

President’s Message:

The Silk City Marathoners

I would like to salute the numerous club members who have trained long and hard to run one of the ultimate long distance races, the marathon. A lot of miles are covered, time committed, mental preparations made spouses, significant others and children also make sacrifices in order for us to run that final 26.2 miles. After reviewing the club roster and the number of members who completed the 26.2 mile run, we could also be known as the Silk City Marathoners. I would like to single out one member who is quiet, unassuming and yet nonetheless amazing, Mr. Bill Schwarz. It was one short year ago that Bill was humorously referring to himself as the “gray ghost” after some emergency surgery due to complications from his accident several years earlier. One year and many miles later, Bill has risen to a level of running unseen in his previous years. I also stated earlier that the marathon is one of the ultimate long runs. Bill turned in an impressive 2 marathons and a 50K over the spring. Way To Go Bill!

That said, many other amazing accomplishments are listed in the following pages. Nine (9) club members completed the prestigious Boston Marathon while the others listed competed in various other locales. Kudos to all!

Jim Best
Tim Blinn
Joe Damon
Jennifer Freeman
Scott Freeman

Ned Kennedy
Dani Kennedy
Joe Kidder
Steve McLaughlin
Bob Niedbala

Bill Schwarz
Marc Shok
Jay Seney
Beth Wells-MacKay
Bekkie Wright

Keep on runnin’! – Jim

Late Breaking Results from the Nipmuck Trail Marathon* June 1, 2003	
Steve McLaughlin	4:52
Tim Blinn	4:57
Jim Best	6:14
Yes, in the pouring rain. They don’t call in NipMUCK for nothing!	

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2003 BOARD OF DIRECTORS

Officers

President:	Jim Whitehouse	432-4997
Vice President:	Cathy Logiudice	649-6700
Treasurer:	Steve McLaughlin	295-1357
Co-Secretaries:	Merle Stoner	647-9503
	Joyce Thorner	667-4972

Board Members

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

Uniforms

Chairperson:	Sue Leslie	644-1804
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Newsletter

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

Saturday Morning Fun Runs - 8:30 am

Manchester Community College

Saturday morning runs are being held at Manchester Community College. Lot B access has been restricted on some weekends due to budget cuts, so we are now meeting in Lot C.

Tuesday Track Workouts - 6:00 pm

Rockville High School Track*

The Silk City Striders are currently holding their Tuesday Track Workouts at Rockville High School. ***We will be moving to the new track at Manchester High School on Tues., June 24.** The new composite track is an ideal surface to practice speed with your fellow runners!

Wednesday Evening Funs Runs - 5:00 pm

Bennet Middle School

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

CLUB NEWS & EVENTS

Welcome New Members

Gene Fergione	Marlborough
John Salcius	South Windsor

Welcome Back

Cathi Koehler	Manchester
Carole Phelan	Cromwell

OTHER CLUB RUNS

Monday Nights in Bolton - 5:30 pm

Bolton High School

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

Thursday Night Hill Repeats - 5:30 pm

Bolton High School

The hills of Bolton are notorious, so what better place to do your weekly Hill Workout. Start at the High School and take the challenge. You know it will make you stronger. Bill Schwarz (or marathon man) is reputedly blazing up the hills!

Thursday Rail Trail Runs - 4:30 pm

Rt. 85 Lumber – Hebron

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

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

Glastonbury Fun Runs

Starting Tuesday, June 24 - 6:50 pm

Glastonbury Hill School

A group of fun but competitive runs will start on Tuesday, June 24 from Glastonbury High School. These runs continue for 5 weeks and include a 1 mile (children race), as well as a 2.4 and 3.5 mile run. Come join the fun and tune up for some longer races!

BOB BONADIES MEMORIAL RUN**Saturday, May 17****Northeast School, Vernon**

Thanks to all the Bobby's friends who came and ran, walked and rode their bikes to honor his memory. Although the weather was gray, we remember Bobby fondly with "Blue Skies Forever."

Bob was recently awarded the Carnegie Hero Award for his bravery. For more a detail resume of each of this year's Carnegie Honorees, please visit:

<http://www.carnegiehero.org/Awardee.shtml>

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

The date has been confirmed for the Parker Holt 5K Celebration Run. This year's race will be held on Sunday, October 5 at Manchester Community College. Steve McLaughlin will be serving as Race Director, and committees for volunteers, sponsors, refreshments, t-shirts, and awards are now forming. Volunteers are also needed for Race Day for course monitoring, timing and registration. Please contact Steve if you are interested in helping out, 295-1357.

SUMMER PICNIC**PATRIOT'S PARK - Coventry****Sunday, August 10**

Bring your favorite dish (you can even cook on the grill). Silk City has the park reserved for 1:00 – 5:00pm. Parking is free. Bring your softball mitt, bathing suit and kayak. It's always a good time with plenty of participation. Families are welcome. (You will be notified via e-mail or postcard if the date for the picnic needs to be changed for any reason.)

Directions to Patriot's Park – Coventry Lake**From Manchester**

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

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

From Rte 84:

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

SHAMROCK DUATHLON**NEEDS VOLUNTEERS**

The 9th Annual Shamrock Duathlon will be held on June 8, 2003 in Glastonbury, and the Hartford Marathon Foundation is looking for volunteers. Anyone not participating in the event who would be interested in helping should contact Tina Matyschysk, Volunteer Coordinator at 860-652-8866 or Tina@HartfordMarathon.com.

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**July 7, 14, 21,****August 11, 18**

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 7, 2003

For More Information contact:

Mike Bendzinski 649-6426

The Pre-Registration Application is available on the Silk City Striders Website.



Memorial Day Begins A New Way To Honor Armed Forces Run During Hartford Marathon To Support Troops

HARTFORD (CT.)-- Supporting active Army, Navy, Marine, and National Guard reserve units can make you look and feel better. A new "Run in Honor" program set for October 11, 2003 enables anyone of any age or running ability to run in support of Connecticut National Guard members actively serving their country. "Marathon day on October 11 starts a new way to express support for Connecticut's troops serving all over the world," Beth Shluger, Race Director of the United Technologies Greater Hartford Marathon, noted.

"Participating runners contribute \$25.00 and get matched with one of our state's reserve units. That unit's name appears on the running bib, which runners attach to their shirt on race day, October 11. The \$25.00 donation is used to create a personal "Care Package" that will be sent to the active troops. Each care package will contain a souvenir race t-shirt, race medal and other items that will support the soldiers and remind them of Connecticut. The donor's name and race bib number will also be included so the troops can view that donor's race photo and race results on the Internet," she added. The Hartford Marathon Foundation with the support and guidance of the Connecticut National Guard Family Support Program designed the program. "When participants cross the finish line, they will hear their name and the reserve unit's name broadcast throughout Bushnell Park--while a crowd of thousands cheer their finish."

Soldier's Families to Attend

Soldier's families will be invited to cheer from a designated area at the marathon finish line. They'll sit in a place of honor with seats clearly visible to all runners and visitors.

For New and Experienced Runners

The United Technologies Greater Hartford Marathon, celebrating its tenth anniversary on October 11, is Hartford's largest one-day athletic event and now attracts over 6,000 runners from 50 states, Europe, Africa, Asia and South America. This world-class event brings about 25,000 spectators to Hartford, East Hartford, and South Windsor at the peak of New England's "Fall Foliage" season. "Run-In-Honor" participants can choose to run in one of the marathon's four events:

- Kids races (age 10 and under)
- 3.1 miles (5 K),
- 13.1 miles (half marathon)
- 26.2 miles (full marathon), or Team Relay

Training Sessions Scheduled for Non-Runners

"Running is a healthy low cost exercise that improves cardiovascular performance and enhances health," says Christine Greene, director of the Hartford Marathon Foundation Training Programs. "We encourage those who have never run before to join the festivities," she added.

To assist non-runners in preparing for the "Run-In-Honor" program, the Hartford Marathon Foundation offers a free guide "100 Days to the 5K" training program. This written guide directs the beginner through a daily running or walking program designed to complete a 3.1 mile run/walk at the end of 100 days. Longer training programs are also available for the 10K (6.2 miles) half and full marathon. The "100 Days to the 5K" guide and entry forms for the October 11 event are available at www.hartfordmarathon.com or by contacting the Hartford Marathon race office: 119 Hebron Avenue, Glastonbury, CT 06033, Tel: 860-652-8866. email: info@hartfordmarathon.com

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.

BOSTON MARATHON

April 21, 2003

The weather was warm – 70 degrees at the start! It was great for spectating– a group of Striders watched from Natick, then Newton to cheer on Club members. Russian women dominated the women's field, and Kenyans dominated the men's field.

All the Silk City Striders Men were members of our Masters Team, with the top 3 scoring for the team*, which came in 34th overall. Dani had to run without the support of a team, but completed her second marathon on a day that started warm, and finished with a brisk headwind. Congratulations all!

Scott Freeman*	3:08:11
Joe Damon*	3:21:26
Jay Seney*	3:29:10
Ned Kennedy	3:39:32
Joe Kidder	3:40:19
Marc Shok	4:05:43
Steve McLaughlin	3:56:03
Bob Niedbala	4:16:40
Dani Kennedy	Time not available

EISENHOWER MARATHON

Abilene, KS March 29, 2003

*Correction

Bekkie Wright	2rd F 40-44	3:41:54*
	4th Female overall	

ANTHEM DERBY FESTIVAL MARATHON

Louisville, KY April 26, 2003

Bekkie Wright	3:53:29
	3:45 Pace Group Leader

FREDERICK MARATHON

Frederick, MD March 30, 2003

Bill Schwarz, the running machine, is back and conquering the roads!

Bill Schwarz	4:22
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RACE FOR THE CURE 5K New Britain, CT May 10, 2003

The Silk City Team raised over \$500 this year for Breast Cancer research. The team was captained again this year by Joyce Thorner. Members of the team ran both in honor and in memory of friends and family with breast cancer.

Jim Best had an outstanding race in one of his first races in the 60+ division. Congratulations. Bill McGugan also did quite well considering he ran a 7 mile warm-up before the race!

Women's 5K

Bekkie Wright	22:30
Pat Saimond	29:44
Merle Stoner	33:00
Cathy Logiudice*	33:44
Joyce Thorner	33:45
Sue Leslie*	33:45

Men's 5K

Jim Tharp	18:50
Mike Tirrell	18:58
Steve McLaughlin	19:44
Mike Saimond	19:57
Jim Best	1st 60+ 20:30
Bill McGugan	20:42
Jim Whitehouse	22:33
Rick Chromik	23:31
Barry Stoner	26:34

The Men's Silk City Striders team, with Jim Tharp, Mike Tirrell, Steve McLaughlin and Bill McGugan scoring, placed 5th overall with a combined time of 1:18:14.

The Women's Silk City team placed 25th with a combined time of 1:59:34. Members who placed included Bekkie Wright, Janice Tirrell, Merle Stoner and Cathy Logiudice.

**Joyce Thorner wanted to thank Sue Leslie and Cathy Logiudice for accompanying her on the run in this race to help raise funds for cancer.*

CONNECTICUT SURGICAL GROUP 5K

Virginia Welch	2nd 40 – 49	24:09
Colby Welch	19 and under	23:07

CANTERBURY 10K
April 5, 2003

Marc Shok		41:45
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TOLLAND SPIRIT OF SPRING 5M
April 5, 2003

Michael Munroe	2nd M	32:14
John Sloan		36:44
Bekkie Wright	2nd MF	37:19
Joan Monroe		40:55
Barry Stoner	3rd 60-69	44:55

TERRYVILLE 5K
April 27, 2003

This was a very hilly 5K, but at least this year it didn't rain. Silk City has a Women's Open Team for this USATF competition which finished in 4th place.

Jim Tharp		18:40
Sue Leslie	Top 10F, 1st GMF	26:47
Betty Cannella		27:58
Pat DeSimone		31:57

LAKE WARAMAUG 31 miler
New Preston, CT April 27, 2003

There were three races to choose from: 31, 50 and 62 miles. 100+ runners participated in this event. There was lots of food at refreshment stops (even baked potatoes!) and mile markers at the 5, 10, 20, 26 mile 385 yards, 30 and 40 mile mark. Bill bettered his time from the month before for the marathon distance, passing the 26 mile 285 yard mark in 4:18 and finishing in 5:03!

Bill Schwarz		5:03
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GLASTONBURY RIVER RUN 5K
2nd year April 27, 2003

This 5K was very scenic with an initial downhill and then lots of gentle ups and downs. In addition there were great post-race refreshments – apple strudel with strawberries, bagels, apples, bananas, Gatorade, water and more!

Virginia Welch	7th out of 50 Masters	23:19
Colby Welch	1st (under 15)	21:29
Ed Gregory		26:28

SIMSBURY RIVER RUN, 10K
Simsbury, CT April 27, 2003

John Sloan		44:01
Barry Stoner	5th 60+	54:46
Jill Ramos		54:51

QUASSY LOOP 12K
Lake Quassapaug, CT May 3, 2003

Jim Tharp		48:06
John Sloan		56:01
Cathi Koehler		56:48
Rick Chromik		58:11
Bekkie Wright		58:13
Clint Driscoll		59:19
Jim Whitehouse		59:56
Eva Tharp		1:02:28
Betty Cannella		1:06:13
Pat DeSimone		1:21:01

The Silk City Women scored 4th in both Open & Masters USATF points, and the Men scored 6th in the Masters category.

VERNON MOTHER'S DAY 5K
May 11, 2003

Aaron Flamino	1st overall	15:38
Drew Best	2nd (20 – 29)	15:54
Mike Munroe	2nd M	17:55
Colby Welch		21:39
Bekkie Wright	1st M	21:42
Ginny Welch		23:07
Lance Flamino		23:21
Clint Driscoll		23:33
Joan Munroe		24:09
Sue Leslie	2nd GM	24:55
Jill Ramos		26:30
Randy Potterton		26:57
Randi Flamino		28:52
Jay Seney		29:12
Brian Seney		29:13
Doug Flamino		39:11
Mary Ann Blinn		48:16
Tim Blinn		48:17

Aaron Flamino and his mother Randi came in 2nd in the Mother/Son division! Ginny Welch and her son Colby came in 3rd for the same division with a combined time of 44:46. Congratulations!

GRANBY 10K**May 4, 2003**

Steve McLaughlin	2nd M	42:53
Jim Best	1st 60+	44:39
Bekkie Wright	2nd F, 2nd F Master	47:43

ELLINGTON FOOTBALL BOOSTERS 5K**May 18, 2003**

Tim Blinn		19:39
Randy Potterton		26:37

**41st ANNUAL WALTER CHILDS MEMORIAL
RACE OF CHAMPIONS MARATHON
Holyoke, MA May 4, 2003**

Jay Seney		3:31:13
Tim Blinn		3:41:15
Beth Wells -MacKay	3rd F	3:49:53

This was Beth's first marathon. She was running to raise money for her nephew who has diabetes. Her marathon quest was recently the subject of a front page article in the *RiverEast Bulletin*. Congratulations!

KEYBANK VERMONT CITY MARATHON**Burlington, VT May 25**

Scott Freeman	41st overall	2:54:52
Jay Seney		3:16:22
Bill Schwarz		3:52:55
Jennifer Freeman		4:18:05

BLOOMFIELD MEMORIAL DAY 3 MILER**May 26, 2003**

Mike Munroe	2nd overall	17:52
	1st Master	
Joan Munroe	1st Master F	24:38

SOAPSTONE CHALLENGE 14.5 MILER**May 18, 2003 - trail run with steep inclines!**

Jim Tharp		2:03:53
Doug Flamino*		2:15:54
Steve McLaughlin		2:18:21

* Doug ran with his daughter Yolanda.
His son Aaron was 2nd Male in 1:38:40.

MEMORIAL MILE**East Hartford, CT May 26, 2003**

This fast one mile race starts at Alumni Green on Main St. ends up by Martin Park on Burnside Ave. Jim Tharp led the way and finished first overall!

Jim Tharp	1st overall	5:01
Bill McGugan	10th overall	5:30
Neal Leibowitz		sub-6:00
Bekkie Wright	3rd female	6:38

SEVEN STRIDERS PARTICIPATE IN BAY TO BREAKERS**reported by Barry Stoner**

Seven Silk City Striders made their way to the gateway city of San Francisco on Sunday May 18th to run the 93rd annual Bay to Breakers Race. This run goes across town from Oakland Bay to the Golden State Park on the Pacific Ocean, a distance of 7.46 miles. It is run as a "Rite of Spring" for people to express themselves anyway they feel fit or appropriate - almost anything goes. I saw many innovative costumes and floats and the participants in this race swelled to nearly 75,000. My estimate of costume clad participants was around 50% and I saw about 20 floats (a Tiki Hut on wheels, a basketball hoop, Salmon swimming upstream, The French Army running in retreat, beer delivery guys hauling kegs on wagons, and a shower stall with a beautiful maiden showering, etc.) And then there were those sans costume; in fact nearly 200 (by my personal observation) were without any clothing at all.

The Silk City crowd included Bill & Brian Schwarz (1:53), Merle, Dawn & Barry Stoner (1:42, 1:39 & 1:53), and Cathy & Becky Logiudice (2:05). We all were to meet at 7:45 before the race at the corner of Mission and California avenues and five of us made it on time. We waited for Cathy and Becky until the last minute taking pictures of the crowd and ourselves and finally we had to move on to have a chance of reaching the starting line among the hoards of crazies throwing tortillas in a frisbee-like fashion everywhere the eye could see. I got hit several times by low flying debris and the carpet of tortillas underfoot made a soggy mess. We expressed concern for not hooking up with Becky and Cathy but later speculated that they might have been too shy to reveal their "Rite of Spring" in front of familiar faces.

LAKE WARAMAUG – Or, The Race**By Al Toth**

Following are excerpts from a historical summary of the Ultras, part of the packet that Bill Schwarz received before running his 31 miles! Thanks to Joan for sending it along!

“Call me Al. Some years ago – never mind how many precisely – having little or no marathon success, and nothing particular to interest me in those new-fangled activities called tennis and golf, I thought I would try ultrarunning a little and see a different sort of running world. Whenever I find myself going grim around the quads, whenever it is a damp drizzly March in my soul, whenever I find myself involuntarily pausing before Athletes Foot stores, then I count it high time to get to Waramaug as soon as I can.”

“I first tested the waters of this race in 1984, my first ultra, when the race director handing out the numbers behind the old inn that was the sponsor in those days reminded me of those grizzled grog-shop owners, with his grimy long hair and chewed-on running clothes. Someone said “that’s Jack Bristol,” and I said “so, mate?” Only later would I know that he was the kind of man who runs possessed and dies young”.

“Over the years I say – or thought I saw, because all this blasted running does something to the mind – legendary men such as Park Barner, Stu Mittleman and Ray Scannell, and Mr. Bristol’s exuberant heir, this wild man from below decks, Ray Krolewicz – all of them breezing past me without leaving a hint of a wake. And yes, there were women there, to civilize these rough crews, ladies such as Jennifer Schiller and Sue Ellen Trapp and Barbara McCloud. Though I might add that they passed us by with unladylike briskness”. (Editor’s note – these are familiar local names for those following the running scene in the 80s!)

“The conditions for this year’s race were appallingly ideal. And a goodly turnout there was, many young lads and lasses with strong sails and unfrayed ropes chasing the 50-km winds. There were also older types who’ve been banged around the decks a few times, and some of them tried their land legs at 50 miles. The swift and hardy, the handful that don’t know better, they would be after the 100-km ring. There there are the peg legs that shove off while the sun is still leagues below the horizon and try to float from dock to dock, holding back the day when they get their last tow into port.”

“You wonder – who won? We all did, of course. ...No frayed masts, no bags of shiny coins for the first to port. We all got shirts, and find looking things they were, shirts we could even wear to church, those of us who aren’t heathens.”...”If you’ve caulked your leads next spring and want to see splendid distant shores in April, Lake Waramaug may not be a bad port to pull into for the day.”

COACH'S CORNER: Climb Every Mountain**by Barry Stoner**

Training for races, surviving illnesses, losing weight, etc. are all like climbing mountains. Recently Merle and I had the opportunity to climb some real mountains by doing some hiking in Connecticut and in California. While the mountains in California were at greater elevation or altitude, the degree of difficulty in slope, the propensity for rocks, and the distances were of similar magnitude to those in Connecticut. Surely we could have found some more challenging mountains to climb but we were completely satisfied with those we attempted. Two trips in Connecticut were along the Metacomet trail in Bloomfield and the other was up to the top of Bear Mountain, Connecticut's tallest peak in the northwestern corner of the state. In California we visited [Yosemite National Park](#) and climbed several of its mountains and observed many the Park's other peaks and spectacular waterfalls from the Yosemite Valley. The beauty from all of these vistas was breath taking and I could hear "the sound of music."

I get a similar feeling when I see a Strider set a PR or overcome an illness or some other difficulty. We all have mountains to climb, some of which we choose to climb for fun and some of which we must climb out of responsibility to ourselves or to others. Getting to the top is not guaranteed but upon reaching the summit there is always a genuine feeling of accomplishment. You should take pictures there when you can, eat a lunch, have a drink, and afford yourself some time to "smell the roses."

So what is going to be your next mountain to climb? Often we continue to climb the same mountains. If that is your venue, OK; however, I suggest you try some new mountains and enjoy some new experiences. Have you run your first marathon yet? Have you stepped upon Connecticut's tallest peak yet? Have you traveled to each state in the United States? There are a lot of states and sites out there to see. Have you traveled to a foreign country? There are many to choose from. Do you take any time to "smell the roses?" If not, you had better get started as time waits for no one whether it is in a foot race or during the remaining days, hopefully years, of your life. Make a wish now and go for it!

DEADLINE FOR NEXT NEWSLETTER: August 1, 2003

RACE CALENDAR

Date	Time	Race (# signifies USATF champ.)	Place	Contact	Telephone
Sa Jun 7	9:00 AM	Dinosaur 5K off-road	Rocky Hill (Elm Ridge Park)	Race Director	860-258-7721
Sa Jun 7	9:30 AM	Lauren's Run 5K	Cromwell (Watrous Park)	Race Director	860-635-0131
Sa Jun 7	9:30 AM	Spring Classic 5K	Glastonbury (Hubbard Green)	Mike Keenan	860-233-1281
Su Jun 8	8:00 AM	Rose City 10M #	Norwich (Dodd Stadium)	Pete Volkmar	860-437-7247
Su Jun 8	1:00 PM	27th Litchfield Hills 7.05M	Litchfield (Village Green)	John Clock	860-567-8504
Su Jun 8	9:30 AM	16th Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	Terri Dolbec	860-523-3226
Th Jun 12	6:30 PM	Run for Red 5K	Norwalk	Marty Schaivone	203-374-6433
Fr Jun 13	6:00 PM	Niantic Bay 10K	Niantic (McCook Point Park)	Cathie Robbins	860-444-6957
Su Jun 15	9:00 AM	Father's Day 5K	Ellington (Brookside Park)	Bill Metzger	860-875-2077
Su Jun 15	10:00 AM	Greylock Gallop 25K	N. Adams, MA	Goth Swann	413-443-1267
Su Jun 15	10:15 AM	23rd Shoreline 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Th Jun 19	7:00 PM	St.Catherine's 3.8M	Preston	Race Director	860-886-0868
Sa Jun 21	10:00 AM	43rd Mount Washington 7.6M	Gorham, NH	Bob Teschek	603-863-2537
Su Jun 22	8:30 AM	23rd Fairfield 13.1M #	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Su Jun 29	9:50 AM	Great Street Parade 4M	Bridgeport	Marty Schaivone	203-374-6433
Fr Jul 4	9:00 AM	John DeMille Firecracker 8K	Bethel (Main St.)	Race Director	203-794-8531
Fr Jul 4	10:00 AM	24th Four on the Fourth 4M	Chester (Center)	Race Director	860-526-2240
Fr Jul 4	9:00 AM	11th Independence Day 5000	Milford (Foran H.S.)	Marty Schaivone	203-374-6433
Fr Jul 4	9:00 AM	Four on the Fourth 4M	New Canaan	Jim Gerwick	203-849-8646
Fr Jul 4	9:00 AM	26th Independence Day 5K	Springfield (Court Square)	Peter Stasz	413-734-0955
Sa Jul 5	10:00 AM F 10:30 AM M	Firecracker Mile # (Separate Men's & Women's Races).	Harwinton (Commun. Hall)	Race Director	860-485-1506
Sa Jul 5	8:30 AM	19th Riverfest 5K	E. Hartford (Goodwin School)	Jim Uhrig	860-282-8240
Sa Jul 12	8:00 AM	Hartford Hospital Women's 10K	W. Hartford (St. Joseph College)	Beth Schluger	860-653-8866
Fr Jul 18	6:00 PM	24th Sunset 5K	Trumbull (Twin Brooks Park)	Marty Schaivone	203-374-6433
Su Jul 20	9:00 AM	Montville Masters 10K	Oakdale	Jim Butler	860-848-0277
Su Jul 20	9:00 AM	Middletown 4M #	Middletown (Long Hill Est.)	John Bysiewicz	203-481-5933
Fr Jul 25	6:00 PM	32nd Blessing of the Fleet 10M	Narragansett, RI	Ken Rosbottom	401-294-4466
Sa Jul 26	9:30 AM	36th New Milford 8M	New Milford (Town Green)	Eleanor Corelli	860-355-6050
Su Jul 27	10:00 AM	16th Sneaker's 5M/2M	Groton (Sneaker's Cafe)	Pete Volkmar	860-437-7247
Tu Jul 29	6:30 PM	43rd Yankee Homecoming 10M	Newburyport, MA	Jon Pearson	978-270-0065
Sa Aug 2	9:00 AM	41st John J. Kelly 11.6M	New London (Ocean Beach Pk)	Way Hedding	860-739-9927
Su Aug 3	8:00 AM	Sea Legs Shuffle 10M	Guilford (Jacobs Beach)	Nancy Ashcroft	203-458-6612
Sa Aug 9	9:00 AM	25th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Su Aug 10	10:00 AM	32nd Donors Week 5M	Torrington (Coe Park)	Dean Dzedzic	860-482-4425
Su Aug 10	10:00 AM	31st Falmouth 7.1M	Woods Hole, MA	Rich Sherman	508-540-7000
Sa Aug 16	9:00 AM	Bluefish Festival 5K	Clinton	Ellen Cavanagh	860-669-3889
Su Aug 17	8:30 AM	26th Waterford Week 5M	Waterford Beach Park	Ron Bugbee	203-444-5881
Th Aug 21	6:30 PM	18th E.Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	Jim Uhrig	860-282-8240
Su Aug 24	9:30 AM	16th Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	Scott Hunter	413-256-0608
Mo Sep 1	9:00 AM	70th Cape Ann 25K	Gloucester, MA	Maggie Oveson	978-283-0470
Mo Sep 1	8:30 AM	26th Labor Day 20K/5K/.5M #	New Haven Town Green	John Bysiewicz	203-481-5933