



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

In the heat of the summer, we're running strong. I wanted to thank all who took part in what amounted to a very fun and successful Summer Picnic. At one point I counted over 25 people. Thank you all for the great food and good time!

Don't forget our "Other Summer Picnic" at the Johnny Kelley Ocean Beach 11.6 Mile Race this Saturday. The race is FREE. Bring along your bathing suit, and a bag lunch ... Silk City will provide the drinks.

There was some nice press recently in the Journal Inquirer on the Striders. The article gave an overview on the organization as well as some membership information. We will try to include a scan of the article on the website for those who missed it.

Once again, it's time to wish those well that are injured and out of commission over the past quarter. I particularly want to send our thoughts to Al Crittenden who suffered some serious injuries due to a cycling accident. We hope to see you on the roads soon Al! It's also heartening to see the great recovery made by Art Byram, Cathy Logiudice and Jill Ramos. (See this month's "Coaches Corner" for some First Aid tips.)

See you on the roads. Keep on runnin'!

- Jim

LATE BREAKING RESULTS

CHRONICLE MARATHON
San Francisco, CA
August 1, 2004

Bill Schwarz **#1 M60-64** 3:58:56

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2004 BOARD OF DIRECTORS

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Vice President:	Cathy Logiudice	649-8700
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	Joyce Thorner	667-4972

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Karen Saunders	643-9125	2002-2004
John Sloan	643-6123	2004-2006
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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
	Bekkie Wright – Co-Editor
	Jim Best - Race Calendar
	Barry Stoner – Coach’s Corner
Production:	S. McLaughlin, J. Best, B. Wright

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am Manchester Comm. College

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

Tuesday Track Workouts - 6:00 pm Manchester High School

Will resume in the Spring.

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.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Ann Marie DeMonte	Bloomfield
Cathy Kapa	Manchester
Norlean Litwinka	Vernon
Marie Mieses	Manchester
Mike & Sarah Tartar	Manchester
Dale, Denise, Kyle & Michael Toce	Manchester

Congratulations!

To **Josh Persky** and his wife Janice on their recent marriage.

To **Brad & Deb Thurston**, on the birth of their second daughter, Lindsay. (and to **Bill & Joan Schwarz**, the grandparents).

SILK CITY SUMMER PICNIC

There was a good turnout for the Annual Silk City Summer Picnic. Lake Terramuggus in Blish Park is ideal for a variety of activities. With a pavilion for picnics, there is also a volleyball net, a boat launch to put in kayaks, swimming and great rural roads to run on. A group of Striders ran a 5k at 1:30 followed by swimming, kayaking (before and after the run) and volleyball. Steve McLaughlin and Jim Whitehouse cooked delicious hotdogs and hamburgers on the grill and everyone brought either a main dish or dessert to supplement grill items. A very pleasant time was had by all.

OTHER “FUN” RUNS

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.

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.

SELECTED HIGH SCHOOL TRACK RESULTS**State of CT - CLASS M CHAMPIONSHIPS**

Manchester High School, Manchester, CT
June 4, 2004

Boys 800 Meters

5th Place - Bryce Metzger **1:59**

Boys 1600 Meters

2nd Place - David Metzger **4:19**

Boys 3200 Meters

2nd Place - David Metzger **9:51**

Boys 4x400 Meter Relay

3rd Place Team - Ellington High School -
Chad Anselmo, Matthew Cagnetta,
Erick Knickerbocker, Bryce Metzger **3:31**

Boys 4x800 Meter Relay

3rd Place Team - Ellington High School -
Chad Anselmo, James Honda,
Bryce Metzger, David Metzger **8:08**

CIAC CT STATE CHAMPIONSHIPS

Veteran's Stadium, New Britain, CT
June 8, 2004

Boys 3200 Meters

3rd Place - David Metzger **9:26**

Boys 4x400 Meter Relay

3rd Place Team - Ellington High School -
Chad Anselmo, Matthew Cagnetta,
Erick Knickerbocker, Bryce Metzger,
Eric Senger, Todd Vivolo **3:35**

Boys 4x800 Meter Relay

1st Place Team - Ellington High School -
Hunter Norte, Chad Anselmo,
David Metzger, Bryce Metzger,
James Honda, Eric Senger **7:59**

**NEW ENGLAND INTERSCHOLASTIC TRACK
CHAMPIONSHIPS**

Plymouth South High School
Plymouth, MA June 12, 2004

Boys 3200 Meters

8th Place - David Metzger **9:26**

Boys 4x800 Meter Relay

2nd Place Team - Ellington High School - **7:59**

**RESULTS OMITTED FROM
JUNE NEWSLETTER****108th BAA BOSTON MARATHON
Hopkinton to Boston, MA April 26, 2004**

Neal Liebowitz 4:14:16

**BLUE ONION 10K*
Hartford, CT May 31, 2004**

Michael Munroe	#9M, #1 M45-49	36:42
Bill McGugan	#5 M45-49	40:00
Todd Mozzer		42:38
Joan Munroe	#4 F4549	48:25
Randy Potterton		51:58

* Due to the Connecticut River flooding, the course was shortened to about 6 Miles.

**20th Annual 'ROUND THE LAKE 5K
Marlborough, CT May 30, 2004**

Mike Munroe	#1 M40-49	18:04
John Paggioli	#2 M30-39	18:07
Mike Bendzinski	#1 M50-59	19:20
Bekkie Wright	#1 F40-49	21:53
Randy Potterton		25:08
Meg Bendzinski		TNA
Crissy Bendzinski		TNA
TNA = Time not available		

KOMEN RACE FOR THE CURE 5K
Hartford, CT June 12, 2004

The Silk City Team raised almost \$300 this year.

Women's 5K

Bekkie Wright	#4 F40-49	22:07
Karen Saunders	#4 F50-59	23:48
Sue Leslie		26:08
Betty Cannella		26:32
Pat Saimond		28:30
Maura McGuire		29:51
Janice Tirrell		32:18
Deb Thurston		33:37
Joyce Thorner	Survivor	34:44
Sharon Koonze	Survivor	35:40

The Women's Silk City team placed 4th with a combined time of 1:28:35. Members who placed included Bekkie Wright, Karen Saunders, Sue Leslie and Betty Cannella. Jessica Thurston was also a team member, however, Kids Race times were not available.

Men's 5K

Josh Persky	#9 Overall; #4 M20-29	18:01
David Laporte		20:00
Mike Saimond		20:55
Steve McLaughlin		21:35
John Sloan		22:09
Jim Whitehouse		23:41
Bill Schwarz		23:49
Mike Tirrell		23:50
Randy Potterton		26:29

The Men's Silk City Striders team, with Steve McLaughlin, Jim Whitehouse, Mike Tirrell, and Randy Potterton scoring, placed 10th overall with a combined time of 1:35:35. Bill McGugan would have placed for the team, however, he pulled a calf muscle and was unable to finish the race.

CHAPLIN COUNTRY 5K
Chaplin, CT June 5, 2004

Mike Munroe	#2 Overall, #1 M40-49	18:04
David Laporte	#10 Overall, #4 M30-39	20:03

PLAINFIELD CATHOLIC 5K
Plainfield, CT June 16, 2004

Mike Munroe	#2 Overall, #1 M40-49	17:48
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ST. CATHERINE'S OF SIENA 3.8M
Preston, CT June 17, 2004

Bob Niedbala		29:46
Pat Swim*	#1 F Overall	28:25

*Pat was 3rd woman at Bobby's Run in May.

LAUREN'S RUN 5K
Cromwell, CT June 5, 2004

Dean Bolt	#1 M50-59	19:41
Joan Munroe	#2 F40-49	23:46

CELEBRATE WEST HARTFORD 5K
West Hartford, CT June 6, 2004

John Paggioli		18:12
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IRON HORSE HALF MARATHON
Simsbury, CT June 6, 2004

Joshua Persky	#2 M25-29	1:22:48
Michael Munroe	#2 M45-49	1:24:41
Mark Shok		1:28:49
Mickey Grabner		1:36:02
John Sloan		1:42:45
Daria Vanderveer		1:43:40
Thomas Brown		1:47:05
Joan Munroe	#4 F45-49	1:50:45
Randy Potterton		1:55:24
Barry Stoner		2:00:17
Patricia Desimone		2:19:14

NIANTIC BAY 10K**Niantic, CT June 11, 2004**

Mike Munroe	#7 Overall; #2 M45-49	38:02
Clint Driscoll		46:23
Joan Munroe	#1 F45-49	50:16
Randy Potterton		52:46

ROSE CITY CHALLENGE 10M**Norwich, CT June 13, 2004**

This new less hilly 10 Mile course saw new course records set by Marc Robaczynski (54:30) and Kerry Arsenault (1:00:48).

Bob Niedbala		1:24:38
Randy Potterton		1:30:58
Betty Cannella		1:31:12

KEANE FOUNDATION 5K**Wethersfield, CT June 13, 2004**

John Paggioli	#7 Overall; #3 M30-39	18:05
Mike Munroe	#8 Overall; #2 M40-49	18:13
Barbara Bellas		55:30

RUN FOR THE ARTS 5K**Hartford, CT June 19, 2004**

David Laporte		19:48
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MT. WASHINGTON ROAD RACE 7.6M**Gorham, NH June 19, 2004**

World Mountain Running Champion Jonathan Wyatt of New Zealand broke the course record despite fog, clouds, rain and wind gusting over 30 mph. His finishing time of 56:41 broke the record by over a minute and a half.

Neal Leibowitz		1:27:06
Steve McLaughlin		1:43:55

BRANFORD ROAD RACE 5M**Branford, CT June 20, 2004**

Jim Tharp		33:00
Bekkie Wright		36:38
Randy Potterton		40:54
Berangere Tharp		47:06

FATHERS DAY DASH 5K**Ellington, CT June 20, 2004**

Aaron Flamino	#1 Overall	16:03
Mike Munroe	#1 M40-49	18:23
Yolanda Flamino	#1 F Overall	18:48
Lance Flamino	#1 M19-29	19:24
Tim Blinn		19:38
Joan Munroe	#1 F40-49	23:59
George Young		24:17
Sue Leslie	#1 F50-59	25:44
Jill Ramos		26:25
Randy Flamino		29:21
Rachel Blinn		31:09
Alycia Blinn		34:08
Marianne Blinn		24:18

PEG COUGHLIN 5K ROAD RACE**Bristol, CT June 26, 2004**

John Paggioli	#3 Overall; #2 M30-39	17:34
Mike Munroe	#6 Overall; #1 M40-49	18:20
Joan Munroe	#5 F40-49	24:07

FAIRFIELD HALF MARATHON & 5K**Fairfield, CT June 27, 2004****Half Marathon**

Steve McLaughlin		1:40:38
Bekkie Wright		1:43:25
Joan Munroe		1:53:10
Randy Potterton		1:55:39
Betty Cannella		1:59:02
Barry Stoner		2:00:09

5K

Mike Munroe	#9 Overall; #2 M45-49	18:12
Jim Tharp		19:16
Berangere Tharp		26:05

RIVERFEST 5K

East Hartford, CT July 3, 2004

Neal Leibowitz	#3 Overall, #1 M30-39	17:32
Mike Munroe	#4 Overall, #1 M40-49	17:57
Jay Seney	#10 Overall, #3 M40-49	18:57
Dean Bolt	#3 M50-59	19:56
Steve McLaughlin		19:56
Bekkie Wright	#3F Overall, #3 F40-49	21:01
John Sloan		21:18
Art Byram		21:51
Rick Chromik		23:00
Jim Whitehouse		23:39
Randy Potterton		23:59
Joan Munroe		24:30
Sue Leslie	#1 F50-59	25:59
Jill Ramos		26:17

ENFIELD CELEBRATION 5K

Enfield, CT July 3, 2004

Clint Driscoll	#3 M50-59	22:15
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SPIRIT OF STAFFORD 10K & 5K

Stafford Springs, CT July 6 2004

Two hilly courses on a rainy day in Hyde Park.

10K

Jay Seney	#6 Overall, #3 M40-49	40:58
Marc Shok		44:01
Bekkie Wright	#3F Overall; #1 F40-49	46:09
John Sloan		47:00
Clint Driscoll		50:00
Randy Potteron		54:30

5K

Dale Toce	#5 Overall; #1 M40-49	20:32
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GLORIOUS GALLOP 5K*

East Hampton, CT July 9, 2004

John Paggioli	#2 M30-39	18:24
Steve McLaughlin		19:34
Randy Potterton		24:17
Joan Munroe		24:22

* Due to the new Start Line this year the course was about 3.25 Miles long.

HARTFORD HOSPITAL WOMEN'S 10K & 5K

West Hartford, CT July 10, 2004

Special thanks to the Silk City "Water Boys" - Scott Freeman, Steve McLaughlin, Randy Potterton, Jay Seney, and Aaron Flamino.

10K

Anne Leonard	#2 F20-24	43:52
Linda Yamamoto*	#3 F25-29	44:41
Bekkie Wright	#1 F40-44	44:42
Kim Larsh*	#4 F35-39	44:58
Jill Ahern*	#3 F45-49	46:53
Chiara Medina*	#2 Athena	53:43
Betty Cannella		53:45
Sue Leslie	#4 F55-59	54:00
Kathy Thornton		57:49
Patricia DeSimone		1:02:21

* Special Guests on the *Silk City Striders & Friends* Team which Placed 2nd Overall

5K

Norlean Litwinka		26:25
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TRUMBULL SUNSET RUN 5K

Trumbull, CT July 16, 2004

Mike Munroe	#7 Overall; #3 M40-49	17:58
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LIBERTY BANK MIDDLETOWN ROAD RACE

4 Mile Race & 1/2 Mile Race

Middletown, CT July 18, 2004

4M

John Paggioli		23:58
Bill Gaghan		26:46

1/2 Mile Race

Billy Gaghan	#7 Overall	3:28
Carissa Gaghan	#8 Overall; #3F Overall	3:30
Kelley Gaghan		4:18

MONTVILLE MASTERS 10K

Montville, CT July 18, 2004

Mike Munroe	#2 Overall; #1 M45-49	39:59
Bekkie Wright	#3F Overall; #1 F40-44	46:58
Joan Munroe	#5F Overall; #2 F45-49	52:05
Randy Potterton		53:15

GLASTONBURY SUMMER RACE SERIES
Glastonbury, CT

Race #1 - July 24, 2004

Addison Park - 5K

John Paggioli	#4 Overall; #3 M30-39	17:28
Bill McGugan	#10 Overall; #3 M40-49	18:49
Steve McLaughlin		19:20
Bekkie Wright	#4 F Overall; #2 F40-49	20:18
Dani Kennedy	#7 F Overall; #3 F40-49	22:20

Race #2 - July 31, 2004

Smith Middle School - 4 Miles

John Paggioli	#4 Overall; #3M 30-39	24:18
Bill McGugan		27:09
Dean Bolt	#3 M50-59	27:16
Art Byram		27:52
Dani Kennedy	#5 F Overall; #2 F40-49	31:06

There are three (3) more races left in the Series:

- #3 Saturday, **August 7, 2004** - 8:00 AM
Buttonball Elem. School – 5.5 Miles
- #4 Saturday, **August 14, 2004** - 8:00 AM
Hopewell School – 7.7 Miles
- #5 Saturday, **August 28, 2004** - 8:00 AM
Hopewell School – 9.8 Miles

SEA LEGS SHUFFLE 5K & 10 M
Guilford, CT August 1, 2004

5K

Mike Munroe	#3 Overall; #1 M40-49	18:32
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10M

Joan Munroe		1:28:39
Randy Potterton		1:33:33

BEACH TO BEACON 10K
Cape Elizabeth, ME August 1, 2004

Steve McLaughlin		42:18
Bekkie Wright		45:35

USATF OUTDOOR
TRACK & FIELD MEET

Manchester High School, Manchester, CT
August 1, 2004

Women's 100 Meters

#1 F30-39 - Norlean Litwinka :16

Women's 200 Meters

#1 F30-39 - Norlean Litwinka :34

Women's 400 Meters

#1 F30-39 - Norlean Litwinka 1:16

Women's 2 Miles

#1 F19-29 - Sarah Tartar 16:33

Men's 800 Meters

#1 M30-39 - Michael Tartar 2:36

Men's 1 Mile

#1 M30-39 - Michael Tartar 5:23

Men's 2 Miles

#1 M30-39 - Michael Tartar 11:42

NEW EVENT:

Old Wethersfield 5K Road Race
& 5K Family Walk

August 22, 2004 8:00 AM

Hartford Avenue & State Street, Wethersfield, CT
(Park in DMV parking lot at 60 State Street)

A beautiful road race and family walk along the historic streets of Old Wethersfield. This event is being held to benefit Intercommunity Mental Health Group.

The course begins on Hartford Avenue in front of the Solomon Welles House and follows Hartford Avenue to Garden Street to the Broad Street Green. A quick loop around the Broad Street Green onto Broad Street turns right onto Marsh Street and left onto Hart Street. From Hart Street take a right onto Main Street and enter the Wethersfield Cove. The finish is on the path from the cove to the Solomon Welles House. The course is accurately measured but not certified. The run is scenic and flat on good road pavement (except for a 100 yard section of grass by the cove).

DUATHLON / TRIATHLON & ADVENTURE RACE RESULTS

SHAMROCK DUATHLON Glastonbury, CT June 20, 2004 5K Run - 28K Bike - 5K Run

Ned Kennedy	#4 M45-49	1:38:30
Todd Mozzer		1:42:01
Douglas Prindle		1:43:02
John Salcius	#2 M60-64	2:04:39
Marylou White	#4 F45-49	2:27:57

SHAMROCK 5K Glastonbury, CT June 20, 2004

Clinton Driscoll	#1 M50-54	21:52
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WRENTHAM DUATHLON Wrentham, MA April 25, 2004 3 M Run – 11 M Bike – 2 M Run

Mary Lou White		1:38:26
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ESCAPE FROM ALCATRAZ TRIATHLON San Francisco, CA June 6, 2004 1.5 M Swim – 18 M Bike – 8 M Run

Ann Marie DeMonte	#1 F60-64	3:44:58
*Set New Age Group Course Record		

PAT GRISKUS OLYMPIC TRIATHLON Middlebury, CT June 19, 2004 1.5K Swim – 40K Bike – 10K Run

Clint Driscoll		2:44:56
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LAKE WARAMAUG SPRINT TRIATHLON New Preston, CT June 23, 2004 1/2 M Swim – 9M Bike – 5K Run

Clint Driscoll	#5 M50-59	1:18:42
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MYSTIC RIVER VALLEY TRIATHLON Mystic, CT June 13, 2005

1/2 M Swim – 15M Bike – 5M Run

A humorous note from Barry Stoner regarding his experiences in this Tri: Since this was my first Tri of the season I got all my things set up in the transition zone and went for a pre-race swim. I finished the swim, put on my bike shoes and then reached for my helmet ... and found nothing. Whoops, I immediately visualized it in the back of my car and chuckled at my stupidity. So, I put on my running shoes and went to the Timer requesting permission to exit the Transition Zone since I couldn't run over the mat with my timing chip and not screw things up. They said I could exit out the back of the Transition Area and go get my helmet. The car was in a parking lot up a hill. Well, I got the helmet, relocked the car and returned to finished the race, placing second in my Age Group for which the prize was a bottle of Cabernet Sauvignon.

Mike Tirrell	Top 20; #5 M45-49	1:30:44
Cathi Koehler	#2 F45-49	1:43:16
Clint Driscoll		1:50:35
Barry Stoner	#2 M60-64	2:00:47

PAT GRISKUS SPRINT TRIATHLON Middlebury, CT July 7, 2004

1/2 M Swim – 10.5 M Bike – 5K Run

Daria Vanderveer	#1 F35-39	1:09:09
Cathi Koehler	#2 F45-49	1:15:53
Clint Driscoll		1:21:37

USAT Regional Sprint Distance Championship MOSSMAN TRIATHLON Norwalk, CT July 11, 2004

1/2 M Swim – 12.5 M Bike – 5K Run

Daria Vanderveer	#2 F35-39	1:11:12
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FAIRLEE GREAT TRIATHLON

Fairlee, VT July 11, 2004

3/4 M Swim – 24 M Bike – 5 M Run

Cathi Koehler		2:22:51
Carolyn Reading		2:30:56
Clint Driscoll		2:37:16
Barry Stoner		2:38:03
Ann Marie DeMonte #1 F60-64		2:50:42

CAP CITY DIRT TRIATHLON

Hartford, CT July 18, 2004

.7 M Swim – 5K Run - 12 M Mountain Bike

Todd Mozzer	#3 M35-39	51:24
“Hartford Police” Captain: Ed Yergeau	#1 Team	1:42:24

FALMOUTH SPRINT TRIATHLON

Falmouth, MA July 24, 2004

1/3 M Swim – 9M Bike – 5K Run

Barry Stoner	#1 M60-64	1:09:08
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As Barry was warming up for the race he came across a shiny quarter on the road, so he put it in his shorts pocket and carried it throughout the race thinking it would bring him luck. Sure enough he won his Age Group, and also got a new pair of Timberland Trail Running Shoes. Guess it was his “Lucky Day.”

SUMMER WIND DUATHLON

Windsor, CT July 25, 2004

2 M Run – 21 M Bike – 2 M Run

Ned Kennedy	#1 M45-49	1:26:27
John Salcius	#1 M60-64	1:42:36
Clint Driscoll		1:43:23
Ann Marie DeMonte #1 F60-64		1:48:05

DANSKIN WOMEN’S TRIATHLON

Webster, MA August 1, 2004

1/2 M Swim – 12M Bike – 5K Run

Race Motto: “The Woman who starts the Race is not the same Woman who finishes the Race”

Peggy Byram		1:31:16
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TERRAMUGGUS TRIATHLON SERIES

1/4 M Swim – 12M Bike – 5K Run

Marlborough, CT

Race 1 - June 10, 2004

Todd Mozzer	1:01:05
Jeff & Jeremy Thorton	1:09:24

Race 2 - June 24, 2004

Jeff Thornton	1:09:24
Bekkie Wright	1:15:05
Kathy Thornton	1:20:36
Janit Romayko	1:23:04
Jim Hodges - Swim & Run only	

Race 3 - July 8, 2004

Mike Tirrell	1:00:28
Ned Kennedy	1:01:21
Todd Mozzer	1:02:35
Jeff Thornton	1:07:01
Kathy Thornton	1:18:14
Janit Romayko	1:20:43

Race 4 - July 22, 2004

Mike Tirrell	1:01:40
Jeremy Thornton	1:06:45
Bekkie Wright	1:16:20
Kathy Thornton	1:18:35
Janit Romayko	1:19:20

Two (2) more races left, Thursday, August 5 & 19.
Registration starts at 6:00 pm; the Race is at 6:30 pm,
Blish Park, Lake Terramuggus, Marlborough, CT.

CATS SPRINT TRIATHLON SERIES

1/4 M Swim – 10M Bike – 5K Run

Farmington, CT

Race 3 - June 8, 2004

Dean Bolt	#7 Overall	53:35
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Race 4 - June 15, 2004

Dean Bolt	#7 Overall	53:54
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Race 6 - June 29, 2004

Clint Driscoll		59:37
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**WINDING TRAILS
OFF-ROAD TRI-TRAINING SERIES**

**1/4 M Swim or Kayak –
8K Mountain Bike – 5K Trail Run
Farmington, CT**

Tuesdays, August 3, 10, 17 & August 24th

*August 24th end of the series Party

Adult Races Start at 6:15 PM
Winding Trail Recreation, Facility,
Dunning Lake Boathouse
Members: \$7.00
Non-Members: \$12.00

Kid Races: August 10th, and August 24th

Time: 5:00 PM – 5:30 PM

Ages: 4-7 yrs & 8-12 yrs.

Winding Trail Recreation, Facility,
Dunning Lake Boathouse
Members: Free
Non-Members: \$3.50 Gate Fee

**2nd ANNUAL
FARMINGTON VALLEY TRIATHLON**

Sunday, August 29th

Winding Trails Recreation Facility, Farmington, CT

1.5 K Swim - 25 K Mountain Bike - 10K Trail Run

Registration: 6:30 am - 7:15 am

Start Time: 8:00 am

End the summer by participating in the 2nd Annual Farmington Valley Off-Road Triathlon. This truly scenic course will wind you through our 12.5 miles of wooded trails. Swim 1.5K in spring fed Dunning Lake, and then head into the trails for a 25 K trail ride. Finish your Tri with a 10 K run through the woods. This event is part of the Nissan Xterra Points Series, and is a USA Triathlon Sanctioned event. All entrants must have USAT one day or annual membership.

FEES: Individual / Team
Postmarked by Aug 20th: \$50.00 / \$80.00
After Aug 20th or on Race Day: \$65.00 / \$95.00
USA-Triathlon One-Day Passes: \$9.00

**20th ANNUAL
GREATER HARTFORD TRIATHLON**

Sunday, August 22, 2004

8:00 a.m.

Brodie Park on West Hill Lake

580 West Hill Road

New Hartford, CT

International Distance:

1 M Swim, 23.8 M Bike, 6.2 M Run

Registration is held on site the day before the race from 12 - 7 PM and Race Day from 5:00 - 6:30 AM. The SWIM is a surveyed mile in spring fed, pristine, potable West Hill Lake. Cut off for the SWIM is 45 minutes. If you are in within 5 minutes of the cut off time you will be allowed to finish the race, otherwise you will not be allowed to continue. The SWIM has as many waves as required, 5 minutes apart. The BIKE is diverse, and has gradual climbs, steep climbs, 50 MPH downhills and demands your attention. The RUN is rural around a very pretty neighborhood on pavement.

MUDDY BUDDY

6-7 Mile Mountain Bike & Trail Run

Boston, MA June 27, 2004

Klean Kennedys 53:12

Ned & Dani Kennedy

Placed in Top 25% of COED Age 70+ Teams

Event Description: Each race features a 6-7 mile course with 6 obstacles. At the start of the race, one team member will run and one will ride the bike. At the first obstacle, the rider will drop the bike, complete the obstacle, and begin running. The runner will arrive and complete the obstacle, then find their bike and begin riding. Teams will continue trading off and "leapfrogging" each other throughout the entire course. At the end of the race, racers will find the infamous Mud Pit, and after conquering the slimy pit, will cross the finish line together!

GREENWICH POINT ONE MILE SWIM

Greenwich, CT July 10, 2004



<http://www.genesisadventures.com>

**GENESIS ADVENTURE RACES
NEW BALANCE SPRINT SERIES**

**Trail Run – Mountain Bike – Kayak
+ Special Tests & Navigation - 25 Miles**

2004 Series

**Race #1 - Harriman State Park, NY
May 1, 2004**

Team HP 5:55
Ned Kennedy & John Whalen

**Race #4 - Hartford, CT
June 5, 2004**

Team Timex Masters 5:18
Ned Kennedy
& Jim Katz #1 Male Master Team

2003 Series

Race #6 - Douglas State Park, MA

Ned Kennedy 4:50
& John Whalen #3 Male Team

2002 Series

Race #3 - Mohawk State Forest, CT

Ned Kennedy 3:46
& John Whalen #2 Male Team

Race #4 - Southbury, CT

Ned Kennedy 5:29
& John Whalen #3 Male Team

GLASTONBURY FUN RUNS

August 10th is the last night for this series.

Race #1 - June 29

2.4 Miles

Bill Schwarz 24:49
Debbie Thurston 24:48

3.5 Miles

Steve McLaughlin 24:06
Randy Potterton 28:16
Kathy Thornton 30:21
Bekkie Wright 24:38

Race #2 - July 6

3.5 Miles

Steve McLaughlin 23:43
Randy Potterton 28:47
Bill Schwarz 37:30
Kathy Thornton 30:30
Debbie Thurston 37:29
Jim Whitehouse 28:28
Bekkie Wright 25:12

Race #3 - July 20

2.4 Miles

Steve McLaughlin 19:19

3.5 Miles

Randy Potterton 28:14
Bill Schwarz 37:32
Kathy Thornton 31:11
Jeff Thornton 24:27
Debbie Thurston 37:32
Bekkie Wright 28:14

Race #4 - July 27

2.4 Miles

Bill Schwarz 24:03
Debbie Thurston 24:03

3.5 Miles

Randy Potterton 27:23
Kathy Thornton 29:16
Jeff Thornton 24:21

Race #5 - August 3

3.5 Miles

Joe Damon 24:35
Steve McLaughlin 25:33
Randy Potterton 29:28
Bekkie Wright 25:40

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

Sponsored by:

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

**Dates: Mondays Nights at Wickham Park
TWO (2) RACES LEFT - AUGUST 9, 16**

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)
 \$10.00 series pre-registration
 \$4.00 (14 and up)
 \$15.00 series pre-registration

To be eligible for an award you must run in 4 out of 5
races during the summer. Trophies will be presented
to the top 2 finishers in each age group and medals to
any other runner completing 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 5, 2004

For More Information contact:

Mike Bendzinski 649-6426

WEEK 1 - July 5, 2004

ADULT RACE 2.6 miles

Aaron Flamino	12:51
Neal Leibowitz	14:29
Mike Munroe	15:16
Dave Metzger	15:21
Doug Flamino	15:42
Jay Seney	15:50
Tim Blinn	16:17
Steve McLaughlin	16:26
Bill Metzger	17:04
Tony Hollister	17:21
Kyle Thornton	17:34
Bekkie Wright	17:57
Clint Driscoll	19:35
Joan Munroe	20:14
Jim Whitehouse	20:39
Kathy Thornton	20:52
Sue Leslie	21:48
Randy Potterton	21:50
Norlean Litwinka	22:10
Jill Ramos	22:26
Janit Romayko	25:16
Jim Hodges	29:26

YOUTH RACE - 1 mile

David Bendzinski	6:22
Brian Seney	8:15
Chrissy Bendzinski	8:35
Renata Krach	8:42
Rachel Blinn	9:19
Alicia Blinn	10:39

WEEK 2 - July 12, 2004**ADULT RACE 2.6 miles**

Aaron Flamino	13:01
Dave Metzger	13:47
Neal Leibowitz	14:03
John Paggioli	14:35
Mike Munroe	14:48
Josh Persky	14:54
Doug Flamino	15:23
Steve McLaughlin	15:24
Jay Seney	15:26
Tris Carta	15:37
Tim Blinn	16:01
Kyle Thornton	16:22
Art Byram	16:48
Bill Metzger	16:55
Tony Hollister	17:00
Bekkie Wright	17:21
Jim Whitehouse	18:27
Clint Driscoll	18:42
Joan Munroe	20:03
Kathy Thornton	21:01
Sue Leslie	21:07
MaryLou White	21:40
Jill Ramos	21:45
John Salcius	21:57
Norlean Litwinka	22:00
Janit Romayko	24:34
Jim Hodges	29:09

YOUTH RACE - 1 mile

Kyle Toce	8:07
Brian Seney	8:07
Michael Toce	8:28
Rachel Blinn	9:47
Alicia Blinn	10:24

WEEK 3 - August 2, 2004**ADULT RACE 2.6 miles**

Aaron Flamino	12:47
Dave Metzger	13:30
Neal Leibowitz	14:11
John Paggioli	14:44
Mike Munroe	14:58
Doug Flamino	15:11
Jeff Lukach	15:17
Jay Seney	15:17
Tris Carta	15:39
Tim Blinn	16:08
Art Byram	16:30
Bill Metzger	16:46
Tony Hollister	16:51
Kyle Thornton	16:58
Bekkie Wright	17:30
Clint Driscoll	17:31
Jim Whitehouse	18:34
Steve McLaughlin	19:15
Randy Potterton	19:54
Kathy Thornton	20:20
Joan Munroe	21:13
Barbara Maloney	21:19
Sue Leslie	21:37
Norlean Litwinka	22:27
MaryLou White	22:27
Jill Ramos	22:45
John Salcius	23:07
Janit Romayko	26:01
Jim Hodges	28:53

YOUTH RACE - 1 mile

Adam Paggioli	8:36
Rachel Blinn	9:59
Alicia Blinn	10:12

COACH'S CORNER: First Aid Overview

by Barry Stoner

Accidents happen. It's a fact of life. And, when they do, it helps to know a little First Aid. I recently took Red Cross First Aid training course, and thought I'd share some of the basic skills I learned.

If you're running or biking with someone, and they take a fall, you may need to take care of the injured party until they can reach professional help. As the "first responder" you should keep in mind the same thing that doctors swear to in the Hippocratic Oath, "First, do no harm." If you were a professional Emergency Medical Technical (EMT) or physician you would also be required to receive a victim's consent before beginning treatment, as well as adhering to certain sterile procedures, such as washing hands, using clean instruments and bandages, and wearing rubber gloves to guard against blood borne pathogens. However, as a layman, you can follow certain guidelines, including using your Common Sense, to help during a minor accident.

These days many of us have cell phones. If the accident victim is unconscious or another serious problem is obvious you should immediately dial 911. If a phone is not available, send someone to flag down a passerby to make the call. Give the Emergency Dispatcher the victim's location and a brief summary of the accident.

Simultaneously you need to give the victim some care. Talk to them and determine that they are breathing, conscious, not bleeding severely or have no obvious broken bones. If you cannot clearly determine these things, and they are in a safe location, then just keep them as quiet as possible and console them until help arrives. Should the victim be in a dangerous location, like in a busy street, you may need to stop cars or carefully move the victim to safety. If there is severe bleeding, you should apply compression with a cloth, such as a T-shirt or bandana. If the victim is not breathing and you know Rescue Breathing, then apply it. If the victim complains of severe limb pain, there may be broken bones, and you should keep the person as comfortable as possible, and avoid unnecessary movement. The victim may be in shock, and it helps to keep them quiet, warm, lying down and awake, if possible. Continue to comfort the victim until professional help arrives.

If the victim can walk, they may still need your help, but the situation may be less critical. In that case, there is no need to dial 911, however, you may need to provide transportation to the nearest Emergency Room.

Many accidents can be prevented, but when they occur it helps to be prepared. The American Red Cross offers courses in Basic First Aid and CPR for anyone who is interested. I encourage you all to attend a class. For more information, <http://www.redcross.org/services/hss/courses/>

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone
Sa Aug 7	9:00 AM	Ocean Beach / John J. Kelley 12M	New London (Ocean Beach Pk)	Way Hedding	860-739-9927
Su Aug 8	10:00 AM	32nd Falmouth 7.1M	Woods Hole, MA	Rich Sherman	508-540-7000
Su Aug 8	7:30 AM	Niantic 3.5M	Niantic (McCook Beach Park)	Beth Shluger	860-652-8866
Th Aug 12	6:20 PM	River Run 5K (Corp. Classic)	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Sa Aug 14	9:00 AM	26th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Su Aug 15	8:30 AM	Lobster Loop 5K	Canton (Town Green)	Race Director	860-693-4446
Su Aug 15	8:25 AM	27th Waterford Week 5M	Waterford Beach Park	Kerry Sullivan	203-444-5881
Su Aug 15	10:00 AM	Lakewood YMCA 5K	Monroe	Joe Riccio	203-481-7453
Th Aug 19	6:30 PM	19th E.Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	Jim Uhrig	860-282-8240
Sa Aug 21	9:00 AM	Bluefish Festival 5K	Clinton (Jared Eliot Sch)	Ellen Cavanagh	860-669-3889
Sa Aug 21	9:30 AM	15th MADD Dash 5K	Strafrod (Short Beach)	Marty Schaivone	203-374-6433
Su Aug 22	8:00 AM	Old Wethersfield 5K	Wethersfield (Hartford & State)	Beth Shluger	860-652-8866
Su Aug 22	9:30 AM	17th Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	Scott Hunter	413-256-0608
Su Aug 22	10:00 AM	17th Sneeker's 5M/2M	Groton (Sneeker's Cafe)	Pete Volkmar	860-437-7247
Fr Aug 27	6:30 PM	Bill Hyland Memorial 5K	Bristol (St.Paul H.S.)	Race Director	860-314-0814
Sa Aug 28	10:00 AM	Quassy 5K	Middlebury	Ken Bruke	203-263-3391
Sa Aug 28	9:00 AM	Trinity 5K	Danbury	Race Director	203-748-0671
Su Sep 5	10:00 AM	Cannonball Run 4M	Norwalk	Jim Gerwick	203-849-8646
Mo Sep 6	8:30 AM	27th Labor Day 20K/5K/5M	New Haven Town Green	John Bysiewicz	203-481-5933
Mo Sep 6	9:00 AM	71th Cape Ann 25K	Gloucester, MA	Maggie Oveson	978-283-0470
Sa Sep 11	1:30 PM	29th Run Around the Block 15K	Block Island, RI	Kathy Szabo	800-383-2474
Su Sep 12	10:00 AM	Nikki's Run, Walk 'N' Roll 5K	Manchester (Manchester CC)	Gail Giampolo	860-647-7440
Su Sep 12	10:00 AM	South Windsor 5M	S.Windsor (Rye St. Fairgrounds)	Race Director	860-644-0316
Su Sep 12	8:15 AM	Stowe Marathon	Morrisville, VT	Russ Halpern-Reiss	802-244-6269
Su Sep 19	8:30 AM	26th Dutchess County Marathon	Wappingers Falls, NY	Paul Cassito	845-797-2205
Su Sep 19	8:30 AM	79th Yonkers Marathon	Yonkers, NY	A.J. Cambria	914-377-6430
Su Sep 19	9:00 AM	Old Saybrook 5M	Old Saybrook	John Bysiewicz	203-481-5933
Sa Sep 25	8:00 AM	16th Winnepesaukee 66M Relay	Wiers Beach, NH (Funspot)	Ken Robichaud	617-232-8778
Su Sep 26	1:00 PM	20th Kulak-Parzych 5K	New Britain (Stanley Quarter Pk)	Bob Parzych	860-828-9495
Su Sep 26	10:00 AM	Soapstone 5.5M/11.1M Assault	Stafford Springs	Race Director	860-870-4255
Su Sep 26	12:15 PM	Great Strides 5K	Waterford (Great Neck Sch)	Race Director	860-439-0616
Su Sep 26	10:00 AM	17th Bigelow Tea 5K	Southport (Wakeman's Club)	Marty Schaivone	203-374-6433
Su Sep 26	8:00 AM	27th Clarence DeMar Marathon	Gilsum, NH (Town Hall)	Steve White	603-358-4115
Su Sep 26	9:00 AM	Adirondack Marathon	Schroon Lake, NY	Mark Elmore	888-schroon
Sa Oct 2	10:00 AM	21st Highland Lake 10K	Winsted (Highland Lake)	Will Graustein	203-574-3310
Sa Oct 2	10:30 AM	Cider Mill 5K	Tolland (Crandall Park)	Kerri Gedansky	860-872-5836
Sa Oct 2	9:00 AM	12th Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Su Oct 3	10:00 AM	David Vidal Memorial 5K	Simsbury (Iron Horse Bvd)	Race Director	860-675-2469
Su Oct 3	9:00 AM	Apple Harvest Fest. 5M	Southington	Race Director	860-628-5597
Su Oct 3	Noon	Autumn Classic 5K	Columbia (Rec Park)	Sue Catullo	860-228-2328
Su Oct 3	8:30 AM	28th Ridgefield Half-Marathon	Ridgefield (Old Ridge.H.S.)	John Dugdale	203-438-1301
Su Oct 3	10:00 AM	12th Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Center)	John Bysiewicz	203-481-5933

EXTENDED MARATHON RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone
Su Oct 3	9:00 AM	23rd Wineglass Marathon	Corning, NY	Bill Taylor	607-936-4686
Su Oct 3	7:45 AM	13th Maine Marathon	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Sa Oct 9	8:00 AM	Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su Oct 10	8:00 AM	Steamtown Marathon	Scranton, PA	Race Director	570-963-6363
Su Oct 10	8:30 AM	22nd Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries	518-435-4500
Sa Oct 16	8:30 AM	19th Green Mountain Marathon	S.Hero, VT (Folsom School)	Danielle Graham	802-655-3751
Su Oct 17	8:00 AM	15th Baystate Marathon	Tyngsboro, MA (Gr Lowell HS)	Mark Coddair	978-323-4400
Su Oct 17	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen	207-288-5103
Su Oct 24	9:00 AM	Mystic Places Marathon/Relay & 10M	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su Oct 31	8:30 AM	29th Marine Corps Marathon	Quantico, VA	Rick Nealis	800-RUN-USMC
Su Oct 31	8:30 AM	27th Cape Cod Marathon	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959
Su Nov 7	10:52 AM	35th New York Marathon	New York	NYRRC	212-860-4455
Su Nov 21	8:00 AM	11th Philadelphia Marathon	Philadelphia	Joseph Callan	215-685-0054

SILK CITY STRIDERS -- 2004 EVENT CALENDAR

- AUGUST - Johnny Kelley Ocean Beach Run & Picnic Saturday, August 7
- Wickham Park Cross Country Series Monday, August 2, 9 & 16
- Lake Terramuggus Sprint Tri Training Series Thursday, August 5 & 19

- SEPTEMBER - Nikki's Run, Walk 'N' Roll 5K..... Sunday, September 12
- Fred Brown Lake Winnepesaukee Relays..... Saturday, September 25

- OCTOBER - Halloween Pot Luck Supper.....(target date) Saturday, October 30

- NOVEMBER - New York City Marathon Excursion..... Sunday, November 7
- New Date* Parker Holt 5KSunday, November 14
- Know Your Pace Race Saturday, November 20
- Manchester Road RaceThursday, November 25

- DECEMBER - Silk City Christmas PartyTBA

VOLUNTEERS NEEDED

**NIKKI'S RUN, WALK 'N' ROLL 5K
FOR CHILDREN WITH CANCER****September 12, 2004 – 10:00 AM
Manchester Community College**

This is the 2nd year for Nikki's Run, which is co-sponsored by the Silk City Striders. The event supports children with cancer in several different ways. The proceeds will fund pediatric cancer research and family support through the following non-profit foundations: Build-a-Bear Workshop Foundation; Connecticut Children's Medical Center; The Jimmy Fund; and Hannah's Gift – A Fund for Children with Cancer.

A Water Captain and 3-4 Volunteers are needed to staff the Water Stop on Race Day. Please contact Steve McLaughlin if you are interested (860) 295-1357.

PARKER HOLT 5K***** New Date & Time *******November 14, 2004 – 1:00 PM
Manchester Community College**

This is the 3rd year for the Parker Holt 5K. The Race Date has been moved from October 3 to November 14 due the large number of races already being held in October. To accommodate the cooler weather as well as those attending church on Sunday Morning, we have changed the time to 1:00 PM.

Race Committee members are needed for Sponsorship, Refreshments, and Technical Support. We also need Volunteers to help out with course monitoring, timing and registration on Race Day. Please contact Steve McLaughlin if you are interested (860) 295-1357.

HMF City of Hartford Public School Running Program

The Hartford Marathon Foundation is looking for volunteers for a 5-6 Week in-school program to introduce Hartford Public School students to running, and get them started on a lifetime of fitness. The training sessions may be held either before or after school, or during regular school hours, and the program will run from late August through early October. Students will receive Physical Education Credit for participating in the program. An additional goal is to prepare the participants for the Huck Finn 5K or Kid's K 1-Mile Race, run in conjunction with the Hartford Marathon on Oct. 9th. For more information, contact Beth Shluger at the HMF Office (860) 652-8866.

DEADLINE FOR NEXT NEWSLETTER: September 30, 2004

57 Morse Road
Manchester, CT 06040-2706



DEADLINE FOR NEXT NEWSLETTER: September 30, 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