



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message: When Winning a Lottery Might Not be a Good Thing!

There are some races that are so popular that the Race Director has to resort to a lottery system in order to select the field. In the past year I've been lucky to be selected via the lottery system for 2 such races. Last year I entered the lottery for the New York City Marathon and I was one of 40,000 runners selected to run the famous 5 Borough race. This year for the 6th time in a row I entered the lottery for the Mt. Washington Road Race. The first 3 years I wasn't selected. On my 4th try I was picked to be one of 1,000 runners to run up the famed Mt. Washington Auto Road. My 5th attempt met with the same result as the first 3 but I was lucky enough to gain entry through my membership in the Maine Track Club.

This year I entered the lottery with mixed emotions. You see this isn't the Connecticut Lottery or Powerball. If you win this lottery you get the privilege of running up the tallest mountain in the Northeast. On top of that I haven't been running very much this year. I know, the President of a Running Club should be a Runner. Well, I am a Runner, but I've been taking a break. When I logged onto the Granite State Race Services web site last week to see the results of the lottery I hoped NOT to be on the list. But again I was "lucky," and was selected to run up that big hill. I guess I'm a Runner again.

This will make my 3rd year in a row. Rick Parr ran this race twice – 10 years apart. One year, Karen Saunders ran the race, and then ran back down the mountain. That's not advised, and I think Karen would agree. My son's 4th Grade Teacher ran the race 15 years ago and hasn't been back. The only person I know that runs the race every year is Todd Brown. But he doesn't have to enter the lottery because he's REALLY GOOD at running up hills.

So, how do you train to run up a 7.6 mile hill that starts in a green meadow at 1,500 feet and ends at 6,280 feet amidst the world's worst weather? First, you start running more than once a week. After my mileage gets back to 20-30 miles a week then I can think about running some hills. The first two years I relied on my base training to get me to the top. I didn't run any additional hills. This year I'm going to try to run some long hills like Castle Craig in Meriden. The elevation there is 1,007 feet. Maybe I'll see Todd Brown there.

Stay active! - Steve

**TRACK WORKOUTS
AT
MANCHESTER HIGH SCHOOL
START
TUESDAY, APRIL 4 -- 6:00 PM
(as long as there's no snow
on the track!)**

**Also, the QUASSY LOOP 12K
has been cancelled for 2005**

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2005 BOARD OF DIRECTORS**Officers**

President:	Steve McLaughlin	543-4047
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
Jim Whitehouse	432-4997	Ex-Officio
Bekkie Wright	533-1557	Ex-Officio

Uniforms

Chairperson:	Sue Leslie	644-1804
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Newsletter

Staff:	Bekkie Wright – Editor
	Karen Saunders – Editor Emeritus
	Jim Best - Race Calendar
	Barry Stoner – Coach's Corner

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Manchester Community College

We will continue to meet in Lot C,
near the Great Path entrance.

Tuesday Track Workouts - 6:00 pm
Manchester High School

Join us on the Manchester High School Track on
Tuesday nights. Spring into action with Track
Workouts for runners of all abilities.

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

Thursday Fun Runs are back!
Join us at Martin Elementary School.

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

Tom Geer	Glastonbury
Lynn Sloan	Manchester
Mark Turkington	Bolton

WELCOME BACK

Gene Fergione	Marlborough
Rick Parr	Coventry



Boston Marathon
Monday, April 18

Can't run the Boston Marathon this year ...
why not go cheer on your fellow Striders -
Jim Best, Scott Freeman, Bill Gaghan, Joe
Kidder, Joan & Mike Munroe, Bob Niedbala,
John Paggioli, Marylou White, and Linda
Yamamoto.

Visit the site below for a virtual tour, and an
overview of choice viewing locations:

<http://www.boston.com/marathon/course/>

SOME OF OUR FAVORITE RACES

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

Sunday May 8, 2005 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 28, 2005 10:00 AM

Bolton High School, Bolton, CT

*For more information contact
Elise Fiorentino (860) 649-9525*

FATHER'S DAY DASH 5K

Sunday June 19, 2005 9:00 AM
Brookside Park, Ellington, CT

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

CLUB NEWS & EVENTS

Bobby’s Run Volunteers & Runners

Volunteers and runners are needed for the 2nd Annual Bobby’s Run established in honor of Bob Bonadies, to be held at Northeast School in Vernon, CT on May 21st at 8:00 AM. Registration forms for the 8 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.



**2005 CT Race in the Park
Walnut Hill Park – New Britain
Saturday, May 7, 2005**

The CT Breast Health Initiative, Inc. is holding their 2nd Annual event on Mother’s Day Weekend in Walnut Hill Park. Silk City will have a Team this year, and we’d like you to join us.

There are separate Men’s & Women’s 5K Races and Kids Fun Runs as well as a 1-Mile or 4K Walk. Applications will be available at the Wednesday or Saturday Fun Runs, or you can you the Silk City Team online at <http://www.CTRace.org>. Paper applications should be returned with a check for \$18.00 payable to “CT BHI” to Bekkie or Betty by Saturday, April 9th.

Event Schedule

8:30 AM	Kids 1 Mile Run
8:35 AM	Kids Fun Run
9:00 AM	Men’s 5K
9:45 AM	Women’s 5K
10:45 AM	1 Mile & 4K Walk



**Komen CT Race For The Cure 5K
Bushnell Park - Hartford
Saturday June 11, 2005**

Join the Silk City Striders Team at the Race for the Cure 5K at Bushnell Park in Hartford on Saturday, June 11th. Joyce Thorner is our Team Captain again this year.

You can join the Silk City team online at <http://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 27th.

Event Schedule

8:30 AM	Men’s 5K
9:15 AM	Women’s 5K
10:10 AM	4K Walk
10:15 AM	1 Mile Walk
11:00 AM	Kids 100 Yard Dash (Age 0-5)
11:05 AM	Kids 3/4 Mile Race (Age 6-12)

RACE RESULTS

Please email your results to Steve at webmaster@silkcitystriders.org or call Bekkie at (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. Track Meet results can be especially hard to find, so let us know how your kids do in Track & Field this Spring. Thank you.

RESULTS OMITTED FROM FEBRUARY NEWSLETTER

SANTA'S RUN 3.5 Miles
Glastonbury, CT December 5, 2004

Dennis Mahoney 27:47

LAS VEGAS HALF MARATHON

Las Vegas, NV January 30, 2005

Bekkie Wright 1:39:20
Carole Phelan 2:03:20

GASPARILLA DISTANCE CLASSIC JEEP LIBERTY CHALLENGE

Tampa, FL February 5 & 6, 2005

Bekkie Wright	#3F; #2 F 40+	3:03:30

15K	PR	1:05:41
5K	#1 F40-44	21:54
Half Marathon	#4 F40-44	1:35:55

BOSTON PREP 16 MILER

Derry, NH February 6, 2005

Bob Niedbala 2:22:07



Bob Niedbala at the Boston Prep 16 Miler
Photo Courtesy of Jim Rhodes

HARTFORD TRACK CLUB WINTER SERIES

WALLEY WORLD MAGICAL MYSTERY TOUR

7 Miler
Wallingford, CT February 6, 2005

Steve Morse	#8M; #1 M50-59	46:20
Art Byram		47:41
Daria Vander Veer		58:56

HORACE WELLS 4-MILER

AT CEDAR HILLS CEMETERY
Hartford, CT February 13, 2005

Mike Munroe	#4M; #3 M40-49	25:28
Steve Morse	#3 M50-59	26:16

COLCHESTER HALF MARATHON

Colchester, CT February 26, 2005

John Paggioli		1:28:15
Michael Munroe		1:33:49
Dale Toce		1:34:33
Bill Gaghan		1:42:24
Kim Larsh*		1:43:52
Jay Seney		1:43:53
Joan Munroe	#2 F50-59	1:54:09
Cathi Koehler		1:56:54
Marylou White		2:04:11
Jim Tharp	(finished in bare feet)	2:05:47
Norlean Litwinka		2:07:40

* Member of the 2004 Hartford Women's 10K
"Silk City Striders & Friends" Team

**CLUB CT
BOSTON BUILDUP SERIES**

20K -- Southport, CT February 13, 2005

Mickey Grabner	1:33:45
Bekkie Wright	1:36:02

25K -- Norwalk, CT March 6, 2005

Bekkie Wright	#9F, PR*	2:00:03
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* OK, I admit it ... I've never run a 25K before ... so all I had to do was finish to get a PR.

**BOSTON BLOWOUT
30K -- Fairfield, CT March 20, 2005**

Scott Freeman	#9M; #4 M40-49	2:00:46
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**GREATER SPRINGFIELD HARRIERS
SNOWSTORM CLASSIC #12 5K
Springfield, MA February 19, 2005**

Mike Munroe	#3 M40-49	19:26
Joan Munroe	#5F; #1 F50-59	24:45

**HYANNIS MARATHON & HALF MARATHON
Hyannis, MA February 27, 2005**

Marathon

Bekkie Wright	#9F; #2 F40-49	3:36:28
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Half Marathon

Bob Niedbala	1:53:00
Betty Cannella	2:02:37

**JONES TOWN & COUNTRY
10 MILE ROAD RACE
Amherst, MA February 27, 2005**

Dennis Mahoney	1:27:56
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**STU'S 30K
Clinton, MA March 6, 2005**

Bob Niedbala	2:46:41
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**PARIS HALF MARATHON
Paris, France March 6, 2005**

With over 20,000 Runners, the Semi-Marathon de Paris is a huge event. This year the weather was rather chilly, but Clint toughed it out and finished in the top 25% of the field. Click on link for more:

<http://www.parismarathon.com/semi/2005/us/live.html>

Clint Driscoll	1:44:13
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**WPLR SHAMROCK & ROLL 5K
New Haven, CT March 6, 2005**

Mike Munroe	#4 M40-49	19:06
Joan Munroe	#1 F50-59	24:35

**O'HARTFORD 5K
Hartford, CT March 12, 2005**

Mike Munroe	#8M; #2 M-Master	19:10
Joan Munroe	#3 F-Master	24:49

**THOMPSONVILLE 5K
Enfield, CT March 13, 2005**

Bekkie Wright	#2F; #2 F-Master	21:00
Keith Morgan		26:37

**EHHS PI DAY FUN RUN – 3.14 Miles
East Hartford, CT March 19, 2005**

It was a beautiful sunny day for the 4th Annual Pi Day. This year's run was a fundraiser for the EHHS Girls' Track Team to help pay for a trip to compete in the Penn Relays. (See H.S. Indoor Track Results later in this issue for more on their season.) Thanks to Scott Wojnarowicz for another great race.

Bill McGugan	#4M; #2 M40-49	21:16
Rick Chromik	#3 M40-49	23:44
Clint Driscoll	#1 M50-59	26:02
Janit Romayko	#1 F50-59	28:18
Jim Hodges	#2 M60-69	34:37

SALEM ROAD RACE – 3 Miles
Salem, CT March 19, 2005

Michael Munroe	#3 M40-49	18:09
Joan Munroe	#1 F50-59	22:58
Bob Niedbala		23:02

HOLYOKE ST. PATRICK'S DAY 10K
Holyoke, MA March 19, 2005

Clint Driscoll	48:44
Ken Ballette	51:03
George Ripley	53:06

BROOKLYN HALF-MARATHON
New York, NY March 19, 2005

Mickey Grabner	PR	1:35:18
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LEPRECHAUN 5 MILER
Madison, CT March 20, 2005

Mike Munroe	#6M; #1M40-49	30:18
Joan Munroe	#3 F50-59	39:29

USATF CT INDOOR TRACK & FIELD MEET
New Haven, CT March 20, 2005

	Tris Carta	
200 M		30.75
400 M	3rd Master	1:07.92
800 M		2:46.27
1,500 M	2nd Master	5:12.95

EASTERN STATES 20 MILER
Kittery, ME to Salisbury, MA March 26, 2005

Mickey Grabner	PR	2:36:49
Clint Driscoll		2:47:07
Marylou White		3:04:49

BORDER TO BORDER 10 MILER
Rye, NH to Salisbury, MA March 26, 2005

Bekkie Wright	1:20:41
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WILLIMANTIC EASTER 5K ROAD RACE
Willimantic, CT March 26, 2005

David Bendzinski	#1 M-Youth	22:13
Mike Bendzinski		22:34

BRADLEY AIRPORT 5K & 10K
Windsor Locks, CT March 26, 2005

5K		
Ben Witkowski	#3M; #1 M20-29	18:26
10K		
Mike Munroe	#5M; #1 M40-49	39:44
Joan Munroe	#6F; #1 F50-59	50:45
Keith Morgan	PR	55:18



Mike Munroe at the Bradley Airport 10K
Photo Courtesy of Hi-Tek Racing

Silk City Striders 8 County Challenge
At Least Three (3) Counties Completed as of 4/1/2005

		Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Steve	Morse	X			X			X	
Joan	Munroe	X			X			X	X
Mike	Munroe	X			X			X	X

2004-2005 HIGH SCHOOL INDOOR TRACK & FIELD RESULTS
<http://www.mysportsresults.com>

EAST HARTFORD HIGH SCHOOL Boys & Girls -- Scott Wojnarowicz, Coach

NOTE: The following school records were set in the 2004-2005 Indoor Track Season.
 Boys 55 Meter Hurdles McNeil Johnson 7.80
 Girls Pole Vault Kathryn Vollinger 7'0"
 Girls 4x800 Meter Relay* Allie Lemire, Karina Johnson, Kathryn Vollinger, Joy Osahon 9:43.77
 *Ranked within the Top 65 Teams in the Nation.

ELLINGTON HIGH SCHOOL Boys & Girls -- Aaron Flamino, Coach; Jeff Morgan, Team Member

NOTE: The Ellington team set two (2) meet records at the NCCC Indoor Track & Field Championships: Jeff Morgan in the Boys Long Jump, and Erin Szewc, Johanna Harty, Elizabeth Foster, and Nicole Gottier in the Girls 4x400 Meter Relay.

MANCHESTER HIGH SCHOOL Boys -- Although **Mike Bendzinski** is not the Indoor Track Coach, many of the members of his Cross Country Boys Team also run indoor track, so selected running event results have also been included for the MHS Boys Team.

**NATIONAL INTERSCHOLASTIC
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 New York, NY March 11-12, 2005**

EAST HARTFORD GIRLS
 4x800 Relay #13 Team 9:43.77

MANCHESTER BOYS
 4x800 Relay #17 Team 8:13.97
 High Jump Jonathan Redding - #10 6'2"
 Shot Put Marcus Lucas - #16 48'02.75

**NCCC INDOOR TRACK & FIELD
 CONFERENCE CHAMPIONSHIPS
 New Haven, CT February 2, 2005**

**CCC INDOOR TRACK & FIELD
 CONFERENCE CHAMPIONSHIPS
 New Haven, CT February 5, 2005**

ELLINGTON BOYS - #1 TEAM
 4x200 Relay #1 Team 1:37.72
 Anthony Allegra, Jeff Morgan, Anthony Decina,
 and
 Todd Vivolo
 4x400 Relay #1 Team 3:45.60
 4x800 Relay #1 Team 9:15.44
 1600 Sprint Medley #1 Team 4:01.65
 300 Meter Dash Jeff Morgan - #1 38:11
 Long Jump Jeff Morgan - #1 21'00"
Meet Record

ELLINGTON GIRLS - #2 TEAM
 4x400 Relay #1 Team 4:28.07
Meet Record
 4x200 Relay #4 Team 2:02.57
 4x800 Relay #2 Team 11:34.28
 1600 Sprint Medley #2 Team 4:50.42

MANCHESTER BOYS - #1 TEAM
 4x200 Relay #2 Team 1:37.56
 4x400 Relay #1 Team 3:36.18
 4x800 Relay #5 Team 9:28.70
 1600 Sprint Medley #1 Team 3:47.13
 600M Run Brian Wirtala - #1 1:26.37
 1000M Run Matt Whalen - #3 2:36.83
 1600M Run Scott Perkins - #2 4:40.10

EAST HARTFORD BOYS - #3 TEAM
 55M Hurdles McNeil Johnson - #1 7.88
 Diwani Augustine - #2 8.15
 4x400 Relay #2 Team 3:36.97
 Long Jump Diwani Augustine - #4 20'04"

EAST HARTFORD GIRLS - #13 TEAM
 4x800 Relay #3 Team 10:04.17
 1600 Sprint Medley #4 Team 4:41.88

**CIAC CLASS "LL"
INDOOR TRACK & FIELD CHAMPIONSHIPS
New Haven, CT February 12, 2005**

MANCHESTER BOYS - #5 TEAM

4x200 Relay	#5 Team	1:37.83
4x400 Relay	#4 Team	3:34.44
4x800 Relay	#2 Team	8:14.23
1600 Sprint Medley	#8 Team	3:53.52
1000M Run	Matt Whalen - #1	2:38.83

EAST HARTFORD BOYS - #11 TEAM

4x400 Relay	#10 Team	3:43.03
55M Hurdles	McNeil Johnson - #2	7.75
	Diwani Augustine - #6	8.22
300M Dash	Maurice Calenda - #4	36.92
	McNeil Johnson - #6	37.09
Long Jump	Diwani Augustine - #4	20'06.25"

EAST HARTFORD GIRLS - #13 TEAM

4x200 Relay	#12 Team	1:56.35
4x400 Relay	#10 Team	4:25.10
4x800 Relay	#2 Team	9:52.90
1600 Sprint Medley	#10 Team	4:42.78
Pole Vault	Kathryn Vollinger - #9	*7'0"
	*New School Record	

**CIAC CLASS "S"
INDOOR TRACK & FIELD CHAMPIONSHIPS
New Haven, CT February 12, 2005**

ELLINGTON BOYS - #7 TEAM

4x200 Relay	#4 Team	1:38.22
4x400 Relay	#10 Team	3:46.64
4x800 Relay	#6 Team	8:47.22
1600 Sprint Medley	#5 Team	3:50.14
1600M Run	Hunter Norte - #3	4:33.03
Long Jump	Jeff Morgan - #3	20'08.5"

ELLINGTON GIRLS - #18 TEAM

4x200 Relay	#11 Team	2:00.13
4x400 Relay	#4 Team	4:26.92
4x800 Relay	#10 Team	10:47.18
1600 Sprint Medley	#3 Team	4:33.58
55M Hurdles	Katherine Harty - #4	9.34

**CIAC STATE OPEN
INDOOR TRACK & FIELD CHAMPIONSHIPS
New Haven, CT February 19, 2005**

ELLINGTON BOYS

4x200 Relay	#13 Team	1:37.33
1600 Meter Run	Hunter Norte - #11	4:36.44
Long Jump	Jeff Morgan - #11	20'00.5"

ELLINGTON GIRLS

1600 Sprint Medley	#12 Team	4:43.16
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MANCHESTER BOYS - #4 TEAM

4x200 Relay	#12 Team	1:37.16
4x400 Relay	#11 Team	3:36.38
4x800 Relay	#2 Team	8:09.67
1000M Run	Matt Whalen - #4	2:37.07

EAST HARTFORD BOYS - #18 TEAM

55M Hurdles	McNeil Johnson - #2	7.80
	Diwani Augustine - #7	8.20
Long Jump	Diwani Augustine - #4	20'10.75"

EAST HARTFORD GIRLS - #24 TEAM

4x800 Relay	#2 Team	9:46.59
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**NEW ENGLAND INTERSCHOLASTIC
INDOOR TRACK & FIELD CHAMPIONSHIPS
Boston, MA March 4, 2005**

EAST HARTFORD BOYS

55M Hurdles	McNeil Johnson	7.98
Long Jump	Diwani Augustine - #10-	20'09.25"

EAST HARTFORD GIRLS

4x800 Relay	#5 Team	9:45.05
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MANCHESTER BOYS

4x800 Relay	#11 Team	8:26.66
1000M Run	Matt Whalen - #7	2:35.10

**Manchester Midnight Invite Track & Field Meet
M.H.S. Friday, May 6, 2005 4:30-10 PM**

**Hartford Public H.S. Track & Field Invitational
Trinity College Saturday, May 14, 2005**

Why Monkeys Don't Run Marathons

By Art Byram

from an article in *Nature*

by Dennis M. Bramble from the University of Utah
& Daniel E. Lieberman from Harvard University



(NOTE: To view the original article go to: <http://www.fas.harvard.edu/~skeleton/pdfs/2004e.pdf>)

What is the human body truly designed for? Clearly it was not for battle as we are not equipped with sharp teeth, or the massive forearms, of our close relatives of the ape family like the Gorilla. We were not built for bursts of speed and mobility either as compared to almost all quadrupeds like lions, tigers, antelope and bears. Because we lag behind the animal kingdom in our ability to sprint, scientists have long ignored the possibility that running played a major part in the evolution of *Homo Sapiens*. Instead they have concentrated on the role walking may have played in evolution. So how fast are we as a species? We know we will lose the short races to our four footed friends, but how do we stack up against the other animals over longer distances? Are we left in the dust once again?

Last November two scientists, Dennis M. Bramble, from the University of Utah & Daniel E. Lieberman, from Harvard University published an article in *Nature*, entitled "Endurance Running and the Evolution of *Homo*" which identified endurance running as a critical factor in the evolution of humans. They assert that humans are built the way we are in order to allow us to run long distances.

Just like early stage fitness enthusiasts, we humans walked before we ran. We walked for almost three million years. However as humans, we had a need for speed, and there apparently came a point in time where walking would not get us where we needed to go quickly enough, and we needed to try something faster and more efficient. Bramble and Lieberman measure effort expended as "the metabolic cost of transport" (COT). According to their article "running becomes less costly than walking" at 2.3 to 2.5 meters per second. And so, around 2 million years ago, we began with the simple desire to improve the quality of life through running.

Have you ever seen a monkey run a marathon? No, and its not just because nobody ever thought of it. Monkeys cannot engage in endurance running because they are simply not built for it. They lack most of the necessary anatomy for running that humans have developed, including the *gluteus maximus*, a major component of our massive spring mechanism. Humans also have amazingly energy efficient feet with the elastic characteristics of the longitudinal arch "returning almost 17% of the energy generated" during each stride. Humans also have a larger surface area of their joints, allowing them to dissipate the massive shock delivered to their skeleton during each heel strike. Unlike our fellow primates, we have the ability to remain relatively stable as we run. We do this through a combination of features such as an elongated neck, and independent rotations within our trunk. We are also able to handle the heat better than other primates are, partly due to our elongated body shape and the particular way we sweat.

These traits may have developed to support the endurance running that was utilized for millions of years by the earliest humans in their quest to reach food before the competition. Maybe that's why after 2 million years we still appreciate a good post race meal. We may have started out walking but we have evolved into long distance running machines.

So if you feel the need to race animals outside of your species, make sure it's a long race and you should do fine, as we were all born to run.

St. George said, "You are called to be poet, artist, philosopher, saint and athlete...but first and foremost be a good animal".

RACE CALENDAR

Date	Time	Race	Place	Contact	Telephone	
Sa	Apr 2	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green)	Mike Bradley	860-872-0528
Sa	Apr 2	9:30 AM	12th St. Joseph's 3M	Baltic	Glen Costello	860-886-2828
Sa	Apr 2	10:30 AM	April Fool's 5K & 2M Walk	Washington Depot	Michael Hall	860-354-9191
Su	Apr 3	11:00 AM	Spring Half-Marathon	Westfield, MA (Boys/Girls club)	Gordon Bates	413-568-7975
Su	Apr 3	9:00 AM	Danbury Half Marathon & 5K	Danbury (Rogers Park)	John Bysiewicz	203-481-5933
Su	Apr 10	8:30 AM	Tortoise & Hare 5K	Danbury (Danbury Fair Mall)	Chris Barrett	203-790-0032
Su	Apr 10	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.)	R & H Rusinek	516-487-9502
Sa	Apr 16	10:00 AM	18th CSCPA Tax Track 5K	W.Hartford (MDC Reservoir)	Scarlet Riley	860-379-2536
Sa	Apr 23	9:00 AM	14th Hebron Road Race 5K	Hebron (RHAM H.S.)	Rob Davis	860-228-5971
Sa	Apr 23	10:00 AM	Flanders 5K	Hamden (Quinnipiac College)	Race Director	860-739-6788
Su	Apr 24	Noon	26th Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall)	Mark Demming	860-241-8646
Su	Apr 24	9:00 AM	19th Leatherman's Loop 10K Trail	Cross River, NY (Ward Pd Res)	Tony Godino	914-234-0289
Su	Apr 24	11:00 AM	22nd James Joyce Ramble 10K	Dedham, MA (Endicott Estate)	Martin Hanley	781-686-1500
Su	Apr 24	8:00 AM	Runner's World 1/2 Marathon, 5K	Allentown, PA	Race Director	?
Su	Apr 24	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park)	Race Director	203-238-1005
Su	Apr 24	?	Support Our Soldiers 5K	Danbury (Army Reserve Ctr)	Arlindo Almeida	203-797-0547
Su	May 1	1:00 PM	Glastonbury River Run 5K	Glastonbury (Old Maid Lane)	Beth Shluger	860-652-8866
Su	May 1	1:00 PM	33rd Granby 10K	Granby (Memorial H.S.)	Don Housmann	860-653-6209
Su	May 1	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis. Ctr)	Fred Pilon	413-243-0101
Su	May 1	10:00 AM	15th Day School 4M	Middlefield	Annie Reilly	860-347-7235
Su	May 1	8:30 AM	27th Minuteman 5M	Westport (Compo Beach)	Karen Lexow	203-222-1388
Su	May 1	10:00 AM	Spring Into Motion 5K	Wolcott	Carla Goldstone	203-879-1274
Su	May 1	1:00 PM	Palmgren 10M & 5K	Worcester, MA	Race Director	508-755-4871
Sa	May 7	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 7	10:15 AM	19th Sharon 5M	Sharon (The Green)	Karen Dignacco	860-364-0407
Su	May 8	10:00 AM	Mother's Day Dash 5K	Vernon (Henry Park)	Race Director	860-870-3520
Fr	May 13	6:00 PM	Rose City Challenge 10M	Norwich (Dodd Stadium)	Race Director	203-481-5933
Sa	May 14	10:00 AM	34th Shad Derby 5K	Windsor (Sage Park Mid. School)	Race Director	860-683-0653
Sa	May 14	12:30 PM	32nd Springtime Festival 5K	Danielson (Davis Park)	Tracy Waggoner	860-779-5390
Su	May 15	9:00 AM	21st Soapstone Mt. Trail 14.5/3.9M	Stafford Springs (Hendel Rd.)	Jerry Stage	860-683-0653
Su	May 15	8:30 AM	Spirit of Stamford	Stamford (Scalzi Park)	Matthew Cross	203-322-1456
Fr	May 20	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park)	Kurt Hansen	860-536-0060
Sa	May 21	9:00 AM	23rd Submarine Base 10K	Groton (Dealy Center)	Michael Hedman	860-694-5156
Sa	May 21	8:00 AM	Bobby's Run 8M/3M	Vernon (Northeast School)	Steve McLaughlin	860-543-4047
Su	May 22	9:00 AM	Brooksvale Boogie 3M Trail XC	Hamden	Dorothy Baker	203-288-5482
Su	May 22	10:00 AM	12th Mid-May 4M	Fairfield (Sherman Green)	Marty Schaivone	203-374-6433
Su	May 22	9:00 AM	11th Guilford 5M	Guilford (Jacobs Beach)	John Bysiewicz	203-481-5933
Su	May 22	9:00 AM	Library 5K Challenge	Newington (Mill Pond Park)	Kevin Mason	860-966-8440
Su	May 22	10:15 AM	Ellington H.S Booster's 5K	Ellington	Shaun Harrington	860-871-8742
Fr	May 27	8:00 PM	12th Moonlight Run 5K	New Milford (Young's Field Road)	Wallie Jahn	860-354-9191
Sa	May 28	9:00 AM	"Delaney Dash" 5M	Old Saybrook (Fort at Say.Pt.)	Pete Volkmar	860-437-7247
Sa	May 28	8:30 AM	12th Memorial Day 5K	Weston (Weston High School)	Julie Sidhu	203-544-9921
Sa	May 28	10:00 AM	Bolton Road Race 5M	Bolton (Bolton High School)	Elise Fiorentino	860-649-9525
Su	May 29	10:20 AM	18th Memorial Mile 1M	E. Hartford	Jim Uhrig	860-282-8240

RACE CALENDAR, continued

Date	Time	Race	Place	Contact	Telephone	
Mo	May 30	8:30 AM	Blue Onion 10K/10K Walk	Hartford (Dillon Stadium)	Beth Shluger	860-652-8866
Mo	May 30	9:00 AM	25th Woodstock 10K	Woodstock	Barry Kromer	860-928-1828
Mo	May 30	10:30 AM	Bloomfield 3M	Bloomfield	Race Director	860-243-2923
Mo	May 30	11:00 AM	28th Washington Trail 10K	Durham (Coginchaug H.S.)	Jill Phillips	860-349-2332
Mo	May 30	Noon	21st Memorial 5M	Norfolk (Mt. Road)	Race Director	860-542-5679
Sa	Jun 4	9:30 AM	Lauren's Run 5K	Cromwell (Watrous Park)	Race Director	860-896-0518
Sa	Jun 4	10:15 AM	Freihofer's Run for Women 5K	Albany, NY (Empire State Plaza)		www.freihofersrun.com
Su	Jun 5	9:30 AM	18th Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	Terri Dolbec	860-523-3226
Su	Jun 5	8:00 AM	Iron Horse Half Marathon	Simsbury (Iron Horse Bvd)	Beth Shluger	860-652-8866
Sa	Jun 11	8:30 AM men 9:15 AM women	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	Race Director	860-224-5RUN
Su	Jun 19	9:00 AM	Father's Day Dash 5K	Ellington (Brookside Park)	Bill Metzger	860-875-2077

SPRING 2005 MARATHON/ULTRA CALENDAR

Date	Time	Race	Place	Contact	Telephone	
Su	Apr 17	8:30 AM	New Jersey Marathon	Long Branch, NJ	Art Castellano	732-578-1771
Mo	Apr 18	Noon	109th Boston Marathon	Hopkinton, MA	Race Director	508-435-6905
Su	Apr 24	7:00 AM	Lake Waramaug 50K, 50M, 100K	New Preston	Bert Meyer	203-431-4855
Su	May 1	8:00 AM	33rd Long Island Marathon (&half)	E. Meadow, NY (Eisenhower Pk)	Tedd Bial	516-572-0248
Su	May 1	8:00 AM	43rd Race of Champions Marathon	Holyoke, MA (Mt. Tom)	Peter Stasz	413-734-0955
Su	May 15	7:00 AM	23rd Sugarloaf Marathon/15K	Eustis, ME (Cath. Pines Camp.)	Sue Foster	207-237-6830
Su	May 29	8:05 AM	17th Vermont City Marathon	Burlington, VT (Battery Park)	Race Director	800-880-8149
Su	May 29	7:00 AM	31st Ottawa Marathon	Ottawa, ON	Jim Robinson	613-234-2221
Su	Jul 10	7:00 AM	Seafair Marathon	Bellevue, WA	Race Director	206-728-0123

**2005 USATF GRAND PRIX SERIES CALENDAR**

Date	Time	Race	Place	Contact	Telephone	
Su	Jun 19	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su	Jun 26	8:30 AM	Fairfield Half Marathon and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Su	Jul 10	Noon	USATF/CT Outdoor Track Meet*	New Haven (SCSU)	CT USATF	860-485-1506
Th	Aug 11	6:20 PM	River Run (Corporate Classic) 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Mo	Sep 5	8:30 AM	New Haven Road Race 20K and 5K	New Haven Town Green	John Bysiewicz	203-481-5933
Su	Oct 16	11:00 AM	Stenger Farm Cross-Country 5K	Madison (Stenger Farm Park)	Kevin Grant	860-877-0226
Su	Oct 23	9:00 AM	Mystic Places Marathon & 10M	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su	Nov 6	10:00 AM	Sunny Brook Cross-Country 5K	Torrington (Sunny Brook St. Pk)	Will Graustein	860-485-1506
Sa	Nov 19	10:00 AM	HTC Cross-Country Challenge 8K	Farmington (MDC Reservoir)	Will Graustein	860-485-1506
Sa	Nov 26	9:30 AM	Cow Chip Cross-Country 5K	Trumbull (Trumbull H.S.)	Marty Schaivone	203-374-6433

*For more information about Track & Field Events contact Bill Mongovan at gatewaytc@aol.com

SILK CITY STRIDERS -- 2005 EVENT CALENDAR
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- APRIL** - Tuesday Track Workouts begin Tuesday, April 4
Boston Marathon Excursion.....Monday, April 18
- MAY** - Bobby's RunSaturday, May 21
Sunday Bike Rides begin
- JUNE** - Lake Terramuggus Sprint Tri Training Series Thursday Nights - TBA
- JULY** - Wickham Park Cross Country Series Monday Nights - July 11 & 25
Lake Terramuggus Sprint Tri Training Series.....Thursday Nights - TBA
Summer Picnic at Blish Park - Lake TerramuggusSunday, July 17/24
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic Saturday, August 6
Wickham Park Cross Country Series Monday Nights - August 1, 8 & 22
Lake Terramuggus Sprint Tri Training Series.....Thursday Nights - TBA
- SEPTEMBER** - Nikki's Run Walk 'N' Roll..... Sunday, September 11
Fred Brown Lake Winnepesaukee Relays Saturday, September 24
- OCTOBER** - Halloween Pot Luck Supper..... Saturday, October 29
- NOVEMBER** - New York City Marathon ExcursionSunday, November 6
Parker Holt 5KSunday, November 13
Know Your Pace Race Saturday, November 19
Manchester Road Race..... Thursday, November 24
- DECEMBER** - Silk City Holiday Open House.....Sunday Afternoon
following Santa's Run in Glastonbury

TIME TO RENEW YOUR MEMBERSHIP FOR 2005

If you haven't done so already, it's time to renew your Silk City Striders membership for 2005. Dues are \$12.00 for a single membership, and \$15.00 for a family membership. 2005 dues should be mailed to the Treasurer, Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033. **In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. Thank you.**

COACH'S CORNER: "A Banana a Day Keeps the Doctor Away!"

By Lula Vecchi, Diablo Cyclists, Walnut Creek, CA

<http://www.diablocyclists.com/FitnessHealth/InterestingFactsBanana.htm>

If you want a quick fix for flagging energy levels there's no better snack than a banana. Containing three natural sugars - sucrose, fructose and glucose - combined with fiber; a banana gives an instant, sustained and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions making it a must to add to your daily diet.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito Bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

PMS: Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool! temperature.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Warts: Those keen on natural alternatives swear that, if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.

Next Board of Directors Meeting - Saturday, May 14, 2005 - 10:00 AM

DEADLINE FOR NEXT NEWSLETTER: May 28, 2005



2nd Annual Bobby's Run
Northeast School, Vernon, CT
Saturday, May 21, 2005, 8:00 a.m.

Entry Form

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Male Female

Race Distance (Check One): 8 Miles 3 Miles

Awards will be given to the Top 3 Male & Top 3 Female Runners in the 8 Mile event.

WAIVER:

I know that participating in a road race is a potentially hazardous activity. I will not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risks of running in traffic. I also assume any and all other risks associated with running this event and its related activities, including but not limited to; falls, contact with other participants, effects of the weather, including high heat and/or humidity; and the other conditions of the roads, intake of food or beverage provided at the race; all such risks being known and appreciated by me. Knowing these facts and in consideration of you accepting my entry fee, I hereby, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Silk City Striders, Race officials, Volunteers, any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims, liabilities for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event. This release or waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, know and unknown. Application of minors under 18 will be accepted on/with a parent's signature.

Athlete's Signature (Parent's signature if athlete is under 18 years of age)

Date

Entry Fees: \$10 - Entire fee will be donated to the Bobby Bonadies Scholarship Fund at Rockville High School

Make checks payable to: Silk City Striders

Mail Entry form to: Art Byram, 57 Pippin Drive East, Glastonbury, CT 06033

40 Spruce Street
Manchester, CT 06040



DEADLINE FOR NEXT NEWSLETTER: May 28, 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 Steve at (860) 543-4047 or via email at webmaster@silkcitystriders.org.