



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

IT'S AUTUMN!

Autumn is my favorite time of year for running. The air is crisp and clear, the colors are brilliant and there are a lot of great runs and races to participate in. To all of the club members who have been training long and hard for races this fall, good luck!

This Sunday, October 5, 2003 is the 2nd annual Parker Holt 5K. If you're free, come on out to MCC for this event. Details are on the website. I fondly remember Parker for his character and sense of welcoming all who were within his sphere. Parker was one of my motivators when I began running again after an 18 year hiatus. When I first started back into running prior to joining the Striders, I would frequent the Glastonbury Fun Runs in the summer. I would see Parker there every week and his encouragement and his own determination on the course was inspiring to me. Let's all come out and remember Parker this Sunday!

Beginning this Saturday, October 4, the Fun runs will be moved from MCC to Bennet Middle School at 8:30. As in the past, this will allow us to ramp up for the Manchester Road Race and we'll meet here until the first weekend in January at which time we'll move back to MCC.

Keep on runnin'! – Jim

**SATURDAY FUN FUNS
ARE MOVING
TO BENNET MIDDLE SCHOOL
FROM OCTOBER
THROUGH THE END OF DECEMBER**

<u>TABLE OF CONTENTS</u>	
Club News & Events	1
Halloween Potluck Supper	1
Race Results	3
Wickham Park Results	3-4
More Race Results	5
Duathlon / Triathlon Results	7
Lake Winnepesaukee Relay	8
"Blast from the Past"	9
Race Calendar	10

2003 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>
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
--------------	------------	----------

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
Bennet Middle School**

Saturday morning runs are moving to Bennet Middle School as of October 4th. Come join us for a loop or two of the Manchester Road Race course. (If you will be running two loops, you should arrive at Bennet by 8:00 am.)

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

Come join us for the “Spring Street Loop.” Runners of all abilities are welcome. It’ll be getting dark soon, so don’t forget your reflective apparel.

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

Art & Peggy Byram	Glastonbury
Brian Daring	Vernon
Douglas Prindle	Ellington

**PARKER HOLT 5K
CELEBRATION RUN
Sunday, October 5, 2003**

Please join us again this year for the Parker Holt Celebration Run. In addition to the 5K Run & Walk, a new 1/2 Mile Kids Run has been added this year. Registration starts at 8:00AM. The Kids Race will start at 8:45 AM, and the 5K will start at 9:00 AM. We’ve got lots of food and prizes, so join your fellow Striders and the Holt family in our Celebration!

**ANNUAL HALLOWEEN
POTLUCK SUPPER
October 25, 2003 6:00 pm**

The annual Halloween Potluck supper will be held on Saturday, October 25, at the home of Barry & Merle Stoner, 12 Pane Dr. in Glastonbury. Since this is a Potluck Supper, we would like to suggest the following guidelines for what to bring based on the first letter of your last name: A-H Main Dish; I-Q Salad/Bread; R-Z Dessert. The supper will begin at 6:00 PM. If you plan to carve a pumpkin please bring a carving utensil. Pumpkins will be provided by the club. Costumes are welcome.

**KNOW YOUR PACE RACE
November 22, 2002 8:30 AM**

The Know Your Pace Race will take place on November 22, the Saturday before the Manchester Road Race, to coincide with the Sports Expo, held at Bennet Middle School (the Cone building). This informal race is really a race against yourself – you predict your time and winners are those runners who run closest to their predicted time. Entry fee is a baked good or \$2.00. This is a fun event and a great tune up for Thanksgiving Day.

OFFICERS NEEDED FOR 2004

Nominations are currently being accepted for Board Members and Club Officers for 2004. Please email nominations to JimW8@cox.net or let me know at the Saturday Fun Run.

Thanks, Jim

CONGRATULATIONS TO OUR USATF WOMEN'S TEAM

At the Old Saybrook 5 Miler, the ladies placed 3rd in the Masters Division. The Team included Cathy Logiudice, Sue Leslie, Betty Cannella, and Bekkie Wright.

Thanks to all who participated in the USATF Grand Prix Series this year. The last race of the series is the Mystic Places Marathon!

Next year will start a new two-year cycle, so look forward to some changes in the USATF Grand Prix Schedule for 2004-2005.

RUNNERS & VOLUNTEERS NEEDED FOR THE 2nd ANNUAL HEBRON FUEL RUN

On Saturday, November 8th, the Hebron Fuel Run returns to the Lions Club Fairgrounds in Hebron. Once again this year there will be a 5K, 10K and Half Marathon. All three races start at 10:00 AM. This year there will also be a Kids Run.

Pre-Registration (by 10/31/03)	\$15
After 10/31/03 (including Race Day)	\$20
Kids Fun Run	\$5

The event website with application is:
www.geocities.com/fuelrun2003

For more information or to volunteer,
contact Rich Shok at (860) 228-1412,
or email at fuelrun@cs.com.

*** NEW EVENT ***

Air Line Trail Ghost Run / Relay November 1, 2003

Join the Hebron, Marlborough, Colchester, and East Hampton Parks & Recreation Departments and the State of Connecticut Department of Environmental Protection in its inaugural Air Line Trail Ghost Run.

This is a 13.6 Mile Run / Relay event along the Air Line Trail starting at Hebron Elementary School and ending at Center Elementary School in East Hampton. Relay legs are: 3.8 Miles, 4.4 Miles, and 5.6 Miles. Transportation will be provided from the Finish line back to the Start and both Relay Exchange Points.

Date: Saturday, November 1, 2003

Start: Hebron Elementary School

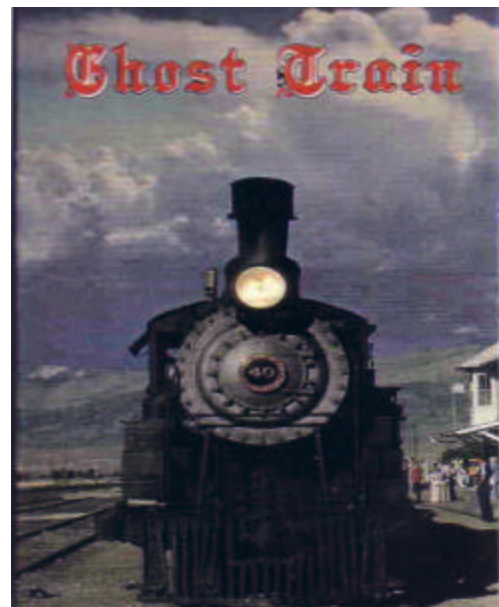
Finish: Center Elementary School, E. Hampton

Start time: 9:00 AM

Fee: Individual: \$25 (after Oct. 29, \$30)

Relay: \$45 (after Oct. 29, \$50)

Contact East Hampton Parks & Rec. Dept.
for more information: 267-6020
or email to DaveP@EastHamptonCT.org



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 AUGUST NEWSLETTER

Glorious Gallop
East Hampton, CT July 11, 2003

Mike Munroe	#1 M40-49	17:20
Clint Driscoll	#3 M50-59	20:52
Joan Munroe	#3 F40-49	24:08
Randy Potterton		24:38

Four on the 4th
Chester, CT July 4, 2003

Joe Damon	25:35
Lynn Damon	32:00

Blessing of the Fleet 10M
Narragansett, RI July 26, 2003

Joe Damon	1:07:47
Lynn Damon	1:22:02

WICKHAM PARK Summer XC Series**WEEK 4 – August 11, 2003****ADULT RACE 2.6 miles**

Neal Leibowitz	14:20
Mike Munroe	14:52
Doug Flamino	15:20
Steve McLaughlin	15:31
Jay Seney	15:33
Tim Blinn	15:54
Mike Bendzinski	16:04
Dave Laporte	16:14
Tony Hollister	16:52
Clint Driscoll	17:17
Bekkie Wright	17:45
Sue Leslie	20:38
Cathy Loguidice	20:51
Jill Ramos	20:57
Joan Munroe	21:06
Kathy Thornton	21:34
John Salcius	21:41
Randy Potterton	21:46
Janit Romayko	24:32
Jim Hodges	28:04

YOUTH RACE - 1 mile

David Bendzinski	6:54
Brian Seney	9:12
Alicia Blinn	9:38
Rachel Blinn	10:01

WEEK 5 - August 18, 2003**ADULT RACE 2.6 miles**

Neal Leibowitz	14:34
Mike Munroe	14:50
Doug Flamino	15:07
Steve McLaughlin	15:28
Jay Seney	15:29
Tim Blinn	15:36
Mike Bendzinski	15:48
Jim Whitehouse	16:42
Clint Driscoll	17:34
Jeff Thornton	17:48
Kyle Thornton	19:12
Sue Leslie	20:01
Catherine Loguidice	20:02
Randy Potterton	20:36
Jill Ramos	21:03
Kathy Thornton	21:17
John Salcius	21:47
Ed Gregory	22:20
Janit Romayko	23:53
Jim Hodges	27:40

YOUTH RACE - 1 mile

David Bendzinski	6:46
Brian Seney	8:31
Alicia Blinn	10:18
Rachel Blinn	10:26

SILK CITY STRIDERS -- WICKHAM PARK XC FINAL AGE GROUP STANDINGS

*Based on Best 4 Performances

Age Group			#1	#2	#3	#4	#5	TOTAL* Best 4 of 5
Boys 10-11								
#2	Benzinski	David	7:11	6:54	7:12	6:54	6:46	27:45
	Seney	Brian	8:44	8:35		9:12	8:31	35:02
Girls 0-9								
	Blinn	Rachel	10:02	9:45	10:15	10:01	10:26	40:03
Girls 10-11								
	Blinn	Alicia		9:24	9:20	9:38	10:18	38:40
Men 40-49								
#2	Munroe	Mike	14:49	14:23	14:59	14:52	14:50	58:54
	Flamino	Doug	16:14	15:42	15:30	15:20	15:07	1:01:39
	McLaughlin	Steve	15:33	15:23	15:37	15:31	15:28	1:01:55
	Seney	Jay	15:53	15:44	15:46	15:33	15:29	1:02:32
	Blinn	Tim	15:46	15:37	15:39	15:54	15:36	1:02:38
	Whitehouse	Jim	17:02	16:54	16:51		16:42	1:07:29
	Potterton	Randall	20:52	20:22	20:16	21:46	20:36	1:22:06
Men 50-59								
#2	Bendzinski	Mike	15:57	15:26	15:47	16:04	15:48	1:02:58
	Hollister	Tony	17:03	16:46	16:47	16:52		1:07:28
	Driscoll	Clint	18:33	17:16	17:38	17:17	17:34	1:09:45
Men 60+								
#2	Salcius	John	21:14	21:09		21:41	21:47	1:25:51
	Hodges	James	26:01		28:06	28:04	27:40	1:49:51
Women 30-39								
#1	Ramos	Jill	21:43	21:17	20:41	20:57	21:03	1:23:58
Women 40-49								
#1	Wright	Bekkie	18:02	17:40	18:24	17:45		1:11:51
#2	Munroe	Joan	21:07	20:21	20:46	21:06		1:23:20
	Thornton	Kathy		21:06	21:26	21:34	21:17	1:25:23
Women 50-59								
#1	Leslie	Sue	20:47	20:13		20:38	20:21	1:21:59
#2	Logiudice	Catherine	21:20	20:31		20:51	20:02	1:22:44
	Romayko	Janit	24:18	23:55	24:39	24:32	23:53	1:36:38

MORE RACE RESULTS

JOHN J. KELLEY ROAD RACE 11.6M Ocean Beach - New London, CT August 2, 2003

The Striders have a tradition of doing this race then picnicking afterwards at Ocean Beach! There were many runners for this free and (this year) hot and humid race.

Tim Blinn	1:22:28
Bill McGugan	1:32:19
Bill Schwarz	1:32:58
Rick Chromik	1:35:42
Bob Niedbala	1:37:55
Randy Potterton	1:49:08
Cathy Logiudice	1:49:18
Janit Romayko	2:00:47
Barry Stoner	2:26:23

RIVER RUN (CORPORATE CLASSIC) 5K Bushnell Park – Hartford, CT August 7, 2003

Mike Tirrell	19:26
Bekkie Wright	21:44
Clint Driscoll	21:45

Mike led his Traveler's Open Men's Team to a 7th Place Finish.

Bekkie led her Systems Group Open Women's Team to a 3rd Place Finish.

STATE GAMES OF AMERICA / NUTMEG GAMES 5K Elizabeth Park – Hartford, CT August 9, 2003

This year Connecticut hosted the State Games of America. The Nutmeg Games 5K was held in conjunction with the State Games, resulting in a field that included runners from Utah, Iowa, Kentucky and Alabama.

Mike Munroe	#1M, #1 M40-44	18:13
Ellie Lowell	#1 F55-59	24:44
Joan Munroe	#1 F45-49	25:13

DEARY MEMORIAL 5M Putnam, CT August 8, 2003

John Sloan	34:56
------------	-------

STADIUM 5K Rentschler Field – East Hartford, CT August 15, 2003

A good group of Striders (and former Striders) came out for the inaugural Stadium 5K at the new UConn Football Stadium. The race took place in the evening, however, the weather was still quite hot and humid.

Mike Munroe	#1 40+	17:46
Bill McGugan	#4 40+	18:51
Charles Whynacht	#3 50+	19:12
Jason Earle	#3 20+	19:47
Clint Driscoll		21:47
Ellie Lowell	#1 50+	24:01
Randy Potterton		24:37
Joan Munroe		27:05
Robyn Beausoleil		32:50
Pat DeSimone		33:38

BLUEFISH FESTIVAL 5K Clinton, CT August 16, 2003

Mike Munroe	#2 M40-49	18:07
-------------	-----------	-------

CONNECTICUT ALUMNI CROSS COUNTRY CHALLENGE 5K East Hartford, CT August 21, 2003

This is a tough 5K, partially cross country, where runners from various high schools compete to come in first (through their cumulative times). Steve McLaughlin and Jim Whitehouse were members of 4th place Glastonbury team* (with a little help from Todd Brown). Cumulative time for their 3 man team was 1:03:06. Overall individual winners are scored based on the year they graduated from High School in 10 year groups.

Mike Munroe	#2 M 1970-89	19:24
Steve McLaughlin*		21:12
Jim Whitehouse*		22:57
Clint Driscoll		23:00
Bekkie Wright	#2 F 1980-89	23:09
Cathy Logiudice	#1 F 1960-69	26:56
Randy Potterton		27:59

YOUNG LIFE ROAD RACE 5K Middlebury, CT August 30, 2003

Mike Munroe	#4M, #2 M40-49	17:51
Joan Munroe	#4F 40-49	24:27

**MARLBOROUGH BICENTENNIAL 1803-2003
ROAD RACE 5K**

Marlborough, CT August 23, 2003

A perfect summer day welcomed runners to Blish Memorial Park for the first (and last) Marlborough Bicentennial 5K. The Race Director mentioned at the start that the next race would be in 100 years and be called the Tricentennial 5K.

Mike Munroe	#2M, #1 M40-49	17:48
Steve McLaughlin		18:55

NEW HAVEN ROAD ROAD 20K & 5K

New Haven, CT September 1, 2003

Another rainy Labor Day in New Haven. The following are results for Silk City Striders (and assorted family members).

5K

Bill McGugan		18:34
Ellie Lowell	#1 F55-59	22:54

20K

Aaron Flamino	1:09:28
Scott Freeman	1:15:05
Mike Munroe	1:22:48
John Legier	1:26:00
Tim Blinn	1:26:43
Steve McLaughlin	1:26:48
Joe Kidder	1:29:52
Doug Flamino	1:30:36
Bekkie Wright	1:34:24
Jim Best	1:36:09
Clint Driscoll	1:36:16
Jennifer Freeman	1:46:52
Art Byram	1:47:20
Joan Munroe	1:48:42
Randy Potterton	2:01:26
Sue Legier	2:08:17

**RUN AROUND THE BLOCK 15K
Block Island, RI September 6, 2003**

David Welch	1:12:19
Ginny Welch	1:17:53

NIKKI'S RUN 5K

MCC – East Hartford, CT September 7, 2003

Gene Fergione	21:37
---------------	-------

GREAT ESCAPE 5K

Somers, CT September 13, 2003

Ellie Lowell	#1 F50-59	22:57
--------------	-----------	-------

SOUTH WINDSOR ROAD RACE 5M

Rye Park – S. Windsor, CT September 7, 2003

It was pleasantly sunny with lots of Striders at this race, held right near the Wapping Fair.

Mike Munroe	#2M, #1 M40-49	29:42
Tim Blinn		24:41
Mike Salcius	#1 M20-29	35:28
Bekkie Wright	#1F, #1 F40-49	36:19
Anne Forzley	#2 F40-49	39:25
Karen Saunders	#2 F50-59	39:39
Dennis Mahoney		40:21
Sue Leslie	#3 F50-59	41:36
Jill Ramos	#1 F30-39	44:18
Randy Potterton		44:25
John Salcius		44:52

LIBERTY BANK OLD SAYBROOK 5M

Old Saybrook, CT September 14, 2003

John Sloan	34:56
Bekkie Wright	34:59
Cathy Logiudice	40:30
Sue Leslie	40:55
Betty Cannella	42:28

JOHNSON MEMORIAL 5K

Enfield, CT September 20, 2003

Mike Munroe	#4M, #2 M40-49	18:26
Daria vander Veer	#1F, #1 F30-39	20:16
Joan Munroe	#5F, #2 F40-49	25:17

EAST COAST FALL TUNE-UP 30K

Lynn, MA September 20, 2003

Clint Driscoll	2:54
----------------	------

DUTCHESS COUNTY CLASSIC 1/2 Marathon

Wappingers Falls, NY September 21, 2003

Bekkie Wright	#4 F40-44	1:40:58
---------------	-----------	---------

COLUMBIA AUTUMN CLASSIC 5K

Columbia, CT September 28, 2003

Mike Munroe	#3M, #1 M40-49	18:40
Mike Saimond		19:47
David Laporte	#3 M30-39	20:17
John Sloan		21:20
Bekkie Wright	#1F, #1 F40-49	21:31
Joan Munroe		25:21

DUATHLON / TRIATHLON RESULTS

GREENFIELD TRIATHLONS -- INTERNATIONAL DISTANCE (28.4M Bike - 7.1M Run) Greenfield, MA August 3, 2003

Reported by Janice Tirrell

This year the Greenfield Sprint and International Distance Triathlons became the Greenfield Duathlons due to the high bacteria level in the Greenfield River. The races started with a short run to the Bike area as a substitute for the Swim/Bike transition. The day started overcast, but the sun came out at 10:30 am to warm the course. There was a post race party with soy burgers, lasagna, Klondike ice cream bars and plenty of water and Powerade. Age group winners were awarded a glass mug as a prize.

Mike Tirrell	#3 M45-49	2:19:29
Jim Tharp	#5 M40-44	2:22:30
Eva Van Stratum	#1 F40-44	2:39:13

CAP CITY DIRT TRI

(.7 M River Swim – 5K Run – 12MMtn Bike)
Hartford/E.Hartford, CT July 20, 2003

Ned Kennedy	#7 Overall	1:32:50
Todd Mozzer	#2 M35-39	1:38:59
Jim Tharp	#3 M40-44	1:47:11
Ed Yergeau	#3 M50-54	2:13:19
Ken Shluger		2:20:09
Barry Stoner	#3 M60-64	2:21:33

FIRMMAN HALF IRONMAN TRIATHLON

(1.2 M Swim – 56M Bike – 13.1M Run)
Narragansett, RI September 7, 2003

This course was tougher with a new and more difficult bike course. Nevertheless Lynn and Joe Damon both achieved personal bests! (Lynn took 25 minutes off her previous year's time!)

Joe Damon	Personal Best	4:59:05
Lynn Damon	Personal Best	5:45:44
Clint Driscoll		6:12:38

LOBSTERMAN TRIATHLON

1.5K Swim – 40M Bike – 10K Run
Freeport, ME September 7, 2003

This race, in LL Bean's backyard, featured a post-race Lobster dinner!

Barry Stoner	#3 M60-64	2:58:39
--------------	------------------	---------

MADISON TRIATHLON

1/2 M Swim – 13M Bike – 3M Run
Madison, CT September 13, 2003

Barry Stoner	#1 M60-69	1:26:56
--------------	------------------	---------

HAMMERFEST TRIATHLON

1/2 M Swim – 13.5M Bike – 4M Run
Branford, CT September 21, 2003

Cathi Koehler	#1 F45-49	1:22:48
---------------	------------------	---------

HOPS DUATHLON

Trail Run - Mountain Bike – Trail Run
Gay City State Park, Hebron, CT
September 14, 2003

Todd Mozzer	#2 M35-39	1:44:20
Ned Kennedy		1:48:36
Greg Best	#3 M45-49	1:54:18

MYSTIC Y AMBY BURFOOT TRIATHLON

1/2 M Swim – 15M Bike – 5M Run
Mystic, CT September 28, 2003

Barry Stoner	#1 M60-69	1:49:37
--------------	------------------	---------



**15TH ANNUAL LAKE WINNIPESAUKEE RELAY
2003 FRED BROWN RELAY ROAD RACE
Sept. 20, 2003
65.7 Mi. Around Lake Winnepesaukee, NH**

Complete Results Available at:
http://coolrunning.com/results/03/nh/Sep20_15thAn_set1.shtml

There were two teams, a Men’s and a Women’s Master team, for the relays. As usual the Striders stayed at the Naswa Resort on the shores of Lake Winnepesaukee, enjoying a pre-race pasta dinner in the lounge and listening to a one man band!

The race begins at 8:00 on Saturday morning, and includes eight (8) legs of a varying length each with its own challenges. The men’s team, captained by Steve McLaughlin, was comprised of Scott Freeman, Bill McGugan, Jim Best, Jay Seney, Randy Potterton, Jim Whitehouse, Joe Damon and special guest Larry from Henniker, NH (filling in for the injured Captain). The Women’s team, captained by Sue Leslie, was comprised of Sue, Carole Phelan, Carol Conlon, Karen Saunders, Cathy Logiudice, Betty Cannella, Bekkie Wright and Lynn Damon. (Complete results are shown below.)

Silk City, in its longstanding tradition, had dinner on Saturday night at Hart’s Turkey Farm restaurant. The leaves were starting to turn, the air was clean, there was hiking, biking and swimming and a great and spirited time was had by all!!

<u>LEG 1</u>	<u>LEG 2</u>	<u>LEG 3</u>	<u>LEG 4</u>	<u>LEG 5</u>	<u>LEG 6</u>	<u>LEG 7</u>	<u>LEG 8</u>	<u>TOTAL TIME</u>
10.7 mi	11.0 mi	9.3 mi	4.0 mi	10.8 mi	6.5 mi	8.5 mi	4.4 mi	
Men’s Masters								
1:14:55	1:07:56	1:12:23	27:26	1:26:09	50:15	59:47	40:16	7:59:03
Jay	Scott	Bill	Larry	Jim B	Jim W	Joe	Randy	(7:18 Pace)
Women’s Masters								
1:24:46	1:40:29	1:30:42	27:05	1:30:01	52:50	1:17:20	40:36	9:23:45
Bekkie	Betty	Carole P	Carol C	Lynn	Karen	Cathy	Sue	(8:25 Pace)

Men’s Team placed 6th in their Age Group – 30th Team Overall

Women’s Team placed 2nd in their Age Group – 91st Team Overall

SILK CITY STRIDERS BLAST FROM THE PAST

The following is the second in a series of Articles (or excerpts)
from past Silk City Striders Newsletters

Personal Profile: Ed Yergeau

By Bill Schwartz (November 1981)

I can still remember one of last year's fun runs at the Turkey Day course. As usual, all of the fast runners took off like rockets. About half way up the hill, someone came charging up from behind. After jogging along with us for a minute and chatting, he asked who was up ahead (and now out of sight). After announcing, "I think I'll go up and run with them for a bit," ED YERGEAU took off like a shot up Charter Oak Street. I'll always be amazed how anyone could catch all of our faster runners from that far behind while going up the hill.

At 28, Ed is probably right in his running prime. He has been running off and on since he graduated from East Hartford High School in 1968. Even then he must have suspected he had some talent, competing in cross country, and both indoor and outdoor track. Since, every time I've seen Ed, he's always been running, and always on a different side of town. I asked him about how many miles a week he runs." A little over 100. I said, "You're disgusting, Ed."

Since I know he has raced at every distance from the mile to the marathon, I wondered if he had a favorite distance. "10-12 miles I guess. Yeah. Probably 10 miles." "Any favorite race?" "Yeah. The Durham 10K and the Guilford 10 miler" he replied. "They really treat the runners well."

For the past 10½ years (not counting a stint in the Air Force), Ed has worked as a computer operator for Travelers Insurance Company. For the last 10½ years, he has worked from midnight to 8 A.M. That's a lot of third shift! Seems they have promised him a "parole" to another shift in December, which doesn't disappoint him at all.

I asked Ed how he had heard about the Silk City Striders and when had he joined. Seems he had seen some of our runners at the races for a while and then Roy Osborne called him to see if he would like to run on his team at the Cape Cod Relays last year. "Sure" he said and I guess the rest is history.

Glad to have you with us, Ed, even if we can't keep up!

Editor's Note: Glad to still have you with us Ed! See you on Turkey Day at the flag pole.

RACE CALENDAR

Date	Time	Race (# signifies USATF champ.)	Place	Contact	Telephone
Sa Oct 4	10:00 AM	David Vidal Memorial 5K	Simsbury (Iron Horse Bvd)	Race Director	860-675-2469
Sa Oct 4	9:00 AM	26th Community Day 4M	Wallingford (Choate School)	Parks & Rec. Dept	203-294-2120
Sa Oct 4	10:00 AM	20th Highland Lake 10K	Winsted (Highland Lake)	Will Graustein	203-574-3310
Sa Oct 4	10:00 AM	Moveable Feast 5K	Waterford (Town Beach)	Lisa Thompson	860-739-3209
Sa Oct 4	10:30 AM	Cider Mill 5K	Tolland	Kerri Gedansky	860-872-5836
Sa Oct 4	9:00 AM	Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Su Oct 5	9:00 AM	Parker Holt 5K + Kids 1/2M	Manchester Comm. College	Steve McLaughlin	860-295-1357
Su Oct 5	10:40 AM	Alzheimer's 5K	New Haven (Lighthouse Park)	John Bysiewicz	203-481-5933
Su Oct 5	9:00 AM	Bruce Yenawine 4M	Essex	Race Director	860-526-4743
Su Oct 5	9:00 AM	Apple Harvest Fest. 5M	Southington	Race Director	860-628-5597
Su Oct 5	8:30 AM	27th Ridgefield Half-Marathon#	Ridgefield(Old Ridge.H.S.)	John Dugdale	203-438-1301
Su Oct 5	7:45 AM	12th Maine Marathon	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Su Oct 5	9:00 AM	22nd Wineglass Marathon	Corning, NY	Bill Taylor	607-936-4686
Su Oct 5	11:00 AM	20th Leaf Peepers Half Marathon	Waterbury, VT	Darragh Ellerson	802-223-2080
Sa Oct 11	9:00 AM	Trinity Trot 5K	Waterbury (YMCA)	Race Director	203-573-0511
Sa Oct 11	9:30 AM	Run for Habitat 5K	Bridgeport	John Olson	203-576-6846
Sa Oct 11	10:00 AM	Silvermine 3M	Norwalk (Silvermine School)	Jim Gerwick	203-849-8646
Sa Oct 11	8:00 AM	10th Hartford Mar/Relay, 1/2, 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su Oct 12	8:00 AM	Steamtown Marathon	Scranton, PA	Race Director	570-963-6363
Su Oct 12	10:00 AM	Dunbar Brook 10.5M Trail	Monroe, MA(Dunbar picnic area)	Mark Lombard	413-772-3768
Su Oct 12	8:25 AM	Great Train Race 6.8M	New Canaan (Train Station)	Jim Gerwick	203-838-2748
Su Oct 12	8:00 AM	11th Ocean State Marathon/Half	Providence, RI	Gerry Beagan	401-885-4499
Mo Oct 13	Noon	27th Tufts 10K for Women	Boston (Boston Common)	Kristin Murphy	888-767-RACE
Sa Oct 18	8:30 AM	18th Green Mountain Marathon	S.Hero, VT (Folsom School)	Danielle Graham	802-655-3751
Sa Oct 18	9:00 AM	Apple Harvest Fest. 5K	Glastonbury (Hubbard Green)	Jay Sattler	860-561-6837
Su Oct 19	9:30 AM	Cove of Guilford 5K	Madison (Hammonasset)	Race Director	860-832-9755
Su Oct 19	8:00 AM	34th Mum Festival 5M	Bristol (Chippens Hill Sch)	Eric Schwab	860-681-2609
Su Oct 19	11:00 AM	Mikey's Place 5K	Wethersfield	Race Director	860-529-2711
Su Oct 19	9:15 AM	13th Great Pumpkin 4M	Trumbull (Trumbull H.S.)	Marty Schaihone	203-374-6433
Su Oct 19	8:30 AM	21st Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries	518-435-4500
Su Oct 19	8:00 AM	14th Baystate Marathon	Tyngsboro, MA (Gr Lowell H.S.)	Race Director	978-957-6447
Su Oct 19	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen	207-288-5103
Sa Oct 25	10:00 AM	Apple Festival 10M	W. Simsbury (Simsbury Farms)	Simsbury Rec. Dept.	860-658-3255
Su Oct 26	3:00 PM	Police Pumpkin Chase 5K	New Canaan (H.S.)	Jim Gerwick	203-849-8646
Su Oct 26	Noon	27th Kent Pumpkin Run 5M	Kent (Kent Shopping Center)	C of C	860-927-1463
Su Oct 26	9:00 AM	Mystic Places Marathon#	E. Lyme (Rocky Neck)	JB Sports	203-481-5933
Su Oct 26	8:00 AM	26th Cape Cod Marathon	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959
Su Oct 26	8:30 AM	28th Marine Corps Marathon	Quantico, VA	Rick Nealis	800-RUN-USMC

Date	Time	Race (# signifies USATF champ.)	Place	Contact	Telephone	
Su	Nov 2	10:00 AM	Platt 5K	Milford	Susan Murphy	860-783-5307
Su	Nov 2	1:30 PM	28th Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	Michelle Masters	860-536-3575
Su	Nov 2	10:52 AM	34th New York Marathon	New York	NYRRC	212-423-2249
Sa	Nov 8	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Pk)	Pete Volkmar	860-437-7247
Sa	Nov 8	10:00 AM	Fuel Run Half-Marathon/10K/5K	Hebron (Lions fairgrounds)	Rich Shok	860-228-1412
Su	Nov 9	10:00 AM	Beachfront Bushwack 5M	Greenwich (Greenwich Point)	Mickey Yardis	203-661-0124
Su	Nov 9	10:00 AM	16th MADD Dash 8K	New Haven (Edgewood Park)	Marty Schaivone	203-374-6433
Sa	Nov 15	9:00 AM	Cheshire Canal 5K	Cheshire (Norton School)	John Bysiewicz	203-481-5933
Sa	Nov 22	8:30 AM	SCS Know Your Pace Race 4.75M	Manchester (Bennet M.S.)	Steve McLaughlin	860-295-1357
Su	Nov 23	9:00 AM	29th Fischang-Cicchetti 5M	Waterbury (YMCA)	Carl Cicchetti	203-756-7881
Su	Nov 23	8:30 AM	10th Philadelphia Marathon	Philadelphia	Joseph Callan	215-685-0054
Th	Nov 27	8:15 AM	26th Pequot 5M	Southport	Race Director	203-256-8314
Th	Nov 27	8:30 AM	Turkey Trot & Dip 3M/1M	Mystic	Race Director	860-536-3575
Th	Nov 27	10:00 AM	67th Manchester Road Race 4.75M	Manchester	Hot Line	860-649-6456
Th	Nov 27	8:15 AM	Turkey Day Trot 5K	Stratford	Marty Schaivone	203-374-6433
Th	Nov 27	10:00 AM	25th Madison Turkey Trot 5M	Madison (Hammonasset)	John Bysiewicz	203-481-5933
Sa	Nov 29	9:30 AM	Cow Chip 5K XC	Trumbull HS	Marty Schaivone	203-374-6433

DEADLINE FOR NEXT NEWSLETTER: November 29, 2003
