Pandiscia	34:00	33:05	:55	Keron Smith	40:00	36:44	3:16
Dean Bolt	34:30	35:30	1:00	Cathi Koehler	43:51	40:32	3:19
Rita Simons	39:30	38:29	1:01	James Hodges	57:24	1:00:46	3:22
Ken Larsen	33:59	35:05	1:06	Manny Madalena	39:45	43:16	3:31
Brian Richard	39:39	38:32	1:07	Cheyenne Balspieper	45:00	48:46	3:46
Steve Nohelty	38:00	36:53	1:07	Jennifer Balspieper	45:00	48:53	3:53
Michael Tirrell	34:10	33:02	1:08	Michael Falcetta	34:00	38:14	4:14
Paul Carpenter	38:00	39:11	1:11	Peter Boucher	48:40	44:08	4:32
Jeff Thornton	34:52	33:37	1:15	Ali Davis	38:00	33:14	4:46
Wally Squier	36:48	35:32	1:16	Christina Tracy	39:00	33:40	5:20
Jeffrey Wallace	37:07	38:23	1:16	Aaron White	47:29	42:04	5:25
George Aaronstamm	39:50	41:07	1:17				

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.

CHICAGO MARATHON

Chicago, IL October 7, 2007

Cristiano Gloria	3:20:07
Linda Yamamoto	3:21:31
Mike Tartar	3:36:11

Congratulations to all the Silk City Striders who braved the elements, even when it meant scaling back their PR hopes & dreams to finish safely.

MAINE MARATHON

Portland, ME October 7, 2007

Bill Gaghan	3:32:42
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APPLE HARVEST FESTIVAL 5K

Glastonbury, CT October 14, 2007

Tony Hollister	#2 M60-99	21:10
George Aronstamm		24:48
Peggy Byram	#2 F50-59	26:35

MIKEY'S PLACE 5K

Wethersfield, CT October 14, 2007

Joe Kidder	#3 M, #1 M40-49	18:41
Karen Carty	#3F; #1 F40-49	22:55

ACT SCHOLARSHIP FUND 5K

Willimantic, CT October 20, 2007

King Archibald	#9M; #1 M40-49	21:53
Jay Hamilton	#3 M30-39	22:13

NIANTIC BAY HALF MARATHON

East Lyme, CT October 22, 2006

Randy Potterton	2:15:46
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HOG JOG 5K

South Windsor, CT October 27, 2007

Tim Blinn	#9M	21:35
King Archibald		21:54
Rachel Blinn	#3F; #2 F0-14	23:07
Joan Munroe	#7F; #2 F50-59	24:44
Denise Toce	#3 F40-49	26:47

MXCC SCHOLARSHIP FUND 5K

Middletown, CT October 27, 2007

Roger Petersen	26:47
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Hartford Marathon 3:35 Pace Group

(Art Byram on the Left)

HARTFORD MARATHON, HALF-MARATHON & 5K

Hartford, CT October 13, 2007

Marathon

John Collins	BQ, PR	3:06:23
Neal Leibowitz	BQ	3:07:25
Michael Munroe	BQ	3:24:25
Scott Wojnarowicz		3:20:40
Douglas Flamino	BQ	3:26:21
Art Byram	Pace Group Leader	3:35:14
"Run Storrs" Team (w/A&J Hamilton)		3:40:10
Sandy Webb	#1 Athena	3:51:55
Jennifer Freeman		4:14:36
George Ripley III		4:25:28
Tammy Gaghan		4:47:02
Randy Potterton		5:10:38
Michelle Sawyer		5:11:16

Half Marathon

Ken Pacileo	#2M 45-49, PR	1:23:00
Ginny Welch		1:42:47
Michael Shore		1:44:47
Keron Smith		1:44:55
Carol Line Hazel		1:46:12
King Archibald		1:46:18
Joan Munroe		1:52:47
Bob Niedbala		1:53:23
Andrew Zyrek		1:55:46
Theresa Voytek		1:56:00
Roger Petersen	PR	1:56:09
Norlean Litwinka		2:00:19
Melissa Jolly		2:29:34
Catherine Kapa		3:19:58

See Next Page for "Huck Finn" 5K Results
and List of Silk City Striders' Race Staff

HUCK FINN 5K
Hartford, CT October 13, 2007

Bill McGugan	#3 M50-54	19:35
Dale Toce	#1 M45-49	19:39
Mark Turkington	#1 M60-64	21:23
Dani Kennedy		23:24
Len Underwood		23:56
Joyce Thorner	#3 F55-59	28:49
Janice Tirrell		30:47

HARTFORD MARATHON
VOLUNTEERS & RACE STAFF

Beth Shluger	Race Director
Ken Shluger	Announcer
George Aronstamm	Relay Operations
Carol Conlon	Relay Operations
Susan Leslie	Relay Operations
Bill McGugan	Relay Operations
Andre Mesnil	Relay Operations
Joe Poliquin	Relay Shuttle Van
Jill & Lindsay Ramos	Relay Operations
Joyce Thorner	Relay Operations
Bekkie Wright	Team Relay Coordinator

COLUMBIA AUTUMN CLASSIC 5K
Columbia, CT October 28, 2007

Aaron Flamino	#1M	16:43
John Sloan		22:21
Jay Hamilton		22:34
Dani Kennedy	#2F; #2 F40-49	23:26
Andrew Zyrek		23:45
Annette Hamilton	#6F; #3 F40-49	23:54
Susan Leslie	#2 F50-59	26:25
Randall Pottterton		27:27

DAVE VIDAL MEMORIAL 5K ROAD RACE
Simsbury, CT October 28, 2007

John Paggioli	#5M; #3M40-49	18:25
Benjamin Witkowski	#9M; #1M30-39	18:59
Steve Morse	#3 M50-59	19:22

WRENTHAM HALLOWEEN DUATHLON
Wrentham, MA October 28, 2007

3 M Run – 11 M Bike – 2 M Run

Janit Romayko	#1 F60-64	1:35:38
MaryLou White		1:49:49



Ken



Ginny



David



Keith



Barry



Diana

MARINE CORPS MARATHON
Washington, DC October 28, 2007

Ken Pacileo	BQ, PR	3:00:53
Ginny Welch	BQ	3:54:45
David Welch		4:17:12
Keith Morgan		4:47:41
Barry Stoner		5:03:52
Diana Cohen	1st Marathon	5:28:55

GRAND RAPIDS MARATHON,
Grand Rapids, MI October 28, 2007

Bekkie Wright	BQ	3:55:08
Joe Poliquin		3:55:08



Bill



Andre

NEW YORK CITY MARATHON
New York, NY November 4, 2007

Bill Schwarz		4:14:48
Andre Mesnil		4:51:20

AIRLINE TRAIL GHOST RUN 13.8 Miles
East Hampton, CT November 3, 2007

Michael Shore	1:49:05
Carmen Herzog	2:00:57
Randall Potteron	2:15:49
Jill Ramos	2:20:59

TARZAN BROWN 5.5 Miler
Mystic, CT November 4, 2007

Bekkie Wright	40:20
Joe Poliquin	40:21
John Yavis	1:01:05

VETERANS MEMORIAL GREENWAY 5K
Willimantic, CT November 4, 2007

Aaron Flamino	#2M; #1 M30-39	16:19
Roger Petersen		24:27

FREEDOM RUN 5K
Hartford, CT November 10, 2007

Dani Kennedy	#4F; #1 F45-49	22:00
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EAST WINDSOR VETERANS DAY 5K
East Windsor, CT November 10, 2007

Steve Morse	#7M; #2 M50-59	19:44
Doug Flamino	#8M; #3 M50-59	20:10
Roger Petersen		25:19
Keith Morgan		27:16
Sue Leslie	#2 F50-59	27:24
Redd Whitenblue (aka Carol Conlon)		27:24

CHESHIRE CANAL CANTER 5K
Cheshire, CT November 17, 2007

John Paggioli	#1 M40-49	18:26
Steve Morse	#1 M50-59	19:33
Mark Turkington	#1 M60-69	21:21

COW CHIP XC 3.55 Miles
Trumbull, CT November 24, 2007

Roger Petersen	34:01	
Mary Lou White	36:42	
Janit Romayko	#2 F60-69	37:10
James Hodges	37:42	

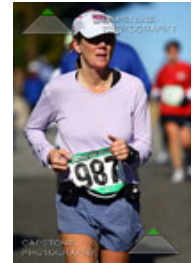


OBX HALF MARATHON
Kitty Hawk, NC Nov. 11, 2007

Natalie Alexandre	2:27:22
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SEACOST HALF MARATHON
Portsmouth, NH
November 11, 2007

Peggy Byram	2:10:44
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First Races at Half Marathon distance
for both Natalie & Peggy. Excellent job ladies!



Bob Niedbala

L'IL RHODY RUNAROUND 8M Trail Race
Charlestown, RI November 18, 2007

Bob Niedbala*		1:12:19
Marylou White	#3 F50-59	1:31:09
Janit Romayko	#3 F60-99	1:36:09
Jim Hodges		2:23:48

* Bob reports: It was a memorable day. Janit said she fell 3 times in the woods. I had a great race until around the 7-mile mark when I tripped over a rock landing with my nose and knee on other rocks. I broke my nose ... and cracked my kneecap. I ran in the last mile spitting blood because I bit the inside of my mouth. There were no medical personal at the race, so I went to the ER to have my nose set. The doc said I would have two black eyes in the morning.

Results Omitted From October
Newsletter

SOMERS GREAT ESCAPE ROAD RACE 5M
Somers, CT September 15, 2007

Roger Petersen	40:45
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**71th Annual
Manchester Road Race
November 22, 2007**

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

David Metzger	24:43	Daria Vander Veer	35:07	Andrew Mozzer	44:06
Aaron Flamino	25:54	King Archibald	35:16	Edward Yergeau	44:06
Colby Welch	27:00	Bill Gaghan	35:30	Todd Mozzer	44:06
Tyler Gauruder	27:00	Ginny Welch	36:20	Norlean Litwinka	44:08
Steve Henry	27:27	Keron Smith	36:28	Jill Ramos	44:10
Yolanda Flamino	27:42	Michael Salcius	36:44	Dan Kennedy	44:14
Neal Leibowitz	28:29	Dani Kennedy	36:53	Nevin Ounpuu-Adams	44:15
Jay Seney	29:04	William Metzger	37:07	Jim Adams	44:16
Ken Pacileo	29:11	Sean Legier	37:09	Kyle Thornton	45:05
Ned Kennedy	29:17	George Ripley III	37:17	Anne Leonard	45:06
John Collins	29:17	Wally Squier	37:21	Myles Kessler	45:12
John Paggioli	29:19	Kyle Walker	37:52	Zachary Kessler	45:12
Joe Kidder	29:23	Cassandra Webb	38:01	Betty Cannella	45:15
Steven Morse	30:35	Jane Zee-Zoufaly	38:06	Clinton Driscoll	45:16
Amby Burfoot	30:40	Brad Shoenfelt	38:08	Beth Shluger	45:44
Douglas Flamino	31:06	Ken Balette	38:14	Dan Walker	45:44
Mike Tirrell	31:12	Brendon McDermott	39:08	Ted Kennedy	46:05
Michael Tartar	31:20	Jamie McDermott	39:09	Mary Lou White	46:20
David Bendzinski	31:21	Zofia Turosz	40:10	Raymond Carta	47:28
Mike Bendzinski	31:21	George Aronstamm	40:24	Sylvia Ounpuu-Adams	47:44
Paul Damon	31:38	Maria Everhart-Caye	40:42	Joyce Thorner	48:23
Steve Gates	31:59	Brendan Walker	41:01	Janit Romayko	48:24
Benjamin Witkowski	32:11	Roger Petersen	41:06	Melissa Jolly	49:04
Bill McGugan	32:18	Jay Hamilton	41:18	Cathi Koehler	49:17
Matthew Butwill	32:41	Adam Paggioli	41:42	The Thornton Family	49:44
Derek Jakoboski	32:52	Susan Leslie	41:47	Jack Leonard	49:59
Michael Presti	32:57	Michael Shore	41:56	Jacqueline Lancaster	50:05
Dean Bolt	33:11	Dennis Blondin	42:00	Pat Saimond	50:08
Linda Yamamoto	33:21	Rachel Blinn	42:00	Katherine Kamerer	50:14
Tony Hollister	33:38	Lynn Damon	42:07	Emma Dolen	50:15
Timothy Blinn	33:49	Annette Hamilton	42:18	Michael Dolen	50:16
Mark Turkington	33:54	Sue Legier	42:29	Shaelyn Dolen	50:16
Ian Roberts	34:02	Dale Toce	42:36	John Salcius	50:17
David Leak Jr	34:06	Kyle Toce	42:36	Anthony Dennis	51:06
John Legier	34:08	Alex Mesnil	42:44	Robert Fish	51:18
Kristen Metzger	34:10	Martin Keibel	42:46	David Cass	51:43
Mike Saimond	34:16	Andrew Zyrek	43:05	David Peck	51:43
John Sloan	34:35	Andre Mesnil	43:08	Eric Donch	51:44
James Janiak	34:38	Linda Tomaszewski	43:10	Theresa Voytek	51:44
		George Caye	43:19	Patricia Desimone	52:32
		Randall Potterton	43:39	Jeff Lancaster	53:58
		Keith Morgan	43:49	Sue Riley	55:27
		Edward Steele	44:01	Gregory Potts	56:20
		Peggy Byram	44:02	Angelee Carta	56:23
		Art Byram	44:04	Carolyn Carta	56:23
		Jody Byram	44:05	Cassandra Saimond	57:14

Noreen Steele	59:36
Cathy Kapa	1:00:13
James Hodges	1:01:08
Carol-Line Hazel	1:01:09
John Yavis Jr	1:02:25
Silva Mesnil	1:12:05
Samantha Freeman	1:17:20
Carol Salcius	1:20:39
Cindy Donch	1:24:55
Gary Donch	1:25:03
Carolyn Reading	1:35:05

*** First Male and Female Silk City Strider Members -**
 Aaron Flamino & Linda Yamamoto graciously agreed to waive their 1st place finishes, which left us with an unprecedented tie for 1st Place Male between **Colby Welch & Tyler Gauruder**. **Ginny Welch** continued her winning ways by moving up to the top spot for the Silk City Women this year.

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

CROSS COUNTRY CORNER

College Results

David Metzger - Stonehill College - NCAA Division II
Voted Northeast-10 "First Team All Conference"

**NEICAAA MEN'S VARSITY
 CROSS COUNTRY CHAMPIONSHIP**
 Franklin Park, Boston, MA
 October 6, 2007

Stonehill College - #6 Team

David Metzger	25:10
Joe Ryan	25:29
Kevin Gill	26:01
Josh Andrews	26:42
Dickie Gerry	26:45

**NCAA DIVISION II NORTHEAST REGION
 CROSS COUNTRY CHAMPIONSHIP**
 Van Cortlandt Park, Bronx, NY
 November 3, 2007

Stonehill College - #1 Team

David Metzger	32:17
Joe Ryan	32:28
Kevin Gill	32:37
Richard Gerry	32:53
Matt Meagher	33:08

**NORTHEAST-10 CONFERENCE
 CROSS COUNTRY CHAMPIONSHIP**
 Stonehill College, Easton, MA
 October 21, 2007

Stonehill College - #1 Team
 (tie with UMass-Lowell)

Dave Metzger	25:25
Joe Ryan	25:36
Kevin Gill	25:38
Josh Andrews	25:57
Matt Meagher	26:01

**NCAA DIVISION II
 CROSS COUNTRY CHAMPIONSHIP**
 Joplin, MO
 November 17, 2007

Stonehill College - #18 Team

David Metzger	32:20
Kevin Gill	32:33
Matt Meagher	33:20
Joe Ryan	33:22
Keith Gill	33:45

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

Cheney Tech- **David Bendzinski**, Team Member

**CENTRAL CT CONFERENCE (CCC)
CROSS COUNTRY CHAMPIONSHIPS
Stratton Brook Park - Simsbury
October 18, 2007**

GIRLS - 5K

Manchester	#3 Team – North Division	
Alissa Watson		21:09
Julia Hickey		21:22
Emily Anderson		21:23
Mary Bugbee		22:45
Elizabeth Moran		23:10
Kelly Gentilcore		24:03
Rachel Roy		25:16

BOYS - 5K

Manchester	#3 Team – North Division	
Tyler Gauruder		17:51
Colby Welch		18:01
Dave Krinjak		18:19
Alex Johnson		18:41
Justis Lopez		18:55
Marty Edgington		19:05
Tim Nohelty		19:17

**NORTH CENTRAL CT CONFERENCE (NCCC)
CROSS COUNTRY CHAMPIONSHIPS
Windsor Locks High School
October 19, 2007**

GIRLS - 5K

Ellington	#1 Team	
Allison Landry		19:50
Kerry Sawamura		21:19
Melody Smith		21:50
Jennifer Bergeron		21:59
Molly MacIolek		22:12
Alexandra MacIolek		22:26
Janae Bahler		23:45

BOYS - 5K

Ellington	#3 Team	
Andrew Sullivan		15:55
Lucas Smith-Horn		16:30
Stephen Crouse		18:08
Adam Sawamura		18:10
Luis Mercado		18:52
Matthew Lebel		19:01
Brian Kelleher		19:23

**SOUTHERN CT CONFERENCE (SCC)
CROSS COUNTRY CHAMPIONSHIPS
Hammonasset State Park, Madison CT
October 18, 2007**

GIRLS - 5K

Mercy	#5 Team	
Erin McCormick		21:03
Molly Quinn		21:40
Gabriella Wilson		21:52
Brittany Wilson		22:17
Katie Pearson		22:59
Stephanie Jackson		23:03
Clare Darling		23:30

**CONSTITUTION STATE CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
Tuesday Oct 16, 2007
Wickham Park - Manchester, CT**

BOYS - 5K

Cheney Tech	#6 Team	
David Bendzinski		19:01

**CIAC DIVISION "SS"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 27, 2007**

GIRLS - 4K (4.25 K)

Ellington	#4 Team	1:34:08
Allison Landry		17:21
Kerry Sawamura		18:29
Melody Smith		19:15
Jennifer Bergeron		19:22
Molly Maciolek		19:41
Alexandra Maciolek		19:42
Jessica Dennis		19:44

**CIAC DIVISION "M"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 27, 2007**

BOYS - 5K (5.15 K)

Ellington	#4 Team	1:30:24
Lucas Smith-Horn		17:09
Andrew Sullivan		17:15
Adam Sawamura		18:22
Stephen Crouse		18:31
Keith Sardo		19:07
Cameron Payzant		19:14
Brian Kelleher		19:27

Cheney Tech	#21 Team	1:44:34
David Bendzinzki		18:30

**CIAC DIVISION "L"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 27, 2007**

GIRLS - 4K (4.25 K)

Erin McCormick	17:44
Stephanie Jackson	18:37
Molly Quinn	18:39
Gabriella Wilson	18:42
Brittany Wilson	18:45
Katharine Pearson	18:50
Clare Darling	19:52

**CIAC DIVISION "LL"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 27, 2007**

GIRLS - 4K (4.25 K)

Manchester	#9 Team	1:31:06
Emily Anderson		17:38
Alissa Watson		17:46
Julia Hickey		17:58
Mary Bugbee		18:31
Elizabeth Moran		19:13
Rachel Roy		19:31
Allison Tamiso		19:43

BOYS - 5K (5.15 K)

Manchester	#10 Team	1:30:32
Colby Welch		17:25
Tyler Gauruder		17:48
David Krinjak		18:05
Justis Lopez		18:26
Timothy Nohelty		18:48
Mark Johnson		19:06

**CIAC STATE OPEN
CROSS COUNTRY CHAMPIONSHIP
Wickham Park November 2, 2007**

GIRLS - 4K (4.25 K)

Allison Landry	Ellington	16:53
Alissa Watson	Manchester	17:06
Emily Anderson	Manchester	17:08
Erin McCormick	Mercy	17:25
Mary Bugbee	Manchester	17:44
Rachel Roy	Manchester	18:39
Elizabeth Moran	Manchester	18:47
Allison Tamiso	Manchester	19:16

BOYS - 5K (5.15 K)

Andrew Sullivan	Ellington	16:25
Lucas Smith-Horn	Ellington	17:06
Colby Welch	Manchester	17:33

**NEW ENGLAND HIGH SCHOOL
CROSS COUNTRY CHAMPIONSHIP
Twin Brook Recreation Area, Cumberland, ME
November 10, 2007**

BOYS - 5K

Andrew Sullivan	Ellington	16:44
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RACE CALENDAR

NOTE: Check Dates ... many On-line Calendar Links are not yet active for 2008 Races

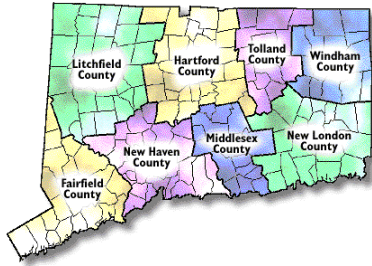
Date	Time	Race	Place	More Information
Sa Dec 1	9:30 AM	Jingle Bell Run 5K	Trumbull (Nichols Green)	www.hitekracing.com
Sa Dec 1	10:00 AM	Hot Chocolate Run	Northampton, MA	www.hotchocolaterun.com
Su Dec 2	1:00 PM	Pearl Harbor Masters 5.1M	Waterford (VFW)	www.hitekracing.com
Su Dec 2	Noon	Santa's Run 3.5M	Glastonbury H.S.	http://town.glasct.org
Su Dec 9	10:00 AM	Christopher Martins for Children 5K	New Haven	www.jbsports.com
Sa Dec 16	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	www.greystonercing.net
Sa Dec 16	9:00 AM	Holiday Run for the Kids 5K	Fairfield (Scandinavian Club)	www.clubct.org
Su Jan 6	10:00 AM	29th Boston Buildup Series 10K	Norwalk (McMahon H.S.)	www.clubct.org
Su Jan 6	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace)	Roger Camire 860-536-8175
Su Jan 6	1:30 PM	15th Snow Dash 3.05M	E. Hartford (E.Hart. Golf Course)	www.ci.east-hartford.ct.us
Sa Jan 12	10:00 AM	Bolton Trail Run	Bolton (Commuter Lot Rt. 44)	King Archibald 860-647-7657
Su Jan 20	9:00 AM	29th Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch)	www.clubct.org
Sa Feb 9	11:00 AM	Bob Andrulic Memorial 5M	Litchfield (Community Ctr)	www.greystonercing.net
Sa Feb 9	10:00 AM	Sweetheart Run 4M	Stratford (YMCA)	Race Director 203-481-7453
Su Feb 10	9:00 AM	29th Boston Buildup Series 20K	Southport (RR Station)	www.clubct.org
Sa Feb 23	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	www.greystonercing.net
Su Feb 24	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS)	http://sugarloafmac.org
Su Feb 24	11:00 AM	23rd Polar Bear 7.66M	New Preston (Lake Waramaug)	www.roadtracksports.com
Su Mar 2	9:30 AM	29th Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org
Sa Mar 22	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green)	www.spiritofspring.org
Su Mar 30	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org

WINTER/SPRING 2008 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	PLACE	Website (link)
December 8, 2007	Roxbury Marathon	Roxbury, CT	http://www.southernct.edu/~sandifer/Ed/Roxbury/Roxbury2007/Roxbury_Marathon.htm
January 26, 2008	ING Miami Marathon	Miami, FL	http://www.ingmiamimarathon.com/
February 10, 2008	Tampa Gasparilla Distance Classic	Tampa, FL	http://www.tampabayrun.com/
February 16 2008	Myrtle Beach Marathon	Myrtle Beach, SC	http://www.mbmarathon.com/
February 17, 2008	26.2 with Donna NEW*	Jacksonville Beach, FL	http://www.breastcancermarathon.com/
February 24, 2008	Mardi Gras Marathon	New Orleans, LA	http://www.mardigrasmarathon.com/
February 24, 2008	Hyannis Marathon	Hyannis, MA	http://www.hyannismarathon.com/
March 16, 2008	Shamrock Sportsfest Marathon	Virginia Beach, VA	http://www.shamrockmarathon.com/
April 6, 2008	More Marathon - Ladies Age 40+	New York, NY	http://nyrr.org/races/2008/more/index.asp
March 30, 2008	Ocean Drive Marathon	Cape May County, NJ	http://www.odmarathon.org/
April 21, 2008	Boston Marathon	Boston, MA	http://www.bostonmarathon.org/
May 4, 2008	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org/
May 4, 2008	Long Island Marathon	East Meadow, NY	http://www.thelimarathon.com/
May 5, 2008	Race of Champions Marathon	Holyoke, MA	http://www.harriers.org/marathon
May 25, 2008	Vermont City Marathon	Burlington, VT	http://www.runvermont.org/



Silk City Striders 8 County Challenge

At Least Four (5) Counties Completed as of 12/1/2007

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.**

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald	X	X	X	X	X	X	X	X
Art Byram	X	X	X		X	X	X	
Sue Leslie	X	X		X	X		X	
John Paggioli		X	X	X	X	X	X	X
Joe Poliquin	X	X	X	X	X	X	X	X
Randy Potterton	X	X		X	X	X	X	X
Jill Ramos		X			X	X	X	X
Janit Romayko	X	X	X	X	X	X	X	X
Roger Petersen	X	X	X	X	X	X	X	X
Barry Stoner	X	X	X		X		X	X
Gary Sweet		X		X	X	X	X	X
Mark Turkington	X	X			X	X	X	X
Ginny Welch	X	X	X	X	X		X	
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright	X	X	X	X	X	X	X	X
Andy Zyrek	X	X			X	X	X	

SILK CITY STRIDERS BOARD OF DIRECTORS MEMBERS NEEDED FOR 2008

Nominations are currently being accepted for the 2008 Silk City Striders Board of Directors. Email nominations to Webmaster@SilkCityStriders.org. Officers and Board Members will be elected on January 1, 2008 at the Champagne Run & Brunch. Thanks.

TIME TO RENEW YOUR MEMBERSHIP

(Click above to Link to the 2008 Membership App)

It’s time to renew your Silk City Striders Membership for 2008. 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 2008 Membership Application has been enclosed with this Newsletter.

Nutrition Nook: Healthy Holidays Without the Weight

Jamie McDermott, MS, RD, CDN

www.mcdermottnutrition.com

Sometimes it seems as though because we are runners that we are invincible: We don't get sick as often; we don't really mind the cold (at least if you're a New England native!); and exercise is something that doesn't seem to be a chore. It would be wonderful if we could say that we were invincible to weight gain, too, wouldn't it? The problem is that we are not! Just because we run (no matter what everyone else thinks) doesn't mean that we can and do eat whatever we please and maintain our weight with ease. Running revs up our appetite, and although we do burn more calories than our sedentary counterparts, eating well – especially during the holiday season – is just as important if we want to zip up our jeans by January 1st!

Now, no one wants to diet in December, and the good thing is that you don't have to. You can't however, expect to freely indulge in every loaf of cranberry bread, every jar of peppermint bark, or every glass of creamy egg nog, and not see the scale go up a few numbers. So, here's a game plan for you to follow while still taking part in the season's food related festivities.

Goal #1: First and foremost, remember that we have Holi-Days, not Holi-Weeks or Holi-Months. Too many people forget this and just “let themselves go” during normal workdays and weekends that aren't centered around a party. The goal is to try and have just as much discipline in December when you walk past the co-worker's desk with the truffles in it, or the buffet table at a party, as you do in April and September.

Goal #2: Keep a Food Diary. Food diaries help to conquer mindless eating by jogging our memories and making us accountable for what we consume in a day. This may not seem necessary, and may feel rather tedious at times, but trust me, it works. Just 250 extra calories a day for 3 months will result in a 6.5 lb. weight gain! Also, journaling what you eat and drink may also help you determine the reasoning behind an episode of overeating. You may realize that you skipped a meal or snack because you were out shopping, and hence arrived home over-hungry.

Goal #3: Eat regularly. Just because we have special events planned or are away from home more often does not mean our eating schedules need to be totally out of whack. On the day of any party, be sure to consume balanced meals including both lean proteins (such as an egg white omelet, grilled chicken, or cottage cheese) and complex carbohydrates (such as oatmeal, grilled vegetables, or fruit). This duo will help to keep your blood sugar levels stable throughout the day so that you don't arrive to an event ravenous and blow your calorie daily allotment. Also, don't forget to snack if you are going more than 3 hours without eating. Good choices include an ounce of nuts, dried or fresh fruit, or a nonfat latte if you're on the go!

Goal #4: Plan your indulgences. Assuming that well-balanced, healthy meals have been consumed in the days surrounding an event, there is no reason why we can't have a few “mini splurges” (read: planned and controlled) without breaking the calorie bank. The trick is to carefully pick and choose your indulgences and not eat too many! For instance, you may enjoy 1 or 2 glasses of wine, a few bacon-wrapped scallops, 2 spinach and cheese filled phyllo dough pastries, and a small cookie as your treats at a party. If you balance this out with ample portions of vegetables and lean proteins such as shrimp cocktail, you will still feel satisfied and not regret your food choices in the morning.

Goal #5: Strive for 10,000. Steps, that is, not your credit card bill. Research consistently shows that those who reach or exceed this number each day have more control over their weight than those who don't. You might not have time to get your runs in as regularly as you'd like, but remember - a mile is a mile (about 100 calories), no matter if you are shopping or jogging. Wearing a pedometer helps you keep track – attach it to your belt the minute you get up and don't take it off until you go to bed.

Goal #6: Enjoy the Holidays for what they truly mean. I have so many clients exclaim to me in January that the Holidays meant so much more for them that past season because they shifted their focus from food and eating to others and themselves. Making a conscious effort to reach out to friends and family at social events, instead of just focusing on the food, can actually be rather enlightening! And putting yourself on a pedestal during a time when we are normally doing the same for others makes you feel GOOD. **So take 15 minutes each day and do something for you!**

THE “SCROOGE SCRAMBLE” HAS COME TO THE END OF ITS RUN



After many years the Scrooge Scramble, a Christmas morning tradition in Vernon, has come to an end. We hope you will continue to support the race beneficiary THE CORNERSTONE FOUNDATION (Clothing Bank, Soup Kitchen, and Community Center) this holiday season and in the coming year.

The following is excerpted from their website:

Donate: Give and Receive Even More In Return

It is so true: When you lend a helping hand, you get more in return. The smile that stays on your face and the joy of making a difference will keep you coming back. We really appreciate whatever you have to give to those in need. Thank you so much.

Donation Wish List:

- Paper supplies for the kitchen: plates, cups, napkins, towels, etc.
- Ongoing needs: Cheese, Sandwich Meats, Beverages, Coffee, Sugar, and large/deep aluminum pans (turkey size), etc.
- Computers and Computer supplies for the Community Center
- Volunteers and Tutors are always needed.

Call **860-871-1823** to donate your time, goods, or money.

Cash donations are always welcomed - All donations are tax deductible.

Email: **J.Ryan24@comcast.net**

Address: **15 Prospect Street, Vernon, CT 06066**

www.cornerstone-rockville.org



SILK CITY SINGLETs AND T-SHIRTS

Sue Leslie, our Uniform Coordinator, recently received new shipments of both Silk City Striders Singlets and orange T-Shirts. We currently have Singlets available for \$20 in all sizes for Men & Women, and T-Shirts for \$10 in Unisex sizes Small to XL. You can pick up your order at a Saturday Fun Run, or we'd be happy to mail it to you. So, show your "colors" and get an extra cheer from your teammates at the races. Ordering is easy ...

the 2008 Silk City Striders Membership Renewal Form has a "built in" order form. We hope to have a few more "Silk City Striders" items available to help us celebrate our 30th Anniversary in 2008. So, stay tuned to the website for details.

Silk City Striders' New Member Profiles

DAVID LEAK, JR.

David discovered us while training for the Manchester Road Race, and even though he lives in Newington he immediately recognized some kindred spirits and joined the club.

David reports: Running has always been a part of my life. I was not what you would call an active runner. I would run three miles at the most every two to three weeks at a time. I was a smoker and a runner. Every year I would attend my old high school football games on Thanksgiving Day, Hartford High vs. Weaver High but that year, the year of 1997 two very good friends registered me for the Manchester road race. Not long after that I've completed ten Manchester Road Race 5 times under 35 minutes, 5 Harford Marathons, the best time was 3 hours and 37 minutes. And a pretty good number of half marathons, my best time was 1 hour and 37 minutes. Now that I'm a part of the Silk City Striders, I know this should improve my running skills for races to come in 2008.

David's Race Results	Year	Time
New Haven Road Race 20K	2007	1:37:26
Bradley Airport 10K	2007	47:19

WALLY SQUIER

You may have noticed Wally running with his black lab, Kya, at the Parker Holt 5K. He recently moved from East Hampton to Manchester, and even though he works 3rd shift at Pratt & Whitney, he's made it to several Wednesday Fun Runs, as well as the Halloween Party.

Wally reports: I've been running off and on for little over 20 years. I have run a dozen Marathons with a PR of 3:12.58, and a PW of 4:45, as well as numerous races from 5K to the Marathon with a little trail running and racing. Some of the more memorable races have been "The Jay Mountain Ultimate Cross Country Challenge – Half Marathon" (actually a 30K off-road race), Reach The Beach Relay, Green Mountain Relay. The Manchester Road Race on Thanksgiving day is a favorite because "it's always a ball!" .

Wally's Race Results	Year	Time
New Haven Road Race 20K	2007	1:44:52
Clinton Bluefish 5K	2007	22:49
Corporate 5K	2007	23:54
Citizens Bank 5K	2007	24:09
Jay Mountain Challenge	2006	5:12:58

MICHAEL SHORE

You may not have known that Michael was a Silk City Strider, but I'm sure you've seen him at the races. He joined the Club earlier this year, and finally sent in his "bio." He hopes see us all at the Santa's Run this weekend.

Michael reports: I have been running for approximately nine years. Back in 1998 I wanted to lose weight so I bought a treadmill. I started using the treadmill and the weight came off.

One day I decided I would run the Santa's Run in Glastonbury. I was very humbled during my first outdoor run and race. After the race I vowed I would start mixing in some outdoor runs so I would be better equipped to handle the wear and tear the asphalt places on your body. Over the years I caught the bug and trained harder and have run many races. These days my best distance is probably a half-marathon. (See Race Results below.)

I have run one marathon and may end up running another one in the next year. The one marathon I did run had record heat that Memorial Day weekend and I did not have a pleasant ending to the race.

I live in Glastonbury, married with two wonderful children. I can be found many weekend mornings either running near Glastonbury Center or going out to the Colchester Air Line Trail.

Michael's Race Results	Year	Time
Ghost Run 13.8 Miles	2007	1:49:05
Hartford Half Marathon	2007	1:44:48
Fairfield Half Marathon	2007	1:47:33
Iron Horse Half Marathon	2007	1:50:47
Scrooge Scramble	2006	26:00
Manchester Road Race	2006	33:25
Mystic Country 10 Miler	2006	1:12:53
New Haven Road Race 20K	2006	1:39:26
Vermont City Marathon	2006	4:19:52

JOHN COLLINS & FAMILY

You may recognize John from the Wickham Park Summer Grand Prix Series, where he placed 2nd in the Men's 40-49 Age Group ... capping his series with a 14:37 in Race #5.

John reports: I was born and raised in South Windsor and currently reside in Tolland. Married with two daughters. Participated in Track (200,400, Intermediate Hurdles and Long Jump) and Cross Country in high school. Injured doing the long jump during my senior year and completely tore my ACL. Did not run again for 18 years. Got the ACL repaired before I had children so I could run around with them. Went on a business trip and my boss said "You ran when you were younger. Have any shoes that fit?" Found an old pair and went for my first run and found my passion once again and found the lungs were still good. Since then, I have participated in many local races. Turned 40 last year and I always had a goal to run a marathon.

Training went well and decided to try to qualify for Boston (ran the Hartford Marathon in 3:15). Qualified for Boston but needed to take 6 weeks off with a very serious IT Band injury. Worked through that, modified my training (added swimming and biking and an extra day off) and went to Boston. Wanted to run a 3:30 and avoid injury which I did. Trained hard again and ran Hartford again to prove I could do it and not get seriously hurt (3:06). Planning another marathon or two in 2008 and still looking to improve my short race times also. (See Race Results below.)

I do most of my running during the week in Hartford (I work for Prudential) and enjoy my long runs on Saturday mornings, many times starting at first light to allow family time during the day.

My wife, Dawn, walks 3-4 times a week with at least one walk on the trails in Crandall Park. Hayley (8) participates in the Mileage Club at school and has done the Kim's Fun Run and Cider Mile with me. She can't wait to do a 5K. Jessica (5) participates in the family walks and especially enjoys the trails.

John's 5K Race Results	Year	Time
Corporate Classic 5K	2007	18:53
Cider Mill 5K	2007	19:10

**Saturday, January 12th, 10a.m.
"Bolton Trail Run"**

This run is not for "hot house flowers or the weak ankled" so says race director King Archibald VII. 85% of the trail is rocky. The course is roughly 4 miles consisting of 3 miles up and 1 mile down. Race starts and finishes at the commuter parking lot in Bolton on RT. 44. There will be no cancellations due to weather or trail conditions. You have hereby been served. Directions: West on I-84 to RT 384 East to exit 5. Take left and go back over the highway, and then take a quick right onto Williams Road. Follow till the end. At the T intersection, go right, about ¼ mile and take a left into the Commuter Parking Lot. Heading East on I-84, take Rt. 384 and follow the same directions.

Contact: King Archibald VII's
phone number: (860) 647-7657
E-mail: KingArchibaldVII@aol.com
(The vertical lines in the Roman Numerals following KingArchibaldV are lower case l's (ells), not capital I's (eyes))

**GENESIS ADVENTURES
SPRINT SERIES
CHAMPIONSHIP RESULTS**

**Race #7 - Harriman State Park, NY
October 20, 2007**

**Team Two Fools –
Ned Kennedy & John Whalen
#1 Team – Master Advanced Course - 4:32**

Final Series Points - #1 Male Masters Team
<http://www.genesisadventures.com/v3/>

**SILK CITY STRIDERS
2007 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"/> Rob Dollak | <input type="checkbox"/> Natalie Alexandre |
| <input type="checkbox"/> Roger Petersen | <input type="checkbox"/> Carol-Line Hazel |
| <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"/> Greg Best | <input type="checkbox"/> Ellie Lowell |
| <input type="checkbox"/> Ian Roberts | <input type="checkbox"/> Bekkie Wright |
| <input type="checkbox"/> Bill Schwarz | <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"/> Randy Potterton | <input type="checkbox"/> Peggy Byram |
| <input type="checkbox"/> Andy Zyrek | <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, 547 Forbes Street, East Hartford, CT 06118 or email selections to webmaster@silkcitystriders.org. Thank You.

DEADLINE FOR NEXT NEWSLETTER: January 31, 2007

SILK CITY STRIDERS

2008 Membership Application/Renewal Form

Name _____ Birthdate _____

Street Address _____

City _____ State _____ Zip _____

Phone # Home _____ Work _____

Cell _____

Email Address: _____

Family Members Name: _____ Birthdate _____

Name: _____ Birthdate _____

Name: _____ Birthdate _____

Type of Membership:

	Family (\$15.00)	
	Individual (\$12.00)	
	Check Here if you cannot access the newsletter online, and wish to have it mailed. <i>Add \$3.00 to cover postage. Thank you.</i>	
	Check Here to order Club T-Shirts \$10 each <i>Please indicate how many of each size</i>	Men's Size S ___ M ___ L ___ XL ___
	Check Here to order Club Singlets \$20 each	Men's S ___ M ___ L ___ XL ___
		Women's XS ___ S ___ M ___ L ___

I know that running is a potentially hazardous activity. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by the decision of a club official relative to my ability to safely complete the run. I assume all the risks associated with running in club activities including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and or humidity, the condition the roads and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership. I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, USA Track & Field, the Silk City Striders and all sponsors, their representatives and successors from all claims or liabilities of any kind rising out of my participation in club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

(parent or guardian if applicant under 18 years of age) _____

Make checks payable to "SILK CITY STRIDERS"

MAIL TO: John Sloan, Treasurer, 11 Otis Street, Manchester, CT 06040

QUESTIONS?

**Contact John Sloan at 860-643-6123 or Bekkie Wright at (860) 461-1486
or via email at webmaster@silkcitystriders.org.**