



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

**Thank You** to all those members who kept Silk City “running” in 2005.

**Bekkie Wright** - Interim President; **Betty Cannella** - VP + USATF Grand Prix Teams Coordinator; **Art Byram** - Treasurer + “Idea Man” - 8 County Challenge & Manchester Road Race Training Program; **John Sloan** - Secretary + Yahoo Sports Group List Serv Administrator, and **Karen Saunders, Dennis Mahoney, Ian Roberts, Jim Tharp, Jim Whitehouse, and Sue Leslie**. I would also like to thank **Steve McLaughlin** for serving as President and Webmaster for the First Quarter of 2005, and **Bill Schwarz** for revamping the website and keeping it current. Thanks also to the Newsletter Staff and contributors: **Bekkie Wright, Jim Best, Barry Stoner, Jamie McDermott, Art Byram, MaryLou White and Janit Romayko**.

- **Bobby’s Run** - Steve McLaughlin, Bekkie Wright, Lisa Bonadies, Barry Stoner, Joyce Thorner, Joan Schwartz, and Sue Leslie.
- **Wickham Park Summer Cross Country Grand Prix Series** - Mike Bendzinski, Bekkie Wright, Kathy Thornton, and David & Ginny Welch
- **Summer Picnic** - Sue Leslie, Joyce Thorner, Barry Stoner, Bekkie Wright, and Gene Fergione
- **Ocean Beach (Johnny Kelley) Post Race Party** - Sue Leslie, Joyce Thorner, and Barry Stoner
- **Nikki’s Run, Walk ‘N’ Roll 5K** - Bekkie Wright, Lindsay, Stephen & Jill Ramos, Keron Smith, and Bill McGugan.
- **Parker Holt 5K** - Bekkie Wright, Betty Canella, Rick Parr, Jay Seney, John Sloan, Jackie Steele, Karen Carty, Dani Kennedy, Marie Slattery, Janit Romayko, John Salcius, Sue Leslie, Silva Mesnil, Joyce Thorner, Ed Steele, Art & Jack Byram, Karen Saunders, Jim Best, Bill McGugan, Rick Chromik, Steve Henry, and Alex & Andre Mesnil.
- **Manchester Road Race Training Program** - Art Byram, Bekkie Wright, Aaron Flamino, Betty Cannella, Sue Leslie, and John Sloan.
- **Know Your Pace Race** - Bekkie Wright, Bill McGugan, Art Byram, Ed Steele, Cathy Logiudice, John Salcius, Kathy Thornton, Karen Saunders, and Joyce Thorner.

**SILK CITY STRIDERS**  
**Board of Directors Meeting**  
**Sunday, February 12, 2006**  
**3:00 PM**  
**John & Lynn Sloan’s House**  
**11 Otis Street, Manchester, CT**

**All past, present and prospective**  
**Board Members**  
**are welcome to attend.**

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## 2006 BOARD OF DIRECTORS

### Officers

#### President:

**Vice President:** Betty Cannella 872-5903

**Treasurer:** Art Byram 430-1072

**Secretary:** John Sloan 643-6123

### Board Members

TBD

### Uniforms & T-Shirts

Sue Leslie 644-1804

### WebMaster

Bill Schwarz 643-4096

### Newsletter

**Staff:** Bekkie Wright – Editor

Karen Saunders – Editor Emeritus

Jim Best – Race Calendar

Barry Stoner – Coach's Corner

Jamie McDermott – Nutrition Nook

Art Byram – State-of-the-Art

## TRAINING RUNS

### Saturday Morning Fun Runs - 8:30 am

#### Manchester Community College

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

### Tuesday Evening Funs Runs - 5:30 pm

#### Martin Elementary School

Announcing Tuesday Fun Runs! Join us at Martin Elementary School, 140 Dartmouth Road in Manchester starting in February.

### Wednesday Evening Funs Runs - 5:00 pm

#### Bennet Middle School

Bring your reflective gear, and join us for the Spring Street loop. The sun is setting later every day.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Hae-Won Uhm

Manchester

### NEW YEAR'S DAY CHAMPAGNE RUN & BRUNCH

The Annual Champagne Run & Brunch was held at **Betty & Mike Cannella's** house in Ellington. The day was cool and breezy and perfect for a Mile Walk or an 8+ Mile run to kick off the New Year. Ron Schauster and Carol Brown even made it all the way from Rhode Island!

**Bekkie Wright**, Interim President, gave out the Awards. The **Rookie of the Year Awards** went to **Jessica Thurston** and **Steve Henry!** The **Best Comeback Award** went to **Bill Schwarz**, **Most Improved Male & Female Awards** went to **Andre Mesnil** and **Bekkie Wright**, and **First Place Manchester Road Race Silk City Strider Awards** went to **Aaron Flamino** and **Linda Yamamoto**. (See next page for more details on the winners and other nominees).

The Club would like to say "Thank You" to Betty & Mike Cannella and their family for opening their house for the Annual Champagne Run & Brunch. And to all our members, past & present ... a happy & healthy New Year.

Janit Romayko mailed me an article from the Dec 29, 2005 *Washington Post* and declared it a "must read" ... unfortunately there is a \$400 fee to "re-publish" the article: **Ethiopian Girls, Fleet of Foot, Make Run Toward Better Lives** <http://www.washingtonpost.com/wp-dyn/content/article/2005/12/28/AR2005122801369.html>

<b>2005 SILK CITY STRIDERS AWARDS</b>
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**ROOKIE OF THE YEAR****Male - Steve Henry****Female - Jessica Thurston**

**Steve** has been running since High School, but really kicked it up a notch in 2005. He improved both his racing distance and his speed, and ended the year with great finishes at the Ghost Run and Mystic Places 10 Miler.

**Jessica**, as a pre-schooler, is a true "rookie." She distinguished herself by running the Glastonbury Parks & Rec Fun Run Series through the heat & humidity of the summer.

**Honorable Mentions:****Ben Witkowski and Sue Potter****BEST COMEBACK****Bill Schwarz**

**Bill** worked his way back from an upper thigh injury this year to return to Boston Qualifier form at the Philadelphia Marathon. (He already topped that by running the Team Slug Fattest Butt 50K+ Trail Run in Dover, Delaware on New Years Day - finishing in 6th place in 6:21.) <http://www.angelfire.com/ultra2/teamslug/fattestbutt06.html>

**Honorable Mentions:****AnnMarie DeMonte, Maura McGuire, Barry Stoner, and Mark Turkington****MOST IMPROVED****Male - Andre Mesnil****Female - Bekkie Wright**

**Andre** really stepped up the mileage this Fall ... running marathons in Hartford, Mystic and Philadelphia. Each new marathon was a PR!

**Bekkie** ran a new Masters PR of 3:24 at the Mississippi Marathon in January of 2005, and completed 12 Marathons last year, 3 of them under 3:30.

**Honorable Mentions:****Male - Bill McGugan, Jay Seney, Ed Steele**

**Bill** broke 19 minutes for at the East Windsor Veteran's Day 5K for a new PR.

**Jay** set at new PR of 3:06 at the Green Mountain Marathon in Vermont.

**Ed**, a relative newcomer to the marathon distance, ran Vermont City, Clarence DeMar and new hilly & windy multi-loop Breakers Marathon in Newport, RI

**Female - Linda Yamamoto, Keron Smith**

**Linda** had a Top 10 Finish at the Hartford Marathon and ran negative splits to finish in 3:15.

**Keron** stepped up to the Half Marathon distance this year. Had good runs at Ocean Beach and the Hartford Half ... and made an excellent debut into the 30-29 Age Group.

**MANCHESTER ROAD RACE – First Silk City Striders****Aaron Flamino & Linda Yamamoto**

For the first time in 3 years, our Top Male & Female Striders were over Age 25!

Outstanding performances on a snowy day with slick roads.

Let's see if this duo can break Drew Best and Anne Leonard's 3-peat.

I think it's a distinct possibility!

**Congratulations everyone!**

## 2005 Silk City Striders 8 County Challenge

### FINISHERS

<b>BETTY CANNELLA</b>	<u>Hartford</u> Healthy Heart 5M - Hartford	<u>Fairfield</u> Cow Chip XC - Trumbull	<u>Tolland</u> Mother's Day Dash - Vernon	<u>New Haven</u> Branford Road Race 5M
	<u>Windham</u> Woodstock Football 5K	<u>Middlesex</u> Shoreline RR - Old Saybrook	<u>Litchfield</u> John Ponte 5K - Torrington	<u>New London</u> Tommy Toy Fund Run - Norwich
<b>JOAN MUNROE</b>	<u>Hartford</u> Snow Dash - East Hartford	<u>Fairfield</u> Fairfield 5K	<u>Tolland</u> Mother's Day Dash - Vernon	<u>New Haven</u> Shamrock & Roll - New Haven
	<u>Windham</u> Spring Festival 5K - Danielson	<u>Middlesex</u> Lions 10.5 - East Haddam	<u>Litchfield</u> People's Forest - Barkhamstead	<u>New London</u> Colchester Half Marathon
<b>MIKE MUNROE</b>	<u>Hartford</u> Snow Dash - East Hartford	<u>Fairfield</u> Fairfield 5K	<u>Tolland</u> Hebron 5K	<u>New Haven</u> Shamrock & Roll - New Haven
	<u>Windham</u> Spring Festival 5K - Danielson	<u>Middlesex</u> Lions 10.5 - East Haddam	<u>Litchfield</u> People's Forest - Barkhamstead	<u>New London</u> Colchester Half Marathon
<b>RANDY POTTERTON</b>	<u>Hartford</u> Simsbury River Run	<u>Fairfield</u> Fairfield 1/2 Marathon	<u>Tolland</u> Hebron 5K	<u>New Haven</u> Branford Road Race 5M
	<u>Windham</u> Chaplin Country 5K	<u>Middlesex</u> Come on Over 5K - Portland	<u>Litchfield</u> Northfield 10K	<u>New London</u> Rose City 10M - Norwich
<b>JANIT ROMAYKO (Winner of Run-In Gift Certificate Drawing)</b>	<u>Hartford</u> Xterra Scramble 5K - Hartford	<u>Fairfield</u> Pumpkin Classic - Trumbull	<u>Tolland</u> Husky Run - Storrs	<u>New Haven</u> Branford Triathlon
	<u>Windham</u> Woodstock 10K	<u>Middlesex</u> HKYFS Pumpkin Run 5K - Haddam	<u>Litchfield</u> Roxbury Race Series 2.4 M	<u>New London</u> Niantic Bay Triathlon
<b>BARRY STONER</b>	<u>Hartford</u> Ironhorse Half - Simsbury	<u>Fairfield</u> Fairfield 1/2 Marathon	<u>Tolland</u> Spirit of Spring - Tolland	<u>New Haven</u> Branford Road Race 5M
	<u>Windham</u> Woodstock 10K	<u>Middlesex</u> Chester Rotary 4 on the 4th	<u>Litchfield</u> Northfield 10K	<u>New London</u> Rose City 10M - Norwich
<b>MARYLOU WHITE</b>	<u>Hartford</u> Wickham Park XC	<u>Fairfield</u> Jingle Bell Run - Trumbull	<u>Tolland</u> Bobby's Run - Tolland	<u>New Haven</u> F-C Memorial - Waterbury
	<u>Windham</u> VM Greenway 5K - N. Windham	<u>Middlesex</u> Ghost Run (East Hampton)	<u>Litchfield</u> Hogs Back Half - Colebrook	<u>New London</u> Colchester Half Marathon
<b>BEKKIE WRIGHT</b>	<u>Hartford</u> Snow Dash - East Hartford	<u>Fairfield</u> Boston Buildup 10K - Norwalk	<u>Tolland</u> Mother's Day Dash - Vernon	<u>New Haven</u> New Haven Road Race
	<u>Windham</u> VM Greenway 5K - N. Windham	<u>Middlesex</u> Glorious Gallop - East Hampton	<u>Litchfield</u> Sunnybrook Farm XC 5K - Torrington	<u>New London</u> JJK - Ocean Beach

## 2005 Silk City Striders 8 County Challenge

### HONORABLE MENTION

<b>SUE LESLIE</b>	<u><b>Hartford</b></u> Snow Dash - East Hartford	<u><b>Fairfield</b></u> Cow Chip XC - Trumbull	<u><b>Tolland</b></u> Mother's Day Dash - Vernon	<u><b>New Haven</b></u> Branford Road Race 5M
	<u><b>Windham</b></u>	<u><b>Middlesex</b></u> Shoreline RR - Old Saybrook	<u><b>Litchfield</b></u> John Ponte 5K - Torrington	<u><b>New London</b></u> Tommy Toy Fund Run - Norwich
<b>RICK CHROMIK</b>	<u><b>Hartford</b></u> Snow Dash - East Hartford	<u><b>Fairfield</b></u> Danbury Half	<u><b>Tolland</b></u> Bobby's Run - Tolland	<u><b>New Haven</b></u> New Haven Road Race
	<u><b>Windham</b></u> VM Greenway 5K - N. Windham	<u><b>Middlesex</b></u>	<u><b>Litchfield</b></u>	<u><b>New London</b></u> JJK - Ocean Beach

### STATE OF THE ART

by Art Byram

Over the last year, our club has started using some pretty slick State of the Art running tools. They help to answer some of the greatest questions ever pondered by runners. Where do you want to run today, and how far? Recently, Strider Ed Steele started preaching about an amazing feature of the USATF site. Soon members of the e-mail loop were converts. Where do you want to run? Let me give you a map, with mile markers, satellite Arial view pictures. Here is how the USATF describes it:

Using cutting edge technology provided by Google Maps, USATF has developed a revolutionary service, America's Running Routes, that allows runners to map and measure their favorite running routes and then save them to the largest searchable database of running routes in the country.

America's Running Routes provides the running community with an array of functionality and shows USATF's continued commitment to offer runners of all ages and abilities information and services to make each running experience an enjoyable one. America's Running Routes allows runners to search all routes in a particular city or to narrow their search to find ones on a specific type of terrain, from hotels, in parks, from trailheads or from running stores. Business travelers can find routes to run from the hotel where they are staying or from local parks.

Ever wonder how far your run was? Just visit America's Running Routes, map out your run, and the distance you ran will be displayed, including mile marks along the route. Think others might enjoy your running route? Just hit the "save" button and your route will be added to the national database.  
<http://www.usatf.org/routes/>

We encourage our members to use this site and to register their favorite routes. Some day they will give us the total elevation change or slope rating for a given route. Webmaster Bill Schwarz has also added a link to the site from our webpage [www.silkcitystriders.org](http://www.silkcitystriders.org)

**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.



**Janit's iPods**



**Joan & Mike Munroe**

**SANTA'S RUN 3.5 Miles  
Glastonbury, CT December 4, 2005**

Janit Romayko's iPods won First Prize in the group costume division.

John Paggioli		20:47
Art Byram		22:49
Dean Bolt		23:18
Mark Turkington	<b>#1 M60-69</b>	23:27
William Gaghan		24:12
Tony Hollister		25:05
John Sloan		25:28
MaryLou White	<b>#2 F50-59</b>	29:16
Ian Roberts		29:28
Susan Leslie	<b>#3 F50-59</b>	29:36
Barry Stoner		29:55
Carmen Herzog		30:14
Carolyn Reading		30:44
Beth Shluger		31:43
Keith Morgan		32:08
Adam Paggioli		33:01
Joyce Thorner		36:02
John Salcius		36:39
Billy Gaghan		36:51
Carissa Gaghan	<b>PR</b>	39:01
Janit Romayko		45:46
James Hodges		45:47
Tammy Gaghan		48:00
Kelley Gaghan		48:00

**CORNERSTONE SCROOGE SCRAMBLE 5K  
Vernon, CT - December 25, 2005**

Steve Morse	<b>#1 M50-59</b>	19:12
Jim Tharp	<b>#3 M40-49</b>	19:57
Lance Flamino		21:06
David Metzger		21:08
Yolanda Flamino	<b>#4F, #2 F19-29</b>	21:16
Mrs. Dillburnne aka Carol Conlon	<b>#5F, #1 F40-49</b>	21:26
John Sloan		21:47
Bekkie Wright	<b>#9F, #2 F40-49</b>	24:34
Ellie Lowell	<b>#10F, #2 F50-59</b>	24:58
Lucy Van Pelt aka Joan Munroe	<b>#3 F50-59</b>	25:01
Adrian Monk aka Mike Munroe		25:02
Dennis Mahoney		25:11
Ralphie Parker aka Jim Cunningham		25:54
Sue Leslie		25:55
Betty Cannella		26:09
Andre Mesnil		26:26
Norlean Litwinka		26:52
Bill Metzger		28:08
Janit Romayko	<b>#1 F60+</b>	29:10
Pat Desimone		32:05
Namche Koehler	<b>#1 Dog</b>	32:46
Cathi Koehler		32:47
Jim Hodges		36:12
Doug Flamino		51:53
Roger Smith		57:40

**NIA JINGLE BELL RUN 5K**  
Trumbull, CT December 3, 2005

Mary Lou White #2 F50-59 25:48

**WOODSTOCK ACADEMY FOOTBALL 5K**  
Woodstock, CT December 4, 2005

Betty Cannella #5F; #1 F40-49 27:51

**CHRISTOPHER MARTIN 5K Road Race**  
New Haven, CT December 11, 2005

Dave LaPorte 19:46  
Bekkie Wright 26:00

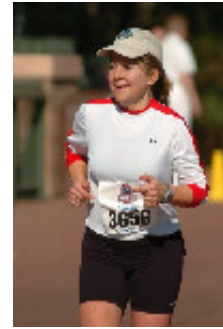
**ROXBURY MARATHON**  
Roxbury, CT December 10, 2005

Great low key event. Scenery was gorgeous ... hills and some snow covered dirt roads. Registration was "put your name on the paper and \$5 in the box". This race may move to September in 2006.

Bill Schwarz #8 Overall 4:27:35

**BRIAN ASELTON MEMORIAL SNOW DASH**  
3.05 Miles  
East Hartford, CT January 8, 2006

Tom Geer	#1 M	15:51
Steve Henry	#2 M18-29	18:18
John Paggioli	#3 M40-49	18:28
Steven Morse	#3 M50-59	18:52
Bill Mcgugan		20:05
Ben Witkowski		20:07
Dean Bolt		20:44
Tony Hollister		20:59
Jim Tharp		21:01
John Sloan		21:12
Keron Smith	#6F; #2 F30-39	21:55
Clint Driscoll		23:15
Joan Munroe	#2 F50-59	23:57
Rick Chromik		24:24
Sue Leslie	#3 F50-59	24:52
Pat Desimone		30:15
Roger Smith		44:18



Bill & Tammy Gaghan

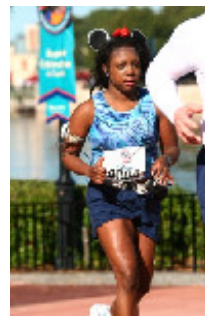
**WALT DISNEY WORLD  
MARATHON & HALF MARATHON**  
Orlando, FL – January 7 & 8, 2006

**Half Marathon**

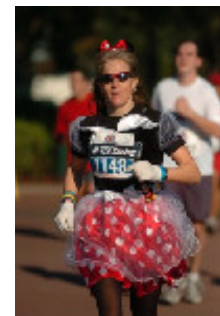
Bekkie Wright 1:50:18

**Marathon**

Bill Gaghan 3:30:21  
Bekkie Wright 3:55:10  
Norlean Litwinka 4:29:03  
Tammy Gaghan 4:59:03



Norlean Litwinka



Bekkie Wright

**MIAMI TROPICAL  
MARATHON & HALF MARATHON**  
Miami, FL – January 26, 2006

**Half Marathon**

Mike Munroe 1:51:33  
Joan Munroe 1:51:34  
Daria Vander Veer 2:04:59

**Marathon**

Andre Mesnil 4:38:37

**RUN SAFE THIS WINTER: The Cardinal Rules of Jogging Safety**

Adapted from [http://www.duhaime.org/Police\\_station/jogging.aspx](http://www.duhaime.org/Police_station/jogging.aspx)

So you're a jogger or, excuse me, a RUNNER! Runners do much of their training on city streets. This time of year it is important to take precautions to prevent injuries and accidents, especially the kind caused by person vs car.

1. Run or jog facing traffic as much as possible.
2. If you are running or jogging on a road and a car is approaching without taking a wide berth, don't challenge the car or try to "hold your ground". Swallow your pride and get off the road even if it means stopping for a moment!
3. If you are involved in a near accident or a dangerous or aggressive maneuver by a driver, try to remember the license number and report the incident to the police. Unless you are in training for a heavyweight boxing bout, thin and lightly-clad joggers (angry though they may be) are no match for testosterone-overdosed drivers, nor is there anything to gain from a shoving match or fisticuffs with a drunk or "mentally-challenged" driver.
4. If a car appears to be following you at low speed, jog calmly into a public building and call the police and from safety, try to get the license number, and watch the vehicle's reaction. If the vehicle reacts in such a way as to indicate that you were or are being followed, call the police. If you are far from public buildings, a residence can be used as a refuge-of-last-resort.
5. Don't skimp on the stretching before your run. Why is this a safety issue, you ask? Because stretching can alert you to a pull or a strain which might stop your run midway and in the middle of nowhere! Also, stretching will minimize the risk of pulled muscles during your run or jog, thus minimizing the risk of having to stop midway through your run.
6. Always carry spare change or your cell phone. Spraining your ankle on a can, stick or rock you did not see, some six miles from home, is painful and embarrassing enough without having to panhandle or beg charity just to get home! One piece of paper money is recommended because it will be easier to slip into a sock or is less likely to jump out of a pocket.
7. Double-knot your laces before leaving. You may not notice an untied lace until it trips you or, worse, you may suddenly need to avoid an object, person or vehicle and the sudden movement causes you to step on your untied lace, aggravating the dangerous situation.
8. When crossing a road, always use the "look three times" rule which means looking for traffic coming from the direction closest to the curb, looking the other way, and then checking one last time in the direction closest to the curb. The reason for this is twofold. First, small vehicles or bicycles may evade your peripheral vision at first glance. By the moment of your second scan, they will have moved into your peripheral vision. Also, runners or joggers tend to "deep think" when jogging or might be engrossed in conversation with a partner. This reduces the runner's attentiveness to hazards. The "look three times" rule will become a habit and will eliminate many hazardous situations which were not caught by a cursory first glance.



9. Do not jog or run with an ipod or portable radio under any circumstances. Some serious injuries can be avoided given a moment's notice of an onrushing vehicle. Earphones will rob you of that chance by virtually eliminating your hearing. You will be oblivious to car horns or hollers to "watch out".
  10. Avoid running or jogging in darkness. If you must, always tell someone what your route is and how long you expect to be out. That way, in case of serious assault or injury, you have a person to rely on to search for you.
  11. For night running, always wear clothing with reflective patches. Lighted or flashing armbands or vests are also a good idea.
  12. In cold, winter conditions, avoid lonely country runs. A serious snowstorm can stop any runner, and without shelter and wearing minimal running clothing, you could be in grave danger.
  13. For winter running, always carry a warm hat with you. Even though you may not need a hat to keep your head warm while actually running, you will freeze without it if you have to stop. Too much perspiration is better than any amount of hypothermia or frostbite. The body loses 30% of its heat from the head.
  14. If you twist your ankle on an object, try to fall and roll loosely into the twist. This may result in some scraping of the skin on the hand or elbows but it will minimize the sprain. Unless you are fully confident that the sprain is extremely minor, and there is no swelling, walk or take the bus home. A properly treated sprain will heal much faster than if you continue to run on it right after the sprain.
  15. The biggest constant threat to urban runners is alleys or driveways from which cars could emerge at any time. A runner must learn to constantly monitor the path before them and anticipate vehicles at every cross-path.
  16. While running in pairs or a group, exercise extreme caution if you are running side-by-side, especially on country roads. Cars coming up behind you could result in one trying to pass another with the back car having not seen you, crossing the yellow line and engaging on the side on which you are jogging at high, passing speed. The runner on the extremity would be in grave danger of sudden impact at great speed.
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### **HARTFORD TRACK CLUB WINTER SERIES**

#### **Upcoming HTC Winter Series Races**

Sun, February 5 - Wallyworld Magical Mystery Tour  
Sun, February 12 - Roger's Orchards Runs  
Sun, February 19 - K. Heburn 4-Miler at Cedar Hills  
Sat, February 25 - Colchester Half Marathon  
Sat, March 12 - Summit Ridge 15K

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### **CLUB CT BOSTON BUILDUP SERIES**

#### **Upcoming Boston Buildup Series Races**

Sun, Feb. 12 - 20K - Southport RR Station, Southport  
Sun, March 5 - 25K - Silvermine School, Norwalk  
Sun, March 19 - 30K - Scandinavian Club, Fairfield

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## RACE CALENDAR

	Date	Time	Race (# = USATF Grand Prix)	Place	Contact	Telephone
Sa	Feb 11	10:00 AM	10th YMCA Sweetheart 4M	Stratford (Boothe Park)	Andrea Vignali	203-481-7453
Su	Feb 12	9:00 AM	28th Boston Buildup Series 20K	Southport (RR Station)	Jim Gerwick	203-838-2748
Sa	Feb 25	10:00 AM	HTC Winter Series Half Marathon	Colchester (Bacon Academy)	Rick Konon	860-537-4597
Su	Feb 26	11:00 AM	22nd Polar Bear 7.66M	New Preston (Lake Waramaug)	Wallie Jahn	860-354-9191
Su	Feb 26	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	Paul Collyer	508-775-0143
Su	Feb 26	1:00 PM	32nd Sugarloaf D.H.Jones 10M	Amherst, MA (Regional Jr H.S.)	Jim Plaza	413-259-1469
Sa	Mar 4	Noon	Quanset Point 10M	Quonset Point, RI	Race Director	401-874-2079
Su	Mar 5	11:00 AM	27th Stu's 30K	Clinton, MA (Clinton MidSchool)	David King	978-840-8907
Su	Mar 5	9:00 AM	Shamrock and Roll 5K	New Haven	John Bysiewicz	203-481-5933
Su	Mar 5	9:30 AM	28th Boston Buildup Series 25K	Norwalk (Silvermine School)	Jim Gerwick	203-838-2748
Su	Mar 5	10:00 AM	Collinsville Bakery 11.2M	Collinsville	Tom Buckley	860-693-9206
Sa	Mar 11	1:00 PM	31st St. Patrick's 10K	Holyoke, MA (City Hall)	Mike Tierney	413-562-7007
Su	Mar 12	1:00 PM	O'Hartford 5K for the Arts	Hartford (Asylum & Main)	Beth Shluger	860-652-8866
Su	Mar 12	11:00 AM	11th WarrenSt. St.Patrick's 4M #	Fairfield (Jennings Beach)	Joe Riccio	203-481-7453
Sa	Mar 18	10:00 AM	Summit Ridge Farm 15K	Harwinton (Hill Rd)	Will Graustein	860-485-1506
Sa	Mar 18	9:00 AM	Pi Day 3.14M	East Hartford H.S.		
Su	Mar 19	11:00 AM	29th New Bedford Half-Marathon	New Bedford, MA (Elm St.)	Ed Talbot	508-998-5068
Sa	Mar 25	9:30 AM	Shamrock Road Race 5M	Bristol (Chippens Hill Sch)	Patrick Collins	860-585-8649
Su	Mar 26		More Marathon & Half Marathon	New York City (Central Park)	<a href="http://www.NYRRC.org">www.NYRRC.org</a>	
Su	Mar 26	11:00 AM	11th Eastern States 20M	Kittery, ME to Salisbury, MA	Don Allison	781-340-0616
Su	Mar 26	11:00 AM	Spring Half-Marathon	Westfield, MA (Boys/girls club)	Gordon Bates	413-568-7975
Su	Mar 26	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.)	R & H Rusinek	516-487-9502
Su	Mar 26	2:00 PM	Bunny Boogie 3M	Darien	Jim Gerwick	203-849-8646
Su	Mar 26	7:30 AM	Boston Blowout 30K	Fairfield	Jim Gerwick	203-838-2748
Sa	Apr 1	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green)	Mike Bradley	860-872-0528
Sa	Apr 1	9:30 AM	13th St. Joseph's 3M	Baltic	Glen Costello	860-886-2828
Su	Apr 2	9:00 AM	Danbury Half Marathon & 5K	Danbury (Rogers Park)	John Bysiewicz	203-481-5933
Sa	Apr 8	9:00 AM	15th Merrimack River Trail 10M	Andover, MA (Wyndham Hotel)	Stephen Peterson	508-486-4519
Sa	Apr 15	10:00 AM	19th CSCPA Tax Track 5K	W.Hartford (MDC Reservoir)	Scarlet Riley	860-379-2536
Sa	Apr 15	9:30 AM	Easter Road Race 5K	Willimantic (Jillson Sq.)	Race Director	860-456-4451
Sa	Apr 22	9:00 AM	15th Hebron Road Race 5K	Hebron (RHAM H.S.)	Rob Davis	860-228-5971
Su	Apr 23	11:00 AM	Terryville Rotary 5K	Terryville	Race Director	
Su	Apr 23	7:00 AM	Lake Waramaug 50K, 50M, 100K	New Preston	Bert Meyer	203-431-4855
Su	Apr 30	1:00 PM	River Run 5K	Glastonbury (Old Maid Lane)	Beth Shluger	860-652-8866
Su	Apr 30	1:00 PM	35th Granby 10K	Granby (Memorial H.S.)	Don Housmann	860-653-6209
Sa	May 6	10:15 AM	20th Sharon 5M	Sharon (The Green)	Karen Dignacco	860-364-0407
Su	May 7	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis Ctr)	Fred Pilon	413-243-0101
Sa	May 13	8:30 AM	5K Race for Breast Cancer	New Britain (Walnut Hill Park)	Joyce Bray	860-827-7103
Sa	Jun 3	8:30 AM	13th Race for the Cure 5K	Hartford (Bushnell Park)	Race Director	860-728-5500
Su	Jun 11		Green Mountain Relay 202M	Jeffersonville, VT	<a href="http://www.GreenMountainRelay.com">www.GreenMountainRelay.com</a>	

## WINTER/SPRING 2005 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
February 18, 2006	<a href="#">Myrtle Beach Marathon</a>	Myrtle Beach, SC	
February 26, 2006	<a href="#">Bank of America Marathon</a>	Tampa, FL	
February 26, 2006	<a href="#">Hyannis Marathon</a>	Hyannis, MA	
February 26, 2006	<a href="#">Hudson Mohawk Marathon</a>	Albany, NY	
March 5, 2006	<a href="#">B&amp;A Trail Marathon</a>	Severna Park, MD	
March 12, 2006	<a href="#">Lower Potomac River Marathon</a>	Piney Point, MD	
March 12, 2006	<a href="#">Virginia Creeper Marathon</a>	Abingdon, VA	
March 19, 2006	<a href="#">Shamrock Sportsfest Marathon</a>	Virginia Beach, VA	
March 25, 2006	<a href="#">National Marathon</a>	Washington, DC	NEW*
March 26, 2006	<a href="#">More Marathon</a>	New York, NY	For Ladies Age 40+ Only
March 26, 2006	<a href="#">Ocean Drive Marathon</a>	Cape May County, NJ	
April 8, 2006	<a href="#">Ocean City Maryland Marathon</a>	Ocean City, MD	
April 17, 2006	<a href="#">Boston Marathon</a>	Boston, MA	
April 29, 2006	<a href="#">Triple Crown Trail Marathon</a>	Newark, DE	
April 29, 2006	<a href="#">Kentucky Derby Festival Marathon</a>	Louisville, KY	Run through Churchill Downs
April 30, 2006	<a href="#">Frederick Marathon</a>	Frederick, MD	
April 30, 2006	<a href="#">New Jersey Marathon</a>	Long Branch, NJ	
May 7, 2006	<a href="#">Long Island Marathon</a>	East Meadow, NY	
May 7, 2006	<a href="#">Race of Champions Marathon</a>	Holyoke, MA	
May 21, 2006	<a href="#">Car-a-Mile Marathon</a>	Somerset County, NJ	NEW* - Win a 1 year auto lease
May 21, 2006	<a href="#">Delaware Marathon</a>	Wilmington, DE	
May 28, 2006	<a href="#">Vermont City Marathon</a>	Burlington, VT	Register Early - Always sells out
May 28, 2006	<a href="#">Buffalo Marathon</a>	Buffalo, NY	

## Join the Silk City Striders USATF Team



The 2006-2007 CT USATF Road Race Schedule contains many new races including the St. Patricks' Day 5K on Sunday, March 12, as well as old favorites, the Branford Road Race on June 18, and the New Haven Road Race 20K on September 4. All events will be scored for Open & Masters Teams. See Race Calendar below. **NEW THIS YEAR. The Silk City Striders will pay your \$20 Membership Fee if you register with the USATF at the first race of the season. If you register online before March you will be reimbursed for the membership fee.** USATF Membership is available on-line at <http://www.usatf-ct.org/membership/choice.asp> or <http://www.usatf.org/membership/>. The Silk City Striders are Connecticut Club #41. We will be carpooling to all the events, and we'd love to have you on the team.

### USATF GRAND PRIX SCHEDULE 2006

<u>Day / Date</u>	<u>Time</u>	<u>Distance</u>	<u>Race Name</u>	<u>Location</u>
Sun., March 12	11:00 AM	4 Miles	WSSAC St., Patrick's Day Classic †	Fairfield
Sun., June 18	10:00 AM	5 Miles	Branford Road Race *	Branford
Tues., July 4	9:00 AM	5K	Independence Day 5000 †	Milford
Mon., Sept. 4	8:30 AM	20K	New Haven Road Race *	New Haven
Sat., Sept. 30	9:30 AM	13.1 Miles	Hogs Back Half Marathon ‡	Colebrook

**Contact Info:** \* [www.JBSports.com](http://www.JBSports.com) † [www.HiTekRacing.com](http://www.HiTekRacing.com) ‡ [www.GreystoneRacing.net](http://www.GreystoneRacing.net)

<b>SILK CITY STRIDERS -- 2006 EVENT CALENDAR</b>
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- APRIL** - Tuesday Track Workouts begin .....Tuesday, April 4  
Boston Marathon Excursion.....Monday, April 17
- MAY** - Bobby's Run ..... Saturday, May 20  
Sunday Bike Rides begin
- JUNE** - Lake Terramuggus Sprint Tri Training Series .....Thursday Nights - TBA
- JULY** - Wickham Park Cross Country Series ..... Monday Nights - TBA  
Lake Terramuggus Sprint Tri Training Series .....Thursday Nights - TBA  
Summer Picnic
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic.....Saturday, August 5  
Wickham Park Cross Country Series ..... Monday Nights - TBA  
Lake Terramuggus Sprint Tri Training Series ..... Thursday Nights - TBA
- SEPTEMBER** - Nikki's Run Walk 'N' Roll  
Fred Brown Lake Winnepesaukee Relays ..... Saturday, September 23
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 28
- NOVEMBER** - New York City Marathon Excursion .....Sunday, November 5  
Parker Holt 5K .....Sunday, November 12  
Know Your Pace Race .....Saturday, November 18  
Manchester Road Race.....Thursday, November 23
- DECEMBER** - Silk City Holiday Open House..... Sunday Afternoon  
following Santa's Run in Glastonbury

<b><u>TIME TO RENEW YOUR MEMBERSHIP</u></b>
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(Click above to Link to the 2006 Membership Application)

If you haven't done so already, 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. 2006 dues should be mailed to the Treasurer, Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033.

**In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. Thank you.**

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**DEADLINE FOR NEXT NEWSLETTER: March 31, 2005**

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