



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message: "Declaration of Independence"

We hold these truths to be self-evident, that all men are created equal, that they are endowed with certain unalienable Rights, and among these are Life, Liberty and the pursuit of Happiness.

It was with these "rights" in mind that Steve McLaughlin resigned as President of the Silk City Striders in mid-April. Over the past 5 years, Steve has created the Silk City Striders' website and served as Webmaster, Treasurer, Race Director for the Parker Holt 5K and Bobby's Run, and Committee Member for Nikki's Run. In 2003 he was honored by the Club with the Jim DeWitt Service Award for these roles, as well as his overall history of service to the Club. With all the changes involved in his recent move, he didn't feel that he would have the time to commit to doing the job of President effectively. The last official event he organized was the 2nd Annual Bobby's Run in May, which was a resounding success, raising over \$700 for the Robert J. Bonadies Scholarship Funds at Rockville High School and St. James School. In the coming months he will also be transitioning the Webmaster duties to Bill Schwartz. I hope when you see Steve at the Wickham Park Cross Country Series this summer you'll stop to thank him for all he has done for the Club, and wish him well.

At the Silk City Board of Directors Meeting in May it was decided that electing an Interim President would be the best method of ensuring continuity. Apparently Art Byram and John Sloan discussed my nomination on their 8 Mile run that morning. (That's what I get for turning around at the Hockanum River, and only running 5 Miles.) I agreed to accept the position of Interim President through the end of 2005 on the condition that another club member take on the role of Parker Holt 5K Race Director. So, here's where I ask for your help. Much of the race infrastructure is already in place, but we need one person to be the Coordinator and serve as Chairperson of the PH5K Race Committee.

Steve said, "The President of a Running Club should be a Runner." As a runner you may not see me at many Saturday Fun Runs because I'll be out-of-State pursuing my 50 State marathon quest, however, you can always leave me a voice mail (860) 533-1557 or email Webmaster@SilkCityStriders.org. I welcome your comments and suggestions regarding Club Activities, and will do my best to accommodate all requests. The Vice President - Betty Cannella, and Club Secretary - John Sloan are also available for your comments and suggestions, and if the Treasurer - Art Byram ever gets back from New York we should be seeing more of him as well.

- Bekkie

SILK CITY SUMMER PICNIC

**Blish Park - Lake Terramuggus
Marlborough, CT**

Saturday, July 23 - 1-6 PM

TABLE OF CONTENTS

Club News & Events	2
Summer Picnic / Wickham Park XC	3
2nd Annual Bobby's Run Results	4
Race Results	5
H.S. Outdoor Track & Field Results.....	10
Coach's Corner.....	14
Race Calendar	15
Silk City Event Calendar	16
Red Dress Runner Team Application	17

2005 BOARD OF DIRECTORS**Officers**

Interim President:	Bekkie Wright	533-1557
Vice President:	Betty Cannella	872-5903
Treasurer:	Art Byram	430-1072
Secretary:	John Sloan	643-6123

Board Members

		<i>Term</i>
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

Uniforms

Chairperson:	Sue Leslie	644-1804
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Newsletter

Staff:	Bekkie Wright – Editor
	Karen Saunders – Editor Emeritus
	Jim Best - Race Calendar
	Barry Stoner – Coach’s Corner

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.

Tuesday Track Workouts - 6:00 pm
Manchester High School

Join us on the Manchester High School Track on
Tuesday nights. Spring into action with Track
Workouts for runners of all abilities.

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.

Thursday Evening Funs Runs - 5:00 pm
Martin Elementary School

Thursday Fun Runs are back!
Join us at Martin Elementary School.

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

James Janiak	Tolland
Kevin O'Brien	Manchester

CONGRATULATIONS

To Jim & Berangere Tharp,
whose daughter, Chloe, is due any day now.

OTHER “FUN” RUNS

Monday 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 PARKS & REC
SUMMER FUN RUNS

Starting Tuesday, June 28 - 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 28; July 5, 12, 19, 26
and August 2, 9. No fee.

Please Note: The “Town Of
Glastonbury” Summer Racing Series
sponsored by the Chamber of Commerce
will not be held this Summer, but will return
in 2006.



SUMMER PICNIC
BLISH PARK - LAKE TERRAMUGGUS
Marlborough, CT
Saturday, July 23 - 1-6 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 – 6:00 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 11, 25

August 1, 8, 22

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 11, 2005

For More Information contact:

Mike Bendzinski 649-6426

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

2nd Annual Bobby's Run
Saturday, May 21, 2005
Northeast School, Vernon, CT

It was a beautiful day, for running and remembering. Thanks to everyone who participated in and volunteered at the 2nd Annual Bobby's Run. Please visit the Silk City Striders website for an event overview and race results.

Thanks to Lisa Bonadies for supplying the Poland Springs Water. Thanks also to Greg Best & Jim Tharp for sharing their memories before the race, and to our team of volunteers: Barry Stoner - 3 Mile Race Timing and Water Stop Captain, Joyce Thorner - Water Stop, Joan Schwartz - Shuttle Driver and Finish Line, and Sue Leslie - Shuttle Driver. A special thanks to Steve McLaughlin for providing the "facilities" and post-race food, and serving as Technical Director & Traffic Monitor.

8 Mile Race Results

<u>Fname</u>	<u>Lname</u>	<u>M/F</u>	<u>Time</u>
David	Lively	M	47:53
Brett	Stoeffler	M	47:59
John	Paggioli	M	50:50
Scott	Freeman	M	51:06
Jay	Seney	M	52:33
Russell	Blatt*	M	53:00
Jim	Tharp	M	55:07
James	Janiak	M	57:15
Steven	Pacini	M	59:07
John	Canora	M	59:35
Kelly	Reese	F	1:00:25
Mike	Dolen	M	1:00:53
Debra	Fraser	F	1:00:57
John	Bartolomei	M	1:01:11
John	Sloan	M	1:02:02
Linda	Yamamoto	F	1:04:07
Douglas	Flamino	M	1:04:07
John	Pacini	M	1:04:32
Bill	Schwarz	M	1:04:40
Richard	Chromick	M	1:05:08
Norm	Cormier	M	1:07:04
Tim	Blinn	M	1:07:04
Thomas	Brown	M	1:07:04
Laurinda	Santos	F	1:09:10
Terry	Voytek	F	1:09:48
Andre	Mesnil	M	1:10:10

<u>Fname</u>	<u>Lname</u>	<u>M/F</u>	<u>Time</u>
Betty	Cannella	F	1:10:21
Dennis	Mahoney	M	1:10:39
Keith	Morgan	M	1:11:02
Mike	Golden	M	1:11:03
MaryLou	White	F	1:18:13
Liz	O'Donnell	F	1:18:58
Frennie	Elderkin	F	1:20:38
Randy	Potterton	M	1:21:56
Bill	McGugan	M	1:21:56
Susan	Griffin	F	1:26:04
Jennifer	Freeman**	F	1:32:53
Judy	Kochman**	F	1:32:53
Diane	Stuart	F	Walk

*Started over 5 Minutes Late

**Ran the 9 Mile Loop

3 Mile Fun Run Results

<u>Fname</u>	<u>Lname</u>	<u>M/F</u>	<u>Time</u>
Amy	Paterson	F	24:10
Joseph	Palumbo	M	25:00
Patrick	McLaughlin	M	25:30
Sue	Leslie	F	26:57
Maryann	Morris	F	28:49
Gisella	Mutungji	F	28:49
Julie	Morris	F	30:19
Patty	Bonadies	F	Walk

RACE RESULTS

Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 533-1557. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.

TOLLAND SPIRIT OF SPRING 5M

Tolland, CT - April 2, 2005

Jay Seney	#6M; #2 M40-59	32:01
John Sloan		38:29
Barry Stoner	#1 M60+	47:45

ST. JOSEPH SCHOOL 3 Mile Race

Baltic, CT April 2, 2005

Mike Munroe	#5M; #2 M40-49	17:36
Mark Turkington	#1 M60-69	19:10
Joan Munroe	#4F; #1 F50-59	23:11

LIONS COMMUNITY RACE - 10.5 Miles

East Haddam, CT April 3, 2005

Michael Munroe	#4M; #4 M40-49	1:10:32
Joan Munroe	#4F; #1 F50-59	1:32:54

OLEKSAK LUMBER HALF MARATHON

Westfield, MA April 3, 2005

John Paggioli	#3 M30-39	1:25:39
Jay Seney		1:26:28
Bob Niedbala		1:51:32
Marylou White		2:00:54

DANBURY HALF MARATHON

Danbury, CT April 3, 2005

Bekkie Wright		1:54:18
Rick Chromik		1:54:34

RUN FOR YOUR LIFE 5K

Hamden, CT April 9, 2005

Mike Munroe	#4M; #2 M40-49	18:40
Joan Munroe	#9F; #1 F50-59	24:02
Randy Potterton		29:13

JULIA'S RUN FOR CHILDREN 4 Miles

New Haven, CT April 10, 2005

Mike Munroe	#10M; #1 M40-49	24:56
Joan Munroe	#1 F50-59	32:15

MORE HALF MARATHON

New York, NY April 10, 2005

Bekkie Wright		1:45:09
Beth Shluger		1:52:18
Carol Gould		2:24:54
Pat DeSimone		2:25:00

BRIAN'S BEACHSIDE BOOGIE DUATHLON

Madison, CT April 10, 2005

2 mile run, 12 mile mountain bike, 2 mile run

Dean Bolt	#3 M50-54	1:05:54
Ian Roberts		1:18:01
Janit Romayko	#2 F55-59	1:30:20

NORTHERN NIPMUCK 16 MILE TRAIL RACE

Bigelow Hollow, CT April 16, 2005

Greg Best	#3 M50-99	2:43:29
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HTC TAX TRACK 5K

West Hartford, CT April 16, 2005

Steve Morse	#1 M50-49	19:28
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SIMSBURY RIVER RUN 5K & 10K

Simsbury, CT April 24, 2005

5K

Mike Tarter		18:22
Mike Munroe		18:36
Ian Roberts		21:47
Sarah Tarter		25:42
Jill Ramos		26:27

10K

Neal Liebowitz		39:36
Steve Morse	#2 M50-59	40:27
Linda Kolbasovsky	#3F; #2 F20-29	44:23
John Sloan		46:26
Andre Mesnil		54:27
Randy Potterton		1:02:18

HEBRON ROAD RACE 5K
Hebron, CT April 23, 2005

Just 5 Days after running the Boston Marathon, John & Mike go for some speed at the Hebron Road Race.

John Paggioli	#5M; #2 M30-39	18:30
Mike Munroe	#7M; #2 M40-49	19:01
Randy Potterton		28:26

FLANDERS 5K
East Lyme, CT April 30, 2005

Mike Munroe	#7M; #1 M40-49	19:06
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DAFFODIL FEST 5K
Meriden, CT May 1, 2005

Mike Munroe	#5M; #2 M40-49	19:10
Joan Munroe	#1 F50-59	25:02

**DAVID G. PALMGREN MEMORIAL
ROAD RACE 10M**
Worcester, MA May 1, 2005

Clint Driscoll		1:19:42
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GRANBY 10K
Granby, CT May 1, 2005

Dale Toce	#5M; #3 M40-49	40:55
Dennis Mahoney		51:42
Bekkie Wright		54:26
Randy Potterton		1:02:58

CT RACE IN THE PARK 5K
New Britain, CT May 7, 2005

Women's 5K

Bekkie Wright		21:56
Karen Saunders		25:20
Sue Leslie		27:00
Maura McGuire		28:48
Pat DeSimone		30:26
Joyce Thorner		33:34

Men's 5K

Mickey Grabner*		20:53
Clint Driscoll		23:19

*Mickey ran the entire race in PINK with a headband of curly ribbons ... and by running the race in under 21 minutes he raised over \$600 from his co-workers at Better Bedding, one of the race sponsors.

VERNON MOTHER'S DAY DASH 5K
Vernon, CT May 8, 2005

Aaron Flamino	#6M	17:58
Neal Leibowitz	#7M	18:01
Yolanda Flamino	#1F; #1 F19-29	18:13
Ben Witkowski	#3 M19-29	18:30
Dale Toce	#1 M40-49	18:46
Colby Welch	#1 M0-14	18:56
Mike Munroe	#2 M40-49	19:04
Steve Morse	#2 M50-59	19:09
Lance Flamino		19:18
David LaPorte	#3 M40-49	20:07
Steve McLaughlin		20:52
Ian Roberts		20:54
Linda Yamamoto	#6F; #2 F19-29	21:01
Bekkie Wright	#8F; #2 F40-49	21:13
Andrew Cannella		23:18
Ginny Welch		23:27
Joan Munroe		24:48
Betty Cannella		25:36
Sue Leslie	#2 F50-59	25:50
Keith Morgan		26:01
Bill Metzger		26:01
Chris Cannella		26:55
Jill Ramos		27:02
Randy Potterton		27:12
Rachel Blinn		29:49
Doug Flamino		30:34
Mary Ann Blinn		35:15
Alicia Blinn		39:30
Tim Blinn		39:30
Prescille Yamamoto	#3 F60+	51:57

The Silk City Men swept the 40-49 Age Division, and Ginny & Colby Welch took 1st place in the Mother/Son division. Congratulations everyone!

ROSE CITY CHALLENGE 10M
Norwich, CT May 13, 2005

Clint Driscoll		1:21:26
Bob Neidbala		1:26:44
Barry Stoner		1:46:31
Randy Potterton		1:46:32

SPRING FESTIVAL ROAD RACE 5K
Danielson, CT May 14, 2005

Mike Munroe	#5M; #2 M40-49	18:20
Joan Munroe	#1 F50-59	24:25

BISHOP'S FUND 5K
West Hartford, CT May 14, 2005

Steve Morse #2 M50-59 19:12

AVON ROAD RACE 5K
Avon, CT May 15, 2005

Mike Munroe #7M; #3 M40-49 18:33
Joan Munroe #2 F50-59 24:43

SOAPSTONE CHALLENGE 14.5 MILER
Stafford, CT May 15, 2005
Trail run with steep inclines!

Aaron Flamino 1:53:06
Greg Best 2:09:41
Linda Yamamoto 2:21:58
Tim Blinn 2:23:56
Bill Metzger 2:35:45
Keith Morgan 3:01:42

BLUFF POINT TWILIGHT TRAIL RUN 7.4 M
Groton, CT May 20, 2005.

Bob Neidbala 1:02:05

SUB BASE MEMORIAL 10K
Groton, CT May 21, 2005

Mike Munroe #5M; #1 M40-49 38:53

MADISON MOONLIGHT RUN 5K
Madison, CT May 21, 2005

Clint Driscoll 22:51

ELLINGTON FOOTBALL BOOSTERS 5K
Ellington, CT May 22, 2005

David LaPorte #8M TNA
Tim Blinn #10M 20:23
Keith Morgan 25:24
Betty Cannella #1 F40-49 25:40
Sue Leslie #2 F50-59 26+

TNA = Time Not Available

NEWINGTON LIBRARY 5K
Newington, CT May 22, 2005

Mike Munroe #7M; #1 M40-49 18:36
Clint Driscoll 23:15
Joan Munroe #1 F50-59 24:27

VFW "ED BURNHAM" 4K ROAD RACE
Willimantic CT May 22, 2005

David Bendzinski #1 M1-13 16:22
Mike Bendzinski #2 M40-49 16:28

BOLTON ROAD RACE 5M
Bolton, CT May 28, 2005

John Paggioli #6M 31:32
Jim Tharp #10M; #2 M40-49 33:40
John Sloan 38:25
Randy Potterton 47:46
Barry Stoner 48:00

WILLINGTON PTA 5K
Willington, CT May 28, 2005

Mike Munroe #3M 19:14
David LaPorte #7M; #2 M40-49 20:27
Cathi Koehler #4F; #1 F40-49 23:56
Joan Munroe #9F; #1 F50-59 23:56
Dennis Mahoney 25:00

'ROUND THE LAKE 5K
Marlborough, MA May 29, 2005

Mike Bendzinski #3 M50-59 20:00
David Bendzinski TNA
Randy Potterton 27:52
Matt Wynne TNA
Meg Bendzinski TNA

TNA = Time Not Available

WOODSTOCK 10K
Woodstock, CT May 29, 2005

Dennis Mahoney 51:45
Janit Romayko #2 F50-59 58:06
Barry Stoner 1:00:15
Jim Hodges 1:08:00

**BLUE ONION 10K
Hartford, CT May 30, 2005**

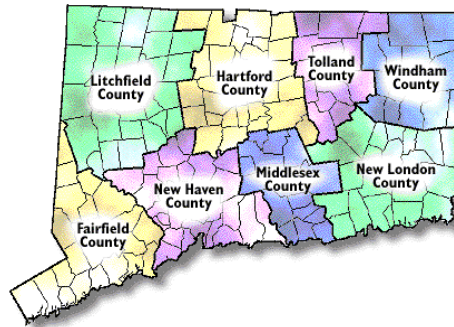
Mike Tartar	#6M; #3 M30-34	38:25
Neal Liebowitz	#8M; #2 M35-39	38:45
Mike Munroe	#9M; #1 M45-49	38:54
Linda Kolbasovsky		46:50
Keith Morgan	PR	52:54
Sarah Tartar		54:02
Randy Potterton		1:00:02

**BLOOMFIELD MEMORIAL DAY 3 Mile Race
Bloomfield, CT May 30, 2005**

Matt Wynne	24:42
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**MEMORIAL MILE
East Hartford, CT May 30, 2005**

Jim Tharp	#3M; #2 M40-49	5:21
Charlene Tharp	#3 F12&under	10:23
Eloise Tharp		13:22



**Silk City Striders 8 County Challenge
At Least Three (3) Counties Completed as of 6/1/2005**

To be part of the 8 County Challenge, simply submit your results for races completed in Connecticut this year to Webmaster@SilkCityStriders.org. Each Challenger's progress will be reported on upon completion of a race in at least three (3) Counties. 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.

		Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Rick	Chromik	X	X	X					
Clint	Driscoll	X			X				X
Scott	Freeman		X	X				X	
Steve	Morse	X		X	X			X	
Joan	Munroe	X		X	X	X	X	X	X
Mike	Munroe	X		X	X	X	X	X	X
John	Paggioli	X		X					X
Randy	Potterton	X		X					X
Janit	Romayko	X			X	X			
Barry	Stoner			X		X			X
Dale	Toce	X		X					X
Bekkie	Wright	X	X	X					

SPRING MARATHON CORNER

108th BAA BOSTON MARATHON Hopkinton to Boston, MA April 18, 2004

“Congratulations” to all the runners for surviving another warm run in Boston. The temperature at the Start was 72 degrees. Also, “Thank You” to Barry Stoner, who volunteered at the Finish Line.

Scott Freeman	2:57:16
Joe Kidder	3:20:16
John Paggioli	3:28:03
Mike Munroe	3:28:45
Linda Yamamoto	3:44:29
Bill Gaghan	3:53:11
Bob Niedbala	4:11:57
Joan Munroe	4:19:18
Jim Best	4:41:57
Marylou White	4:54:06



WALTER CHILDS MEMORIAL RACE OF CHAMPIONS MARATHON Holyoke, MA May 1, 2004

Jay Seney	#7M; #3 M40-49	3:13:18
John Paggioli	#8 M; #2 M30-39	3:17:03
Tim Blinn		3:44:07
Norlean Litwinka	#9F; #2 F30-39	4:29:55

John Paggioli apparently used the Boston Marathon as his Training Run for Holyoke! Norlean Litwinka scores in her Marathon Debut.

WILMINGTON MARATHON Wilmington, DE May 14, 2005

Bill Gaghan	3:37:41
Tammy Gaghan	4:31:32

FARGO MARATHON Fargo, ND May 14, 2005

Bekkie Wright	3:36:22
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MISSISSAUGA MARATHON Mississauga, Ontario CANADA May 15, 2004

Mickey Grabner	3:35:49
Shelley D'Agostino*	4:42:22

*Mickey's sister in her marathon debut.

KEYBANK VERMONT CITY MARATHON Burlington, VT May 29, 2005

Jay Seney	3:08:01
Joe Kidder	3:12:27
Dean Bolt	3:35:44
Clint Driscoll	3:45:23
Bekkie Wright	3:55:38
Art Byram	3:57:08



“Survivor Tree” - Oklahoma City Memorial

OKLAHOMA CITY MEMORIAL MARATHON Oklahoma City, OK April 24, 2005

Bekkie Wright	3:42:03
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The Oklahoma City Memorial Marathon was a great event. The day was sunny and breezy with a temperature range of 50-65. This year was the 10th Anniversary of the bombing and the 5th Anniversary for the Marathon. Many Marathon Relay Teams were running "In Honor" of one of the 168 people who were killed. There was a noticeable wave of emotion that passed through the crowd during the Star Spangled Banner's "bombs bursting in air" section. After the race, many runners also placed their Bib or Finisher medal on one of the chairs within the Memorial or on the Fence outside.

2005 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS

<http://www.mysportsresults.com>

EAST HARTFORD HIGH SCHOOL Boys & Girls -- Scott Wojnarowicz, Coach

ELLINGTON HIGH SCHOOL Boys & Girls -- Aaron Flamino Co-Coach; Jeff Morgan & Bryce Metzger, Team Members

MANCHESTER HIGH SCHOOL Boys -- Kyle Thornton, Team Member. Although **Mike Bendzinski** is not the Outdoor Track Coach, many of the members of his Cross Country Boys Team also run track, so selected running event results have also been included for the MHS Boys Team.

ROCKVILLE RELAYS

Vernon/Rockville, CT April 16, 2005

Selected Top 10 & Relay Results

EAST HARTFORD GIRLS

4x100 Relay	#14 Team	60.86
4x400 Relay	#15 Team	4:59.27
4x800 Relay	#6 Team	11:22.37
3 x Shot Put	#8 Team	64-10

EAST HARTFORD BOYS

4x100 Relay	#6 Team	45.67
4x400 Relay	#6 Team	3:35.77
4x800 Relay	#16 Team	10:04.63
110M Hurdles	McNeil Johnson - #2	15.26
	Diwani Augustine - #6	15.98
100M (Jr)	Baldwin Cunningham - #6	11.89
3 x Shot Put	#3 Team	121-10
Javelin (Sr)	John Briney - #8	126-04
Discus	John Briney - #1	144-06
Long Jump (Jr)	Alex Collins - #8	18-05.5
Long Jump (Sr)	Richardson Masson - #5	18-01

MANCHESTER BOYS

2x1 Mile Relay	#2 Team	10:09.36
	#5 Team	10:31.16
4x100 Relay	#8 Team	45.88
4x400 Relay	#5 Team	3:34.71
4x800 Relay	#6 Team	8:35.61

PENN RELAYS

Philadelphia, PA April 28, 2005

EAST HARTFORD GIRLS

4x800 Relay	#13 Team	9:42.46
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STAFFORD INVITATIONAL

Stafford, CT April 29, 2005

Selected Top 5 & Relay Results

ELLINGTON GIRLS

4x100 Relay	#2 Team	55.69
4x400 Relay	#1 Team	4:20.81
4x800 Relay	#4 Team	11.07.03
1600M Run	Liz Foster - #2	5:39.72
3200M Run	Tara Heffernan - #2	12:35.73
	Emily Gale - #5	13:00.15
Long Jump	Katie Harty - #1	15-11
Triple Jump	Katie Harty - #1	36-00
Shot Put	Samantha Blanchard - #4	29-06
Discus	Samantha Blanchard - #3	80-07
Javelin	Jessica Maciolek - #3	81-07

ELLINGTON BOYS

4x100 Relay	#8 Team	50.01
4x400 Relay	#1 Team	3:40.61
4x800 Relay	#2 Team	8:37.60
110 Hurdles	Spencer Hrubala - #1	15.74
400M Dash	Eric Senger - #2	52.17
800M Run	Bryce Metzger - #1	2:01.12
	Chad Anselmo - #5	2:06.02
1600M Run	Hunter Norte - #2	4:40.42
3200M Run	Hunter Norte - #1	10:20.94
	Alec Carlson - #2	10:24.34
Long Jump	Jeff Morgan - #2	19-07
Triple Jump	Spencer Hrubala - #1	40-02
High Jump	Justin Caputo - #5	5-08
Pole Vault	John Allegra - #5	9-00

**MANCHESTER MIDNIGHT INVITE
TRACK & FIELD MEET
Manchester High School May 6, 2005**

Selected Top 10 & Relay Results

MANCHESTER BOYS

JV 2800	#3 Team	7:16.33
4xHurdle	#1 Team	1:09.14
JV 4x400 Relay	#3 Team	3:54.96
800 Sprint Medley	#3 Team	1:40.07
1600 Sprint Medley	#1 Team	3:38.55
Distance Medley	#2 Team	10:52.04
5000M Run	Ben Pilgrim - #7	17:04

**HARTFORD PUBLIC HIGH SCHOOL
OUTDOOR TRACK AND FIELD MEET
Trinity College May 14, 2005**

Selected Top 10 & Relay Results

EAST HARTFORD GIRLS

4x800 Relay	#5 Team	9:51.29
1600 Sprint Medley	#5 Team	4:26.15
400M Dash	Karina Johnson - #13	1:01.75
800M Run	Allie Lemire - #16	2:33.17
2 Mile Run	Ellen Dobbins - #12	12:11.50

ELLINGTON GIRLS

400M Dash	Katie Harty - #10	1:00.76
	Johanna Harty - #28	1:04.07
800M Run	Liz Foster - #7	2:22.72
Triple Jump	Katie Harty - #7	34-06.25

EAST HARTFORD BOYS

Pole Vault	PJ LaClair - #1	12-06
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ELLINGTON BOYS

Sprint Medley	#5 Team	3:43.99
800M Dash	Bryce Metzger - #9	1:59.55
3K Steeplechase	Hunter Norte - #2	9:41.63

MANCHESTER BOYS

4x800 Relay	#3 Team	8:07.31
Sprint Medley	#8 Team	3:47.65
200M Dash	Maurice Calenda - #8	23.32
400M Dash	Brian Wirtalla - #10	51.06
800M Dash	Matt Whalen - #9	1:58.17
2 Mile Run	Will Edgington - #2	9:38.70

**JOURNAL INQUIRER
TRACK AND FIELD MEET
Manchester High School May 21, 2005**

Selected Top 5 & Relay Results

EAST HARTFORD GIRLS

Girls Large Division - Team #3

4x100 Relay	#3 Team	50.87
4x400 Relay JV	#2 Team	4:36.93
4x400 Relay	#4 Team	4:10.93
4x800 Relay	#1 Team	9:37.07
100M Dash	Jannel James - #5	13.01
200M Dash	Berri Corwell - #4	26.98
400M Dash	Ahmed Asana - #5	1:01.37
400M Run	Allie Lemire - #5	2:25.60
1600M Run JV	Nicole Coitueux - #1	5:55.41
3200M Run	Ellen Dobbins - #2	11:58.90

ELLINGTON GIRLS

Girls Small Division - Team #3

4x100 Relay	#12 Team	55.92
4x400 Relay JV	#6 Team	4:49.60
4x400 Relay	#7 Team	4:17.92
110M Hurdles	Katie Harty - #4	16.25
3200M Run	Liz Foster - #1	11:50.50
Triple Jump	Katie Harty - #1	37-00
Shot Put	Samantha Blanchard - #4	32-05

**EAST HARTFORD BOYS -
Boys Large Division - Team #2**

4x100 Relay	#2 Team	45.08
4x400 Relay JV	#5 Team	4:00.47
4x400 Relay	#3 Team	3:32.81
4x800 Relay	#6 Team	9:06.71
110M Hurdles	McNeil Johnson - #1	15.19
	Diwani Augustine - #3	15.56
300M Hurdles	McNeil Johnson - #1	39.38
Triple Jump	Diwani Augustine - #2	41-09
Discus	John Briney - #1	147-10.5
Javelin	Steve Rivera - #1	151-00

ELLINGTON BOYS

Boys Small Division - Team #2

4x400 Relay JV	#1 Team	3:50.02
4x400 Relay	#2 Team	3:30.29
800M Run	Hunter Norte - #3	2:00.17
1600M Run JV	Mark Szafir - #1	4:47.87
	Andrew Sullivan - #2	4:49.91
	Chris Kelleher - #3	4:50.30
1600M Run	Alec Carlson - #5	4:44.75
	Bryce Metzger - #6	4:47.16
Triple Jump	Spencer Hrubala - #1	42-01

JI TRACK AND FIELD MEET
Continued from previous page

MANCHESTER BOYS
Boys Large Division - Team #1

4x100 Relay	#4 Team	45.38
4x400 Relay JV	#6 Team	4:04.88
4x400 Relay	#1 Team	3:27.87
4x800 Relay	#1 Team	8:03.25
400M Dash	Brian Wirtala - #1	51.01
	Maurice Calenda - #3	51.78
	Andrew Repay - #4	51.87
800M Run	Matt Whalen - #2	2:00.13
	Nick Morrett - #8	2:04.21
1600M Run JV	Justin Metheny - #6	5:02.21
	Paul Sullivan - #7	5:06.28
1600M Run	David Krinjak - #10	4:57.48
3200M Run	Ben Pilgrim - #1	10:19.00
Javelin	Kyle Thornton - #13	124-10

Excerpt from Journal Inquirer Article

NCCC Track Meet - Ellington had one trump card - the 3,200 meters, where it had 5 of the top 6 seeds. Hunter Norte won the 3,200 and 4 teammates followed in his footsteps, giving the team 30 points [to take] the meet lead. Spencer Hrubala's win in the Triple Jump and Ellington's win in the 4x400 relay sealed the deal.

"We knew we were going to score a ton of points in the 3,200," Bryce Metzger said. Ellington was able to pull off some big moments, however, before the 3,200 ever arrived. At the top of the list was Norte's dramatic win in the 1,600 meters. Both Norte and David Macklem of Tolland ran 6 seconds faster than ever before.

"After Hunter won the Mile, everyone got motivated," Ellington's Jeff Morgan said. Jeff Leyva topped his personal best by 20 feet to win the javelin. Metzger set a meet record in the 800 meters and came back to anchor the winning 4x400 relay. And the combination of Alex Carlson, Mark Szafir, Chris Keller and Andrew Sullivan gave Ellington the depth in the 3,200 meters that swung the meet around in its favor.

NCCC OUTDOOR CHAMPIONSHIP
TRACK AND FIELD MEET
Ellington High School May 24-27, 2005
Selected Top 10 & Relay Results

ELLINGTON GIRLS
Team #2

4x100 Relay	#1 Team	53.86
4x400 Relay	#3 Team	4:16.33
4x800 Relay	#5 Team	11:22.20
100M Hurdles	Katie Harty - #1	15.74
	Nicole Gottier - #7	18.75
300M Hurdles	Katie Harty - #1	47.42
	Nicole Gottier - #5	53.51
100M Dash	Amanda Sullivan - #7	13.82
	Carole Hoffman - #8	13.88
200M Dash	Samantha Pernal - #6	28.48
	Amanda Sullivan - #7	28.95
400M Dash	Johanna Harty - #7	1:04.63
	Kasie-Leigh Agostino - #8	1:05.18
800M Run	Liz Foster - #2	2:26.04
	Jennifer Bergeron - #8	2:37.90
1600M Run	Liz Foster - #4	5:24.06
	Tara Heffernan - #7	5:45.65
3200M Run	Tara Heffernan - #2	12:18.22
	Marissa Kellner - #6	12:29.58
Long Jump	Johanna Harty - #5	134-08
Triple Jump	Katie Harty - #1	35-08
High Jump	Molly Maciolek - #6	4-06
Discus	Samantha Blanchard - #3	87-04
Shot Put	Samantha Blanchard - #1	33-04.0
	Kristen Sitek - #2	31-04.5
Javelin	Kristen Sitek - #4	89-09

ELLINGTON BOYS
Team #1

4x100 Relay	#7 Team	50.01
4x400 Relay	#1 Team	3:33.28
4x800 Relay	#5 Team	8:45.89
100M Hurdles	Spencer Hrubala - #2	15.70
	Kyle Caputo - #7	18.02
300M Hurdles	Spencer Hrubala - #3	43.53
200M Dash	Jeff Morgan - #3	23.63
400M Dash	Eric Senger - #2	52.48
	Ryan Armstrong - #9	57.44
800M Run	Bryce Metzger - #1	1:57.83
	Chad Anselmo - #3	2:06.87
1600M Run	Hunter Norte - #1	4:22.70
	Alec Carlson - #5	4:38.27
3200M Run	Hunter Norte - #1	10:15.29
	Alec Carlson - #2	10:16.30
	Mark Szafir - #3	10:20.10
	Chris Kelleher - #5	10:29.91
	Andrew Sullivan - #6	10:35.52
Long Jump	Jeff Morgan - #3	19-03
Triple Jump	Spencer Hrubala - #1	41-06
High Jump	Justin Caputo - #8	5-03
Pole Vault	John Allegra - #4	10-00
	Eric Senger - #10	8-06
Shot Put	Justin Caputo - #5	39-10
Discus	Justin Caputo - #7	100-07
	Drew Thompson - #10	95-09
Javelin	Kevin Levya - #1	147-00
	Bryce Metzger - #3	143-08

**CIAC CLASS "LL"
OUTDOOR TRACK & FIELD
CHAMPIONSHIPS
Manchester, CT June 1, 2005**

Selected Top 10 & Relay Results

EAST HARTFORD GIRLS - #10 TEAM

4x100 Relay	#6 Team	50.95
4x400 Relay	#5 Team	4:15.08
4x800 Relay	#3 Team	9:48.83
200M Dash	Jannel James - #6	27.41
800M Run	Allie Lemire #1	2:21.00
1600M Run	Kathryn Vollinger - #9	5:27.10
3200M Run	Ellen Dobbin - #3	11:40.21
Pole Vault	Kathryn Vollinger - #9	8-00

EAST HARTFORD BOYS - #5 TEAM

4x400 Relay	#4 Team	3:30.46
110M Hurdles	McNeil Johnson - #2	15.22
	Diwani Augustine - #5	15.48
300M Hurdles	McNeil Johnson - #3	41.28
100M Dash	Baldwin Cunningham - #8	11.61
Discus	John Briney - #3	143-06
Javelin	Stephen Rivera - #4	156-09
Long Jump	Alex Collins #8	19-09
Triple Jump	Diwani Augustine - #8	42-04
Pole Vault	PJ LeClair - #1	12-06
	Tied his Personal Best	

MANCHESTER BOYS - #4 TEAM

4x100 Relay	#6 Team	44.16
4x400 Relay	#2 Team	3:24.98
4x800 Relay	#2 Team	8:01.32
300M Hurdles	Anthony Solano - #7	42.36
200M Dash	Maurice Calenda - #9	23.53
400M Run	Brian Wirtala - #5	50.44
800M Run	Matt Whalen - #1	1:57.95
3200M Run	Will Edgington - #2	9:39.90

**CIAC CLASS "M"
OUTDOOR TRACK & FIELD
CHAMPIONSHIPS
New Britain, CT June 2, 2005**

Selected Top 10 & Relay Results

ELLINGTON GIRLS

Team #9

110M Hurdles	Katie Harty - #3	16.19
800M Run	Liz Foster #2	2:20.9
3200M Run	Tara Heffernan - #5	12:15.09
Triple Jump	Katie Harty - #1	37-07.25*
	* New MEET RECORD	

ELLINGTON BOYS

Team #8

4x800 Relay	#1 Team	8:05.90*
	Eric Senger, Chad Anselmo, Bryce Metzger , and Hunter Norte	
	*New MEET RECORD	
800M Run	Chad Anselmo #6	2:04.37
3200M Run	Hunter Norte - #1	9:37.07
	Alec Carlson - #6	10:05.77
Long Jump	Jeff Morgan - #2	20-1.5

**CIAC STATE OPEN
OUTDOOR TRACK & FIELD CHAMPIONSHIPS
New Britain, CT
June 6, 2005**

**NEW ENGLAND BOYS & GIRLS
TRACK CHAMPIONSHIPS
Saco, ME June 11, 2005**

**NIKE OUTDOOR NATIONALS
TRACK & FIELD CHAMPIONSHIPS
Greensboro, NC June 16-18, 2005**



"RED DRESS RUNNERS" & VOLUNTEERS NEEDED

The Healthy Heart Women's 5M Run & Fitness Walk is coming up on July 9, 2005. Some of you may remember this as the Avon 10K and Ryka 5K/10K. Silk City has a tradition of fielding a Women's Team and staffing the Water Stop in Elizabeth Park.

The "Red Dress" is the symbol of healthy heart awareness, so I'll be wearing my red dress, but costumes are not necessary. It would be fun if we could get a really big team this year - so invite all your friends to join, even if they're not Silk City Striders. A Team Registration form is included on the back cover of this Newsletter. If you are interested in working at the Water Stop, please contact Scott Freeman at (860) 467-6066.

COACH'S CORNER: 7 Sisters Trail Run

by Barry Stoner

In a word WOW! The track was rocky, steep, hilly (mountainous), wet and slick due to the light rain and the mud being everywhere; to call this event a run is ludicrous. In fairness I must say there were a few hundred yards where you could actually run - well, some do run more than that.

Don't take my word for it but The Northern Nipmuck Trail Run was a cake walk compared to this event. I fell once about two miles in on a steep downhill where my feet went out from under me and I took a big hit on my right buttocks and right forearm. I expected to see some deep gashes as the blood flowed but it was from some long scrapes as I fell upon the rocks. A bruise the size of a grapefruit developed on my butt but I kept running and it eventually subsided. I did not fall again nor did I turn any ankles as I became very cautious after the fall. Yes I finished last and alive and a good thing too because they had nobody at the finish when I arrived home and at the halfway point they were closing up shop too. I guess I am too slow to be doing these events but I did start a bit late because I thought the event started at 10:00 AM; however it started at 9:04 as I pulled into the parking lot and I still had to get my number and get dressed and stuff.

It took me 2:20 to the halfway point and another 3 hours to finish for a 5:20. I ran 4:11 at Nipmuck and it was 4 miles further - go figure. I did expect a difficult course but not this difficult - Cathi says there are 28 hills and I do not doubt that.

It was not a race for an injured runner to start; so Andre, Greg and you made a good decision not to go on this track with injuries. I think I was lucky to survive without any serious injury in these wet conditions.

SILK CITY "List Serv" on YAHOO GROUPS

Looking for someone to do that training run with? Or maybe form a carpool to a race? How about sharing some running anecdotes, stories or tips? The Silk City Striders' Yahoo Group is up and running. So far 34 Striders have joined. As more join, it becomes a more useful means for sharing info among members of the Club. In the past you have received Club News via email only from the Silk City Webmaster. The List Serv allows any member to share information or post notices about upcoming events.

If you would like to join the Silk City Striders Yahoo Group "List Serv", please contact John Sloan. He'll send you an e-mail with instructions to follow so you can become a "member" of the Group. It doesn't cost anything, you don't need to have a Yahoo email address, and only Striders are allowed to join, so have no fear of "spamming." Once you are a member, you can email everyone at once or whomever you select. In the future, we hope to use the List Serv to share Board Meeting Minutes and perhaps even the Newsletter.

If you want to join or have questions call the Silk City Yahoo Group Administrator, John Sloan at (860) 643-6123 or email me at SloanJohn@SBCglobal.net

RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone
Sa Jun 4	9:30 AM	Lauren's Run 5K	Cromwell (Watrous Park)	Race Director	860-896-0518
Sa Jun 4	10:15 AM	Freihofer's Run for Women 5K	Albany, NY (Empire State Plaza)		www.freihoferstrun.com
Su Jun 5	9:30 AM	18th Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	Terri Dolbec	860-523-3226
Su Jun 5	8:00 AM	Iron Horse Half Marathon	Simsbury (Iron Horse Blvd)	Beth Shluger	860-652-8866
Sa Jun 11	8:30 AM men 9:15 AM women	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	Race Director	860-224-5RUN
Su Jun 12	1:00 PM	29th Litchfield Hills 7.05M	Litchfield (Village Green)	John Clock	860-567-8504
Sa Jun 18	8:15 AM	Coins 4 Kids 5K	Stamford	Race Director	203-541-8589
Sa Jun 18	10:00 AM	45th Mount Washington 7.6M	Gorham, NH	Bob Teschek	603-863-2537
Sa Jun 18	8:30 AM	Hartford Arts Council 5K	Hartford (Bushnell Park)	Race Director	860-525-8629
Su Jun 19	10:00 AM	Greylock Gallop Half Marathon	N. Adams, MA	Goth Swann	413-443-1267
Su Jun 19	10:15 AM	25th Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su Jun 19	9:00 AM	Father's Day Dash 5K	Ellington (Brookside Park)	Bill Metzger	860-875-2077
Su Jun 26	8:30 AM	25th Fairfield Half Marathon & 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Sa Jul 2	8:30 AM	21st Riverfest 5K	E. Hartford (Goodwin School)	Jim Uhrig	860-282-8240
Su Jul 3	9:00 AM	13th Independence Day 5000	Milford (Foran H.S.)	Marty Schaivone	203-877-2091
Mo Jul 4	9:00 AM	John DeMille Firecracker 8K	Bethel (Main St.)	Race Director	203-794-8531
Mo Jul 4	9:00 AM	Four on the Fourth 4M	New Canaan	Jim Gerwick	203-849-8646
Mo Jul 4	10:00 AM	26th Four on the Fourth 4M	Chester (Center)	Race Director	860-526-2240
Sa Jul 9	8:00 AM	Healthy Heart Women's 5M	W. Hartford (Elizabeth Park)	Beth Shluger	860-652-8866
Su Jul 10	9:15 AM	Sailfest 5K	New London	Marie Gravell	860-464-7373
Su Jul 17	9:00 AM	Middletown 4M	Middletown (Long Hill Est.)	John Bysiewicz	203-481-5933
Fr Jul 22	6:15 PM	26th Sunset 5K	Trumbull (Twin Brooks Park)	Marty Schaivone	203-374-6433
Su Jul 24	9:00 AM	25th Johnny Kelly 10K/5K	Hyannis, MA	Paul Collyer	www.baevents.com
Fr Jul 29	6:00 PM	34th Blessing of the Fleet 10M	Narragansett, RI	Ken Rosbottom	401-294-4466
Sa Jul 30	9:30 AM	38th New Milford 8M	New Milford (Town Green)	Eleanor Corelli	860-355-6050
Su Jul 31	10:00 AM	Railroad Days 5M	N. Canaan (Lawrence fld rt44)	Race Director	860-824-0051
Su Jul 31	9:00 AM	11th Savin Rock 5K	W.Haven	John Bysiewicz	203-481-5933
Sa Aug 6	9:00 AM	People's Forest 7M Trail Run	Barkhamsted (Mathies Pavilion)	Will Graustein	203-574-3310
Sa Aug 6	9:00 AM	Ocean Beach / John J. Kelley 12M	New London (Ocean Beach Pk)	Way Hedding	860-739-9927
Th Aug 11	6:20 PM	River Run (Corporate Classic) 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Sa Aug 13	9:00 AM	27th Bridge of Flowers 10K	Shelburne Falls, MA	Mike McCusker	413-625-9830
Sa Sep 10	3:00 PM	Nikki's Run 5K	Manchester (MCC)	Mark Logan	860-647-7440

SUMMER/FALL 2005 MARATHON/ULTRA CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su Jul 10	7:00 AM	Seafair Marathon	Bellevue, WA	Race Director	206-728-0123
Su Sep 25	9:00 AM	Adirondack Marathon	Schroon Lake, NY	Mark Elmore	888-schroon
Sa Oct 1	9:00 AM	13th Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Su Oct 2	7:45 AM	14th Maine Marathon	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Sa Oct 8	8:00 AM	Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su Oct 23	10:00 AM	Mystic Places Marathon & 10M	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su Oct 30	8:30 AM	28th Cape Cod Marathon	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959



2005 USATF GRAND PRIX SERIES CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su Jun 19	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su Jun 26	8:30 AM	Fairfield Half Marathon and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Su Jul 10	Noon	USATF/CT Outdoor Track Meet*	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 20K and 5K	New Haven Town Green	John Bysiewicz	203-481-5933
Su Oct 16	11:00 AM	Stenger Farm Cross-Country 5K	Madison (Stenger Farm Park)	Kevin Grant	860-877-0226
Su Oct 23	9:00 AM	Mystic Places Marathon & 10M	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su Nov 6	10:00 AM	Sunny Brook Cross-Country 5K	Torrington (Sunny Brook St. Pk)	Will Graustein	860-485-1506
Sa Nov 19	10:00 AM	HTC Cross-Country Challenge 8K	Farmington (MDC Reservoir)	Will Graustein	860-485-1506
Sa Nov 26	9:30 AM	Cow Chip Cross-Country 5K	Trumbull (Trumbull H.S.)	Marty Schaivone	203-374-6433

*For more information about Track & Field Events contact Bill Mongovan at gatewaytc@aol.com

SILK CITY STRIDERS -- 2005 EVENT CALENDAR

- JUNE** - Lake Terramuggus Sprint Tri Training Series Thursday Nights - June 16 & 30
- JULY** - Wickham Park Cross Country SeriesMonday Nights - July 11 & 25
 Lake Terramuggus Sprint Tri Training SeriesThursday Nights - July 14 & 28
 Summer Picnic at Blish Park - Lake Terramuggus .**NEW DATE: Saturday, July 23**
- AUGUST** - Johnny Kelley Ocean Beach Run & Picnic.....Saturday, August 6
 Wickham Park Cross Country SeriesMonday Nights - August 1, 8 & 22
 Lake Terramuggus Sprint Tri Training Series Thursday Nights - August 11
- SEPTEMBER**- Nikki's Run Walk 'N' Roll **NEW DATE: Saturday, September 10**
 Fred Brown Lake Winnepesaukee Relays Saturday, September 24
- OCTOBER** - Halloween Pot Luck Supper.....Saturday, October 29
- NOVEMBER** - New York City Marathon ExcursionSunday, November 6
 Parker Holt 5KSunday, November 13
 Know Your Pace RaceSaturday, November 19
 Manchester Road Race.....Thursday, November 24
- DECEMBER** - Silk City Holiday Open House..... Sunday Afternoon
following Santa's Run in Glastonbury

DEADLINE FOR NEXT NEWSLETTER: July 30, 2005

**HEALTHY HEART WOMEN'S 5M RUN
TEAM REGISTRATION FORM**

FOR OFFICIAL USE ONLY		
Date:	Div:	Bib #:
Cash	CC	Check #:

RACE ENTERED

<input checked="" type="checkbox"/>	Healthy Heart Women's 5M Run & Fitness Walk -- July 9, 2005
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CATEGORY ENTERED

Individual Age Group (5-Year Age groups from 15 to 85+)

Athena (Women: 150+)

Team Name: RED DRESS RUNNERS

Team Captain: BEKKIE WRIGHT

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ Email _____

Date of Birth _____ Age on July 9th _____ **Sex FEMALE**

Personal ChampionChip # _____ T-Shirt Size: **S M L XL XXL (Circle One)**

Emergency Contact Name _____ Emergency Contact Phone: _____

RACE FEE: \$20 -- Make Checks Payable to HMF

Upgrade to Dri-Release Shirt - Add \$15.00 Size: S M L XL XXL (Circle One)

CREDIT CARD PAYMENT:	
Credit Card Number _____	Exp Date: _____
Card Members Signature _____	Credit Card Type: MC Visa Amex Discover (Circle One)

<p>Return Completed Form with Check for \$20.00 Payable to HMF to Bekkie Wright (40 Spruce Street, Manchester, CT 06040) by June 15th.</p>

40 Spruce Street
Manchester, CT 06040



DEADLINE FOR NEXT NEWSLETTER: July 30, 2005

**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
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