



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

FROM WHERE I STOOD ...

For the first time in eight years I stood as a spectator at the Manchester Road Race. Seeing all of the runners in the street below was quite a sight. In many ways it was hard to stand and watch and not want to give in to the 'desire' to run. But ... it brought me great joy to see the payoff for a lot of hard work as club members ran by from the top of Main St. into the finish. There were some great times turned in by all!

I was going to discuss the topic of keeping oneself in good running condition but then (no kidding) I was previewing the newsletter and saw that Barry did an excellent job on that very topic, which I urge everyone to read and heed!



Also, over the past three months, there were several club sponsored events and I wish to thank everyone for making them such a success. The Parker Holt 5K, the Halloween Potluck and the Know Your Pace Race were all well attended and run smoothly thanks to many members' volunteer efforts. Please take the time to fill out the Awards Ballot and return it to Bekkie at the address given within the newsletter. I hope to see you all at the New Years Day run and brunch, if not sooner!

Keep on runnin'! – Jim

TABLE OF CONTENTS

Club News & Events	1
New Year's Champagne Run & Brunch .	1
Parker Holt 5K	2
Race Results.....	3
Marathon Results	5
"Blast from the Past"	6

Manchester Road Race Results	7
Silk City Awards Ballot 2003.....	7
Know Your Pace Race Results	8
Coach's Corner	9
"How the West Was Run".....	10
Race Calendar	12

Parker Holt Celebration Run 5K and Kid's Race October 5, 2003 Manchester - MCC

The sun came out again this year for the Parker Holt Celebration Run. Many Striders volunteered and ran. This year's winners were Russ Blatt and Karen Saunders! Steve McLaughlin served as this year's Race Director, and deserves congratulations for a job well done. Although the course was a new one, the race ran very smoothly. The Water Committee provided an efficient Water Stop, the Food Committee provided plenty of refreshments, and the Sponsorship Committee received donations sufficient to provide T-Shirts this year. Thanks to Janit Romayko for providing the T-Shirt design. Steve and the members of the Race Committee should be congratulated for all their efforts. Steve thanked all the volunteers and sponsors in a follow-up letter. He noted that without capable volunteers the Striders could not put on this event. Steve gave special thanks to Rick Parr for organizing the volunteers and for course design and marking. Other volunteers acknowledged were: Dani Kennedy, Merle Stoner, Bob Moran, Joyce Thorner, Joe DeSimone, Ellie Lowell, Rick Chromik, Bill McGugan, Bekkie Wright, Al Crittenden, Betty Canella, Clint Driscoll, Carol Conlon, Cathy Logiudice, Karen Saunders, Jim Whitehouse, Sue Leslie, Pat DeSimone, Randy Potterton, Jim Cunningham. We should also thank Francies Baldwin and Parker's son, Steve Holt, for their continued support. We hope the Parker Holt 5K will continue to grow and be a successful event for many years.

5K Run

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Russell Blatt	17:24	41	Tim Szozesiul	26:47
2	Matt Tartar	17:54	42	Robert Nester	26:50
3	Ruben Perez Cruz	17:57	43	George Young	27:01
4	John Paggioli	17:59	44	Alan Dorrbecker	27:07
5	Michael Munroe	18:28	45	Ann Marie DeMonte	27:21
6	Mike Tartar	18:31	46	Michael Crowley	27:50
7	Mitch Bielenda	18:44	47	Shannon McGrath	29:14
8	James Creighton	18:47	48	Sarah Tartar	29:17
9	Ned Kennedy	19:04	49	Connie Bird	29:29
10	Mike Saimond	19:13	50	John Yavis	30:49
11	Jeffrey Jahnke	19:22	51	Annie Holt	30:56
12	Bill McGugan	19:33	52	John Cappalla	31:07
13	David LaPorte	19:50	53	Katie Cappalla	31:09
14	Dean Bolt	19:56	54	Kenda Donahue	31:14
15	Paul Kosakowski	20:34	55	Rachel Blinn	31:27
16	Clyde Ettienne-Modesta	20:44	56	Ken Masslon	32:08
17	Will Barrios	21:07	57	Pamela Thompson	33:06
18	Bob Dacey	21:26	58	Stephen Tolman	35:34
19	Tyler Canfijn	21:31	59	Wendy Tolman-Andrews	35:34
20	Paul Bennett	21:49	60	David Cass	36:57
21	Bob Caplin	21:55	61	Alicia Blinn	37:17
22	Tom Porcello	21:58	63	Liz Solecki	39:01
23	Tom Butterfield	22:32	65	Don Osborne	42:06
24	Ed Yergeau	22:54	66	Ray Greene	42:53
25	Karen Saunders	22:58	67	Mary Ann Blinn	47:34
26	Lawrence Chaves	23:22	69	Tim Blinn	50:35
27	Volanda Jackson	23:23		Pierce Dick	Walk
28	Keron Smith	23:26		Crowley Judith	Walk
29	Alan McCall	23:54		Russo Jody	Walk
30	Fernando Tostes	24:28		Young Joey	Walk
31	Walt Gale	24:31		Young Mary	Walk
32	James Paggioli	24:59		Meador Michael	Walk
33	Kathy Thornton	25:04		Young Kevin	Walk
34	Thomas Wichrowski	25:23			
35	Jill Ramos	25:43			
36	Gerald Boisvert	25:58			
37	Bill Iskrzak	26:18			
38	Christopher Martin	26:33			
39	Charles Merlis	26:34			
40	Barry Stoner	26:46			

<u>1/2 Mile Kid's Run</u>					
<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Adam McLaughlin	3:27			
2	Daniel Barzottini	3:49			
3	Laura Barzottini	4:21			

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.

RESULTS OMITTED FROM OCTOBER NEWSLETTER

CLARENCE DEMAR MARATHON Keene, NH September 28, 2003

MaryLou White	4:01:51
Eva Van Stratum	4:02:06

CIDER MILL 5K Tolland, CT October 4, 2003

Mike Munroe	#1 M40-49	19:21
Dave LaPorte	#2 M30-39	19:30
John Sloan	#3 M40-49	20:57
Doug Prindle		21:32
Cathy Koehler	#1 F40-49	21:49

MYSTIC Y AMBY BURFOOT TRIATHLON 1/2 M Swim – 15M Bike – 5M Run Mystic, CT September 28, 2003

Barry Stoner	#1 M60-69	1:49:37
Janit Romayko	#1 F50-59	1:56:34
Jim Hodges		2:47:00

This was Jim Hodges' first triathlon and it was a challenge! It was more of a challenge to get the race officials to laugh. Jim went to get his race chip and the official said something to the effect of "Would you like your chip?" to which Jim replied, "No, I prefer nachos." Much to Jim's chagrin the race official saw no humor in the joke!

BETHANY HARVEST DUATHLON Bethany, CT October 12, 2003 2M Run – 11M Bike – 2M Run

Although conditions were quite wet, Mike made a great showing.

Mike Tirrell	#3 M45-49	1:01:04
	10th Overall	

TUFTS 10K FOR WOMEN Boston, MA October 13, 2003

There were 7300 women running in this event under blue skies and balmy weather!

Ellie Lowell	51:40
<i>Ellie was 25th out of 671 runners in the grandmaster's category!</i>	
Pat DeSimone	1:03:03
<i>Congratulations Pat!</i>	

UCONN HUSKY RUN 5K Storrs, CT October 15, 2003

This run on the UConn Campus is run with members of the Basketball Team.

Ellie Lowell	25:13
John Legier	20:42
Randy Potterton	27:00

APPLE HARVEST FESTIVAL 5K Glastonbury, CT October 17, 2003

Scott Freeman	#3 Overall	17:38
Bill McGugan		18:57
Steve McLaughlin		19:34
Tony Hollister	#1 M50-59	20:55
Bekkie Wright	#3 F Overall	20:57
	#2 F40-49	

Clint Driscoll	22:10
George Ripley	23:40
Matt Wynne	24:43
Peg Byram	28:20

PUMPKIN RUN - 4 M Trumbull, CT October 18, 2003

Betty Canella	33:26
Sue Leslie	33:39

SIMSBURY APPLE FESTIVAL - 10 M Simsbury, CT October 25, 2003

Bekkie Wright	#2 F40-49	1:18:31
---------------	------------------	---------

MAYOR'S CUP 8K Franklin Park, Boston, MA October 26, 2003

Doug Flamino	32:38
--------------	-------

**HARTFORD MARATHON, RELAY,
HALF-MARATHON and 5K
October 11, 2003**

It was a sunny day with thousands of people lined up to either spectate or run (there were over 6000 participants). Ramilia Burangulova from Russia established a new women's course record for the marathon with a time of 2:33:26. Michael Mislav of Tanzania won the men's marathon in 2:17:44, his first marathon victory. Club members did well in all events and both the Female and Mixed Master's team came in first in their divisions!

Marathon

Scott Freeman	#4 M40-44	2:52:25
Jay Seney		3:28:28
Scott Wojnarowcz		3:31:51
Tim Blinn		3:37:53
Ginny Welch		3:45:12
<i>Ginny shaved 24 minutes off last year's time!</i>		
Jennifer Freeman		3:52:27
Rick Chromik	1st marathon	3:56:06
John Sloan	1st marathon	4:17:16
Ed Gregory		4:43:03

SCS Mixed Master's relay team 2:57:31

This team was made up of Carol Conlon, Joe Damon, Mike Saimond and Bill McGugan.

SCS Female Master's relay team 4:12:45

This team was made up of Pat DeSimone, Barb Kennedy, Betty Cannella and Carol Gould. They bettered last year's time by 10 minutes.

Half Marathon

John Legier		1:30:41
Steve Gates		1:36:19
Clint Driscoll		1:42:03
Lynn Damon		1:43:05
Pedro Munoz		1:43:27
John Yavis	#2 M60-69	2:21:35

5K

Steve McLaughlin	#3 M40-44	19:48
Karen Saunders	#1 F50-54	22:36
Ellie Lowell*	#1 F55-59	23:09
Janice Tirrell		29:13

*indicates a notable time for Age Group

AIR LINE TRAIL GHOST RUN 13.6 Miles

Hebron to East Hampton, CT November 1, 2003

Scott Freeman	#1 M40-49, #5 Overall	1:23:48
Steve McLaughlin	#4 M40-49	1:34:40
Bekkie Wright	#1 F40-49, #2 F Overall	1:40:14
Randy Potterton		2:16:28

HOG JOG 5K

South Windsor, CT October 25, 2003

This local home spun race started from the Community Center on Nevers road, looped through some neighborhoods and ended up on grass, then on a dirt path and finally to the finish. Scott Freeman, fresh off his marathon, came in 1st overall! The Striders had a great day. We were also glad to see former Striders Dan & Brendan Walker.

Scott Freeman	#1 Overall	17:49
Joe Kidder	#5 Overall	18:46
	#3 M40-49	
Bill McGugan	#4 M40-49	19:01
Mike Saimond	#5 M40-49	19:05
Tim Blinn		20:05
Dan Walker		22:18
Karen Saunders	#1 F50-59	22:55
George Caye		23:01
Cathy Logiudice	#2 F50-59	24:12
Brendan Walker	#1 M15-19	26:30
Janit Romayko		27:44
Rachel Blinn		30:04
Jim Hodges		30:30
Mary Ann Blinn		34:21

**TARZAN BROWN 5.5 Miler
Mystic, CT November 2, 2003**

Mike Bendzinski	#3 M50-59	33:58
Karen Saunders	#1 F50-59	41:29

**HEBRON FUEL RUN
Hebron, CT November 8, 2003**

5K

Bill McGugan		19:58
<i>Bill ran an extra 40 yards because of uncertainty regarding the course route.</i>		

10K

Mike Munroe	#1 Overall	38:46
Bekkie Wright	#2 F40-49	46:13
John Sloan		44:00
Cathy Koehler	#3 F40-49	49:38
Joan Munroe		53:30
Barry Stoner	#1 M60+	57:50

Half Marathon

Scott Wojnarowicz	#2 M19-29	1:32:58
Scott Freeman		1:39:11
Jim Best	#3 M60+	1:54:10
Jennifer Freeman		2:14:23
Randy Potterton		2:24:25

Scott Freeman ran an 3 extra miles because of uncertainty about the course route.

DUBLIN MARATHON**Dublin, Ireland October 27, 2003**

I think the Club can say that Clint has perhaps been to more countries than anyone else we know! He traveled to Dublin, Ireland to do a marathon and this is his account.

I traveled to Dublin, Ireland to run my first marathon in 11 years. Although I will be 51 years old in November I felt I was ready. I'd been running well all year and finished the Narragansett Half Ironman in 6:12 and the Hartford Half Marathon in 1:42.

Being of Irish descent, I couldn't resist running in Dublin along with the before and after festivities. The day before the race my wife Carol and I attended a Runner's Expo sponsored by Adidas and saw an unbelievable sight – a runner on a treadmill breaking the world record for 24-hours at 137 miles. Later I learned that this guy did a total of 48 hours and 230 miles, and then he ran the Dublin Marathon the next day. Talk about fit!

There was also a Runner's Breakfast. Participants first ran 2 miles, then enjoyed an Irish breakfast with Irish music and dancers for entertainment. I especially like doing the T-shirt swap with other runners. I swapped my Hartford Half-Marathon T-shirt for a shirt that read "Shakespeare Marathon..."

The day of the race the weather was perfect. No wind, lots of sunshine, 55 degrees and a party spirit everywhere. There were over 8,000 registered: 4,000 were Irish, 2,000 British, 1,000 Americans and the last thousand were of mixed nationalities.

I wanted to break 3 hours and 50 minutes, so I watched my time carefully. I was doing 8:30's until mile 19, then I "Hit the Wall" and dropped to 9:30 pace. When I was at 20 miles, I was just hoping for the best. I glanced at my watch at the 26 Mile mark and saw 3:48:14. I thought to myself, "This is it, I'm going to do it" and off I went, pumping all the way. I crossed the finish line at 3:49:54!!!! I did it!!!! I heard the announcer say, "Well done" and I knew the thrill of victory.

If anyone has the opportunity to do this race I say, "Go for it!"
Clint Driscoll

MORE MARATHON RESULTS**ROAD RUNNER AKRON MARATHON****Akron, OH October 11, 2003**

Bekkie Wright #3 F40+ 3:34:20

BAY STATE MARATHON**Lowell, MA October 19, 2003**

Neal Liebowitz 3:06:13

**MYSTIC PLACES MARATHON,
MARATHON RELAY
& 10 MILER****October 26, 2003****Marathon**

Ned Kennedy 3:17

Bob Niedbala 3:52

MaryLou White 3:58

*Congratulations on your Boston Qualifier,
MaryLou!*

Bill Schwarz 4:09

Randy Potterton 5:15

"3 Bozos and a Babe" 4:48

Mixed Master's relay team made up of Barry Stoner,
Dan Serry, Bob Bass and Merle Stoner.**10 Miler**

Carole Phelan 1:29

MARINE CORPS MARATHON**Washington DC November 1, 2003**

Mike Munroe 3:26:31

Joan Munroe 4:09:07

ING NEW YORK CITY MARATHON**November 2, 2003**Art Byram 1st Marathon 4:17:28**MARATHON IN THE PARKS****Montgomery County, MD November 9, 2003**

Bill Schwarz 4:21

PHILADELPHIA MARATHON**Philadelphia, PA 11/23/03**

Jay Seney 3:17:40

Bekkie Wright 3:28:42

Art Byram 3:53:31

Bill Schwarz 4:16:22

EAST WINDSOR VETERANS DAY 5K
East Windsor, CT November 8, 2003

Sue & Carol ran this race in honor of Paul Bennett's service this year in Iraq.

Doug Flamino	#3 M40-49	19:25
Tim Blinn		20:01
Dan Walker		22:11
Sue Leslie		28:01
Carol Conlin		28:01
Rachel Blinn	#2 F15&Under	31:58
Mary Blinn		32:45
Alicia Blinn		37:40

VETERANS MEMORIAL GREENWAY 5K
Willimantic, CT November 9, 2003

Mike Munroe	#2 Overall	18:02
	#1 M40-49	
Dara vander Veer	#1 Female	20:48
MaryLou White		24:22
John Salcius	#2 M60+	27:10

MONSON MEMORIAL HALF MARATHON
Monson, MA November 9, 2003

Carole was running to get into the "Under 5:00 Hour" Start at the Disney Marathon., Bekkie was trying for a 1:39 to qualify for the New York Marathon next year, and Steve just wanted to do a long training run.

Bekkie Wright	1:38:40
Steve McLaughlin	1:48:58
Carole Phelan	2:03:28

VETERAN'S DAY 11K
Stoneham, MA November 11, 2003

Clint Driscoll	51:29
----------------	-------

USATF XC CHAMPIONSHIPS 8K
West Hartford, CT November 22, 2003

Jim Tharp	33:04
Daria vander Veer	37:41

MANCHESTER ROAD RACE
Manchester, CT November 27, 2003

Congratulations to Jim Best & Zofia Turossz for placing 2nd in their respective Age Groups.

PLEASE SEE NEXT PAGE FOR COMPLETE SILK CITY STRIDER RESULTS.

SILK CITY STRIDERS
BLAST FROM THE PAST

By Sue Leslie

This summer while browsing through some boxes in my Dad's basement, I came upon the Nov. 26, 1971 edition of the *Manchester Evening Herald*. Nov. 26 was the day after Thanksgiving in 1971 so, of course, the headline story in the sports section featured coverage of the 35th running of the Manchester Road Race. I thought I'd share with you some of the interesting facts as recorded in the articles.

- At that time, the race was referred to as the annual "Five Mile Road Race."

- The race was scheduled to start at 10:30 am, but was delayed for 15 minutes as the "weather outside was frightful." Five inches of snow had fallen, there was a biting cold wind, roads had not been plowed and many participants were delayed in arriving in town.

- Amby Burfoot won his third Manchester Road Race in 23:45.3, which was 1:03 off the pace set by John Vitale, the previous year in ideal weather conditions. Vitale was second in 24:10.

- There were 506 pre-registered runners, 200 started and 188 finished. A dozen "girls" ran unofficially.

- One of the participants was Fred Brown (Lake Winnepesaukee Relay organizer), then age 65. There was a photo of him shoveling snow in front of Bennet Middle School with a caption stating that he was competing in his 1160th race, a record. Brown finished in 27:10.

- Among the finishers were the following current or former club members: John Salcius, Mike Saimond and Bob Digan (one of our founders).

I also found the promotional booklet for the 39th race (1975). It was also advertised as a five mile road race. In those days, the booklet included the names of pre-registered runners. Current or former Striders included in the booklet were: Mike Saimond, Barry Stoner, Karen Saunders, John Salcius, John Ziemak, Jeff Lancaster and Jim Whitehouse.

67th Annual Manchester Road Race 11/27/02

Following are the **Chip Time** results for Silk City Striders Members, Family & Friends:

Drew Best*	24:14	Ted Kennedy	34:37	Randall Potterton	43:09
Aaron Flamino	24:29	Clinton Driscoll	34:30	John Salcius	43:35
Joe Kidder	28:00	Cathi Koehler	34:42	Patricia Saimond	43:28
Neal Leibowitz	28:04	Lynn Damon	35:01	Sean Legier	43:18
Scott Freeman	28:05	Pilgrim Too	35:19	Jennifer Freeman	43:29
Bill McGugan	28:40	Tony Hollister	35:25	Janit Romayko	43:37
Lance Flamino	28:48	Virginia Welch	35:36	Edwin Gregory Jr	44:20
Yolanda Flamino	28:49	Ken Balette	35:51	Jack Leonard	44:38
Michael Munroe	28:52	George Caye	36:27	Sue Legier	45:17
Ned Kennedy	29:12	Richard Chromik	36:29	Rebecca Logiudice	45:39
Douglas Flamino	29:21	Zofia Turosz	37:55	Patricia Desimone	45:49
Mike Bendzinski	29:21	Dani Kennedy	38:17	Brad Shoенfelt	45:50
Raymond Carta	29:34	George Ripley III	38:29	Robyn Beausoleil	47:31
Mike Saimond	29:38	Joan Munroe	38:40	Maura McGuire	47:36
Joe Damon	29:44	David Logiudice	38:34	Meg Bendzinski	48:16
Michael Tirrell	29:48	Catherine Logiudice	38:45	Sue Riley	49:48
Anne Leonard*	29:52	MaryLou White	39:21	John Yavis Jr	50:34
Stephen McLaughlin	30:10	George Young	39:27	Angelee Carta	50:58
Steve Gates	30:45	Carole Phelan	39:58	Pilgrims/Thorntons	51:44
Timothy Blinn	30:59	Jill Ramos	39:56	Merle Stoner	51:53
David LaPorte	31:05	Karen Saunders	39:00	Richard Shok	53:52
John Legier	31:10	Susan Leslie	40:00	James Hodges	53:38
Marc Shok	31:15	Andrew Cannella	41:24	David Cass	58:09
John Sloan	32:14	Daniel Jakowski	41:53	Anthony Dennis	1:01:13
Paul Bennett	32:27	Miriam DeGrandi	42:04	Barry Stoner	1:01:14
Allie Fergione	32:53	Beth Shluger	42:17	Deborah Thurston	1:03:53
Todd Mozzer	33:06	Betty Cannella	42:20	KC Beauregard	1:08:27
Gene Fergione	33:34	Wendy Stoner	42:24	John Spaulding	1:09:46
James Best	34:04	Rebecca Wright	42:42	Elizabeth Spaulding	1:22:54
Dan Kennedy	34:14	Adam McLaughlin	42:43	Mark Bierbaum	1:31:46

Silk City Awards – 2003

Descriptions and nominations for each award are listed below. Awards will be given out at the New Year’s Champagne Run & Brunch. *1st Male & Female MRR Silk City Strider Member Finisher Awards will also be given out at this time. Congratulations again Drew & Anne!

"Rookie of the Year"

Awarded to a current SCS member, male or female, with less than 3 years experience including the award year, one award per year, outstanding improvement, most improved beginner.

- Art Byram
- Beth Wells -MacKay
- Pat DeSimone
- _____

"Best Comeback"

Awarded to a current SCS member, male or female who has recently returned to competitive running after a layoff due to some type of set-back or injury.

- Jim Best
- Steve McLaughlin
- Jim Cunningham
- Joan Munroe
- Jennifer Freeman
- Karen Saunders
- Cathi Koehler
- Jim Tharp
- Ellie Lowell
- _____

"Most Improved" Male & Female

Given to a current SCS member, with more than 3 years prior competitive running experience since the beginning of the award year, showing significant improvement during the last year, # of PRs, variety of PRs, dramatic increase in mileage or length of races, etc.

- | | |
|---------------------------------------|--|
| <u>Male</u> | <u>Female</u> |
| <input type="checkbox"/> Rick Chromik | <input type="checkbox"/> Cathy Logiudice |
| <input type="checkbox"/> John Sloan | <input type="checkbox"/> Ginny Welch |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

These nominations are just suggestions ... write-ins are welcome. Completed ballots should be sent to Bekkie Wright, 40 Hickory Road, Marlborough, CT 06447. Thank You.

KNOW YOUR PACE RACE
Bennet Middle School, Manchester CT
November 22, 2003

The Know Your Pace race is an annual event held the Saturday before the Manchester Road Race, in which runners predict the time in which they think they will run the race and then try to run their predicted time. Winners (of baked goods – the entry fee for this informal run/race) are those runners who come closest to their predicted time.

KNOW YOUR PACE RACE – RESULTS 2003

Name		Predicted	Actual	Diff.	Name		Predicted	Actual	Diff.
Karen	Saunders	36:48	36:45	:03	Ellie	Lowell	42:45	41:31	1:14
Janit	Romayko	49:49	49:52	:03	John	Oldham	35:00	36:16	1:16
Dave	Austin	57:00	56:57	:03	Janice	Tirrell	48:50	50:07	1:17
Michael	Tirrell	32:05	32:09	:04	Mathew	Arcata	36:00	34:43	1:17
Fred	Hughes	39:00	38:53	:07	Diane	Snow	42:00	40:37	1:23
Geoff	Michaud	32:30	32:39	:09	Ken	Masslon	52:14	53:38	1:24
Jennifer	Squires	45:00	45:10	:10	John	Sloan	33:45	32:18	1:27
Jim	Best	42:00	42:11	:11	Scott	Freeman	30:00	28:29	1:31
Daniel	Glenney	39:09	39:21	:12	Nima	Zangeneh	35:37	37:10	1:33
Kristin	Zangeneh	55:00	54:46	:14	Steve	McLaughlin	34:25	32:48	1:37
Antonio	Obando	36:30	36:15	:15	Luse	Nunez	40:21	38:39	1:42
Mary	Young	1:15:00	1:15:16	:16	Cathi	Koehler	38:19	36:36	1:43
Mitch	Bielenda	29:45	30:04	:19	Raymond	Diana	33:30	31:45	1:45
Bill	McGugan	35:00	34:41	:19	Jason	Woodworth	33:14	35:05	1:51
Mark	Mogielnicki	34:00	33:27	:33	David	Caldon	34:25	36:16	1:51
Ben	Pilgrim	35:00	34:26	:34	Lee	Triani	37:59	39:50	1:51
Susan	McCue	55:00	55:36	:36	Donna	Kluczewicz	46:00	48:05	2:05
Dae	Dempsey	36:00	36:39	:39	James	Hilliard	37:55	40:03	2:08
Craig	Larsen	30:42	29:59	:43	Richard	Chromik	34:59	37:10	2:11
Lauren	Keibel	40:00	39:16	:44	Anna	Chilas	40:00	42:40	2:40
Miro	Baldyga	30:50	31:39	:49	Martin	Keibel	40:00	42:41	2:41
Ryan	Bielenda	42:30	43:20	:50	Charles	Ross	45:00	42:10	2:50
Ian	Roberts	34:00	33:10	:50	Susan	Glenney	47:00	44:10	2:50
Mark	McGrane	32:03	31:10	:53	Jim	Way	40:50	43:58	3:08
Peter	Briggeman	33:53	34:47	:54	Leo	Diana	34:40	38:10	3:30
Tom	Vendetta	29:57	30:51	:54	Alan	Backstrom	42:44	46:47	4:03
Barbara	Dell	45:20	44:17	1:03	Bob	Lincoln	45:00	40:47	4:13
Michael	Crowley	46:30	45:27	1:03	Paul	Bennett	40:21	33:48	6:33
George	Young	42:00	40:51	1:09	Katie	Arnold	47:29	1:15:20	27:51

COACH'S CORNER: *Preventive Rx*

By Barry Stoner

As we train to run or perform any sport or physical exercise we often look beyond our own knowledge seeking advice from others like friends, coaches and possibly professionals. So it is when we are caring for our bodies. We first rely upon ourselves and when that is not working well enough we seek professional care. Most of us are fortunate enough to have some form of medical benefit to help us with this care; and possibly someday there will be a national health care plan to assure that all will have some form of planned medical protection. Of course you could argue that we now have that necessary protection – by just showing up at some Emergency Room with a serious problem and dare them to turn you away. You do not have to be so blatant but you will find that you will not be turned away and the costs will be absorbed somehow. This has been one of the causes of higher medical care costs and insurance costs that now exist but until things change things will not change.

In any event, as a responsible citizen, you should exercise regularly, eat a balanced diet, get adequate sleep, avoid smoking and avoid abusive substances including too much eating. As luck would have it you will continue to age and acquire injuries from time to time that need attention beyond just going with it. So to address what you can do when confronted with such an experience I will pass on some ideas that most of you have heard of and may even practice. But a refresher on these ideas is often just what is needed to get or keep you going.

Keep a check on your posture. Sit so that the curve of your lower back fits easily against the chair or seat. Support your feet keeping them flat on the floor. Your knees should be level with your hips. When driving, sit close enough to the steering wheel to keep your knees slightly bent. When walking stand tall. To sit or sleep, choose your furniture to support your body's natural curves without being too soft or too hard.

Use ice to reduce muscle pain and swelling – this helps most within 24 to 48 hours following the injury. Ice for about twenty minutes at a time and several times a day.

Use heat to help relax sore muscles and improve blood flow. Try a warm bath or a shower. Limit the heat to about fifteen minutes at a time.

Use over the counter pain relievers like aspirin and ibuprofen (Advil and Ale ve are two popular ibuprofen pain killers) to relieve the discomfort and reduce swelling.

If you need help beyond these ideas see your personal care physician and seek his or her help, if needed, to visit specialists for physical therapy or for whatever ails you.

It should be your routine to get a check up at least once a year to pay attention to your general well being including topics like blood pressure, cholesterol, blood lab work and cancer risks. This routine should include visits to the dentist and the oculist too.



“HOW THE WEST WAS RUN”

Running the great parks of the Rockies, and the lessons we learned

By Drew Best

A year and a half ago, while staring out my window onto the gray frozen campus of St. Michael's College in Vermont, during that late winter/never-Spring part of the season, I came to an important decision. I needed a break from the fruitless grind of exams and homework was providing me little satisfaction – even my running, although rewarding, was becoming uninspired. Clearly the time had come to step it up. My ambitions led me first to Boulder, Colorado in the Summer of 2002 with two friends, and West again in the Summer of 2003 with two other friends, Nick and Jamie.

In July of 2003, we set out to tackle any runnable trails in Rocky Mountain National Park in Colorado. After procuring the necessary maps we determined there were only a handful of runnable trails, so we chose two, one of which was the [La Poudre River Trail](#). Although the temperature was 40° at the start the mercury soon rose to 70° - an unexpected consequence of the high altitude. We descended steadily for almost 6 miles, our pace slowed by gnarly trail, but bolstered as we passed incredulous hikers who grudgingly yielded the Right of Way. *These occasional encounters produced a significant insight: even the rare tourist who leaves the blacktop to explore the trails has trouble fitting Runners into their schema. The dedicated runner remains an enigma, a fringe element of society, occasionally respected but seldom understood.*

Since we had started on a downhill, we faced an arduous 800-foot climb to get back to the car. Nick is closely related to the mountain goat, and with his winter base of 80-105 miles a week, he had no fear. I, on the other hand, faced a physical and emotional battle. Walking with my hands on my knees, gasping for air at the unforgiving altitude of nearly 11,000 feet, I had blown up.

The final leg of our trip took us to [Grand Teton](#) and [Yellowstone National Parks](#) in Wyoming. Running 80 miles per week and living on Pop-Tarts and Nutella proved to be a liberating experience. Nothing mattered during the run except finding a rhythm in the midst of discomfort, and nothing mattered after the run except finding those Pop-Tarts. Money, work, and the looming prospect of another year of grinding through Biology classes no longer had any bearing on my decisions. I found myself jealous of Appalachian Trail through-hikers, professional runners, and other “vagrants” who had the freedom to pursue whatever selfish dream they wished. I had to remind myself that for one month, I had the same luxury.

The longest run of our trip would be [Two Ocean Lake](#), on the eastern border of Grand Teton National Park at an elevation of 7,300 feet. A firm singletrack path led us through the 6-mile loop, after which we tacked on a larger loop around neighboring Emma Matilda Lake. The trail climbed sharply up an embankment that soon relented, offering a breathtaking view of the lake, encroaching forest, and Teton peaks. Our shared feeling of awe was later punctuated by an eruption of sound coming from the forest on three sides. We stopped dead in our tracks, paralyzed for a moment, remembering that this was Bear Country USA. I cried out, “Nick! Hold up!” as over a dozen very frightened elk in full stride crashed all around us. We finished 17 miles in 2 hours 10 minutes; Nick added 3 more miles.

The most epic trail we found was on the Idaho side of the Grand Tetons, a gently climbing path that cut through a mountain pass in the Jebediah Smith Wilderness. Dubbed the Alaska Basin Trail, it eventually climbs to said basin before plummeting down to Phelps Lake on the Wyoming side of the range. At one point we were flanked by shoulder-level wildflowers; another clearing offered a vista of a small waterfall, hundreds of feet above us and several hundred yards from the trail. The trailhead afforded us a cross-section of hikers: Boy Scouts, undoubtedly earning some merit badge; families who understand that the American dream isn't found in tombs of concrete; vagabond hippies, with an appreciation for nature that many modern-day hippies can't claim to have; and then Nick and I, the sole ambassadors of the subculture of distance running. *Each of us on the trail that day had different reasons for being there, but I like to think that we all shared a basic understanding: that Truth is independent of the workings of Man. Truth existed before we did, and will exist after we're gone, and in that sense nature is the only place that it truly resides.*

The color and beauty of the Alaska Basin run was in stark contrast to a trail we found several days later in Yellowstone. In an 11 mile run over the Dogs Head trail, I could count on one hand the number of *living* trees we passed; we ran for almost 90 minutes through the ghost forest, charred by the wildfires of 1988. The only signs of regeneration could be seen on the forest floor, where green patches of life had tentatively established province. I found it amazing that this sparse landscape of undulating gray hills and dead trees could breathe with such life and vigor. I returned the following day to do my weekly fartlek training on the same trail. In doing so I unwittingly made a mistake many of us make - trying to recapture the same sense of wonder by repeating a positive experience. The first time is often the best.

The next morning we departed from the [Pebble Creek](#) trailhead in Northeastern Yellowstone and began climbing immediately. Two miles later we reached the top of a quad-busting climb, and were treated to several miles of smooth singletrack, which weaved in and out of lush forest beside a river. About 4 miles in, we paused and contemplated a river crossing. I suggested we turn back. I was embarking on my first ever 80 mile week—and every run would be above 7,000 feet on tough trails, so I wanted to make it as easy on myself as I could. As we darted back through the trees I drifted off into sublime contemplation. An admitted agnostic, I can't help but think that any God that may exist must dwell in such places. Several horses and their riders interrupted my thoughts as they climbed the switchbacks. "It's much easier going down!" I hollered at the horse-bound leader. She smiled as she replied. I could see that she respected what we were doing, even if she was surprised to see such scantily clad flatlanders on her trails.

All in all, we spent 2 weeks running both deserted and well-traveled trails in these great National Parks. We never saw another soul running; and felt as though the forest and mountains had granted us the individual rights. We experienced the parks from a rare and important perspective. While the training benefits could be quantified by improved times and satisfying races, the clarity of mind gained from such a trip is not measurable in units; not in minutes, seconds, miles, or kilometers. *There may be no universal unit with which to measure the quality of one's life; but trying to find it sure is fun.*

EDITOR'S NOTE:

On November 8th at Franklin Park in Boston Drew achieved a goal he had been working 4 years to achieve -- he qualified for the National NCAA Division II Cross Country Championship. Drew placed 9th in the Northeast Regionals and was named to the all Northeast Region team. He ran 31:47 over the 10K course, and broke the St. Michael's College school record for the course by 27 seconds which had been standing for 20 years. He is the first runner in school history to qualify for the NCAA National XC championships.

The 2003 NCAA Division II Men's 10K Cross Country Champions were crowned on Nov. 22 in Cary, North Carolina. Adams State claimed the Men's Team Championship with 40 points. The Men's 2003 Individual Champion was Celedonio Rodriguez of Adams State, who crossed the finish line with a time of 30:25.60 to claim the title.

69th Place Andrew Best Saint Michael's College 33:20.50 5:23 Pace

RACE CALENDAR

	Date	Time	Race	Place	Contact	Telephone
Sa	Dec 6	9:30 AM	13th Jingle Bell Run 5K	Trumbull (Nichols Green)	Tom Kulhawik	203-337-6132
Su	Dec 7	1:00 PM	24th Pearl Harbor Masters 5.1M	Waterford (VFW)	Ron Bugbee	860-444-5881
Su	Dec 7	Noon	25th Santa's Run 3.5M	Glastonbury H.S.	Bill Engle	860-652-7679
Fr	Dec 12	7:00 PM	Tommy's Toy Fund Run 3M	Norwich	Bob Miles	860-889-5842
Su	Dec 14	10:00 AM	Jingle Bell 5K for Arthritis	W.Hartford (Elizabeth Park)	Race Director	860-563-1177x16
Su	Dec 14	10:00 AM	19th Christmas Run for Children 5K	New Haven	John Bysiewicz	203-481-5933
Su	Dec 14	9:00 AM	Jingle Bell Jog 3M	Greenwich	Threads & Treads	203-661-0142
Sa	Dec 20	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	Will Graustein	203-574-3310
Th	Dec 25	10:30 AM	Scrooge Scramble 5K	Rockville (Cornerstone)	Joan Powers	860-875-0538
Th	Jan 1	10:00 AM	Joe Vailonis 10K	W.Hartford (MDC Res Farm Ave)	Race Director	860-956-2844
Th	Jan 1	10:00 AM	Silk City Champagne Run	The Cannella's - Ellington	Betty Cannella	860-872-5903
Th	Jan 1	10:30 AM	Chilly Chilli 5K	Orange	Joe Riccio	203-481-7453
Su	Jan 4	11:00 AM	26th Boston Buildup Series 10K	Norwalk (Roton Middle Sch)	Jim Gerwick	203-838-2748
Su	Jan 4	1:30 PM	12th Snow Dash 3.05M	E. Hartford (E.Hart. Golf Course)	Jim Uhrig	860-282-8240
Su	Jan 4	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace)	Roger Camire	860-536-8175
Su	Jan 11	6:00 AM	Walt Disney Marathon	Orlando, FL	Race Director	407-939-7810
Su	Jan 25	10:30 AM	26th Boston Buildup Series 15K	Ridgefield Rec Center	Jim Gerwick	203-838-2748
Su	Feb 1	9:30 AM	26th Winter Wonderland 5M	Milford	Bob Stephenson	203-877-2091
Su	Feb 15	10:00 AM	26th Boston Buildup Series 20K	Southport (RR Station)	Jim Gerwick	203-838-2748
Sa	Feb 21	10:00 AM	HTC Winter Series Half Marathon	Colchester (Bacon Academy)	Race Director	860-537-4597
Su	Feb 29	1:00 PM	30th Sugarloaf D.H.Jones 10M	Amherst, MA (Regional Jr H.S.)	Jim Plaza	413-259-1469
Su	Feb 29	1:00 PM	Hare Hop 5K	Mystic (Kelly's Pace)	Roger Camire	860-536-8175
Su	Feb 29	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	Paul Collyer	508-775-0143
Su	Feb 29	11:00 AM	20th Polar Bear 7.66M	New Preston (Lake Waramaug)	Wallie Jahn	860-354-9191
Su	Mar 7	9:30 AM	26th Boston Buildup Series 25K	Norwalk (Silvermine School)	Jim Gerwick	203-838-2748
Su	Mar 7	9:00 AM	Shamrock and Roll 5K	New Haven	John Bysiewicz	203-481-5933
Su	Mar 7	Noon	Thompsonville 5K	Enfield (Lamagna Activity Center)	Jack Mancuso	860-989-4382
Sa	Mar 13	9:00 AM	Pi Day 3.14 Mile Run	East Hartford H.S.	Scott Wojnarowicz	860-622-5305
Sa	Mar 20	10:00 AM	Salem 3M	Salem (Salem Sch - Rt 85)	Maritza O'Connell	860-859-0324
Su	Mar 21	2:00 PM	Spring Equinox 8K	New Canaan	Jim Gerwick	203-849-8646
Sa	Apr 3	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green)	Mike Bradley	860-872-0528
Su	Apr 4	10:00 AM	April Fools 5K	Moodus (Nathan Hale-Ray HS)	Kathy Golec	860-873-3206
Su	Apr 4	?	Madison Half-Marathon	Madison (Hammonasset)	John Bysiewicz	203-481-5933
Sa	Apr 17	8:30 AM	Bradley Airport 5K	Windsor Locks	Hugh Donagher	860-623-3204
Su	May 30	8:05 AM	16th Vermont City Marathon	Burlington, VT (Battery Park)	Race Director	800-880-8149

DEADLINE FOR NEXT NEWSLETTER: January 31, 2004

57 Morse Road
Manchester, CT 06040-2706



DEADLINE FOR NEXT NEWSLETTER: January 31, 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."

Annual dues for the Silk City Striders include \$1.25 for a subscription to the RRCA's quarterly magazine, Footnotes, for one year.

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