



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

[www.SilkCityStriders.org](http://www.SilkCityStriders.org)

## President's Message:

### How are you spending the Winter?

Some of you are hibernating, and I don't blame you a bit. The cold wind and blowing ice and snow of January can be strong factors when it comes time to decide on exercise options. We wake up in the dark and get home in the dark. As I write this it's 20 degrees with a wind chill of 9. In the past that wouldn't have mattered to me at all. But this Winter I decided to take December off after running marathons in October and November. I found it was really nice to not run because I had decided not to run instead of because I was injured and couldn't run. Well now December has become January, and with no big Spring race planned I've found that there are other things to do besides running. Don't get me wrong ... I'll be back. But there's no hurry as long as the wind is blowing outside in the dark, cold night.

What are you doing to keep fit this winter? Are you skiing? Downhill or cross-country? Do you have snowshoes? How about winter hiking? There's always swimming at the "Y", or maybe you're lucky enough to belong to a Health Club with a pool. I have an exercise bike that's taken up residence in the Living Room. I turn on a movie and ride for an hour a few times a week.

There's always something to do. So, let me know what you're doing. Drop me an email at [president@silkcitystriders.org](mailto:president@silkcitystriders.org) or call me at 295-1357 any evening. I'll post a summary of responses in the April Newsletter.

Stay active! - Steve

**The 4th Annual  
Pi Day Memorial Run**  
will be held  
**Saturday March 19, 2005**  
and is a fundraiser for the  
EHHS Girls' Track Team .  
All funds will be used  
to pay for a trip  
so the girls can compete  
in the Penn Relays  
  
**Hope to see you there!**

**TABLE OF CONTENTS**

Club News & Events .....	2
2004 SCS Awards .....	3
Eight (8) County Challenge.....	4
Race Results .....	5
Active Release Techniques (A.R.T.).....	7
Race Calendar.....	9
USATF Information & Calendar .....	10
Silk City Event Calendar .....	11
Coach's Corner.....	12

**Next Board of Directors Meeting - Saturday, March 26, 2005 - 10:00 AM**

## 2004 BOARD OF DIRECTORS

### Officers

<b>President:</b>	Steve McLaughlin	295-1357
<b>Vice President:</b>	Betty Cannella	872-5903
<b>Treasurer:</b>	Art Byram	430-1072
<b>Secretary:</b>	John Sloan	643-6123

### Board Members

		Term
Sue Leslie	644-1804	Ex-Officio
Dennis Mahoney	930-8073	2005-2007
Ian Roberts	645-1011	2005-2007
Jim Tharp	646-5155	2003-2005
Jim Whitehouse	432-4997	Ex-Officio
Bekkie Wright	533-1557	Ex-Officio

### Uniforms

Chairperson:	Sue Leslie	644-1804
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### Newsletter

<b>Staff:</b>	Bekkie Wright – Editor
	Karen Saunders – Editor Emeritus
	Jim Best - Race Calendar
	Barry Stoner – Coach’s Corner
<b>Production:</b>	S. McLaughlin, B. Wright

## TRAINING RUNS

### Saturday Morning Fun Runs - 8:30 am

#### Manchester Community College

We will continue to meet in Lot C, near the Great Path entrance as we did last year.

### Wednesday Evening Funs Runs - 5:00 pm

#### Bennet Middle School

Bring your reflective gear,  
and join us for the Spring Street loop.  
The sun is setting later every day.

### Thursday Evening Funs Runs - 5:00 pm

#### Martin Elementary School

Thursday Fun Runs are back! Join us at Martin Elementary School, 140 Dartmouth Road in Manchester starting in February.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Karen Carty	Berlin
Jenny Hunter	Glastonbury
Eliza Sparks	Willimantic
Benjamin Witkowski	Manchester

### NEW YEAR'S DAY CHAMPAGNE RUN & BRUNCH

by Karen Saunders

The Annual Champagne Run & Brunch held at **Barry & Merle Stoner's** house was another rousing success. This annual event is especially meaningful because of the depth of long enduring friendships in the Club. About a third of the Club arrived by 10:00 AM, ready to walk or run. An award should go to **Joe & Lynn Damon** for being the most far-flung Striders (currently living in Naples, Italy) to partake in the festivities! Routes of various lengths were mapped out – from 3 to 7 miles. We all began the first part of our run on the sparsely trafficked, woody Line Street and the routes diverged from there. Following the run, in which most found ready companions to share the New Year, there was a sumptuous brunch consisting of favorite recipes or items brought by each member, as well as the traditional champagne.

**Jim Whitehouse**, having dynamically and innovatively served as President for two years, gave out the Awards. The **Rookie of the Year Award** went to **Norlean Litwinka**, who was also successful at bringing in several new members! The **Best Comeback Award** went to **Art Byram**, **Most Improved Male & Female Awards** went to **Randy Potterton** and **Betty Cannella**, and **First Place Manchester Road Race Silk City Strider Awards** went to **Anne Leonard** and **Drew Best**. Finally, the **Jim DeWitt Service Award** was presented to **Bekkie Wright**. (See next page for more details on the winners and other nominees).

The Club would like to extend a great big “Thank You” to Barry and Merle Stoner for hosting the Champagne Run & Brunch. And to all our members, past & present ... a happy & healthy New Year.

## **2004 SILK CITY STRIDERS AWARDS**

### **JIM DEWITT SERVICE AWARD – Bekkie Wright**

**Bekkie** received this award, honoring the Silk City Strider who has contributed the most in a non-running capacity to the activities of the club, for her outstanding service to the Club – not only in putting together a fantastic Newsletter that is Internet friendly, but also being involved in the organization of many Strider activities.

### **ROOKIE OF THE YEAR**

**Norlean Litwinka**

**Norlean**, who joined the Silk City Striders after meeting some of our members at the 2004 Wickham Park Summer Grand Prix Series, really grew by leaps and bounds, running the Johnny Kelley Ocean Beach 11.6 Miler, the Hartford Half Marathon, and Mystic Places 10 Miler. That's what I call stepping it up.

#### **Honorable Mentions:**

**Berangere Tharp & Andre Mesnil**

**Berangere** joined the Silk City Striders with a bang ... scoring in her Age Group in her very 1st Race, the East Hartford Track Club Memorial Mile.

**Andre**, one of our Wednesday night regulars, went the distance this year, running a gutsy Half Marathon race at Hartford in October with an injured knee.

### **BEST COMEBACK**

**Art Byram**

**Art** made an amazing recovery following surgery to repair a torn rotator cuff damaged in a fall on a training run earlier in the Spring. His aggressive rehab schedule saw him compete in the Glastonbury Summer Racing Series, and regained his marathon form for the Fall.

#### **Honorable Mentions:**

**Anne Marie DeMonte,  
Cathy Logiudice & John Spaulding**

### **MOST IMPROVED**

**Male - Randy Potterton**

**Female - Betty Cannella**

**Randy** started the year with a disappointing Marathon at Disney, but returned to form for the Dutchess County Classic Marathon in the September, and the Mystic Places Marathon in October.

**Betty** quietly and consistently upped her mileage (with the help of Bill Schwarz), and improved her speed with the help of a "Run Your Best 5K" Class. She took on the tough 5th Leg of the Lake Winnepesaukee Relay, and helped the Women's Masters team to a 2nd Place finish.

#### **Honorable Mentions:**

**Male - John Sloan, Art Byram, Joe Kidder**

**John**, who also receive an Honorable Mention in this category last year, had several PR's this year, including at the Hartford Marathon

**Art**, also had a PR at the Hartford Marathon in October, which he then bettered in November at another Marathon in Maryland.

**Joe**, having the bad luck to run Boston on a very difficult day, had nowhere to go but up. He came back in October to run a 3:15 at the Clarence DeMar Marathon in New Hampshire.

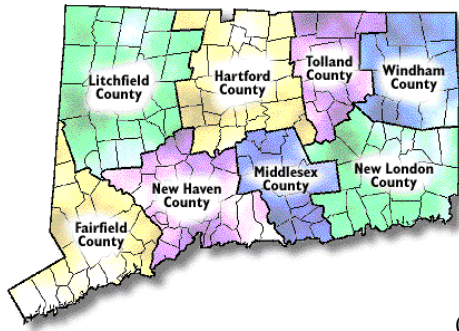
#### **Female - Joan Munroe**

**Joan** recently entered a new Age Group, and has been raking in the trophies ever since.

### **MANCHESTER ROAD RACE – First Silk City Striders - Drew Best & Anne Leonard**

For the fourth year in a row Drew & Anne were the First Silk City Strider Finishers, however this may be their last "year of eligibility" as **Anne** is a Senior at Gettysburg College, and **Drew** is pursuing his Masters at Quinnipiac. So, start training for next Thanksgiving!

**Congratulations everyone!**



(Click on Map for More Detail)

# 2005 Silk City Striders 8 County Challenge

**Did you know that Connecticut has 8 counties?  
Have you raced in each of them?  
Perhaps this is the year to try!**

The Silk City Striders are putting out a challenge to all members to run a race in each of Connecticut's 8 Counties:

1. Hartford	2. Fairfield
3. Tolland	4. New Haven
5. Windham	6. Middlesex
7. Litchfield	8. New London

Simply submit your results to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org) for races completed in each of Connecticut's 8 Counties during 2005.

We will track results and report them throughout the year on the website and in this Newsletter. All successful "8 County Challenge" Finishers will be announced at the 2006 *New Years Day Champagne Run*, and will be entered in a **drawing for a Gift Certificate from The Run In.**

***So Step Up and Accept***

**The Silk City Striders'  
8 County Challenge  
Run All of Connecticut in 2005!!!**

## RACE RESULTS

Please send your results to Steve or Bekkie at webmaster@silkcitystriders.org or call (860) 295-1357. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Track Meet results can be especially hard to find, so let us know how your kids do in Track & Field this Spring. Thank you.

### ST. JUDE MARATHON Memphis, TN December 4, 2004

Bekkie Wright 3:34:44

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

Janit Romayko's group of Cell Phones with a direct line to Santa came in First in the costume division.

John Paggioli		20:21
Jay Seney		21:22
Steven Morse	<b>#2 M50-59</b>	21:24
Timothy Blinn		22:34
Mike Bendzinski		22:49
Bill Gaghan		22:53
Dean Bolt		23:17
Jim Best	<b>#2 M60-69</b>	23:56
Ian Roberts		24:05
Tony Hollister		24:16
John Sloan		24:27
Bill Schwarz		26:10
Ellie Lowell	<b>#1 F50-59</b>	26:16
Ken Balette		26:22
Richard Chromik		26:27
Bekkie Wright		26:35
Karen Saunders	<b>#3 F50-59</b>	26:43
David Bendzinski		26:53
Susan Leslie		28:36
Norlean Litwinka		29:16
Jill Ramos		29:17
Randy Potterton		29:29
Barry Stoner		30:03
Pat Desimone		36:02
Billy Gaghan		37:41
Rachel Blinn		38:49
Carissa Gaghan	<b>PR</b>	41:09
Janit Romayko		43:39
James Hodges		43:47
Kelley Gaghan	<b>PR</b>	48:01
Tammy Gaghan		48:30
Alicia Blinn		57:33
Mary Ann Blinn		57:35
Chrissie Bendzinski		Walker
Meg Bendzinski		Walker

### CORNERSTONE SCROOGE SCRAMBLE 5K Vernon, CT - December 25, 2004

Aaron Flamino	<b>#1 Overall</b>	17:10
David Metzger	<b>#2 Overall</b>	17:11
Steve Morse	<b>#1 M50-59</b>	19:27
Michael Munroe		19:50
Bekkie Wright	<b>#4F; #1 F40-49</b>	21:30
John Sloan		21:32
Ian Roberts		21:45
Clint Driscoll		22:47
Carol Conlon	<b>#3 F40-49</b>	23:11
Steve McLaughlin		23:12
Linda Yamamoto		23:43
Bryce Metzger		23:44
Yolanda Flamino		23:45
Bill Metzger		23:46
Kristen Metzger		24:02
Joan Munroe	<b>#1F50-59</b>	24:50
Douglas Flamino		25:08
Norlean Litwinka	<b>#1 F30-39</b>	25:17
Dennis Mahoney		25:21
Ellie Lowell	<b>#3 F50-59</b>	26:32
Sue Leslie		26:46
Lance Flamino		27:03
Liz Flamino		27:16
Janit Romayko		28:19
Cathi Koehler		28:33
Namche		29:14
Patricia Desimone		30:12
James Hodges		34:15
Roger Smith		1:06:36
Stacey Smith	<b>#3 F0-19</b>	1:06:36

### NEW MEMBER RESULTS OMITTED FROM DECEMBER NEWSLETTER

#### HOG JOG 5K South Windsor, CT October 30, 2004

Steve Morse **#6 M; #1 M50-59** 18:47

#### EAST WINDSOR VETERANS DAY 5K East Windsor, CT November 8, 2004

Steve Morse **#9 M; #1 M50-59** 19:06



**WALT DISNEY WORLD  
MARATHON & HALF MARATHON  
Orlando, FL – January 9, 2005**

<b>Marathon</b>		
Randy Potterton		5:42:29
<b>Half Marathon</b>		
Cathi Koehler		1:52:19
Carol Phelan		2:00:39

**BRIAN ASELTON MEMORIAL SNOW DASH  
3.05 Miles  
East Hartford, CT January 7, 2005**

It was as perfect day for the Aselton Memorial. A dozen recruits from the new Policy Academy class ran and finished as a group to show their support and dedication to preserving public safety.

John Paggioli	<b>#9M Overall</b>	17:56
Mike Munroe	<b>#3 M40-49</b>	18:06
Steve Morse	<b>#1 M50-59</b>	18:30
Ian Roberts		20:17
Bekkie Wright	<b>#3F; #2 F40-49</b>	20:22
John Sloan		21:15
Richard Chromik		22:20
Ellie Lowell	<b>#1 F50-59</b>	23:52
Joan Munroe	<b>#2 F50-59</b>	23:54
Sue Leslie	<b>#3 F50-59</b>	25:19



**MTC MISSISSIPPI MARATHON  
January 15, 2005**

Bekkie Wright	<b>#2 F; #1 F Master</b>	3:24:52
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*New Masters PR by over 3 Minutes*

For those of you keeping track at home ...  
that's 32 States + Washington, DC

**HARTFORD TRACK CLUB  
WINTER SERIES**

**JOE VAILONIS 10K  
Hartford, CT January 1, 2005**

Steve Morse	<b>#9M; #1 M50-59</b>	40:02
Dean Bolt		49:03

**PEOPLES FOREST RUNS  
Barkhamstead, CT January 16, 2005**

**17.1 Miles**

Scott Freeman	<b>#1 Overall</b>	1:49:36
Michael Munroe		2:10:09
Joan Munroe		2:32:05
Norlean Litwinka		2:47:39

**8.55 Miles**

Steve Morse	<b>#7 M; #1M50-59</b>	57:22
Cathi Koehler	<b>#7 F</b>	1:14:53

\* \* \*

**Upcoming HTC Winter Series Races**

- Sun, Feb. 6 - Wallyworld Magical Mystery Tour
- Sun, Feb. 13 - Samuel Colt 4-Miler at Cedar Hills
- Sun, Feb. 20 - Roger's Orchards Run
- Sun, Feb. 26 - Colchester Half Marathon
- Sat., March 12 - Jan Prenoveau 15K

**CLUB CT  
BOSTON BUILDUP SERIES**

**10K -- Rowayton, CT January 2, 2005**

Bekkie Wright	46:25
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**Upcoming Boston Buildup Series Races**

- Sun, Jan. 30 - 15K - Barlow Mtn School, Ridgefield
- Sun, Feb. 13 - 20K - Southport RR Station, Southport
- Sun, March 6 - 25K - Silvermine School, Norwalk
- Sun, March 20 - 30K - Scandinavian Club, Fairfield

## Active Release Techniques (A.R.T.)

By Greg Best

By the time the middle of August rolls around every year I'm usually feeling pretty good about my physical condition, and this summer was no exception. An enjoyable winter of snowshoeing and cross-country skiing transitioned seamlessly into four injury free months of trail running, hiking and mountain biking. Except for the few expected scrapes and bruises from the latter, I was happy to be healthy for once, and looked forward to spending another autumn working out in the crisp cool air of my Birch Mountain and Gay City woods.

Ah, but life doesn't always proceed as planned, and in early September a throbbing pain in my left Achilles reminded me of that fact. My nemesis had returned, and this time the injury cruelly coincided with my 50th birthday. Unfair, because it's at this juncture in life that a person inevitable begins to look ahead, and I had naively begun to entertain grand visions of running and biking into old age gracefully (and pain free). Now faced again with this recurring problem, I chose a treatment strategy familiar to many of us who run ... I resolved to work through the pain, praying that the discomfort would disappear, or just become numb after a few miles, enabling me to deny its existence entirely. This is known in our neighborhood as the Scott Freeman recovery technique, although it is exceedingly common in our sport. (Endurance athletes are some of the toughest individuals around, but in terms of dealing with injury, we tend to be less than astute).

After a few days of running, the numbness did occur as expected, but as a few weeks passed, it began to appear later and later in the workout. Soon, relief just never came during my runs, and I began to hobble and limp around the house and at work. Now, I was forced to pursue more traditional methods of therapy. I took three full weeks off, iced, stretched, massaged, hot tubbed, purchased new running shoes, reelected my street shoes, and ate ibuprofen like Halloween candy. I iced some more, stretched some more, I sought advice from fellow runners, my friends and the guy that delivers our mail. I applied rubbing alcohol to the affected area, and in my angst, maybe even indulged myself with another form of alcohol. After resting for 21 days, I confidently went for a run to test my progress. After a few miles on the trail, the pain, the throbbing, the hobbling and the limping came back as bold as before. I repeated this cycle two more times, and the results were disappointingly familiar. So, after nine weeks of rest which included only three days of running, I was essentially standing (kneeling) on square one. I was out of shape, out of sorts and probably didn't look that good either. It was mid-November and I was, simply, at wit's end.

Later that month, Sharon and I were attending an early Christmas party on the block, and as I was rehashing my tale to some uninterested soul, the solution to my dilemma revealed itself in the form of a handsome man holding a sour apple martini. Dave Giacalone, a Vernon chiropractic physician specializing in sports injuries, walked over, listened to my story, and uttered the words I wanted (needed) to hear: "I think I may be able to do something for you." He told me that he had recently returned from a seminar where he learned to administer a new treatment for soft tissue injuries, called "Active Release Techniques", or A.R.T. I was polite but wary that there existed a "fix" for Achilles tendonitis that I hadn't heard about. Nonetheless, a week later, I walked into The Chiropractic Center of Vernon for the first of several treatments that Dave had recommended. He was pretty sure that he would make progress, but cautioned that the number of treatments would depend on the severity and nature of my injury. "It could take four visits, or twelve ... We'll have to see," he explained.

By definition, A.R.T. is a rigorous, interactive form of massage therapy in which a practitioner applies pressure to an affected area while moving the surrounding muscles through a full range of motion. It's a technique where the provider "rubs out" scar tissue or adhesions caused by repetitive motion and inflammation. It was patented by Colorado chiropractor Michael Leahy in 1988, and appears to be similar to standard massage, which moves the tissue in a lot of directions. However, Active Release Techniques is different because it moves and lengthens the tissue in the same direction that muscle fibers naturally move, which stretches out the adhesions and causes healing. It is interactive because the recipient is asked to move his leg through a prescribed set of motions during the procedure. In my case the sessions lasted about 15- 20 minutes each and weren't, by the way, without some discomfort. (I'll spare you the old adage).

The results? After six treatments I'm back on the trails and I have been running nearly pain free for over six weeks. After years of running and Achilles injuries, my adhesions were probably prolific, yet this technique did the trick. I've rediscovered a stride that I thought had been permanently altered by these scars, subsequent Achilles pain, and by my body's continuous attempts to compensate for that injury.

As runners we've all dealt with, or will deal with overuse injuries from time to time. The standard prescriptions to prevent and treat these injuries, including stretching, moderation, ice, cross training, etc., should not be ignored. However, Active Release Techniques might just mean that those three months off your feet needn't be part of the treatment equation. For more information about A.R.T., visit [www.ActiveRelease.com](http://www.ActiveRelease.com) or call Dave Giacalone's office at 860-871-9021.

Thanks for reading; I hope that my experience with this technique might make running more comfortable and enjoyable for those of you faced with similar problems. Now, as I look out the window, there's a new coat of snow falling on Case Mountain ... and I think I'll make sure the first footprints on its trails are my own.



**FUN IN THE SUN**  
**Barbados Half Marathon - December 2005**

Now that Winter is upon us in full force you're probably thinking about going someplace warm. Next Winter we're thinking about doing something radical ... a Trip to run the Barbados Half Marathon. Ian Roberts, one of our newest members, has organized trips for his Rugby Team in the past, and would like to arrange a Silk City Striders trip for next December. Interested? Give Ian a call for more information (860) 645-1011.



**RACE CALENDAR**

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Place</u>	<u>Contact</u>	<u>Telephone</u>	
Su	Feb 6	9:30 AM	27th Winter Wonderland 5M	Milford	Bob Stephenson	203-877-2091
Sa	Feb 12	9:30 AM	YMCA Sweetheart 4M	Stratford (Boothe Park)	Andrea Vignali	203-481-7453
Su	Feb 13	10:00 AM	27th Boston Buildup Series 20K	Southport (RR Station)	Jim Gerwick	203-838-2748
Sa	Feb 26	10:00 AM	HTC Winter Series Half Marathon	Colchester (Bacon Academy)	Rick Konon	860-537-4597
Su	Feb 27	1:00 PM	31st Sugarloaf D.H.Jones 10M	Amherst, MA (Regional Jr H.S.)	Jim Plaza	413-259-1469
Su	Feb 27	11:00 AM	21st Polar Bear 7.66M	New Preston (Lake Waramaug)	Wallie Jahn	860-354-9191
Su	Feb 27	9:00 AM	Hudson-Mohawk Marathon	Albany, NY	Lori Christini	518-383-4514
Su	Feb 27	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	Paul Collyer	508-775-0143
Su	Mar 6	11:00 AM	26th Stu's 30K	Clinton, MA (Clinton MidSchool)	David King	978-840-8907
Su	Mar 6	9:30 AM	27th Boston Buildup Series 25K	Norwalk (Silvermine School)	Jim Gerwick	203-838-2748
Su	Mar 13	Noon	Thompsonville 5K	Enfield (Lamagna Activity Center)	Jack Mancuso	860-989-4382
Su	Mar 13	11:00 AM	10th WarrenSt. St.Patrick's Day 5M	Fairfield (Jennings Beach)	Joe Riccio	203-481-7453
Sa	Mar 19	9:00 AM	Pi Day 5K	East Hartford H.S	Scott Wojnarowicz	860-622-5200
Sa	Mar 19	1:00 PM	30th St. Patrick's 10K	Holyoke, MA (City Hall)	Mike Tierney	413-562-7007
Sa	Mar 19	10:00 AM	12th Salem 3M	Salem (Salem Sch - Rt 85)	Maritza O'Connell	860-859-0324
Sa	Mar 19	9:30 AM	Shamrock Road Race 5M	Bristol (Chippens Hill Sch)	Patrick Collins	860-585-8649
Su	Mar 20	11:00 AM	11th Leprechaun 5M	Madison (Surf Club)	Bob Graham	203-245-9059
Su	Mar 20	7:30 AM	Boston Blowout 30K	Fairfield	Jim Gerwick	203-838-2748
Su	Mar 20	11:00 AM	28th New Bedford Half-Marathon	New Bedford, MA (Elm St.)	Ed Talbot	508-998-5068
Sa	Mar 26	9:00 AM	Bradley Airport 5K	Windsor Locks	Hugh Donagher	860-623-3204
Sa	Mar 26	9:00 AM	14th Merrimack River Trail 10M	Andover, MA (Wyndham Hotel)	Stephen Peterson	508-486-4519
Sa	Mar 26	11:00 AM	10th Eastern States 20M	Kittery, ME to Salisbury, MA	Don Allison	781-340-0616
Sa	Apr 9	10:00 AM	Easter Road Race 5K	Willimantic (Jillson Sq.)	Race Director	860-423-2531
Sa	Apr 16	10:00 AM	18th CSCPA Tax Track 5K	W.Hartford (MDC Reservoir)	Scarlet Riley	860-379-2536
Sa	Apr 23	9:00 AM	14th Hebron Road Race 5K	Hebron (RHAM H.S.)	Rob Davis	860-228-5971
Su	Apr 24	7:00 AM	Lake Waramaug 50K, 50M, 100K	New Preston	Bert Meyer	203-431-4855
Su	Apr 24	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park)	Race Director	203-238-1005
Su	Apr 24	9:00 AM	19th Leatherman's Loop 10K Trail	Cross River, NY (Ward Pd Res)	Tony Godino	914-234-0289
Su	Apr 24	8:00 AM	Runner's World 1/2 Marathon, 5K	Allentown, PA	Race Director	?
Su	May 1	1:00 PM	34th Granby 10K	Granby (Memorial H.S.)	Don Housmann	860-653-6209
Sa	May 7	8:30 AM	5K Race for Breast Cancer	New Britain (Walnut Hill Park)	Race Director	860-224-5RUN
Su	May 15	7:00 AM	23rd Sugarloaf Marathon/15K	Eustis, ME (Cath. Pines Camp.)	Sue Foster	207-237-6830
Su	May 22	10:15 AM	Ellington H.S Booster's 5K	Ellington	Shaun Harrington	860-871-8742
Mo	May 30	8:30 AM	Blue Onion 10K/10K Walk	Hartford (Dillon Stadium)	Beth Schluger	860-652-8866
Su	Jun 5	8:00 AM	Iron Horse Half Marathon	Simsbury (Iron Horse Bvd)	Beth Schluger	860-652-8866

**SPRING 2005 MARATHON CALENDAR**

<u>Date</u>	<u>Time</u>	<u>Race</u>	<u>Place</u>	<u>Contact</u>	<u>Telephone</u>	
Su	Feb 27	9:00 AM	Hudson-Mohawk Marathon	Albany, NY	Lori Christini	518-383-4514
Su	Feb 27	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	Paul Collyer	508-775-0143
Su	Apr 17	8:30 AM	New Jersey Marathon	Long Branch, NJ	Art Castellano	732-578-1771
Mo	Apr 18	Noon	Boston Marathon	Hopkinton, MA	Race Director	508-435-6905
Su	May 1	8:00 AM	Long Island Marathon (& Half)	E. Meadow, NY (Eisenhower Pk)	Tedd Bial	516-572-0248
Su	May 1	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	Peter Stasz	413-734-0955
Su	May 15	7:00 AM	Sugarloaf Marathon & 15K	Eustis, ME (Cath. Pines Camp.)	Sue Foster	207-237-6830
Su	May 29	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	Race Director	800-880-8149

## Join the Silk City Striders USATF Grand Prix Team



www.USATF.org

### Why join USATF?

Annual Membership is only \$20 ... and in return you receive discounts from:

- Road Runner Sports \$20 discount on first pair of running shoes.
- Avis Rent-a-Car 5%-10% discounts on rental rates.
- Choice Hotels 10 - 20% discount on current rates
- 10% discount in the USATF Online Store, including Nike Dri-FIT gear
- Subscription to *Fast Forward* magazine
- Special offers from running camps
- Access to enter exclusive Members-Only contests and much more!

The USA Track & Field Grand Prix season begins Sunday, March 20 with an Indoor Track Meet at Yale. You can enter individual Track & Field Events, or join with your fellow Striders to form Relay Teams at several distances.

The CT USATF Road Race Schedule for 2005 is the same as it was in 2004, and includes the Branford 5-Mile Road Race on June 19, Fairfield Half Marathon on June 26, the River Run 5K (formerly the Corporate Classic) on August 11, and New Haven Road Race 20K on September 5th. One possible change is switching the Mystic Marathon Team Relay with Mystic 10-Miler for 2005. All events will be scored for Open & Masters Teams. The CT USATF Series also includes an Outdoor Track Meet in June, and a Fall Cross Country Series in October and November. See Race Calendar below.

Women's Open teams may be comprised of 3 Female Silk City Striders of any age, however, Men's Open teams must have 5 members. Men's & Women's Masters (40+), Grand Masters (50+) or Veterans (60+) teams only need 3 members each. USATF Membership is available on-line at <http://www.usatf-ct.org/membership/choice.asp> or <http://www.usatf.org/membership/>. The Silk City Striders are Connecticut Club #41. We will be carpooling to all the events, and we'd love to have you on the team.

### 2005 USATF GRAND PRIX SERIES CALENDAR

Date	Time	Race	Place	Contact	Telephone	
Su	Mar 20	Noon	<i>USATF-CT Indoor Track Meet*</i>	Yale Univ. (Coxe Cage)	CT USATF	860-485-1506
Sa	May 1	10:00 AM	Quassy Loop 12K	Middlebury (Quassy Amus. Pk)	St. Mary's Hospital	203-574-6458
Su	Jun 19	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su	Jun 26	8:30 AM	<b>Fairfield Half Marathon</b> and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Su	Jul 10	Noon	<i>USATF/CT Outdoor Track Meet*</i>	New Haven (SCSU)	CT USATF	860-485-1506
Th	Aug 11	6:20 PM	River Run (Corporate Classic) 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Mo	Sep 5	8:30 AM	New Haven Road Race <b>20K</b> and 5K	New Haven Town Green	John Bysiewicz	203-481-5933
Su	Oct 16	11:00 AM	Stenger Farm <u>Cross-Country</u> 5K	Madison (Stenger Farm Park)	Kevin Grant	860-877-0226
Su	Oct 23	9:00 AM	Mystic Places Marathon & <b>10M</b>	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su	Nov 6	10:00 AM	Sunny Brook <u>Cross-Country</u> 5K	Torrington (Sunny Brook St. Pk)	Will Graustein	860-485-1506
Sa	Nov 19	10:00 AM	HTC <u>Cross-Country</u> Challenge 8K	Farmington (MDC Reservoir)	Will Graustein	860-485-1506
Sa	Nov 26	9:30 AM	Cow Chip <u>Cross-Country</u> 5K	Trumbull (Trumbull H.S.)	Marty Schaivone	203-374-6433

\*For more information about Track & Field Events contact Bill Mongovan at [gatewaytc@aol.com](mailto:gatewaytc@aol.com)

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

<b>TIME TO RENEW YOUR MEMBERSHIP FOR 2005</b>
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If you haven't done so already, it's time to renew your Silk City Striders membership for 2005. Dues are \$12.00 for a single membership, and \$15.00 for a family membership. 2005 dues should be mailed to the Treasurer, Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033.

**In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. Thank you.**

**COACH'S CORNER: Are You as Healthy as You Feel?**  
by Barry Stoner

Are you as healthy as you feel? If you can answer this in the affirmative, you have a great gift! On the other hand, are you sure? Well, no one can really be sure; however, being able to answer "Yes" is a great plus. This Coach's Corner title appears on the cover of the February 2005 *Runner's World* and the article on Page 38 of that issue focuses on heart health. Heart health is a very important topic and you should definitely read the article ... but there is more to maintaining good health than just keeping your heart healthy.

Everyone probably has heard of the guy who received a clean bill of health from his doctor and died three weeks later? Life is a gamble but there are many steps you can take to reduce life's risks and work toward feeling and staying healthy.

Most Silk City Striders embrace the benefits of year-round exercise, and they work to stay fit. They also know about eating right, not smoking, and keeping their weight down. They probably also remember their mother telling them to "look both ways" before crossing the street. That message can be applied to many other life situations. You should always be on guard to avoid potential hazards. Your mother was telling you to be careful because "it's a jungle out there."

Sometimes we still do dumb things, however, like multi-tasking when we might be better off focusing on doing one thing at a time. Driving & reading, driving & using the phone, or arguing with someone else in the car or on the phone are all distractions that are unsafe ... both for ourselves and for others.

Getting back to our body's health; some things can creep up on you. It is important to monitor changes in our bodies that may lead to trouble; and seek regular professional help to aid in this detection. Getting regular blood tests, blood pressure measurements, potential cancer investigations (breast, prostate, colon, cervix, lung, etc.) are crucial! Early detection is extremely important for achieving full recovery. If you are over 50, you cannot afford to put this off any longer; but even if you are under 50 you should also be getting regular physicals. It is important to schedule a doctor's appointment with your primary care physician for a full body physical at least once each year! If needed, this physician will refer you to a specialist; or, if you are good for another year's contract on life, you will be sent home and can feel a little puffed up for making it again without obvious trouble.

I am not a real doctor, but I did stay at a Holiday Inn Express last February in Utah.

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**DEADLINE FOR NEXT NEWSLETTER: March 31, 2005**

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40 Spruce Street  
Manchester, CT 06040



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**DEADLINE FOR NEXT NEWSLETTER: March 31, 2005**

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**MEMBERSHIP APPLICATION/RENEWAL  
For Calendar Year 2005**

Name: \_\_\_\_\_ Birthdate \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Email \_\_\_\_\_

Telephone: (H) (\_\_\_\_\_) \_\_\_\_\_

Family Members:

Name: \_\_\_\_\_ Birthdate \_\_\_\_\_ Name: \_\_\_\_\_ Birthdate \_\_\_\_\_

**Fees: (Check all that apply)**

Individual \$12.00     Family \$15.00.

Add \$3.00 if you cannot access the newsletter online, and wish to have it mailed to you.

**Make checks payable to "Silk City Striders."**

**Mail to: Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033**  
Questions? Contact Steve at (860) 295-1357 or via email at [webmaster@silkcitystriders.org](mailto:webmaster@silkcitystriders.org).