



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

## President's Message:

As I sit here anticipating the summer racing season, I cannot help thinking about all the dedicated runners, bikers, swimmers and walkers we have in our club. Each week all our club members are out training and celebrating life; still others are walking and running for "The Cure" and other charitable events. So let us take a little time out to encourage and support those who are not as fortunate as we are.

I want to thank all those members who turned out on Tuesday May 29th to support the Manchester Greenway Project to extend the bike path from Gardner Street to Porter Street. Bill O'Neill, who is the chairman of the Connecticut National Greenway System, had to be pleased with the significant showing of supporters at this meeting.

The new updated Silk City Club uniforms have been ordered and will be available by mid-June. Thanks to Bekkie, Sue and Betty for coordinating this procurement.

The Silk City Calendar of Events is published within this document. Please take a moment or two to mark your personal calendars for the next team running event - the Branford Road Race on Father's Day, Sunday, June 17 - and especially the Club Picnic on Sunday, July 29 from 2:00 - 6:00 PM. The picnic will again be at Blish Park in Marlboro by Lake Terramuggus; let's make this event a real summer bash.

Several local Summer Series events are also listed within: The Wickham Park Cross Country Grand Prix Series, Glastonbury Parks & Recreation Dept. Fun Run Series, Glastonbury "Chamber of Commerce" Summer Racing Series, and Lake Terramuggus Triathlon Series. All of these events are low cost and close to home; so I encourage your participation.

As with just about anything in life, showing up is worth at least half of any success and the rest is accomplished by continuing to put one foot (or arm) in front of the other. Have a good summer!

- Hillman



**The NEW  
Greater Hartford Marathon,  
Half Marathon and 5K courses  
have just been unveiled.**

Complete course maps  
and turn-by-turn directions  
will be available soon.

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**2007 BOARD OF DIRECTORS****Officers**

**President:** Barry Stoner (860) 647-9503  
**Vice President:** Art Byram (860) 430-1072  
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**Secretary:** Ed Steele (860) 649-1541

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 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**  
**Parking Lot C**  
 (near the “Great Path” entrance)

**Wednesday Evening Funs Runs - 5:15 pm**  
**Mt. Nebo Parking Lot - Spring Street**

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

Natalie Alexandre South Windsor  
 Roger Petersen Broad Brook

**“Wishing You Well”**

**Jim Whitehouse** and **Paige Westerfield** were married on April 13, 2007. Congratulations Jim & Paige. On a sadder note, Paige was just diagnosed with breast cancer and is currently undergoing treatment. We wish her well as she recovers from her surgery and begins her therapy.

**GLASTONBURY PARKS & REC**  
**SUMMER FUN RUNS**  
**Starting Tuesday, June 26 - 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 26, July 10, 17, 24 & 31; August 7 & 14. FREE**



The Glastonbury Summer Racing Series sponsored by the Chamber of Commerce returns for 2007 with a **5K, 10K & 10M Series of Races on Saturday, July 14, July 28, & August 4**. The GSRS application is available on our website ([or by clicking on the logo above](#)), and attached to this newsletter for those who don’t have web access.



**SILK CITY STRIDERS'  
SUMMER PICNIC  
BLISH PARK - LAKE TERRAMUGGUS  
Marlborough, CT  
Sunday, July 29, 2:00–6:00 pm**

Bring your bathing suit, kayak or canoe and your favorite side dish or dessert. The Club will provide hotdogs & hamburgers as well as beverages, and condiments. Vegetarians should bring a grill item of their choice. Silk City has reserved the Pavilion at Blish Park from 2:00 - 6:00 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).

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 9, 16 & 23  
August 6 & 20**

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 9, 2007

**For More Information contact:**

Mike Bendzinski (860) 649-6426

[Click on logo above for link to  
Pre-Registration Application.](#)

## 4th Annual Bobby's Run

### Saturday, May 19, 2007 -- Northeast School, Vernon, CT

Thanks to everyone who participated in and volunteered at the 4th Annual Bobby's Run. The skies were cloudy, but that didn't dampen the spirits. Thanks to Lisa Bonadies for supplying the Poland Springs Water, Barry Stoner and MaryLou White for course monitoring, Bill Schwartz and Tom Hazel for Timing; Sue Leslie, Karen Saunders, Janit Romayko, and Joe Poliquin for staffing the 2 Water Stops; and Art Byram for pre-race set-up and clean-up.

NOTE: Lisa Bonadies reports that this year the R.J. Bonadies Scholarship at Rockville High School was awarded to Katie DiDio and Andrew Wheeler. In addition, Cary Bonadies-Pancieria reports that the recipient of the R.J. Bonadies Scholarship at St. James School is "Bob's clone ... a wild man, but full of heart." The Silk City Striders are pleased to continue our support of these two scholarship funds through the annual proceeds of Bobby's Run.



Brian



Art



Candice



Carol-Line

Place	Name	City	State	M/F	Time
1	<b>Brian Nelson</b>	<b>Enfield</b>	<b>CT</b>	<b>M</b>	<b>48:42</b>
2	<b>Art Byram</b>	<b>Glastonbury</b>	<b>CT</b>	<b>M</b>	<b>54:41</b>
3	<b>Ted Grab</b>	<b>Northampton</b>	<b>MA</b>	<b>M</b>	<b>57:28</b>
4	Andrew Gagnon	Worcester	MA	M	1:00:30
5	John Pacini	Glastonbury	CT	M	1:00:45
6	Bill McGugan	Manchester	CT	M	1:01:59
7	Gordon Paterson	Vernon	CT	M	1:03:24
8	John Bartolomei	Woodstock	CT	M	1:04:01
9	Stephen Bebrin	Vernon	CT	M	1:04:58
10	<b>Candice Lamar</b>	<b>Bolton</b>	<b>CT</b>	<b>F</b>	<b>1:05:07</b>
11	<b>Carol-Line Hazel</b>	<b>Vernon</b>	<b>CT</b>	<b>F</b>	<b>1:05:47</b>
12	<b>Frances "Frankie" Smith</b>	<b>South Windsor</b>	<b>CT</b>	<b>F</b>	<b>1:07:23</b>
13	Rick Chromik	Tolland	CT	M	1:07:25
14	King Archibald	Manchester	CT	M	1:10:05
15	Rich "Rizzle" White	Tacoma	WA	M	1:11:29
16	Roger Petersen	Broad Brook	CT	M	1:12:37
17	Pat Mariano	Cheshire	CT	F	1:16:00
18	Katherine Knapp	Tolland	CT	F	1:17:48
19	Liz O'Donnell	Vernon	CT	F	1:22:48
20	Alexander Cuda	Milford	CT	M	1:25:17
21	Amy Paterson	Vernon	CT	F	1:25:21
22	Randy Potterton	Andover	CT	M	1:39:52
23	Chrys Grigoriu	Vernon	CT	F	1:40:06
24	Sharon Koonze	Ellington	CT	F	1:40:38
25	Susan Griffin	Vernon	CT	F	1:40:40
26	Marj Haas	Cheshire	CT	F	1:55:00

## RACE RESULTS

Please email your results to Bekkie at [Webmaster@SilkCityStriders.org](mailto: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.

### EASTER 5K ROAD RACE Willimantic, CT April 7, 2007

Mark Turkington	#2 M60-69	20:42
Dean Bolt	#2 M50-59	21:27
Gary Sweet		23:26
Ellie Lowell	#2 F50-59	24:21
Janit Romayko	#1 F60-69	27:26
MaryLou White		27:43
Jill Ramos		28:44
James Hodges		56:02

### SPIRIT OF SPRING 5.1M Tolland, CT April 7, 2007

Rick Chromik	42:30
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### BRADLEY AIRPORT 10K Windsor Locks, CT April 7, 2007

Keron Smith	#3F; #1 F30-39	49:09
Carol-Line Hazel	#5F; #2 F30-39	51:00
Joan Munroe	#6F; #2 F50-59	51:11

### NORTHERN NIPMUCK 16 MILE TRAIL RACE

Bigelow Hollow - Union, CT April 7, 2007

Steve Henry	2:42:24
Bill Metzger	3:07:38

### MERRIMACK RIVER 16K TRAIL RACE Andover, MA April 14, 2007

MaryLou White	1:59:45
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### EARTH DAY 3M TRAIL RACE Mansfield, CT April 14, 2007

Brendon McDermott	#1M	17:27
Steve Henry	#2M; #1 M20-29	17:53
Gary Sweet		22:44
Janit Romayko	#2 F60-69	28:13

### HEBRON 5K ROAD RACE Hebron, CT April 11, 2007

Steve Henry	#2M; #1 M18-29	17:44
Jay Seney	#4M; #3 M40-49	18:43
Gary Sweet		22:52
Zofia Turosz	#1 F60-99	26:36

### SIMSBURY RIVER RUN 5K & 10K Simsbury, CT April 22, 2007

#### 5K

Mike Tartar	#2M; #1M30-39	18:31
John Paggioli	#6M; #1 M40-49	19:16
Sarah Tartar		30:58

#### 10K

Carol-Line Hazel	50:59
Terry Voytek	1:02:28

### SEASIDE SHUFFLE 5M Old Saybrook, CT April 28, 2007

Gary Sweet	#2 M50-59	35:58
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### SALMON RIVER RUN 5.5 M Colchester, CT May 5, 2007

Gary Sweet	#4 M50-59	42:05
Andrew Zyrek		48:10
Mary Lou White	#2 F 50-59	48:50
Diana Cohen	#3 F 1-29	53:06
Jill Ramos		54:29

### SEVEN SISTERS TRAIL RACE - 12 Miles Amherst, MA May 6, 2007

Bekkie Wright	3:53:53
Joe Poliquin	3:53:56

### GRANBY 10K Granby, CT May 6, 2007

Steve Henry	#2M; #1 M20-29	37:38
Dean Bolt	#3 M50-59	45:57

**BROAD STREET RUN 10M**  
Philadelphia, PA May 6, 2007

Mike Tirrell	1:10:06
Bill Schwarz	1:14:49

**Note from Bill:** We may have had a little help from the course and weather. Downhill, no turns, 51 degrees, sunny and a 15-20 mph tailwind! How bad is that?

**NEW COURSE RECORDS**

Open Male - <b>Patrick Cheriuyot</b>	45:14*
Open Wheelchair Male - <b>Tony Nogueira</b>	32:05
Master Wheelchair Male - <b>Gary Brendel</b>	36:46

\*The Fastest 10-Mile Time ever recorded in the U.S.

**BOLTON ROAD RACE 5M**  
Bolton, CT May 12, 2007

Steve Henry	<b>#2M, #2 M18-29</b>	30:37
John Paggioli	<b>#3M, #1 M40-49</b>	31:15
Rob Dollak	<b>#8M</b>	32:51
Art Byram		34:19
Ian Roberts		37:05
Diana Cohen	<b>#6F; #3 F18-29</b>	43:04
MaryLou White	<b>#3 F50-59</b>	44:03
Barry Stoner	<b>#2 M60++</b>	46:12
Randy Potterton		54:21

**CT RACE IN THE PARK 5K**  
New Britain, CT May 13, 2007

Women's 5K

Bekkie Wright	23:23
Sue Leslie	27:10
Suzanne Charlesworth	31:40

Men's 5K

Cristiano Gloria	<b>#6M, #2 M20-29, PR</b>	17:45
Joe Poliquin		20:59
Tony Hollister	<b>#1 M60-69</b>	21:11
Andy Zyrek	<b>PR</b>	24:46

**VERNON MOTHER'S DAY DASH 5K**  
Vernon, CT May 13, 2007

Jay Seney	<b>#4M, #3 M40-49</b>	18:42
Neal Leibowitz	<b>#5M; #1 M30-39</b>	18:46
Ned Kennedy	<b>#8M</b>	19:03
Mike Bendzinski	<b>#1 M50-59</b>	19:44
Mike Munroe		19:46
David Bendzinski	<b>#2 M15-18</b>	20:06
Mike Dolen	<b>#4 M50-59</b>	20:15
Mark Turkington	<b>#2 M60-69</b>	20:25
Linda Yamamoto	<b>#5F, #2 F30-39</b>	20:40
Tim Blinn		20:48
King Archibald		20:53
Ted Kennedy*	<b>#3 M19-29</b>	21:53
Ginny Welch	<b>#3 F40-49</b>	22:25
Bekkie Wright		22:57
Joe Poliquin		22:57
Dani Kennedy*		23:16
MaryLou White	<b>#2 F50-59</b>	25:41
Sue Leslie		26:23
Rachel Blinn		26:29
Norlean Litwinka		26:34
Jill Ramos		26:59
Denise Toce		27:27
Noreen & Ed Steele		37:17
Brenda Leibowitz		50:26
Prescille Yamamoto		51:30
Katie & Edward Steele II		52:48

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**Dani & Ted Kennedy** took **2nd place** in the **Mother/Son** division. Congratulations everyone!

**AVON 5K ROAD RACE**  
Avon, CT May 20, 2007

Steve Morse	<b>#1 M50-59</b>	20:01
Bill Schwarz	<b>#1 M60-69</b>	22:32
Michelle Sawyer		26:55

**"ED BURNHAM" FOUR BRIDGES 4K**  
Willimantic, CT May 20, 2007

Mark Turkington	<b>#5M; #1 M60-69</b>	16:22
Ellie Lowell	<b>#2F; #1 F60-69</b>	18:49



**NEWINGTON LIBRARY 5K ROAD RACE**

Newington, CT May 20, 2007

David LaPorte		20:26
Keron Smith	#3 F30-39	23:23

**SOAPSTONE MOUNTAIN 24K TRAIL RACE**

Somers, CT May 20, 2007

Steve Henry		1:58:55
Dale Toce		2:13:21
Linda Yamamoto	#5 F #2 F1-39	2:20:43
Tim Blinn		2:30:22
Bill Metzger		2:34:00
Bekkie Wright		2:51:58
Joseph Poliquin		2:51:58

**MADISON HALF MARATHON**

Madison, WI May 27, 2007

Cristiano Gloria		1:23:33
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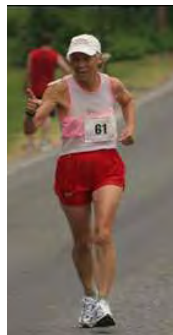
**MEMORIAL MILE**

East Hartford, CT May 28, 2007

Ben Witkowski	#6M; #3 M19-29	5:10
Jason Earl	<u>Pushing his son in the stroller</u>	5:35
Dale Toce	#3M40-49	5:38
Bill McGugan		5:47
Mark Turkington	#2 M60-69	5:53
Joe Poliquin		5:54
Bekkie Wright	#4F, #2 F40-49	6:37
Denise Toce	#3 F40-49; PR	7:33
Randy Potterton		8:51



Zofia



Janit

**WOODSTOCK MEMORIAL DAY 10K**

Woodstock, CT May 28, 2007

Zofia Turosz	#1 F60-69	56:35
MaryLou White	#3 F50-59	57:40
Barry Stoner		58:33
Janit Romayko	#3 F60-69	1:03:36

**RACE FOR THE CURE 5K**

Hartford, CT June 2, 2007

Ben Witkowski	#9M; #2 M20-29	18:42
Steve Morse	#3 M50-59	20:09
Mike Tirrell		20:42
Joe Poliquin		24:48
Bekkie Wright		24:48
John Sloan		25:41
Anne Forzley*	#3 Survivor	25:17
Sue Leslie		26:32
Lynn Damon		26:32
Joyce Thorne	#15 Survivor	33:03
Cassie Saimond		30:02
Pat Saimond	#41 Survivor	38:12

\* Former Silk City Strider

**Kid's 100M Dash**

Lindsey Thurston  
Jessica Thurston

**CHAPLIN COUNTRY 5K ROAD RACE**

Chaplin, CT June 2, 2007

John Paggioli	#1M	18:38
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**IRON HORSE HALF MARATHON & 10K**

Simsbury, CT June 3, 2007

**10K**

Dale Toce	#3M; #1 M45-49	40:26
Keron Smith	#1 F30-39	48:25
Sarah Tartar		1:00:06

**Half Marathon**

Mike Shore		1:50:47
Carol-Line Hazel	1st Half Marathon	1:55:56
Michelle Sawyer		2:19:19

**CELEBRATE WEST HARTFORD 5K**

West Hartford, CT June 3, 2007

Tyler Gauruder	#4M; #1 M11-17	16:54
Bill Schwarz	#3 M60-69	24:55

## SPRING DUATHLON & TRIATHLON RESULTS

### WRENTHAM DUATHLON Wrentham, MA April 22, 2007

**3M Run – 11M Bike – 2M Run**

John Salcius		1:26:50
Janit Romayko	<b>#1 F60-64</b>	1:27:58
MaryLou White	<b>#3 F50-54</b>	1:30:53



### MUD SWEAT & GEARS DUATHLON Ashland, MA April 28, 2007

**1.8M XC Run – 5.5M Mtn Bike – 1.8M XC Run**

MaryLou White	<b>#1 F50-54</b>	1:23:32
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### HOPKINTON DUATHLON Hopkinton, MA May 6, 2007

**2M Run – 12.1M Bike – 3M Run**

MaryLou White	<b>#2 F50-54</b>	1:46:13
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### WHITE LAKE HALF IRONMAN White Lake, NC May 6, 2007

**1.2M Swim – 56M Bike – 13.1M Run**

Cristiano Gloria		4:49:40
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### SHAMROCK DUATHLON Glastonbury, CT May 21, 2007

**5K Run – 28 M Bike – 5K Run**

Cristiano Gloria	<b>#5M; #2 M30-34</b>	1:31:40
Rob Dollak		1:41:11
Dean Bolt		1:43:20
Peggy Byram	<b>#1 F50-54</b>	2:13:31
John Salcius	<b>#2 M60-64</b>	2:13:53
Mary Lou White	<b>#2 F50-54</b>	2:24:05

**NOTE:** Janit Romayko took a spill on her bike, unfortunately resulting in a DNF, but luckily no concussion, and just a few stitches.

Get well soon, Janit!

### US COAST GUARD DUATHLON Bourne, MA May 26, 2007

**2M Run – 12M Bike – 2M Run**

MaryLou White	<b>#1 F50-54</b>	1:27:54
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### MOOSEMAN HALF IRONMAN Newfound Lake, Bristol, NH June 3, 2007

**1.2M Swim – 56M Bike – 13.1M Run**

Ned Kennedy	<b>1st Half Iron Tri</b>	5:18:31
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**June 14 & 28 -- July 12 & 26  
August 9 & 23 -- 6:30 PM**

400 yard swim, 12 mile road bike, 5k run.  
Entry fee \$15 per race. All races will be chip timed.

One day race licenses will NOT be sold at the race site. ALL contestants must have a valid USA Triathlon membership to compete.

For more information, please call **Pig Iron Bicycle Works at 860-633-3444** or [click on the logo above for a direct link to the Terramuggus Triathlon Series home page.](#)





## Silk City Striders 8 County Challenge

**At Least Three (3) Counties Completed as of 6/1/2007**

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald		X				X	X	
Dean Bolt		X			X	X		X
Art Byram	X		X			X	X	
Steve Henry		X		X			X	
Jim Hodges	X					X		X
Sue Leslie	X	X					X	
Bill McGugan		X				X	X	
John Paggioli		X				X	X	
Joe Poliquin	X	X					X	X
Jill Ramos						X	X	X
<b>Janit Romayko</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
John Salcius	X	X	X		X			
Barry Stoner	X						X	X
Gary Sweet		X		X	X	X	X	X
Mark Turkington	X	X				X	X	X
Zofia Turosz	X						X	X
Ginny Welch	X	X					X	
<b>MaryLou White</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Bekkie Wright	X	X					X	
Andy Zyrek	X	X				X		X

### NEW MEMBER PROFILE: Natalie Alexandre

Natalie was born and raised in New York, and currently resides in South Windsor. She is a first generation Dominican, from a very large family, and a mother of three.

"I began running the senior year in High School, but never competed. My college did not have a formal track club for women, but a couple of gals and I got together and began running as an unofficial team. I ran for fun, stress relief and to center myself. Some folks sit crisscross, have their thumb and pinky touch and close their eyes and say, "Ohm." Running is my form of "ohm." After baby #2, running stopped being a priority. 3 babies and 8 years later, holding two fulltime jobs, one as a social worker supervisor and the other as a coach, taxi, tutor, part-time medical assistant, nutritionist and social calendar coordinator, I am back in the saddle. The legs are not quite what they use to be ... yet! Running a marathon in 2007 was the goal, but a severe ankle sprain has derailed that dream temporarily. 2007 holds the promise of 5K's. 2008, the year I turn 40, holds a marathon and maybe perhaps maybe a triathlon. I aim high huh? I look forward to rejoining the Silk City Fun Runs once I have MD clearance to do so."

**SPRING MARATHON CORNER**



Drew



Scott



Neal



Art



Rob



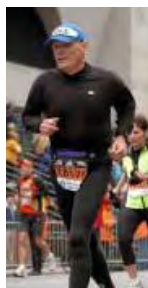
Joe K.



Ginny



Sandy



Bill



Joan



Bekkie & Joe



Andre



Andy

**111th BAA BOSTON MARATHON April 16, 2007**

Drew Best ‡		2:38:13	Bob Niedbala	April 25, 2007	3:55:11
Scott Freeman ‡		3:04:31	"King Archibald"		3:55:42
Neal Leibowitz		3:15:30	Sandy Webb **	1st Boston	3:57:08
Art Byram *	PR, 1st Boston	3:16:00	Bill Schwarz *		3:58:33
Mike Bendzinski ‡		3:24:47	Joan Munroe		3:58:45
Rob Dollak *		3:25:54	Bekkie Wright **		4:01:07
John Paggioli *		3:28:22	Joe Poliquin ***		4:01:07
Joe Kidder *		3:32:26	Andre Mesnil ***		4:40:48
Ginny Welch **		3:49:29	Andy Zyrek ***	1st Marathon	5:43:46

\* Silk City Striders Men's Masters Team  
 \*\* Silk City Striders Women's Open Team  
 \*\*\* Silk City Striders Men's Open Team

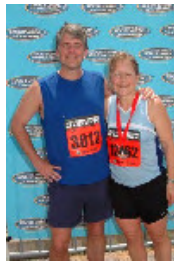
‡ Case Mountain Runners Men's Open Team  
 (finished only a minute out of 10th Place in the Men's Open Team division)

**BOB NIEDBALA Reports on his "Boston Marathon of One" - April 25, 2007:**

On Monday I got a call from the BAA office regarding the fact that I did not run the Boston Marathon due to the death of my mother on the night before the marathon. (I had returned my Champion Chip with a note of explanation). They said that I could run the marathon on Wednesday, April 25th if I wore a GPS tracking device to keep it legal. Therefore at 10 am yesterday I was on the starting line in Hopkinton, and they yelled "Go." I was headed to Boston in a "Marathon of One." I wore a GPS designer tracking band around my ankle (like the convicts wear) so that they knew my position at all times. I had to carry all the water I needed ... and energy bars. I finished in 3:55:11. They took my picture and I received a finishers metal. I am ecstatic about their generosity. I think the BAA was extremely generous, given the situation that I was in. I am so grateful for their compassion. I had a glorious run ... with much peace ... and probably my mother with me. The only condition is that my name will not appear in the "official" results. I don't care !!! I did the course yesterday in a decent time and have a finisher's metal. I now have 14 Boston's in a row ... but more important ... I am thankful for my health, family, and friends.

**More "Boston" stories** are also available from [Art Byram](#) & [Andy Zyrek](#) (click on name for link).

**COUNTRY MUSIC MARATHON  
& HALF MARATHON**  
Nashville, TN April 22, 2007



**MARATHON**

Bill Gaghan 3:53:57  
Tammy Gaghan 4:57:17

**HALF MARATHON**

Barry Stoner 2:15:00

**WALTER CHILDS MEMORIAL  
RACE OF CHAMPIONS MARATHON**  
Holyoke, MA May 6, 2007

Jay Seney #7M, #3 M40-49 3:07:49

**LONG ISLAND MARATHON**  
East Meadow, NY May 6, 2007

Janit Romayko #2 F60-69 4:44:15

**KEYBANK VERMONT CITY MARATHON**  
Burlington, VT May 27, 2007

Scott Freeman #5M 45-49 2:57:53  
Jay Seney #8M 45-49; PR 2:59:58  
Art Byram 3:16:12

“Great Expectations” - Men’s Masters Relay Team  
Team Members: **Dean Bolt, Mike Tirrell** 3:10:13

“Heat Feet” - Mixed Masters Relay 3:47:11  
Team Member: **Peggy Byram**

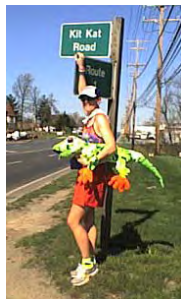
**NIPMUCK TRAIL MARATHON**  
Ashford, CT June 3, 2007

Bekkie Wright 5:36  
Joe Poliquin 5:36  
Ed Steele 5:47  
Barry Stoner 7:09

**Barry’s Race Report:**

It sure lived up to its name with muck. I kept thinking about Paul Simon’s line about “slip sliding away.” The most amusing experience I had was at the beaver dam where I ran out of both of my sneakers and was left standing there calf deep in mud and with just my stocking feet. After digging my sneaks out of the mud I ran to the turnaround and back to the dam in my stocking feet. Just past the dam on the return I crawled down to the river and took off my socks, tossed them, put both my sneakers in the water and cleaned them along with cleaning my feet. From there I ran the rest of the course (20 miles) in wet sneakers and without socks; while there was some blood which looked worse than it was, I finished far better than I would have ever guessed in wet sneaks without socks. My time was 7:09 (3:00 for the first 12.5 miles); this difference clearly shows the second half difficulty factor as greater (more rocks, mud and hills.) I finished feeling great which I attribute to training and the use of salt and Gu. Upon returning home it appeared there was no rain there; while we had at least three heavy downpours. I doubt I would do this event again but I did enjoy the challenge. Unfortunately there was no finisher medal for this race ... only a piece of a small birch tree with a blue blaze painted on it to look like a trail marker. Oh well.

**TREK II - East Coast Relay - “Thank You”** from Bekkie Wright & Joe Poliquin



**Boston to West Palm Beach -- Mission Accomplished**

Morning runs were cool and comfortable but the late afternoon was often unbearably hot, especially as we got further and further south. Since we were often on main roads we either ran on the sidewalks, or dodged traffic on narrow shoulders. It amazing how many hundreds of miles of strip malls there are between Massachusetts and Florida. There also no shortage of road kill that included everything

from weasels to armadillos. Bekkie even picked up a road-killed “Trekasaurus” that became our team mascot. We each ran about 175 miles between the Boston Marathon and the 11-day Relay. Thanks to everyone’s generosity we raised several thousand dollars to fight children’s obesity and further cancer research. We couldn’t have done it without you.



**2007 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, Tyler Gauruder and Sean Briggeman** are all on the Boys' MHS team, however, selected results for MHS runners have also been provided since many of you know these runners.

**MERCY HIGH SCHOOL -- Dani Kennedy**, was a Volunteer Assistant Track Coach during the Indoor Season, so a few results have been included for the 4x800 team which went to the "New Englands."

**MANCHESTER MIDNIGHT INVITE**  
**Manchester High School May 7, 2007**

**MANCHESTER GIRLS**

4x100 Shuttle Hurdle	<b>#6 Team</b>	1:17.38
4x200 Relay	<b>#9 Team</b>	1:57.62
4x400 Relay JV	<b>#3 Team</b>	4:45.62
800 Sprint Relay	<b>#1 Team</b>	1:52.52
1600 Sprint Medley	<b>#2 Team</b>	4:19.25
2800 Medley JV	<b>#9 Team</b>	9:49.34
4000 Distance Medley	<b>#6 Team</b>	13:38.61
400M Hurdles	Yolanda Jackson - #2	1:08.26
	Patrice Gallup - #4	1:16.27
3200M Run	Julie Hickey - #2	11:38.80
1 Mi. Race Walk	Becky Reiser - #2	9:00:00
	Esther Moore - #8	11:44.50
High Jump	Kristina Kenyon - #6	4-06
	Teighlor Clare-Kearney - #7	4-06
Long Jump	Sabrina Morrett - #5	15-07
	Reanna Bennett - #6	14-09
Discus	Kara Peruccio - #8	80-09
<hr/>		
4x1600 Mixed Relay	<b>#7 Team</b>	23:03.88

**MANCHESTER BOYS**

4x110 Shuttle Hurdle	<b>#1 Team</b>	1:08.28
4x200 Relay	<b>#9 Team</b>	1:42.06
4x400 Relay JV	<b>#1 Team</b>	3:43.57
800 Sprint Relay	<b>#1 Team</b>	1:35.00
1600 Sprint Relay	<b>#1 Team</b>	*3:32.18
2800 Medley JV	<b>#2 Team</b>	7:08.78
4000 Distance Medley	<b>#1 Team</b>	10:32.82
400M Hurdles	Brice Edwards - #8	1:00.86
	Connor Malick - #9	1:00.98
5000M Run	<b>Tyler Gauruder - #6</b>	16:27.02
High Jump	Victor McKenzie - #5	5-10
	Dexter Williams - #7	5-08
	Mike Hartfield - #8	5-08
	Brendan Collier - #9	5-04
Pole Vault	Bill Gosselin - #3	11-06
	Nate Rem - #10	10-06
Long Jump	Mike Hartfield - #1	*22-09
Shot Put	Thomas Kenney - #2	45-11
	Jacob DeValve - #3	44-06
Discus	Thomas Kenney - #6	120-00

\*Broke Meet Record

**NEW ENGLAND CHAMPIONSHIPS - June 9, 2007**  
**Fitchburg State University, Fitchburg, MA**

**NIKE OUTDOOR NATIONALS - June 14-16, 2007**  
**North Carolina A & T University, Greensboro, NC**

**HARTFORD PUBLIC HIGH SCHOOL OUTDOOR TRACK & FIELD MEET**  
**New Britain, CT May 12, 2007**

**MANCHESTER BOYS**

4x400 Relay	<b>#10 Team</b>	3:35.74
4x800 Relay	<b>#3 Team</b>	8:10.86
400M Run	Jacob DeValve - #9	50.56
800M Run	David Krinjak - #6	1:58.61
1 Mile Run	Will Edgington - #7	4:27.25
	<b>Colby Welch - #20</b>	4:36.80
High Jump	Victor McKenzie - #6	6-00
Long Jump	Mike Hartfield - #2	22-02
Triple Jump	Mike Hartfield - #5	42-10
Shot Put	Jacob DeValve - #10	46-01
	Thomas Kenney - #8	42-06

**ELLINGTON BOYS**

3K Steeplechase	Andrew Sullivan - #4	9:56.03
	Chris Kelleher - #7	10:23.71
	Nick Casciano - #9	10:33.87

**MERCY GIRLS**

4x800 Relay	<b>#13 Team</b>	9:49.54
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**JOURNAL INQUIRER GREATER MANCHESTER TRACK & FIELD MEET**  
**Manchester, CT May 19, 2007**

**ELLINGTON GIRLS - Small Div. - Team #4**

4x100 Relay	<b>#7 Team</b>	53.57
4x400 Relay JV	<b>#6 Team</b>	5:04.96
4x400 Relay	<b>#6 Team</b>	4:28.56
4x800 Relay	<b>#7 Team</b>	10:49.74
100M Dash	Amanda Blanchard - #3	13.05
200M Dash	Amanda Blanchard - #4	27.11
400M Dash	Amanda Sullivan - #10	1:03.98
800M Run	Jennifer Bergeron - #9	2:33.66
1600M Run	Allison Landry - #8	5:39.70

**ELLINGTON BOYS - Small Div. - Team #6**

4x400 Relay	<b>#7 Team</b>	3:40.40
4x800 Relay	<b>#6 Team</b>	8:15.70
200M Dash	<b>Andrew Cannella - #14</b>	25.08
1600M Run	Nick Casciano - #9	4:451.68
3200M Run	Chris Kelleher - #5	10:01.28
Long Jump	Alex Mercado - #9	19-06
Triple Jump	Alex Mercado - #8	39-00
Pole Vault	<b>Sean Briggeman - #17</b>	8-06
Discus	Drew Thompson - #3	155-00
	Andrew Alcutt - #5	110-02

**MANCHESTER GIRLS - Large Div. - Team #2**

4x100 Relay	<b>#5 Team</b>	52.90
4x400 Relay JV	<b>#3 Team</b>	4:45.17
4x800 Relay	<b>#2 Team</b>	10:03.80
100M Hurdles	Patrice Gallup - #6	17.95
300M Hurdles	Yolanda Jackson - #5	51.99
	Patrice Gallup - #7	52.18
200M Dash	Elsa Millett - #1	25.85
	Shaquanna Applewhite - #8	27.24
400M Dash	Elsa Millett - #1	57.75
	Alia Verner - #3	1:00.61
1600M Run JV	Emily Petry - #7	6:15.97
	Alison Tomiso - #8	6:16.52
1600M Run	Julia Hickey - #2	5:24.87
	Mary Bugbee - #6	5:36.03
3200M Run	Julia Hickey - #2	11:44.98
	Alissa Watson - #5	11:59.06
High Jump	Kristina Kenyon - #3	4-08
	Teighlor Clare-Kearney - #9	4-06
Long Jump	Reanna Bennett - #1	16-08
	Sasha Batchelor - #8	14-11
Triple Jump	Sabrina Morrett - #7	31-04
Pole Vault	Michelle Landry - #8	7-06
	Sam Zboray - #10	7-00
Javelin	Kara Perruccio - #5	90-09

**MANCHESTER BOYS - Large Div. - Team #1**

4x100 Relay	<b>#2 Team</b>	44.89
4x400 Relay JV	<b>#2 Team</b>	3:41.88
4x400 Relay	<b>#1 Team</b>	3:33.43
4x800 Relay	<b>#2 Team</b>	8:15.70
110M Hurdles	Rashad Everett - #3	16.00
300M Hurdles	Brice Edwards - #3	41.99
	Connor Malick - #7	43.46
100M Dash	Nana Ocran - #1	10.87
	Victor McKenzie - #7	11.49
200M Dash	Nana Ocran - #1	22.31
	Tim Dark - #9	24.72
400M Dash	Jacob DeValve - #1	50.81
	Steve Varley - #7	53.06
800M Run	Dave Krinjak - #4	2:01.22
	Scott Perkins - #9	2:09.15
1600M Run JV	Jeff Roberts - #9	5:09.48
1600M Run	Will Edgington - #2	4:28.66
	<b>Colby Welch - #3</b>	4:31.39
3200M Run	<b>Tyler Gauruder - #4</b>	<b>PR</b> 9:58.18
High Jump	Victor McKenzie - #2	6-02
Long Jump	Mike Hartfield - #1	22-06
Triple Jump	Mike Hartfield - #1	45-06
Discus	Andrew Hutchinson - #4	111-09
Javelin	Jim Ferantti - #7	129-00

**CCC OUTDOOR CHAMPIONSHIP  
TRACK & FIELD MEET  
Manchester, CT May 22, 2007**

**MANCHESTER GIRLS - #4 TEAM**

4x100 Relay	<b>#4 Team</b>	52.87
4x400 Relay	<b>#1 Team</b>	3:56.10
4x800 Relay	<b>#1 Team</b>	10:15.04
100M Hurdles	Patrice Gallup - #5	18.18
	Stephanie Caciado - #6	18.51
300M Hurdles	Yolanda Jackson - #3	49.20
	Patrice Gallup - #6	50.60
1600M Run	Julia Hickey - #5	5:28.26
3200M Run	Alicia Watson - #4	11:57.32
High Jump	Teighlor Clare-Kearney - #3	5-0
	Kristina Kenyon - #4	4-10
Long Jump	Sabrina Morrett - #4	14-04
	Reanna Bennett - #5	14-03
Triple Jump	Sabrina Morrett - #6	31-00
Pole Vault	Sam Zboray - #5	8-00
Discus	Kara Peruccio - #3	82-05
	Meg Henault - #4	81-09
Javelin	Kara Perruccio #5	89-08

**NCCC OUTDOOR CHAMPIONSHIP  
TRACK & FIELD MEET  
Ellington High School May 23, 2007**

**ELLINGTON GIRLS - #6 TEAM**

4x100 Relay	<b>#2 Team</b>	52.81
4x400 Relay	<b>#4 Team</b>	4:25.26
4x800 Relay	<b>#4 Team</b>	10:34.27
100M Hurdles	Laura Fetko - #9	19.25
100M Dash	Samantha Pernal - #6	13.53
200M Dash	Celesia Henson- #5	27.64
	Samantha Pernal - #10	28.32
400M Dash	Amanda Sullivan - #7	1:03.79
800M Run	Allison Landry - #7	2:30.61
	Jennifer Bergeron - #8	2:34.10
3200M Run	Courtney Payzant - #10	13:02.71
High Jump	Jess Wendus - #3	4-06
	Janese Pike - #10	4-04
Shot Put	Emily Wroniak - #3	27-00

**MANCHESTER BOYS - #2 TEAM**

4x100 Relay	<b>#2 Team</b>	44.07
4x400 Relay	<b>#2 Team</b>	3:32.10
4x800 Relay	<b>#2 Team</b>	8:34.53
110M Hurdles	Rashad Everett - #2	16.58
300M Hurdles	Brice Edwards - #2	41.11
	Connor Edwards - #5	43.60
100M Dash	Nana Ocran - #1	10.99
200M Dash	Nana Ocran - #1	21.88
	Tim Dark - #5	24.01
400M Run	Jacob DeValve - #1	50.73
	Steve Varley - #4	52.98
800M Run	David Krinjak - #1	1:58.87
1600M Run	Will Edgington - #4	4:22.69
	<b>Colby Welch - #6</b>	4:27.90
3200M Run	<b>Tyler Gauruder - #2</b>	10:16.86
High Jump	Victor McKenzie - #4	6-00
	Tim Peters - #6	5-10
Long Jump	Michael Hartfield - #1	22-05
Triple Jump	Michael Hartfield - #2	44-10
Pole Vault	Bill Gosslin - #3	12-0
Shot Put	Thomas Kenney - #3	45-06
Discus	Jacob DeValve - #3	131-01
	Thomas Kenney - #5	114-08
Javelin	Jim Ferrante - #6	132-09

**ELLINGTON BOYS - #2 TEAM**

4x100 Relay	<b>#3 Team</b>	46.50
4x400 Relay	<b>#6 Team</b>	3:38.36
4x800 Relay	<b>#3 Team</b>	8:30.88
110M High Hurdles	Eric Dinse - #6	17.13
300M Hurdles	Eric Dinse - #3	42.32
	Zak Babella - #5	43.82
100M Dash	<b>Andrew Cannella - #13</b>	12.14
200M Dash	<b>Andrew Cannella - #16</b>	25.13
400M Dash	Justin Marginelli - #8	55.80
	Mike Gordon - #9	55.92
800M Run	Nick Casciano - #6	2:07.76
1600M Run	Andrew Sullivan - #2	4:34.55
	Chris Kellher - #6	4:49.44
3200M Run	Andrew Sullivan - #1	10:01.27
	Nick Casciano - #3	10:12.99
	Chris Kelleher - #4	10:15.92
High Jump	Alex Mercado - #3	5-10
Triple Jump	Alex Merado - #2	40-10
Shot Put	Drew Thompson - #1	41-08
	Doug Harding - #2	40-05
Discus	Drew Thompson - #1	120-08
	Andrew Alcutt - #5	105-04
	Derrek Gruelle - #6	101-05



**CIAC CLASS "LL"  
OUTDOOR TRACK & FIELD  
CHAMPIONSHIPS  
Manchester, CT May 29, 2007**

**MANCHESTER GIRLS - #7 TEAM**

4x100 Relay	<b>#12 Team</b>	52.15
4x400 Relay	<b>#1 Team</b>	4:00.43
4x800 Relay	<b>#7 Team</b>	9:57.78
200M Dash	Elsa Millett - #3	25.63
300M Hurdles	Yolanda Jackson - #8	48.33
400M Dash	Elsa Millett - #1	57.21
1600M Run	Julia Hickey #10	5:24.66
3200M Run	Julia Hickey #8	11:56.33
High Jump	Kristina Kenyon - #6	5-00
Long Jump	Reanna Bennett - #8	15-08
Javelin	Kara Peruccio - #5	103-03

**MANCHESTER BOYS - #3 TEAM**

4x100 Relay	<b>#11 Team</b>	45.13
4x400 Relay	<b>#3 Team</b>	*3:24.51
4x800 Relay	<b>#3 Team</b>	**7:57.22

Team Member: **Colby Welch**

100M Dash	Nana Ocran - #1	10.62
110M Hurdles	Rashad Everett - #4	15.68
200M Dash	Nana Ocran - #2	*21.53
300M Hurdles	Brice Edwards - #6	41.33
400M Run	Jacob DeValve - #1	49.61
800M Run	David Krinjak - #3	1:58.57
1600M Run	Will Edgington - #7	4:24.76
3200M Run	<b>Colby Welch - #13</b>	9:56.04
	<b>Tyler Gauruder - #29</b>	10:23.18
Long Jump	Mike Hartfield - #1	22-06.75
Triple Jump	Mike Hartfield - #2	45-08.75
High Jump	Tim Peters - #6	6-00
	Victor McKenzie - #6	6-00
Pole Vault	William Gosselin - #7	12-00

\*Broke Meet Record; \*\*Broke MHS School Record

**CIAC CLASS "L"  
OUTDOOR TRACK & FIELD  
CHAMPIONSHIPS  
New Britain, CT May 29, 2007**

**MERCY GIRLS - #18 TEAM**

4x400 Relay	<b>#6 Team</b>	4:15.67
4x800 Relay	<b>#9 Team</b>	10:23.12

**CIAC CLASS "M"  
OUTDOOR TRACK & FIELD  
CHAMPIONSHIPS  
New Britain, CT May 31, 2007**

**ELLINGTON BOYS - #15 TEAM**

4x100 Relay	<b>#12 Team</b>	46.68
	Team Member: <b>Andrew Cannella</b>	
4x400 Relay	<b>#7 Team</b>	3:35.49
4x800 Relay	<b>#4 Team</b>	8:24.24
300M Hurdles	Eric Dinse - #9	42.90
3200M Run	Andrew Sullivan - #2	9:44.63
	Christopher Kelleher - #6	9:59.11
	Nicholas Casciano - #9	10:04.02
High Jump	Luis Mercado - #9	5-08

**CIAC CLASS "S"  
OUTDOOR TRACK & FIELD  
CHAMPIONSHIPS  
Manchester, CT May 31, 2007**

**ELLINGTON GIRLS - #17 TEAM**

4x100 Relay	<b>#3 Team</b>	50.82
4x400 Relay	<b>#6 Team</b>	4:19.83
4x800 Relay	<b>#9 Team</b>	10:49.75
100M Dash	Amanda Blanchard - #3	13.04
200M Dash	Calesia Henson - #9	27.58
	Amanda Blanchard - #10	27.87
400M Run	Amanda Sullivan - #7	1:03.74
800M Run	Jennifer Bergeron - #10	2:29.96
High Jump	Jessika Wendus - #9	4-08

**CONNECTICUT STATE CHAMPIONSHIPS  
Willowbrook Park, New Britain, CT**

Originally scheduled for June 4, 2007

Postponed to June 5 due to rain.

**RESULTS WILL BE AVAILABLE  
ON THE SILK CITY WEBSITE  
LATER THIS WEEK.**

## RACE CALENDAR

Date	Time	Race	Place	Weblink
Su Jun 10	1:00 PM	Litchfield Hills 7.05M	Litchfield (Village Green)	<a href="http://www.lhrr.com">www.lhrr.com</a>
Su Jun 17	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA	<a href="http://www.runwmac.com/info-greylocktrail.html">www.runwmac.com/info-greylocktrail.html</a>
Su Jun 17	10:15 AM	Branford Road Race	Branford (Branford Green)	<a href="http://www.branfordroadrace.net">www.branfordroadrace.net</a>
Su Jun 24	8:30 AM	Fairfield 13.1M & 5K	Fairfield (Jennings Beach)	<a href="http://www.fairfieldhalf.org/ffldhalf">www.fairfieldhalf.org/ffldhalf</a>
Th Jun 28	6:00 PM	X-Treme Scramble Series 5K #1	Hartford (Riverfront Plaza)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
We Jul 4	9:00 AM	Independence Day 5000	Milford (Foran H.S.)	<a href="http://www.hitekrcing.com">www.hitekrcing.com</a>
We Jul 4	10:30 AM	Boombox Mile	Willimantic (Main St)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
We Jul 4	10:00 AM	Four on the Fourth 4M	Chester (Center)	<a href="http://www.chesterrotary.org/fouronthefourth.html">www.chesterrotary.org/fouronthefourth.html</a>
Sa Jul 7	6:00 PM	Twilight 5K	Enfield (town green)	<a href="http://www.enfieldcelebration.org">www.enfieldcelebration.org</a>
Sa Jul 7	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	<a href="http://www.ci.east-hartford.ct.us">www.ci.east-hartford.ct.us</a>
Sa Jul 7	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Jul 14	8:00 AM *	Flat Fast 5K	Glastonbury (Addison Park)	<a href="http://www.glastonburychamber.com">www.glastonburychamber.com</a>
Sa Jul 14	8:00 AM	Space Race 5K	East Granby	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Th Jul 19	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main St.)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Th Jul 26	6:00 PM	X-Treme Scramble Series 5K #2	Hartford (Riverfront Plaza)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Fr Jul 27	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	<a href="http://www.narragansetri.com/lions">www.narragansetri.com/lions</a>
Sa Jul 28	8:00 AM *	Rattlesnake 10K	Glastonbury (Smith Middle Sch)	<a href="http://www.glastonburychamber.com">www.glastonburychamber.com</a>
Sa Aug 4	9:00 AM	Jessie Kelly 11.6M	New London (Ocean Beach Pk)	<a href="http://www.moheganstriders.org">www.moheganstriders.org</a>
Sa Aug 4	8:00 AM *	King of Pain 10M	Glastonbury (Hopewell School)	<a href="http://www.glastonburychamber.com">www.glastonburychamber.com</a>
Th Aug 30	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Mo Sep 3	8:30 AM	30th Labor Day 20K	New Haven Town Green	<a href="http://www.newhavenroadrace.org">www.newhavenroadrace.org</a>
Sa Sep 22	8:00 AM	Lake Winnepesaukee Relay	Weirs Beach, NH (Funspot)	<a href="http://www.northmedfordclub.org">www.northmedfordclub.org</a>
Su Sep 30	10:00 AM	Niantic Bay Half Marathon & 5K	E. Lyme (Rocky Neck)	<a href="http://www.nianticbayhalfmarathon.com">www.nianticbayhalfmarathon.com</a>

\* Glastonbury Summer Racing Series



## 2007 USATF GRAND PRIX SERIES CALENDAR

<u>Day / Date</u>	<u>Time</u>	<u>Distance</u>	<u>Race Name</u>	<u>Location</u>
Sun., June 17	10:00 AM	5 Miles	Branford Road Race *	Branford
Wed., July 4	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)

**SUMMER/FALL 2007 "LOCAL" MARATHON CALENDAR**

(Click on Marathon Name for Link)

6/10/07	<a href="#">Lake Placid Marathon</a>	Lake Placid, NY
7/27/07	<a href="#">Around the Lake Marathon</a>	Wakefield, MA
7/28/07	<a href="#">Jay Mountain Marathon</a>	Jay, VT
9/9/07	<a href="#">Stumpy's Marathon</a>	Newark, DE
9/16/07	<a href="#">Dutchess County Classic Marathon</a>	Wappingers Falls, NY
9/16/07	<a href="#">Rochester Marathon</a>	Rochester, NY
9/16/07	<a href="#">Yonkers Marathon</a>	Yonkers, NY
9/29/07	<a href="#">Hamptons Marathon *NEW</a>	East Hampton, NY
9/29/07	<a href="#">New Hampshire Marathon</a>	Bristol, NH
9/30/07	<a href="#">Clarence Demar Marathon</a>	Keene, NH
9/30/07	<a href="#">Wineglass Marathon</a>	Corning, NY
10/7/07	<a href="#">Johnstown Marathon</a>	Johnstown, PA
10/7/07	<a href="#">Maine Marathon</a>	Portland, ME
10/7/07	<a href="#">Mohawk-Hudson River Marathon</a>	Albany, NY
10/7/07	<a href="#">Steamtown Marathon</a>	Scranton, PA
10/7/07	<a href="#">Westchester Marathon</a>	White Plains, NY
10/13/07	<a href="#">Baltimore Marathon</a>	Baltimore, MD
10/13/07	<a href="#">Hartford Marathon</a>	Hartford, CT
10/14/07	<a href="#">Atlantic City Marathon</a>	Atlantic City, NJ
10/14/07	<a href="#">Bay State Marathon</a>	Lowell, MA
10/14/07	<a href="#">Mount Desert Island Marathon</a>	Bar Harbor, ME
10/20/07	<a href="#">Breakers Marathon</a>	Newport, RI
10/20/07	<a href="#">Green Mountain Marathon</a>	South Hero, VT
10/28/07	<a href="#">Cape Cod Marathon</a>	Falmouth, MA
11/4/07	<a href="#">Manchester City Marathon *NEW</a>	Manchester, NH

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**50 Lessons & Tips about Running**

1. Don't be a whiner. Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life. Make it part of your life.
4. During group training runs, don't let anyone run alone.
5. Keep promises, especially ones made to yourself.
6. When doing Group Runs, start on time no matter who's missing.
7. The faster you are the less you should talk about your times.
8. Keep a quarter in your pocket. One day you'll need to call for a ride.
9. Don't compare yourself to other runners.
10. All runners are equal, some are just faster than others.

11. Keep in mind the later in the day it gets, the more likely it is that you won't run.
12. For a change of pace, get driven out and then run back.
13. If it was easy, everybody would be a runner.
14. When standing at the Starting line, remind yourself how fortunate you are to be there.
15. Getting out of shape is much easier than getting into shape.
16. A bad day of running still beats a good day at work.
17. Don't talk about your running injuries. People don't want to hear about your sore knee or black toe.
18. Don't always run alone.
19. Don't always run with people.
20. Approach running as if the quality of your life depended on it.
21. No matter how slow you run it is still faster than someone on a couch.
22. Keep in mind that the harder you run during training, the luckier you'll get during racing.
23. Races aren't just for those who can run fast.
24. There are no shortcuts to running excellence.
25. The best runs sometimes come on days when you didn't feel like running.
26. Be modest after a race, especially if you have reason to brag.
27. If you say, "Let's run this together," then stay with that person no matter how slow the pace.
28. Think twice before agreeing to run with someone during a race.
29. There is nothing boring about running. There are, however, boring people who run.
30. Look at hills as opportunities to pass people.
31. Distance running is like cod liver oil. At first it makes you feel awful, then it makes you feel better.
32. Never throw away the instructions to your running watch.
33. Don't trust runners who show up at races claiming to be tired, out of shape, or not feeling well. They get strong when the starter's gun goes off.
34. Don't wait for perfect weather. If you do, you won't run very often.
35. When tempted to stop being a runner, make a list of the reasons you started.
36. Never run alongside very old or very young racers. They get all the applause.
37. Without goals, training has no purpose.
38. During training runs, let the slowest runner in the group set the pace.
39. The first year in a new age group offers the best opportunity for trophies.
40. Go for broke, but be prepared to be broken.
41. Spend more time running on the roads than sitting on the couch.
42. Make progress in your training, but progress at your own rate.
43. "Winning" means different things to different people.
44. Unless you make your living as a runner, don't take running too seriously.
45. Runners who never fail are runners who never try anything great.
46. Never tell a runner that he or she doesn't look good in tights.
47. Never apologize for doing the best you can.
48. Preventing running injuries is easier than curing them.
49. Running is simple. Don't make it complicated.
50. Running is always enjoyable. Sometimes, though, the joy doesn't come until the end of the run.

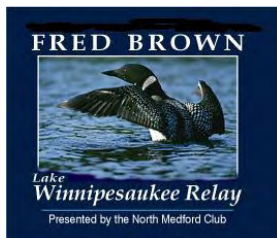
<b>SILK CITY STRIDERS -- 2007 EVENT CALENDAR</b>
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- JUNE** - Lake Terramuggus Sprint Tri Training Series.....Thursday Nights - June 14 & 28
- JULY** - Wickham Park Cross Country Series ..... Monday Nights - July 9, 16, 23  
 Lake Terramuggus Sprint Tri Training Series..... Thursday Nights - July 12 & 26  
 Summer Picnic (Blish Park, Lake Terramuggus) ..... Sunday, July 29
- AUGUST** - Jessie 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 - August 9 & 23
- SEPTEMBER-** Nikki's Run Walk 'N' Roll ..... Sunday, September 9  
 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



### **RED DRESS RUNNERS NEEDED -- LADIES ONLY**

The RED DRESS RUN FOR WOMEN 5K is coming up on July 7, 2007. Some of you may remember this as the Avon 10K and Ryka 5K/10K. The "Red Dress" is the symbol of healthy heart awareness, so I'll be wearing my red dress, but costumes are not necessary. Team Applications will be available soon on the Silk City website. If you are interested in joining the team please call Bekkie at (860) 533-1557.



### **"Lake Winnepesaukee Relay" TEAMS FORMING NOW**

**Race Date: Saturday, September 22, 2007**

We hope you will join the Silk City Striders in New Hampshire for this annual tradition.

All runners are welcome.

(Click on picture at left for a link to the North Medford Club website.)

**Men's Team Captain - Bill McGugan 860-649-9072**

**Women's Team Captain - Sue Leslie 860-644-1804**