



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Have you ever seen an end to the Summer or a beginning to the Fall in New England with the clear sunny weather we have been experiencing? This is not typical of what I remember for the past forty years, but who's complaining? I for one have been enjoying these conditions to the fullest and I hope that you have also been able to take advantage of this delightful running weather by attending races or just getting out there!

Thus far the year 2007 has been good to the Silk City Striders, with many very successful Club events, and many successful event finishes by our members. Just take a moment to peruse the listings within this newsletter of the many diverse races attended by our members. Throughout the year, many of us have also taken personal trips and vacations that have been shared within these pages. With that being said, our year is not over as yet; I encourage you to participate as a volunteer in the remaining Club events. The remaining events are: the Halloween Party; the Parker Holt 5K; the Manchester Road Race exposition booth at the Nathan Hale School; the Know Your Pace Race; the Manchester Road Race (a club tradition,) Santa's Run, and the Champagne Run & Brunch. Please consider contributing a little of your time to one or all of these events to sustain out our incredible year. Thank you.

Silk City Striders has several ways to communicate with members. The most informally used are the announcements that are made at each of our "fun" runs on Saturday morning and Wednesday evenings. However, the most formal method is with this newsletter received by most of our members on-line. For those members who may not be aware, there is also "Yahoo Groups." I encourage you to get with our secretary, John Sloan, to open an account so you can communicate with Silk City members about training plans or other running activities that pop up between newsletter publication dates.

Finally, as a contribution toward the Club's success, Merle and I want to invite you to attend the Champagne Run and Brunch at our house on New Year's Day, 10am. See you there.

- Hillman

Hartford Marathon & Team Relay, Half Marathon & 5K
8:00 AM – Saturday, October 13, 2007 Bushnell Park, Hartford, CT
Good Luck Runners, and Thank You Volunteers!

SATURDAY FUN RUN
is moving to
Manchester Road Race course
SATURDAY, OCTOBER 6, 2007

We will meet in the Parking Lot
at the corner of Main & Forest
across Forest from the Army-Navy Club,
due to the continued construction
at Bennet Middle School.

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2007 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
	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

*** NEW LOCATION**

Manchester Road Race Course

Meet at the Parking Lot
 at the Corner of Forest & Main Streets.

Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street

Come join us for the Spring Street Loop.
 Runs of 4 – 8 miles are available.

CLUB NEWS & EVENTS

Parker Holt Celebration Run 5K

Sunday, November 11, 2007

1:00 PM

**Manchester Community College,
 Manchester, CT**

Come celebrate with us at our
 6th Annual Run/Walk event either as a
 participant or as a volunteer.

Runners & Walkers
 over 80 years old are FREE!

“Know Your Pace” Race

Saturday, November 17, 2007

8:00 AM

**Manchester Road Race Course,
 Manchester, CT**

Where the race winner is not to the
 swiftest finisher, but to runner who most
 accurately predicts their finishing time.

Course Monitors, Registration & Finish
 Line Volunteers are needed as well as
 Club Members to staff our booth at the

MRR Sports & Fitness Expo
 at Nathan Hale School from 8:30 am Noon.



**HOST NEEDED FOR THE
 HALLOWEEN POTLUCK SUPPER
 October 27 or 28, 2007 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?
 Pumpkins will be provided by the club.
 Costumes are welcome.

Please let Bekkie know as soon as possible if
 you'd be interested in hosting the event this year.
 (860) 461-1486.

RACE RESULTS

Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 461-1486. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.

JOHN J. KELLEY ROAD RACE 11.6M

Ocean Beach - New London, CT August 4, 2007

Jay Seney		1:17:28
Art Byram		1:26:25
Keron Smith	#3 F30-39	1:39:40
John Sloan		1:44:40
Bill McGugan		1:45:06
Richard Chromik		1:51:32
Bob Niedbala		1:56:04
Andre Mesnil		1:59:19
Roger Petersen	PR	2:01:22
Randy Potterton		2:19:14

PEOPLE'S FOREST TRAIL RUN 7M

Barkhamsted, CT August 4, 2007

Steve Henry	#3 M20-29	57:59
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GLASTONBURY SCENIC RACING SERIES

"King of Pain" 10M

Glastonbury, CT August 4, 2007

Dani Kennedy	#2 F40-49	1:30:04
Joan Munroe	#1 F50-59	1:30:45
King Archibald		1:37:47
George Aronstamm		1:40:25

NOTE: George also ran the GSRS 5K in 26:10, which was omitted from the previous Newsletter

OVERALL SERIES RESULTS

Dani Kennedy	#1 F40-49	
Mary Lou White	#1 F50-59	
George Aronstamm	#3 M60-69	

BRIDGE OF FLOWERS CLASSIC 10K

Shelburne Falls, MA August 11, 2007

Andy Zyrek	PR	54:18
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KENEY PARK 5K

Hartford, CT August 12, 2007

Dani Kennedy	#1 F Overall	TNA
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TNA = Time Not Available

CORPORATE 5K

Bushnell Park - Hartford, CT August 9, 2007

Ben Witkowski		19:42
King Archibald		21:07
Bekkie Wright	#9F; #2 F40-49	21:55
Joe Poliquin		21:55
Sue Leslie		26:19

#1 Men's Masters Team - Hartford Hospital -
King Archibald

#4 Women's Open Team - The Systems Group -
Bekkie Wright

#8 Women's Open Team - CT Labor Dept.
- Sue Leslie

EAST HARTFORD HIGH SCHOOL CROSS-COUNTRY CHALLENGE 5K East Hartford, CT August 17, 2007

Awards for this unique XC race are based on the year you graduated from High School.

Jay Hamilton	#3M 1990-99	23:20
Bekkie Wright	#1F 1980-89	24:18
Joseph Poliquin	#2M 1970-79	24:20
Keron Smith	#1F 1990-99	25:11
Annette Hamilton*	#2F 1980-89	25:21
Matthew Wynne		30:47
Randy Potterton		31:35
Janit Romayko	#1F 1960-69	31:51
Jill Ramos	#3F 1980-89	32:49
MaryLou White	#1F 1970-79	36:09
John Salcius	#3M 1960-69	36:09
Jim Hodges	#2M 1950-59	42:59

* Member of 1st place East Hartford HS Women's Team

DOG DAY RACE 5 Miles

Long Beach Island, NY August 19, 2007

Art Byram	#3 M40-49, PR	31:52
Peggy Byram	PR	46:03

HOLCOMB FARM BENEFIT 10K

West Granby, CT August 25, 2007

Steve Morse	#10M; #1 M50-59	43:29
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OLD WETHERSFIELD 5K
Wethersfield, CT August 26, 2007

Ginny Welch		23:04
Dani Kennedy		23:36

XTERRA SCRAMBLE 5K
Hartford, CT August 30, 2007

Tony Hollister	#2 M60-64	20:56
Jay Hamilton		22:26
Keron Smith	#1 F30-34	22:49
Annette Hamilton	#2 F40-44	23:36
Andrew Zyrek		23:48
Mickey Grabner		24:11
Scott Hollister		24:54
Edward Yergeau		25:23
Mary Lou White		33:55

COME ON OVER 5K 2007
Portland, CT September 8, 2007

Joan Munroe	#7F; #3 F50-59	27:14
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RUN FOR PROSTATE CANCER 5K
Hartford, CT September 8, 2007

King Archibald		23:17
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THOMPSON COMMUNITY DAY 5K
Thompson, CT September 9, 2007

John Paggioli	#1 M Overall	18:49
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Race Director's NOTE: "This is a tough course with two steep short hills."

NIKKI'S RUN, WALK 'N' ROLL 5K
MCC - Manchester, CT September 9, 2007

Dani Kennedy	#4 F Overall	21:49
Ed Yergeau		23:12
Lynn Damon	#8 F Overall	23:23
Roger Petersen		23:50
Jackie Steele	PR	40:43

NOTE: This is a benefit for children's cancer research, and does not give Age Group Awards.

Thanks also to the Silk City team of volunteers: The Byrams, The Steeles, Bekkie Wright & Joe Poliquin.

NEW HAVEN ROAD RACE
5K & 20K

New Haven, CT September 2, 2007

5K

Dale Toce	#4 M45-49	19:22
Sue Leslie	#3 F55-59	25:34
Joyce Thorner		29:13
John Yavis		33:33

20K

Cristiano Gloria		1:20:51
John Paggioli		1:21:42
Mike Tartar		1:21:46
Joe Kidder		1:25:10
Art Byram*	PR	1:26:40
Linda Yamamoto	PR	1:26:57
Aaron Flamino		1:26:58
Mike Munroe		1:26:58
Mike Bendzinski		1:27:17
Rob Dollak	#5 Military	1:28:26
Doug Flamino		1:33:14
Mark Turkington		1:35:50
Daria vander Veer		1:37:42
Ginny Welch		1:38:20
Bill McGugan		1:41:20
Keron Smith		1:41:45
Sandy Webb	#2 Athena	1:43:47
Ed Steele*		1:46:21
George Ripley		1:47:53
Joan Munroe		1:48:12
Jim Best		1:49:41
Keith Morgan		1:52:37
Terry Voytek		1:53:33
Andy Zyrek		1:52:18
Ken Ballette		1:54:21
George Aronstamm		1:56:03
Roger Petersen	PR	1:56:23
Michelle Sawyer		2:04:27
Sarah Tartar		2:12:11
Randy Potterton		2:13:33
Barry Stoner*		2:21:32
Denise Toce		2:22:20
Jill Ramos		2:23:10

* USATF Men's Masters Grand Prix Team Members

SOUTH WINDSOR ROAD RACE 5M
Rye Park – S. Windsor, CT September 9, 2007

Jay Seney	#2M; #1M40-49	30:56
Steve Morse	#3M; #1 M50-59	33:17
Tim Blinn	#8M; #3 M40-49	34:31
Ginny Welch	#2F; #1 F40-49	38:31
Joan Munroe	#6F; #1 F50-59	42:54
Sue Leslie	#7F; #2 F50-59	45:04
Rachel Blinn	#2 F14 & under	TNA
Jill Ramos	#3 F40-49	TNA
Randy Potterton		TNA

TNA = Time Not Available

SOMERS GREAT ESCAPE ROAD RACE 5K
Somers, CT September 15, 2007

Mark Turkington	#1 M60-69	21:58
Keith Morgan		24:26

MOONLIGHT 5K
Madison, CT September 15, 2007

Tony Hollister	#1 M60-69	21:13
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RUN FOR NANCY'S KIDS 5K
West Hartford, CT September 16, 2007

Steve Morse	#7M; #2 M50-59	19:45
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FALL DISTANCE FROLIC 30K
Fairfield, CT September 23, 2007

Bill Schwarz	2:52:17
Diana Cohen	3:13:29
Barry Stoner	3:14:17

UNION STREET TAVERN TROT 3.7 Miles
Windsor, CT September 23, 2007

A guaranteed PR –
 unless you can find another race that's 3.7 Miles!

Steve Morse	#7M; #1 M50-59	23:09
Dani Kennedy	#2 F40-49	26:37
Andrew Zyrek*	#4 M30-39	26:46
Mary Lou White	#2 F50-59	34:52
John Salcius	#2 M60-69	35:03

* Should have been #3 M30-39 because the overall Men's Winner was in that Age Group.

CIDER MILL 5K
Tolland, CT September 29, 2007

Mike Bendzinski	#3 M50-59	20:13
Bill McGugan		20:24
Matthew Butwill	#3 M30-39	20:52
Mark Turkington	#2 M60-69	22:15
Richard Chromik		24:42

HOGS BACK HALF MARATHON
Colebrook, CT September 30, 2007

Mickey Grabner	1:39:48
Roger Petersen	1:57:07
George Aronstamm	1:59:46
Barry Stoner	2:08:20

VOLUNTEERS NEEDED for the Hartford Marathon Team Relay

Thanks to all the Silk City Striders who helped out last year at the Exchange Zone in South Windsor and at Mile 20 in Bushnell Park. We need 5-6 people again this year, 3-4 for the South Windsor Exchange Zone at the Corner of Chapel & Main Streets from 8 AM – 11 AM, and 2-3 for the NEW Downtown Hartford Exchange Zone at the Old State House on Main Street from 10 AM - Noon. If you're running the 5K and would like to help after you finish, we'd really appreciate it. Responsibilities include instructing Relay runners in the Exchange Zones, directing them to Shuttle Buses, and serving as an *ad hoc* Water Stop if the weather is hot. If you are interested, please register as a Volunteer on the Hartford Marathon website, and let Bekkie know as soon as possible. (860) 461-1486 or Webmaster@SilkCityStriders.org. Thanks.

BIATHLON / TRIATHLON / ADVENTURE RACE RESULTS
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NIANTIC BAY TRIATHLON

Niantic, CT August 5, 2007

1/2 Mile Swim – 12 Mile Bike – 3.5 Mile Run

Mike Tirrell		1:13:10
Daria vanderVeer	#2 F40-44	1:15:39
Dean Bolt		1:15:50
Cathi Koehler		1:24:19
Carol-Line Hazel	1st Triathlon	1:28:13
Ed Yergeau		1:36:37

LITCHFIELD HILLS TRIATHLON

New Hartford, CT August 12, 2007

1.5K Swim – 40K Bike – 10K Run

Mike Tirrell		2:39:32
Dean Bolt		2:44:53
Barry Stoner	#1 M65-69	3:20:52
AnnMarie DeMonte	#1 F65-69	4:12:41

GILLIGAN'S TRIATHLON

Gardner, MA August 19, 2007

.4 Mile Swim – 12.6 Mile Bike – 3.5 Mile Run

Janit Romayko	#1 F60-64	1:36:30
Clint Driscoll		1:39:05

TIMBERMAN TRIATHLON

Gilford, NH August 19, 2007

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Daria vanderVeer		5:46:38
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PARK CITY MOSSMAN TRIATHLON

Bridgeport, CT August 25, 2007

1.5K Swim – 40K Bike – 10K Run

Janit Romayko	#2 F60-64	3:05:18
Peggy Byram	PR*	3:15:30

* Despite having a flat tire, Peggy still managed an Olympic Distance Personal Best.

PORT JEFFERSON BIATHLON

Port Jefferson, NY August 25, 2007

500 Yard Swim – 5K Run

Jim Hodges		44:11
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FLAT HAMMOCK TRIATHLON

Fisher's Island, NY September 1, 2007

Janit Romayko		8:56.66
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MADISON TRIATHLON

Madison, CT September 8, 2007

1/2 M Swim – 13M Bike – 3 M Run

Cristiano Gloria	#1 M25-29	1:10:42
Dean Bolt		1:19:06
Ned Kennedy		1:19:16
Janit Romayko	#1 F60-64	1:38:53

KIWANIS MINUTEMAN TRIATHLON

Westport, CT September 16, 2007

1/2 Mile Swim – 5.5 Mile Bike – 2.3 Mile Run

Clint Driscoll		54:46
Janit Romayko	# 1 F60+	55:49

WOMEN'S TRIATHLON

Farmington, CT September 16, 2007

1/2 Mile Swim – 12 Mile Bike – 5K Run

Peggy Byram	#3 F50-54	1:20:18
Lynn Damon	#4 F45-49	1:20:47

HAMMERFEST SPRINT TRIATHLON

Branford, CT September 16, 2007

1/2 M Swim – 13.5M Bike – 4 M Run

Cristiano Gloria	#1 Relay Member	1:08:07
Dean Bolt	#3 M50-54	1:21:44
Ed Yergeau		1:40:53

NUTMEG HALF-IRON TRIATHLON

New Preston, CT September 23, 2007

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Mike Tirrell		6:09:25
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TRI TO FIGHT CANCER

Lake Compounce, Bristol, CT

September 23, 2007

.4 Mile Swim – 13 Mile Bike – 5K Run

Janit Romayko	#2 F60-64	1:27:22
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TERRAMUGGUS TRIATHLON SERIES

1/4 M Swim – 12M Bike – 5K Run

Marlborough, CT

Race 5- August 9, 2007

Cristiano Gloria	55:49
Ned Kennedy	1:01:46
Jeff Thornton	1:08:43
Jeremy Thornton	1:11:48
Kathy Thornton	1:14:20
Kyle Thornton	1:14:58
Peggy Byram	1:19:46

Race 6- August 23, 2007

Paul Damon	1:04:37
Jeff Thornton	1:07:59
Kyle Thornton	1:10:31
Carol-Line Hazel	1:10:33
Kathleen Thornton	1:14:09
Lynn Damon	1:14:34
Edward Yergeau	1:19:24

OTHER RACE RESULTS

COCKAPONSETT 1 MILE SWIM

September 22, 2007

Janit Romayko	#1 F60+	29:55
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WESTFIELD 3 Mile XC SERIES

Westfield, MA

August 27

Janit Romayko	28:15
Jim Hodges	34:11

September 3

Janit Romayko	28:32
Jim Hodges	34:55

**PAST RESULTS FOR NEW MEMBER
ROGER PETERSEN**

5/12/07	CT Race in the Park 5K	25:45 PR
5/19/07	Bobby's Run 8M	1:12:37 PR
8/19/07	America's Finest City Half Marathon, San Diego, CA	2:14:52 PR

MARATHON & ULTRA RESULTS

THE NORTH FACE

ENDURANCE CHALLENGE 50M

Des Moines, IA September 1, 2007

Bekkie Wright	#3 F; #1 F40-49	8:55:55
Joe Poliquin	#2 M50-59	8:55:56

Both set PR's by breaking 9 hours, and qualified for the Western States 100 ... not that they're planning to run it after running 2 marathons at an altitude of 6,000+ feet, and getting a taste of the thin air out West.



TOP OF UTAH MARATHON

Logan, UT September 5, 2007

Bekkie Wright		3:44:00
Joe Poliquin	BQ	3:44:01



LEWIS & CLARK MARATHON

Bozeman, MT September 23, 2007

Bekkie Wright	#1 F40-49	4:16:32
Joe Poliquin		4:16:34

GENESIS ADVENTURE RACE SERIES

Trail Run – Mountain Bike – Kayak + Special Tests & Navigation (Orienteering)

Race #5 - Pachaug State Forest, CT
August 25, 2007**Race #6 - Douglas State Park, MA**
September 22, 2007**“Two Fools”** 3:50
Ned Kennedy & John Whalen –
#1 Masters Advanced Course**“Two Fools”** 2:15
Ned Kennedy & John Whalen –
#1 Masters Advanced Course**EMS SPRINT SERIES -- FINAL STANDINGS****“TWO FOOLS”** Ned Kennedy & John Whalen #1 Masters Division
1st in Masters “Advanced Course” for 3 of 4 events entered in the 2007 Series.
Congratulations on another great year in Adventure Racing!**2007 REACH THE BEACH RELAY -- 202.2 Miles**
Cannon Mountain to Hampton Beach, NH September 14-15, 2007**Overall Team Results**

John Paggioli's Team	THE FREE RADICALS #7 Overall; #1 Men's Masters	23:43:44
Steve Henry & Cristiano Gloria's Team	UTCOWBELL #57 Overall; #20 Men's Open	27:55:00
Bill & Tammy Gaghan's Team	THE RED EYE RUNNERS #116 Overall; #3 Men's Super	28:08:56

FRED BROWN LAKE WINNIPESAUKEE RELAY
65.7 Mi. Around Lake Winnepesaukee, NH September 22, 2007

This year there was only a Men's Masters team, captained by Bill McGugan. It was comprised of Bill, Jay Seney, Jim Best, Greg Best, John Sloan, and Randy Potterton. I know what you're saying, "It's an eight person relay, and that's only 6 names. Luckily for the guys, Jay Seney was willing to run Legs 1, 7 & 8 (see story by John Sloan below). **Bill Gaghan** ran Leg 3 for his **Black Point Runners** Team in **1:11:37 (Total Time 8:30:14 - #6 Men's Open, #29 Team Overall)**

<u>LEG 1</u>	<u>LEG 2</u>	<u>LEG 3</u>	<u>LEG 4</u>	<u>LEG 5</u>	<u>LEG 6</u>	<u>LEG 7</u>	<u>LEG 8</u>	<u>TOTAL</u>
10.7	11.0	9.3	4.0	10.8	6.5	8.5	4.4	65.7
1:11:31	1:29:40	1:17:40	27:19	1:30:54	59:07	57:44	31:51	8:25:45
Jay	Jim	Bill	Greg	John	Randy	Jay	Jay	

The Silk City Striders Men's Masters Team were 3rd Men's 40+ – 25th Team Overall

See story and pictures on following page (courtesy of John Sloan)



Front Row: Jim Best, Randy Potterton, Jay Seney, Greg Best
Back Row: John Sloan, Bill McGugan

2007 Lake Winni Relay report by John Sloan

Our depleted Strider team hit New Hampshire on the eve of the relay down two men. Drew Best, a somewhat late addition, was nursing a possible foot fracture and out of service. The plan of speedsters Drew & Jay closing the last two legs was dashed. Who would pick up the slack? Jay had already agreed to two legs - no one else seemed ready for any more mileage. Upon checking in our motel, Capt. Bill McGugan said Jay would do three legs- about 24 miles total. I shook my head, but I knew he would be awesome, and he was!

We had a great day for the race this year, unlike last years sogginess. Bill, Jim & Jay didn't like the early chill in the air. Those skinny guys can't take the cold like me. I knew by the time I was up at leg 5, it would be pushing upper 70's. This has been a year of recovery for me from plantar fasciitis and I feared a geologist would be needed to measure my time instead of a timer.

In all, everyone ran hard (though I felt like I hardly ran) and my fave moment of the day was watching Greg Best sprint towards me at the end of his leg, trying to outkick an opponent who didn't take kindly to Greg passing him. However, nothing is more fun than watching Jay Seney pick off runners, and he seemed to get by every team that torched the rest of us & steamed up those last never-ending hills still looking fresh. We projected had Jay done 2 more miles at this pace, he would easily would have had a sub-3 marathon.

Tradition was kept alive, as we dined afterwards at Hart's Turkey Farm. Here's hoping next year we can recruit full Men's and Women's teams!



Jay Seney



Jim Best



Bill McGugan



Greg Best



John Sloan



Randy Potterton

Silk City Striders 8 County Challenge

At Least Five (5) Counties Completed as of 10/1/2007

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald	X	X	X	X		X	X	
Art Byram	X	X	X		X	X	X	
Sue Leslie	X	X		X	X		X	
John Paggioli		X	X	X	X	X	X	X
Joe Poliquin	X	X	X	X	X		X	X
Randy Potterton	X	X		X	X	X	X	X
Jill Ramos		X			X	X	X	X
Janit Romayko	X	X	X	X	X	X	X	X
Roger Petersen		X	X		X	X	X	
Barry Stoner	X	X	X		X		X	X
Gary Sweet		X		X	X	X	X	X
Mark Turkington	X	X			X	X	X	X
Ginny Welch	X	X	X	X	X		X	
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright	X	X	X	X	X		X	X

Silk City Striders' New Member Profiles

GEORGE ARONSTAMM

George ran in the 1968 Manchester Road Race which had only 243 runners and was won by Amby Burfoot. He spent 10 years coaching girl's soccer teams with his two daughters. In 1990, he took up biking, which he still enjoys. Upon retirement in 2004, but still working part-time, he returned running as well. "Doing both is a nice way to save wear and tear on the joints." He also enjoys downhill skiing and kayaking. George and his wife have a double kayak, which they use quite a bit on local lakes, salt water ponds and in estuary areas, where they like to look for wildlife. In the past three years, they have taken a number of cruises including a transatlantic cruise from NYC to Rome, and this past spring they sailed from Santiago, Chile down the fjords on the west coast, around Cape Horn and up to Rio de Janeiro.

George had been coming to some of the SCS Fun Runs, and this year participated in the 3-part Glastonbury Scenic Racing series, the New Haven 20K and the Hogsback Half-Marathon. He is looking forward meeting more club members at SCS events.

CAROL BOLES

Carol comes to us from Western Massachusetts and is currently a resident of South Windsor. She had been running for about four years. Running provided therapy to help Carol cope when her father passed away. She started very slowly on her own, and then joined the Pioneer Valley Women's Running Club and also the Empire One Running club. Since moving to Connecticut she has been busy with her Corporate/Party Planning business, but says she'd love to get back to running at least 3 miles, 3 times per week ... would welcome any and all encouragement.

P.S. – A list of services provides by "Carols Main Events" is at www.CarolsMainEvents.com. Contact her via email at eventsbycab@cox.net, or by phone. Where her motto is "no party is too big, or too small."



WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 4 - August 6, 2007

ADULT RACE 2.6 miles

David Metzger	12:32
Bryce Metzger	14:22
Aaron Flamino	14:23
Neal Leibowitz	14:32
Brendan McDermott	14:34
Colby Welch	14:43
Tyler Gauruder	14:44
Jay Seney	15:39
Matthew Butwill	16:02
Bill McGugan	16:04
Doug Flamino	16:19
Linda Yamamoto	16:26
Tim Blinn	16:33
Tony Hollister	16:46
King Archibald	17:21
Mike Dolen	17:48
Bill Metzger	18:00
Bekkie Wright	18:28
Joe Poliquin	18:29
Kathy Thornton	20:25
Keith Morgan	20:30
Joan Munroe	20:35
Sue Leslie	21:48
Edward Yergeau	22:43
Jill Ramos	23:15
Randy Potterton	23:54
Janit Romayko	26:27
MaryLou White	27:27
John Salcius	27:27
Jim Hodges	31:40

YOUTH RACE - 1 mile

Rachel Blinn	7:23
Chrissy Bendzinski	7:32
Emma Dolen	7:32
Lindsay Ramos	13:12

WEEK 5 - August 20, 2007

ADULT RACE 2.6 miles

Colby Welch	13:08
Tyler Gauruder	13:21
Bryce Metzger	13:45
Brendan McDermott	14:01
Neal Leibowitz	14:21
David Bendzinski	14:47
John Paggioli	14:53
Jay Seney	15:12
Steve Morse	15:21
Doug Flamino	15:36
Linda Yamamoto	15:45
Raymond Carta	15:48
Dale Toce	15:59
Matthew Butwill	16:02
Tim Blinn	16:15
Tris Carta	16:38
Tony Hollister	16:48
Mike Dolen	17:06
King Archibald	17:14
Ed Steele	19:19
Kyle Toce	19:26
Keith Morgan	19:35
Kathy Thornton	20:18
Joan Munroe	20:25
Edward Yergeau	20:26
Sue Leslie	21:06
Norlean Litwinka	21:53
Randy Potterton	22:39
Janit Romayko	23:25
Jill Ramos	23:26
John Salcius	24:44
Jim Hodges	31:14

YOUTH RACE - 1 mile

Chrissy Bendzinski	7:12
Rachel Blinn	7:12
Emma Dolen	7:27
Lindsay Ramos	11:28
Katie Steele	11:48

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.

<u>FEMALE 0-9</u>			<u>MALE 16-18</u>		
Emma Dolan	1st Place	29:39	Tyler Gauruder	1st Place	55:56
Lindsay Ramos	Medalist	49:41	Colby Welch	2nd Place	56:34
<u>FEMALE 10-11</u>			<u>MALE 19-29</u>		
Crissy Bendzinski	1st Place	29:29	David Metzger	2nd Place	50:30
			Bryce Metzger	Medalist	57:37
			Brendan McDermott	Medalist	57:47
<u>FEMALE 30-39</u>			<u>MALE 30-39</u>		
Linda Yamamoto	1st Place	1:05:09	Neal Liebowitz	2nd Place	58:29
Norlean Litwinka	Medalist	1:33:07	Aaron Flamino	Medalist	1:00:11
			Matt Butwill	Medalist	1:04:37
<u>FEMALE 40-49</u>			<u>MALE 40-49</u>		
Bekkie Wright	Medalist	1:14:20	Jay Seney	Medalist	1:01:44
Kathy Thornton	Medalist	1:21:53	Tim Blinn	Medalist	1:06:20
Jill Ramos	Medalist	1:34:22	King Archibald	Medalist	1:09:23
			Randy Potterton	Medalist	1:34:01
<u>FEMALE 50-59</u>			<u>MALE 50-59</u>		
Joan Munroe	2nd Place	1:21:54	Steve Morse	1st Place	1:02:14
Sue Leslie	Medalist	1:26:27	Doug Flamino	Medalist	1:05:29
			Joe Poliquin	Medalist	1:14:25
			Keith Morgan	Medalist	1:24:04
			Edward Yergeau	Medalist	1:26:29
<u>FEMALE 60+</u>			<u>MALE 60+</u>		
Janit Romayko	1st Place	1:39:03	Tony Hollister	1st Place	1:07:39
			Jim Hodges	Medalist	2:05:52

RACE CALENDAR

Date	Time	Race	Place	Website / Contact
Mo Oct 8	Noon	30th Tufts 10K for Women	Boston (Boston Common)	www.tuftshealthplan.com/tufts10k
Sa Oct 13	8:00 AM	13th Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	www.hartfordmarathon.com
Su Oct 14	10:30 AM	10th Run For The Cove 5K	Madison (Hammonasset)	www.covect.org/race.html
Su Oct 21	8:00 AM	38th Mum Festival 5M	Bristol (Chippens Hill Sch)	lmannarino@bristolhospital.org
Su Oct 21	10:00 AM	17th Great Pumpkin 4M	Trumbull (Trumbull H.S.)	www.hitekracing.com
Sa Oct 27	10:00 AM	MxCC Scholarship 5K	Middletown (Middlesex CC)	www.mxccfoundation.org
Sa Oct 27	9:00 AM	Air Line Trail Ghost Run 13.8M	Hebron (Hebron ES Rt 85)	www.colchesterct.net/special/ghostrun.html
Su Nov 4	1:30 PM	31st Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	pchristina@wpymca.org
Su Nov 4	1:00 PM	Veterans Memorial Greenway 5K	Willimantic	www.thelastmileracing.com
Sa Nov 10	10:00 AM	Veterans Day 5K	E.Windsor (Town Hall)	www.eastwindsor-ct.gov
Sa Nov 10	8:30 AM	Freedom Run 5K	Hartford (State Armory)	www.hartfordmarathon.com
Sa Nov 10	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Pk)	www.EBAC.us
Su Nov 11	1:00 PM	6th Parker Holt Celebration Run 5K	Manchester (MCC)	www.silkcitystriders.org
Su Nov 11	Noon	11th Monson Classic Half-Marathon	Monson, MA	www.MonsonMemorialClassic.com
Sa Nov 17	8:00 AM	Know Your Pace Race 4.748M	Manchester (Main St, Muni lot)	www.silkcitystriders.org
Sa Nov 17	10:00 AM	Cheshire Canal 5K	Cheshire (Norton School)	www.jbsports.com
Su Nov 18	9:00 AM	33rd Fischang-Cicchetti 5M	Waterbury (YMCA)	www.fischang-cicchetti.com
Th Nov 22	10:00 AM	29th Madison Turkey Trot 5M	Madison (Hammonasset)	www.force5sports.com
Th Nov 22	8:15 AM	30th Pequot Thanksgiving 5M	Southport	www.pequotrunners.org
Th Nov 22	10:00 AM	71st Manchester Road Race 4.748M	Manchester	www.manchesterroadrace.com
Sa Nov 24	9:30 AM	11th Cow Chip 4M XC	Trumbull (Trumbull HS)	www.clubct.org/Races/CowChip.html
Sa Dec 1	10:00 AM	Hot Chocolate Run 5K	Northampton, MA	www.hotchocolaterun.com
Su Dec 2	1:00 PM	28th Pearl Harbor Masters 5.1M	Waterford (VFW)	www.hitekracing.com
Su Dec 2	Noon	29th Santa's Run 3.5M	Glastonbury (Glastonbury HS)	www.glastct.org

SUMMER/FALL 2007 "LOCAL" MARATHON CALENDAR

(Click on Marathon Name for Link)

10/7/07	Maine Marathon	Portland, ME
10/7/07	Mohawk-Hudson River Marathon	Albany, NY
10/7/07	Steamtown Marathon	Scranton, PA
10/13/07	Baltimore Marathon	Baltimore, MD
10/13/07	Hartford Marathon	Hartford, CT
10/14/07	Atlantic City Marathon	Atlantic City, NJ
10/14/07	Bay State Marathon	Lowell, MA
10/14/07	Mount Desert Island Marathon	Bar Harbor, ME
10/20/07	Breakers Marathon	Newport, RI
10/20/07	Green Mountain Marathon	South Hero, VT
10/28/07	Cape Cod Marathon	Falmouth, MA
10/28/07	Marine Corps Marathon	Washington, DC (Registration closed)
11/4/07	Manchester City Marathon *NEW	Manchester, NH
11/4/07	New York City Marathon	New York City, NY (Registration closed)
11/19/07	Philadelphia Marathon	Philadelphia, PA
12/8/07	Roxbury Marathon	Roxbury, CT