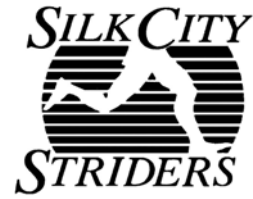




INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Our 30th year Silk City Striders celebration went off in stellar fashion. We had a great turnout at each event. First at the Manchester & Vernon Rails to Trails where members celebrated by biking or running 30 miles. Those who completed the 30 Miles earned a special Finishers Award created by Art Byram. Although it was a day with high humidity and some light drizzle, the beauty of the Hop River Trail with its recently fallen colored leaves, the sights and sounds of running water, the rock formations, and the white birch trees with red vine clad leaves did not go unnoticed. At Wickham Park in the afternoon, when the sun appeared, there was a Fun Run & Walk followed by the best food choices I have ever sampled at one of our events. Pasta, grilled chicken, and an assortment of salads, followed by an orange cake decorated and baked by Sue Leslie to celebrate our longevity with style and good taste. To help with this celebration, all current and past Silk City Striders were invited and it was good to meet and greet all those who participated. We even had the good fortune to welcome some new members to this event.

Another event we have been invited to conduct is a "kids" run with Joan Benoit who is this year's Honorary Manchester Road Race Chairperson. This event is scheduled for Thursday, November 20th at 3:30 pm at Manchester Community College and is co-sponsored by The Silk City Striders and the Manchester Road Race. Further details still need to be worked out and announced; however, volunteers for this event would be appreciated.

Finally, your club officers have served their two years (again for some of us) and it is time for new leadership. Not unlike our local, state and national governments, there comes a time where change is welcomed to refresh ideas, change leadership and seek greater achievements. The time is now; so please consider stepping up to the challenge and offer your leadership services and your time as an Officer or Board of Directors member for the Silk City Striders in 2009.

Thank you, Hillman



San Francisco, CA July 12, 2009

1.5+ mile Swim from Alcatraz
7 mile Run across Golden Gate Bridge

Barry Stoner #1 M65-69 2:15:34



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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

*** NEW LOCATION**

Manchester Road Race Course

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

Tuesday Evening Funs Runs - 6:00 pm

Martin Elementary School
Dartmouth Street, Manchester

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

WELCOME NEW MEMBERS

The Buckley Family (Ben, Melissa & Jackson)	Bolton
The Stark Family (Elise & Matthew + Jessica Callahan)	Vernon
Mitch Bielenda	South Windsor
Cathy King	South Windsor
Tom Butterfield	Windsor
James Kolasinski	Manchester
John McCoy	Manchester
Michael Westfall	Manchester

WELCOME BACK

The Forzley Family South Windsor
 (Phil, Anne, Erica & Sarah)

Parker Holt Celebration Run 5K

Sunday, November 9, 2008

1:00 PM

**Manchester Community College,
 Manchester, CT**

Come celebrate with us at our
 7th 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 22, 2008

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 Bennet School from 8:30am - Noon.

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.

PREVIOUSLY OMITTED RESULTS

CRANMORE HILL CLIMB 10K North Conway, NH June 29, 2008

John Agosto 1:08:44

SENIOR OLYMPICS SPRINT TRIATHLON Springfield, MA June 29, 2008

Janit Romayko #1F 1:27:26

DANSKIN WOMEN'S TRIATHLON Webster, MA July 27, 2008

1/2 M Swim – 12M Bike – 2.8M Run

Nancy Gresh 1:34:05

Pat Desimone 1:53:46

JOHN & JESSIE KELLEY ROAD RACE 11.6M Ocean Beach - New London, CT August 2, 2008

Adam Bulewich #3 M30-39 1:15:05

Ken Pacileo 1:19:17

Marc Shok 1:24:54

Keron Smith 1:34:19

Bill McGugan 1:38:48

Bob Niedbala 1:48:43

Andy Zyrek 1:48:45

John Sloan 1:52:01

King Archibald 1:55:02

Randy Potterton 2:01:17

Andre Mesnil 2:02:43

Barry Stoner 2:10:21



SUMMER RACING SERIES

Race 3 – 10K

Nyaug Elementary School August 2, 2008

Ned Kennedy #8M; 2 M40-49 39:22

Art Byram 43:02

Mitch Bielenda #1 M50-59 44:15

Dani Kennedy #1 F40-49 47:36

John McCoy 48:18

George Ripley #3 M50-59 50:29

OVERALL SERIES RESULTS

Dani Kennedy #1 F40-49

PEOPLE'S FOREST TRAIL RUN 7M Barkhamsted, CT August 2, 2008

John Agosto #5M; #1 M40-49 55:16

Scott Livingston #6M; #3 M30-39 55:22

BRIDGE OF FLOWERS CLASSIC 10K Shelburne Falls, MA August 8, 2008

Andy Zyrek PR 52:50

John Yavis 1:20:38

OXFORD DAM TRAIL RACE 10.5M Oxford, MA August 9, 2008

Mary Lou White #1 F50-59 2:26:43

DEARY MEMORIAL 5M Putnam, CT August 9, 2008

Alan McCall 41:32

CORPORATE 5K

Bushnell Park – Hartford, CT August 14, 2008

Matt Estes 18:07

Neal Leibowitz 18:12

John Paggioli 18:50

Phil Forzley 19:48

Mitch Bielenda 20:48

Sarah Forzley #3 F20-29 21:10

King Archibald 21:07

Anne Forzley #2 F50-59 25:00

Amy Estes 25:56

Sue Leslie 26:50

Men's Open Teams

#1 - The Hartford - **Neal Leibowitz** (+Matt Estes)

Men's Masters Teams

#1 The Hartford - **John Paggioli**

#4 - Hartford Hospital - **Mitch Bielenda**

#5 - Fuss & O'Neill - **Phil Forzley**

Women's Masters Team

#1 - CT Labor Dept. - **Sue Leslie**

WESTERLY TRACK & ATHLETIC CLUB "Tom McCoy Family Fun Run Series" 4/10 Mile Westerly, RI August 13, 2008

Kyle Toce #1M 2:07

Michael Toce #2M 2:28

BLUE FISH FESTIVAL 5K
Clinton, CT August 16, 2008

Mike Tartar		20:36
Tony Hollister	#3 M60-69	21:20
Alan McCall		24:10
Sarah Tartar		28:12

**EAST HARTFORD HIGH SCHOOL
CROSS-COUNTRY CHALLENGE 5K**
East Hartford, CT August 21, 2008

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

Tony Hollister*	#1M 1960-69	23:13
Keron Smith	#1F; #1F 1990-99	23:14
Joan Munroe	#1F 1970-79	27:53
MaryLou White	#2F 1970-79	30:12
Jill Ramos**	#1F 1980-89	31:21
Clint Driscoll		31:42
Janit Romayko	#1F 1960-69	35:45
Jim Hodges	#2M 1950-59	44:01

* Member of 2nd place Penney HS Team

* Member of 3rd place East Hartford HS Team

OLD WETHERSFIELD 5K
Wethersfield, CT August 24, 2008

Mike McCall	#2M	17:33
John Paggioli	#2 M40-49	18:21
Keron Smith	#3F	21:01
Ginny Welch	#10F; #3 F40-49	22:26
Mark Turkington	#2 M60-69	23:02
Alan McCall		23:31
Silva Mesnil		31:39

MT TOBY TRAIL RUN 14M
Sunderland, MA August 24, 2008

John Agosto		1:44:00
Scott Livingston		1:51:32
Debbie Livingston		1:57:35
Mary Lou White (& Tobey)		3:07:54

HADDAM NECK FAIR 5K
Haddam Neck, CT August 31, 2008

Ned Kennedy	#7M, #2 M40-49	19:08
Dani Kennedy	#6F; #1 F40-49	21:36



NEW HAVEN ROAD RACE
5K & 20K
New Haven, CT Sept. 1, 2008

5K

Tris Carta	#2 M50-54	18:40
Bill McGugan	#4 M50-54	19:26
Tom Butterfield	#1 M70-74	23:43
Cathy King		28:25
Joyce Thorner		29:00

20K

Dave Metzger		1:09:20
Aaron Flamino		1:13:40
Adam Bulewich		1:18:10
Mike Tartar		1:19:56
John Paggioli		1:22:27
Scott Freeman		1:23:33
Art Byram	PR	1:26:30
Linda Yamamoto		1:27:09
Phil Forzley		1:28:07
Mike Bendzinski		1:29:16
Joe Kidder		1:29:19
Mitch Bielenda		1:32:09
Sarah Forzley		1:35:27
Keron Smith		1:36:56
Ginny Welch		1:38:27
David Leak		1:38:37
Michael Shore		1:42:11
Joe Poliquin		1:42:46
Bekkie Wright		1:42:46
George Ripley		1:46:20
Edward Steele		1:46:38
Andy Zyrek	PR	1:47:09
Jim Best		1:50:08
Joan Munroe		1:50:34
Alan McCall		1:51:22
Anne Forzley		1:54:02
Robert Niedbala		1:55:51
Keith Morgan		1:59:01
Michelle Sawyer		2:04:20
Randy Potterton		2:08:53
Roger Petersen		2:09:44
Jill Ramos		2:23:09



Art



Sarah



Keron



Linda

NIKKI'S RUN, WALK 'N' ROLL 5K
MCC – Manchester, CT September 9, 2008

Dale Toce	#8 M	19:14
Bekkie Wright	#2 F	21:37
Joe Poliquin		21:39
Ed Yergeau		26:51
MaryLou White		28:11

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

Thanks also to the Silk City Water Stop volunteers:
 Kathy Thornton & Andy Zyrek

SOMERS GREAT ESCAPE 5M
Somers, CT September 13, 2008

Roger Petersen	43:35
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NIANTIC BAY HALF MARATHON
East Lyme, CT September 21, 2008

Jay Seney	1:28:30
Dean Bolt	1:44:01
Ginny Welch	1:50:13
Jill Ramos	2:35:34

UNION STREET TAVERN TROT 3.6M
Windsor, CT September 21, 2008

Ned Kennedy	#6M; #2 M40-49	21:36
Dani Kennedy	#2F; #1 F40-49	24:58
Tom Butterfield		27:30

MAUI HALF MARATHON
Maui, HI September 14, 2008

Keron Smith	#3 F30-34	1:39:34
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KENEY PARK 5K
Hartford, CT September 14, 2008

Dani Kennedy	#1 F Overall	21:42
Bekkie Wright	#2 F Overall	21:45
Joe Poliquin	#3 M Overall	21:45

WALLINGFORD 10K CLASSIC
Wallingford, CT September 20, 2008

Alan McCall	51:02
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HOGS BACK HALF MARATHON
Colebrook, CT September 27, 2008

Mike Tartar	#8M	1:27:41
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CIDER MILL 5K & Kid's Fun Run
Tolland, CT September 27, 2008

Jay Seney		19:21
Matthew Butwill	#1 M30-39	20:42
David Laporte		21:44
Mark Turkington	#2 M60-69	22:30
Nancy Gresh		26:10
Hayley Collins	#1 F1-10	28:08
John Collins		28:10
Paul Gresh		36:12

John Collins Reports: Dawn and Jessica (Age 6) did the 1 Mile Fun Run in 14 minutes -- Jessica's first 1 Mile run. Hayley & I did the 5K together -- Hayley's first 5K.

XTREME SCRAMBLE 5K SERIES
Hartford, CT

Race 2 - July 31, 2008

Dale Toce	#3 M45-49	21:19
Mike Tirrell	#1 M50-54	21:27
Tony Hollister	#2 M60-64	23:13
Dani Kennedy	#1 F45-49	24:02
Scott Hollister		25:28
Jay Hamilton		25:47
Annette Hamilton	#2 F40-44	25:47
Andy Zyrek		25:55
Michael Westfall		26:16
Michael Fromerth		27:14
Wally Squier		28:10
Kyle Toce		30:22
Clint Driscoll		32:26

Race 3 - August 28, 2008

Michael Tirrell	#1 M50-54	18:45
Tony Hollister	#2 M60-64	20:25
Mickey Grabner		20:28
Keron Smith	#1 F30-34	20:50
Michael Westfall		22:07
Andrew Zyrek	#2 Clydesdale	22:27
Scott Hollister		23:18
Michael Fromerth		24:18
Edward Yergeau		26:01
David Shluger		26:09
Clinton Driscoll		27:10

NOTE: Michael Westfall - XS Race 1 23:57

AQUATHLON / TRIATHLON RACE RESULTS

SOBE MOSSMAN SPRINT TRIATHLON Norwalk, CT July 13, 2008

1/2M Swim – 14M Bike – 5K Run

Janit Romayko #3 F60-64 1:35:17

LITCHFIELD HILLS TRIATHLON New Hartford, CT July 20, 2008

1.5K Swim – 40K Bike – 10K Run

Phil Forzley #1 M50-54 2:27:59
Erica Forzley #1 F16-19 2:40:36
Barry Stoner #1 M65-69 3:14:46

NIANTIC BAY TRIATHLON Niantic, CT August 3, 2008

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

Mike Tirrell 1:12:48
Dean Bolt #1 M55-59 1:15:01
Cathi Koehler 1:27:46
Ed Yergeau 1:36:37
Janit Romayko #1 F60-64 1:41:31
Clint Driscoll 1:41:49

TIMBERMAN TRIATHLON Gilford, NH August 17, 2008

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Ken Pacileo 4:49:31
Mike Tirrell 5:30:21

JOURNEY FOR SIGHT TRIATHLON Chicopee State Park, MA August 24, 2008

.5 Mile Swim – 17 Mile Bike – 3.5 Mile Run

Ed Yergeau 1:52:26
Clint Driscoll 2:06:26

WINDSOR LOCKS DUATHON Windsor Locks, CT September 5, 2008

3 Mile Run – 10 Mile Bike – 3 Mile Run

Janit Romayko #2F 1:15:33

MADISON JAYCEES TRIATHLON Madison, CT September 6, 2008

1/2 M Swim – 13M Bike – 3 M Run

Mark Turkington #2 M60-64 1:15:17
Dean Bolt #2 M50-54 1:09:12

IRONMAN WISCONSIN

Madison, WI September 7, 2008

Cristiano Gloria 10:39:34

5 STAR TRIATHLON

Douglas State Forest, MA September 13, 2008

1/4 Mile Swim – 11 Mile Bike – 3 Mile Run

Janit Romayko #1 F60-64 1:23:39

WINDING TRAILS WOMEN'S TRIATHLON Farmington, CT September 14, 2008

1/2 Mile Swim – 12 Mile Bike – 5K Run

Nancy Gresh 1:36:32
Pat DeSimone 2:02:22

LAKE GEORGE TRIATHLON

Lake George, NY September 14, 2008

.9M Swim - 24.8 Mile bike - 6.2 Mile run

Jeff Thornton 2:25:38
Bill Schwarz #2 M65-69 3:11:51

HAMMERFEST SPRINT TRIATHLON Branford, CT September 14, 2008

1/2 M Swim – 13.5M Bike – 4 M Run

Dean Bolt #3 M55-59 1:19:57
Clint Driscoll 1:54:08

FIRMMAN TRIATHLON

Narragansett, RI September 21, 2008

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Ken Pacileo 4:38:18
Barry Stoner #1M65-69 6:37:32

WINDING TRAILS SPRINT TRI SERIES Farmington, CT

1/4 M Swim – 8K Mtn Bike – 5K Trail Run

Race #9 – August 12, 2008

Bill Schwarz #1 M60-69 1:10:50

Race #10 - June 17, 2008

Janit Romayko #1 F60-69 1:23:54

PATTACONK PLUNGE - 1M SWIM Chester, CT September 20, 2008

Janit Romayko 26:26

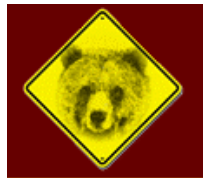
MARATHON, ULTRA & ADVENTURE RACE RESULTS

FRANK MAIER MARATHON
 Juneau, AK August 2, 2008

Bekkie Wright	#1 F	3:40:55
Joe Poliquin	#10 M	3:40:56


YUKON RIVER TRAIL MARATHON
 Whitehorse, YT August 3, 2008

Bekkie Wright		5:05:52
Joe Poliquin		5:05:52


GRIZZLY MARATHON
 Choteau, MT August 16, 2008

Bill Gaghan		4:02:42
Tammy Gaghan		5:44:33


HUMPY'S MARATHON
 Anchorage, AK August 17, 2008

Bekkie Wright	#2 F40-49	3:43:46
Joe Poliquin		3:43:47

HAMPSHIRE 100K Mtn Bike Race (67M)
 Greenfield, NH August 17, 2008

Scott Livingston		7:41:57
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RUN WITH THE HORSES MARATHON
 Green River, WY August 23, 2008

Bill Gaghan		4:13:11
Tammy Gaghan		5:54:55


Punxsatawney, PA September 6, 2008

Maggie Gesue	#3 F20-29	6:34
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CURLY'S TRAIL RACES
MARATHON & HALF MARATHON
 Pittsfield, MA September 7, 2008

Marathon

Deb Livingston	#1 F	5:08:08
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Half Marathon

John McCoy		2:42:12
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PISGAH MOUNTAIN 23K & 50K
 Chesterfield, NH September 14, 2008

23K

Scott Livingston	#6 M	1:54:03
John Agosto	#7 M	1:56:28

50K

Deb Livingston	#1 F	5:19:52
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VERMONT 50M & 50K Mtn Bike & Trail Run
 September 28, 2008 Ascutney Mtn, VT

50M Mountain Bike

Scott Livingston		5:39:26
	#25 Expert/Veteran/Male	

50K Run

Deb Livingston	#1 F	4:52:25
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GENESIS ADVENTURE RACE SERIES
 Trail Run – Mountain Bike – Kayak
 + Special Tests & Navigation (Orienteering)

Race #5 - Pachaug State Forest, CT
 August 23, 2008

"Two Fools"	#1 Masters	4:37
	Ned Kennedy & John Whalen	

**2008 REACH THE BEACH RELAY -- 202.2 Miles
Cannon Mountain to Hampton Beach, NH September 12-13, 2008**

Overall Team Results

John Paggioli's Team	THE FREE RADICALS #8 Overall; #2 Men's Masters	23:32:33
Bill & Tammy Gaghan's Team	THE RED EYE RUNNERS #114 Overall; #5 Men's Super Masters	28:35:17



**FRED BROWN LAKE WINNIPESAUKEE RELAY
65.7 Mi. Around Lake Winnepesaukee, NH September 20, 2008**

This year there was only a Men's Open team, captained by Bill McGugan. It was comprised of Bill, Mike Fromerth, Joe Poliquin, Randy Potterton, John Salcius, John Sloan and Bekkie Wright.

<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
1:19:12	1:23:03	1:38:30	29:43	1:27:12	45:37	1:12:03	45:38	9:00:58
Joe	Bekkie	J. Salcius	Mike	J.Sloan	Bill	B&J	Randy	

The Silk City Striders Men's Open Team were 17th Men's Open – 60th Team Overall

**Bill Gaghan ran Leg 1 for his Black Point Runners Team in 1:23:04
(Total Time 8:35:08 - #4 Men's Masters, #43 Team Overall)**

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

2008 Lake Winni Relay report by John Sloan

We couldn't have asked for a nicer weekend in New Hampshire for this year's relay. Temps topping out in the mid-60's made the 65 mile trek bearable for everyone. The Striders once again were there to move the baton around the lake the hard way. Led by ageless Captain Bill McGugan, we made a respectable showing on the 20th anniversary of the event named after Fred Brown. It didn't seem certain we would even have a team two months before the race.

I learned over the summer that Jay Seney wouldn't be available due to a family commitment. Not only did we lose a fast guy, but a fast guy who ran 3 legs for us last year. That news along with Jim & Greg Best not returning made prospects grim for having a team at all! Luckily, we were able to recruit John Salcius and new club member Mike Fromerth, and then round out the team with dynamic duo, Bekkie Wright and Joe Poliquin --- who together would run the extra leg in addition to their own. No Seney-like heroics were required this year! The rest of the team consisted of grizzled veteran Randy Potterton, and myself. My wife, Lynn, spent the day driving and supporting the runners- we had just celebrated our tenth anniversary the day before.

Afterwards we all dined at Hart's Turkey Farm, as is tradition. Always fun to recount the day's events over a table of food & drink. Afterwards, Mike showed us a place called the Kellerhaus that makes its own ice cream. Gorging on ice cream is a great way to end a full day at Winni!

I'm already looking forward to next year!



Joe



Bekkie



John Salcius



Mike



John Sloan



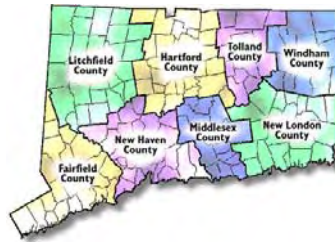
Bill



Bekkie & Joe



Randy



Silk City Striders 8 County Challenge

At Least Five (5) Counties Completed as of 10/1/2008

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	X	
King Archibald	X	X	X	X	X	X	X	X
Adam Bulewich	X	X		X	X	X		
Art Byram		X			X	X	X	X
Alan McCall		X		X	X	X		X
Steve Morse	X	X	X			X	X	
John Paggioli		X	X	X	X	X		
Joe Poliquin	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
Mark Turkington	X	X			X	X	X	X
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright	X	X	X	X	X		X	
Andy Zyrek	X	X	X	X	X	X		X

Silk City Striders who just missed the list with Four (4) Counties:

Clint Driscoll, Jay Hamilton, Ned Kennedy, Ellie Lowell, Bill McGugan, Steve Morse, John Sloan, Michael Shore, Keron Smith, Barry Stoner, and Ginny Welch

Silk City Striders' New Member Profiles

MICHAEL WESTFALLMichael Reports:

Originally from a small canal town just this side of Rochester, NY, my family moved to CT in 1999 for me to pursue graduate studies. I have many years of neglect as I have done little with any discipline or conviction that would sustain my health. Now approaching my forties I feel a new urgency to do so. I have been running only since last Thanksgiving. I ran outdoors through the winter 3 times a week, and continue about the same pace still.

The seed for running was planted a couple of years ago by a professor who at 72 told his class he ran 2 miles every morning. I was impressed. More recently I have shared an office with an avid runner. She provided the necessary push to get me out and running. Sadly, shortly after I began to really get into this running thing, my professor was killed by a car while out for his morning run.

This has left me with a need to give back as well as continue my own running. I will be running 10 miles for **World Run Day** in November and collecting donations for The Open Hearth, a homeless shelter in Hartford. My professor had been very active with this organization for many years. I have set up a page on FirstGiving.org if any are interested in helping me reach my goal of \$500. Any one is free to run with me too. I plan to start at the Rails to Trails in Manchester at 10am on November 9th.

I also plan to run the Hartford Half Marathon the fall, and hope to tackle a full marathon at some time next year. You may have seen me at the X-Treme Scramble series this Summer.

I hope to have a chance to meet some other runners. It could help to make the waiting around before a race a bit more fun



**HOST NEEDED FOR THE
HALLOWEEN POTLUCK SUPPER
October 25 or 26, 2008
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.

I was all set to host the party at my house this year, when I realized Joe & I will be in Madison, WI that weekend.

Please let Bekkie (860-461-1486) or Barry (860-647-9503) know as soon as possible if you'd be interested in hosting the event this year. Thanks.

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 4 - August 4, 2008

ADULT RACE 2.6 miles

David Metzger	12:32
Aaron Flamino	13:08
Adam Bulewich	14:26
Scott Livingston	14:32
Tom Geer	14:40
Jason Earl	15:11
David Bendzinski	15:41
Bill McGugan	15:51
Jay Seney	16:10
Matthew Butwill	16:16
Linda Yamamoto	16:43
Doug Flamino	16:55
Michael Dolen	17:05
Tony Hollister	17:09
Rachael Blinn	17:51
Tim Blinn	18:11
King Archibald	18:15
Bill Metzger	18:25
Tom Butterfield	19:52
Randy Potterton	21:20
Kathy Thornton	21:28
Joan Munroe	21:29
Susan Leslie	22:00
Clint Driscoll	23:33
Jill Ramos	24:20
John Salcius	25:05
Meg Bendzinski	32:18
James Hodges	35:07
Janit Romayko	35:16

YOUTH RACE - 1 mile

Emma Dolen	7:08
Chrissy Bendzinski	7:20
Steven Ramos	14:19

WEEK 5 - August 18, 2008

ADULT RACE 2.6 miles

David Metzger	12:58
Colby Welch	13:18
Tyler Gauruder	13:24
Adam Bulewich	14:45
Neal Leibowitz	14:47
John Collins	15:28
Bill McGugan	15:51
Jay Seney	16:01
Tris Carta	16:18
David Bendzinski	16:22
Dale Toce	16:28
Matthew Butwill	16:38
Linda Yamamoto	16:42
Doug Flamino	16:54
Deborah Livingston	17:03
Tony Hollister	17:13
Michael Dolen	17:22
Bill Metzger	17:51
Rachel Blinn	18:03
Tim Blinn	18:07
King Archibald	19:11
Ed Steele	19:21
Tom Butterfield	19:39
Scott & Shep Livingston	19:51
Jim Best	19:54
Kathy Thornton	20:22
Joan Munroe	21:21
Ed Yergeau	22:01
Susan Leslie	22:19
Clinton Driscoll	23:18
Jill Ramos	24:36
John Salcius	24:51
Janit Romayko	26:47
James Hodges	33:30

YOUTH RACE - 1 mile

Emma Dolen	7:19
Kyle Toce	7:32
Chrissy Bendzinski	8:31
Michael Toce	8:35
Hayley Collins	9:47
Eddie Steele	12:45
Lindsay Ramos	12:51
Steven Ramos	13:42





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 10-11</u>			<u>MALE 19-29</u>		
Emma Dolan	2nd Place	29:10	David Metzger	2nd Place	51:51
Lindsay Ramos	Medalist	1:00:18			
<u>FEMALE 14-15</u>			<u>MALE 30-39</u>		
Rachel Blinn	2nd Place	1:12:44	Neal Liebowitz	2nd Place	58:15
			Adam Bulewich	Medalist	38:38
			Matt Butwill	Medalist	1:05:32
			Scott Livingston	Medalist	1:06:50
<u>FEMALE 30-39</u>			<u>MALE 40-49</u>		
Deborah Livingston	1st Place	1:06:14	John Collins	Medalist	1:00:56
			Jay Seney	Medalist	1:04:30
<u>FEMALE 40-49</u>			Tim Blinn	Medalist	1:13:14
Kathy Thornton	Medalist	1:24:11	Ed Steele	Medalist	1:18:22
Jill Ramos	Medalist	1:36:57			
<u>FEMALE 50-59</u>			<u>MALE 50-59</u>		
Joan Munroe	1st Place	1:26:35	Bill McGugan	1st Place	1:02:33
Sue Leslie	2nd Place	1:29:36	Tris Carta	Medalist	1:07:16
			Michael Doen	Medalist	1:10:41
			Bill Metzger	Medalist	1:12:25
<u>FEMALE 60-69</u>			King Archibald	Medalist	1:13:43
Janit Romayko	1st Place	1:53:02	Edward Yergeau	Medalist	1:26:29
			Clint Driscoll	Medalist	1:37:35
<u>MALE 0-9</u>			<u>MALE 60-69</u>		
Eddie Steele	Medalist	51:46	Tony Hollister	1st Place	1:09:40
			John Salcius	Medalist	1:39:04
			Jim Hodges	Medalist	2:13:58
<u>MALE 12-13*</u>			<u>MALE 70-79</u>		
Steven Ramos	Medalist	50:47	Tom Butterfield	1st Place	1:19:31

Marathon, A Movie

By Sue Leslie

Joyce Thorner and Sue Leslie made their acting debuts on August 2, 2008, as "extras" in the filming of *Marathon*, a story about the late poet laureate and Pulitzer Prize winner, William Meredith, and his long time partner, Richard Harteis. *Marathon* is about Harteis' journey training for a marathon and Meredith's journey toward death after suffering a stroke.

The film crew began filming scenes for the movie in late July at various sites in Eastern Connecticut. On August 2, 2008, the film crew set up shop at the John and Jessie Kelley Race at Ocean Beach Park in New London for the filming of race footage and began recruiting race spectators for the role of extras in the film. Joyce and Sue volunteered as well as about ten or twelve others. Both of us had our running gear. The crew had a basket of assorted shorts, t-shirts and athletic shoes (not necessarily running shoes) for use by those extras who were not suitably attired. They also provided us with race numbers to pin on our shirts (the numbers were from a prior year's race). We anticipated that we would be tied up for maybe a half hour or so of work. That half hour ended up to be three hours, much of it down time with a lot of waiting between scenes and retakes. Welcome to the world of movie making!!

The crew filmed four scenes at the site. After the race began, they shot a scene at the starting line. It took about forty minutes of set up for this shot and only after the race director warned the crew that runners would be returning shortly, did they seem to spring into action. At the starting line we were all instructed to run but we had to make sure we stayed behind the film's professional actor, Bristol Pomeroy, who plays Harteis. They probably did three or four takes for this scene. They then filmed a scene with the extras running with Harteis as he finished the race. In this scene we had to wait until the crew determined there was a sufficient number of real runners to blend in with the extras. They shot another three or four takes for this scene.

Pomeroy kept jogging during all the down time between the scenes and retakes, so as to have the sweaty look of someone who had just completed a marathon when the finish scene was filmed. During a down period, Joyce asked Pomeroy as to the whereabouts of his air conditioned trailer. He pointed to an umbrella on the beach and responded: "that is the closest I will have to an air conditioned trailer." We also had him autograph our race numbers, just in case he becomes Hollywood star.

The third and fourth scenes were shot in a field beyond the beach's parking lot. In both of these scenes we had to run in a line behind Pomeroy. Again, we did multiple takes after the crew determined we were not sufficiently spaced out from one another or that the lighting or angle was not correct. We also had a long delay while the crew replaced film. In these scenes a few racers who had completed the actual race joined in as extras. No, we were not compensated for our work, but the crew invited us to join them for lunch. We declined, opting instead to join our fellow Silk City Striders on the beach. The film is expected to make its area debut on Halloween night at the Garde Theater in New London, then on to a distributor and possibly to film festivals.

RACE CALENDAR

	Date	Time	Race	Place	Website / Contact
Sa	Oct 11	11:00 AM	Lindsey Jo Haile 4M	Durham (Coginchaug H.S.)	www.ciboakhill.org
Mo	Oct 13	Noon	32nd Tufts 10K for Women	Boston (Boston Common)	www.tuftshealthplan.com
Sa	Oct 18	3:00 PM	Hartland Harvest 4M	East Hartland www.greystonercing.net/Downloads/Hartlandhop-flyer%202008.pdf	
Sa	Oct 18	9:00 AM	Mystic Aquarium 5K	Mystic	jdrahan@comcast.net
Su	Oct 19	Noon	31st Kent Pumpkin Run 5M	Kent (Kent Shopping Center)	www.kentct.com
Su	Oct 19	10:30 AM	11th Run For The Cove 5K	Madison (Hammonasset)	www.covect.org
Su	Oct 19	10:00 AM	18th Great Pumpkin 4M	Trumbull (Trumbull H.S.)	www.greatpumpkinclassic.com
Sa	Oct 25	9:30 AM	Hog Jog 5K	South Windsor (Community Ctr)	clyons25@yahoo.com
Sun	Oct 26	1:00 PM 12:15 PM	HKYFS Pumpkin Run 5K Kids' 1/2 M Fun Run (gr. K-6)	Higganum (Town Green) www.hartfordmarathon.com/foundationnew/calendar/5kpumpkinrun.htm	
Sa	Nov 1	9:00 AM	Air Line Trail Ghost Run 13.1M	Hebron (Hebron ES Rt 85) www.colchesterct.gov/Pages/ColchesterCT_Dept/PR/programs/ghostrun/index	
Sa	Nov 1	10:00 AM	MxCC Scholarship 5K	Middletown (Middlesex CC) www.hartfordtrackclub.org/newsletters/2008/October2008.pdf	
Su	Nov 2	1:30 PM	33rd Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	pchristina@pymca.org
Sa	Nov 8	10:00 AM	Veterans Day 5K	E.Windsor (Town Hall)	www.eastwindsor-ct.gov
Sa	Nov 8	9:00 AM	Freedom Run 5K	Hartford (State Armory)	www.hartfordmarathon.com
Sa	Nov 8	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Pk)	www.EBAC.us
Su	Nov 9	1:00 PM	7th Parker Holt Celebration Run 5K	Manchester (MCC)	www.silkcitystriders.org
Su	Nov 9	10:00 AM	21st MADD Dash 8K	New Haven (Edgewook Park)	www.hitekracing.com
Su	Nov 9	Noon	12th Monson Classic Half-Marathon	Monson, MA	www.MonsonMemorialClassic.com
Sa	Nov 15	11:00 AM	Frostbite 5K	Enfield (Enfield Street School)	www.chrhealth.org
Sa	Nov 22	10:00 AM	XC Challenge 8K	W.Hartford (Farm.Ave MDC Res)	www.hartfordtrackclub.org
Sa	Nov 22	8:00 AM	Know Your Pace 4.758M	Manchester (Bennet School)	www.silkcitystriders.org
Su	Nov 23	9:00 AM	34th Fischang-Cicchetti 5M	Waterbury (YMCA)	www.fischang-cicchetti.com
Th	Nov 27	10:00 AM	72nd Manchester Turkey Day 4.748M	Manchester	www.manchesterroadrace.com
Su	Dec 7	Noon	30th Santa's Run 3.5M	Glastonbury H.S.	http://town.glasct.org/parks/santa.htm

2008 "LOCAL" MARATHON CALENDAR

10/11/08	Hartford Marathon , Hartford, CT	www.hartfordmarathon.com
10/12/08	Mohawk-Hudson River Marathon , Albany, NY	www.hmrrc.com
10/12/08	Steamtown Marathon , Scranton, PA	www.SteamtownMarathon.com
10/18/08	Breakers Marathon , Newport, RI	www.breakersmarathon.org
10/18/08	Green Mountain Marathon , South Hero, VT	www.gmaa.net/GMMinfo.html
10/19/08	Atlantic City Marathon , Atlantic City, NJ	www.atlanticcitymarathon.org
10/19/08	Bay State Marathon , Lowell, MA	www.baystatemarathon.com
10/19/08	Mount Desert Island Marathon , Bar Harbor, ME	www.mdimarathon.org
10/26/08	Cape Cod Marathon , Falmouth, MA	www.capecodmarathon.com
10/26/08	Marine Corps Marathon , Washington, DC (Registration Closed)	www.marinemarathon.com
11/2/08	Manchester City Marathon , Manchester, NH	www.cityofmanchestermarathon.com
11/2/08	New York City Marathon , New York, NY (Registration Closed)	www.ingnycmarathon.org
11/8/08	Stone Cat 26.2 & 50M Trail Race , Ipswich, MA (26.2 Sold Out)	www.gaconline.net
11/9/08	Harrisburg Marathon , Harrisburg, PA	www.HarrisburgMarathon.com
11/23/08	Philadelphia Marathon , Philadelphia, PA	www.philadelphiamarathon.com
11/29/08	BRRC North Central Trail Marathon , Sparks, MD	www.brrc.com
12/13/08	Roxbury Marathon , Roxbury, CT	www.southernct.edu/~sandifer/Ed/Roxbury/Running.htm



You may have completed the 8 County Challenge, but are you ready for the Silk City 700?

700 Miles is a long distance. Its like running to from Hartford to Boston 7 times, or running to Washington DC and back, or running to Detroit. How long would it take you? Could you do it in a year? If you break it into nice even chunks and spread it out over a year, you'd have to run slightly less than 2 miles per day, or an average of 13.5 miles per week. Could you do it in eight months, or how about four? Sounds like fun huh?

Starting in January, The Silk City Striders will be issuing a challenge to its members to run 700 miles over the course of the year. The joy is in the journey, so as you reach milestones we will ask you to share your stories with the club. Let us know when you pass the 350 mile and the 700 mile marks. Running in pain is not fun either, so getting injured is strictly forbidden. We will also recognize all SCS 700 members online and at our New Years Champagne Brunch in 2010.

For those so inclined, we have also set up a way to track your mileage and keep tabs on the rest of the club's progress on line at www.running2win.com. A Club has been set up through this site called "Silk City Striders". Please contact Art.Byram@kone.com with any questions.

700 Miles, a race against the calendar... So, what's your date?

Silk City Striders 2008 Event Calendar

- OCTOBER** - Halloween Pot Luck Supper TBA
- NOVEMBER** - New York City Marathon Excursion..... Sunday, November 2
- Parker Holt 5K Sunday, November 9
- Know Your Pace Race..... Saturday, November 22
- Manchester Road Race Thursday, November 27
- DECEMBER** - Silk City Holiday Open House Sunday, December 7
following Santa's Run in Glastonbury

Hartford Marathon & Team Relay, Half Marathon & 5K
8:00 AM – Saturday, October 11, 2008 Bushnell Park, Hartford, CT
Good Luck Runners, and Thank You Volunteers!