



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

Hartford Marathon & Team Relay, Half Marathon & 5K

8:00 AM – Saturday, October 8, 2005

Bushnell Park, Hartford, CT

Good luck runners, and thank you volunteers!

Parker Holt 5K Celebration Run

1:00 PM – Sunday, November 13, 2005

Manchester Community College, Manchester, CT

Please join us again this year to celebrate and remember.

Know Your Pace Race

8:30 AM – Saturday, November 19, 2005

Bennet Middle School, Manchester, CT

Where the race is not to the swiftest finisher, but to the most accurate predictor of their time.



Will you be ready
for the Big Race
this Thanksgiving?

Yes, you will!

Announcing the
Manchester
Road Race
Training Program

See Page 15 of Newsletter for Details
or email MRRTTraining@yahoo.com

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2005 BOARD OF DIRECTORS

Officers

Interim President:	Bekkie Wright	533-1557
Vice President:	Betty Cannella	872-5903
Treasurer:	Art Byram	430-1072
Secretary:	John Sloan	643-6123

Board Members

		<i>Term</i>
Sue Leslie	644-1804	Ex-Officio
Dennis Mahoney	930-8073	2005-2007
Ian Roberts	645-1011	2005-2007
Jim Tharp	646-5155	2003-2005

Uniforms & T-Shirts

Sue Leslie	644-1804
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WebMaster

Bill Schwarz	643-4096
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Newsletter

Staff:	Bekkie Wright – Editor
	Karen Saunders – Editor Emeritus
	Jim Best – Race Calendar
	Barry Stoner – Coach’s Corner
	Jamie McDermott – Nutrition Nook

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am Bennet Middle School

Tune up for the Manchester Road Race.
Anyone who wants to run two loops
should plan on arriving early as the roads get
quite busy on Saturday mornings.

Wednesday Evening Funs Runs - 5:00 pm Bennet Middle School

Come join us for the Spring Street Loop.
Runs of 3 – 8 miles are available.

Thursday Evening Funs Runs - 5:00 pm Martin Elementary School

Since sunset is earlier and earlier each week,
we have moved back to Manchester.
Don’t forget to bring your reflective vests.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Steve Henry	Bolton
Jamie & Brendon McDermott	Manchester
Keron Smith	Manchester
Ed & Jackie Steele	Bolton

CONGRATULATIONS

To **Mark Helisek** on his recent engagement.

BEST WISHES

To **Steve McLaughlin** and **Carole Phelan** on their recent marriage. And “**Get Well Soon**” to Steve who suffered a broken toe and multiple scrapes & bruises when he was struck by a car while supporting Jim Tharp on Leg 1 of the Winnepesaukee Relay.

CONDOLENCES

To **Roger A. Smith, Jr.** whose father passed away recently.

HOST NEEDED FOR THE HALLOWEEN POTLUCK SUPPER October 29, 2005 6:00 pm

The frost is almost on the pumpkin! So, who would like to volunteer their house for our annual Silk City Striders Halloween Potluck Supper and Pumpkin Carving Contest!

Please let Bekkie know as soon as possible if you'd be interested in hosting the event this year. (860) 533-1557.

Pumpkins will be provided by the club.
Costumes are welcome.

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.

RESULTS OMITTED FROM AUGUST NEWSLETTER

CHAPLIN COUNTRY 5K Chaplin, CT June 4, 2005

Randy Potterton 27:45.6

IRON HORSE HALF MARATHON Simsbury, CT June 5, 2005

David Welch 1:44:00

Ginny Welch 1:55:39

BOOMBOX MILE Willimantic, CT July 4, 2005

Jim Tharp 5:17

Eloise Tharp 9:07

Charlene Tharp 9:28

FIRECRACKER MILE Harwinton, CT July 2, 2005

Dale Toce #6; #1 M40-49 5:35

Kyle Toce 8:19

Michael Toce 8:35

Denise Toce #8F; #3 F40-49 9:24

JOHN J. KELLEY ROAD RACE 11.6M

Ocean Beach - New London, CT August 6, 2005

John Paggioli 1:14:56

Art Byram 1:30:24

Keron Smith 1:31:17

Bekkie Wright 1:34:39

John Sloan 1:35:43

Rick Chromik 1:38:42

Bob Niedbala 1:40:42

Norlean Litwinka 1:46:18

Andre Mesnil 1:49:09

Mark Helisek 1:49:12

Barry Stoner 1:50:04

Randy Potterton 2:01:47

RIVER RUN 5K

Bushnell Park – Hartford, CT August 11, 2005

Tom Geer 16:30

Neal Liebowitz 18:03

Scott Wojnarowitz 18:09

John Paggioli 18:19

Ben Witkowski 18:39

Steve Henry 18:46

Steve Morse 19:18

Jim Tharp 19:25

Bekkie Wright 20:46

Dean Bolt 21:34

Keron Smith 22:36

Clint Driscoll 22:45

Ellie Lowell 23:47

Bob Niedbala 25:12

Sue Leslie 25:50

Norlean Litwinka 26:20

Randy Potterton 27:06

Susan Potter 30:33

CORPORATE TEAMS

OPEN MEN

2nd Place - The Hartford

18:03 18:12 18:19 = 54:34

Neal Liebowitz, Ken Pacileo, John Paggioli

OPEN WOMEN

2nd Place - CT Dept of Labor

25:50 25:50 27:24 = 1:19:04

Lorena Carlone, **Sue Leslie**, Janet Bojko

BRIDGE OF FLOWERS CLASSIC 10K

Shelburne Falls, MA August 13, 2005

Clint Driscoll 52:30

DEARY MEMORIAL 5M

Putnam, CT August 13, 2005

Jim Tharp 34:45

TORRINGTON ROAD RACE 5M

Torrington, CT August 14, 2005

Art Byram 36:52

**EAST HARTFORD HIGH SCHOOL
CROSS-COUNTRY CHALLENGE 5K
East Hartford, CT August 18, 2005**

Awards for this unique and challenging cross-country race are based on the year you graduated from High School. There is also a Team Award based on the Top 3 Runners from any one High School.

Aaron Flamino	#1M, #1 M 1990-99	17:48
Scott Wojnarowicz	#3M, #1 M 1990-99	18:49
Steve McLaughlin	#8M	20:39
Bekkie Wright	#3F, #2 F 1980-89	22:07
Clinton Driscoll		23:28
Keron Smith	#4F; #1 F 1990-99	24:09
Matthew Wynne		26:13
Ed Yergeau		26:48
Joan Munroe	#1 F 1970-79	27:11
Mary Lou White	#2 F 1970-79	27:57
Randy Potterton		28:54
Janit Romayko*	#1F 1960-69	29:26
Jill Ramos		29:30
Jim Hodges	#3 M1950-59	39:23

*Janit Also Scored For The 2nd Place Women's High School Team - East Hartford High School

**COMCAST SHORELINE 5-MILE ROAD RACE
Old Saybrook, CT, August 17, 2005**

Betty Cannella	42:57
Sue Leslie	43:22
Carmen Herzog	45:14

**NORTHFIELD 10K TWILIGHT RUN
Litchfield, CT August 19, 2005**

Keron Smith	Top 10, #1F	48:00
Barry Stoner	Top 10	56:36
Randy Potterton	Top 10	1:06:30

**DOG DAY RUN 5M
Long Beach Island, NJ August 21, 2005**

Art Byram	35:53
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**MT. TOBY TRAIL RACE 14 Miles
"7 Miles Up & 7 Miles Down"
Sunderland, MA August 21, 2005**

"It was not pretty ... constant rain for 14 miles, mud, and slippery rocks... I got muddy and wet, but had a lot of fun."

Bob Niedbala	2:47:05
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**OLDE WETHERSFIELD 5K
Wethersfield, CT August 21, 2005**

John Paggioli	#5, #2 M30-39	17:48
Scott Wojnarowicz	#6M, #2 M20-29	17:50
Michael Tartar	#8M, #3 M30-39	18:07
Michael Munroe	#3M 40-49	19:30
Keron Smith	#4F; #1 F20-29	21:22
Sarah Tartar		24:54

**NEW HAVEN ROAD ROAD 20K & 5K
New Haven, CT September 5, 2005**

5K

Tom Geer	#3 M; #1 M20-29	16:00
Bill McGugan		19:14
Mike Munroe	#3 M45-49	19:35
Ellie Lowell	#1F 55-59	23:05

20K

Drew Best	1:09:00
Aaron Flamino*	1:13:00
John Paggioli	1:17:54
Scott Wojnarowicz	1:17:55
Joe Kidder	1:22:41
Steve Henry*	1:24:35
Yolanda Flamino	1:24:37
Lance Flamino	1:24:40
Tim Blinn	1:25:12
Dale Toce	1:26:08
Linda Yamamoto	1:27:17
Art Byram**	1:29:16
Keron Smith	1:34:46
Jim Best	1:36:18
Bekkie Wright	1:36:45
Clint Driscoll	1:39:26
Ed Steele*	1:42:17
Rick Chromik**	1:47:11
Keith Morgan	1:50:44
Joan Munroe	1:51:33
Betty Cannella	1:51:42
Norlean Litwinka	1:53:27
Bob Niedbala	1:54:37
Barry Stoner**	1:58:40
Randy Potterton**	2:05:08
AnnMarie DeMonte	2:12:54

*Men's USATF Grand Prix Team Members. This year Silk City fielded both an Open and Masters Team (**). Art Byram and Rick Chromik managed to score for both.

BATTLE OF STONINGTON 5K
Stonington, CT August 23, 2005

"All the divisions winners got bottles of Stonington wine. I heard many winners say, "You can't drink hardware ... Wine is better!"

Bob Niedbala 24:13

XTERRA SCRAMBLE 5K
Hartford, CT August 25, 2005

Scott Wojnarowicz	#2M, #1 M25-29	19:55
Michael Munroe	#3 M45-49	22:05
Keron Smith	#5F, #3 F25-29	24:23
Clinton Driscoll	#3 M50-54	25:13
Cathi Koehler	#1 F45-49	27:13
Edward Yergeau		28:38
Barry Stoner	#1 M65-69	31:06
Janit Romayko	#1 F60-64	31:28

ANNAPOLIS TEN MILE RUN
Annapolis, MD August 28, 2005

Mike Tirrell	1:11:31
Bill Schwarz	1:41:01

JOHN PONTE 5K
Torrington, CT September 3, 2005

Sue Leslie	#1 F50-59	25:56
Betty Cannella		26:04

HADDAM NECK FAIR 5K
Haddam Neck, CT September 4, 2005

Mike Munroe	#9M; #1 M40-49	19:28
Joan Munroe	#1 F50-59	25:07

NIKKI'S RUN, WALK 'N' ROLL 5K
MCC – Manchester, CT September 10, 2005

James Janiak	#4 Overall	20:43
Brianna Janiak		Walker
Marie Mieses		Walker

Thanks also to the Silk City team of volunteers: Keron Smith and Lindsay, Stephen & Jill Ramos - as well as Race Director, Mark Logan's two daughters who assisted at the Water Stop, and Bill McGugan who served as a Course Monitor.

P&W UNITED WAY 5K ROAD RACE
East Hartford, CT September 8, 2005

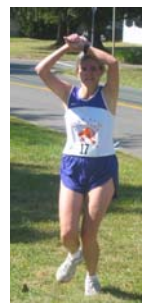
Jay Seney	#5M; #3 M40-49	18:15
Keith Morgan		24:44
Jackie Lancaster	#1 F50-59	25:58

COME ON OVER 5K
Portland, CT September 10, 2005

Mike Munroe	#6M; #2 M40-49	19:32
Joan Munroe	#2 F50-59	25:42
Randy Potterton		27:47

STOWE MARATHON
Stowe, VT September 11, 2005

Jay Seney	#2M; #1 M40-49	3:10:30
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Jill Ramos



Mary Lou White

SOUTH WINDSOR ROAD RACE 5M
Rye Park – S. Windsor, CT September 11, 2005

Mike Tartar	#2 M30-39	30:02
Steve Henry	#1 M19-29	31:22
Steve Morse	#2 M50-59	31:58
Mike Munroe	#1 M40-49	33:30
Bekkie Wright	#1F; #1 F40-49	34:47
Ben Witkowski	#2M 19-29	34:52
Keron Smith	#3F; #1F19-29	36:01
Matt Wynne	#3M 40-49	40:10
Joan Munroe	#1 F50-59	41:07
Jill Ramos	#1 F30-39	43:40
Mary Lou White	#3 F40-59	43:48

Thanks to Race Director, Steve Stoklasa and the Forzley Team (Ann, Phil, Erica and Sarah) for helping keep this race going ... and to John Salcius for serving as Club Photographer.

CROMWELL RIVERPORT 3.5M
Cromwell, CT September 17, 2005

Clint Driscoll 26:24
 Matt Wynne 27:21

LISBON FALL FESTIVAL RACE 3.5M
Lisbon, CT September 17, 2005

Bob Niedbala 28:03

SOMERS GREAT ESCAPE ROAD RACE
Somers, CT September 17, 2005

5K

Steve Morse #6M; #1 M50-59 18:59
 Mark Turkington #1 M60-69 20:37

Welcome Back, Mark!

5M

Keith Morgan 41:16

WALLINGFORD YMCA 5K/10K
Wallingford, CT September 17, 2005

5K

Mike Munroe #2M; #1 M40-49 18:56

10K

Joan Munroe #1 F50-59 53:59

FALL FROLIC 30K
Fairfield, CT September 18, 2005

Scott Freeman 2:07:13
 Mickey Grabner 2:21:00

HOGS BACK HALF MARATHON
Colebrook, CT September 24, 2005

Clinton Driscoll 1:53:03
 MaryLou White 2:03:13



CLARENCE DEMAR MARATHON
Gilsum to Keene, NH September 25, 2005

Bekkie Wright 3:44:26
 Marie Slattery* 3:44:26
 Ed Steele 3:46:16

*Special Guest on the Silk City Healthy Heart Women's 5M Team. Qualified for the Boston Marathon!

GREAT STRIDES FOR GREAT NECK 5K
Waterford, CT September 25, 2005

Joan Munroe #1 F50-59 24:47

THE AMAZING RACE "Family Edition"
Tuesday nights at 9PM on CBS

Carissa, Bill, Tammy, & Billy Gaghan



NOTE: Teams could only have 4 Members, so little sister Kelley (also a runner) didn't get to go on the Adventure.

Leg 1 - New York City to Philadelphia, PA
2nd Place of 10 Teams

DUATHLON / TRIATHLON RESULTS**SANDY BEACH TRIATHLON**

Bantam Lake, Morris, CT August 5, 2005

1/2 Mile Swim – 10 Mile Bike – 5K Run

Clint Driscoll 1:16:53

NIANTIC BAY TRIATHLON & 5K

Niantic, CT August 7, 2005

1/2 M Swim – 11.3M Bike – 3.5 M Run

Michael Tirrell #2 M50-54 1:12:27

Cathi Koehler #2 F45-49 1:21:47

Clint Driscoll 1:22:40

Janit Romayko #1 F60-64 1:28:38

John Paggioli's #2 Team Overall 1:04:54

*Marlborough Masters #2 Male Team***JOURNEY FOR SIGHT TRI**

Chicopee, MA August 28, 2005

1/2 M Swim – 17M Bike – 3.5 M Run

Janit Romayko #1 F60-64 1:51:19

NETT - MASSACHUSETTS TRIATHLON

Sharon, MA August 21, 2005

1/2 M Swim – 14M Bike – 4.5 M Run

Barry Stoner #2 M65-69 1:32:55

240th out of 504 finishers"All this after the hilly Litchfield 10K
which was my fastest run for the year."**TIMBERMAN TRIATHLON**

Elacoya State Park, Gilford, NH August 21, 2005

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Mike Tirrell #5 M50-54 5:30:13

MADISON TRIATHLON

Madison, CT September 10, 2005

1/2 M Swim – 13M Bike – 3 M Run

Mike Tirrell #2 M50-54 1:21:26

Janit Romayko #1 F60-64 1:39:29

FIRMMAN HALF IRON TRIATHLON

Narragansett, RI September 11, 2005

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Cathi Koehler #3 F45-49 5:37:04

HAMMERFEST SPRINT TRIATHLON

Branford, CT September 25, 2005

1/2 M Swim – 13.5M Bike – 4 M Run

Dean Bolt #2 M50-54 1:21:12

Cathi Koehler #2 F45-49 1:28:15

Janit Romayko #1 F60-64 1:39:07

TERRAMUGGUS TRIATHLON SERIES

1/4 M Swim – 12M Bike – 5K Run

Marlborough, CT

Race 5- August 11, 2005

Kyle Thornton 1:07:53

Jeremy Thornton 1:08:06

Jeff Thornton 1:09:10

Janit Romayko 1:15:14

Kathy Thornton 1:16:34

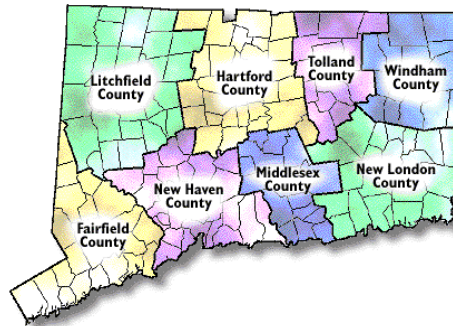
WINDING TRAILS**OFFROAD TRIATHLON SERIES**

1/4 M Swim – 8K Mtn Bike – 5K XC Run

Farmington, CT

Race #8 August 9, 2005

Dean Bolt #2 M50-59 53:03



Silk City Striders 8 County Challenge

At Least Three (3) Counties Completed as of 8/1/2005

To be part of the 8 County Challenge, simply submit your results for races completed in Connecticut this year to Webmaster@SilkCityStriders.org. Each Challenger's progress will be reported on upon completion of a race in at least three (3) Counties. All successful "8 County Challenge" Finishers will be announced at the 2006 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In. **Finishers are Highlighted.**

		Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Blinn	Tim	X		X	X				
Bolt	Dean	X	X		X				
Byram	Art	X	X		X			X	X
Cannella	Betty	X		X	X		X	X	X
Chromik	Rick	X	X	X	X				X
Driscoll	Clint	X			X			X	X
Flamino	Aaron	X		X	X				
Freeman	Scott		X	X				X	
Kidder	Joe				X		X		
LaPorte	David	X		X		X			
Leslie	Sue	X		X	X		X	X	
Liebowitz	Neal	X		X					
Litwinka	Norlean	X	X		X			X	X
Mesnil	Andre	X		X					X
Morgan	Keith	X		X	X				
Morse	Steve	X		X	X			X	
Munroe	Joan	X	X	X	X	X	X	X	X
Munroe	Mike	X	X	X	X	X	X	X	X
Niedbala	Bob	X	X		X				X
Paggioli	John	X		X			X		X
Potterton	Randy	X	X	X	X	X	X	X	X
Romayko	Janit	X			X	X			
Seney	Jay	X		X					X
Sloan	John	X		X					X
Smith	Keron	X	X		X			X	X
Stoner	Barry	X	X	X	X	X	X	X	X
Tharp	Jim	X		X		X	X		X
Toce	Dale	X		X	X			X	X
White	Marylou	X		X				X	X
Wright	Bekkie	X	X	X	X		X		X
Yamamoto	Linda	X		X	X				



WICKHAM PARK SUMMER CROSS COUNTRY SERIES

My sincerest apologies to **Tom Geer** for leaving him out of the results in the August Newsletter.

ADULT RACE 2.6 miles

WEEK 2 - July 25, 2005

Tom Geer 13:27

WEEK 3 - August 1, 2005

Tom Geer 13:08

WEEK 4 - August 8, 2005

ADULT RACE 2.6 miles

Drew Best	12:25
David Metzger	12:26
Aaron Flamino	13:02
Mike Tartar	14:37
Steve Henry	14:40
John Paggioli	14:42
Doug Flamino	14:58
Ben Witkowski	14:59
Steve Morse	15:04
Jay Seney	15:25
Tim Blinn	15:40
Art Byram	16:31
Linda Yamamoto	17:00
Bekkie Wright	17:02
Kristen Metzger	18:19
Edward Steele	18:22
Clint Driscoll	19:57
Ed Yergeau	21:08
Keith Morgan	21:16
Sue Leslie	21:22
Joan Munroe	21:25
Jill Ramos	21:47
Randy Potterton	21:57
Janit Romayko	23:20
Jim Hodges	30:04

YOUTH RACE - 1 mile

David Bendzinski	6:15
Brian Seney	7:39
Chrissy Bendzinski	7:57
Lindsay Ramos	13:36

WEEK 5 - August 22, 2005

ADULT RACE 2.6 miles

Colby Welch	14:02
Neal Leibowitz	14:33
Steve Henry	14:38
John Paggioli	14:40
Doug Flamino	14:55
Ben Witkowski	15:09
Jay Seney	15:17
Steve Morse	15:21
Tim Blinn	15:52
Linda Yamamoto	17:03
Bekkie Wright	17:10
Matt Wynne	19:33
Kathy Thornton	20:35
Joan Munroe	20:52
Ed Yergeau	21:02
Sue Leslie	21:26
Randy Potterton	21:42
Keith Morgan	22:11
Jill Ramos	22:28
Janit Romayko	24:28
Jim Hodges	30:58

YOUTH RACE - 1 mile

David Bendzinski	6:05
Brian Seney	7:38
Lindsay Ramos	13:51

WICKHAM PARK SUMMER CROSS COUNTRY SERIES FINAL AGE GROUP STANDINGS

FINAL AGE GROUP STANDINGS - Based on Best 4 Performances*
TOP 2 in each Age Group Received Trophies / All runners completing 4 Races received Medals.

YOUTH

<u>GIRLS 0-9</u>			<u>BOYS 12-13</u>		
Lindsay Ramos	Medalist	50:39	Brian Seney	Medalist	30:33

ADULTS

<u>WOMEN 19-29</u>			<u>MEN 19-29</u>		
Linda Yamamoto	2nd Place	1:08:14	Steve Henry	Medalist	59:21
			Ben Witkowski	Medalist	1:00:53

<u>WOMEN 30-39</u>			<u>MEN 30-39</u>		
Jill Ramos	1st Place	1:28:07	John Paggioli	Medalist	58:58

<u>WOMEN 40-49</u>			<u>MEN 40-49</u>		
Bekkie Wright	1st Place	1:08:24	Jay Seney	Medalist	1:01:59
Kathy Thornton	2nd Place	1:23:30	Tim Blinn	Medalist	1:04:08
			Keith Morgan	Medalist	1:27:17
			Randy Potterton	Medalist	1:28:38

<u>WOMEN 50-59</u>			<u>MEN 50-59</u>		
Joan Munroe	1st Place	1:25:11	Doug Flamino	1st Place	1:00:51
Sue Leslie	2nd Place	1:26:05	Steve Morse	2nd Place	1:01:19
			Clint Driscoll	Medalist	1:16:46
			Ed Yergeau	Medalist	1:25:09

<u>WOMEN 60+</u>			<u>MEN 60+</u>		
Janit Romayko	1st Place	1:35:36	Jim Hodges	2nd Place	1:59:46

NUTRITION NOOK – “Brown Bagging With a Twist”

By Jamie McDermott, M.S., R.D., C.D.N.

For most runners of all ages, the passing of Labor Day means (sigh...) the end of summer vacation time and back to the hectic schedules of school and/or work. Almost instantly, backyard barbecues and leisurely lunches out of the office or with friends seem to disappear! As athletes, many of us are successful at staying on schedule with workouts; however, this doesn't have to mean that our day-to-day food choices need to follow the same path! Following are some tips for fueling your body *and* keeping your palate happy, in the absence of the same old PB&J.

- **Wrap it up** Try trading your everyday slices of bread for a wrap. Look for “whole wheat” on the label to increase the fiber and nutrient content.
- **Bring the party with you** Who said that chips and salsa were only for Sunday games? Look for baked tortilla chips and low fat shredded cheese. Add ½ cup of fat free refried beans, salsa of your choice, and try to keep your neighbor away!
- **Salad savvy** Toss your ordinary iceberg for one made up of spinach, grapefruit sections, and kiwi. Toss with balsamic vinegar, 2 tsp. canola oil, and 1 tsp strawberry jam for a little kick; add a scoop of low fat cottage cheese for a protein boost.
- **Soup's on** Try lower fat and sodium versions of the classics: New England Clam Chowder, hearty minestrone, lentil, and split pea with ham. Add fresh parsley, basil, and/or cilantro (grow them indoors during cool weather) for extra flavor.
- **Go nuts** If you are still a fan of peanut butter and jelly (who isn't?), experiment with various types of nut butters—almond and cashew butters provide similar heart healthy fats and are packed with rich and satisfying flavors. Find them in the natural foods section.

Crunched for time?

Make this smoothie and pair with a sandwich or soup
for a decadent lunch!

Autumn Groovy Smoothie

1/2 cup canned pumpkin
1 ripe pear, cored and cut into chunks
2 ice cubes
1 cup lowfat or nonfat vanilla yogurt
1 tablespoon maple syrup, light or sugar free
1/8 teaspoon cinnamon

In a blender, combine all ingredients until smooth. Serves 2.

Want more nutrition expertise for hungry runners? Contact Jamie at (860) 648-9612, email her at jamiemcdermottrd@msn.com, and be sure to visit her website at www.therd4U.com.

*Are you a numbers geek like me?
Well if you don't have a Performance Research Lab
with a treadmill and an oxygen uptake measurement device handy,
you can visit the following website and
calculate your own VO2Max based on a recent race time. - Bekkie*

COACH'S CORNER - "VO2Max"

by Brian McKenzie

<http://www.brianmac.demon.co.uk/vo2max.htm>

VO2 Max

Fitness can be measured by the volume of oxygen you can consume while exercising at your maximum capacity. VO2 max is the maximum amount of oxygen in milliliters, one can use in one minute per kilogram of body weight. Those who are more fit have higher VO2 max values and can exercise more intensely than those who are not as well conditioned. Numerous studies show that you can increase your VO2 max by working out at an intensity that raises your heart rate to between 65 and 85% of its maximum for at least 20 minutes three to five times a week.

Factors affecting VO2 Max

The physical limitations that restrict the rate at which energy can be released aerobically are dependent upon:

- the chemical ability of the muscular cellular tissue system to use oxygen in breaking down fuels
- the combined ability of cardiovascular and pulmonary systems to transport the oxygen to the muscular tissue system

Improving your VO2 Max

The following are sample workouts for improving oxygen uptake:

(1) Run at maximum speed for 5 minutes. Note the distance covered in that time. Let us assume that the distance achieved is 1900 meters. Rest for 5 minutes, and then run the distance (1900 meters) 20% slower, in other words in 6 minutes, with 30 seconds rest, repeated many times. This is equal to your **10 K pace**.

(2) Run at maximum speed for 4 minutes. Note the distance covered in that time. Rest for 4 minutes. In this case we will assume that you run a distance of 1500 meters. Now run the same distance 15% slower, in other words in 4 minutes 36 seconds, with 45 seconds rest, repeated several times. This approximates to a time **between** the athlete's **5 K & 10 K time**.

(3) Run at maximum effort for 3 minutes. Note the distance covered in that time. The distance covered is, say 1000 meters. Successive runs at that distance are taken 10% slower or at 3 minutes 18 seconds, with 60 seconds rest, repeated several times. This approximates to your **5 K time**

Free Calculator - %VO2max to %MHR Calculator - a free Microsoft Excel spreadsheet which you can download and use on your computer. (See example below from a 5K I did last weekend).

VO2max calculated from a race result

Race distance	5	Kilometers	
Time	21	Minutes	45
VO2 max	45.14	mls/kg/min	
Notes: VO2 at this pace is	42.8	mls/kg/min (94.8 % of max)

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone	
Sa	Oct 1	10:00 AM	Moveable Feast 5K	Waterford (Town Beach)	Lisa Thompson	860-739-3209
Sa	Oct 1	10:30 AM	Cider Mill 5K	Tolland (Crandall Park)	Kerri Gedansky	860-872-5836
Sa	Oct 1	9:00 AM	27th Community Day 4M	Wallingford (Choate Track)	Parks & Rec. Dept	203-294-2120
Su	Oct 2	10:00 AM	David Vidal Memorial 5K	Simsbury (Iron Horse Blvd)	Brian Logan	860-673-3127
Su	Oct 2	10:00 AM	Y ME 3.45M	Branford (Sullivan's Rest.)	Joe Riccio	203-481-7453
Su	Oct 2	12:30 PM	Autumn Classic 5K	Columbia (Rec Park)	Sue Catullo	860-228-2328
Su	Oct 2	11:00 AM	22nd Leaf Peepers Half Marathon	Waterbury, VT	Darragh Ellerson	802-223-2080
Su	Oct 2	8:30 AM	29th Ridgefield Half-Marathon	Ridgefield (Old Ridge HS)	John Dugdale	203-438-1301
Su	Oct 2	9:00 AM	Apple Harvest Fest. 5M	Southington	Race Director	860-621-8737
Su	Oct 2	10:00 AM	Breakneck Trail 20K	Union (Bigelow Hollow St Pk)	Karl Molitoris	914-878-6523
Sa	Oct 8	9:30 AM	Silvermine 3M	Norwalk (Silvermine School)	Jim Gerwick	203-849-8646
Sa	Oct 8	9:30 AM	Run for Habitat 5K	Bridgeport	John Olson	203-576-6862
Su	Oct 9	8:25 AM	Great Train Race 6.8M	New Canaan (Train Station)	Jim Gerwick	203-849-8646
Su	Oct 9	9:00 AM	13th Newport Half Marathon	Middletown, RI	Jeff Robison	401-847-9200
Su	Oct 9	10:00 AM	Autumn on the Sound 5K	W. Haven (Savin Rock Cvt Ctr)	Stacey Marmora	203-735-2210
Mo	Oct 10	Noon	29th Tufts 10K for Women	Boston (Boston Common)	Kristin Murphy	888-767-RACE
Sa	Oct 15	11:30 AM	20th Reliance House 5K	Norwich	Melanie	860-887-6536
Sa	Oct 15	9:00 AM	Apple Harvest Fest. 5K	Glastonbury (Hubbard Green)	Jay Sattler	860-561-6837
Sa	Oct 15	9:00 AM	Gillette Castle Half-Marathon	East Haddam (Visitor's Center)	Rod Duxbury	860-304-9899
Su	Oct 16	9:00 AM	Soapstone 5.5M/11.1M Assault	Stafford Springs	Race Director	860-870-4255
Su	Oct 16	8:00 AM	36th Mum Festival 5M	Bristol (Chippens Hill Sch)	Eric Schwab	860-314-2087
Su	Oct 16	10:30 AM	Run For The Cove 5K	Madison (Hammonasset)	Race Director	800-750-cove
Su	Oct 16	9:00 AM	Valley YMCA 5K	Granby	Maggie Griffin	860-653-5524
Su	Oct 16	Noon	Sharon's Ride/Run/Walk for Epilepsy	Manchester (Charter Oak Park)	Linda Wallace	860-346-1924
Su	Oct 16	10:00 AM	Branford Shores Fall Classic 4M	Branford (Lenny's)	Race Director	203-481-7453
Su	Oct 16	11:00 AM	5K Run for Breast Cancer Awareness	New Haven (Yale Cross campus)	John Bysiewicz	203-230-5294
Sa	Oct 22	10:30 AM	24th Woodbridge 5K	Woodbridge (Town Center)	Race Director	203-387-8704
Su	Oct 23	10:00 AM	15th Great Pumpkin 4M	Trumbull (Trumbull HS)	Marty Schaihone	203-374-6433
Sa	Oct 29	9:00 AM	Air Line Trail Ghost Run 13.8M	Hebron (Hebron Elem Rt 85)	Colchester Park/Rec	860-537-7297
Su	Oct 30	Noon	28th Kent Pumpkin Run 5M	Kent (Kent Shopping Center)	Lorry Schiesel	860-927-4474
Su	Oct 30	3:00 PM	Police Pumpkin Chase 5K	New Canaan (New Canaan HS)	Jim Gerwick	203-849-8646
Sa	Nov 5	10:00 AM	MxCC Scholarship 5K	Middletown (Middlesex CC)	Trenton Wright	860-343-5708
Su	Nov 6	1:30 PM	30th Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	Polly Snurkowski	860-536-3575
Sa	Nov 12	10:00 AM	Veterans Day 5K	E. Windsor	J. Malloy	860-623-8122
Sa	Nov 12	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Pk)	Pete Volkmar	860-437-7247
Sa	Nov 13	1:00 PM	Parker Holt 5K	Manchester (MCC)	Bekkie Wright	860-533-1557
Su	Nov 13	1:00 PM	PACE Race 5K	West Hartford Reservoir	Beth Shluger	860-652-8866
Su	Nov 13	10:00 AM	18th MADD Dash 8K	New Haven (Edgewood Park)	Marty Schaihone	203-374-6433
Sa	Nov 19	10:00 AM	Cheshire Canal 5K	Cheshire (Norton School)	John Bysiewicz	203-481-5933
Sa	Nov 19	8:30 AM	Know Your Pace Race 4.75M	Manchester (Bennet School)	Bekkie Wright	860-533-1557
Su	Nov 20	9:00 AM	31st Fischang-Cicchetti 5M	Waterbury (YMCA)	Carl Cicchetti	203-756-7881
Th	Nov 24	10:00 AM	69th Manchester Turkey Day 4.75M	Manchester	Hot Line	860-649-6456
Th	Nov 24	10:00 AM	27th Madison Turkey Trot 5M	Madison (Hammonasset)	Jaycees	203-606-4529
Th	Nov 24	8:15 AM	Turkey Day Trot 5K	Stratford	Dave Urban	203-377-6056
Su	Dec 4	Noon	27th Santa's Run 3.5M	Glastonbury (Glastonbury HS)	Bill Engle	860-652-7679
Su	Dec 4	1:00 PM	26th Pearl Harbor Masters 5.1M	Waterford (VFW)	Ron Bugbee	860-444-5881

FALL 2005 MARATHON CALENDAR

Date	Time	Race	Place	Contact	Telephone
Sa Oct 1	9:00 AM	Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Su Oct 2	7:45 AM	Maine Marathon, 1/2 Mar. & Relay	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Su Oct 2	9:00 AM	Wineglass Marathon & Relay	Corning, NY	Bill Taylor	607-936-4686
Sa Oct 8	8:00 AM	Hartford Marathon, 1/2 Mar., 5K & Relay	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su Oct 9	8:30 AM	Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries	518-435-4500
Su Oct 9	8:00 AM	Steamtown Marathon	Scranton, PA	Race Director	570-963-6363
Sa Oct 15	8:30 AM	Green Mountain Marathon	S.Hero, VT (Folsom School)	Danielle Graham	802-655-3751
Sa Oct 15	8:00 AM	Baltimore Marathon & Relay	Baltimore, MD (M&T Bank Stadium)	www.TheBaltimoreMarathon.com	
Su Oct 16	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen	207-288-5103
Su Oct 16	8:00 AM	Baystate Marathon & 1/2 Marathon	Lowell, MA (Tsongas Arena)	Mark Coddaira	978-323-4400
Su Oct 23	10:00 AM	Mystic Places Marathon & Relay	E. Lyme (Rocky Neck)	John Bysiewicz	203-481-5933
Su Oct 30	8:30 AM	Marine Corps Marathon	Quantico, VA	Rick Nealis	800-RUN-USMC
Su Oct 30	8:30 AM	Cape Cod Marathon & Relay	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959
Su Nov 6	10:52 AM	New York Marathon	New York City	NYRRC	212-860-4455
Su Nov 20	8:00 AM	Philadelphia Marathon	Philadelphia	Joseph Callan	215-685-0054
Su Dec 4	6:00 AM	40th Las Vegas Marathon	Las Vegas, NV	Al Boca	702-876-3870
Su Jan 8	6:00 AM	13th Walt Disney Marathon	Orlando, FL	Race Director	407-939-7810
Su Jan 15	?	Bermuda Marathon/10K	Bermuda	Race Director	800-444-4097



2005 USATF GRAND PRIX SERIES CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su Oct 16	11:00 AM	Stenger Farm <u>Cross-Country</u> 5K	Madison (Stenger Farm Park)	Kevin Grant	860-877-0226
Su Oct 23	10:00 AM	Mystic Places 10M	E. Lyme (Rocky Neck)	John Bysiewicz	203-481-5933
Su Nov 6	10:00 AM	Sunny Brook <u>Cross-Country</u> 5K	Torrington (Sunny Brook St. Pk)	Will Graustein	860-485-1506
Sa Nov 19	10:00 AM	HTC <u>Cross-Country Challenge</u> 8K	Farmington (MDC Reservoir)	Will Graustein	860-485-1506
Sa Nov 26	9:30 AM	Cow Chip <u>Cross-Country</u> 5K	Trumbull (Trumbull H.S.)	Marty Schaivone	203-374-6433

SILK CITY STRIDERS -- 2005 EVENT CALENDAR

- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 29
- NOVEMBER** - New York City Marathon ExcursionSunday, November 6
- Parker Holt 5KSunday, November 13
- Know Your Pace RaceSaturday, November 19
- Manchester Road Race.....Thursday, November 24
- DECEMBER** - Silk City Holiday Open House..... Sunday Afternoon
-following Santa's Run in Glastonbury

The Silk City Striders present: The 2005 Manchester Road Race Training Program

Come Run With Us

Beginning in October, the Silk City Striders, Manchester's local running club, will be conducting training sessions for runners planning to participate in the Manchester Road Race.

We would like to assist you in meeting your running goals, and we will share our experience and our positive attitude to help you along the way. Your individual results will depend upon your level of fitness, and how much time you have to devote to your training.

The Training Series fee is:
\$12.00 for Silk City Strider Members
\$20.00 for Non-Members

Participants will receive:

- 8 Group Running Sessions
- Access to course-specific Training Programs
- Entry in the November 20th KNOW YOUR PACE RACE*
- Silk City Striders T-Shirt

* PLEASE NOTE:
Number of race participants is limited.

For more information contact:

860-430-1072 Art
860-533-1557 Bekkie
MRRTraining@yahoo.com

Reach your Goals!

Typical goals are:

1. Finishing the race.
2. Running the entire course.
3. Running a Personal Record (PR)
4. Getting a seeding card for the Manchester Road Race
 - 40 min seeding card (8:25 Pace)
 - 35 min seeding card (7:22 Pace)
 - 30 min seeding card (6:19 Pace)

Training Plan

We will work together to design a workout schedule that is appropriate for your goals.

Group Workouts

Join others with similar goals for a Saturday morning workout

Race Plan

Discuss race strategies with seasoned veterans and learn how to take advantage of the hills to properly pace yourself for this challenging course.

Get Your "Card"

The program concludes with the opportunity to get your Seeding Card at either of our Club-sponsored races: the Parker Holt 5K on Sunday, November 13th at Manchester Community College, or the Know your Pace Race on Saturday November 20th which is run on the Manchester Road Race loop starting at Bennet Middle School.

DEADLINE FOR NEXT NEWSLETTER: November 30, 2005

40 Spruce Street
Manchester, CT 06040



DEADLINE FOR NEXT NEWSLETTER: November 30, 2005

**MEMBERSHIP APPLICATION/RENEWAL
For Calendar Year 2005**

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.