



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

SUMMER'S LAST HURRAH

I know it's not news to you, but the fact that it is now August means that Summer is drawing to a close. There are still plenty of activities to keep you busy before the cool weather sets in.

The following are a few upcoming calendar items that might interest you.

- #1 **SCS Family Picnic at Patriot's Park in Coventry – Sunday, August 10th 1-5 pm.**
- #2 Two more Wickham Park Cross Country Series Races – Monday, August 11th & 18th.
- #3 Last Glastonbury Fun Run – 2.4 or 3.5 Mile Races – FREE - Tuesday, August 12th
- #4 CATS Summer Triathlon Training Series in Farmington – Tuesday, August 12th & 19th.
- #5 Terramuggus Triathlon Training Series in Marlborough – Thursday, August 21st 6:30 pm
- #6 New Haven Road Race 20K & 5K – Monday, September 1st
- #7 Fred Brown Lake Winnepesaukee Relays – Saturday, September 20th

The Silk City Striders hope to have several teams at the Lake Winnepesaukee Relays again this year. So far, we have a confirmed Men's Masters Team consisting of Steve McLaughlin (Team Captain), Jim Best, Joe Damon, Scott Freeman, Bill McGugan, Randy Potterton, Jay Seney, and myself. At this writing, we also have enough runners to put together a Women's Masters team. Anyone else who is interested in participating should contact Sue Leslie (644-1804) or Bekkie Wright (295-1357) so the rosters can be finalized and reservations made.

Keep on runnin'! – Jim

NOTE:

**PARKER HOLT 5K
& 1/2 Mile Kids Race
APPLICATION
is now available
on the Website**

**(or attached to this Newsletter,
if you don't have email)**

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2003 BOARD OF DIRECTORS**Officers**

President:	Jim Whitehouse	432-4997
Vice President:	Cathy Logiudice	649-8700
Treasurer:	Steve McLaughlin	295-1357
Co-Secretaries:	Merle Stoner	647-9503
	Joyce Thorner	667-4972

Board Members

		<i>Term</i>
Betty Cannella	872-5903	2003-2005
Sue Leslie	644-1804	Ex-Officio
Ellie Lowell	429-3800	2002-2004
Rick Parr	742-9818	2001-2003
Karen Saunders	643-9125	2002-2004
Barry Stoner	647-9503	2002-2004
Jim Tharp	646-5155	2003-2005
Bekkie Wright	295-1357	Ex-Officio

Uniforms

Chairperson:	Sue Leslie	644-1804
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Newsletter

Staff:	Karen Saunders - Editor	
	Jim Best - Race Calendar	
	Barry Stoner – Coach’s Corner	
Production:	K. Saunders, B. Wright	
	S. McLaughlin, J. Best,	
	B. Stoner, staff contributions	

Saturday Morning Fun Runs - 8:30 am
Manchester Community College /
Bennet Middle School

Saturday morning runs will be held at MCC until August 30, 2003. After Labor Day we will move to Bennet Middle School to run the Manchester Road Race course until New Years.

Tuesday Track Workouts - 6:00 pm
Manchester High School Track*

*Will resume in the Spring.

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

Come join us for the “Spring Street Loop.”
 Runners of all abilities are welcome.

CLUB NEWS & EVENTS

SUMMER PICNIC
PATRIOT’S PARK - Coventry
SUNDAY, AUGUST 10

Bring your favorite dish (you can even cook on the grill). Silk City has the park reserved for 1:00 – 5:00pm. Parking is free.

Bring your softball mitt, bathing suit and kayak. It’s always a good time with plenty of participation. The entire family is invited.

Directions to Patriot’s Park – Coventry Lake
From Manchester

Take Route 44 East. Stay on Rt. 44 East until the traffic light just past Highland Park Market on your right. Turn right onto Rte 31 South for about 4¼ miles. Turn right onto Lake Street (just pass gas station on right). Entrance to Patriot’s Park is about 3/10 mile on the right. If you see the State Boat Launch sign, you’ve gone too far.

DON’T PARK IN CEMETERY PARKING LOT – YOU’LL BE TICKETED.

From Rte 84:

Take exit 67 for Rte 31 (Vernon/Coventry/Tolland). Stay on Rte 31 until it ends at the light. Turn left onto Rte 44 East. Turn right onto Rte 31 at the next traffic light (Highland Park Market on right). Follow the above directions to Patriot’s Park.



MORE CLUB RUNS

Monday Nights in Bolton - 5:30 pm Bolton High School

Hills ... you know 'em ... you love 'em. Meet on Monday nights to run the 5 mile Bolton Road Race Course.

Thursday Night Hill Repeats - 5:30 pm Bolton High School

The hills of Bolton are notorious, so what better place to do your weekly Hill Workout. Start at the High School and take the challenge. You know it will make you stronger.

Thursday Rail Trail Runs - 4:30 pm Rt. 85 Lumber – Hebron

Looking for something off-road, but without the roots & rocks? Meet the Striders at the parking lot near Rt. 85 Lumber in Hebron on Thursday afternoons at 4:30 for a run on the Airline Trail. This is a section of "Rail Trail" composed of finely crushed gravel which stretches from Hebron to East Hampton.

If you would like to know more about these runs contact Steve McLaughlin at 295-1357.

GLASTONBURY FUN RUNS LAST CHANCE

Tues. Aug. 12 - 6:50 pm Glastonbury Hill School

Runs include a 1 mile (children race), as well as a 2.4 and 3.5 mile run.

PARKER HOLT 5K October 5, 2003 – 9:00 AM VOLUNTEERS NEEDED

Volunteers are needed to help out with course monitoring, timing and registration on Race Day. Please contact Steve if you are interested 295-1357.

MONDAY, AUGUST 11 is SILK CITY STRIDERS NIGHT at the Wickham Park Cross Country Series

Wear your Uniform, and bring along any memorabilia to share with your fellow runners. Even if you don't want to run, we'd love to have you come and cheer us on. Who knows, maybe we can even drum up a few members.

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

Sponsored by:

The Journal Inquirer	Wickham Park
The Silk City Striders	The Outback Steakhouse

DATES: MONDAYS NIGHT - AUGUST 11 & 18 AT WICKHAM PARK

Meet at back parking lot where the State High School Races finish.

Time and Distance

6:00 pm, First 3 age groups
1 Mile for ages 13 and under
6:30 pm, Older age groups
2.6 Miles for ages 14 and older

Entry fees: \$3.00 (13 and under)
\$4.00 (14 and up)

Trophies will be presented to the top 2 finishers in each Age Group and medals to any other runner completing 4 of the 5 races in the series.

Age Groups :

Boys and Girls

1 Mile Race – 9 and under, 10-11, 12-13

Men and Women

2.6 Mile Race - 14-15, 16-18, 19-29, 30-39,
40-49, 50-59, 60 and older

Age: Based on Age as of July 7, 2003

For More Information contact:

Mike Bendzinski 649-6426

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.

<p align="center">Sprint for Dare 5K Monroe, CT June 1, 2003</p>			<p align="center">Niantic Bay 10K June 13, 2003</p>		
Jim Tharp		17:52	Jim Tharp	5th overall	36:54
			Mike Munroe	7th overall	37:29
			Bob Niedbala		47:55
			Eva Tharp		48:39
			Joan Munroe		54:24
<p align="center">Iron Horse Half Marathon Simsbury, CT June 1, 2003</p>			<p align="center">Celebrate West Hartford 5K June 14, 2003</p>		
Mark Shok	20th overall	1:28:49	Ed Gregory		26:47
John Sloan		1:39:28			
Barry Stoner	4th 60+	1:59:22			
Betty Cannella		1:58:26			
Jennifer Freeman		2:09:11			
Pat DeSimone		2:28:29			
<p align="center">Covered Bridges Half Marathon Quechee, VT June 1, 2003</p>			<p align="center">Ellington Father's Day 5k June 15, 2003</p>		
Marylou White		1:48	Mike Munroe	2nd overall	17:39
				1st M	
			Yolanda Flamino	4th overall	17:51
				1st F, 1st F20-29	
			Mike Bendzinski	1st GM	19:10
			Tim Blinn		19:25
			Steve McLaughlin		19:41
			Lance Flamino		19:46
			Bekkie Wright	3rd F overall	20:54
				1st MF	
			Jim Whitehouse		21:38
			Clint Driscoll		22:11
			George Young		24:53
			Sue Leslie	2nd GMF	24:55
			Betty Cannella	2nd MF	25:19
			Randy Potterton		25:24
			Jill Ramos	2nd SMF	25:32
			Joan Munroe	3rd MF	25:53
			Randy Flamino		29:29
<p align="center">Shamrock Duathlon Glastonbury, CT 6/8/03 5k run, 15 mile bike, 5k run</p>			<p align="center">Branford Road Race 5 miler June 15, 2003</p>		
Joe Damon		1:39:37	Debbie Thurston		49:39
Lynn Damon		1:54:36	Bill Schwarz		49:40
John Salcius		1:58:50	John Yavis		50:38
Marylou White		2:17:32	Joyce Thorner		51:55
<p align="center">Rose City Challenge 10 miler Norwich, CT June 8, 2003</p>					
Jim Tharp		1:11:25			
Steve McLaughlin*		1:13:31			
Jim Whitehouse*		1:20:37			
Bob Niedbala		1:25:23			
Randy Potterton*		1:37:52			
<p>*USATF Grand Prix Race Men's Master Team</p>					
<p align="center">Smith College All-Comers Meet Northampton, MA 1 mile</p>					
Jim Tharp		4:58:07			

**Mount Greylock half marathon
Pittsfield, MA June 15, 2003**

This is a very tough half marathon that winds up Mount Greylock then finishes with a precipitous descent! Jim Tharp's friend Peter took a wrong turn midway through and ended up going down a cliff and having to ascend back up using manmade foot holds in the cliffs!

Jim Tharp 2:10

**Mount Washington Road Race 7.6 miles
Gorham, NH June 21, 2003**

It was a beautiful day for a hike or run. On the day of the summer solstice, when many hikers and runners traverse the Presidential range to celebrate, Steve McLaughlin celebrated in his own way by running the Mount Washington Road Race up the Auto Road. Bekkie & Adam worked the Water Stop at Mile 6.

Steve McLaughlin 1:40:12

Former Striders & Strider Relatives who also ran

Kevin Vigue 1:38:36
Lavinia Vigue 1:54:04
Mike Salcius 2:04:06

**Fairfield Half Marathon
June 22, 2003**

Jay Seney 1:29:50
Jim Whitehouse 1:42:19
Bekkie Wright 1:44:35
Rick Chromik 1:46:45
Bob Niedbala 1:49:28
Barry Stoner 1:57:53
Randy Potterton 2:07:20

**Colchester 5K
June 22, 2003**

Mike Munroe 3rd overall 17:57
1st M
John Salcius 25:11



**Riverfest 5K
East Hartford, CT July 5, 2003**

Silk City had a strong showing at this well established race. The Grandmasters (GM) and Veterans (V) did especially well!

Mike Munroe 4th overall 17:49
3rd M
Bill McGugan 19:28
David Laporte 19:35
Mike Bendzinski 19:48
Jim Best 1st V 21:03
John Sloan 21:01
Jim Whitehouse 21:23
Bekkie Wright 2nd MF 22:21
Steve McLaughlin 22:24
Rick Chromik 23:44
Cathy Logiudice 1st GMF 25:16
Sue Leslie 2nd GMF 25:24
Randy Potterton 25:35
Joan Munroe 26:11
Ed Gregory 3rd V 28:16

**Liberty Bank 4 miler
Middletown, CT July 20, 2003**

Jay Seney 25:40
Anne Leonard 3rd 20 – 29 27:27
John Sloan 28:14
Daria Vander Veer 29:24
Bekkie Wright 31:07
Sue Leslie 32:42
Cathy Logiudice 34:28

**Fireman's Field Day 10K
Phippsburg, ME July 27, 2003**

Jim Best 1st 60-69 45:50

**Johnny Kelley Road Race 11.6 miles
Ocean Beach, CT August 2, 2003**

Bill McGugan 1:32:19
Bill Schwarz 1:32:58
Rick Chromik 1:35:42
Bob Niedbala 1:37:55
Randy Potterton 1:49:08
Cathy Logiudice 1:49:18
Janit Romayko 2:00:47
Barry Stoner 2:26:23

**Beach to Beacon 10K
Cape Elizabeth, ME August 2, 2003**

Steve McLaughlin 40:48
Bekkie Wright 45:16

WICKHAM PARK Summer XC Series

A special thanks to Sue Leslie for getting these results and the Riverfest results. It is very much appreciated.

WEEK 1 - July 7, 2003**ADULT RACE 2.6 miles**

Mike Munroe	14:49
Steve McLaughlin	15:33
Tim Blinn	15:46
Jay Seney	15:53
Mike Bendzinski	15:57
David Laporte	16:08
Doug Flamino	16:14
Jim Whitehouse	17:02
Bekkie Wright	18:02
Clint Driscoll	18:33
Sue Leslie	20:47
Randy Potterton	20:52
Joan Munroe	21:07
Cathy Logiudice	21:20
Jill Ramos	21:43
Janit Romayko	24:18
Jim Hodges	26:01

YOUTH RACE - 1 mile

Dave Bendzinski	7:11
Brian Seney	8:44
Chrissy Bendzinski	8:44
Rachel Blinn	10:02

WEEK 2 - July 14, 2003**ADULT RACE 2.6 miles**

Drew Best	1st overall	12:32
Jim Tharp		14:17
Mike Munroe		14:23
Steve McLaughlin		15:23
Mike Bendzinski		15:26
Tim Blinn		15:37
David Laporte		15:39
Doug Flamino		15:42
Jay Seney		15:44
Jim Whitehouse		16:54
Clint Driscoll		17:16
Jeff Thornton		17:36
Bekkie Wright		17:40
Sue Leslie		20:13
Joan Munroe		20:21
Randy Potterton		20:22
Cathy Logiudice		20:31
Kathy Thornton		21:06
John Salcius		21:09
Jill Ramos		21:17
Ed Gregory		22:17
Janit Romayko		23:15

YOUTH RACE - 1 mile

David Bendzinski	6:54
Brian Seney	8:35
Alicia Blinn	9:24
Rachel Blinn	9:45

WEEK 3 - July 21, 2003**ADULT RACE 2.6 miles**

Jim Tharp	14:19
Mike Munroe	14:59
Doug Flamino	15:30
Steve McLaughlin	15:37
Tim Blinn	15:39
Jay Seney	15:46
Mike Bendzinski	15:47
Tony Hollister	16:47
Jim Whitehouse	16:51
Clint Driscoll	17:29
Bekkie Wright	18:24
Randall Potterton	20:16
Marylou White	20:40
Jill Ramos	20:41
Joan Munroe	20:46
Barbara Maloney	21:21
Kathy Thornton	21:26
Janit Romayko	24:39
Jim Hodges	28:06

YOUTH RACE - 1 mile

David Bendzinski	7:12
Alicia Blinn	9:20
Rachel Blinn	10:15

AGE GROUP STANDINGS After Week 3

are available on the Website or at the Next Race

Races, Triathlons submitted by Jim Tharp

Jim is back on the running/triathlon scene and doing well! Following are some events he has done.

Niantic Bay 10K June 13, 2003

Jim Tharp	36:54
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Lake Terramuggus Triathlon June 26, 2003**1/4 mile swim, 11 mile bike, 5k run**

Jim Tharp	1:08:28
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Bethel 5 miler July 4, 2003

Jim Tharp	32:14
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Hollister, MA Triathlon July 6, 2003**1/2 mile swim, 15 mile bike, 5 mile run**

Jim Tharp	59th overall	1:34:13
	8th master (field of 300+)	

CATS Summer Tri Series**Farmington, CT July 8, 2003****1/4 mile swim, 7.5 mile bike, 5k run**

Jim Tharp	8th overall	52:37
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“Are You Kidding Me?”

by Steve McLaughlin

That was my first thought when we pulled into the parking lot next to the Toll House at the base of the Mt. Washington Auto Road. I had already spent the past 24 hours wondering why I had decided that it was a good idea to run up Mt. Washington. Now, standing in the field looking up at the mountain I knew why I'd been nervous for the last day. From that field you look up a large mountain that seems to rise straight up to the sky. After a moment you realize that the mountain you are looking at isn't Mt. Washington. Washington is that little speck of a mountain that rises behind the giant mountain.

We arrived two hours early because Bekkie and Adam needed to check in with the Race Director, Bob Teschek, to get their assignments. Anyone who knows me knows that I would have been there two hours early anyway.

Two hours gave me just enough time to go the bathroom (5 times), go back to the car (at least 5 times) and to adjust my time goal. Time goal? Yes, there's always a time goal. Someone told me that the 7.6 mile trip up the Auto Road would take about the same amount of time as running a half marathon. That put my time goal at about 1:33 given my current conditioning. But the best men's time is 58 minutes which is just under the best time for a half marathon and the best half marathoners in the world aren't known to run up mountains. So, I figured that a good half marathon time was 1:05 and I did the math. A half marathon is 13.1 miles and 7.6 times 2 is 15.2 so I adjusted my time goal by adding 7 minutes to my original goal. My new goal was 1:40. I worked these complicated calculations over and over in my head as I sat in the field and watched the other 600+ crazy people prepare for the race. I'll get back to my time goal in a little while.

I was amazed to see people warming up on the first part of the Auto Road. I opted for a few slow jogs around the Toll House. I figured 7.6 miles of uphill was enough for one day. Most of my warm-up consisted of running into the woods to address over hydration issues (and nerves). About a half hour before the start Adam and Bekkie piled into one of the white and green auto road vans for their ride to the water stop just before the mile 6 marker. That left me alone to either line up for the race or get in the car and head for the figurative hills...since I was already in the literal hills!

I remember being nervous before my first Manchester Road Race and my first marathon and especially before my first Boston Marathon. You know the feeling. In the days leading up to the race your stomach does a complete flip every time your mind turns to the race. Mt. Washington was the first time in years that I was actually nervous before a race. I'm pretty sure the last time was before my first and only attempt at a triathlon and that's because I thought I was going to drown. Apparently, so did the lifeguard who stayed with me for the whole swim. But that's another story.

Finally, it was time to find a spot in the middle of the pack behind the starting line. I told myself, needlessly as it turned out, to start slow and save a lot because it was a long climb. There were a few speeches that I couldn't really hear and then someone reminded us that there was "Only One Hill". The cannon sounded and we were off. The start is worth mentioning because it's downhill of all things. That's right, it's downhill for about 20 yards which brings the obligatory jokes about it not being too bad and are we almost there yet. Then it flattens out for a 100 yards and then you enter the woods and start up the steepest hill you've ever tried to run. So, let's review. You've been running for about a minute and your heart rate monitor just exploded on your wrist and all of a sudden the jokes stop – completely. The only sound you hear is your own breathing. But don't fear because up ahead is a curve in the road and, as we all know, after a curve the road flattens out, right? OK – so maybe not after the first curve but definitely after the next curve. There's got to be a flat spot somewhere. After about 5 turns it finally dawned on me that the hill wasn't going to stop until it was good and ready.

Let's go back to the first few minutes of the race. It's hard. It's really, really hard. You're ready to run, it's the beginning of the race there's plenty of gas in the tank. But you're hardly moving. Picking your head up off your chest you see that others around you are walking. You heard me right, people are walking and the race is only five minutes old. These people are never going to make it. Then another realization hits you. They're passing you. They're walking and they are going faster than you are and you're running. There's something wrong here. There's only one thing to do. You walk, and then you run, and then you walk, and then you run. I bet you're starting to get the picture. At one point I decided to use my countdown timer which I keep set at 1:30. I figured I'd run for a 1:30 and then walk for 1:30. That lasted exactly a minute when I found that I couldn't run for a 1:30 on that part of the road. So I reverted back to my first plan which was to run when I could and then walk. I must say that I walked hard when I walked and I ran hard when I ran.

The first mile marker is actually at .9 of a mile because the start isn't at the start of the Auto Road. My first split was 10:26 and my next one, a whole mile, was 12:48. It was at this time that I reevaluated my time goal. I didn't so much reevaluate it as throw it over the side of the mountain and watch it tumble down the steep ravine end over end. I set my sights on a new goal, a three step approach you might say. Here it is – don't pass out, don't throw up and keep moving. The rest was a learning experience. The first half of the race I vowed never again to partake in foolish pastimes. The second half of the race, which is above tree line, I learned that the attainment of happiness can be accomplished in the simplest of pursuits.

That's right, happiness and complete fulfillment. Pessimist or optimist? That question is answered at tree line. There, before you, lies the balance of the course, already full of faster runners. But if you look back you can see parts of the impressive climb scattered with slower runners. There was a realization that things could be a lot better or they could be a lot worse. Put it any way you want. Things were cut and dried, they were black and white. You were in the middle. It was up to you, there was no one to stop you except yourself. All you had to do was keep moving and you were going to reach the summit, reach your goal, attain fulfillment. OK – so now you're wondering if the lack of oxygen has had a lasting effect on my senses. I don't think that was the reason...I just think it was really cool and I was having a blast running up this mountain.

I kept moving but with a new energy. Was my new found strength a product of an epiphany, or somehow related to the lack of oxygen, or had I really conserved enough energy to have some left in the tank? At that point I didn't really care, I was still moving and it didn't seem so bad anymore. I could see the mile six water stop way UP ahead and I knew that Adam and Bekkie were up there waiting to cheer me on. Soon I rounded the last corner and broke into a run. If you've ever been on the Auto Road you know why I was walking on the corner. A great deal of elevation is gained on the switchbacks. I was determined to run to the water stop. Adam held out a water for me. I took it from him thanking him the best I could. Bekkie was next and I took a water from her too. Now it was just me again and 1.7 miles of UP.

There it was! The summit was just ahead and I was locked in a duel with a man in blue shorts and a white singlet. I passed him while he was walking and he passed me while I was walking. Finally, with just 50 yards left in the race we broke into a run together only to realize that the last two turns were almost impossible to run. So we walked really really fast. In the end, the last 10 yards, I was able to fend him off and claim victory by two seconds. That put me in 236th place as he fell back to 237th. And there you are on top of the tallest mountain east of the Mississippi.

I'll need to tell you what the weather conditions were because there's no way you could possibly guess. If you've ever ventured to the top of Mt. Washington you know that the conditions are variable. Well, we were in luck on the third Saturday of June. The summit temperature was above 50 and the wind was under 10 miles an hour. The reported visibility was 80 miles. The only downside was an unusually large number of stink bugs. They were a little annoying but they don't bite.

I jogged a few more steps and scrambled up the last pile of rocks to touch the summit marker and then I stretched a bit on the observation deck before running down to the water stop to meet up with Adam and Bekkie. We hitched rides in separate cars to the bottom. Back at the car I looked at the mountain, my nervousness replaced with satisfaction and calm. Now it was time for the next challenge of the day – 18 holes of mini golf in North Conway.

GLASTONBURY FUN RUNS -- Some Results from the 3.5 Mile Races

(My apologies if some times are off, I copied them off the Glastonbury Parks & Rec poster – *Bekkie*)

	<u>June 24</u>	<u>July 1</u>	<u>July 8</u>	<u>July 15</u>	<u>July 29</u>	<u>Aug 5</u>
Randy Potterton	30:25	28:29	30:00	28:53	27:40	29:10
Kathy Thornton	31:00	30:30	30:22	30:19	29:39	30:13
Bill Schwarz	35:21	34:58	33:13	33:50	33:06	
Debbie Thurston	35:20	35:47	31:48	33:49	35:29	
Jim Whitehouse	25:32	24:02		23:37	23:26	
Steve McLaughlin		22:07	27:51		28:05	23:10
Bekkie Wright		25:16	27:48		25:24	24:38
Jeff Thornton		27:19				
Joe Damon		22:19				

SILK CITY STRIDERS BLAST FROM THE PAST

**The following is the first in a series of Articles (or excerpts)
from past Silk City Striders Newsletters**

SAUNDERS ON STRIDING

By Karen Saunders (March 1984)

Running/training produces the state of mind/body that allows the system to know itself by getting to its essence. True liberation of the self comes from being able to run peacefully alone and feel comfortable ... and it is to that extent that I train. I try to train to the point where I see most of it as opportunity - this implies enjoyment of training, fun in testing limits, and acceptance of new challenges. I don't like to put any negative, albeit humorous, stereotypes upon new courses like "That's the 10 miler with 3 brutal hills." This takes away from appreciation of the upcoming experience of running the race or training course. It is, for me, a very pure experience to enjoy a challenge for challenge's sake.

COACH'S CORNER:
Dehydration can happen to the best athletes too
by Barry Stoner

Recently le Tour de France was shown in great detail on TV and I was hooked. All the stages were shown and during one of the early time trials I was surprised to learn that the great Lance Armstrong allowed himself to become dehydrated. This severely limited his performance that day and put his body in a performance deficit during the next few stages of the Tour. Fortunately for his fans, this did not ultimately affect his eventual winning of this year's Tour. Now this guy is an expert. He is watched by high-priced coaches, teammates and sponsors who want him to succeed and yet he became dehydrated. How did this happen?

Frankly, I cannot say for sure, but Lance's experience shows that dehydration can happen to anybody. Some of you may recall that I have written about this topic in the past. I try to not allow myself to become dehydrated and yet it has recently happened to me also. What is going on here? Sometimes we think we are hydrated because we have been drinking. This is not good enough. You must watch your urine color and keep counting the glasses of fluids that you consume each day. Dark yellow indicates you are not hydrated enough; you want to see the most clear light yellow possible. Counting glasses becomes mundane and you eventually become complacent; you need to aim for at least eight glasses of fluid each day or drink until you pass the clear urine test. Unfortunately it is easy to become complacent, but the effects of dehydration will be remembered for a long time after the experience. So what can happen to you if you become dehydrated?

First of all you do not feel strong and usually you cannot complete the simplest training routine much less a race feeling good. This is especially true in hot weather. You actually feel bad and wonder what is wrong. For one thing, your body cannot properly perform the basic muscle contractions while dehydrated but your mind may take over and you might push hard to complete your intended objective. Typically you cannot meet your goal and you become disgusted. Worse, your body sustains some physical damage that will require some time to repair. Nobody likes an injury; however allowing yourself to become dehydrated presents this risk.

Drinking enough fluid sometimes seems repulsive. To overcome this problem, drink ice water or some other fluid that you might prefer compared to room temperature water. Watch out for the extra calories that go along with beverages other than water. Actually, cold water or ice water is more easily absorbed into the body than warm fluids. So avoid dehydration, drink up!

RACE CALENDAR

Date	Time	Race (# signifies USATF champ.)	Place	Contact	Telephone	
Sa	Aug 9	9:00 AM	25th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Sa	Aug 9	9:00 AM	14th Deary Memorial Putnam 5M	Putnam (J.D.Cooper's Rest.)	Ron Coderre	860-928-7141
Su	Aug 10	10:00 AM	31st Falmouth 7.1M	Woods Hole, MA	Rich Sherman	508-540-7000
Su	Aug 10	10:00 AM	32nd Donors Week 5M	Torrington (Coe Park)	Dean Dziedzic	860-482-4425
Fr	Aug 15	6:00 PM	Stadium 5K	E.Hartford (Rentschler Field)	Beth Schluger	860-652-8866
Sa	Aug 16	9:00 AM	Bluefish Festival 5K	Clinton	Ellen Cavanagh	860-669-3889
Su	Aug 17	8:30 AM	26th Waterford Week 5M	Waterford Beach Park	Ron Bugbee	203-444-5881
Su	Aug 17	9:30 AM	Lakewood YMCA 5K	Monroe	Joe Riccio	203-481-7453
Th	Aug 21	6:30 PM	18th E.Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	Jim Uhrig	860-282-8240
Sa	Aug 23	9:00 AM	Bicentennial 'Round the Lake 5K	Marlborough (Blish Park)	Don Lack	860-295-9490
Sa	Aug 23	9:30 AM	14th MADD Dash 5K	Stratford (Short Beach)	Marty Schaiivone	203-374-6433
Sa	Aug 23	9:00 AM	Trinity 5K	Danbury	Race Director	203-748-0671
Su	Aug 24	9:30 AM	16th Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	Scott Hunter	413-256-0608
Mo	Sep 1	8:30 AM	26th Labor Day 20K/5K/.5M #	New Haven Town Green	John Bysiewicz	203-481-5933
Mo	Sep 1	9:00 AM	70th Cape Ann 25K	Gloucester, MA	Maggie Oveson	978-283-0470
Sa	Sep 6	1:30 PM	28th Run Around the Block 15K	Block Island, RI	Paul Riker	800-383-2474
Su	Sep 7	10:00 AM	Cannonball Run 4M	Norwalk	Jim Gerwick	203-849-8646
Su	Sep 7	10:00 AM	South Windsor 5M	S.Windsor (Rye St. Fairgrounds)	Race Director	860-644-0316
Sa	Sep 13	8:00 AM	Great Escape 5K/5M	Somers	Race Director	860-749-1147
Sa	Sep 13	9:00 AM	Deep River Run 5K	Deep River (Devitt Field)	Race Director	jkollmer@snet.net
Su	Sep 14	9:00 AM	Old Saybrook 5M#	Old Saybrook	John Bysiewicz	203-481-5933
Su	Sep 14	9:30 AM	18th Outer Cape 13.1M/10K	Orleans, MA	Sharyn Greenleaf	508-896-1727
Sa	Sep 20	8:00 AM	15th Winnepesaukee 66M Relay	Wiers Beach, NH (Funspot)	Ken Robichaud	617-232-8778
Sa	Sep 20	10:00 AM	Fall Marathon Tuneup 30K	Lynn, MA	Peter Monaco	781-593-6722
Su	Sep 21	7:20 AM	Fall Distance Frolic 30K	Fairfield	Marty Schaiivone	203-374-6433
Su	Sep 21	9:30 AM	25th Dutchess County Marathon	Wappingers Falls, NY	Pat DeHaven	845-473-3204
Su	Sep 21	8:30 AM	78th Yonkers Marathon	Yonkers, NY	A.J. Cambria	914-377-6430
Sa	Sep 27	9:00 AM	Trek for Tech 5K	Lyme (Lyme-Old Lyme Mid Sch)	Race Director	860-434-6120
Su	Sep 28	10:00 AM	16th Bigelow Tea 5K	Southport (Wakeman's Club)	Marty Schaiivone	203-374-6433
Su	Sep 28	10:00 AM	11th Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Center)	John Bysiewicz	203-481-5933
Su	Sep 28	9:00 AM	12th Newport Half Marathon	Middletown, RI	Tom DeBole	401-847-9200
Su	Sep 28	Noon	30th Marshfield 20K	Marshfield, MA (High School)	Marianne Withington	508-747-2491
Su	Sep 28	8:00 AM	26th Clarence DeMar Marathon	Gilsum, NH (Town Hall)	Steve White	603-358-4115
Su	Sep 28	11:00 AM	Great Neck 5K	Waterford (Great Neck Sch)	Race Director	860-439-0616
Su	Sep 28	9:00 AM	Adirondack Marathon	Schroon Lake, NY	Mark Elmore	888-schroon

Date	Time	Race (# signifies USATF champ.)	Place	Contact	Telephone	
Sa	Oct 4	9:00 AM	Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Su	Oct 5	9:00 AM	Parker Holt 5K	Manchester Comm. College	Steve McLaughlin	860-295-1357
Su	Oct 5	8:30 AM	27th Ridgefield Half-Marathon#	Ridgefield(Old Ridge.H.S.)	John Dugdale	203-438-1301
Su	Oct 5	7:45 AM	12th Maine Marathon	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Su	Oct 5	9:00 AM	22nd Wineglass Marathon	Corning, NY	Bill Taylor	607-936-4686
Su	Oct 5	11:00 AM	20th Leaf Peepers Half Marathon	Waterbury, VT	Darragh Ellerson	802-223-2080
Sa	Oct 11	8:00 AM	10th Hartford Mar/Relay, 1/2, 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su	Oct 12	8:00 AM	11th Ocean State Marathon/Half	Providence, RI	Gerry Beagan	401-885-4499
Mo	Oct 13	Noon	27th Tufts 10K for Women	Boston (Boston Common)	Kristin Murphy	888-767-RACE
Sa	Oct 18	9:00 AM	Apple Harvest Fest. 5K	Glastonbury (Hubbard Green)	Jay Sattler	860-561-6837
Su	Oct 19	8:30 AM	21st Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries	518-435-4500
Su	Oct 19	8:00 AM	14th Baystate Marathon	Tyngsboro, MA (Lowell Reg. HS)	Race Director	978-957-6447
Su	Oct 19	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen	mdimarathon.org
Su	Oct 26	9:00 AM	Mystic Places Marathon#	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su	Oct 26	8:00 AM	26th Cape Cod Marathon	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959

DEADLINE FOR NEXT NEWSLETTER: September 30, 2003
