



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Spring has sprung!

It's time to put away the winter gear and look forward to running in warmer weather, Yeah! I look forward to spring and fall running when the temperatures are moderate and the air is less humid. April brings us several events, among them the Boston Marathon Road Trip on Monday, April 19th. Anyone who is interested in grabbing a seat on the van to cheer on the competitors in this year's race can contact me at JimW8@cox.net.

I would like to wish Joe and Lynn Damon the best on their move to Italy. For those of you who didn't know, Joe has accepted employment in Italy beginning this month. He said he'll be back in August and to look for him at the Glastonbury Fun Runs! Good luck Joe and Lynn, we'll be thinking of you!

One more reminder. May 22nd is the 1st Annual Bobby's run in memory of Bobby Bonadies. Steve McLaughlin has applied his skills as Race Director to set up this run. All race entry fees and donations will be donated to the Bobby Bonadies Scholarship Fund at Vernon/Rockville High School. Applications and further information are on the club web site.

See you on the roads and trails and Keep On Runnin'!

- Jim

2004 USATF GRAND PRIX

Quassy Loop 12K

Saturday, May 1

10:00 AM

Quassy Lake Amusement Park

Middlebury, CT

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CLUB NEWS & EVENTS

Bobby's Run Volunteers & Runners

Volunteers and runners are still needed for this new race established in honor of Bob Bonadies, to be held at Northeast School in Vernon, CT on May 22nd at 8:30 AM. Registration forms for the 8.2 Mile Race or 3 Mile Fun Run are now available on the website (or in this newsletter if you don't have email). There is a \$10 fee for the race, and all monies collected will be donated to the Bobby Bonadies Scholarship Fund at Vernon/Rockville High School.



**Komen CT Race For The Cure 5K
Bushnell Park - Hartford
Saturday June 12, 2004**

Join the Silk City Striders Team at the Race for the Cure 5K at Bushnell Park in Hartford on Saturday, June 12th. Joyce Thorner is our Team Captain again this year.

You can join the team online at www.KomenCT.org. If you'd prefer to join the team the old fashioned way, applications for the Silk City team will be available at the Wednesday or Saturday Fun Runs. Please return your application with a check for \$20 payable to "Komen CT Race for the Cure" to Joyce or Bekkie by Wednesday, April 28th.

Event Schedule

8:30 AM	Men's 5K
9:20 AM	Women's 5K
11:15 AM	Kid's K



**2004 CT Race in the Park
Walnut Hill Park – New Britain
Saturday, May 8, 2004**

The CT Breast Health Initiative, Inc. is holding their own event on Mother's Day Weekend in Walnut Hill Park.

There will be separate Men's & Women's 5K Races and Kids Fun Runs. Applications are available at the Wednesday or Saturday Fun Runs, or you can register online at www.CTRace.org.

This new organization's mission is to focus on education, research, screening, treatment and support within the State of Connecticut.

Event Schedule

8:30 AM	Kids' Fun Run
9:00 AM	Men's 5K
9:45 AM	Women's 5K

SILK CITY STRIDERS BLAST FROM THE PAST

RUNNING WITH THE TEAM

Jim Cunningham's "President's Corner" from April, 1987

With Spring comes the start of the racing season. This year our club has a lot to look forward to. The past several years have seen the depth of our club grow. With this growth and the continued support of TAC*, we now are able to compete as individuals and as a team. For most of us we may run for years and never get an award for our efforts. Team racing gives more of us a chance to get some hardware for those shelves at home. But there is a lot more to team racing than the chance to get an award. Running tends to be an individual activity; you race against the clock. You against yourself. But team racing gives us a different outlook. When you race as a team you want to do well but it is important that the other members of your team do well also. If one member is off the pace for the day the rest of the team can make up the difference. Yes, it is truly a team effort.

Team running has become popular in our region as well as in other parts of the country, so there are many opportunities for our club to participate. The Silk City Striders entered several team races last year and did well. I feel that 1987 will be an even better year. If we put our best foot forward in these races, the club as a whole can share in the limelight. Who knows, we can have our own club races within a race. It's like having the Cape Cod Relays** all year long. If you know of any races that have team competition let me know, and if you are interested in running these types races, speak up.

Editor's Notes:

* TAC is now the USATF which sponsors the yearly Grand Prix Series. See Race Calendar in this issue for a list of the 2004 races. Also, please note the Mystic Marathon RELAY is a USATF Grand Prix event for 2004.

** The Cape Cod Relays are now the Fred Brown Lake Winnepesaukee Relays – Saturday, September 25.



Boston Marathon Spectators Van Monday, April 19

Jim Whitehouse will once again be borrowing his father's van to take interested Striders up to view the Boston Marathon. It is a fun day where the marathon can be viewed from several vantage points – start, 10 miles and 20 miles. A couple of Striders will be running – call Jim at 432-2997 if interested in going up for the day.

Come cheer on your fellow Striders: Scott Freeman, Joe Kidder, Bob Niedbala, Bill Schwarz, Beth Shluger and Ginny Welch.

OUR FAVORITE RACES

MOTHER'S DAY DASH 5K (formerly the Rabbit Run)

Sunday May 9, 2004 10:00 AM
Henry Park, Vernon, CT

*For more information contact
the Vernon Recreation Department
(860) 870-3520*

BOLTON ROAD RACE 5 Miles

Saturday, May 29, 2004 10:00 am
Bolton High School, Bolton, CT

*For more information contact
Jennifer Natale (860) 647-1100*

FATHER'S DAY DASH 5K

Sunday June 20, 2002 9:00 AM
Brookside Park, Ellington, CT

*For more information contact
Bill Metzger at (860) 875-2077
or wjmrn@snet.net*

RACE RESULTS

When you go to a race, why not take down the results and send them to me, Karen, at dmcass53@cox.net or call (860) 643-9125. It would be helpful to have results reported either through E-mail, mail or telephone. Thank you.

U.S.A. OLYMPIC TRIALS RESULTS

MEN

Birmingham, AL February 7, 2004

Top 3

Alan Culpepper	2:11:41
Meb Keflezighi	2:11:46
Daniel Browne	2:12:01

Connecticut Finishers

Brian Clas	2:24:17
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WOMEN

St. Louis, MO April 3, 2004

Top 3

Colleen De Reuck	2:28:25
Deena Kastor	2:29:38
Jen Rhines	2:29:57

Connecticut Finishers

Mary-Lynn Carrier	2:52:23
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CMS 52 WEEK 5K SERIES

Worcester, MA March 6, 2004

Steve McLaughlin	#1 M40-49	20:53
	#8 Overall	

STU'S 30K

Clinton, MA March 7, 2004

Bob Niedbala	2:48:30
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SUMMIT HILL FARM 15K

Harwinton, CT March 13, 2004

Bekkie Wright	#2 F40-49	1:15:54
Steve McLaughlin		1:24:48
Randy Potterton		1:41:21

ST. JOSEPH SCHOOL 3 Mile Race

Baltic, CT March 27, 2004

Mike Munroe	#7 Overall	17:30
	#2 M40-49	
Mike Bendzinski	#3 M50-59	18:27
Joan Munroe	#1 F 40-49	23:20

YMCA SWEETHEART RUN - 4 Miles

Stratford, CT February 14, 2003

Mike Munroe	25:00
Joan Munroe	34:22

#2 Couple in Combined Age 90-99

Ellie Lowell	32:53
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Teamed up with Jerry Augustine for

#1 Couple in Combined Age 110-119

SALEM ROAD RACE – 3 Miles

Salem, CT March 20, 2004

Jim Tharp	#5 M40-49	18:38
John Sloan		19:54

LEPRECHAUN 5 MILER

Madison, CT March 21, 2004

Mike Munroe	#3 M40-49	29:56
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Top 10 Overall

Joan Munroe	#4 F40-49	42:20
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BOSTON BLOWOUT 30K

Fairfield, CT March 28, 2004

Scott Freeman	2:01:08
Joe Kidder	2:06:26

PALO ALTO 8K

Palo Alto, CA March 28, 2004

Bill Schwarz	#1 M60+	37:51
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BRIAN'S BEACHSIDE BOOGIE DUATHLON

Madison, CT March 28, 2004

2 mile run, 12 mile mountain bike, 2 mile run

Four daring Striders braved the cold temperatures and wind to participate in this early season duathlon.

Janit and John's comment -- "Never again!"

Dean Bolt	#1 M50-54	1:05:58
Ned Kennedy	#3 M45-49	1:06:15
John Salcius	#2 M60-64	1:21:40
Janit Romayko	#1 F55-59	1:41:15

**HARTFORD TRACK CLUB
WINTER SERIES**

**COLLINSVILLE BAKE-OFF 11 Miler
Collinsville, CT February 8, 2004**

Michael Munroe	#3 M40-49	1:17:08
Steve McLaughlin		1:29:27
Bekkie Wright		1:31:11
Bob Niedbala		1:41:56
Bill Schwarz	#1 M60-69	*1:42:30
Joan Munroe		1:51:00
*New Age Group Course Record		

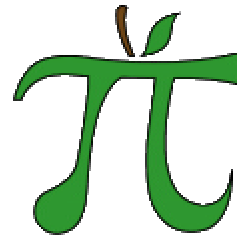
**KATHERINE HEPBURN 4-Miler
Cedar Hill Cemetary
Hartford, CT February 22, 2004**

Cedar Hill Cemetery is the final resting place of actress Katherine Hepburn. Samuel Colt, J.P. Morgan, George Athanson and Wallace Stevens are also buried there.

Mike Munroe	#7 Overall	25:21
	#3 M40-49	

**COLCHESTER HALF MARATHON
Colchester, CT February 28, 2004**

Scott Wojnarowicz	#8 Overall	1:23:11
	#3 M20-29	
John Paggioli		1:29:10
Jay Seney		1:31:04
Tim Blinn		1:33:50
Art Byram		1:37:48
Steve McLaughlin		1:41:26
Jim Best	#3 M60-69	1:51:19
Randy Potterton		2:33:23



Apple Pi

**PI DAY ROAD RACE 3.14 Miles
Beacon Falls, CT March 14, 2004**

Mike Munroe	#8 Overall	18:53
	#1 M40-49	



**EHHS PI DAY FUN RUN – 3.14 Miles
East Hartford, CT March 20, 2004**

The 3rd Annual Pi Day Fun Run was a Strider showcase. Neal Leibowitz took First Place Overall, and Striders took 6 of the Top 10 places, won 5 of the 11 Age Groups, and Bill Schwarz set a new course record for the M60-69 Age Group. This year's race benefited the EHHS Girls Track Team. All participants received a free pie!

Neal Leibowitz	#1 Overall	18:04
John Paggioli	#3 Overall	18:21
	#1 M30-39	
Michael Munroe	#4 Overall	18:33
	#1 M40-49	
Jay Seney	#3 M40-49	19:16
Mike Bendzinski	#1 M50-59	19:46
Bill McGugan		19:59
Steve McLaughlin		20:55
Bill Schwarz	#1 M60-69	23:13
Richard Chromik		23:41
Jim Whitehouse		24:08
Joan Munroe	#1 F40-49	25:20
Randy Potterton		27:27
Paige Westerfield		34:00

HOLYOKE ST. PATRICKS' DAY 10K
Holyoke, MA March 20, 2004

Race conditions were cool and blustery. As always, this was a very competitive race on a challenging course. The overall winner finished in 29:48, and the top female finished in 34:56.

Drew Best	#8 Overall	32:31
Joe Kidder	#5 M40-49	37:50



Photo Courtesy of the Greater Springfield Harriers

MARATHON RESULTS

MYRTLE BEACH MARATHON
Myrtle Beach, SC February 21, 2004

Bekkie Wright	#2 F40+	3:42
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MYRTLE BEACH HALF MARATHON

Steve McLaughlin		1:59
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HYANNIS MARATHON
Hyannis, MA February 29, 2004

Cape Cod in February. According to Barry Stoner, "It was a beautiful day and the scenery was worth the trip."

Mark Shok	#3 M40-49	3:16:40
Mike Munroe		3:26:49
Joan Munroe		4:07:16

HYANNIS HALF MARATHON

Cathi Koehler		1:46:49
Bob Niedbala		1:52:18
Barry Stoner		2:06:20

MORE MARATHON*
New York, NY March 21, 2004

This new Marathon, held in New York's Central Park, was for Women over 40 only! Any woman under 40 could only run the Half Marathon, with a partner who was over 40 years old.

Bekkie Wright		3:48:43
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MORE HALF MARATHON

Pat DeSimone		2:36:57
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***See story on next page**

OCEAN DRIVE MARATHON
Cape May, NJ March 28, 2004

John Paggioli	Top 20	3:13:44
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Congratulations on completing your 1st Marathon, John!

The More Marathon – Race Report

The following is a excerpt from a email received by Bekkie Wright from Gina Moore, a member of the 50 States Marathon Club who is 52 years old, and has run over 80 Marathons

I just took part in one of the neatest inaugural events ever ... the More Marathon in New York City only for women over 40!!! It was the first ever, women's masters marathon in the world.

Just imagine, first day of spring, New York, Central Park, cool sunny weather...what better conditions for running! It was a 5 mile loop to be run 5 times with the finish at the famous, 'Tavern on the Green' restaurant - the finish line of THE New York Marathon.

I am not too keen on loop runs, but, let me tell you, this was a great run. The best thing to watch was a beautiful park coming alive on a sunny Sunday. Every loop offered a different scene - from a very few people stirring - to a line of horse drawn carriages as the sunny morning unfurled. (I am not the poetic type, but this was really incredible.).

Mary Steenburgen, TV actress - 'Joan of Arcadia' - was the host and almost cried as she delivered opening words to the marathoners. Valerie Fagan, an actress currently in 'Forbidden Broadway' sang 'God Bless America' and it echoed through the park at 8AM. Just beautiful!

From the review in the New York Times this morning, the race was a big success and will probably become a tradition...I hope so. I loved it! It was very well organized (thanks to the men of the NY Road Runners!), and VERY affordable...\$50 entrance fee. Lots of freebies at the beginning...did you know Snickers has a Marathon Bar!!!! That's taking candy to a new limit!

Well, this is my race review! Thanks for reading! Run or walk safe and get healthy - just keep moving!

Pat DeSimone echoed Gina's sentiments: "All I have to say is this race was truly inspirational. As we lined up at the start I thought it was pretty incredible that these women were between 40 and 80 something. What a challenge to run a half / full marathon, but then I thought of all the life challenges some of these women have been through. This was the 7th marathon for my friend Sharon [Koonz – a former Silk City Strider], a breast cancer survivor. A true inspiration. What I also loved were all the husbands, boyfriend and family out showing their support.

Central Park seemed to come alive as the race went on. It even got pretty crowded at one point. You had the Central Park joggers, bikers, and inline skaters cheering you on as they did their laps. I watched the dogs take their owners for walks, and play catch me if you can. It was something to see the horse drawn carriages making their way through the park. And the New York skyline around the park was just beautiful and interesting to watch as you did your laps.

So it was a great race, and experience for me. I am proud to say I ran a half marathon last week and had a great time with my friends in New York City. [Editor's Note: Although Sharon did not complete the marathon due to an injury, she did complete 4 of the 5 laps, as did Beth Shluger, who was using the race as a training run for the Boston Marathon.]

As the *New York Post* put it, "You've come a long way baby, and you can run even farther!" All in all, over 350 women finished the marathon. 20 women over 60 years old completed the marathon, and the two oldest weren't even bringing up the rear. Helen Klein from California, 81, ran 4:49, and Vivian Lowry from New York, 80, ran 5:55. The winner ran a 3:04:03, and the final finisher came in around 7:30. 1,500+ women finished the Half Marathon, 1,000+ were over 40 years old, more than 50 of the Half Marathon Finishers were over 60 years old, and 7 were over 70 years old! You go girl!

COACH'S CORNER: *Fifty Years and Still Going*

By Barry Stoner

This year marks my fiftieth year of running and if you will bear with me I will share some of my experiences.

It all began in April 1954 when I was learning to throw the javelin while trying out for the track team in High School. I had been training with the javelin for about a month when Coach announced that he would be having "tryouts" the next day because he was looking for volunteers to run the mile. Realizing that I probably would be no worse a runner than a javelin thrower I gave it a try. (It also was apparent to me that I was the worst javelin thrower of the lot.) So the following day a handful of us ran the mile and we all finished in around six minutes. The Coach was pleased and said we all would begin training to become "milers." Doing six-minute miles for high school kids on short notice was a relative piece of cake; it only became harder in later years. Running below five minutes was another matter. Only two guys on our team did it, and I was not one of them; although several of us came within a second or two. Thus began a love of running to compete, to stay fit, to maintain a good mental attitude, to share experiences with others and to go and see places.

Since 1954 I estimate my running mileage total is somewhere between 45,000 – 50,000 miles. For about 30 of my 50 running years I diligently maintained records having started this around 1972 but discontinued it on the day I retired from my job in 1999. My race total is only a guess at around a 1,000 with 200 of these being triathlons plus a few swim meets tossed in. But the numbers are not important except for bragging; it is the commitment to fitness that I cherish the most and the memories shared with all the people I have met and raced against.

As they say, "It ain't over 'til it's over" and I plan to continue with this endeavor until it is over.

SILK CITY STRIDERS -- 2004 EVENT CALENDAR

APRIL	- Boston Marathon Excursion..... Monday, April 19 Tuesday Track Workouts begin Tuesday, April 6
MAY	- Bobby's RunSaturday, May 22 Sunday Bike Rides beginSunday, May 2
JUNE	- Lake Terramuggus Sprint Tri Training Series..... Thursday, June 10 & 24 Globe Hollow Biathlons & Swim Training Sessions TBA
JULY	- Wickham Park Cross Country SeriesMonday, July 5 & 13 Lake Terramuggus Sprint Tri Training Series..... Thursday, July 8 & 22 Summer Picnic at Lake Terramuggus..... Sunday, July 18
AUGUST	- Johnny Kelley Ocean Beach Run & PicnicSaturday, August 1 Wickham Park Cross Country SeriesMonday, August 2, 9 & 16 Lake Terramuggus Sprint Tri Training Series..... Thursday, August 5 & 19
SEPTEMBER	- Fred Brown Lake Winnepesaukee RelaysSaturday, September 25
OCTOBER	- Parker Holt 5K..... Sunday, October 3 Halloween Pot Luck Supper (target date) Saturday, October 30
NOVEMBER	- New York City Marathon Excursion.....Sunday, November 7 Know Your Pace Race.....Saturday, November 20 Manchester Road Race..... Thursday, November 25
DECEMBER	- Silk City Christmas Party..... TBA

RACE CALENDAR – APRIL / MAY

* USATF Grand Prix Race – see Complete Listing on Next Page

Date	Time	Race	Place	Contact	Telephone
Sa Apr 10	10:00 AM	Willimantic YMCA Easter 5K	Willimantic (Jillson Sq.)	Race Director	860-423-2531
Sa Apr 10	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow St. Forest)	Rob Whalen	860-684-0030
Sa Apr 17	9:00 AM	Bradley Airport 5K / 10K	Windsor Locks	Hugh Donagher	860-623-3204
Sa Apr 17	10:00 AM	Tax Break 5K	W.Hartford (MDC Reservoir)	Scarlet Riley	860-379-2536
Su Apr 18	8:30 AM	Tortoise & Hare 5K	Danbury (Danbury Fair Mall)	Chris Barrett	203-790-0032
Su Apr 18	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.)	R & H Rusinek	516-487-9502
Mo Apr 19	Noon	108th Boston Marathon	Hopkinton, MA	Race Director	508-435-6905
Sa Apr 24	9:00 AM	Hebron Road Race 5K	Hebron (RHAM H.S.)	Rob Davis	860-228-5971 x129
Sa Apr 24	10:00 AM	Watertown 5K	Watertown (Vet Mem Park)	Joyce Heineman	860-274-3955
Sa Apr 24	10:00 AM	Run for Rescue, Go Dog Go!	Southbury (Ballantine Park)	Dawn DeSantis	203-591-1202
Sa Apr 24	10:00 AM	Flanders 5K	Hamden (Quinnipiac College)	Race Director	860-739-6788
Su Apr 25	7:30 AM	Jack Bristol Lake Waramaug Ultras 50K, 50M or 100K	New Preston (Lake Waramaug State Park)	Bert Meyer	860-355-5169
Su Apr 25	8:30 AM	New Jersey Marathon	Long Branch, NJ	Art Castellano	732-578-1771
Su Apr 25	9:00 AM	Leatherman's Loop 10K Trail	Cross River, NY (Ward Pd Res)	Tony Godino	914-234-0289
Su Apr 25	10:00 AM	April Showers 3.5M	Fairfield (Tomlinson Mid Sch)	Marty Schaiivone	203-374-6433
Su Apr 25	10:00 AM	Middletown Parks & Rec 5.1M	Middletown (Snow School)	Parks & Rec Dept	860-343-6620
Su Apr 25	11:00 AM	James Joyce Ramble 10K	Dedham, MA (Endicott Estate)	Martin Hanley	781-686-1500
Su Apr 25	Noon	Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall)	Pat Sullivan	860-651-6742
Sa May 1	10:00 AM	Quassy Loop 12K*	Middlebury (Quassy Amus. Pk)	Maureen Tardy	203-709-6390
Sa May 1	10:00 AM	Spring Stride 3.5M	New London (Memorial Hosp)	Don Lewis	860-442-0711
Sa May 1	10:15 AM	Sharon Classic 5M	Sharon (Town Green)	Karen Dignacco	860-364-0407
Su May 2	10:00 AM	IDS 4M	Middlefield (Indep. Day School)	Race Director	860-347-7235 x16
Su May 2	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	Peter Stasz	413-734-0955
Su May 2	8:00 AM	Long Island Marathon & Half	E Meadow, NY (Eisenhower Pk)	Tedd Bial	516-572-0248
Su May 2	8:30 AM	Minute Man 5K	Westport (Compo Beach)	Karen Lexow	203-222-1388
Su May 2	10:00 AM	Spring Into Motion 5K	Wolcott	Carla Goldstone	203-879-1274
Su May 2	1:00 PM	Granby 10K	Granby (Memorial H.S.)	Don Housmann	860-653-6334
Sa May 8	9:00 AM men 9:45 AM women	CT Race in the Park 5K	New Britain (Walnut Hill Park)	Joyce Bray	860-829-1021
Sa May 8	9:00 AM	Colchester 5K	Colchester (Bacon Academy)	Race Director	860-537-7236
Sa May 8	9:00 AM	Big Lake Half-Marathon	Alton, NH (Alton Central Sch)	Keith Jordan	603-293-8353
Su May 9	10:00 AM	Mother's Day Dash 5K	Vernon (Henry Park)	Race Director	860-870-3520
Sa May 15	10:00 AM	VFW Loyalty Day 5K	Willimantic (VFW, Main St)	Charlie Olbrias	860-456-4451
Sa May 15	10:00 AM	Windsor Shad Derby 5K	Windsor (Sage Park Mid. School)	Race Director	860-688-4247
Sa May 15	10:00 AM	Tour De Noank 2.5M/5M	Groton (Cutler Middle School)	Cynthia Driscoll	860-536-5687
Sa May 15	12:30 PM	Springtime Festival 5K	Danielson (Davis Park)	Tracy Waggoner	860-779-5390

RACE CALENDAR – continued

Date	Time	Race	Place	Contact	Telephone	
Su	May 16	7:00 AM	Sugarloaf Marathon/15K	Eustis, ME (Cath. Pines Camp)	Sue Foster	207-237-6830
Su	May 16	9:00 AM	Soapstone Mt. Trail 14.5/4M	Stafford Springs (Hendel Rd.)	Shenipsit Striders	860-870-4875
Sa	May 22	8:30 AM	Bobby's Run 8.2M / 3M	Vernon (Northeast School)	Steve McLaughlin	860-295-1357
Sa	May 22	?	Glastonbury Scamper 2M	Glastonbury (Hubbard Green)	Michael Keenan	860-721-7725
Su	May 23	9:00 AM	Guilford Savings Bank 5M	Guilford Green	John Bysiewicz	203-481-5933
Su	May 23	9:00 AM	Glastonbury River Run 5K	Glastonbury (Old Maid Lane)	Beth Shluger	860-652-8866
Su	May 23	10:00 AM	Home Depot Mid-May Classic 4M	Fairfield (Sherman Green)	Marty Schaiivone	203-374-6433
Fr	May 28	8:00 PM	Moonlight Run 5K	New Milford (Young's Field Rd)	Wallie Jahn	860-354-9191
Sa	May 29	8:30 AM	Memorial Day 5K	Weston (Weston High School)	Julie Sidhu	203-544-9921
Sa	May 29	9:00 AM	Delaney Dash 5M	Old Saybrook (Fort at Say.Pt.)	Pete Volkmar	860-437-7247
Su	May 30	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	Race Director	800-880-8149
Mo	May 31	8:30 AM	Blue Onion 10K/10K Walk *NEW	Hartford	Beth Shluger	860-652-8866
Su	May 30	9:00 AM	Johnny Kelly 10M	Hyannis, MA (Barnstable HS)	Dave Baker	508-775-8877
Su	May 31	10:20 AM	Memorial Mile 1M	E. Hartford	Bob Moran	860-647-0794
Mo	May 31	11:00 AM	Washington Trail 10K	Durham (Coginchaug H.S.)	Jill Phillips	860-349-2332

OTHER FEATURED RACES

Sa	Jun 5	10:15 AM	Freihofer's Run for Women 5K	Albany, NY (Empire State Plaza)	www.freihofersrun.com	
Sa	Jun 12	8:30 AM men 9:20 AM women	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	Race Director	860-224-5RUN
Su	Jun 20	9:00 AM	Father's Day Dash 5K	Ellington (Brookside Park)	Bill Metzger	860-875-2077

2004 USATF GRAND PRIX SERIES RACE CALENDAR

Date	Time	Race	Place	Contact	Telephone	
Sa	May 1	10:00 AM	Quassy Loop 12K	Middlebury (Quassy Amus. Pk)	St. Mary's Hospital	203-574-6458
Su	Jun 20	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su	Jun 27	8:30 AM	Fairfield Half Marathon	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Su	Jul 11	Noon	USATF/CT Outdoor Track Meet	New Haven (SCSU)	CT USATF	860-485-1506
Th	Aug 12	6:20 PM	Corporate Classic 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Mo	Sep 6	8:30 AM	New Haven Road Race 20K	New Haven Town Green	John Bysiewicz	203-481-5933
Su	Oct 24	9:00 AM	Mystic Places Marathon Relay	E. Lyme (Rocky Neck)	JB Sports	203-481-5933

DEADLINE FOR NEXT NEWSLETTER: May 29, 2004

57 Morse Road
Manchester, CT 06040-2706



DEADLINE FOR NEXT NEWSLETTER: May 29, 2004

**MEMBERSHIP APPLICATION/RENEWAL
For Calendar Year 2004**

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email _____

Telephone: (H) (_____) _____

Family Members:

Name: _____ Birthdate _____ Name: _____ Birthdate _____

Fee: Individual \$12.00 Family \$15.00. Please enclose an extra \$3.00 if you wish to have the newsletter mailed to you. Make checks payable to "Silk City Striders."

Mail to Steve McLaughlin, 40 Hickory Road, Marlborough, CT 06447-1216
Questions? Contact Karen Saunders, 643-9125 after 6pm or leave message