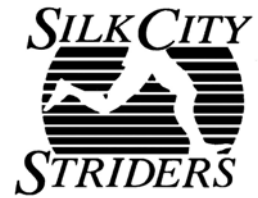




# INSIDE STRIDES



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Silk City Striders - Manchester, Connecticut

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

## President's Message:

As the Silk City Striders anticipate their 30th Anniversary in 2008, we need to be thinking "Celebration Party." This will become an agenda item for the new Officers and Board Members in 2007. Let me introduce the new slate of officers beginning with myself, I am **Barry Stoner**, back for another turn around the block as President. Your Vice President is **Art Byram**, the Treasurer is **John Sloan**, and the Secretary is **Ed Steele**. The Silk City Board of Directors includes an equal compliment of women to keep us in line. Additional Board members include: **Sue Leslie, Andre Mesnil, Karen Saunders, MaryLou White**, and **Bekkie Wright**.

Our next order of business will be to plan the Club's events (races, parties, outings, etc.) for the coming year. These results will be shared with all Club members in the spring newsletter. If you have any suggestions or ideas you would like to share, please submit them to anyone of us; we will discuss and evaluate all submitted ideas at the Spring Meeting in March. (See information in left-hand box below.)

The Club and I want to thank Bekkie Wright and her Board of Directors for their dedicated service these past few years – this was formally acknowledged at the Champagne Run on New Year's Day.

Returning to my opening thought about anticipation, we all should be anticipating the summer season of running and other fitness activities once again. Fitness, whether it is running, walking, cycling, swimming or whatever, should remain a major component of our lives. It is just not a summer activity, but usually the summer more readily accommodates most of our activities. True fitness buffs find ways to continue their activities the rest of the year.

For good health and the good life,

Hillman

**SILK CITY STRIDERS**  
**Board of Directors Meeting**  
**Wednesday, March 14, 2007**  
**7:00 PM**  
**Ed & Jackie's Steele's House**  
**21 Williams Road, Bolton, CT**

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

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## 2007 BOARD OF DIRECTORS

### Officers

<b>President:</b>	Barry Stoner	(860) 647-9503
<b>Vice President:</b>	Art Byram	(860) 430-1072
<b>Treasurer:</b>	John Sloan	(860) 643-6123
<b>Secretary:</b>	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) 533-1557

### Uniforms & T-Shirts

Sue Leslie (860) 644-1804

### WebMaster

Bill Schwarz (860) 643-4096

### Newsletter

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

## TRAINING RUNS

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

#### Manchester Community College

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

Bring your reflective gear, and join us for the Spring Street loop. Remember, Daylight Saving Time starts earlier this year, so by the week of March 11th we’ll be out of the dark.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Nancy Gresh & Family	Ellington
Carol-Line Hazel	Vernon
Katie Perham	Manchester
Michael Shore & Family	Glastonbury

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

The Annual Champagne Run & Brunch was held at **MaryLou & Rich White’s** house in Bolton. The day was rainy and brisk but the hot tub was warm & bubbly!

**Bekkie Wright**, CCO, gave out the Awards. The **Rookie of the Year Awards** went to **Cristiano Gloria** and **Andy Zyrek**. **Most Improved Male & Female Awards** went to **Art Byram** and **Keron Smith**, **Best Comeback Male & Female Awards** went to **Ellie Lowell** and **Mike Tartar**, and **First Place Manchester Road Race Silk City Strider Awards** went to **Aaron Flamino** and **Linda Yamamoto**. In addition, the club presented **Bekkie Wright & Joe Poliquin** with the **Silk City Ultra Runner of the Year Awards**, and **Joe Damon** was named as honorary winner of the **Best Comeback of 2007** (to be presented to him in a ceremony at a later date). See next page for more details on the winners and other nominees.

We know the weather may have kept many away, but we didn’t want to miss this chance to wish all our members, past & present ... a happy & healthy New Year.



**Remember this Logo from the mid-1990’s?** It’s back ... on the front page of this Newsletter, and returning to our Uniforms later this year.

<b>2006 SILK CITY STRIDERS AWARDS*</b>
--

**ROOKIES OF THE YEAR**

**Cristiano Gloria**  
**Andy Zyrek**

**NOTE: This race was too close to call, so the top two Rookies received awards.**

**Cristiano** had an outstanding year in both road racing and Triathlon, posting several finishes under 1-hour at the Terramuggus Sprint Tri Series, and an overall win at one of the Winding Trails Off-Road Sprint Tri races. He had PR's at the Hogsback Half Marathon and BAA Half Marathon, and ran sub 3:10 (Boston Qualifier) Marathons at Miami, Boston, Rio and NYC.

**Andy** had a year of personal bests as well, including the Bridge of Flowers 10K (with the Killer Hill) and the Hartford Half Marathon.

**Honorable Mention:** Emma Dolen, Denise Toce

**BEST COMEBACK**

**Honorary - Joe Damon**  
**Female - Ellie Lowell**  
**Male - Mike Tartar**

**Joe** has been battling back from traumatic brain injury, and hopes to run a road race and a triathlon in 2007. He has already made huge improvement with the help of his loving family & friends. Keep up the good work, Joe!

**Ellie** fought her way back from nagging hamstring issues and helped our Open, Masters and Grand Masters Team score at several USATF Grand Prix events this year.

**Mike** underwent surgery earlier this year and returned to run a PR at Baystate Marathon in October.

**Honorable Mention:** Len Underwood

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

Aaron & Linda continued their streak at the Manchester Road Race as the Top Male & Female Striders. They're looking good for the 3-peat in 2007.

**Congratulations everyone!**

**\* See Page 7 for our New "Ultra Runner of the Year" Award Winners + Honorable Mentions.**

**MOST IMPROVED**

**Male - Art Byram**

**Female - Keron Smith**

**NOTE: This was a very close race with Keron just edging out Carmen & Ginny**

**Art** ran a Personal Best at the Hogsback Half Marathon, a sub-3:20 (Boston Qualifier) at the Chicago Marathon, and had several other outstanding long-distance results including the New Haven 20K and Fall Frolic 30K

**Keron** posted consistent strong results at distances from 5K to Half Marathon, including the new Off-Road XTerra 5K Series. Keron was an Honorable Mention in this category in 2005.

**Honorable Mention:**

**Male - Bill McGugan, Keith Morgan**

**Bill** was #1 M50+ at Parker Holt 5K, and had many solid performances throughout the year, including a return to distance running at the New Haven 20K.

**Keith** posted several PR's this year, including Hartford Half Marathon

**Female - Carmen Herzog, Ginny Welch**

**Carmen** had a year of consistent strong results at distances from 5K to Marathon.

**Ginny** ran Personal Bests at all distances this year including the Manchester Road Race and scored a sub-3:40 (Boston Qualifier) at the Hartford Marathon.

## 2006 Silk City Striders 8 County Challenge

### FINISHERS

<b>JANIT ROMAYKO</b>	<u><b>Hartford</b></u> Pi Day 3.14M - East Hartford	<u><b>Fairfield</b></u> Mossman Tri - Fairfield	<u><b>Tolland</b></u> Husky Run - Storrs	<u><b>New Haven</b></u> Brian's Beachside Boogie Duathlon - Madison
	<u><b>Windham</b></u> Willimantic Easter Road Race 5K	<u><b>Middlesex</b></u> Not Your Typical 5K - Middletown	<u><b>Litchfield</b></u> Roxbury 4.33	<u><b>New London</b></u> Niantic Bay Triathlon
<b>MARYLOU WHITE</b> (Winner of Run-In Gift Certificate Drawing)	<u><b>Hartford</b></u> Pi Day 3.14M - East Hartford	<u><b>Fairfield</b></u> St. Patrick's 4M - Fairfield	<u><b>Tolland</b></u> Spirit of Spring - Tolland	<u><b>New Haven</b></u> Brian's Beachside Boogie Duathlon- Madison
	<u><b>Windham</b></u> Woodstock Memorial Day 10K	<u><b>Middlesex</b></u> Lions Club 10.5 - East Haddam	<u><b>Litchfield</b></u> Hogs Back Half Mar.- Colebrook	<u><b>New London</b></u> Colchester Half Marathon

### HONORABLE MENTION

<b>STEVE HENRY</b> (7)	<u><b>Hartford</b></u> Snow Dash - East Hartford	<u><b>Fairfield</b></u> St. Patrick's 4M - Fairfield	<u><b>Tolland</b></u> Bolton Road Race	<u><b>New Haven</b></u> Branford Road Race
	<u><b>Windham</b></u>	<u><b>Middlesex</b></u> Glorious Gallop - East Hampton	<u><b>Litchfield</b></u> Litchfield Road Race	<u><b>New London</b></u> Salem Road Race
<b>ELLIE LOWELL</b> (7)	<u><b>Hartford</b></u> Glastonbury Road Race 5K	<u><b>Fairfield</b></u> St. Patrick's 4M - Fairfield	<u><b>Tolland</b></u> Spirit of Spring - Tolland	<u><b>New Haven</b></u> Milford Independence Day 5K
	<u><b>Windham</b></u> Jog w/Judy 5K - Woodstock	<u><b>Middlesex</b></u> Not Your Typical 5K Middletown	<u><b>Litchfield</b></u> Litchfield Road Race	<u><b>New London</b></u>
<b>JIM THARP</b> (6)	<u><b>Hartford</b></u> Snow Dash - East Hartford	<u><b>Fairfield</b></u> St. Patrick's 4M - Fairfield	<u><b>Tolland</b></u> Bolton Road Race	<u><b>New Haven</b></u>
	<u><b>Windham</b></u> Boom Box Mile - Willimantic	<u><b>Middlesex</b></u> Glorious Gallop - East Hampton	<u><b>Litchfield</b></u>	<u><b>New London</b></u> Colchester Half Marathon
<b>GARY SWEET</b> (6)	<u><b>Hartford</b></u> O'Hartford 5K - Hartford	<u><b>Fairfield</b></u> Danbury Half Marathon	<u><b>Tolland</b></u> Wilmington 5K	<u><b>New Haven</b></u> Christopher Martin 5K - New Haven
	<u><b>Windham</b></u>	<u><b>Middlesex</b></u> Not Your Typical 5K Middletown	<u><b>Litchfield</b></u>	<u><b>New London</b></u> Colchester Half Marathon

**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.

<b>SANTA'S RUN 3.5 Miles</b>	<b>Glastonbury, CT</b>	<b>December 3, 2006</b>
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John Paggioli	20:31	Randy Potterton	34:20
Art Byram	21:57	Debbie Thurston	35:30
Cristiano Gloria	22:15	Carissa Gaghan <b>PR</b>	37:31
Mark Turkington <b>#2 M60-69</b>	23:16	Samantha Freeman	37:48
Todd Mozzer	23:23	Jennifer Freeman	37:48
Ian Roberts	24:05	Kelley Gaghan <b>PR</b>	39:02
King Archibald	24:10	Tammy Gaghan	39:03
Dean Bolt	24:16	Eric Donch	42:18
Tony Hollister	24:25	James Hodges	43:52
Bill Gaghan	25:26	Janit Romayko	43:52
Ginny Welch	25:34	Cassandra Webb	46:45
Clint Driscoll	26:47	Marissa Webb	46:45
Bill Schwarz	26:51	Gary Donch	54:43
George Ripley III	27:02	Cindy Donch	54:44
Andrew Zyrek	28:08	Robyn Hollister	54:46
Scott Hollister	28:17	Jack Byram	58:44
Carol-Line Hazel	28:19	Nick Byram	59:00
Joe Poliquin	28:23	Peggy Byram	59:01
Bekkie Wright	28:27		
Adam Paggioli	28:56		
Susan Leslie	29:12		
Andre Mesnil	30:17		
Keith Morgan	31:41		
Mary Lou White	32:01		
Jill Ramos	32:40		
Billy Gaghan	33:18		
Pat Desimone	33:41		

Costume Competition (see pics at left)

Group Category: **Janit Romayko** wins with her "Forest of Recycled Christmas Trees."

Solo Category: **King Archibald**

... and Congratulations to our youngest finishers **Samantha Freeman** and **Jack Byram** -- Age 5



<b>ROXBURY MARATHON</b>		
<b>Roxbury, CT December 9, 2006</b>		
Bill Schwarz	<b>Top 20 Overall</b>	4:26:31

**CHRISTOPHER MARTIN 5K Road Race**  
**New Haven, CT December 10, 2006**

Art Byram	<b>PR</b>	18:52
Mark Turkington	<b>#1 M60-69</b>	19:37
King Archibald		20:51
Gary Sweet		22:20

**SCROOGE SCRAMBLE 3.8M**  
**Vernon, CT - December 25, 2006**

Jay Seney	23:03
Lance Flamino	24:24
Yolanda Flamino	24:25
Steve Morse	24:50
King Archibald	26:18
Ian Roberts	26:30
Michael Shore	26:53
Gary Sweet	28:45
Mark Turkington	31:31
Sue Leslie	32:28
Doug Flamino	33:07
Betty Cannella	33:31
Dennis Mahoney	34:11
MaryLou White	34:12
Janit Romayko	35:19
Keith Morgan	36:15
Norlean Litwinka	37:09
Lori Shore	37:58
Jim Hodges	47:43
Roger Smith	1:05:45

**BRIAN ASELTON MEMORIAL SNOW DASH**

3.05 Miles

East Hartford, CT January 7, 2007

John Paggioli	18:27
Dale Toce	18:39
Steve Morse	18:58
Bill McGugan	20:03
King Archibald	20:18
Mark Turkington #1 M60-69	20:26
Tony Hollister	20:44
Dean Bolt	20:58
Ginny Welch #3 F40-49	22:15
Keron Smith #3 F30-39	22:25
Ellie Lowell	23:32
Joan Munroe	24:02
Sue Leslie	24:27
Keith Morgan	24:41
Kyle Toce	25:13
Denise Toce	25:24
Ed Yergeau	27:22
John Salcius	27:51
Randy Potterton	30:57

**GREATER SPRINGFIELD HARRIERS**Snowstorm Classic Series - Forest Park  
Springfield, MA**Race #1 - 10K - December 2, 2006**

Marylou White	58:18
Janit Romayko	1:00:44

**Race #2 - 5K - December 9, 2006**

Marylou White	27:53
Janit Romayko	27:57

**Race #3 - 10K - December 16, 2006**

Janit Romayko	1:00:44.0
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**Race #4 - 5K - December 23, 2006**

Marylou White	27:21
Janit Romayko	28:10

**Race #5 - 10K - December 30, 2006**

Marylou White	58:19
Janit Romayko	1:02:11

**Race #6 - 5K - January 6, 2007**

Marylou White	27:01
Janit Romayko	27:59

**Snowstorm Classic #9 - 10K - January 27, 2007**

Marylou White	57:24
Janit Romayko	1:03:18

**BOSTON PREP 16M**

Derry, NH January 21, 2007

Bob Niedbala 2:28:02  
Very COLD and very windy. Ice formed on the back of my neck, on my hair. I think it was 5 F at the start. Thank goodness it was sunny ... no snow or rain.

**ST. JUDE MARATHON**

Memphis, TN December 2, 2006

Carmen Herzog 4:19

**WINTER RACE SERIES SCHEDULES**[\(Click on Links below for more info\)](#)**HARTFORD TRACK CLUB****Winter Series****Upcoming HTC Winter Series Races**

Sun, February 4 - Wallyworld Magical Mystery Tour

Sun, February 11 - 4-Miler at Cedar Hills

Sat, February 24 - Colchester Half Marathon

Sun, March 11 - Asta Memorial Challenge - 19.5M

Sun, March 18 - Collinsville Bake-Off - 11.2M

**CLUB CONNECTICUT****Boston Buildup Series****Upcoming Boston Buildup Series Races**

Sun, Feb. 11 - 20K - Southport RR Station, Southport

Sun, March 4 - 25K - Silvermine School, Norwalk

Sun, March 25 - 30K - Scandinavian Club, Fairfield

**GREATER SPRINGFIELD HARRIERS****Snowstorm Classic Series**

Forest Park, Springfield, MA

**Upcoming GSH Series Races**

Sat, February 3 - 5K

Sat, February 10 - 10K

Sat, February 17 - 5K - Springfield Symphony Run

Sat, February 24 - 10K - Season Finale!!

**ROXBURY RACE SERIES**

The Roxbury Race Series is a year-round series which begins in February. Races are usually held on Saturdays. Visit their website for future races dates.

**Upcoming Roxbury Races**

Sat, February 17 2.4 miles - up Chalybes

Sat, February 24 2.4 miles - up Chalybes

## 2006 Marathon & Ultra Wrap-Up

**Bekkie Wright** and **Joe Poliquin** were awarded the new “**Ultra Strider of the Year**” Award for 2006 (see overview of races below) ... but they weren't the only ones going long in 2006.

Below is an abridged list of our Ultra Runners & Triathletes who merit “Honorable Mentions.”

**NOTE:** Many other Striders completed Triathlons ranging from Olympic Distance to Half Ironman, and several additional members ran Marathons in 2006, this is only the “short list.”

Congratulations to everyone who “went the distance in 2006.”

### **BEKKIE WRIGHT (38 States to date)\*‡**

January 9	Disney World Marathon (FL)
February 26	Bank of America Marathon (FL)
March 25	National Marathon (DC)
April 17	Boston Marathon (MA)
May 28	Med-City Marathon (MN)
June 17	Nordmarka Forest Marathon
June 17	Midnight Sun Marathon (Norway)
July 29	Jay Mountain Marathon 50K (VT)
August 27	Marathon des Deux Rives (QC)
September 10	Firmman Half Iron Triathlon (RI)
October 14	Hartford Marathon (CT)
November 19	JFK 50 Miler (MD)

### **JOE POLIQUIN‡**

February 26	Bank of America Marathon (FL)
March 25	National Marathon (DC)
April 17	Boston Marathon (MA)
May 28	Med-City Marathon (MN)
June 17	Nordmarka Forest Marathon
June 17	Midnight Sun Marathon (Norway)
July 29	Jay Mountain Marathon 50K (VT)
August 27	Marathon des Deux Rives (QC)
September 10	Firmman Half Iron Triathlon (RI)
October 14	Hartford Marathon (CT)
November 19	JFK 50 Miler (MD)

‡ Does not include October 15-19 NorthFace “Endurance 50” non-timed events on marathon courses in Boston (MA), Newport (RI), Portland (ME), Bristol (NH) & Stowe (VT)

### **BILL GAGHAN (16 States to date)\***

January 9	Disney World Marathon (FL)
February 5	Mardi Gras Marathon (LA)
March 19	Shamrock Sportsfest (VA)
April 17	Boston Marathon (MA)
May 7	Flying Pig Marathon (OH)
June 17	Grandma's Marathon (MN)
October 22	Chicago Marathon (IL)
December 9	Thunder Road Marathon (NC)

### **JAY SENEY**

April 15	Charlottesville Marathon (VA)
May 7	“Holyoke” Marathon (MA)
May 28	Vermont City Marathon (VT)
August 13	Marathon by the Sea (NB)
October 14	Hartford Marathon (CT)

### **BILL SCHWARZ**

January 1	Team Slug Fattest Butt 50K (DE)
March 4	S.C. Greenway Trail 50K (MD)
April 17	Boston Marathon (MA)
July 20	Santa Cruz Mountains 50K (CA)
November 5	New York City Marathon (NY)

### **TAMMY GAGHAN (10 States to date)\***

January 9	Disney World Marathon (FL)
May 7	Flying Pig Marathon (OH)
June 17	Grandma's Marathon (MN)
September 10	Firmman Half Iron Triathlon (RI)
October 22	Chicago Marathon (IL)

### **CRISTIANO GLORIA**

January 29	Miami Marathon (FL)
April 17	Boston Marathon (MA) - PR
June 25	Rio Marathon (Brazil)
September 10	Firmman Half Iron Triathlon (RI)
November 5	New York City Marathon (NY)

### **MARY LOU WHITE**

April 23	Mt Si Ultra Runs 50K (WA)
August 26	The Lean Horse 50K (SD)

### **MIKE TIRRELL**

September 9	Ironman Wisconsin (WI)
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\* BILL GAGHAN, TAMMY GAGHAN and BEKKIE WRIGHT are all working towards the goal of completing a Marathon in each of the 50 States.

### New Member GARY SWEET'S 2006 Wrap-Up

**Editor's Note:** Gary didn't join the club until after mid-year, so he kindly provided me with a full accounting of his 2006 Race Results, and ended up as an Honorable Mention in our 8 County Challenge .

1-25-06	Colchester Half Marathon	1:49:39	7/1/06	E. Hartford Riverfest 5K	22:49
3-12-06	O'Hartford 5K	22:39	7/20/06	Middletown -5K	22:44
		#1 M55-59	7/27/06	Xtreme Scramble 5K	25:10
3-18-06	Spirit In the Sky 5K	23:19			#2 M55-59
4/2/06	Danbury Half Marathon	1:48:31	8/10/06	Special Olympics Corp 5K	22:45
4/15/06	Bradley 10K	47:23	8/27/06	Quebec Marathon	3:46:54
4/22/06	Hebron 5K	21:55	10/14/06	Glastonbury Apple Festival 5K	22:41
4/29/06	Sea Legs Shuffle 5M	36:15	10/21/06	E. Hartland Harvest Run 5K	22:29
5/20/06	Shad Derby 5K	17:17	10/22/06	Mum-A-Thon 5M	35:57
	(flooded, modified to 4.1K) #1 M50-59		10/29/06	Columbia Autumn Classic 5K	23:02
5/27/06	Willington 5K	22:18	11/18/06	Cheshire Canal 5K	22:18
		#2 M50-59	11/23/06	Manchester Road Race	34:13
5/29/06	Bloomfield 3M	21:17	12/10/06	Christopher Martin's 5K	22:20
		#1 M50-59	12/25/06	Scrooge Scramble 3.8M	28:45
6/4/06	Iron Horse Half Marathon	1:43:59			

### Running For Charity in 2007

Several of our members will be using their running to help raise funds for charitable causes in 2007.

**MaryLou White** will be running Covered Bridges Half Marathon in Vermont on June 3, 2007 for "David's House", a home away from home for families when kids are going thru treatment at Dartmouth Hospital. More information about the organization is available at: <http://www.davids-house.org/>.

**Andre Mesnil** will be running on the "Massachusetts Eye & Ear Infirmary" Team at the **Boston Marathon** again this year. For those of you that don't know about that organization ... it is one of the premier treatment facilities in the world for eye & ear diseases. A few weeks ago the Team Coordinator, Courtney Hudson, contacted me because they still had some spots available ... so it may not be too late to join the Mass Eye & Ear team at Boston. You can call Courtney directly at her office 617-573-3347.

**Bekkie Wright & Joe Poliquin** will be joining the Pursuit of Life East Coast Relay from Boston, MA to West Palm Beach, FL. This 11-day event will begin the Wednesday after the Boston Marathon, and will run on Rt. 44, Rt. 6 and Rt. 202 through Connecticut the evening of April 18 and morning of April 19. Proceeds from the POL East Coast Relay 2007 will support the DMSE Children's Fitness organization, the "Leukemia & Lymphoma Society", "Quantum House" (which provides a home away from home for families with children undergoing treatment), and assist in the development of an educational film which they hope will inspire ordinary people to accomplish extraordinary things and raise additional money for health & wellness, as well as cancer research. You can check out the preliminary movie trailer at <http://www.pursuitoflife.org/trailer.htm>.

Please contact Bekkie for additional information on either of these organizations or to find out how to support any of these runners (860-533-1557 or [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org)).



## RACE CALENDAR

	Date	Time	Race (# = USATF Grand Prix)	Place	Website (click on website for more info)
Sa	Feb 10	10:00 AM	B.A. Mem. Sweetheart Run 5M	Litchfield (Community Center)	<a href="http://www.thecommunitycenter.org">www.thecommunitycenter.org</a>
Su	Feb 11	9:00 AM	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	1:00 PM	Sugarloaf D.H. Jones 10M	Amherst, MA (Regional Jr H.S.)	<a href="http://www.sugarloafmac.org">www.sugarloafmac.org</a>
Su	Feb 25	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	<a href="http://www.roadntracksports.com">www.roadntracksports.com</a>
Su	Feb 25	10:00 AM	Hyannis Marathon, Half & 10K	Hyannis, MA (Barnstable HS)	<a href="http://www.hyannismarathon.com">www.hyannismarathon.com</a>
Su	Mar 4	11:00 AM	Stu's 30K	Clinton, MA (Clinton MS)	<a href="http://www.cmsrun.org/schedule/schedule_local.shtml">www.cmsrun.org/schedule/schedule_local.shtml</a>
Su	Mar 4	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	<a href="http://www.clubct.org">www.clubct.org</a>
Su	Mar 11	1:00 PM	O'Hartford 5K	Hartford (Asylum & Main)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Mar 11	11:00 AM	WSSAC St. Patrick's 4M #	Fairfield (Jennings Beach)	<a href="http://www.hitekacing.com/wssac">www.hitekacing.com/wssac</a>
Sa	Mar 17	9:00 AM	Pi Day 3.14M	East Hartford H.S.	EHHS Girls' Track Team
Sa	Mar 17	1:00 PM	St. Patrick's 10K	Holyoke, MA (City Hall)	<a href="http://www.holyokepatricksrace.com">www.holyokepatricksrace.com</a>
Su	Mar 18	10:00 AM	Run to the Beach 30K	N. Andover, MA (VFW)	Dave LaBrode 978-373-3408
Su	Mar 18	11:00 AM	New Bedford Half-Marathon	New Bedford, MA (Elm St.)	<a href="http://www.newbedfordhalfmarathon.com">www.newbedfordhalfmarathon.com</a>
Sa	Mar 24	9:30 AM	Shamrock Road Race 5M	Bristol (Chippens Hill Sch)	<a href="http://www.bristolct.net/roadraces/shamrockrun.asp">www.bristolct.net/roadraces/shamrockrun.asp</a>
Su	Mar 25	11:00 AM	Eastern States 20M & Half Mar.	Kittery, ME to Salisbury, MA	<a href="http://www.easternstates20mile.com">www.easternstates20mile.com</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>
Su	Apr 1	11:00 AM	Spring Half-Marathon	Westfield, MA (Boys/Girls club)	<a href="http://www.boysandgirlsclubofwestfield.org">www.boysandgirlsclubofwestfield.org</a>
Sa	Apr 7	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow St. Forest)	<a href="http://www.runwmac.com/gt2007/gt07-races.html">www.runwmac.com/gt2007/gt07-races.html</a>
Sa	Apr 7	8:30 AM	12th Bradley Airport 5K	Windsor Locks	<a href="http://www.bradleyroadrace.net">www.bradleyroadrace.net</a>
Sa	Apr 7	9:30 AM	Easter Road Race 5K	Willimantic (Jillson Sq)	<a href="http://www.thelastmileracing.com/easterrace/easter5kwebpage.html">www.thelastmileracing.com/easterrace/easter5kwebpage.html</a>
Sa	Apr 14	9:00 AM	Merrimack River Trail 10M	Andover, MA (Wyndham Hotel)	<a href="http://www.runwmac.com/gt2007/gt07-races.html">www.runwmac.com/gt2007/gt07-races.html</a>
Mo	Apr 16	Noon	Boston Marathon	Hopkinton, MA	<a href="http://www.baa.org">www.baa.org</a>
Su	Apr 22	Noon	Drake Hill River Run 5K/10K	Simsbury (Drake Hill Mall)	<a href="http://www.simsburyrotary.org">www.simsburyrotary.org</a>
Sa	Apr 28	9:30 AM	John Ponte 5K	Torrington (Fuesserich Park)	<a href="http://www.greystonercing.net">www.greystonercing.net</a>
Su	Apr 29	1:00 PM	River Run 5K	Glastonbury (Old Maid Lane)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	May 6	8:00 AM	Long Island Marathon & Half	E. Meadow, NY (Eisenhower Pk)	<a href="http://www.thelimarathon.com">www.thelimarathon.com</a>
Su	May 6	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	<a href="http://www.harriers.org/marathon/application.htm">www.harriers.org/marathon/application.htm</a>
Su	May 6	9:00 AM	Seven Sisters Trail 12M	S. Amherst, MA (Notch Vis Ctr)	<a href="http://www.runwmac.com/gt2007/gt07-races.html">www.runwmac.com/gt2007/gt07-races.html</a>
Sa	May 12	8:30 AM	Race in the Park	New Britain (Walnut Hill Park)	<a href="http://www.ctraceinthepark.org">www.ctraceinthepark.org</a>
Sa	May 19	10:00 AM	Shad Derby 5K	Windsor (Sage Park Mid. School)	<a href="http://www.kiwanis.org/club/windsorct">www.kiwanis.org/club/windsorct</a>
Su	May 20	7:00 AM	Sugarloaf Marathon/15K	Eustis, ME (Cath. Pines Camp)	<a href="http://www.sugarloafmarathon.com">www.sugarloafmarathon.com</a>
Su	May 27	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	<a href="http://www.vcm.org">www.vcm.org</a>
Sa/Su	Jun 2-3		Green Mountain Relay 200M	Jeffersonville, VT	<a href="http://www.GreenMountainRelay.com">www.GreenMountainRelay.com</a>
Su	Jun 3	8:00 AM	Iron Horse Half-Marathon	Simsbury (Iron Horse Bvd)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Jun 3	8:00 AM	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	<a href="http://www.marathonguide.com/sites/nipmucktrail">www.marathonguide.com/sites/nipmucktrail</a>
Su	Jun 17	10:15 AM	Shoreline 5M #	Branford (Branford Green)	<a href="http://www.branfordroadrace.net">www.branfordroadrace.net</a>
Sa	Jun 2	8:30 AM	Race for the Cure 5K	Hartford (Bushnell Park)	<a href="http://www.komenct.org">www.komenct.org</a>

### Want to HIT THE TRAILS this year?

Check out the entire WMAC "Grand Tree" Series of Trail Races at [www.runwmac.com/gt2007/gt07-races.html](http://www.runwmac.com/gt2007/gt07-races.html) and additional "Notable Trail Races" <http://www.runwmac.com/gt2007/gt07-notables.html>

## 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
February 17, 2007	<a href="#">Myrtle Beach Marathon</a>	Myrtle Beach, SC	
February 18, 2007	<a href="#">Austin Marathon</a>	Austin, TX	
February 18, 2007	<a href="#">Bank of America Marathon</a>	Tampa, FL	
February 25, 2007	<a href="#">Hyannis Marathon</a>	Hyannis, MA	
March 4, 2007	<a href="#">B&amp;A Trail Marathon</a>	Severna Park, MD	
March 11, 2007	<a href="#">Lower Potomac River Marathon</a>	Piney Point, MD	
March 18, 2007	<a href="#">Shamrock Sportsfest Marathon</a>	Virginia Beach, VA	
March 24, 2007	<a href="#">National Marathon</a>	Washington, DC	
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 7, 2007	<a href="#">Ocean City Maryland Marathon</a>	Ocean City, MD	
April 16, 2007	<a href="#">Boston Marathon</a>	Boston, MA	
April 28, 2007	<a href="#">Triple Crown Trail Marathon</a>	Newark, DE	
April 29, 2007	<a href="#">New Jersey Marathon</a>	Long Branch, NJ	
May 6, 2007	<a href="#">Frederick Marathon</a>	Frederick, MD	
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 20, 2007	<a href="#">Delaware Marathon</a>	Wilmington, DE	
May 27, 2007	<a href="#">Vermont City Marathon</a>	Burlington, VT	Register Early - Always sells out
May 27, 2007	<a href="#">Buffalo Marathon</a>	Buffalo, NY	

## Join the Silk City Striders USA TF Team



The 2007 Connecticut USATF Road Race Schedule again includes some of our favorites: Branford Road Race 5M on Father's Day, and New Haven Road Race 20K on Labor Day.

Events will be scored for Open, Masters & Grand Masters Teams. See Race Calendar below.

**PLEASE NOTE: The Silk City Striders will pay your \$29.95 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 <https://www.usatf.org/membership/application/index.asp>. 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 2007

<u>Day / Date</u>	<u>Time</u>	<u>Distance</u>	<u>Race Name</u>	<u>Location</u>
Sun., March 11	11:00 AM	4 Miles	WSSAC St., Patrick's Day Classic †	Fairfield
Sun., June 17	10:00 AM	5 Miles	Branford Road Race *	Branford
Sun., July 1	9:00 AM	5K	Independence Day 5000 †	Milford
Mon., Sept. 3	8:30 AM	20K	New Haven Road Race *	New Haven
Sat., Sept. 29	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 -- 2007 EVENT CALENDAR</b>
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- APRIL** - Track Workouts begin.....Tuesday, April 3  
Boston Marathon Excursion.....Monday, April 16
- MAY** - Bobby's Run ..... Saturday, May 19  
Sunday Bike Rides begin
- JUNE** - Lake Terramuggus Sprint Tri Training Series .....Thursday Nights - TBA
- JULY** - Wickham Park Cross Country Series .....Monday Nights - July 9, 16, 23  
Lake Terramuggus Sprint Tri Training Series .....Thursday Nights - TBA  
Summer Picnic (Blish Park, Lake Terramuggus)..... TBA
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic.....Saturday, August 4  
Wickham Park Cross Country Series .....Monday Nights - August 6 & 20  
Lake Terramuggus Sprint Tri Training Series .....Thursday Nights - TBA
- SEPTEMBER-** Nikki's Run Walk 'N' Roll.....TBA  
Fred Brown Lake Winnepesaukee Relays..... Saturday, September 22
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 27
- NOVEMBER** - New York City Marathon Excursion .....Sunday, November 4  
Parker Holt 5K .....Sunday, November 11  
Know Your Pace Race .....Saturday, November 17  
Manchester Road Race.....Thursday, November 22
- DECEMBER** - Silk City Holiday Open House..... Sunday, December 2  
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 2007 Membership Application)

If you haven't done so already, it's time to renew your Silk City Striders membership for 2007. 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.

The Membership Form on the Website also includes a T-Shirt Order Section.

Please Note: The shirt is short-sleeved, and comes in bright orange only. Sizes are Adult Men's -- No Small T-Shirts are available, and only a limited number of Mediums are left.

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

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