



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

This has been a terrific Spring and we're heading into Summer already!

The Town of Manchester officially recognized the Silk City Striders 25 plus years in existence with a Mayoral Proclamation signed by the mayor and the board of directors. It was officially presented to the group at the Board of Directors meeting on May 18th.

It was truly moving to see a capacity crowd turn out for Bobby's run this year. The run was well organized and everyone truly enjoyed themselves in the spirit of Bobby Bonadies. Thanks to Steve McLaughlin and all who helped make this day such a success.

The Summer Picnic is fast approaching on Sunday, July 18th. This year the venue has changed to Blish Park at Lake Terramuggus, in Marlborough, CT from 1-5. I hope to see everyone there this year, so mark your calendars. There will be an organized run, swimming and biking, and good food!

Lastly I wish to say that I've been keeping those who are on the road to recovery in my thoughts, particularly, Ed Gregory, Cathy Logiudice, Art Byram and Carole Phelan.

See you on the roads and trails and Keep On Runnin'! – Jim

**TWO 1st PLACE
MEMORIAL DAY FINISHES
FOR THE
SILK CITY WOMEN**

Karen Saunders - Bloomfield 3M
Bekkie Wright - Memorial Mile

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2004 BOARD OF DIRECTORS

Officers

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

Board Members

		<i>Term</i>
Art Byram	430-1072	2004-2006
Betty Cannella	872-5903	2003-2005
Sue Leslie	644-1804	Ex-Officio
Ellie Lowell	429-3800	2002-2004
Karen Saunders	643-9125	2002-2004
John Sloan	643-6123	2004-2006
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	
	Bekkie Wright – Co-Editor	
	Jim Best - Race Calendar	
	Barry Stoner – Coach’s Corner	
Production:	S. McLaughlin, J. Best, B. Wright	

TRAINING RUNS

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

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

Tuesday Track Workouts - 6:00 pm Manchester High School

Join us at the Manchester High School Track on Tuesday nights.

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

Come join us for the Spring Street Loop.
Runs of 3 – 8 miles are available.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Larry & Donna Brown	South Windsor
Colleen Ginelewicz	Newington
Joshua Persky	Manchester

Also, a belated welcome to the “new” members of the Jim Tharp family, Berangere and her two daughters Charlene and Eloise. Bienvenue!

Get Well Soon, Cathy & Carole!

Cathy Logiudice recently sustained injuries to her jaw and elbow when she tripped and fell during our Wednesday training run. She’s back walking with us already, and hopes to return to running soon.

Carole Phelan broke her ankle earlier this spring while glissading down Huntington Ravine in the White Mountains after ice climbing with friends. She was training for a trip to Mt. Rainier.

OTHER “FUN” RUNS

Thursday Night Hill Repeats 5:30 pm Bolton High School

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

Glastonbury Summer Fun Runs Starting Tuesday, June 29 - 6:50 pm Glastonbury High School

Grab your sneaks and run some extra miles this summer. Children jog for one mile around school grounds. Adult courses are 2.4 and 3.5 miles in length in the Buttonball Lane area. Register at the rear of the Glastonbury High School starting at 6:30 for a 6:50 start. Divisions include male and female 35 & up, 19 - 34, 15-18, 13-14, 10-12, 7-9, and 6 & under. **Tuesday evenings, June 29; July 6, 13, 20, 27 and August 3. No fee.**



**SUMMER PICNIC
BLISH PARK - LAKE TERRAMUGGUS
Marlborough, CT
Sunday, July 18 - 1-5 PM**

Bring your bathing suit, kayak or canoe and your favorite side dish or dessert. The Club will provide hotdogs & hamburgers as well as condiments (vegetarians should bring a grill item of their choice).

Silk City has reserved the Pavilion at Blish Park from 1:00 – 5:00 pm. A 5K group run around the Lake will kick off the event at 1:30 pm.

We have four parking passes available for out-of-town residents to park in the main lot on Park Road. If you bring your kayak or canoe, you'll want to park at the Boat Launch Parking Lot on Lake Road. The Marlborough Commuter Lot off Exit 12 is only 1/2 a mile from the Lake, and we will provide shuttle service as needed.

Directions to Blish Park – Lake Terramuggus

From North

Take Route 2 East to Exit 12 (West Road). The Commuter Lot is on your left at the bottom of the Ramp next to the Citgo Station.

To get to Blish Park,

Go South on N. Main Street (towards Marlborough Country Barn). The 1st street on your left will be Park Road. Turn left onto Park Road, and the entrance to Blish Park is on your right about 100 yards up the hill.

To get to the Boat Launch Parking,

Go South on N. Main Street for 2 blocks. The first street is Park Road, the second is Lake Road. Turn left onto Lake Road, the Boat Launch Parking Lot is on your right about 50 yards up the road.

**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 5, 12

August 2, 9, 16

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

Time and Distance

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

Entry fees: \$3.00 (13 and under)
 \$10.00 series pre-registration
 \$4.00 (14 and up)
 \$15.00 series pre-registration

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

Age Groups:

Boys and Girls

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

Men and Women

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

Age: Based on Age as of July 5, 2004

For More Information contact:

Mike Bendzinski 649-6426

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

**Results from the HTC Winter Series
for New Member JOSH PERSKY**

Date	Race / Distance	Place	Time
Jan 18	People's Forest 8.55 M	#3	55:03
Jan 25	Walleyworld 7.0 M	#6	43:35
Feb 1	West Avon 10M	#6	1:14:10

1st Annual Bobby's Run
Saturday, May 22, 2004
Northeast School, Vernon, CT

Friends, family and former Leukemia Team-in-Training partners all showed up to celebrate. There were approximately 50 participants for the 8 Mile run and 10 for the 3 miler. (Including Lynn Sloan in her very first race ever!) There were refreshments and "Run In" gift certificates for the first three men and women in the 8 Mile Race.

A huge thanks to Steve McLaughlin who organized this run in honor of the late Bob Bonadies. Thanks also to Bobby's two sisters, and his wife Lisa, as well as Rick Parr (Water & Shuttle Captain), Joyce Thorner and Bekkie Wright who volunteered at the event.

8 Mile Results

Fname	Lname	M / F	Time	Pace	Fname	Lname	M / F	Time	Pace
Aaron	Flamino	M	47:12	5:54	Terry	Moylan	F	1:07:44	8:28
Rene	Charland	M	50:09	6:16	Joan	Munroe	F	1:07:50	8:29
Mike	Munroe	M	50:30	6:19	Dennis	Mahoney	M	1:11:16	8:54
Phil	Forzley	M	52:15	6:32	Randy	Potterton	M	1:13:01	9:08
Joe	Kidder	M	53:53	6:44	Pat	Mariano	F	1:13:02	9:08
Steve	Morse	M	54:02	6:45	Betty	Cannella	F	1:14:12	9:16
Jim	Tharp	M	55:30	6:56	Barry	Stoner	M	1:14:13	9:17
Tim	Blinn	M	56:34	7:04	Karen	Rogers	F	1:19:13	9:54
Steven	Pacini	M	57:40	7:12	Charlie	Ornek	M	1:19:31	9:56
Greg	Best	M	58:07	7:16	Suzanne	Sherman	F	1:19:32	9:56
Scott	Freeman	M	58:07	7:16	Thomas	Brown	M	1:19:33	9:57
Russell	Blatt	M	58:08	7:16	Frennie	Elderkin	F	1:22:09	10:16
Tris	Carta	M	58:08	7:16	Elizabeth	O'Donnell	F	1:22:10	10:16
Drew	Best	M	58:09	7:16	Cyndee	Walsh	F	1:25:02	10:38
Mike	Dolen	M	59:39	7:27	Sharon	Koonze	F	1:36:25	12:03
Bill	McGugan	M	1:00:11	7:31	Susan	Griffin	F	1:36:26	12:03
Brendan	McGoldrick	M	1:00:14	7:32	Marjorie	Haas	F	1:39:25	12:26
John	Pacini	M	1:00:20	7:32	Debra	St. Germain	F	1:54:07	14:16
John	Bartholomei	M	1:00:28	7:34	Patricia	Harleston	F	1:54:08	14:16
John	Sloan	M	1:00:34	7:34					
Lindsay	Bacall	F	1:01:14	7:39					
Jay	Seney	M	1:01:14	7:39					
Billy	Metzger	M	1:01:56	7:44					
Doug	Flamino	M	1:01:56	7:44					
Kelly	Reese	F	1:02:46	7:51					
Way	Hedding	M	1:04:28	8:03					
Jim	Whitehouse	M	1:05:23	8:10					
Keith	Podrebartz	M	1:05:48	8:13					
Pat	Swim	F	1:07:19	8:25					
Richard	Chromick	M	1:07:20	8:25					
Christopher	Graves	M	1:07:32	8:27					
Janel	Hale	F	1:07:32	8:27					

3 Mile Results

Fname	Lname	M / F	Time	Pace
John	Canora	M	20:12	6:44
Art	Byram	M	23:01	7:40
Karen	Saunders	F	23:33	7:51
Sue	Leslie	F	26:00	8:40
Felice	Davis	F	27:00	9:00
Ken	Laster	M	28:11	9:24
Maryann	Morris	F	28:11	9:24
Tom	Swim	M	29:13	9:44
Larry	Brown	M	30:51	10:17
Lynn	Sloan	F	38:36	12:52

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 APRIL NEWSLETTER

LIONS COMMUNITY RACE - 10.5 Miles East Haddam, CT March 28, 2004

Michael Munroe	#4 Overall	1:11:42
	#1 M 40-49	
Joan Munroe	#3 F 40-49	1:31:54
Randy Potterton		1:55:07

HEBRON ROAD RACE 5K Hebron, CT April 24, 2004

John Paggioli	#2 Overall	17:53
Mike Munroe	#3 Overall	19:05
	#1 M 40-49	
Dean Bolt	#9 Overall	20:49
	#1 M 50-59	

Randy Potterton 37:36

The course was actually longer than 5K because the Starting Line had been moved from last year, while the Finish Line stayed the same.

TOLLAND SPIRIT OF SPRING 5M Tolland, CT - April 3, 2004

Welcome to the weirdest age groups ever:

Open = 19-54

Senior = 55+

Mike Munroe	#4 Overall, #4 Open	30:18
Phil Forzley	#7 Overall, #6 Open	31:38
Jay Seney	#8 Overall, #7 Open	31:50
David Laporte		33:46
Stephen McLaughlin		34:27
John Sloan		35:46
Bekkie Wright	#3f, #3 F Open	37:32
Joan Munroe	#10f, #8 F Open	42:08
Randy Potterton		46:52
Tony Dennis	#7 Senior	49:40

BRADLEY AIRPORT 5K & 10K Windsor Locks, CT April 10, 2004

5K

John Paggioli	#5 Overall	18:08
	#1 M30-39	

10K

Mike Munroe	#4 Overall	38:45
	#2 M40-49	
Joan Munroe	#4 F Overall	50:43
	#2 F 40-49	
Randy Potterton		54:16

DAFFODIL FEST 5K Meriden, CT April 25, 2004

Mike Munroe	#3 Overall	18:42
	#1 M 40-49	
Joan Munroe	#2 F 40-49	24:23

SIMSBURY RIVER RUN 5K & 10K Simsbury, CT April 25, 2004

5K

Tris Carta	#2 M40-49	18:42
Dean Bolt	#3 M50-59	19:50
Tony Hollister	#4 M50-59	20:38
Rhea Klein		27:44
Angelee Carta		30:56

10K

Steve McLaughlin		41:22
John Sloan		45:15
Daria Vanderveer		47:30
Randy Potterton		53:29
Jill Ramos		56:42

LAKE WARAMAUG ULTRAS 50K (31.07 miles) New Preston, CT April 25, 2004

After Bill Schwarz ran this race last year, Bekkie was inspired to go the distance. Passing the marathon mark in a personal worst of 4:13, she managed to set a personal best for 50K by taking a 1 minute walk break every mile.

Bekkie Wright	#2 F, #1 F 40-49	4:56
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108th BAA BOSTON MARATHON
Hopkinton to Boston, MA April 26, 2004

The weather was warm – over 75 degrees at the start of this famous marathon. The Kenyans dominated. Tim Cherigat of Kenya finished first in 2:10:37 and Catherine Ndereba, took first place for the third time with a finish time of 2:24:27. The following results are based on Chip Time:

Scott Freeman	3:21:59
Joe Kidder	3:40:36
Mark Shok	3:41:43
Ginny Welch	4:08:17
Bob Niedbala	4:15:58
Bill Schwarz	4:34:27
Beth Shluger	~5:35:00

Beth's chip failed to register at the start, but it took her about 23 minutes to reach the Start Line.

QUASSY LOOP 12K
Lake Quassapaug, CT May 1, 2004

Silk City fielded a Men's Masters USATF team for this hilly 12K loop.

Dean Bolt		53:25
Jim Tharp		54:43
Steve McLaughlin*		56:19
Clint Driscoll		58:31
John Sloan*		59:33
Bekkie Wright	#1 F 40-49	1:00:15
Cathi Koehler	#2 F 40-49	1:00:45
Rick Chromik*		1:05:44
Jim Whitehouse*		1:05:44
Betty Cannella		1:11:12
Randy Potterton*		1:13:18

SPRING INTO MOTION
BRIAN P. BORGHESI MEMORIAL 5K
Wolcott, CT May 2, 2004

Mike Munroe	#2 Overall	19:21
	#2 M 40-49	
Joan Munroe	#2 F 40-49	24:55

GRANBY 10K
Granby, CT May 2, 2004

Bekkie Wright	#5 F, #3 F 40-49	46:11
Randy Potterton		~54:00

WALTER CHILDS MEMORIAL
RACE OF CHAMPIONS MARATHON
Holyoke, MA May 2, 2004

Jay Seney	3:28:53
Tim Blinn	3:46:38
Jim Best	4:19:18

VERNON MOTHER'S DAY DASH 5K
Vernon, CT May 9, 2004

Aaron Flamino	#2 Overall	16:32
	#2 M19-29	
Neal Leibowitz	#6 Overall	17:41
	#3 M 30-39	
Mike Munroe	#8 Overall	18:18
	#2 M 40-49	
Phil Forzley		18:49
Colby Welch	#1 M 14 & under	19:09
Lance Flamino		19:12
Dave Metzger	#1 M 15-18	19:19
Steve McLaughlin		19:33
Bekkie Wright	#3 F Overall	21:14
	#1 F 40-49	
Ginny Welch	#2 F 40-49	22:43
Erica Forzley	#3 F 14 & under	23:11
Cathi Koehler		23:14
Karen Saunders	#2 F 50-59	23:28
Joan Munroe		24:20
Randy Potterton		25:07
Jill Ramos		25:49
Bill Metzger		28:42
Jay Seney		29:19
Brian Seney		29:19
Doug Flamino		29:54
Sharon Koonze		31:23
Rachel Blinn		33:19
Mary Ann Blinn		34:04
Alicia Blinn		35:03
Tim Blinn		35:05
Brenda Leibowitz		41:30
Stacy Smith*		54:40
Lisa Smith		54:40
Roger Smith		1:03:30

* Roger's daughter Stacy was the youngest female finisher at Age 7.

Ginny and Colby Welch took 2nd place in the Mother/Son division and Colby had a course PR. Congratulations!

RACE IN THE PARK 5K
New Britain, CT May 8, 2004

<u>Women's 5K</u>		
Bekkie Wright	#3 F 40-49	21:01
Joyce Thorner	#13 Survivor	32:48
<u>Men's 5K</u>		
Tony Hollister		20:45

SUB BASE MEMORIAL 10K
Groton, CT May 15, 2004

Bob Neidbala		51:15
Randy Potterton		55:59

WINDSOR KIWANIS SHAD DERBY 5K
Windsor, CT May 15, 2004

Yet another one with weird Age Groups:
Sub-Masters = 36-50
Masters = 51-65

John Paggioli	#4 Overall	18:20
	#3 Sub-Master	
Daria VanderVeer	#2 F Sub-Master	21:12
Clint Driscoll	#2 M Master	22:05
Cathi Koehler	#3 F Sub-Master	22:05

SOAPSTONE CHALLENGE 14.5 MILER
Somers, CT May 16, 2004
trail run with steep inclines!

Doug Flamino*		2:21:13
Bill Metzger		2:24:57
Tim Blinn		2:25:54
Jennifer Freeman		3:30:51
Daria VanderVeer		3:30:52

* Doug ran with his daughter Yolanda.
His son Aaron was 3rd Male in 1:44:41.

WILMINGTON MARATHON & Relay
Wilmington, DE May 16, 2004

Bekkie Wright	#3 F 40-49	3:51
Bill Schwarz		4:11

Steve McLaughlin ran on a 4-Person Relay Team the "Ale and Beer Runners." His team finished in 3:21:25. His was the 22nd team in out of 102 total, and the 8th team to finish of the co-ed teams.

ELLINGTON FOOTBALL BOOSTERS 5K
Ellington, CT May 23, 2004

John Paggioli	#4 Overall	18:21
	#1 M 30-39	
Jay Seney	#3 M 40-49	19:13
David LaPorte	#3 M 30-39	19:55
Dennis Mahoney		24:16
Randy Potterton		25:05

FAIRFIELD YMCA MID-MAY CLASSIC 4M
Fairfield, CT May 23, 2004

Steve McLaughlin		28:01
Bekkie Wright	#2 F 40-49	28:01

GLASTONBURY RIVER RUN 5K
Glastonbury, CT May 23, 2004

Bill Gaghan	#3 M 30-39	18:13
Todd Mozzer		20:18
Rachel Blinn		30:33
Alicia Blinn		31:18
Mary Ann Blinn		31:27
Tim Blinn		31:28

NEWINGTON LIBRARY 5K
Newington, CT May 23, 2004

Mike Munroe	#4 M 40-49	18:26
Joan Munroe	#5 F 40-49	24:14

BOLTON ROAD RACE 5M
Bolton, CT May 29, 2004

The Striders showed up in force for the revival of this challenging 5 mile course. The last hill is especially daunting, and this year as an added bonus there was a headwind up the hill.

Ned Kennedy	#4 Overall	32:18
	#3 M 40-49	
Bill McGugan	#4 M 40-49	33:40
John Sloan		36:43
Bekkie Wright	#2 F Overall	37:07
	#1 F 40-49	
Jim Whitehouse		39:34
Bill Schwarz	#1 M 60+	39:57
Dani Kennedy	#2 F 40-49	41:34
Randy Potterton		42:30
Barry Stoner	#2 M 60+	45:12
Rhea Klein	#3 F 50-59	50:42

WILLINGTON PTA 5K
Willington, CT May 29, 2004

Mike Munroe	#3 Overall	18:50
	#1 M 40-49	
David LaPorte	#2 M 30-39	20:31
Cathi Koehler	#1 F 40-49	24:31
Joan Munroe	#2 F 40-49	24:35
Dennis Mahoney		24:38
Ellie Lowell	#1 F 50-59	25:43

KEYBANK VERMONT CITY MARATHON
Burlington, VT May 30, 2004

There were over 2,000 Finishers. Jay placed in the top 100, and Bill placed in the Top 200. Good job.

Jay Seney	3:07:55
Bill Gaghan	3:18:48
Tammy Gaghan	4:27:19
Sharon Koonze	5:46:23

BLOOMFIELD MEMORIAL DAY 3 Mile Race
Bloomfield, CT May 31, 2004

John Paggioli	#4 Overall	17:27
	#2 M 30-39	
Karen Saunders	#1 F Overall	22:07
Barry Stoner		24:51
Sue Leslie	#2 F 50-59	24:59

MEMORIAL MILE
East Hartford, CT May 31, 2004

Scott Wojnarowicz	#3 Overall	5:01
	#1 M 19-29	
Jim Tharp	#6 Overall	5:25
Tris Carta	#8 Overall	5:29
Neal Leibowitz		sub-6:00
Bekkie Wright	#1 F Overall	6:21
	#1 F 40-49	
Berangere Tharp	#2 F 30-39	7:21

SELECTED HIGH SCHOOL TRACK RESULTS

Stafford Invitational Outdoor Track Meet
 Stafford High School April 30, 2004

Boys 800 Meters

1st Place - Bryce Metzger 2:01

Boys 1600 Meters

1st Place - David Metzger 4:31

Boys 3200 Meters

1st Place - David Metzger 9:49*

Boys 4x800 Meter Relay

1st Place Team - Ellington High School -
 Bryce Metzger, Chad Anselmo, James Honda &
 Hunter Norte 8:21.95*

*Meet Record

NCCC Outdoor Track Championships
 Ellington High School May 27, 2004

Boys 800 Meters

#1 Bryce Metzger 1:59.31

Boys 1600 Meters

1st Place - David Metzger 4:24.23

Boys 3200 Meters

1st Place - David Metzger 9:55.94

Boys 4x400 Meter Relay

1st Place Team - Ellington High School -
 Bryce Metzger, Erick Knickerbocker,
 Eric Senger & Chad Anselmo 3:32.05

Hartford Public High School - 33rd Invitational Outdoor Track and Field Meet
Trinity College - Saturday, May 8, 2004

Men 2 Mile Run

Top 5 beat the old meet record of 9:03:50
 11th Place - Dave Metzger 9:23.52

Men's 1600 Sprint Medley

3rd Place Team - Ellington H.S. 3:39.69

TOWN OF GLASTONBURY**Summer Racing Series - 5 Races - 5 Distances - 5 Experiences**

(Sponsored by the Glastonbury Chamber of Commerce, Mayo Gilligan & Zito, LLP, Blum Shapiro & Co., P.C., and Bubba's Best Bottled Water)

Event: Whether you want to test your abilities, or use this event as training for the New Haven 20K on Labor Day or the Hartford Marathon/Half-Marathon in October, join your fellow runners for an exciting 5 race series. The courses provide a little of everything you're looking for, with the distance increasing with each race! All races scheduled for Saturday mornings, 8:00am start. Race-day registration is available starting at 7:00 am, although pre-registration is strongly recommended. Mile markers, water stops, electronic timing all provided. The events are as follows:

Series #1 – Saturday 8:00 am, July 24, 2004 – 3.1 Miles

Test your speed on a flat, fast course! Addison Park start/finish, Great Swamp Road.

Series #2 – Saturday 8:00 am, July 31, 2004 – 4 Miles

Test your stamina on and off road! Also a flat course. Smith Middle School start/finish, Addison Road.

Series #3 – Saturday 8:00 am, August 7, 2004 – 5.5 Miles

Test your strength on a rolling course! Buttonball Elem. School start/finish, Buttonball Road.

Series #4 – Saturday 8:00 am, August 14, 2004 – 7.7 Miles

Test your "sanity" on a race to the highest elevation in town, and then back down!! This race is NOT for the faint of heart!!! Hopewell School start/finish, Chestnut Hill Road.

Series #5 – Saturday 8:00 am, August 28, 2004 – 9.8 Miles

Test your endurance on a scenic, 2-loop course. Hopewell School start/finish, Chestnut Hill Road.

Scoring and Awards: Top 10 runners in each age group receive points (10 pts for 1st place...1 pt for 10th place). The three individuals in each age group with the highest point total at the end of the series will receive awards. You DO NOT need to run each race to be eligible. All awards will be given at the conclusion of the 10 miler. Ironman Watches to each first place finisher, athletic gift certificates to all 2nd and 3rd place finishers!!!!

Fees and T-shirts: Free T-shirts to the first 100 registering for all 5 events, anyone who competes in all five events, and special T-shirts to the top 3 finishers at each race. Entry fee is \$10 per race or \$30 for the series.

Age Groups: Male and Female 18 & Under, 19-29, 30-39, 40-49, 50-59, and 60 and over. All ages are as of Race Day #1, July 24, 2004.

Course Maps: Visit the Glastonbury Chamber of Commerce website at www.glastonburychamber.org for course maps. Note that the 10 mile course consists of two 5-mile loops, great for spectators!

All race sites are conveniently located in Glastonbury, CT and are most accessible from Rt 2.

Addison Park: Exit 6 for Griswold St. Right onto Griswold St if coming from Rte 2 West, left if from Rte 2 East. Griswold St ends at Addison Rd. Bear left onto Addison Rd at stop sign. Short distance, entrance to park is on the left. Addison Park is start/finish for Race #1.

Smith Middle School: Exit 6 for Griswold Street. Right onto Griswold if coming from Route 2 West, left if Route 2 East. Griswold ends at Addison Road. Right at stop sign onto Addison. Short distance, school is on left. Smith Middle School is start/finish for Race #2.

Buttonball School: From Route 2 East: Exit 7 (left-hand exit). Take “Hubbard Street” exit. Left onto Hubbard, at stop sign, right onto Buttonball Lane. Go .8 miles to school on left. From Route 2 West: Exit 10 for “East Glastonbury/Manchester”, left onto Manchester Road. Short distance, right at stop sign onto New London Tpke. Go 2.1 miles to Olde Stage Rd. on left. At end of Olde Stage, left onto Buttonball Lane. Go 1/2 mile to school on left. Buttonball School is start/finish for Race #3.

Hopewell School: Exit 10 for “East Glastonbury/Manchester”. Right onto Manchester Road if coming from Route 2 East, left if Route 2 West. Short distance, right at stop sign onto New London Tpke. Left at 1st light onto Chestnut Hill Rd. Short distance, school is on left. Hopewell School is start/finish for Races #4 and #5.

Online Registration: Online registration is available at www.hitekracing.com.

Registration: Complete and mail the registration form below with your check, payable to “Glastonbury Chamber of Commerce.” Mail to: Jay Sattler, 29 South Main St., PO Box 272000, West Hartford, CT 06127. Contact Jay Sattler with any questions at 860-561-6837 or jsattler@blumshapiro.com.

-

Name: _____

Address: _____

Phone: _____ Male: _____ Female: _____ T-Shirt Size: M L XL

Age on race day: _____ Race Bib #: _____ (for official use only)

I would like to register for series #1____, #2____, #3____, #4____, #5____, or the entire series____.

In consideration of my entry in the Glastonbury Summer Series, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damage I may have against the race directors, Town of Glastonbury, the Glastonbury Chamber of Commerce, and all race sponsors, volunteers, and their agents for any injuries suffered by me from or out of my participation in this event. I attest that I am physically fit and that my condition has been verified by a physician.

Applicant’s Signature, Signature of Parent or Guardian if under age 18)

RACE T-SHIRT ETIQUETTE

From Ben Holmes [KCRunning]

Compiled from using various runners' submissions

In the running community the wearing of Race T-Shirts has become a sign of accomplishment and fashion. Choosing just the right T-Shirt for that special occasion can be a difficult task. The following guidelines have been compiled to help the responsible T-shirt wearer avoid potential embarrassment. **Note:** This is meant to be a tongue-in-cheek review of the sometimes superstitious regard runners have for their finisher shirts.

GUIDELINES:

1. WHO MAY WEAR A RACE T-SHIRT

A shirt cannot be worn unless the wearer has participated in the event; (Significant Others and Volunteers are exempt).

Volunteers have full T-shirt rights and all privileges pertaining thereto. Remember, you can always volunteer for a race and get a shirt. Remember, this is also your civic duty as a member of the running community.

If possible, buy your Significant Other a T-shirt which can be worn without regard to running the race. Keep in mind, they support your "running Jones" more than you think.

No Additional "Souvenir" shirts: Friends or anyone else not associated with the race may not wear a race shirt. If Mom thinks that the Boston shirt is lovely, tell her to QUALIFY, & send in her application early for next year so she can earn her own. Note: your Mom CAN wear your race shirt under one of the following conditions:

- 1) you live with your mother;
- 2) she funded your trip to the race;
- 3) she recently bailed you out of the slammer;
- 4) All of the above.

2. WHEN TO WEAR YOUR RACE SHIRT AND WHICH ONE TO CHOOSE

Never wear a race shirt from the race you are about to run before the event, even if the Race Expo is days before the actual race. It displays a lack of running integrity and might put the bad heebee-jeebee-mojo on you for the race. Wearing a T-shirt of the race, while currently running said race, is also discouraged. Besides, you won't have the correct post-race shirt if you wear it while running the race.

When you are returning to a race in which you previously finished, then wear the shirt from the first year you completed the race. Don't short-change yourself by wearing the shirt from only the year before, it doesn't adequately display the veteran status you are due.

During a race, the wearing of shirt from a previously completed year is acceptable. Wear the oldest T-shirt you have (Exceptions: See Guideline #3). This is probably a good practice because you now have no excuse to drop out since you've done it before.

Any Race Tee, less than a marathon distance, shouldn't be worn to an ultra event. It simply doesn't represent a high "cool factor" and sends a red flag regarding your rookiness. It's like taking a knife to a gunfight.

Never wear a T-shirt that vastly outclasses the event you're running. It's like taking a gun to a knife fight.

Never wear a shirt from a run that you Did Not Finish. To wear a race shirt is to say "I finished it". (Exceptions: see Guideline #1) A DNF'er may wear a race shirt if... the letters DNF are boldly written on the shirt in question using a fat Sharpie or a Marks-A-Lot.

Always wear the race shirt of your most recently completed race at the current race's pre-race briefing. The more recent the race the better. However, the shirt must be clean -- dried blood and grass stains are okay, if it is a trail race or a particularly tough event, but not washing-out the skunk scent is pushing the macho thing a bit too far.

3. WHEN NOT TO WEAR YOUR RACE SHIRT

Never wear a shirt that is so old, thin, and threadbare that you can see through it. This seems to be just a guy thing, especially an old-codger-runner-guy thing. Here's the test: if you're too scared to machine wash your 1970 Manchester Road Race shirt for fear of it wafting down the drain as mere subatomic particles, then it's probably too transparent to wear in public. If you can (still) remember your great performance at that particular day and you want to save it for posterity, PLEASE have it framed so that you can keep it on the wall of your den or your "I love me" room, and out of our sight.

Never wear a blatantly prestigious T-shirt downtown or at the mall among non-running ilk. People will just think you have a big head, which you do. You'll also get stupid questions, like, "how long was that marathon?" If it's a shirt to a 50 or 100-miler, they'll think it's a shirt for a cycling event or just think you're frigging nuts, which (of course), you might be.

T-shirts must be used sensitively. Worn responsibly, they can help expand one's consciousness and immerse you in a great conversation with your running brethren. Worn stupidly, they can cause fright, horror, vacant stares, sprained ankles, and general social unrest.

COACH'S CORNER: Ups and Downs, Running, Word Games and Life

by Barry Stoner

As runners we are always running up an incline or running down one because that is the way the earth's surface is. As we train we can take advantage of these hills to make ourselves stronger. Picking up the effort when climbing a hill will enhance your strength, but going up this same hill a bit more leisurely will also make you stronger. Once you crest the hill there is always the downhill where you can feel a bit of exhilaration and take a moment to recover before moving on. The same is true of cycling, the ups are a lot tougher than the downs. The whole point of downhill skiing is to get up the mountain so you can ski down.

Another benefit of going up is to better see something or maybe just to see something. Consider hiking up a mountain. From the valley the view may be restricted because of the mountains or the trees or buildings. By climbing the mountain you can better see the valley. I certainly experienced this from the top of Yosemite Falls last spring, but you do not have to travel far to appreciate this concept. Try climbing Case Mountain and take in the view of Hartford from the summit.

From another point of view, all of life is a series of ups and downs. Some are good and some are not so good but the ups and downs will continue to occur. You are not always at the top of your game when your competition, your friend, or your mate is at the top of theirs. This may just be a routine short-lived thing or it may be the result of something more serious. If you had a recent injury you are probably nursing yourself back to health and this will take some time; you will have doubts of whether you can do it and return to your former self. Often you will become changed but this is not necessarily a bad thing but it will be a new or different thing. During these times you will be up and you will be down.

Whenever you go up you must come down. Climbing to the top of Everest is only half the job; if you want to live you must also make it down. Working your way to the top of your heap, so to speak, by winning races or becoming the boss means that you will eventually have to come back to the pack. This may be difficult to deal with but you will have to deal with it. So when you are up you really feel good and when you are down you really feel down. Look for the bigger picture and try to enjoy all the perspectives.

Many of you may have read the book "It's Not About the Bike" with Lance Armstrong; its sequel, "Every Second Counts" is also a good read about extremes and how these extremes can change one's life and not always for the worse. Pick up a copy of either book and I think you will learn something.

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone
Sa Jun 5	8:30 AM	Rooster Run 5M	Newtown (Reed Intern. Sch)	Race Director	203-270-4340
Sa Jun 5	10:00 AM	Chaplin 5K	Chaplin (Chap Elem Sch)	Race Director	860-455-1144
Sa Jun 5	9:30 AM	Lauren's Run 5K	Cromwell (Watrous Park)	Race Director	860-635-0131
Su Jun 6	10:00 AM	Lakeside 5K	E.Hampton (Sears Park)	David Putnam	860-267-6020
Su Jun 6	8:00 AM	21st Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	David Raczkowski	860-455-1096
Su Jun 6	9:00 AM	Fireman's 5K	West Suffield (Bruce Park)	Michael Thibedeau	860-668-3888
Su Jun 6	8:00 AM	Iron Horse Half Marathon	Simsbury (Iron Horse Bvd)	Beth Shluger	860-652-8866
Su Jun 6	9:00 AM	Sprint for D.A.R.E. 5K	Monroe (Wolfe Park)	George Puglisi	203-261-5145
Su Jun 6	9:30 AM	17th Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	Terri Dolbec	860-523-3226
Sa Jun 12	8:30 AM	11th Race for the Cure 5K	Hartford (Bushnell Park)	Race Director	860-224-5run
Su Jun 13	1:00 PM	28th Litchfield Hills 7.05M	Litchfield (Village Green)	John Clock	860-567-8504
Su Jun 13	8:00 AM	Rose City 10M	Norwich (Dodd Stadium)	Pete Volkmar	860-437-7247
Sa Jun 19	10:00 AM	44th Mount Washington 7.6M	Gorham, NH	Bob Teschek	603-863-2537
Sa Jun 19	8:30 AM	Arts Council 5K	Hartford (Bushnell Park)	Race Director	860-525-8629
Su Jun 20	9:00 AM	Father's Day 5K	Ellington (Brookside Park)	Bill Metzger	860-875-2077
Su Jun 20	10:15 AM	24th Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su Jun 27	8:30 AM	23rd Fairfield 13.1M and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Sa Jul 3	9:00 AM	12th Independence Day 5000	Milford (Foran H.S.)	Marty Schaivone	203-877-2091
Sa Jul 3	8:30 AM	20th Riverfest 5K	E. Hartford (Goodwin School)	Jim Uhrig	860-282-8240
Sa Jul 10	8:00 AM	Women's 10K	W. Hartford (St. Joseph College)	Beth Shluger	860-653-8866
Su Jul 11	noon	Outdoor Track Champs	New London	Race Director	860-485-1506
Fr Jul 16	6:00 PM	25th Sunset 5K	Trumbull (Twin Brooks Park)	Marty Schaivone	203-374-6433
Su Jul 18	9:00 AM	Middletown 4M	Middletown (Long Hill Est.)	John Bysiewicz	203-481-5933
Fr Jul 23	6:00 PM	33rd Blessing of the Fleet 10M	Narragansett, RI	Ken Rosbottom	401-294-4466
Sa Jul 31	9:30 AM	37th New Milford 8M	New Milford (Town Green)	Eleanor Corelli	860-355-6050
Su Aug 1	9:00 AM	Savin Rock 5K	W.Haven	John Bysiewicz	203-481-5933
Sa Aug 7	9:00 AM	Ocean Beach / John J. Kelley 12M	New London (Ocean Beach Pk)	Way Hedding	860-739-9927
Th Aug 12	6:20 PM	15th Corp.Challenge 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Sa Aug 14	9:00 AM	26th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Su Aug 29	?	Simsbury 30K	Simsbury	Beth Shluger	860-652-8866
Mo Sep 6	8:30 AM	27th Labor Day 20K/5K/5M	New Haven Town Green	John Bysiewicz	203-481-5933
Su Sep 19	9:00 AM	Old Saybrook 5M	Old Saybrook	John Bysiewicz	203-481-5933
Sa Sep 25	8:00 AM	16th Winnepesaukee 66M Relay	Wiers Beach, NH (Funspot)	Ken Robichaud	617-232-8778
Su Sep 26	9:00 AM	Adirondack Marathon	Schroon Lake, NY	Mark Elmore	888-schroon
Sa Oct 2	9:00 AM	12th Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Sa Oct 3	9:00 AM	Parker Holt Celebration 5K	Manchester (MCC)	Steve McLaughlin	860-295-1357
Su Oct 3	7:45 AM	13th Maine Marathon	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Sa Oct 9	8:00 AM	Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su Oct 24	9:00 AM	Mystic Places Marathon/Relay & 10M	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su Oct 31	8:30 AM	27th Cape Cod Marathon	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959

SILK CITY STRIDERS -- 2004 EVENT CALENDAR

- JUNE - Lake Terramuggus Sprint Tri Training Series..... Thursday, June 10 & 24
 Globe Hollow Biathlons & Swim Training Sessions TBA
- JULY - Wickham Park Cross Country Series Monday, July 5 & 13
 Lake Terramuggus Sprint Tri Training Series..... Thursday, July 8 & 22
 Summer Picnic at Blish Park - Lake Terramuggus Sunday, July 18
- AUGUST - Johnny Kelley Ocean Beach Run & Picnic Saturday, August 7
 Wickham Park Cross Country Series Monday, August 2, 9 & 16
 Lake Terramuggus Sprint Tri Training Series..... Thursday, August 5 & 19
- SEPTEMBER - Fred Brown Lake Winnepesaukee Relays Saturday, September 25
- OCTOBER - Parker Holt 5K..... Sunday, October 3
 Halloween Pot Luck Supper (target date) Saturday, October 30
- NOVEMBER - New York City Marathon Excursion Sunday, November 7
 Know Your Pace Race..... Saturday, November 20
 Manchester Road Race..... Thursday, November 25
- DECEMBER - Silk City Christmas Party..... TBA

DEADLINE FOR NEXT NEWSLETTER: July 31, 2004

57 Morse Road
Manchester, CT 06040-2706



DEADLINE FOR NEXT NEWSLETTER: July 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."

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