



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

## SILK CITY STRIDERS -- 2006 EVENT CALENDAR

- JUNE** - Lake Terramuggus Sprint Tri Training Series.....Thursday Nights - June 15 & 29
- JULY** - Wickham Park Cross Country Series .....Monday Nights - 10, 17 & 31  
 Lake Terramuggus Sprint Tri Training Series..... Thursday Nights - July 13 & 27  
 Summer Picnic..... TBA
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic..... Saturday, August 5  
 Wickham Park Cross Country Series .....Monday Nights - 7 & 21  
 Lake Terramuggus Sprint Tri Training Series..... Thursday Nights - August 10 & 24
- SEPTEMBER**- Nikki's Run Walk 'N' Roll ..... Sunday, September 10  
 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 (PACE Race)..... 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

### Silk City Strider - Top 3 Finishes:

**Ernest Andre Dowdy 10K** Keron Smith #1  
**Newington Library 5K** Keron Smith #1  
**Bloomfield Memorial Day 3M** Keron Smith #2  
**Race for the Cure 5K** Tom Geer #2  
**Bolton Road Race 5M** Jay Seney #2  
**Bolton Road Race 5M** Ned Kennedy #3  
**Willington PTA 5K** Neal Liebowitz #2  
**Mother's Day Dash 5K** Linda Yamamoto #3

### TABLE OF CONTENTS

Club News & Events ..... 2  
 Wickham Park XC Summer Series..... 3  
 2nd Annual Bobby's Run Results ..... 4  
 Race Results ..... 5  
 8 County Challenge Standings ..... 7  
 H.S. Outdoor Track & Field Results..... 8  
 Race Calendar..... 13

**2006 BOARD OF DIRECTORS****Officers**

**CCO\*:** Bekkie Wright (860) 533-1557  
**Vice President:** Betty Cannella (860) 872-5903  
**Treasurer:** Art Byram (860) 430-1072  
**Secretary:** John Sloan (860) 643-6123

\* Chief Communications Officer

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 Andre Mesnil (860) 647-1574  
 Karen Saunders (860) 643-9125  
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 MaryLou White (860) 512-0007

**Uniforms & T-Shirts**

Sue Leslie (860) 644-1804

**WebMaster**

Bill Schwarz (860) 643-4096

**Newsletter**

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

**TRAINING RUNS****Saturday Morning Fun Runs - 8:30 am****Manchester Community College**

We will continue to meet in Lot C,  
 near the Great Path entrance.

**Wednesday Evening Funs Runs - 5:15 pm****NEW LOCATION beginning mid-June\*****Mt. Nebo Parking Lot - Spring Street**

Come join us for the Spring Street Loop.

Runs of 4 – 8 miles are available.

NOTE: Bennet Middle School will be  
 undergoing renovations for the next two years.

**CLUB NEWS & EVENTS****WELCOME NEW MEMBERS**

Cristiano Gloria Glastonbury  
 Terry Voytek Glastonbury

**GLASTONBURY PARKS & REC  
 SUMMER FUN RUNS****Starting Tuesday, June 27 - 6:50 pm  
 Buttonball Lane School**

Grab your sneakers and run some extra miles this summer. Children run for one mile around school grounds. Adult courses are 2.4 and 3.5 miles in length in the Buttonball Lane area. Register at Buttonball Lane School starting at 6:30 for the 6:50 start time. Divisions include male and females 35 & up, 19-34, 15-18, 13-14, 10-12, 7-9, 6 & under. **Tuesday evenings, June 27, July 11, 18 & 25; August 1, 8 & 15. FREE**

**Please Note:** The “Town Of Glastonbury” Summer Racing Series sponsored by the Chamber of Commerce returns for 2006 with a **5K, 10K & 10M Series of Races on Saturday, July 22, July 29, & August 5.** *The GSRs application is available on our website, and attached to this newsletter to those who don’t have web access.*

**OTHER CLUB RUNS****Tuesday Evening Funs Runs - 5:30 pm****Martin Elementary School**

Casual 3-5 Mile Run.

**Thursday Track Workouts - 6:00 pm****Manchester High School**

Join us at Manchester High School for  
 Track Workouts for runners of all abilities.

**SUMMER PICNIC  
BLISH PARK - LAKE TERRAMUGGUS  
Marlborough, CT  
Mid-July  
DATE TO BE ANNOUNCED**

Bring your bathing suit, kayak or canoe and your favorite side dish or dessert. The Club will provide hotdogs & hamburgers as well as condiments (vegetarians should bring a grill item of their choice).

Silk City will reserve the Pavilion at Blish Park from 1:00 – 6:00 pm. A 5K group run around the Lake will kick off the event at 1:30 pm.

Park in the main lot on Park Road. If you bring your kayak or canoe, you'll want to drop it off at the Boat Launch at the end of Lake Road.

Directions to Blish Park – Lake Terramuggus  
**From North**

Take Route 2 East to Exit 12 (West Road). The Commuter Lot is on your left at the bottom of the Ramp next to the Citgo Station.

To get to Blish Park,

Go South on N. Main Street (towards Marlborough Country Barn). The second street on your left will be Park Road. Turn left onto Park Road, and the entrance to Blish Park is on your Right about 100 yards up the hill.

To get to the Boat Launch Parking,  
Go South on N. Main Street for 2 blocks. The second street is Park Road, the third is Lake Road. Turn left onto Lake Road, the Boat Launch Parking Lot is on your Right about 50 yards up the road.



**WICKHAM PARK  
SUMMER CROSS COUNTRY SERIES**

**Sponsored by:**

The Journal Inquirer      Wickham Park  
The Silk City Striders      The Outback Steakhouse

**Dates: Mondays Nights at Wickham Park  
July 10, 17 & 31  
August 7, 21**

Meet at back parking lot where the State High School Races finish.

**Time and Distance**

**6:00 pm,** First 3 age groups  
**1 Mile** for ages 13 and under  
**6:30 pm,** Older age groups  
**2.6 Miles** for ages 14 and older

**Entry fees:**      \$3.00 (13 and under)  
                         \$10.00 series pre-registration  
                         \$4.00 (14 and up)  
                         \$15.00 series pre-registration

To be eligible for an award you must run in 4 out of 5 races during the summer. Trophies will be presented to the top 2 finishers in each age group and medals to any other runner completing the series.

**Age Groups:**

**Boys and Girls**

**1 Mile Race** – 9 and under, 10-11, 12-13

**Men and Women**

**2.6 Mile Race** - 14-15, 16-18, 19-29, 30-39,  
40-49, 50-59, 60 and older

Age: Based on Age as of July 10, 2006

**For More Information contact:**

Mike Bendzinski (860) 649-6426

The Pre-Registration Application is available on the Silk City Striders Website

## 3rd Annual Bobby's Run

### Saturday, May 22, 2006

### Northeast School, Vernon, CT

It was another beautiful day, for running and remembering. Thanks to everyone who participated in and volunteered at the 3rd Annual Bobby's Run. Thanks to Lisa Bonadies for supplying the Poland Springs Water, and to Sue Leslie for Course Marking and Refreshments; Art Byram for Course Set-up; Joan Schwarz for Registration, Ed Steele and Bill Schwartz for Timing; John Sloan for Water Stop set-up; Joyce Thorner, Karen Saunders and Dave Cass for staffing the 2 Water Stops; Barry Stoner and John Salcius for course monitoring, and Andre Mesnil and Rick Chromick for pre-race set-up.



**Scott Freeman + Russ Blatt**



**Debra Fraser**

### Race Results

	<u>Name</u>		<u>Time</u>	<u>Net Time</u>		<u>Name</u>		<u>Time</u>	<u>Net Time</u>
1	Russell	Blatt	53:19		15*	Art	Byram	1:06:24	59:24
2	Scott	Freeman	53:20		16	Richard	Chavez	1:08:56	
3	Rene	Charland	55:12		17	Terry	Voytek	1:09:03	
4	Brent	Terry	56:46		18	Megan	Connolly	1:12:09	
5	Bruce	Guigere	59:39		19	James	Connolly	1:12:22	
6	Bill	McGugan	1:00:19		20	Andre	Mesnil	1:12:36	
7	Peter	Briggeman	1:00:55		21	Keith	Morgan	1:13:03	
8	Eddie	Gorecki	1:01:54		22	Pat	Mariano	1:13:03	
9	Debra	Fraser	1:01:55		23	Liz	O'Donnell	1:15:53	
10	Michael	Dolen	1:02:51		24	Suzanne	Brown	1:17:01	
11	Linda	Yamamoto	1:03:23		25	Thomas	Brown	1:17:04	
12	Norm	Cormier	1:03:24		26	Neal	Breen	1:18:08	
13	John	Bartolomei	1:04:30		27**	Michael	Golden	1:25:18	1:10:12
14	John	Sloan	1:05:57		28	Marj	Haas	1:50:37	

\* Started 7 Minutes Late

\*\* Started 15 Minutes Late

## 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.

### LIONS COMMUNITY RACE - 5K & 10.5 Miles East Haddam, CT April 2, 2006

#### 5K

Michael Munroe #6M; #1 M40-49 20:30

#### 10.5M

Joan Munroe #5F; #2 F50-59 1:31:52

MaryLou White #6F; #3 F50-59 1:36:43

### ERNEST ANDRE DOWDY 10K Hartford, CT April 9, 2006

Keron Smith #1F; #4 Overall 46:32

### BRIAN'S BEACHSIDE BOOGIE DUATHLON Madison, CT April 10, 2006

2 mile run, 12 mile mountain bike, 2 mile run

Dean Bolt 1:11:09

Janit Romayko #1 F60-64 1 1:31:26

MaryLou White #3 F50-64 1 1:36:48

### NORTHERN NIPMUCK 16 MILE TRAIL RACE

Bigelow Hollow, CT April 15, 2006

Aaron Flamino #8M 2:20:56

Tim Blinn 3:16:49

Bill Metzger 3:37:17

### SIMSBURY RIVER RUN 5K & 10K Simsbury, CT April 30, 2006

#### 5K

Mike Tartar #4M; #1M30-39 18:03

Steve Morse #10M; #2 M50-59 19:08

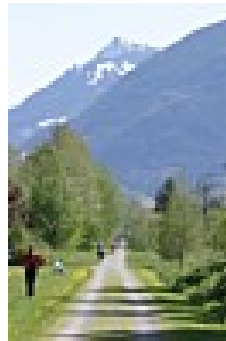
Clint Driscoll 23:10

#### 10K

Dale Toce 41:08

Barry Stoner 57:38

Debbie Thurston 1:02:47



### MT. SI ULTRAS 50K & 50M Snoqualmie, WA April 23, 2006

#### 50K

MaryLou White #5F; #1 F50-59 5:21:43

#### 50M

Rich White (MaryLou's son) 9:39:01

### SEASIDE SHUFFLE 5M Old Saybrook, CT April 29, 2006

Joan Munroe #1 F50-59 39:48

### GLASTONBURY RIVER RUN 5k Glastonbury, CT April 30, 2006

Ellie Lowell #2 F50-59 25:08

### SEVEN SISTERS TRAIL RACE - 12 Miles Amherst, MA May 5, 2006

As Barry Stoner can attest, the trail is poorly marked. A group of about 30 runners got lost, and we meandered for about half an hour until we found the right trail. It was a fun race, and conditions were very good. And, by the way, the group of runners that I was with also got lost on the way back !!

Bob Niedbala 4:20:43

**JOG WITH JUDY 5K**  
Woodstock, CT May 7, 2006

Ellie Lowell #2 F50-59 24:35

**GRANBY 10K**  
Granby, CT May 7, 2006

Steve Morse #9M; #1 M50-59 40:49  
Steve Henry #10M; #3 M20-29 40:50  
Dale Toce #11M 41:29  
John Yavis 1:09:49

**CT RACE IN THE PARK 5K**  
New Britain, CT May 13, 2006

**Women's 5K**

Ellie Lowell #3 F50-59 24:27  
Terry Voytek 24:38  
Bekkie Wright 25:48  
Sue Leslie 26:33  
Maura McGuire 32:11  
Joyce Thorner #15 Survivor 32:11  
Pat DeSimone 33:42

**Men's 5K**

Dean Bolt 20:59

**VERNON MOTHER'S DAY DASH 5K**  
Vernon, CT May 8, 2006

Aaron Flamino #4M; #3 M30-39 17:19  
Steve Morse #9M; #1 M50-59 18:49  
Ned Kennedy #2 M40-49 18:58  
David Bendzinski #2 14 & under 19:34  
Mike Bendzinski #2 M50-59 19:56  
Linda Yamamoto #3F; #2 F19-29 20:12  
Dan Kennedy 21:54  
Ginny Welch #7F; #1 F40-49 \*PR 22:04  
Ed Steele 22:22  
Dani Kennedy 23:12  
Norlean Litwinka 25:21  
Jill Ramos 25:58  
Sue Leslie #2 F50-59 26:07

*Dan & Dani Kennedy took 3rd place in the Mother/Son division. Congratulations everyone!*

**BISHOP'S FUND 5K**  
West Hartford, CT May 20, 2006

John Paggioli #5M; #2 M40-49 18:39  
Dean & Kathleen Bolt 29:15

**SOAPSTONE CHALLENGE 14.5 MILER**  
Stafford, CT May 21, 2006

Tim Blinn 2:19:19  
Linda Yamamoto 2:26:44  
Keith Morgan 3:06:31

**BLUFF POINT TWILIGHT TRAIL RUN 7.4 M**  
Groton, CT May 19, 2006

It rained during the whole race ... and there was MUD ... plenty of mud ... and slippery rocks.

Bob Niedbala 1:05:30

**BOLTON ROAD RACE 5M**  
Bolton, CT May 20, 2006

Jay Seney #2M; #2 M40-49 31:35  
Ned Kennedy #3M; #3 M40-49 31:56  
Steve Henry #4M; #1 M18-29 32:07  
Jim Tharp #6M 32:46  
Matt Butwill #2 M30-39 36:17  
Daria Vander Veer #4F; #3 F30-39 36:56  
Dani Kennedy #5F; #2 F40-49 39:10  
Matt Wynne #1 M50-59 42:06  
MaryLou White #9F; #1 F50-59 44:07

**SHAMROCK DUATHLON**  
Glastonbury, CT May 21, 2006

**5K Run - 28 M Bike - 5K Run**

Dean Bolt #2 M50-54 1:42:07  
John Salcius #2 M60-64 2:04:44  
Barry Stoner 2:11:52  
AnnMarie DeMonte #1 F65-59 2:23:31  
MaryLou White #2 F50-54 3:00:57

**"ED BURNHAM" VFW 4K**  
Willimantic, CT May 21, 2006

Ellie Lowell #5F; #1 F50-59 20:22

**NEWINGTON LIBRARY 5K ROAD RACE**

Newington, CT May 21, 2006

Keron Smith #1F 22:07  
Joan Munroe #5F; #1 F50-59 24:28

**BLOOMFIELD MEMORIAL DAY 3 Mile Race**

Bloomfield, CT May 29, 2006

Keron Smith #2F; #1 F30-39 21:59  
Dean Bolt 23:10

**RUNNERS IN SUPPORT OF EDUCATION**

North Stonington, CT May 27, 2006

Bob Niedbala 31:45

**WILLINGTON PTA 5K**  
Willington, CT May 27, 2006

Neal Liebowitz #2M 18:15

**BLUE ONION 10K**  
Hartford, CT May 28, 2006

5K

Steve Morse #4M; #1M50-54 19:05  
Sue Leslie #1 F55-59 26:16

10K

Mike Tartar #4M; #1 M35-39 36:42  
Matt Butwill 43:49  
Keron Smith #7F; #3 F30-34 45:22  
Clint Driscoll 48:29  
Andy Zyrek 57:11

**SLICKER N' HOG SNOT TRAIL RACE 5M**  
Southbridge, MA May 28, 2006

MaryLou White #2 F40-59 45:45  
Janit Romayko #1 F60+ 51:01

**RACE FOR THE CURE 5K**  
Hartford, CT June 3, 2006

5K

Tom Geer #2M 16:42  
Clint Driscoll 23:44  
Bekkie Wright 26:24  
Sue Leslie 26:53  
Joyce Thorner #16 Survivor 31:43  
Pat Saimond #25 Survivor #36:58

Kid's 100M Dash

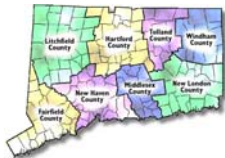
Lindsey Thurston  
Jessica Thurston

**LAUREN'S RUN 5K**  
Cromwell, CT June 3, 2006

Betty Cannella 26:34

**IRON HORSE HALF MARATHON**  
Simsbury, CT June 4, 2006

Keron Smith 1:44:58  
Clint Driscoll 1:50:57  
Rick Chromik 1:54:31  
Debbie Thurston 2:17:14



**Silk City Striders 8 County Challenge**

**At Least Three (3) Counties Completed as of 6/1/2006**

Please report your progress to [Webmaster@SilkCityStrider.org](mailto:Webmaster@SilkCityStrider.org). Thank You.

		Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Steve	Henry	X		X					X
Joan	Munroe	X					X		X
John	Sloan								
Jim	Tharp	X		X					X
MaryLou	White	X	X		X		X		X

**SPRING MARATHON CORNER**

**ZURICH INTERNATIONAL MARATHON**  
Zurich, Switzerland April 9, 2006

Clint Driscoll 3:50:10



**Joan, Cristiano & Bob Celebrate at Boston**

**110th BAA BOSTON MARATHON**  
Hopkinton to Boston, MA April 17, 2006

“Congratulations” to all the runners and “Thank You” to Barry Stoner, who volunteered at the Finish Line.

Scott Freeman	3:03:07
Christiano Gloria	3:03:54
Joe Kidder	3:14:40
Bill Gaghan	3:28:48
Bob Niedbala	3:51:35
Joan Munroe	3:56:39
John Paggioli	3:58:00
Bekkie Wright	4:13:08
Bill Schwarz	4:13:11
Andre Mesnil	4:32:30

**WALTER CHILDS MEMORIAL**  
**RACE OF CHAMPIONS MARATHON**  
Holyoke, MA May 7, 2006

Jay Seney	<b>#6M; #2 M40-49</b>	3:08:06
Ed Steele		3:45:08
Jim Best	<b>#2 M60-69</b>	4:25:43
Andre Mesnil		4:37:05

**NIPMUCK MARATHON**  
Ashford, CT May 28, 2006

Ed Steele	5:50
Jim Best	6:22

**MED CITY MARATHON**  
Rochester, MN May 28, 2006



John Sloan ~23 Miles 3:59:47  
Bekkie Wright ~28 Miles 5:08:42

On the advice the directors of the Mayo Clinic Sports Medicine, the race was called off 3 1/2 hours into the marathon to “keep people safe.” All runners were directed onto a shortcut to the Finish just before Mile 22. John completed the shortened course in just under 4 hours. Bekkie also initially took the “detour” but decided to backtrack and complete the full marathon course resulting in a run of ~28 Miles in just over 5 hours.

Thanks to our “secret weapons” Lynn & Tom Sloan for providing extra cold water, ice and Propel Fitness Water out on the course to keep us from becoming casualties in the 95 degree heat.



**Mike**



**Ginny**



**Jill**

**KEYBANK VERMONT CITY MARATHON**  
Burlington, VT May 28, 2006

Scott Freeman	<b>#2 M45-49</b>	2:56:57
	<b>#7 Master</b>	
Jay Seney		3:09:48
Mike Benzinski		3:16:04
Ginny Welch		3:56:34
Jill Ramos		5:37:58

NOTE: Drew Best was reportedly in the Top 5 before he was forced to retire at the 20 Mile Mark.

Art Byram & Cristiano Gloria  
“Summer Assault on Battery” 3:11:29

**#7 two-person Men’s Open Team**  
**#56 of 1040 Teams Overall**



## 2006 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS

### Selected Top 10 & Relay Results

<http://www.mysportsresults.com>

**ELLINGTON HIGH SCHOOL -- Aaron Flamino - Co-Coach, Andrew Cannella - Team Member**

**MANCHESTER HIGH SCHOOL -- Colby Welch** is the only Silk City Strider on the MHS team, however, selected results for MHS runners have also been provided since many of you know these runners.

#### MANCHESTER MIDNIGHT INVITE Manchester High School May 6, 2006

#### MANCHESTER GIRLS

4x100 Shuttle Hurdle	<b>#2 Team</b>	1:16.36
4x200 Relay	<b>#2 Team</b>	1:49.79
4x400 Relay JV	<b>#2 Team</b>	4:48.02
800 Sprint Relay	<b>#6 Team</b>	2:00.95
1600 Sprint Relay	<b>#2 Team</b>	4:26.12
2800M Medley JV	<b>#4 Team</b>	9:23.77
400 Distance Relay	<b>#3 Team</b>	13:32.59
400M Hurdles	Yolanda Jackson - #4	1:12.92
	Patrice Gallup - #6	1:17:55
3200M Run	Alissa Watson - #5	12:08.44
	Emily Petry - #9	13:29.92
High Jump	Kristina Kenyon - #6	4-08
Long Jump	Sabrina Morrett - #4	16-04
	Grace Boaffowaa - #8	15-01
Shot Put	Leanne Crockett - #1	*38-09
	Debra Crockett - #4	30-00
	Anjee McNary - #10	25-06
Discus	Leanne Crockett - #1	115-02
	Debra Crockett - #2	94-06

#### MANCHESTER BOYS

4x110 Shuttle Hurdle	<b>#1 Team</b>	1:10.87
4x200 Relay	<b>#3 Team</b>	1:37.83
4x400 Relay JV	<b>#1 Team</b>	3:40.92
800 Sprint Relay	<b>#3 Team</b>	1:38.49
1600 Sprint Relay	<b>#1 Team</b>	*3:37.22
2800M Medley JV	<b>#5 Team</b>	7:46.05
400 Distance Relay	<b>#5 Team</b>	11:19.11
4x1600 Mixed Relay	<b>#7 Team</b>	21:53.99

Team Member: **Colby Welch**

400M Hurdles	Anthony Solano - #2	58.25
	Connor Malick - #6	1:01.91
Long Jump	Mike Hartfield - #5	20-03
High Jump	Tim Peters - #6	5-06
Shot Put	Thomas Kenney - #2	*49-00
	Levi DeValve - #3	45-09
Discus	Rafael Ratzel - #1	161-08

\*Broke Meet Record

**EDITOR'S NOTE:** May 17, 2006: During the 2006 Season, Colby Welch broke the MHS Freshman 1 Mile record by 8 seconds with a time of 4:40. He also broke the MHS freshman 2 Mile record with a time of 10:15.

See next 3 pages for Colby's results in the 3200 at the JI Meet, CCC Division Meet, and Class "LL" Championships.

#### HARTFORD PUBLIC HIGH SCHOOL OUTDOOR TRACK AND FIELD MEET New Britain, CT May 13, 2006

#### MANCHESTER GIRLS

4x100 Relay	<b>#17 Team</b>	54.06
4x800 Relay	<b>#12 Team</b>	1:09.39
2K SteepleChase	Yolanda Jackson - #11	8:51.70
Shot Put	Leanne Crockett - #4	32-10.25
Discus	Leanne Crockett - #2	119-02
	Debra Crockett - #6	98-10
Javelin	Leanne Crockett - #6	111-00

#### MANCHESTER BOYS

4x800 Relay	<b>#4 Team</b>	8:09.34
Pole Vault	Sam Lourie - #7	12-00
Shot Put	Thomas Kenney - #8	46-01.75
Discus	Rafael Ratzel - #5	135-06

#### CIAC STATE OPEN OUTDOOR TRACK & FIELD CHAMPIONSHIPS Willowbrook Park, New Britain, CT June 6, 2006

#### NEW ENGLAND BOYS & GIRLS TRACK CHAMPIONSHIPS Willowbrook Park, New Britain, CT June 10, 2006

#### NIKE OUTDOOR NATIONALS TRACK & FIELD CHAMPIONSHIPS North Carolina A & T University, Greensboro, NC June 16-17, 2006

<b>JOURNAL INQUIRER TRACK AND FIELD MEET</b>
<b>Manchester, CT May 20, 2006</b>

**ELLINGTON GIRLS****Girls Small Division - Team #6**

4x100 Relay	<b>#4 Team</b>	52.24
4x400 Relay JV	<b>#7 Team</b>	4:57.29
4x400 Relay	<b>#10 Team</b>	4:27.50
100M Dash	Amanda Blanchard - #4	13.13
1600M Run JV	Janese Pike - #2	5:56.46
1600M Run JV	Allison Landry - #9	5:35.16
Pole Vault	Samantha Pernal - #10	7-06
Shot Put	Karin Hermansson - #9	27-06

**ELLINGTON BOYS****Boys Small Division - Team #3**

4x400 Relay JV	<b>#7 Team</b>	4:07.56
	Team Member: <b>Andrew Cannella</b>	
4x400 Relay	<b>#12 Team</b>	3:52.98
4x800 Relay	<b>#5 Team</b>	8:31.39
1600M Run JV	Tyler Cleverdon - #3	4:56.04
	Nick Kellner - #6	5:06.74
1600M Run	Alec Carlson - #2	4:29.54
3200M Run	Alec Carlson - #2	9:59.88
	Andrew Sullivan - #5	10:12.98
Javelin	Tyler Cleverdon - #1	157-07

**MANCHESTER GIRLS****Girls Large Division - Team #1**

4x100 Relay	<b>#9 Team</b>	53.68
4x400 Relay	<b>#1 Team</b>	4:00.36
4x400 Relay JV	<b>#6 Team</b>	4:56.34
4x800 Relay	<b>#2 Team</b>	9:53.29
100M Hurdles	Courtney Sims - #2	15.71
300M Hurdles	Patrice Gallup - #6	52.13
	Yolanda Jackson - #9	52.56
100M Dash	Reanna Bennett - #5	13.31
200M Dash	Elsa Millett - #1	26.25
400M Dash	Elsa Millett - #1	57.78
1600M Run	Mary Bugbee - #7	5:30.45
1600M Run JV	Julie Maas - #1	5:56.32
	Emily Petry - #8	6:15.13
	Nicole Morin - #10	6:21.01
3200M Run	Alissa Watson - #4	11:56.80
High Jump	Kristina Kenyon - #7	4-08
Long Jump	Sabrina Morrett - #2	16-02.5
	Becky Reiser - #7	15-00.5
Shot Put	Leanne Crockett - #1	37-02
	Debra Crockett - #4	31.01
Discus	Leanne Crockett - #1	119-06
	Debra Crockett - #2	100-07.5
Javelin	Leanne Crockett - #2	114-02
	Kara Perruccio - #9	83-00

**MANCHESTER BOYS****Boys Large Division - Team #1**

4x100 Relay	<b>#4 Team</b>	45.33
4x400 Relay	<b>#1 Team</b>	3:31.25
4x400 Relay JV	<b>#2 Team</b>	3:43.55
4x800 Relay	<b>#2 Team</b>	8:17.92
110M Hurdles	Anthony Solano - #4	15.97
	Ben AuYeung - #7	17.31
300M Hurdles	Anthony Solano - #1	41.92
	Connor Malick - #7	43.76
100M Dash	Anthony Wilson - #8	12.01
200M Dash	Brice Edwards - #10	24.50
400M Dash	Josh Miller - #1	49.54
	Jacob DeValve - #6	52.41
	Kristian Tedford - #7	52.76
800M Run	Scott Perkins - #9	2:06.39
1600M Run	Dave Krinjak - #7	4:42.88
3200M Run	<b>Colby Welch - #4</b>	10:07.18
	Tyler Gauruder - #6	10:27.66
High Jump	Anthony Wilson - #9	5-08
	Tim Peters - #9	5-08
Long Jump	Mike Hartfield - #6	20-04.25
Triple Jump	Mike Hartfield - #3	41-07
Pole Vault	Sam Lourie - #2	11-06
	Bill Gosslin - #7	11-00
Shot Put	Thomas Kenney - #5	44-11
	Levi DeValve - #6	44-03.5
	Rafael Ratzel - #9	42-09
Discus	Rafael Ratzel - #1	161-01.5
	Thomas Kenney - #4	126-01
Javelin	Will Edgington - #3	149.10

**CCC OUTDOOR CHAMPIONSHIP TRACK & FIELD MEET**  
**Manchester , CT May 24, 2006**

**MANCHESTER GIRLS - #2 TEAM**

4x400 Relay	<b>#4 Team</b>	4:20.1
100M Dash	Elsa Millett - #3	12.07
200M Dash	Elsa Millet - #1	25.04
300M Hurdles	Patrice Gallup - #5	50.6
400M Dash	Mary Bugbee - #4	1:03.8
	Molly Rauscher - #6	1:05.2
800 M Run	Mary Bugbee - #5	2:29.6
	Yolanda Jackson - #6	2:31.3
1600M Run	Alissa Watson - #6	5:51.02
3200M Run	Jenn Lee - #6	13:14.0
High Jump	Kristina Kenyon - #3	4-08
Long Jump	Sabrina Morrett - #4	15-02.5
Triple Jump	Sabrina Morrett - #6	32-06
Shot Put	Leanne Crockett - #1	35-00.5
	Debra Crockett - #6	29-00.0
Discus	Leanne Crockett - #1	127-09
	Debra Crockett - #4	86-01
Javelin	Leanne Crockett - #1	121-04
	Kara Perruccio #4	86-00

**MANCHESTER BOYS - #1 TEAM**

4x100 Relay	<b>#3 Team</b>	44.02
4x800 Relay	<b>#1 Team</b>	8:15.4
110M Hurdles	Anthony Solano - #4	16.02
300M Hurdles	Anthony Solano - #2	41.10
100M Dash	Nana Ocran - #1	10.07
200M Dash	Nana Ocran - #1	21.90
	Josh Miller - #3	23.00
400M Run	Josh Miller - #1	49.08
	Jacob DeValve - #4	52.07
	Kristian Tedford - #5	53.02
800M Run	Scott Perkins - #5	2:04.50
1600M Run	Dave Krinjak - #3	4:41.03
3200M Run	<b>Colby Welch - #4</b>	10:26.8
	Tyler Gauruder - #5	10:31.6
Pole Vault	Bill Gosslin - #1	11-00
Long Jump	Michael Hartfield - #2	20-04.5
Triple Jump	Michael Hartfield - #4	40-01.5
Shot Put	Levi DeValve - #2	45-05.5
	Thomas Kenney - #3	44-04.75
Discus	Rafael Ratzel - #1	152-09
	Levi DeValve - #5	117-05
Javelin	Will Edgington - #6	129-10

**NCCC OUTDOOR CHAMPIONSHIP TRACK AND FIELD MEET**  
**Ellington High School May 23, 2006**

**ELLINGTON GIRLS****Team #3**

4x100 Relay	<b>#2 Team</b>	52.03
4x400 Relay	<b>#4 Team</b>	4:30.58
4x800 Relay	<b>#6 Team</b>	11:22.08
100M Hurdles	Christen Cowan - #8	19.36
300M Hurdles	Christen Cowan - #8	57.18
100M Dash	Amanda Blanchard - #2	13.09
200M Dash	Amanda Blanchard - #3	27.60
	Samantha Pernal - #6	28.33
400M Dash	Amanda Sullivan - #4	1:03.73
	Eric Szewc - #8	1:06.38
800M Run	Allison Landry - #5	2:32.76
	Jennifer Bergeron - #6	2:33.83
1600M Run	Allison Landry - #3	5:33.25
	Janese Pike - #9	6:05.18
3200M Run	Molly Maciolek - #10	13:55.49
High Jump	Molly Maciolek - #10	4-04
Pole Vault	Samantha Pernal - #7	7-06
Discus	Emily Wroniak - #7	78-09
	Karin Hermansson - #8	73-08
Shot Put	Emily Wroniak - #2	29-03
	Karin Hermansson - #6	27-00
	Leeane Golden - #10	24-01
Javelin	Karin Hermansson - #4	85-04

**ELLINGTON BOYS****Team #4**

4x100 Relay	<b>#8 Team</b>	48.78
4x400 Relay	<b>#7 Team</b>	3:50.20
4x800 Relay	<b>#1 Team</b>	8:27.15
300M Hurdles	Eric Dinse - #5	44.97
200M Dash	<b>Andrew Cannella - #19</b>	26.49
1600M Run	Andrew Sullivan - #2	4:44.16
	Nick Kellner - #7	4:59.98
	Lucas Smith-Horn #9	5:04.55
3200M Run	Alec Carlson - #1	10:16.21
	Chris Kelleher - #2	10:16.30
	Andrew Sullivan - #3	10:19.27
	Tyler Cleverdon - #6	10:46.14
Long Jump	<b>Andrew Cannella - #18</b>	15-00
Pole Vault	Orrin Jarrett - #9	9-06
Shot Put	Doug Harding - #8	38-03
	Drew Thompson - #9	38-01
Discus	Drew Thompson - #2	117-11
Javelin	Tyler Cleverdon - #1	156-02

**CIAC CLASS "LL"  
OUTDOOR TRACK & FIELD  
CHAMPIONSHIPS  
Manchester, CT May 31, 2006**

**MANCHESTER GIRLS - #2 TEAM**

4x100 Relay	<b>#11 Team</b>	52.61
4x400 Relay	<b>#1 Team</b>	3:59.17
4x800 Relay	<b>#4 Team</b>	9:45.85
100M Dash	Reanna Bennett - #8	13.36
100M Hurdles	Courney Sims - #1	15.40
400M Dash	Elsa Millett - #1	58.19
3200M Run	Alissa Watson- #5	12:02.86
Pole Vault	Michelle Landry - #10	8-00
Long Jump	Sabrina Morrett - #3	16-04.25
Shot Put	Leanne Crockett - #4	37-02
Discus	Leanne Crockett - #2	125-08
	Debra Crocket - #5	97-03
Javelin	Leanne Crockett - #1	126-01

**MANCHESTER BOYS - #3 TEAM**

4x100 Relay	<b>#4 Team</b>	44.04
4x400 Relay	<b>#2 Team</b>	3:30.94
4x800 Relay	<b>#19 Team</b>	9:05.98
300M Hurdles	Anthony Solano - #3	40.70
100M Dash	Nana Ocran - #1	11.02
200M Dash	Nana Ocran - #2	22.06
400M Run	Josh Miller - #1	49.27
800M Run	Scott Perkins - #2	2:00.02
Pole Vault	Galen Bessette - #7	11-06
Long Jump	Michael Hartfield - #9	20-05
Shot Put	Levi DeValve - #6	47-09
	Thomas Kenney - #8	45-09
Discus	Rafael Ratzel - #2	151-07

**CIAC CLASS "M"  
OUTDOOR TRACK & FIELD  
CHAMPIONSHIPS  
New Britain, CT May 31, 2006**

**ELLINGTON GIRLS  
Team #15**

4x100 Relay	<b>#6 Team</b>	52.36
4x400 Relay	<b>#8 Team</b>	4:16.08
4x800 Relay	<b>#14 Team</b>	11:01.52
100M Dash	Amanda Blancard - #4	13.19
3200M Run	Allison Landry - #2	11:50.26

**ELLINGTON BOYS  
Team #16**

4x100 Relay	<b>#19 Team</b>	48.23
	Team Member: <b>Andrew Cannella</b>	
4x400 Relay	<b>#17 Team</b>	3:44.45
4x800 Relay	<b>#4 Team</b>	8:21.22
300M Hurdles	Eric Dinse - #10	44.30
3200M Run	Alec Carlson - #5	9:54.29
	Andrew Sullivan - #7	10:01.63
	Christopher Kelleher - #8	10:08.07
Javelin	Tyler Cleverdon - #8	149-01

**RED DRESS RUNNERS & VOLUNTEERS NEEDED**

The RED DRESS RUN FOR WOMEN 5K is coming up on July 8, 2006. Some of you may remember this as the Avon 10K and Ryka 5K/10K. Silk City has a tradition of fielding a Women's Team and staffing the Water Stop in Elizabeth Park. The "Red Dress" is the symbol of healthy heart awareness, so I'll be wearing my red dress, but costumes are not necessary. If you are interested in working at the Water Stop, please contact Bekkie at (860) 533-1557.

**RACE CALENDAR**

Date	Time	Race	Place	Contact	Telephone
Su Jun 11	1:00 PM	Litchfield Hills 7.05M	Litchfield (Village Green)	John Clock	860-567-8504
Su Jun 18	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA	Goth Swann	413-443-1267
Su Jun 25	8:30 AM	Fairfield 13.1M and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Sa Jul 1	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	Jim Uhrig	860-282-8240
Mo Jul 3	9:00 AM	Independence Day 5K	Springfield (Court Square)	Peter Stasz	413-734-0955
Tu Jul 4	10:00 AM	Four on the Fourth 4M	Chester (Center)	Race Director	860-526-2240
Tu Jul 4	9:00 AM	John DeMille Firecracker 8K	Bethel (Main St.)	Race Director	203-794-8531
Tu Jul 4	9:00 AM	Four on the Fourth 4M	New Canaan	Jim Gerwick	203-849-8646
Sa Jul 8	6:00 PM	Enfield Celebration 5K	Enfield (Town Green)	Jack Mancuso	860-749-1820
Sa Jul 8	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	Beth Shluger	860-653-8866
Th Jul 20	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main Street)	John Bysiewicz	203-481-5933
Fr Jul 21	6:15 PM	Sunset 5K	Trumbull (Twin Brooks Park)	Marty Schiavone	203-374-6433
Sa Jul 22	8:00 AM	Space Race 5K	East Granby	Beth Shluger	860-652-8866
Su Jul 23	10:00 AM	Johnny Kelly 10K/5K	Hyannis, MA	Paul Collyer	617-625-2140
Fr Jul 28	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	Ken Rosbottom	401-294-4466
Sa Jul 29	9:30 AM	New Milford 8M	New Milford (Town Green)	Eleanor Corelli	860-355-6050
Su Jul 30	10:00 AM	Railroad Days 5M	N. Canaan (Lawrence Fld Rt 44)	Race Director	860-824-0051
Su Jul 30	9:00 AM	Savin Rock 5K	W. Haven	John Bysiewicz	203-481-5933

**2006 USATF GRAND PRIX SERIES CALENDAR**

Date	Time	Race	Place	Contact	Telephone
Su Jun 18	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su Jul 2	9:00 AM	Independence Day 5000	Milford	Marty Schiavone	203-374-6433
Mo Sep 4	8:30 AM	New Haven Road Race 20K	New Haven Town Green	John Bysiewicz	203-481-5933
Sa Sep 30	9:30 AM	Hogs Back Half Marathon	Colebrook	Will Graustein	860-485-1506

**SUMMER/FALL 2006 MARATHON CALENDAR** (Click on Marathon Name for Link)

06/11/06	Lake Placid Marathon	Lake Placid, NY
07/16/06	Paul Bunyan Marathon	Bangor, ME
08/27/06	Marathon des Deux Rives	Quebec City
09/10/06	Stowe Marathon	Stowe/Morrisville, VT
09/17/06	Adirondack Marathon	Schroon Lake, NY
09/17/06	Dutchess County Classic Marathon	Wappingers Falls, NY
09/17/06	Rochester Marathon	Rochester, NY
09/17/06	Yonkers Marathon	Yonkers, NY
09/24/06	Clarence Demar Marathon	Keene, NH
09/30/06	New Hampshire Marathon	Bristol, NH
10/01/06	Maine Marathon	Portland, ME
10/01/06	Wineglass Marathon	Bath, NY
10/08/06	Mohawk-Hudson River Marathon	Albany, NY
10/08/06	Steamtown Marathon	Scranton, PA
10/14/06	Hartford Marathon	Hartford, CT
10/15/06	Bay State Marathon	Lowell, MA
10/15/06	Mount Desert Island Marathon	Bar Harbor, ME
10/21/06	Breakers Marathon	Newport, RI
10/21/06	Green Mountain Marathon	South Hero, VT
10/22/06	Mystic Places Marathon	East Lyme, CT
10/29/06	Cape Cod Marathon	Falmouth, MA

40 Spruce Street  
Manchester, CT 06040



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**DEADLINE FOR NEXT NEWSLETTER: July 31, 2006**

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**MEMBERSHIP APPLICATION/RENEWAL  
For Calendar Year 2006**

Name: \_\_\_\_\_ Birthdate \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email \_\_\_\_\_

Telephone: (H) (\_\_\_\_\_) \_\_\_\_\_

Family Members:

Name: \_\_\_\_\_ Birthdate \_\_\_\_\_ Name: \_\_\_\_\_ Birthdate \_\_\_\_\_

**Fees: (Check all that apply)**

Individual \$12.00     Family \$15.00.

Add \$3.00 if you cannot access the newsletter online, and wish to have it mailed to you.

**Make checks payable to "Silk City Striders."**

**Mail to: Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033**

Questions? Contact Bekkie Wright at (860) 533-1557 or via email at [webmaster@silkcitystriders.org](mailto:webmaster@silkcitystriders.org).