



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

High gasoline costs are not keeping Silk City runners at home just yet.

The usual Silk City running crowd has been tearing up the Connecticut road races this spring; and they have been making a good showing at our weekly Tuesday, Wednesday & Saturday Fun Runs. Check out the Race Results listed within.

Still others are traveling to states other than Connecticut to race and thereby adding these States to their resumes: Bekkie is within reach of her 50 States + DC marathon quest; Mary Lou has been adding races from other States in pursuit of her "Race in every State" goal; and, Keron is traveling to other States to race and explore new places. Later this summer I am planning to travel to California to swim from Alcatraz and run across the Golden Gate Bridge in an event called the Alcatraz Challenge.

Of course car-pooling will be planned for all future running events to conserve on gasoline costs wherever possible. So do not let the gloom and doom of our sluggish economy get you down. You can also use your legs to get to places within easy reach or use your bicycle for longer hauls. Time or the lack of it often dictates what choices we make in our travels; but using your legs, car-pooling, or using your bicycle may be an alternate choice to choosing your car for local travel. Obviously, in our society of suburb living, we have become slaves to our automobiles. This is not necessarily a bad thing, but our transportation costs can be controlled somewhat by good planning and considerations to alternate modes of travel.

- Hillman

SILK CITY STRIDERS BOARD OF DIRECTORS MEETING

Tuesday, June 17th

7:00 PM

at

**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 (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) 461-1486

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)

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

CLUB NEWS & EVENTS**WELCOME BACK**

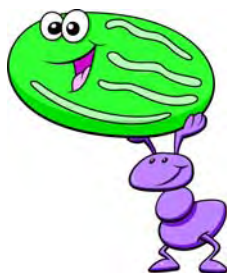
Diane Edwards Enfield
 (formerly Diane Ropiak)

GLASTONBURY PARKS & REC
SUMMER FUN RUNS
Starting Tuesday, June 24 - 6:50 pm
Glastonbury High 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. Register at Glastonbury High 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 24, July 8, 15, 22 & 29; August 5 & 12. FREE**



The **Glastonbury Summer Racing Series** sponsored by the Chamber of Commerce returns for 2008 with a **5K, 4.5M & 10K Series of Races on Saturday, July 19, July 26, & August 2**. The GSRs application is available from the Glastonbury Chamber of Commerce 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 Afternoon, July 27***

(*Pending availability confirmation from
Marlborough Parks & Rec)

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.

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 7, 14 & 21
August 4 & 18**

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: \$4.00 (13 and under)
 \$15.00 series pre-registration
 \$5.00 (14 and up)
 \$20.00 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.](#)



LeeAnn Norm Bill Metzger Doug

5th Annual Bobby's Run

Saturday, May 17, 2008 -- Northeast School, Vernon, CT

Thanks to everyone who participated in and volunteered at the 5th Annual Bobby's Run. For the first time in several years the sky was blue and the weather was perfect. Thanks to Lisa Bonadies for supplying the Poland Springs Water, Santina Scalia, Betty Cannella and Janit Romayko for Registration, Joe Poliquin, Ed Steele and Doug Flamino for course monitoring, Keron Smith and Jim Hodges for Finish Line assistance; Karen Saunders, Joyce Thorner, Janit Romayko, and Barry Stoner for staffing the 2 Water Stops; and Art Byram for pre-race set-up and clean-up.

Over \$500 was raised for the R.J. Bonadies Scholarship Funds at Rockville High School and St. James School. The Silk City Striders are pleased to continue our support of these two scholarship funds through the annual proceeds of Bobby's Run.

Place	Name	City	State	Sex	Time	
1	Scott	Freeman	Marlborough	CT	M	53:25
2	Art	Byram	Glastonbury	CT	M	55:00
3	Ted	Grab	Northampton	MA	M	55:41
4	Pete	DellaBella	Natick	MA	M	58:12
5	John	Sloan	Manchester	CT	M	1:00:38
6	John	Bartolomei	Woodstock	CT	M	1:01:30
7	Mike	Murray	East Hampton	CT	M	1:02:39
8	Bill	McGugan	Manchester	CT	M	1:02:45
9	Saverio	Ligato	Canton	CT	M	1:05:10
10	Gordon	Paterson	Vernon	CT	M	1:05:13
11	Bill	Schwarz	Manchester	CT	M	1:06:53
12	Jeri	Bebrin	Vernon	CT	F	1:07:07
13	LeeAnn	Cerpovicz	W. Springfield	MA	F	1:07:24
14	Doug	Flamino	Rockville	CT	M	1:07:26
15	Bill	Metzger	Ellington	CT	M	1:07:28
16	Norm	Cormier	Ellington	CT	M	1:07:28
17	Richard	Chromik	Tolland	CT	M	1:08:41
18	Ted	Koch	Vernon	CT	M	1:09:26
19	Wally	Squier	Manchester	CT	M	1:10:43
20	Randy	Potterton	Andover	CT	M	1:12:03
21	Nancy	Brady	Vernon	CT	F	1:12:26
22	Amy	Paterson	Vernon	CT	F	1:14:45
23	Liz	O'Donnell	Vernon	CT	F	1:15:27
24	Suzanne	Brown	Manchester	CT	F	1:17:34

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.

HTC QUARTER MARATHON West Hartford, CT April 5, 2008

MaryLou White 1:09:29

SPIRIT OF SPRING 5.1M Tolland, CT April 5, 2008

Rick Chromik #2 M50-59 40:34

NORTHERN NIPMUCK 16M TRAIL RACE Bigelow Hollow - Union, CT April 5, 2008

Aaron Flamino #5M; #3 M30-39 2:12:05
 Deb Livingston #3F; #2 F30-39 2:35:55
 Scott Livingston 2:36:30
 Keith Morgan 2:51:43
 Linda Yamamoto #6F; #4 F30-39 3:00:44
 Bill Metzger 3:07:13
 Ed Steele 3:42:02

DANBURY HALF MARATHON Danbury, CT April 6, 2008

Adam Bulewich 1:31:47
 John Sloan 1:43:57
 Jill Ramos 2:19:00

BIMBLER'S BASH 10K TRAIL RACE Guilford, CT April 6, 2008

John Agosto #4M; #1 M40-49 1:00:36
 MaryLou White #4 F50-59 1:48:21

OLEKSAK LUMBER HALF-MARATHON Westfield, MA April 6, 2008

John Paggioli 1:25:15
 Bob Niedbala 1:56:08

EARTH DAY 3-MILE TRAIL RACE Mansfield, CT April 12, 2008

MaryLou White #4 F50-59 27:49
 Janit Romayko #3 F60-69 29:28

SALEM 5K ROAD RACE Salem, CT April 12, 2008

John Agosto #7M; #2 M40-49 19:03
 Jay Seney #9M; #3 M40-49 19:34
 Adam Bulewich #3 M30-39 19:47
 Steve Morse #3 M50-59 19:51

#6 Age Grade (77.41%)

NOTE: Awards to Top 10 based on Age Grade Percent.

HEBRON 5K ROAD RACE Hebron, CT April 19, 2008

Jay Hamilton #3 M30-39 22:05
 Amy Daniels #5F; #1 F18-29 22:54
 Annette Hamilton #8F; #3 F40-49 23:03
 Randy Potterton 26:14
 Sue Leslie #2 F50-59 27:06

SIMSBURY RIVER RUN 5K & 10K Simsbury, CT April 27, 2007

5K

Steve Morse #9M; #3 M50-59 19:23

10K

Alan McCall 52:19

GLASTONBURY RIVER RUN 5K Glastonbury, CT April 27, 2008

Jay Hamilton 21:48
 Dani Kennedy #6F; #1 F40-49 21:59
 Annette Hamilton #8F; #2 F40-49 22:01
 Clinton Driscoll 29:37

BELL TOWN SPRING SPRINT 5K
East Hampton, CT April 27, 2008

Bekkie Wright	#2F; #1 F40-49	22:28
Joseph Poliquin		22:29

UCONN CLUB SPORT 5K ROAD RACE
Storrs, CT May 3, 2008

Jay Hamilton		22:18
Annette Hamilton		25:07

SALMON RIVER RUN 5.41 M
Colchester, CT May 10, 2008

Keron Smith	#6F; #3 F30-39	42:23
Mary Lou White	# 4F50-59	51:54
Rich White		1:19:18

SEVEN SISTERS TRAIL RACE - 12 Miles
Amherst, MA May 4, 2008

Debbie Livingston	#3F	2:22:43
Scott Livingston		2:30:52

GRANBY 10K
Granby, CT May 4, 2008

Steve Morse	#12M; #1 M50-59	42:12
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BOLTON ROAD RACE 5M
Bolton, CT May 10, 2008

Ned Kennedy	#5M; #1 M40-49	31:43
Jay Hamilton	#2 M30-39	36:47
Dani Kennedy	#2F; #1 F40-49	37:42
Michael Shore		39:36
Annette Hamilton	#6F; #2 F40-49	39:49
Ed Steele		39:58
Randy Potterton		43:46
Barry Stoner	#3 M60-69	49:48



CT RACE IN THE PARK 5K
New Britain, CT May 10, 2008

Women's 5K

Bekkie Wright*	#8F; #1 F40-49	21:46
Amy Daniels*	(Sue's Niece)	23:17
Susan Leslie*		27:27
Joyce Thorner*	#12 Survivor	31:55
Jean Barth*	(Sue's Sister)	32:41
Patricia Desimone		34:57

* Members of 3rd Place Women's Team
+ Donna Cammerota - 4K Walker

Men's 5K

Ian Roberts		20:52
Joseph Poliquin*		21:36
Andy Zyrek*	PR	23:14
Wally Squier*		25:41
Roger Petersen*		28:31

* Members of 4th Place Men's Team
NOTE: Wally was our most successful fundraiser.

VERNON MOTHER'S DAY DASH 5K
Vernon, CT May 11, 2008

Jay Seney	#9M	19:16
Steven Morse	#10M; #1 M50-59	19:21
King Archibald		22:00
Joseph Poliquin		22:04
Bekkie Wright	#8F; #2 F40-49	22:04
Rachel Blinn	#9F; #1 F0-14	22:09
Ginny Welch		23:11
Tim Blinn		23:54
Ellie Lowell	#1 F60-69	25:37
Randy Potterton		25:44
Sue Leslie		26:51
Jill M Ramos		28:38
Edward Steele III		37:20
Noreen Steele		37:20
Prescille Yamamoto		51:52
Eddie Steele	Youngest M (Age 4)	52:47
Edward Steele II		52:48

Mother-Son Division:

#9 Edward Steele III & Noreen Steele	1:14:40
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Congratulations everyone!

**HAMILTON SUNDSTRAND 5K RUN
FOR THE UNITED WAY
Windsor Locks, CT May 15, 2008**

Tom Geer #2M; #1M20-29 18:44

**TWILIGHT TRAIL RUN
LONG COURSE - 7.4M
Bluff Point, CT May 16, 2008**

Bob Neidbala #1 M60+ 1:05:59

**MANSFIELD COMMUNITY CENTER 5K
Mansfield, CT May 17, 2008**

Ellie Lowell #1 F60+ 25:15

**BISHOPS RUN FOR CHILDREN 5K
West Hartford, CT May 17, 2008**

John Paggioli #7M; #3 M40-49 19:00

Kathleen Bolt 29:15

Tom Phillips #3 M70-79 32:57

**SHAD DERBY ROAD RACE 5K
Windsor, CT May 17, 2008**

Andy Zyrek #3 M40-45 23:17

**AVON PINE GROVE 5K ROAD RACE
Avon, CT May 18, 2008**

Bill Schwarz 23:34

**NEWINGTON LIBRARY 5K
Newington, CT May 18, 2008**

Michael Shore 23:09

**"ED BURNHAM" FOUR BRIDGES 4K
Willimantic, CT May 18, 2008**

"King Archibald" #4M; #3 M50-59 18:11

**TRAILS TO A CURE 8M TRAIL RACE
Cockaponsett State Forest - Chester, CT
May 18, 2008**

Bekkie Wright 1:15:27

Joe Poliquin 1:15:28

**SOAPSTONE MOUNTAIN TRAIL RACES
Somers, CT May 18, 2008**

24K

Aaron Flamino 1:54:59

John Agosto 2:03:16

Neal Leibowitz 2:04:18

Deb Livingston #4F 2:10:06

Keith Morgan 3:40:44

6K

Adeline Livingston 53:23

Stanley Livingston 53:27

**WILLINGTON PTA 5K
Willington, CT May 24, 2008**

Jay Hamilton #9M; #2 M30-39 21:18

Annette Hamilton #1F Overall 22:49

Ellie Lowell* #7F; #1 F60+ 25:38

Lori Riley** #9F 26:22

* New Age Group Record ("Unknown" in results)

** Hartford Courant Sports Reporter extraordinaire

TRI-SPORTS 10K

Lake Compounce - Bristol, CT May 25, 2008

Bekkie Wright 45:28

Joseph Poliquin 45:28

'ROUND THE LAKE 5K

Marlborough, CT May 25, 2008

John Paggioli #1M Overall 18:35

Dani Kennedy #2F; #1 F40-49 22:00

Joan Monroe #1 F50-59 25:44

Randy Potterton 25:45

Adam Paggioli 25:59

Sue Leslie #2 F50-59 TNA*

(*Time Not Available - omitted from web results)

RUN FOR HOPE 5K

Lime Rock Park - Lakeville, CT May 25, 2008

Bekkie Wright #1F Overall 21:57

Joe Poliquin #4M; #1 M50-59 21:58

Ellie Lowell #3F; #1 F60+ 25:35

MEMORIAL MILE
East Hartford, CT May 26, 2008

Bill McGugan	#3 M50-59	5:37
Dale Toce	#3 M40-49	5:46
Joe Poliquin		6:09
Bekkie Wright	#1 F40-49	6:22
Randy Potterton		7:12
Jason Earl & son Chaleb (Age 3)		13:31

WOODSTOCK MEMORIAL DAY 10K
Woodstock, CT May 26, 2008

Jay Hamilton		46:44
Barry Stoner		1:01:32
Janit Romayko	#2 F60-69	1:02:09
John Salcius		1:04:56
Jim Hodges		1:24:46

BOLDER BOULDER 10K
Boulder, CO May 26, 2008

Keron Smith		48:32
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CHAPLIN COUNTRY 5K ROAD RACE
Chaplin, CT May 31, 2008

Jay Hamilton	#6M; #2 M30-39	21:30
Randy Potterton	#2M 40-49	26:29

THE RICHARD M. KEANE FOUNDATION'S
5K RUN & WALK
Wethersfield, CT June 1, 2008

Organizers: Mary Gothers & Barbara Bellas

Dani Kennedy	#4F; #1 F40-49	22:39
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NOTE: **Barbara Bellas** is also a former Silk City Strider.

COVERED BRIDGES HALF MARATHON
Queechee, VT June 1, 2008

MaryLou White		2:14
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DASH OF SUMMER 5K
Norwich, CT June 7, 2008

Bob Neidbala	#1 M60+	25:52
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Bob Reports: I won \$25 ... I'm now a professional!

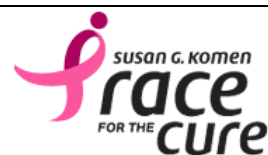
IRON HORSE HALF MARATHON & 10K
Simsbury, CT June 1, 2008

10K

Ellie Lowell	#1 F60-64	53:39
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Half Marathon

Martin Keibel	# 1 M55-59	1:28:55
Matthew Butwill		1:38:35
John Sloan		1:49:18
Michael Shore		1:52:36
Keron Smith		1:53:06
Alan Mccall		2:04:04
Randy Potterton		2:06:49
Andre Mesnil		2:10:08
Michelle Sawyer		2:29:47



RACE FOR THE CURE 5K
Bushnell Park - Hartford, CT June 7, 2008

John Agosto	#3 M30-39	18:45
Mike Tirrell	#1 M50-59	20:16
Joe Poliquin		21:47
Bekkie Wright	#2 F40-49	21:48
Anne Forzley*	#4 Survivor 40+	24:45
Ellie Lowell	#2 F60-69	25:19
Sue Leslie		26:26
Randy Potterton		27:31
Joyce Thorner	#18 Survivor 40+	30:49
Janice Tirrell		33:49

* Former Silk City Strider

Silk City Striders - #2 TEAM (of 50)

18:45 20:16 21:47 21:48 = 1:22:36

J. Agosto, M. Tirrell, B. Wright, J. Poliquin

LITCHFIELD HILLS ROAD RACE 7.1M
Litchfield, CT June 7, 2008

Andy Zyrek		1:10:43
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Andy Reports: This was a hot and humid day. I counted 6 ambulances used to take people away during the race. Gallows Hill was impressive.

SPRING DUATHLON & TRIATHLON RESULTS

BRIAN'S BEACHSIDE BOOGIE DUATHLON
Madison, CT April 6, 2007
2 mile Run, 12 mile Mountain Bike, 2 mile Run

Dean Bolt	#1 M50-54	1:07:16
John Salcius	#1 M60-64	1:24:19
Peggy Byram	#1 F50-54	1:25:05
Janit Romayko	#2 F60-64	1:27:47

WRENTHAM DUATHLON
Wrentham, MA April 20, 2008
3M Run – 11M Bike – 2M Run

John Salcius	#3 M65-69	1:28:35
Janit Romayko	#1 F60-64	1:29:28
MaryLou White		1:31:57

ROCKBUSTER DUATHLON
Ashland, MA April 28, 2007

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

John Salcius	#2 M65-69	1:09:40
Janit Romayko	#1 F60-64	1:22:13

HOPKINTON DUATHLON & TRIATHLON
Hopkinton, MA May 11, 2008

DU -- 2M Run – 11.6M Bike – 5K Run

John Salcius	#1 M65-69	1:30:01
MaryLou White	#1 F50-54	1:41:52

TRI – 1/3M Swim – 11.6M Bike – 5K Run

Janit Romayko	#1 F60-64	1:32:32
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NOTE: Water temperature of 55 degrees!

SHAMROCK DUATHLON
Glastonbury, CT May 18, 2008

5K Run – 28 M Bike – 5K Run

Ned Kennedy	#3 M50-54	1:34:32
Ian Roberts		1:44:00
John Salcius		2:10:31
MaryLou White		2:33:53

LUDLOW BOYS & GIRLS CLUB TRIATHLON
Ludlow, MA June 11, 2008

1/2M Swim – 14 M Bike – 4M Run

Janit Romayko	#1 F60-64	1:49:13
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Thursday Nights
July 10 & 24
August 7 & 21

Start Time: 6:00 PM

Lake Terramuggus
Marlborough, CT

400 yard Swim, 12 mile Road Bike, 5K Run.
Last year's entry fee was \$15 per race.
All races are chip timed by Platt Systems.

One-Day USATri Race Licenses will NOT be sold at the race site. ALL contestants must have a valid USATriathlon membership number to compete.

Due to the sewer project road construction currently underway around Lake Terramuggus the June races have been cancelled. The series is expected to start in early July ... and may be on a weekly rather than bi-weekly basis. Stay tuned.

For more information, please call
Pig Iron Bicycle Works at 860-633-3444.
Additional information on the Terramuggus Triathlon Series will be posted soon on the Pig Iron website (click on logo above).



Silk City Striders 8 County Challenge At Least Three (3) Counties Completed as of 6/1/2008

Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
John Agosto		X			X	X	X	
King Archibald		X					X	X
Adam Bulewich	X	X			X	X		
Art Byram						X	X	X
Peggy Byram					X	X		X
Annette Hamilton		X					X	X
Jay Hamilton		X				X	X	X
Sue Leslie		X					X	X
Ellie Lowell		X	X				X	X
Steve Morse	X		X			X	X	
John Paggioli		X	X			X		
Joe Poliquin	X	X	X	X			X	
Randy Potterton						X	X	X
Jill Ramos	X	X					X	
Janit Romayko		X		X		X	X	X
John Salcius		X			X			X
Jay Seney		X				X	X	
John Sloan	X	X				X	X	
Mark Turkington	X	X				X		X
MaryLou White		X		X	X	X	X	X
Bekkie Wright	X	X	X	X			X	
Andy Zyrek		X	X			X		X

WOMEN'S OLYMPIC MARATHON TRIALS April 20, 2008



	Name	Age	Mile5	Mile10	HALF	Mile15	Mile20	Mile25	FINISH	Pace
1	Deena Kastor	35	29:53	58:42	1:16:30	1:27:15	1:55:02	2:22:46	2:29:35	5:43
2	Magdalena Lewy Boulet	34	28:48	57:11	1:14:38	1:25:26	1:53:47	2:23:15	2:30:19	5:44
3	Blake Russell	32	29:53	58:42	1:16:30	1:27:15	1:55:53	2:25:25	2:32:40	5:50
37	Shannon McHale (CT)	37	30:08	1:00:14	1:19:18	1:30:54	2:02:13	2:34:43	2:42:40	6:13
38	Yolanda Flamino (CT*)	31	30:18	59:57	1:18:42	1:30:20	2:01:45	2:35:15	2:42:53	6:13
90	Joan Samuelson	50	31:38	1:03:56	1:24:02	1:36:13	2:08:49	2:41:34	2:49:08	6:27
118	Colleen Casey (CT)	34	31:38	1:03:57	1:25:03	1:38:18	2:14:46	2:52:48	3:01:36	6:56



Deena



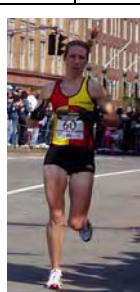
Magdalena



Blake



Shannon



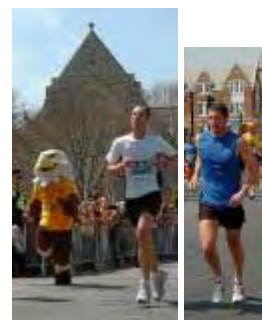
Yolanda



Joan

112th BAA BOSTON MARATHON April 21, 2008

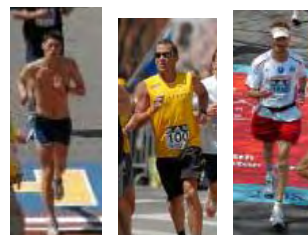
Cristiano Gloria	2:59:22	Joe Kidder	3:27:27
Ken Pacileo	3:11:46	Mike Munroe	3:29:17
John Paggioli	3:12:37	Ginny Welch	3:52:06
Neal Leibowitz	3:13:35	Bill Schwarz	4:15:56
Marty Keibel	3:15:13	Joan Munroe	4:17:44
Scott Wojnarowicz	3:16:37	Bob Niedbala	4:20:25
Mike Tartar	3:20:49	"King Archibald"	4:55:50
Art Byram	3:25:08	Diana Cohen	6:09:55



Neal & John with the BC Eagle

Other Runners of Note

Nick Au Yeung – MHS Graduate – 1st Boston Marathon	2:44:25
Lance Armstrong	2:50:58
Amby Burfoot –former Boston Marathon and Manchester Road Race Winner	3:51:04



SPRING MARATHON & ULTRA CORNER



PARIS MARATHON
Paris, France April 6, 2008

Andy Zyrek **PR** 4:54:21

Andy Reports: I feel great having completed my second marathon. It was a great experience; the weather started cold and cloudy with occasional sun peaking through. It began to hail around mile 17 but it did not last long. There was a good turnout of support, crowds cheering runners and individuals as we had our first names on our race bibs. I received several cheers of encouragement. The water stations were very well organized and marked; they used large professional signs indicating that the refreshment area was 200 meters ahead. Each water station had bottled water, orange wedges, apricots, bananas, dates, prunes, and sugar cubes (no croissants or bagels). At mile 23, a local restaurant was distributing wine. When in France do as the French do so I stopped to enjoy a nice cabernet.

Below is a link for my finishing time: 4:54:21. I was able to beat my Boston Marathon time by over 45 minutes, a new PR. If you click on the video camera you can view a summary video and me crossing at 5K intervals.

<http://www.parismarathon.com/marathon/2008/us/classementsMDP.php?chercher=oui&course=MDP&annee=2008&dossard=45289&submit=Rechercher>

HOG EYE MARATHON
Fayetteville, AR April 6, 2008

Bekkie Wright **#5F; #1 F45-49** 3:50:52
Joseph Poliquin **#1 M50-59** 3:50:53

KENTUCKY DERBY FESTIVAL MARATHON
Louisville, KY April 26, 2008

Bill Gaghan 3:38:51

COX SPORTS PROVIDENCE MARATHON
Providence, RI May 4, 2008

Bekkie Wright 3:42:13
Joseph Poliquin 3:42:15

"HOLYOKE" MARATHON
Holyoke, MA May 4, 2008

Jay Seney **#2M; #1 M40-49** 3:13:10
Adam Bulewich **#4M; #2 M30-39** 3:15:19
Bill Schwartz **#3 M60+** 4:30:20
Janit Romayko **#1 F60+** 4:58:15

SUNBURST MARATHON
South Bend, IN May 31, 2008

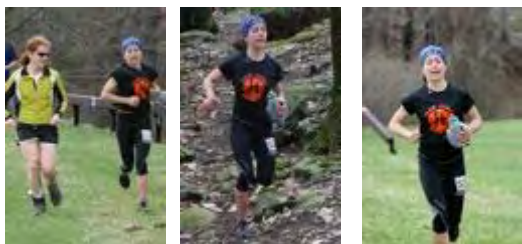
Bekkie Wright **#4 F45-49** 3:41:41
Joseph Poliquin **#6 M55-59** 3:41:42



KEYBANK VERMONT CITY MARATHON
Burlington, VT May 25, 2008

Drew Best **#8M** 2:34:03
Mike Bendzinski **#3M 55-59** 3:17:22
Jay Seney 3:31:40
Jill Ramos 5:50:21

Drew reports: It was sunny and cool at the start -- probably 55 degrees. I had finally gotten in some "real" marathon training for this one, so I was confidently going for 2:31. I came through 10 in just under 58:00, so a bit conservative, and I hoped to pick it up from 13-18 and then hang on. I didn't pick it up, however; I slowed a bit, running 5:50's for 10-20 (halfway in 1:16:00), but content to go for 2:33. I broke the race up in my mind and kept telling myself that I "refused to suffer" until I hit the bike path at 22. Because of this I kept the pace conservative through 20, and kept negative thoughts and panic from entering my thoughts-- which is probably the best thing that came out of my race. I managed 6 flats for the last 10k, not blowing up (a first!) but not setting the bike path on fire either. I finished with a bit of a kick (for me) but ran 2:34:03, feeling like I had fuel left in the tank but with shredded legs. But I only needed 4 days off, and I'm running a bit again-- also an improvement over the weeks/months of recovery I've needed before. I think the sun was a factor, but I can't imagine the warmth added more than a minute or so. Overall, a very well-orchestrated race by the RunVermont folks, and Burlington is the *best* town for post-marathon festivities!



Deb with Nikki Kimball and all alone in 1st Place
Photos courtesy of Scott Livingston

**THE NORTH FACE
ENDURANCE CHALLENGE 50M
Harriman State Park, Bear Mtn, NY
April 12, 2008**

Debbie Livingston #3 Overall; #1F 10:18:11

Deb, Scott & Shep camped out in the park the night before since the race started at 5 AM. Shortly after the 50M racers hit the trails a thunderstorm arrived and set the tone for the day. The trails were tough, and many racers failed to make the cutoff at halfway, but Debbie's trail experience shone through and she carried the day. She also qualified for the Endurance 50M Championship race in San Francisco in December. Congratulations, Deb – Outstanding job!



MaryLou, Rich & Cosmo (the dog)

**CAPITOL PEAK 55K
Capitol State Forest - Olympia, WA
April 26, 2008**

MaryLou White	#1 F50-59	9:00:27
Rich White		9:00:28

**NIPMUCK TRAIL MARATHON
Ashford, CT June 1, 2008**

Debbie Livingston	#1F	4:03
Barry Stoner (1st Half Only)		2:53

For more go to:

<http://scottlivingston.wordpress.com/2008/06/01/nipmuck-trail-marathon-celebrating-25-years-of-muck/>

STATE OF THE ART by Art Byram

Spring Time is race time. A time to shake off the Winter darkness and take advantage of the fact that it is now light before 5 AM. I was hoping to contribute an entertaining tidbit for the newsletter that would take a common thread from my recent spring races and artfully tie it to a newly discovered nugget of running knowledge. But alas, my Spring has not bloomed with success.

Yes I ran the Eastern States 20 Miler, and Boston too, but that is now old news. And I did take part in Bobby's Run. However there was not a PR in the bunch. For the more experienced runners in the club, this may sound unremarkable.

As a former new runner, (est. May 2002) I have gotten into the mindset that I will improve as long as I work relatively hard and race relatively smart. At least that's how it used to work. The truth I am realizing is that if I expect to continue to make progress in getting faster, I need to not take my training and racing for granted. As an experiment of one, I am always looking to examine and analyze my results to discover the secret of the perfect race. The problem is, I often forget to remember my past follies.

In the Eastern States race, I raced at a good pace, but completely forgot about bringing along any energy gels, and bonked. Then there was Boston, brought energy gels but thought I would forgo Gatorade and ultimately had issues with electrolytes, and bonked again. As a tune up race to Vermont I ran Bobby's Run. Pace felt right, although I found myself working really hard for most of the race. Seemed much, much harder than last year, and somehow I was 18 seconds slower this year. Bummer.

After comparing my training from this year versus last year the underlying cause jumps out. Lack of mileage and focus. A good training base will cover up many race day mistakes. It seems that recently I have fallen prey to letting life get in the way of my running.

As a matter of fact, this morning I was about to forego my morning run in order to get to the office. I was feeling depressed about it and remembered a relevant running quote: "...any day I am too busy to run is a day that I am too busy." Even though it was raining steadily, I headed out to hit the street with a big smile on my face. I returned home drenched with an even bigger smile.

RACE CALENDAR

Date	Time	Race (USATF Grand Prix 2008)	Place	Weblink
Fr Jun 13	6:00 PM	Niantic Bay 10K	Niantic (McCook Point Park)	
Su Jun 15	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	www.branfordroadrace.net
Su Jun 15	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	www.celebratewesthartford.com
Su Jun 15	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA	www.runwmac.com/info-greylocktrail.html
We Jun 18	6:30 PM	Solstice Sprint 5K	West Hartford (MDC Res.)	www.hartfordtrackclub.org
Sa Jun 21	10:00 AM	Mount Washington 7.6M	Gorham, NH	www.gsrs.com
Su Jun 22	8:30 AM	Fairfield 13.1M and 5K	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffidhalf
Th Jun 26	6:00 PM	X-Treme Scramble Series 5K #1	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Fr Jul 4	10:00 AM	Four on the Fourth 4M	Chester (Center)	www.chesterrotary.org/fouronthefourth.html
Fr Jul 4	10:30 AM	Boombox Mile	Willimantic (Main St)	www.thelastmileracing.com
Fr Jul 4	9:00 AM	Independence Day 5000	Milford (Foran H.S.)	www.hitekracing.com/indy5000/
Sa Jul 5	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	www.ci.east-hartford.ct.us
Sa Jul 12	6:00 PM	Twilight 5K	Enfield (Town Green)	www.enfieldcelebration.org/
Sa Jul 12	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	www.hartfordmarathon.com
We Jul 16	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main St.)	www.jbsports.com
Sa Jul 19	8:00 AM *	Glastonbury SRS #1 - 5K	Glastonbury (Smith Middle Sch)	www.glastonburychamber.com
Su Jul 20	9:30 AM	The GE 5K Road Race	Plainville (GE - Woodford Ave)	www.PetitRoadRace.com
Fr Jul 25	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	www.narragansettri.com/lions
Sa Jul 26	8:00 AM *	Glastonbury SRS #2 - 4.5M-	Glastonbury (Addison Park)	www.glastonburychamber.com
Th Jul 31	6:00 PM	X-Treme Scramble Series 5K #2	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Sa Aug 2	9:00 AM	John & Jessie Kelly 11.6M	New London (Ocean Beach Pk)	www.moheganstriders.org
Sa Aug 2	9:00 AM	People's Forest 7M Trail Run	Barkhamsted (Mathies Pavilion)	www.runwmac.com/gt2008/gt08-races.html
Sa Aug 2	8:00 AM *	Glastonbury SRS #3 - 10K-	Glastonbury (Nayaug School)	www.glastonburychamber.com
Sa Aug 9	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	www.bridgeofflowers10k.com
Su Aug 10	10:00 AM	Falmouth 7.1M	Woods Hole, MA	www.falmouthroadrace.com
Su Aug 17	8:30 AM	Lobster Loop 5K	Canton (Town Green)	www.plattsys.com
Th Aug 21	6:30 PM	E.Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	www.ci.east-hartford.ct.us
Su Aug 24	9:30 AM	Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	www.runwmac.com/gt2008/gt08-races.html
Th Aug 28	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Mo Sep 1	8:30 AM	New Haven 20K/5K	New Haven Town Green	www.newhavenroadrace.org
Sa Sep 6	1:30 PM	Run Around the Block 15K	Block Island, RI	www.blockislandchamber.com
Fr Sep 12	7:30 AM	Reach the Beach Relay 200M	Bretton Woods, NH	www.rtbrelay.com
Sa Sep 20	8:00 AM	Winnepesaukee 66M Relay	Weirs Beach, NH (Funspot)	www.northmedfordclub.org
Su Sep 21	10:00 AM	Niantic Bay Half Marathon & 5K	E. Lyme (Rocky Neck)	www.nianticbayhalfmarathon.com

* "Living Well" in Glastonbury - Summer Racing Series (SRS)

2008 “LOCAL” MARATHON CALENDAR

(Click on Marathon Name for Link)

6/15/08	Lake Placid Marathon	Lake Placid, NY
7/25/08	Around the Lake Marathon (+ 12-hour & 24-hour)	Wakefield, MA
7/26/08	The Extreme XC - Jay Mountain Marathon	Jay, VT
8/31/08	Monster Trail Marathon	Virgil, NY
9/7/08	Stumpy's Marathon (Trail)	Newark, DE
9/14/08	Rochester Marathon	Rochester, NY
9/15/08	Yonkers Marathon	Yonkers, NY
09/21/08	Adirondack Marathon	Schroon Lake, NY
9/27/08	Hamptons Marathon	East Hampton, NY
9/28/08	Clarence Demar Marathon	Keene, NH
10/4/08	New Hampshire Marathon	Bristol, NH
10/5/08	Wineglass Marathon	Corning, NY
10/5/08	Johnstown Marathon	Johnstown, PA
10/5/08	Maine Marathon	Portland, ME
10/5/08	Westchester Marathon	White Plains, NY
10/12/08	Mohawk-Hudson River Marathon	Albany, NY
10/12/08	Steamtown Marathon	Scranton, PA
10/11/08	Baltimore Marathon	Baltimore, MD
10/11/08	Hartford Marathon	Hartford, CT
10/18/08	Breakers Marathon	Newport, RI
10/18/08	Green Mountain Marathon	South Hero, VT
10/19/08	Atlantic City Marathon	Atlantic City, NJ
10/19/08	Bay State Marathon	Lowell, MA
10/19/08	Mount Desert Island Marathon	Bar Harbor, ME
10/26/08	Cape Cod Marathon	Falmouth, MA
10/26/08	Marine Corps Marathon	Washington, DC
11/2/08	Manchester City Marathon	Manchester, NH
11/02/08	New York City Marathon	New York City, NY
11/09/08	Harrisburg Marathon	Harrisburg, PA
11/23/08	Philadelphia Marathon	Philadelphia, PA
11/29/08	BRRC North Central Trail Marathon	Sparks, MD
11/XX/08	Stone Cat Marathon & 50 Mile Trail Race	Ipswich, MA
12/13/08	Roxbury Marathon	Roxbury, CT

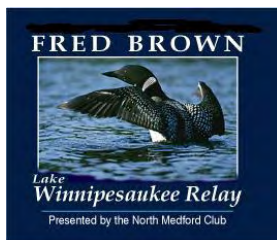
SILK CITY STRIDERS -- 2008 EVENT CALENDAR

- JULY** - Wickham Park Cross Country Series Monday Nights - July 7, 14, 21
 Lake Terramuggus Sprint Tri Training Series. Thursday Nights – July 10 & 24
 Summer Picnic (Blish Park, Lake Terramuggus) Sunday – July 27 (tentative)
- 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 – Aug. 7 & 21
- SEPTEMBER** - Nikki’s Run Walk ‘N’ Roll..... Sunday, September 7
 Fred Brown Lake Winnepesaukee Relays..... Saturday, September 20
- OCTOBER** - Halloween Pot Luck SupperTBA
- NOVEMBER** - New York City Marathon ExcursionSunday, November 2
 Parker Holt 5KSunday, November 9
 Know Your Pace Race Saturday, November 22
 Manchester Road RaceThursday, November 27
- DECEMBER** - Silk City Holiday Open House Sunday, December 7
following Santa’s Run in Glastonbury



RED DRESS RUNNERS NEEDED -- LADIES ONLY

The RED DRESS RUN FOR WOMEN 5K is coming up on July 12, 2008. 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 are available on the Silk City website. The Silk City guys traditionally work the water stop. If you are interested in joining the team or volunteering please call Bekkie or Joe at (860) 461-1486.



“Lake Winnepesaukee Relay” TEAMS FORMING NOW

Race Date: Saturday, September 20, 2008

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