



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Winter is skiing season for those so inclined, and for the rest of the Silk City Striders it remains another running season – albeit less intense. Winter is not the time to forgo your running. While it can be very cold and rainy or snowy, there still are many good days to get out there and run or jog. Most of us have gained a few pounds, partly due to less exercise, partly as a result of the holiday treats, and partly because your body is trying to insulate itself from the cold climate we live in. So we should not fret about a few pounds, they will be shed once spring gets here and we begin to take advantage of the brighter days and better weather.

Ground Hog Day reminded us that another six weeks of winter is yet to be endured if you choose to believe Punxsutawney Phil (however, if you prefer to believe our local prognosticator, Chuckles, winter will be over much sooner). The good news is that time marches on and it is already becoming brighter as the days are getting longer. Sun up is now around 7 AM and sundown is around 5 PM. This is an improvement for runners who are early risers and for those who must squeeze in a run following the daily grind before dinner. It is always more enjoyable when you can run with daylight. So as the ground hog will remind us, spring is just around the corner.

The upcoming Silk City Board meeting will be a planning meeting for the 2008 Celebration Year. It is our 30th anniversary as a running club in Manchester, CT. This planning meeting will be scheduled for late February and again at my place, 12 Pane Drive, Glastonbury. While I would prefer to schedule this meeting following our Saturday morning fun run, both February 16th and the 23rd are out due to skiing outings and the Colchester Half. Therefore, I am proposing Tuesday the 19th or 26th as the dates from which we need to choose to meet. Please indicate your choice to me (email Barry.Stoner@cox.net or telephone 860-647-9503), and we will commence with the business of setting The Silk City Striders Calendar for 2008. This late February date was also set to provide time for everyone to plan or rearrange their personal calendars to allow greater participation. Any Club Member interested in joined the Board should plan to attend.

- Prez

**Help us plan for our
30th Anniversary Celebration**

**SILK CITY STRIDERS
Board of Directors Meeting**

**Tuesday, February 19 or 26, 2008
7:00 PM**

**President, Barry Stoner's House
12 Pane Drive, Glastonbury, CT**

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2008 BOARD OF DIRECTORS**Officers**

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

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

Tuesday Evening Funs Runs - 6:00 pm**Martin Elementary School –
Dartmouth Street****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.

Daylight Saving Time starts March 9th,
so soon we’ll be out of the dark.

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

Sharon Beebe	Manchester
Sherri Craver	Willington
Amy Naeser	Manchester
The Livingston Family (Debbie, Scott & Shep)	Bolton

CONDOLENCES

Our deepest sympathies go out to the Underwood Family of East Hampton, CT. **Len Underwood** entered the Hospice wing of Middlesex Hospital in early December, and lost his battle with cancer on December 23rd. He was buried with full military honors at the Veteran’s Cemetery in Middletown.

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

There was snow and rain, but nothing could dampen the spirits of the Silk City Striders who came out in force. Thanks to **Barry & Merle Stoner** for hosting the Run, Brunch & Awards Ceremony.

Rookie of the Year went to **Carol-Line Hazel**. **Most Improved Female** was **Peggy Byram**, **Most Improved Male** was a tie between **Randy Potterton & Andy Zyrek**, the **Best Comeback Award** went to **Janit Romayko**. In addition, Art Byram presented **Bekkie Wright** with the **Jim DeWitt Service Award** on behalf of the club. See next page for more details on the winners and other Honorable Mentions.

We would like to wish all our members, past & present ... a very happy & healthy New Year.

**Middle School Track & Field Championship
May 31, 2008 - Manchester High School
VOLUNTEERS NEEDED**

Volunteers are needed to help with Finish Line, Results, Officiating Field Events, and (for anyone with experience) Seeding & Reseeding the Short Events. We would like to have as many volunteers as possible to ensure a quality meet for the Middle School kids. Free food, T-Shirts and refreshments will be available throughout the day. Please contact Mike Bendzinski if you are interested in volunteering -- mmdcbend@comcast.net

2007 SILK CITY STRIDERS AWARDS

ROOKIE OF THE YEAR

Carol-Line Hazel

Carol-Line, a new member in 2007, competed in her first triathlon at Niantic Bay, as well as stepping up to the Half Marathon Distance.

Honorable Mention: **Natalie Alexandre, Rob Dollak,** and **Roger Petersen**

BEST COMEBACK

Janit Romayko

Janit crashed during the Bike leg of the Shamrock Duathlon in the Spring, and required a skin graft for the extensive road rash, but it didn't keep her from competing in the Wickham Park Summer Series, and returning to Triathlon as soon as she was cleared to go "back in the water."

Honorable Mention: **Greg Best, Ellie Lowell,** **Ian Roberts, Bill Schwarz,** and **Bekkie Wright**

MOST IMPROVED

Male (tie) – Randy Potterton & Andy Zyrek

Female – Peggy Byram

Randy got back on the distance wagon in 2007, returning to the New Haven Road Race 20K and Hartford Marathon in the Fall.

Andy continued to PR at a variety of distances, as well as stepping up to the Marathon distance in Boston.

Peggy did well in 2007 on the Triathlon circuit, with frequent Age Group finishes. She also stepped up her distance running, completing the Half Marathon distance in the Fall in New Hampshire.

Honorable Mention: **Ginny Welch**

MANCHESTER ROAD RACE – First Silk City Striders

Tyler Gauruder, Colby Welch & Ginny Welch

Aaron Flamino & Linda Yamamoto graciously agreed to "opt out" of consideration for this award in 2007, and the results was a tie for #1 Male Silk City Strider, and a "Master's 1st" for the Ladies.

JIM DEWITT SERVICE AWARD

Bekkie Wright

In the words of Vice President, Art Byram: "When it comes to giving time and expertise to the running community, no one compares to Bekkie Wright. This year, as in many years past, Bekkie has served as our Newsletter Editor, our Website Content Manager, and Race Director for the Parker Holt 5K, Know Your Pace Race, and Bobby's Run. In addition, she played a major role in running the Wickham Park XC Summer Series. The Striders are truly blessed to have her in our ranks. In recognition of her service to the club, Bekkie was awarded the Jim Dewitt Service Award. Thank you from all of us!"

Congratulations everyone!

NEW MEMBER PROFILE - Sharon Beebe

Sharon comes to us from Eastern Massachusetts, and for the last seven years lived in Coventry, Connecticut.

Sharon reports: In September 2007 I purchased my first home in Manchester CT. At first I started cycling in 2001, I did my first 20 miles on my mountain bike. Then I decided to ride 50 miles on my mountain bike, this was a mistake. I started researching bikes and purchased my first road bike. In 2002, I trained for the New York to Boston AIDS ride (350 miles). I also did several centuries for the training purpose. Then in 2003 I decide that I was going to run a marathon. I chose Marine Corp, and in that year I completed my first Marathon and also rode my bike across Iowa for Ragbrai (500 miles in week). I did several half marathons in 2004 and a lot of Centuries. Again I started to get the itch and I ran the New York City Marathon in 2005. I also enjoy playing golf, hiking, yoga, snowboarding and snow-shoeing - anything outdoors. After the marathon in 2005 I slowed down on the running. So this year I decide to start again. On Feb 11 I'll start a 30 week program for the Chicago Marathon 2008. I decided to join the club so I can meet other runners and also meet people in my new community.

NEW MEMBER PROFILES

KEN PACILEO

(Omitted from December Newsletter due to lack of space.)

Ken reports: I've been racing since 1988 starting with bike racing then migrating to mostly triathlons in the 90's. The past several years I've been doing more running to try and improve my endurance and speed at the longer distances. This year I had PRs in the half marathon (1:23:00 at Hartford Half) and marathon (3:00:53 at Marine Corps). Some other races I did this year were the Litchfield Hills Triathlon (2:20:24, 2nd AG, 4th OA) and the Firmman Half Ironman Triathlon (4:54:05, 4th AG, 39th OA).

I lived in the Mystic area for 20 years until 2004 when I moved to Colchester after getting a job in Hartford. I was already familiar with the Airline Trail and the adjoining single track having mountain biked and run on those trails for years. I joined the Striders after some friends mentioned the Striders are a good group to run with. I'm always looking for people to run trails with and new trails to run and am hoping to find both with the Striders.

I completed the Hawaii Ironman in 1992 and my first Boston Marathon in 1999. I've done 6 marathons and countless triathlons and running races. Next year I'm doing Boston but focusing on some Half Ironman races where I hope to qualify for 70.3 Worlds in Florida.

SCOTT & DEBBIE LIVINGSTON

Scott Reports: Deb is President of the Shenipsit Striders and Co-Race Director of the Soapstone Mountain Trail Races. They are both active with the Shenipsit Striders and are also members of the Western Massachusetts Athletic Club and Team Horst Sports. Also, for the past five years, Deb has been a member of the Montrail Ultra Running Team. They compete in trail running, road running, road cycling, mountain biking, cyclo-cross, adventure racing, triathlon, kayaking, and snowshoe racing. Deb's 2007 highlights included a fourth win at the Nipmuck Marathon, a big win six days later at the 55 mile Pittsfield Peaks Ultra, and a sixth consecutive title in the New England Grand Tree Trail Running Series. Last year, she ran eight ultra distance events in addition to her regular list of shorter events.

Scott did 38 races in 2007 and his favorite result was first place in the Ironman Division at the Josh Billings Runaround Triathlon (bike/kayak/run). Scott and Deb are also avid hikers. In 2005, they thru-hiked the Long Trail in 13 days. They are also members of the NH 4,000 footer club. You can often see them pushing or pulling their son, Shepard (Shep), in his jog stroller/bike trailer. Deb is a personal trainer and yoga/pilates teacher. Scott works at Horst Engineering, an East Hartford manufacturer. They have planned a big 2008 race schedule.

Links: www.scottlivingston.net; www.scottlivingston.wordpress.com

SHERRI CRAVER and AMY NAESER

Sherri reports: I found the Silk City Striders while searching online for road races in CT. Despite my shyness, I have always found exercising with other people to be fun and I thought getting ready for a road race would be a good motivator. So, I called up my sister, Amy, and told her we needed to join right away!

I had steadily gained weight in college and when I continued to gain after college, I knew I needed to do something. When I first started exercising, I could barely do 10 minutes on the elliptical at a time. Somewhere along the way, I switched to the treadmill and I have been jogging on and off ever since. I love being able to just throw on a pair of sneakers and hit the pavement. Right now, I can do 4 miles in just under an hour. My goals are to be able to do 5 miles in an hour by the end of the summer and also to be able to keep up with the rest of the group on the Saturday morning Fun Runs!

Amy has always been active and was a member of the track team in high school. She has been a wonderful motivator and a great inspiration to me. She, too, runs for enjoyment and exercise and we are planning to try a 5K race together later in the spring for fun and for a little sisterly competition!

[Editor's NOTE: Looks like we've found two more members for our Ladies only "Red Dress Run" 5K Team!]

2007 Silk City Striders 8 County Challenge

FINISHERS

KING ARCHIBALD	<u>FAIRFIELD</u> Fairfield Half Marathon	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Litchfield Hills Road Race	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Bernie Jurale Memorial Run - Meriden	<u>NEW LONDON</u> Colchester Half Marathon	<u>TOLLAND</u> Mother's Day Dash – Vernon	<u>WINDHAM</u> Willimantic ACT 5K
JOHN PAGGIOLI	<u>FAIRFIELD</u> Run for CJ 5K Stamford	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> HTC Winter Series People's Forest - Barkhamstead	<u>MIDDLESEX</u> Lauren's Run - Cromwell
	<u>NEW HAVEN</u> CT Irish Festival 5K - North Haven	<u>NEW LONDON</u> Colchester Half Marathon	<u>TOLLAND</u> Bolton Road Race	<u>WINDHAM</u> Chaplin Country 5K
ROGER PETERSEN	<u>FAIRFIELD</u> Cow Chip XC - Trumbull	<u>HARTFORD</u> Nikki's Run - Manchester	<u>LITCHFIELD</u> Hogsback Half Marathon	<u>MIDDLESEX</u> MxCC Scholarship 5K - Middletown
	<u>NEW HAVEN</u> New Haven Road Race	<u>NEW LONDON</u> JJ Kelley Ocean Beach - New London	<u>TOLLAND</u> Bobby's Run – Vernon	<u>WINDHAM</u> Vet Mem G'way 5K - Willimantic
JOE POLIQUIN	<u>FAIRFIELD</u> Boston Buildup 20K - Southport	<u>HARTFORD</u> Memorial Mile - East Hartford	<u>LITCHFIELD</u> HTC Winter Series – People's Forest - Barkhamstead	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Independence Day 5K - Milford	<u>NEW LONDON</u> Tarzan Brown Mystic River Run - Mystic	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Nipmuck Marathon - Ashford
JANIT ROMAYKO	<u>FAIRFIELD</u> St. Pat's 4M - Fairfield	<u>HARTFORD</u> Wickham Park XC Series	<u>LITCHFIELD</u> Roxbury Race Series	<u>MIDDLESEX</u> Castle Crag - Meriden
	<u>NEW HAVEN</u> Branford Road Race	<u>NEW LONDON</u> St. Joe's 3M - Baltic	<u>TOLLAND</u> Earth Day 3M Trail Race	<u>WINDHAM</u> Easter 5K - Willimantic
MARY LOU WHITE	<u>FAIRFIELD</u> St. Pat's 4M - Fairfield	<u>HARTFORD</u> Shamrock Du - Glastonbury	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Lions 10.5 – East Haddam
	<u>NEW HAVEN</u> BB Boogie Du - Madison	<u>NEW LONDON</u> St. Joe's 3M - Baltic	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Easter 5K - Willimantic
BEKKIE WRIGHT (Winner of Run-In Gift Certificate Drawing)	<u>FAIRFIELD</u> Boston Buildup 20K - Southport	<u>HARTFORD</u> Memorial Mile - East Hartford	<u>LITCHFIELD</u> HTC Winter Series People's Forest - Barkhamstead	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Independence Day 5K - Milford	<u>NEW LONDON</u> Tarzan Brown Mystic River Run - Mystic	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Nipmuck Marathon - Ashford

HONORABLE MENTION

RANDY POTTERTON (7)	<u>FAIRFIELD</u> Fairfield Half Marathon	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u>	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> New Haven Road Race	<u>NEW LONDON</u> Niantic Bay 10K	<u>TOLLAND</u> Bobby's Run - Vernon	<u>WINDHAM</u> Chaplin Country 5K
ART BYRAM (6)	<u>FAIRFIELD</u> Boston Buildup 25K - Norwalk	<u>HARTFORD</u> Riverfest 5K - East Hartford	<u>LITCHFIELD</u> Roxbury Race Series	<u>MIDDLESEX</u>
	<u>NEW HAVEN</u> New Haven Road Race	<u>NEW LONDON</u> Colchester Half Marathon	<u>TOLLAND</u> Bobby's Run - Vernon	<u>WINDHAM</u>
JILL RAMOS (6)	<u>FAIRFIELD</u>	<u>HARTFORD</u> Wickham Park XC Series	<u>LITCHFIELD</u>	<u>MIDDLESEX</u> Ghost Run - East Hampton
	<u>NEW HAVEN</u> New Haven Road Race	<u>NEW LONDON</u> Salmon River Run - Colchester	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Easter 5K - Willimantic
BARRY STONER (6)	<u>FAIRFIELD</u> St. Pat's 4M - Fairfield	<u>HARTFORD</u> Terramuggus Tri - Marlborough	<u>LITCHFIELD</u> Litchfield Hills Triathlon	<u>MIDDLESEX</u>
	<u>NEW HAVEN</u> New Haven Road Race	<u>NEW LONDON</u>	<u>TOLLAND</u> Bolton Road Race	<u>WINDHAM</u> Woodstock 10K
GARY SWEET (6)	<u>FAIRFIELD</u>	<u>HARTFORD</u> O'Hartford 5K	<u>LITCHFIELD</u>	<u>MIDDLESEX</u> Seaside Shuffle - Old Saybrook
	<u>NEW HAVEN</u> WPLR Shamrock & Roll - New Haven	<u>NEW LONDON</u> Salmon River Run - Colchester	<u>TOLLAND</u> Earth Day 3M Trail Race	<u>WINDHAM</u> Easter 5K - Willimantic
MARK TURKINGTON (6)	<u>FAIRFIELD</u> St. Pat's 4M - Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u>	<u>MIDDLESEX</u>
	<u>NEW HAVEN</u> Independence Day 5K Milford	<u>NEW LONDON</u> St. Joe's 3M - Baltic	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Easter 5K - Willimantic
GINNY WELCH (6)	<u>FAIRFIELD</u> Danbury Half Marathon	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Nutmeg State Half Marathon - Washington Depot	<u>MIDDLESEX</u> Chester Four on the Fourth
	<u>NEW HAVEN</u> New Haven Road Race	<u>NEW LONDON</u>	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u>

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.

SANTA'S RUN 3.5 Miles		Glastonbury, CT		December 2, 2007	
Cristiano Gloria	#3 M30-39	20:23	Alex Mesnil		30:46
John Paggioli		21:03	Roger Petersen		30:58
Marty Keibel	#1M 50-59	21:38	Daniel Walker		31:00
David Bendzinski		22:25	Randy Potterton		32:23
Ian Roberts		23:38	Billy Gaghan		32:36
Mark Turkington	#1M 60-69	23:48	Jill Ramos		32:49
Dean Bolt		24:12	MaryLou White		33:20
Bill Gaghan		24:27	Richard White		33:20
Tony Hollister		24:29	Carissa Gaghan		35:52
"Sandy Claws"		25:24	Kelley Gaghan	PR	36:43
John Sloan		25:27	Tammy Gaghan		36:44
Kyle Walker		25:57	Nick Byram	PR	37:42
George Ripley III		26:18	Art Byram		37:43
Ed Steele		26:20	Robyn Hollister		37:59
Ken Ballette		27:30	Janit Romayko		38:45
Andy Zyrek		27:36	Silva Mesnil		44:39
Keron Smith		27:38	Samantha Freeman		55:19
Adam Paggioli		27:53			
Scott Hollister		27:56			
Bekkie Wright		28:13			
Joe Poliquin		28:14			
George Aronstamm		28:54			
Zofia Turosz	#2F 60-69	28:58			
Sue Leslie		29:47			
Andre Mesnil		30:20			

Costume Competition

Group Category: **Janit Romayko** earned 2nd Place with her "GPS" to Santa's Run

Solo Category: **King Archibald** (aka "Sandy Claws" the Lobster)

... and Congratulations to our youngest finisher **Samantha Freeman** Age 6

CHRISTOPHER MARTIN 5K Road Race New Haven, CT December 9, 2007

Mark Turkington #1 M60-69 20:00

BACON ACADEMY RESOLUTION RUN 3.3 M Colchester, CT December 29, 2007

It was a Silk City Men's Masters sweep as Ken, John & Art took 1-2-3 overall.

Ken Pacileo #1M; #1 M40-49 19:34
John Paggioli #2M; #2 M40-49 20:29
Art Byram #3M; #3 M40-49 20:48
Steve Morse #4M; #1 M50-59 20:59
Jim Tharp 23:41
Randy Potterton 29:58

FROG LEAP 2M Willimantic, CT January 5, 2008

Zofia Turosz #6F; #1 F60-69 16:25
Randall Potterton #2 M40-49 17:45
Mary Lou White #10F; #1 F50-59 18:48

SCROOGE SCRAMBLE 5K Vernon, CT - December 25, 2007

Thanks to **Janit Romayko** and **Mary Lou White** the Scrooge Scramble was conducted in a more informal way this year. All donations were given directly to the **The Cornerstone Foundation**, who founded this race, and kept it going for 17 years.

Scott Livingston 19:15
Mark Turkington 20:55
Debbie Livingston 21:17
Peter Briggeman 22:47
Joe Poliquin 24:36
Bekkie Wright 24:36
Sugar Poliquin-Wright 24:36
Carol Conlon 25:12
Zofia Turosz 26:20
Ellie Lowell 27:23
Sue Leslie 27:47
Cathi Koehler 28:14
James Hodges 37:08
Barry Stoner 37:08
Jim Cunningham TNA

BRIAN ASELTON MEMORIAL SNOW DASH

3.05 Miles

East Hartford, CT January 6, 2008

Scott Livingston	#4M; #1M 30-39	17:53
John Paggioli	#5M; #3 M40-49	18:20
Jay Seney	#9M	18:50
Steve Morse	#3M 50-59	19:15
Deb Livingston	#1F; #1F30-39	19:44
Mark Turkington	#2 M60-69	20:17
Bill McGugan		20:39
Tony Hollister	#3 M60-69	20:48
Bekkie Wright	#6F; #1 F40-49	21:13
Joe Poliquin		21:14
King Archibald		21:44
Keron Smith		22:39
Ellie Lowell*	#1 F60-69	25:06
Susan Leslie	#3F 50-59	25:36
Zofia Turosz	#2 F60-69	26:03
Randy Potterton		26:41
Jill Ramos		27:01
Janit Romayko	#3F 60-69	27:35
Mary Lou White		28:32
Tobey White (K-9)**		28:32
Clint Driscoll		29:55
Ed Yergeau		30:45
Jim Hodges		42:46

* New Age Group Course Record by 59 seconds.

** #1 DOG – but only Official Police K-9 participants were eligible for Awards

WESTON WINTER TRIATHLON

Weston, MA January 26, 2008

3.1 M XC Run – 7.5K Mtn Bike – 6.5 K XC Ski

Janit Romayko	#2 F45+	1:49:00
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ROCKET CITY MARATHON

Huntsville, AL December 8, 2007

Bill Gaghan		4:09:16
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MISSISSIPPI BLUES MARATHON

Jackson, MS January 5, 2008

Bill Gaghan		3:42:33
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WALT DISNEY WORLD MARATHON

Orlando, FL January 13, 2008

Art Byram		3:33:50
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HTC WINTER SERIES**JOE VAILONIS 10K**

West Hartford, CT January 1, 2008

Dean Bolt		47:45
King Archibald		51:52

BOLTON TRAIL RUN 4.95M

Bolton, CT January 12, 2008

Janit Romayko		1:05:37
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* No electronic results available (sorry if I missed you)

PEOPLE'S FOREST 8.57 & 17.13 Miles

Barkhamstead, CT January 20, 2008

8.57 Miles

Steve Morse	#2M	1:01:24
Bekkie Wright		1:12:23
Joe Poliquin		1:12:24

17.13 Miles

John Paggioli	#4M	2:02:04
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GREATER SPRINGFIELD HARRIERS
SNOWSTORM CLASSIC SERIES 5K & 10K
Forest Park - Springfield, MA

5K - December 15, 2007

King Archibald		23:40
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10K - December 22, 2007

John Paggioli		41:33
Art Byram		41:44
Nancy Gresh		58:52
Peggy Byram		1:00:29
Mary Lou White		1:07:15

5K - December 29, 2007

King Archibald		22:44
Zofia Turosz		25:54
Janit Romayko		29:18

10K - January 19, 2008

Mary Lou White		1:05:18
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CLUB CONNECTICUT
BOSTON BUILD-UP SERIES

ROGER PETERSEN

January 6	10K - Rowayton	56:02
January 20	15K - Ridgefield	1:31:35

WINTER RACE SERIES SCHEDULES

(Click on Links below for more info)

HARTFORD TRACK CLUB**Winter Series**

http://www.hartfordtrackclub.org/htc_winterseries.shtml

Upcoming HTC Winter Series Races

Sun, February 11 - 4-Miler at Cedar Hills
 Sat, February 23 - Colchester Half Marathon
 Sun, March 9 - Collinsville Bake-Off – 5.5/11M
 Sun, March 30 - Asta Memorial Challenge - 19.6M

CLUB CONNECTICUT**Boston Buildup Series**

<http://www.clubct.org/Buildup/BosBuild.html>

Upcoming Boston Buildup Series Races

Sun, Feb. 10 - 20K - Southport RR Sta., Southport*
 Sun, March 2 - 25K - Silvermine School, Norwalk
 Sun, March 23 - 30K - Scandinavian Club, Fairfield

* A recent fire at the Railroad Station leaves this event as tentative.

GREATER SPRINGFIELD HARRIERS**Snowstorm Classic Series**

<http://www.harriers.org/SnowStorm/index.html>

Forest Park, Springfield, MA

Upcoming GSH Series Races

Sat, February 2 - 10K
 Sat, February 9 - 5K
 Sat, February 16 - 10K – Valentine Couple's Run
 Sat, February 23 - 5K - Season Finale!!

ROXBURY RACE SERIES

<http://www.roxburyraces.com/>

The Roxbury Race Series is a weekly 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 16 -- Season Opener

STATE OF THE ART: Changes to the Glastonbury Summer Racing Series
By Art Byram

I just heard that one of our local Glastonbury races will not be happening this year. The “King of Pain” 10 Miler was part of the Glastonbury Summer Racing Series put on by the Glastonbury Chamber of Commerce by Race Directors Jay Sattler and Michael Keenan. This is a course that was designed not to be flat and fast, but to be insanely challenging. The course conquered the biggest hills in town. At one point the course travels up Bell Town Road, the highest point in Glastonbury. After reaching the top the runners turn around and fly down the hill and get to see their fellow runners chugging up to the summit. Reportedly this race was replaced with a shorter race that would appeal to a greater number of runners. Not to this runner. Long Live The King!

And because I couldn't squeeze them onto the Race Results Pages, here are a few Pics of Art Byram at the Walt Disney World Marathon this January, showing off his Silk City Striders orange.



2007 Marathon, Ultra & Long Distance Triathlon Wrap-Up

Bill Gaghan, Tammy Gaghan and Bekkie Wright continued their quests to run a marathon in all 50 States + the District of Columbia, but they weren't the only one "going long."

Looks like **Joe Poliquin** is poised to join the 50 States + DC Marathon Group, and New Members **Deb & Scott Livingston** are both Ultra Runners as well.

Congratulations to everyone who went the distance in 2007.

BEKKIE WRIGHT (43 States + DC*)

Snickers Marathon Team

2/18/07	Austin Marathon (TX)	3:58:29
4/16/07	Boston Marathon (MA)	4:01:07
6/3/07	NipMuck Trail Marathon (CT)	5:36:26
6/16/07	Grandma's Marathon (MN)	3:51:10
7/28/07	Jay Mountain Marathon (VT)	8:37:25
9/1/07	NorthFace Endurance 50M (IA)	8:55:55
9/15/07	Top of Utah Marathon (UT)	3:44:00
9/23/07	Lewis and Clark Marathon (MT)	4:16:32
10/28/07	Grand Rapids Marathon (MI)	3:55:08

JOE POLIQUIN (15 States + DC*)

2/18/07	Austin Marathon (TX)	3:58:29
4/16/07	Boston Marathon (MA)	4:01:07
6/3/07	NipMuck Trail Marathon (CT)	5:36:28
6/16/07	Grandma's Marathon (MN)	3:51:10
7/28/07	Jay Mountain Marathon (VT)	8:37:26
9/1/07	NorthFace Endurance 50M (IA)	8:55:56
9/15/07	Top of Utah Marathon (UT)	3:44:01
9/23/07	Lewis and Clark Marathon (MT)	4:16:34
10/28/07	Grand Rapids Marathon (MI)	3:55:08

BILL GAGHAN (22 States + DC*)

4/28/07	Country Music Marathon (TN)	3:54:12
5/20/07	Green Bay Marathon (WI)	3:39:03
6/23/07	Pacific Crest Marathon (OR)	3:39:03
10/7/07	Maine Marathon (ME)	3:32:42
11/4/07	New York City Marathon (NY)	3:45:29
12/8/07	Rocket City Marathon (AL)	4:09:16

TAMMY GAGHAN (12 States + DC*)

4/28/07	Country Music Marathon (TN)	4:57:28
6/23/07	Pacific Crest Marathon (OR)	5:02:34
10/13/07	Hartford Marathon (CT)	4:57:41

Bill reports: This summer, Tammy and I have planned a Montana/Wyoming vacation around the Grizzly Marathon (MT) and Run with the Horses Marathon (WY) in August. It will be our first attempt at two marathons on back-to-back weekends. Wish us luck! We'll need it.

* Totals are as of 12/31/2007

DEBBIE & SCOTT LIVINGSTON

are also prolific Ultra Runners, last year Debbie ran 8 Ultra Distance events, however the Ultra results are not tracked by MarathonGuide's Search Engine, and are more difficult to find. A sampling of their "Trail Marathon & 50M" efforts in 2007, include:

DEBBIE LIVINGSTON

Montrail Ultra Running Team

6/3/07	NipMuck Trail Marathon	4:14:29
7/28/07	Jay Mountain Marathon	6:48:34
9/30/07	Vermont 50M	9:03:17
11/3/07	Mountain Masochist 50M	9:33:15

SCOTT LIVINGSTON

6/3/07	NipMuck Trail Marathon	4:13:36
7/28/07	Jay Mountain Marathon	6:51:37

CRISTIANO GLORIA

5/6/07	White Lake Half Iron Triathlon	4:49:40
6/10/07	Triathlon 101, Clearwater, FL*	7:29:50
	*1.86 M, Bike 80.6 M, Run 18.6 M	
7/22/07	Ironman Lake Placid	11:27:24
9/9/07	Firmman Half Iron Triathlon	4:45:26
10/7/07	Chicago Marathon	3:20:07

ART BYRAM

10/13/07	Hartford Marathon	3:35:14
4/16/07	Boston Marathon	3:16:00
5/27/07	Vermont City Marathon	3:16:12

JOHN L. COLLINS JR.

4/16/07	Boston Marathon	3:30:35
10/13/07	Hartford Marathon	3:06:23

SCOTT FREEMAN

4/16/07	Boston Marathon	3:04:31
5/27/07	Vermont City Marathon	2:57:53

NEAL LEIBOWITZ

4/16/07	Boston Marathon	3:15:30
10/13/07	Hartford Marathon	3:07:25

ANDRE MESNIL

11/4/07	New York City Marathon	4:51:20
4/16/07	Boston Marathon	4:40:48

Continued on Next Page

BILL SCHWARZ

4/16/07 Boston Marathon 3:58:33
11/4/07 New York City Marathon 4:14:48

JAY SENEY

5/27/07 Vermont City Marathon 2:59:58
5/6/07 Race of Champions Marathon 3:07:49

BARRY STONER

6/3/07 Nipmuck Trail Marathon 7:09
10/28/07 Marine Corps Marathon 5:03:52

SANDY WEBB

4/16/07 Boston Marathon 3:57:08
10/13/07 Hartford Marathon 3:51:55

GINNY WELCH

4/16/07 Boston Marathon 3:49:29
10/28/07 Marine Corps Marathon 3:54:45

KEN PACILEO

9/9/07 Firmman Half Iron Triathlon 4:54:05
10/28/07 Marine Corps Marathon 3:00:53

MIKE TIRRELL

6/10/07 EagleMan Half Iron Triathlon 5:18:36
9/23/07 Nutmeg State Half Iron Tri 6:09:25

KING ARCHIBALD

4/16/07 Boston Marathon 3:55:42

MIKE BENDZINSKI

4/16/07 Boston Marathon 3:24:47

DREW BEST

4/16/07 Boston Marathon 2:38:13

DIANA COHEN

10/28/07 Marine Corps Marathon 5:28:55

ROB DOLLAKE

4/16/07 Boston Marathon 3:25:54

DOUG FLAMINO

10/13/07 Hartford Marathon 3:26:21

JENNIFER FREEMAN

10/13/07 Hartford Marathon 4:14:36

JOE KIDDER

4/16/07 Boston Marathon 3:32:26

KEITH MORGAN

10/28/07 Marine Corps Marathon 4:47:41

JOAN MUNROE

4/16/07 Boston Marathon 3:58:45

MICHAEL MUNROE

10/13/07 Hartford Marathon 3:24:25

BOB NIEDBALA

4/16/07 Boston Marathon 3:55:11

JOHN PAGGIOLI

4/16/07 Boston Marathon 3:28:22

RANDY POTTERTON

10/13/07 Hartford Marathon 5:10:38

GEORGE RIPLEY III

10/13/07 Hartford Marathon 4:25:28

JANIT ROMAYKO

5/6/07 Long Island Marathon 4:44:15

MICHELLE SAWYER

10/13/07 Hartford Marathon 5:11:16

ED STEELE

6/3/07 Nipmuck Trail Marathon 5:47

MIKE TARTAR

10/7/07 Chicago Marathon 3:36:11

DAVID WELCH

10/28/07 Marine Corps Marathon 4:17:12

LINDA YAMAMOTO

10/7/07 Chicago Marathon 3:21:31

ANDY ZYREK

4/16/07 Boston Marathon 5:43:46



RACE CALENDAR

Date	Time	Race (# = USATF Grand Prix)	Place	Website (click on website for more info)
Su	Feb 10	9:00 AM	30th Boston Buildup Series 20K	Southport (RR Station) www.clubct.org
Sa	Feb 23	10:00 AM	17th HTC Winter Series Half-Marathon	Colchester (Bacon Academy) www.hartfordtrackclub.org
Su	Feb 24	9:00 AM	Hudson-Mohawk Marathon	Albany, NY www.hmrc.com
Su	Feb 24	1:00 PM	34th Sugarloaf D.H.Jones 10M	Amherst, MA (Regional Jr H.S.) www.sugarloafmac.org
Su	Feb 24	11:00 AM	23rd Polar Bear 7.66M	New Preston (Lake Waramaug) www.roadntracksports.com
Su	Mar 2	11:00 AM	29th Stu's 30K	Clinton, MA (Clinton Mid Sch) www.cmsrun.org
Su	Mar 2	9:30 AM	30th Boston Buildup Series 25K	Norwalk (Silvermine School) www.clubct.org
Su	Mar 16	1:00 PM	O'Hartford 5K for the Arts	Hartford (Asylum & Main) www.hartfordmarathon.com
Su	Mar 16	10:00 AM	Run to the Beach 30K	N.Andover, MA (VFW)
Su	Mar 16	11:00 AM	31st New Bedford Half-Marathon	New Bedford, MA (Elm St.) www.newbedfordhalfmarathon.com
Sa	Mar 22	8:30 AM	13th Bradley Airport 5K/10K	Windsor Locks www.bradleyroadrace.net
Sa	Mar 22	9:30 AM	29th Easter Road Race 5K	Willimantic (Jillson Sq.) www.thelastmileracing.com
Sa	Mar 22	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green) www.spiritofspring.org
Sa	Mar 29	8:30 AM	April Backward Mile and 5K	Essex http://www.silkcitystriders.org/April-Fools-Backwards-Mile.pdf
Sa	Mar 29	1:00 PM	33rd St. Patrick's 10K	Holyoke, MA (City Hall) www.holyokepatricksrace.com
Su	Mar 30	10:00 AM	Run for Veterans 5K	Guilford (Fireman's Field) www.guilfordvfw.com/race_flier.jpg
Su	Mar 30	11:00 AM	13th Eastern States 20M, ½ Mar.	Kittery, ME to Salisbury, MA www.easternstates20mile.com
Su	Mar 30	7:30 AM	10th Boston Blowout 30K	Fairfield www.clubct.org/Races/30k/Blowout.html
Sa	Apr 5	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow St. For.) www.runwmac.com/gt2008/gt08-races.html
Su	Apr 6	11:00 AM	Spring Half-Marathon	Westfield, MA(Boys/girls club) www.boysandgirlsclubofwestfield.org
Sa	Apr 12	9:00 AM	16th Merrimack River Trail 10M	Andover, MA www.runwmac.com/gt2008/gt08-races.html
Sa	Apr 12	10:00 AM	15th Salem 3M	Salem (Salem Sch - Rt 85) rickkatwinklermgmt@sbcglobal.net
Sa	Apr 19	9:00 AM	17th Hebron Road Race 5K	Hebron (RHAM H.S.) www.hebronct.com/pr_special-event.pdf
Su	Apr 20	10:00 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch) www.hitekracing.com/midmay/
Su	Apr 27	9:00 AM	22nd Leatherman's Loop 10K Trail	Cross River, NY (Ward Pnd Res) www.leathermansloop.org
Su	Apr 27	Noon	29th Drake Hill River Run 5K/10K	Simsbury (Drake Hill Mall) www.simsburyrotary.org
Su	Apr 27	1:00 PM	River Run 5K	Glastonbury (Old Maid Lane) www.hartfordmarathon.com
Su	May 4	1:00 PM	37th Granby 10K	Granby (Memorial H.S.) dan@dowlingrisk.com
Su	May 4	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis. Ctr) www.7sisterstrailrace.com
Sa	May 10	9:00 AM	30th Bolton 5M	Bolton (Bolton H.S.) tsfo@peoplepc.com
Sa	May 10	8:30 AM	5K Race in the Park	New Britain (Walnut Hill Park) www.ctraceinthepark.org
Su	May 11	10:00 AM	31st Mothers Day Dash 5K	Vernon (Henry Park)
Sa	May 17	8:00 AM	Bobby's Run 8M	Vernon (Northeast School) www.silkcitystriders.org
Sa	May 17	10:00 AM	38th Shad Derby 5K	Windsor (Sage Park Mid. Sch.) www.kiwanis.org/club/windsorct
Su	May 18	9:00 AM	Cockaponset Jay Walk 8M Trail Run	Chester (Cockaponset St. For.)
Su	May 18	9:00 AM	Library 5K Challenge	Newington (Mill Pond Park) www.newington.lib.ct.us
Su	May 18	9:00 AM	13th Guilford 5M	Guilford (Jacobs Beach) www.jbsports.com
Su	May 18	9:00 AM	24th Soapstone Mt. Trail 14.5/3.9M	Stafford Springs (Hendel Rd.) www.shenipsitstriders.org
Su	May 25	10:30 AM	22nd Memorial Around the Lake 5K	Marlborough (Blish Park)

Want to HIT THE TRAILS this year?

Check out the entire WMAC "Grand Tree" Series of Trail Races at <http://www.runwmac.com/gt2008/gt08-races.html>.

Or visit our neighbors, the [Shenipsit Striders](http://www.ShenipsitStriders.org), on one of their trail runs Saturdays at 8:00 AM in the Shenipsit State Forest at Soapstone Mountain www.ShenipsitStriders.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)
February 10, 2008	Tampa Gasparilla Distance Classic	Tampa, FL	http://www.tampabayrun.com/
February 16 2008	Myrtle Beach Marathon	Myrtle Beach, SC	http://www.mymarathon.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	Providence Marathon NEW*	Providence, RI	http://www.rhoderaces.com/
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 18, 2008	Sugarloaf Marathon	Eustis, ME (Cathedral Pines Camp.)	http://www.sugarloafmarathon.com/
May 25, 2008	Vermont City Marathon	Burlington, VT	http://www.runvermont.org/
June 1, 2008	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	www.marathonguide.com/sites/nipmucktrail

Join the Silk City Striders USATF Team

The 2008 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. 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 2008 – 2009

<u>Date</u>	<u>Distance</u>	<u>Race Name</u>	<u>Location</u>
April 5, 2008	6.55 Mi	HTC Quarter Marathon	West Hartford
May 25, 2008	6.2 Mi	The Tri Sport 10K	Bristol
June 15, 2008	5 Mi	Branford 5 Miler	Branford
July 4, 2008	5 K	Independence Day 5000	Milford
August 3, 2008	10 Mi	The Sound Runner Sea Legs 10-Miler	Guilford
September 1, 2008	20 K	The Stratton Faxon 20K	New Haven
September 21, 2008	13.1 Mi	The Niantic Bay Half-Marathon	East Lyme

The Spirit of the Marathon produced by Jon Dunham
Review by Art Byram

Spir-it (noun)

1. life force of a person the vital force that characterizes a human being as being alive.
2. will – will or sense of self
3. enthusiasm- enthusiasm and energy
4. disposition- somebody's disposition or temperament
5. attitude –a person's attitude or state of mind
6. group loyalty- the enthusiasm and loyalty that somebody feels through belonging to a group.
7. important influence somebody or something that is a divine, inspiring, or animating influence
8. shared outlook -the prevailing mood or outlook characteristic of a place or time.

What an apt name for this film. In fact, the word “spirit”, with all of its various meanings seems to sum up the marathon. One would be hard pressed to find a more descriptive word for the Marathon.

As many of you read on our email list serve, and from emails sent out by The Hartford Marathon Foundation, this film was shown across the country in a special one night showing. Even for a non-movie-going-penny-pinching-don't-want-to-go-out-at-night guy like my self, this was an event not to be missed. The Buckland Hills Theater, was nearly filled to capacity for this film, and at least a dozen Striders were in the house. After a glitch with the sound on the satellite feed was fixed we were treated to a dramatic film that captured the marathon from a few perspectives.

Following a somewhat brief but thorough history of the marathon, the race concentrated on the preparation of 6 runners getting ready for the 2005 Chicago Marathon. The audience is introduced to 2 elite runners, Deena Kastor US Bronze Medalist, and Daniel Njenga of Kenya, one competitive mid-pack runner, two first timers, and a veteran runner. The film does a good job of showing the personal side of each of the runners. It also did a great job of capturing the essence of the pre-race routine, as I found myself getting nervous for them. The best shot of the film was the overhead view of the start. It was just awesome seeing the legions of runners pressing together as the gun went off and the camera slowly panned back to reveal the masses.

My only criticism of the film was that I felt underrepresented as the competitive mid-pack runner in the film gets injured early on. I would have like to have had at least one other runner who cared about their finishing time featured in the film. Yes, it is great to finish a marathon, but many of us want to push ourselves to the limits that our bodies and our personal lives will allow. There are many of us with challenging time goals, be it a 4 hour marathon, sub 3 hour race or a 2:42. We like to push ourselves to achieve our personal bests. These voices were not heard enough in the film. My other criticism was that they included too many of the ramblings of John “The Penguin” Bingham.

The film will have an encore presentation in theatres on February 21 at 7:30 PM at the Buckland Showcase Cinemas in Manchester. A DVD of the movie will be released later this year.

The film follows 6 runners (4 amateur and 2 elite athletes including Olympian Deena Kastor) as they take on the challenge of training for and attempting a marathon. Spirit of the Marathon also features interviews with legendary marathoners such as Bill Rodgers, Alberto Salazar, Frank Shorter, Joan Benoit Samuelson and many others telling us the back story of the marathon from the Greek legend to the lore of Boston to the history of women running. For information on how to find a theater and for ticket information you can go to www.fathomevents.com. If you'd like to check out a trailer, go to www.marathonmovie.com.

SILK CITY STRIDERS -- 2008 EVENT CALENDAR
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- APRIL** - Boston Marathon Excursion..... Monday, April 20
- MAY** - Bobby's Run.....Saturday, May 17
- JUNE** - Lake Terramuggus Sprint Tri Training Series Thursday Nights - TBA
- JULY** - Wickham Park Cross Country Series Monday Nights - July 7, 14, 21
 Lake Terramuggus Sprint Tri Training Series Thursday Nights - TBA
 Summer Picnic (Blish Park, Lake Terramuggus)..... TBA
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic Saturday, August 2
 Wickham Park Cross Country Series Monday Nights - August 4 & 18
 Lake Terramuggus Sprint Tri Training Series Thursday Nights - TBA
- SEPTEMBER** - Nikki's Run Walk 'N' Roll Sunday, September 7
 Fred Brown Lake Winnepesaukee Relays Saturday, September 20
- OCTOBER** - Halloween Pot Luck Supper..... TBA
- NOVEMBER** - New York City Marathon Excursion Sunday, November 2
 Parker Holt 5K Sunday, November 9
 Know Your Pace Race Saturday, November 22
 Manchester Road Race..... Thursday, November 27
- DECEMBER** - Silk City Holiday Open House.....Sunday, December 7
 following Santa's Run in Glastonbury

TIME TO RENEW YOUR MEMBERSHIP

<http://www.silkcitystriders.org/Membership App 2008.pdf>

If you haven't done so already, 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.

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

The T-shirt is short-sleeved, and comes in bright orange only.

NOTE: We also have a limited number of Silk City orange fleece winter hats (one-size fits most) available for \$10. See Bekkie at the Saturday Fun Runs to get yours while the last.

DEADLINE FOR NEXT NEWSLETTER: March 31, 2008
