



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

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

## President's Message:

As I previewed this month's newsletter, all I could think of was WOW. I would like to thank Bekkie Wright and Karen Saunders for the outstanding work on the newsletter as well as all of those who contributed pieces to it. As you know, Bekkie has taken it to an electronic format this year and not only that, but enhanced many sections and features to make it the full featured, informative piece of work that it currently is.

We are still looking for volunteers to help form a "T-Shirt Committee." You don't necessarily have to be artistic. The purpose of the committee is to help design and carry through to completion a new club T-Shirt to commemorate our 25 Years of running in Manchester. If you have a little energy and time to give, then please step up and let me know!

Good luck to all of the runners who have trained long and hard for the Marathons and Half Marathons being run this Fall. It's been a long path and hopefully will be a rewarding one for all of you! And, anyone who's not busy on Saturday, October 9th on please consider helping Bekkie with the Hartford Marathon Team Relay either at the 20-Mile mark near Bushnell Park or at the Transition Zone in South Windsor from 8:00 AM until Noon.

See you on the roads. Keep on runnin'!

- Jim

**NIANTIC BAY 5K**  
**August 6, 2004**

**Janice Tirrell**  
**#1 Female 50-54**

### SILK CITY MILESTONES

**Greg Best**  
**Joan Munroe**  
**Congratulations**  
**on your new Age Group!**

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## 2004 BOARD OF DIRECTORS

### Officers

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

### Board Members

		Term
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

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

## TRAINING RUNS

### Saturday Morning Fun Runs - 8:30 am Bennet Middle School

Run the Manchester Road Race course with us on Saturday Mornings at 8:30 AM. Come earlier if you plan to do two (2) loops.

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

Come join us for the Spring Street Loop. It’s getting dark sooner every week, so don’t forget your reflective wear.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Aaron Flamino & Linda Yamamoto    Manchester  
Andre, Silva & Alex Mesnil            Manchester

### CONGRATULATIONS!

To **Aaron Flamino** and **Linda Yamamoto** on their August marriage.

### CONDOLENCES

To **Sue Leslie** whose father passed away earlier this week. A memorial service will be held at the Center Congregational Church (on the corner of Center and Main St.) at 2:00 pm on Saturday, October 2.

### PARKER HOLT 5K CELEBRATION RUN Sunday, November 14, 2004

Please join us for the 3rd Annual Parker Holt Celebration Run. In addition to the 5K Run & Walk. Registration starts at 12:00 Noon. The Race will start at 1:00 PM. We’ve got lots of food and prizes, so join your fellow Striders and the Holt family in our Celebration!

### KNOW YOUR PACE RACE November 20, 2004 8:30 AM

The Know Your Pace Race will take place on November 20, 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.

## HALLOWEEN POTLUCK SUPPER October 30, 2004 6:00 pm

The annual Halloween Potluck supper will be held on Saturday, October 30, at the home of Art & Peggy Byram -- 57 Pippin Drive East in Glastonbury. The supper will begin at 6:00PM. If you plan to carve a pumpkin please bring a carving utensil. Pumpkins will be provided by the club. Costumes are welcome.

### DIRECTIONS FROM HARTFORD:

Merge onto CT-2 E via exit number 55 toward NORWICH/NEW LONDON. 4.4 miles

Merge onto CT-17 S via exit number 7- on the left-toward PORTLAND. 0.7 miles

Take the NEW LONDON TPKE exit on the left toward E. GLASTONBURY. 0.4 miles

Merge onto NEW LONDON TURNPIKE. 2.0 miles

Turn RIGHT at top of hill onto CIDER MILL RD. 0.2 miles

Turn at first LEFT onto BALDWIN LN. 0.1 miles

Turn LEFT onto PIPPIN DR E. <0.1 miles

#57 is on the Left side at the end of the cul de sac.

## THE RISK OF THE RUN

Many of us have read articles on the common repetitive use injuries that are most associated with running. They include runner's knee, Iliotibial band syndrome, plantar fasciitis, and Achilles injuries, just to name a few. Unlike full contact sport athletes, runners are typically not faced with broken bones, scrapes and the spilling of blood. Most of the pain and suffering we are exposed to is self-inflicted as part of our training. For some of us, pain is a badge we bear proudly. In fact, our ability to adapt to suffering is one of the traits that allow us to excel during racing. Thankfully most of the pain experienced during these hard efforts quickly disappears a few minutes or days after we finish, and the pain we do experience ultimately benefits us, as we grow stronger with each workout.

However, as a few of us have recently learned, sometimes running is a contact sport, and the pain does not go away after a brief rest. Occasionally, the injuries we experience are not simply the result of excessive mileage.

Since March of this year, at least three of our members, myself included, have sustained serious injuries resulting from tripping. We have suffered broken elbows, arms, shoulders, and jaws, and accrued enough road rash to make Lance Armstrong wince. Following injuries like these, we all inevitably wonder "why did this happen?" And "what could I have done to prevent it?"

For many of us, running represents the ideal risk level. We risk repetitive use injuries to get stronger. Running allows us to risk our egos by challenging others in racing. We all know the feeling of risking a fast pace in the early part of a race, and desperately trying to hang on. We take risks in front of crowds as we sprint to the finish trying to out-kick the pesky 15 year-old in front of us. At times we risk racing without properly preparing. And yes, we risk an occasional broken bone or bruise, as we dodge traffic, road debris, dogs, ice and snow. However, in the words of track and field legend Sir Roger Bannister, "Sport is not about being wrapped up in cotton wool. Sport is about adapting to the unexpected and being able to modify plans at the last minute. Sport, like all life, is about taking risks."

So what went wrong? To my knowledge, none of us were injured running on ice, or in the dark. We were not lost in the veils of some endorphin rush either. We were just going out for a typical run.

In each case, it came down to just the right combination of events occurring at a given time. Hanging on the wall in my office is the ring of wire from the back of a hubcap that I tripped on and broke my shoulder. At times, I look at it and wonder at the improbable events that occurred to land me in the emergency room. A few inches here or there and it might have been just another spring run.

Sometimes there are not simple rules to follow. Can we entirely eliminate risk during running? Rules to guarantee a safe run, include the following:  
**Rule #1** - Never run if it is dark, raining, snowing, foggy, too bright, or otherwise generally suspicious looking outside.

**Rule #2** - Don't step on things that you think may cause you to fall and break bones.

**Rule #3** - Avoid chewing gum while running.

**Rule #4** - Never talk while you run.

**Rule #5** - Don't sweat - it may blur your vision.

**Rule #6** - Never run in new places.

**Rule #7** - Walk don't run. Safer still, don't walk.

**Rule #8** - Carefully sit and watch running on TV.

Leave running to Meb, Deena, and the professionals.

Sure, there are many other rules one could follow to make life safer and less risky.

Can we really do anything to avoid impact injuries? Sure we can. Pick up road hazards to make the trail safer for yourself and others. Warn other runners in your group of obstacles such as branches, bottles, and potholes. Follow basic common sense and safety. In the end, there are some risks we can control, and other risks we have little or no control over. We have a choice to run and train responsibly, or not to. We have a choice to accept risk in our lives or not to. We have the choice to take calculated risks and run. Bring it on.

**RACE RESULTS**

When you go to a race, why not take down the results and send them to me, Karen, at [dmcass53@cox.net](mailto: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**

**DUATHLON AT THE DUNES  
S. Kingstown, RI May 8, 2004**

**3.5 Mile Run – 17 Mile Bike – 3.5 Mile Run**

Clint Driscoll 1:59:29

**BLUE ONION 10K\*  
Hartford, CT May 31, 2004**

Dale Toce 38:17

**RUN FOR THE ARTS 5K  
Hartford, CT June 19, 2004**

Dale Toce 19:26

**SHAMROCK DUATHLON  
Glastonbury, CT June 20, 2004**

**5K Run - 28K Bike - 5K Run**

AnnMarie DeMonte #1 F60-69 2:12:38

**USATF OUTDOOR  
TRACK & FIELD MEET**

Manchester High School, Manchester, CT  
August 1, 2004

**TOCE FAMILY RESULTS  
Omitted from August Newsletter**

**Men's 100 Meters**

Michael Toce :20

Kyle Toce :21

Dale Toce #2 M40-49 :14

**Men's 200 Meters**

Dale Toce #2 M40-49 :30

**Men's 400 Meters**

Michael Toce 1:40

Dale Toce #2 M40-49 1:07

**Men's 800 Meters**

Michael Toce 3:48

Dale Toce #4 M40-49 2:36

**Men's 1 Mile**

Dale Toce #4 M40-49 5:39

**ADDITIONAL "NEW MEMBER" RESULTS FROM 2004**

**HTC PEOPLES FOREST - 17.1 Miles  
Barkhamstead, CT January 18, 2004**

Dale Toce #11 Overall 2:16:19

**WILLINGTON PTA 5K  
Willington, CT May 29, 2004**

Mike Tartar #4 Overall 18:55  
#2 M 30-39

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

Dale Toce 19:12

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

AnnMarie DeMonte #1 F60-69 27:02

**HARTFORD HOSPITAL WOMEN'S 5K  
West Hartford, CT July 10, 2004**

Silva Mesnil 29:32

**GLASTONBURY FUN RUNS****Race #6 - August 10**

3.5 Miles

Steve McLaughlin	24:06
Jim Whitehouse	25:49
Jeff Thornton	25:59
Randy Potterton	27:18
Kathy Thornton	29:09
Deb Thurston	37:07
Bill Schwarz	37:07

**GLASTONBURY SUMMER RACE SERIES**

Glastonbury, CT

**Race #3 - August 7, 2004****Buttonball Elem. School – 5.5 Miles**

John Paggioli	<b>#5 Overall; #2 M30-39</b>	33:22
Mike Munroe		36:37
Bill McGugan		37:04
Dani Kennedy	<b>#7 F Overall; #2 F40-49</b>	42:00

**Race #4 - August 14, 2004****Hopewell School – 7.7 Miles**

John Paggioli	<b>#2 Overall; #2 M30-39</b>	50:51
Ned Kennedy	<b>#7 Overall; #1 M40-49</b>	53:03
Bill McGugan		58:20
Art Byram		58:24
Steve McLaughlin		59:31
Bekkie Wright	<b>#4 F Overall; #2 F40-49</b>	1:00:22
Dani Kennedy	<b>#6 F Overall; #3F 40-49</b>	1:04:59

**Race #5 - August 28, 2004****Hopewell School – 9.8 Miles**

John Paggioli	<b>#7 Overall; #3 M30-39</b>	1:05:11
Art Byram		1:11:04
Scott Wojnarowicz		1:12:12
Steve McLaughlin		1:13:30
Bekkie Wright	<b>#5F Overall; #2 F40-49</b>	1:18:36
Dani Kennedy	<b>#7F Overall; #3 F40-49</b>	1:24:59

**GSR SERIES FINAL RESULTS**

John Paggioli	<b>#2 Male Overall</b>
Dani Kennedy	<b>#1 Female 40-49</b>

**JOHN J. KELLEY ROAD RACE 11.6M**

Ocean Beach - New London, CT August 7, 2004

Scott Freeman	<b>#3 M40-49</b>	1:11:03
Steve McLaughlin		1:26:28
Art Byram		1:29:10
John Sloan		1:30:13
Bekkie Wright	<b>#3 F40-49</b>	1:30:34
Rick Chromik		1:36:46
Randall Potterton		1:39:27
Barry Stoner		1:44:38
Betty Cannella		1:47:37
Norlean Litwinka		1:49:34

**RIVER RUN 5K**

Bushnell Park – Hartford, CT August 12, 2004

Neal Leibowitz		17:30
Tris Carta*		18:59
Steve McLaughlin*		19:33
Bekkie Wright		21:31
Clint Driscoll		21:32
Jim Whitehouse*		22:33
Bob Niedbala		24:05
Randy Potterton*		24:13
Betty Cannella		25:46
Sue Leslie	<b>#2 F50-59</b>	26:03

**Bekkie** led her Systems Group Open Women's Team to a 3<sup>rd</sup> Place Finish again this year, and **Sue** led her Labor Dept. team to 4th Place.

\* The Silk City Men also posted a Masters Team for the USATF 5K Championship.

**BRIDGE OF FLOWERS CLASSIC 10K**

Shelburne Falls, MA August 14, 2004

Jay Seney	41:04
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**DEARY MEMORIAL 5M**

Putnam, CT August 14, 2004

Mike Munroe	<b>#6 Overall; #1 M40-49</b>	30:23
Joan Munroe		41:26

**REYKJAVIK MARATHON FESTIVAL 7K**

Reykjavik, Iceland August 21, 2004

**Carol Conlon** undoubtedly gets an award for most exotic location to do a race! She also came in **first woman overall** with a time of **28:57!**

**EAST HARTFORD HIGH SCHOOL  
CROSS-COUNTRY CHALLENGE 5K  
East Hartford, CT August 19, 2004**

Awards for this unique and challenging cross-country race are based on the year you graduated from High School. There is also a Team Award based on the Top 3 Runners from any one High School. This year, the Team from Glastonbury High School edged out Wethersfield by 21 seconds.

**Glastonbury High School - #1 Team**

Todd Brown, Steve McLaughlin & Paul Guimont

Mike Munroe	#2 M; #1 M 1970-79	19:45
Steve McLaughlin	#6 M; #2 M 1980-89	20:36
Bekkie Wright	#1 F; #1 F 1980-89	22:01
Clint Driscoll		23:08
Randy Potterton		26:29
Joan Munroe	#8 F; #2 F 1970-79	27:15
MaryLou White	#9 F; #3 F 1970-79	28:26

**BLUEFISH FESTIVAL 5K  
Clinton, CT August 21, 2004**

Mike Munroe	#3 M40-49	18:23
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**SNEEKER'S RUN 5 Miles  
Groton, CT August 22, 2004**

Jim Tharp	33:36
Berangere Tharp	44:32

**MT. TOBY TRAIL RACE 14 Miles  
"7 Miles Up & 7 Miles Down"  
Sunderland, MA August 22, 2004**

Bob Niedbala	2:25:13
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**OLD WETHERSFIELD 5K  
Wethersfield, CT August 22, 2004**

John Paggioli	#3 Overall	17:39
Michael Tartar	#7 Overall; #1 M30-39	17:57
Michael Munroe	#9 Overall #1 M40-49	18:24
Mike Saimond	#3 M40-49	19:03
Dean Bolt	#2 M50-59	19:35
Art Byram		19:41
Clinton Driscoll		21:25
Sarah Tartar		24:51
Norlean Litwinka		24:58
Patricia Saimond	#3 F50-59	27:00

**BATTLE OF STONINGTON 5K  
Stonington, CT August 24, 2004**

Bob Niedbala		23:32
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**HOLY TRINITY 5K  
Danbury CT August 28, 2004**

Michael Munroe	#8 Overall #3 M45-49	18:29
Joan Munroe	#1F45-49	24:49

**BROOKLYN FAIR 5K  
Brooklyn, CT August 29, 2004**

Michael Munroe	#1 M40-49	18:48
Joan Munroe	#1 F40-49	25:08

**NEW HAVEN ROAD ROAD 20K & 5K  
New Haven, CT September 6, 2004**

**5K**

Mike Munroe	#2 M45-49	18:09
Sue Leslie	#3 F55-59	25:04
AnneMarie DeMonte	#2 F60-64	28:36

**20K**

Aaron Flamino	1:08:16
Scott Freeman	1:16:21
John Paggioli	1:18:34
Joe Kidder	1:21:01
Jay Seney	1:21:12
Scott Wojnarowicz	1:22:53
Stephen McLaughlin	1:25:18
Doug Flamino	1:25:46
Tim Blinn	1:27:02
Bill Metzger	1:29:31
Linda Yamamoto	1:30:45
Art Byram	1:30:17
Bekkie Wright	1:34:24
Clint Driscoll	1:38:03
Bill Gaghan	1:40:37
Jim Best	1:40:59
Bill McGugan	1:41:16
Jim Tharp	1:43:37
Bob Niedbala	1:44:30
Joan Munroe	1:46:02
Jennifer Freeman	1:49:03
Randy Potterton	1:50:24
Betty Cannella	1:51:42
Norlean Litwinka	1:53:27

**HADDAM NECK FAIR 5K**  
**Haddam Neck, CT Sept. 5, 2004**

Mike Munroe	<b>#1 M40-49</b>	18:42
Joan Munroe	<b>#1 F50-59</b>	24:10

**COME ON OVER 5K**  
**Portland, CT September 11, 2004**

John Paggioli	<b>#4 Overall</b>	18:22
	<b>#2 M30-39</b>	

Just missed 3rd by a second ... nipped by Age Group  
wiz Bill Borla (64).

**EAST HAVEN 5K ROAD RACE**  
**East Haven, CT September 11, 2004**

Joan Munroe	<b>#1 F50-59</b>	24:34
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**GOSHEN CONGREGATIONAL CHURCH 5K**  
**Lebanon, CT September 11, 2004**

Mike Munroe	<b>#2 Overall</b>	18:57
	<b>#1 M40-49</b>	

**NIKKI'S RUN, WALK 'N' ROLL 5K**  
**MCC – East Hartford, CT September 12, 2004**

Dale Toce	<b>#4 Overall</b>	19:38
Marie Mieses		Walker

Thanks also to the Silk City team of volunteers --  
Jim Whitehouse, Jack Leonard, and the entire Gaghan  
family who provided the water stop.

**SOUTH WINDSOR ROAD RACE 5M**  
**Rye Park – S. Windsor, CT September 12, 2004**

Mike Munroe	<b>#1 M40-49</b>	31:10
Jay Seney	<b>#2 M40-49</b>	31:31
Mike Salcius	<b>#3 M20-29</b>	36:35
Randy Potterton		40:28
Joan Munroe	<b>#1 F50-59</b>	40:32
Sue Leslie	<b>#3 F50-59</b>	43:40
Jill Ramos	<b>#1 F30-39</b>	44:03
Mary Lou White	<b>#3 F40-49</b>	46:01
John Salcius	<b>#1 M60+</b>	46:14

**STOWE MARATHON**  
**Stowe, VT September 12, 2004**

Bekkie Wright	<b>#6 F Overall</b>	3:51:51
	<b>#3 F40-49</b>	

**SOMERS GREAT ESCAPE 5K**  
**Somers, CT September 18, 2004**

Mike Saimond	<b>#1 M40-49</b>	TNA*
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\*No times available for this race.

**DUTCHESS COUNTY CLASSIC MARATHON**  
**Wappingers Falls, NY September 19, 2004**

Randy Potterton	4:34:45
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**CLARENCE DEMAR MARATHON**  
**Gilsum to Keene, NH September 26, 2004**

Scott Freeman	<b>#4 M40-49</b>	3:05:12
Joe Kidder		3:15:19
Bob Niedbala		3:54:56

**TERRAMUGGUS TRIATHLON SERIES, Marlborough, CT**  
**1/4 M Swim – 12M Bike – 5K Run**

Thanks to Bill Driggs for putting on TT Sprint Series again this year, to all the volunteers, especially Barry Stoner and Steve McLaughlin, and everyone who came out to race. See you next year.

**Race 5 - August 5, 2004**

Jeff Thornton	1:06:15
Jeremy Thornton	1:10:36
Kathy Thornton	1:16:38
Janit Romayko	1:17:02
Beth Shluger	1:17:06
Peg Byram	1:26:31

**Race 6 - August 19, 2004**

Joe Damon	1:03:49
Jeff Thornton	1:04:56
Jeremy Thornton	1:10:30
Lynn Damon	1:13:38
Beth Shluger	1:17:14
Janit Romayko	1:21:10
Jim Hodges (Swim & Bike Only)	

## DUATHLON / TRIATHLON & ADVENTURE RACE RESULTS

### SANDY BEACH TRIATHLON

Bantam Lake, Morris, CT August 6, 2004

1/2 Mile Swim – 10 Mile Bike – 5K Run

Clint Driscoll	<b>Top 20 Overall</b>	1:14:25
	<b>#4 M50-59</b>	

### NIANTIC BAY TRIATHLON & 5K

Niantic, CT August 6, 2004

1/2 M Swim – 11.3M Bike – 3.5 M Run

Michael Tirrell	<b>#3 M45-49</b>	1:12:30
Dean Bolt	<b>#1 M50-54</b>	1:15:11
Cathi Koehler	<b>#3 F45-49</b>	1:18:49
Clint Driscoll		1:26:21
Bekkie Wright	<b>#3 F40-44</b>	1:31:18
Janit Romayko	<b>#1 F55-59</b>	1:32:18
John Paggioli's	<b>#1 Team Overall</b>	1:06:55
<i>Marlborough Masters</i>	<b>#1 Male Team</b>	

### 5K

Janice Tirrell	<b>#1 F50-54</b>	28:16
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### WILDMAN BIATHLON

Shelburne to Wildcat Mtn, NH August 14, 2004

10K Run – 22.3 Mile Bike – 3M Hillclimb

MaryLou White	<b>#6 F40-49</b>	4:06:28
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### TRI THE TRI #3 - DUATHLON\*

Danbury, CT August 21, 2004

5K Run - 12M Bike - 5K Run

\* Due to extreme weather conditions this event was changed to a Duathlon.

Janit Romayko	<b>#1 F55-59</b>	1:58:25
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### JOURNEY FOR SIGHT TRI

Chicopee, MA August 29, 2004

1/2 M Swim – 17M Bike – 3.5 M Run

Dean Bolt	<b>#3 M50-54</b>	1:30:47
Janit Romayko	<b>#1 F55-59</b>	1:51:04

### TIMBERMAN TRIATHLON

Elacoya State Park, Gilford, NH August 22, 2004

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Mike Tirrell	5:12:53
Cathi Koehler	5:50:50
Bekkie Wright	6:12:44

### BLOCK ISLAND TRIATHLON

Block Island, RI August 7, 2004

1/2 M Swim – 12M Bike – 4 M Run

Clint Driscoll	<b>#3 M50-59</b>	1:14:25
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### MADISON TRIATHLON

Madison, CT September 11, 2004

1/2 M Swim – 13M Bike – 3 M Run

Mike Tirrell	1:25:42
Janit Romayko	<b>#1 F55-59</b> 1:34:26

### FIRMMAN HALF IRON TRIATHLON

Narragansett, RI September 12, 2004

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Cathi Koehler	<b>#3 F45-49</b>	5:35:21
Barry Stoner	<b>#2 M60-64</b>	6:05:17

### HAMMERFEST SPRINT TRIATHLON

Branford, CT September 19, 2004

1/2 M Swim – 13.5M Bike – 4 M Run

Mike Tirrell	<b>#4 M45-49</b>	1:20:31
Dean Bolt	<b>#2 M50-54</b>	1:22:17
Cathi Koehler	<b>#2 F45-49</b>	1:31:51
Janit Romayko	<b>#1 F55-59</b>	1:46:55

### MYSTIC RIVER TRIATHLON

Mystic, CT September 26, 2004

1/2 M Swim – 15M Bike – 5 M Run

Barry Stoner	<b>#2 M60-64</b>	1:47:11
Janit Romayko	<b>#1 F55-59</b>	1:52:52





**16TH ANNUAL LAKE WINNIPESAUKEE RELAY  
2004 FRED BROWN RELAY ROAD RACE  
65.7 Mi. Around Lake Winnepesaukee, NH September 25, 2004**

Complete Results: [http://www.coolrunning.com/results/04/nh/Sep25\\_16thAn\\_set1.shtml](http://www.coolrunning.com/results/04/nh/Sep25_16thAn_set1.shtml)  
 Pictures from this year's race are also available on the [Silk City Website](#).

There were two teams, a Men's and a Women's Master team, for the relays. The men's team, captained by Steve McLaughlin, was comprised of Steve, Art Byram, Bill McGugan, Jay Seney, Jim Best, Jim Tharp, Jim Whitehouse, and Randy Potterton. The Women's team, co-captained by Bekkie Wright and Sue Leslie, was comprised of Bekkie, Sue, Betty Cannella, Carol Conlon, Carole Phelan, Karen Saunders, and special guests Jennifer Schiller and Barb Maloney. (Complete results are shown below.) Striders were well represented on Leg 2 with **Dean Bolt** running **1:18:46** for the **Hartford Track Club Men's 50+** Team, and **Bill Gaghan** running **1:16:31** for the **Black Point Runners Men's Open** Team.

Most of the team stayed at the Naswa Resort where they enjoyed the lovely sunset over the marina. Runners were up early in the morning for the 8:00 AM Start at the "Fun Spot". Team members followed each runner on the route providing water and encouragement. Upon returning to the "Fun Spot" later in the afternoon the customary group photos were taken, and we finished the day with a post-race dinner at Hart's Turkey Farm Restaurant and a walk along Weir's Beach.

<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	
<b>Men's Masters</b>								
1:15:26	1:20:13	1:09:25	28:25	1:11:52	46:40	1:02:00	38:36	7:52:56
Jim T.	Art	Steve	Jim W.	Jay	Jim B.	Bill	Randy	(7:12 Pace)
<b>Women's Masters</b>								
1:21:56	1:27:50	1:30:59	32:21	1:46:12	46:28	1:19:52	39:59	9:25:36
Bekkie	Jennifer	Barb	Karen	Betty	Carol C	Sue	Carole P	(8:37 Pace)

Men's Team placed 7th in their Age Group – 21st Team Overall

Women's Team placed 2nd in their Age Group – 70th Team Overall



**WICKHAM PARK  
SUMMER CROSS COUNTRY SERIES**

**RESULTS FOR WEEKS 4 & 5**

**See Next Page for  
Final Age Group Series Results**

**WEEK 4 - August 10, 2004**

**ADULT RACE 2.6 miles**

Dave Metzger	12:47
Neal Leibowitz	14:17
John Paggioli	14:34
Tris Carta	14:49
Aaron Flamino	14:54
Doug Flamino	14:56
Jay Seney	15:07
Tim Blinn	15:47
Steve McLaughlin	15:57
Bill Metzger	16:37
Tony Hollister	16:52
Linda Yamamoto	17:02
Kyle Thornton	17:10
Bekkie Wright	17:33
Jim Whitehouse	18:35
Clint Driscoll	18:53
Randy Potterton	19:24
Kathy Thornton	20:27
Sue Leslie	21:29
MaryLou White	21:42
Jill Ramos	22:03
John Salcius	22:20
Meg Bendzinski	24:35
Janit Romayko	25:26

**YOUTH RACE - 1 mile**

David Benzinski	6:25
Brian Seney	8:09
Adam Paggioli	8:48
Rachel Blinn	9:41
Alicia Blinn	10:39

**WEEK 5 - August 17, 2004**

**ADULT RACE 2.6 miles**

Dave Metzger	12:26
Aaron Flamino	12:40
Neal Leibowitz	14:15
John Paggioli	14:37
Doug Flamino	14:53
Mike Munroe	15:04
Jay Seney	15:10
Tris Carta	15:23
Steve Gates	15:34
Steve McLaughlin	15:40
Kyle Thornton	15:41
Tim Blinn	16:01
Art Byram	16:10
Linda Yamamoto	16:49
Bill Metzger	16:56
Clint Driscoll	18:18
Randy Potterton	19:16
Joan Munroe	20:22
Kathy Thornton	20:25
Sue Leslie	20:43
Jill Ramos	21:32
Norlean Litwinka	22:15
John Salcius	22:50
Janit Romayko	23:56

**YOUTH RACE - 1 mile**

Brian Seney	8:36
Nicholas Byram	13:01
Jack Byram* (Age 3)	
*Completed 1/2 Mile	

## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

## AGE GROUP RESULTS

FINAL AGE GROUP STANDINGS - Based on Best 4 Performances\*

TOP 2 in each Age Group Received Trophies / All runners completing 4 Races received Medals.

<b>YOUTH</b>			<b>ADULTS</b>		
<b><u>GIRLS 0-9</u></b>			<b><u>MEN 16-18</u></b>		
Rachel Blinn	Medalist	38:46	Dave Metzger	1st Place	52:30
			Kyle Thornton	Medalist	1:06:11
<b><u>BOYS 12-13</u></b>			<b><u>MEN 19-29</u></b>		
Brian Seney	Medalist	33:07	Aaron Flamino	2nd Place	51:19
<b><u>ADULTS</u></b>			<b><u>MEN 30-39</u></b>		
<b><u>WOMEN 19-29</u></b>			Neal Leibowitz	2nd Place	56:46
Linda Yamamoto	1st Place	1:07:26	John Paggioli	Medalist	58:30
<b><u>WOMEN 30-39</u></b>			<b><u>MEN 40-49</u></b>		
Jill Ramos	2nd Place	1:27:46	Mike Munroe	Medalist	1:00:06
Norlean Litwinka	Medalist	1:28:52	Doug Flamino	Medalist	1:00:23
<b><u>WOMEN 40-49</u></b>			Jay Seney	Medalist	1:01:00
Bekkie Wright	1st Place	1:10:21	Tris Carta	Medalist	1:01:28
Joan Munroe	2nd Place	1:21:52	Steve McLaughlin	Medalist	1:03:27
Kathy Thornton	Medalist	1:22:04	Tim Blinn	Medalist	1:03:57
<b><u>WOMEN 50-59</u></b>			Bill Metzger	Medalist	1:07:14
Sue Leslie	2nd Place	1:24:56	Jim Whitehouse	Medalist	1:16:15
Janit Romayko	Medalist	1:39:12	Randy Potterton	Medalist	1:20:24
			<b><u>MEN 50-59</u></b>		
			Tony Hollister	Medalist	1:08:04
			Clint Driscoll	Medalist	1:13:24
			<b><u>MEN 60+</u></b>		
			John Salcius	2nd Place	1:30:14



## COACH'S CORNER: "The Miler" by Hap Cawood

Book Review by Barry Stoner

The Silk City Striders were recently sent a review copy of *The Miler*. Steve McLaughlin enlisted me to read the book and write a review.

As I read the book I found many interesting things to identify with. The main character, Jeremiah (JJ), was from my era; we were both born in 1940. His experiences with running and growing up are quite typical and I suspect would find some resonance with each of us. Characters include JJ's Mom, Dad and little Sister, various coaches, and an assortment of high school buddies with nicknames like Stoner, Dozer, Chief, and Rustbucket.

While the title of the book suggests a focus on running the mile, which was one theme; the storyline was primarily about a high school kid coming of age, and the problems he experiences in regards to his family, girlfriends, and trying to train for the State Track Meet at a school that has no regular track team. There's also a secondary theme related to JJ being named for Jeremiah, the prophet, which runs throughout the book as well. JJ turns out to be a nice kid who makes the right choices and achieves success through hard work, perseverance and strong guidance. Those of you who've seen the "Karate Kid" will find the mystical mentor character very familiar.

Looking back, *The Miler* was not a book I would have chosen for myself to read. My preference is for technical material because I tend to be a knowledge, goal or achievement oriented person. That having been said, I should say that many of books I really enjoyed have been novels. Although I cannot claim, that *The Miler* was one of the best books I have read; I did enjoy reading it. So, if you like to read books about people, running, and life, give this one a try.

*The book's preview site is [www.TheMiler.com](http://www.TheMiler.com).*

*Please contact Steve McLaughlin if you would like to borrow the book.*

### OFFICERS NEEDED FOR 2004

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Nominations are currently being accepted for Board Members and Club Officers for 2005.  
Please email nominations to [JimW8@cox.net](mailto:JimW8@cox.net) or let me know at the Saturday Fun Run.

Thanks, *Jim*

## RACE CALENDAR

	Date	Time	Race	Place	Contact	Telephone
Sa	Oct 2	9:00 AM	26th Community Day 4M	Wallingford (Choate Sch. track)	Parks & Rec. Dept	203-294-2120
Sa	Oct 2	10:00 AM	Moveable Feast 5K	Waterford (Town Beach)	Lisa Thompson	860-739-3209
Sa	Oct 2	10:00 AM	21st Highland Lake 10K	Winsted (Highland Lake)	Will Graustein	203-574-3310
Sa	Oct 2	10:30 AM	Cider Mill 5K	Tolland (Crandall Park)	Kerri Gedansky	860-872-5836
Su	Oct 3	11:00 AM	21st Leaf Peepers Half Marathon	Waterbury, VT	Darragh Ellerson	802-223-2080
Su	Oct 3	10:00 AM	Branford 5K	Branford (Sullivan's Rest.)	Joe Riccio	203-481-7453
Su	Oct 3	Noon	Columbus Day 4M	Coventry (Patriots Park)	Race Director	860-742-5259
Su	Oct 3	10:00 AM	David Vidal Memorial 5K	Simsbury (Iron Horse Bvd)	Race Director	860-675-2469
Su	Oct 3	9:00 AM	Apple Harvest Fest. 5M	Southington	Race Director	860-628-5597
Su	Oct 3	Noon	Autumn Classic 5K	Columbia (Rec Park)	Sue Catullo	860-228-2328
Su	Oct 3	8:30 AM	28th Ridgefield Half-Marathon	Ridgefield(Old Ridge.H.S.)	John Dugdale	203-438-1301
Su	Oct 3	10:00 AM	12th Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Center)	John Bysiewicz	203-481-5933
Sa	Oct 9	9:30 AM	Run for Habitat 5K	Bridgeport	John Olson	203-576-6862
Sa	Oct 9	8:00 AM	Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su	Oct 10	9:00 AM	13th Newport Half Marathon	Middletown, RI	Jeff Robison	401-847-9200
Su	Oct 10	10:00 AM	Autumn on the Sound 5K	W.Haven (Savin Rock Cvt Ctr)	Stacey Marmora	203-735-2210
Mo	Oct 11	Noon	28th Tufts 10K for Women	Boston (Boston Common)	Kristin Murphy	888-767-RACE
Sa	Oct 16	8:30 AM	Apple Harvest Fest. 5K	Glastonbury (Hubbard Green)	Jay Sattler	860-561-6837
Su	Oct 17	10:30 AM	Cove of Guilford 5K	Madison (Hammonasset)	Race Director	203-634-0500
Su	Oct 17	11:00 AM	Stenger Farm XC 5K	Madison (Stenger Farm Park)	Kevin Grant	860-877-0226
Su	Oct 17	10:00 AM	35th Mum Festival 5M	Bristol (Chippens Hill Sch)	Eric Schwab	860-314-2087
Su	Oct 17	10:00 AM	Gillette Castle 4M	East Haddam (Visitor's Center)	K M Golec	860-873-3206
Su	Oct 17	1:00 PM	5K for Breast Cancer Awareness	New Haven(Yale Cross campus)	John Bysiewicz	203-230-5294
Sa	Oct 23	10:00 AM	Gaylord Hospital 5M	Wallingford (Gaylord Hospital)	Nelson Carvalho	866-gaylord 3380
Su	Oct 24	10:00 AM	14th Great Pumpkin 4M	Trumbull (Trumbull H.S.)	Marty Schaivone	203-374-6433
Sa	Oct 30	9:00 AM	AirLine Trail Ghost Run + Relay 13.6M Relay legs: 3.8 M, 4.4 M& 5.6 M	Hebron (Hebron Elem Rt 85)	Hebron Park/Rec	860-228-5971
Sa	Oct 30	10:00 AM	Hog Jog 5K	S.Windsor (Nevers Park)	Race Director	860-648-6202
Su	Oct 31	3:00 PM	Police Pumpkin Chase 5K	New Canaan (H.S.)	Jim Gerwick	203-849-8646
Su	Oct 31	Noon	28th Kent Pumpkin Run 5M	Kent (Kent Shopping Center)	C of C	860-927-1463
Sa	Nov 6	10:00 AM	Veterans Day 5K	E.Windsor	J. Malloy	860-623-8122
Sa	Nov 6	10:00 AM	MxCC Scholarship 5K	Middletown (Middlesex CC)	Trenton Wright	860-343-5708
Su	Nov 7	10:00 AM	Platt 5K	Milford	Susan Murphy	860-783-5307
Su	Nov 7	1:00 PM	Veterans Memorial Greenway 5K	N.Windham (WMCA)	Charlie Olbrias	860-456-4451
Su	Nov 7	1:30 PM	Tarzan Brown Mystic River Run 5.5M	Mystic (Pearl St.)	Polly Snurkowski	860-536-3575
Sa	Nov 13	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Park)	Pete Volkmar	860-437-7247
Sa	Nov 13	10:00 AM	Cheshire Canal 5K	Cheshire (Norton School)	John Bysiewicz	203-481-5933
Su	Nov 14	1:00 PM	Parker Holt Celebration Run 5K	Manchester (MCC)	Steve McLaughlin	860-295-1357
Su	Nov 14	10:00 AM	17th MADD Dash 8K	New Haven (Edgewood Park)	Marty Schaivone	203-374-6433
Su	Nov 14	1:00 PM	PACE Race 5K	West Hartford Reservoir	Beth Shluger	860-652-8866
Sa	Nov 20	8:30 AM	Know Your Pace 4.75M	Manchester (Bennet Midd.Sch)	Race Director	860-644-1804

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**RACE CALENDAR, continued**

	Date	Time	Race	Place	Contact	Telephone
Su	Nov 21	9:00 AM	29th Fischang-Cicchetti 5M	Waterbury (YMCA)	Carl Cicchetti	203-756-7881
Th	Nov 25	8:15 AM	Turkey Day Trot 5K	Stratford	Dave Urban	203-377-6056
Th	Nov 25	8:15 AM	27th Pequot 5M	Southport	Race Director	203-256-8314
Th	Nov 25	10:00 AM	26th Madison Turkey Trot 5M	Madison (Hammonasset)	Jaycees	203-606-4529
Th	Nov 25	10:00 AM	68th Manchester Turkey Day 4.75M	Manchester	Hot Line	860-649-6456
Sa	Nov 27	9:30 AM	Cow Chip XC 5K	Trumbull HS	Marty Schaivone	203-374-6433
Su	Dec 5	1:00 PM	25th Pearl Harbor Masters 5.1M	Waterford (VFW)	Ron Bugbee	860-444-5881
Su	Dec 5	Noon	27th Santa's Run 3.5M	Glastonbury H.S	Bill Engle	860-652-7679
Fr	Dec 10	7:00 PM	Tommy's Toy Fund Run 3M	Norwich	Bob Miles	860-889-5842
Su	Dec 12	9:00 AM	Valley YMCA 5K	Naugatuck (Naug. Savings Bk)	Karen Backus	203-736-1435

**EXTENDED MARATHON RACE CALENDAR**

	Date	Time	Race (signifies USATF champ.)	Place	Contact	Telephone
Sa	Oct 2	9:00 AM	Newfound Lake Marathon	Bristol, NH (Newfound Mid Sch)	C of C	603-744-3335
Su	Oct 3	7:45 AM	Maine Marathon	Portland, ME (U of So. ME)	Howard Spear	207-741-2084
Su	Oct 3	9:00 AM	Wineglass Marathon	Corning, NY	Bill Taylor	607-936-4686
Sa	Oct 9	8:00 AM	Hartford Marathon/Relay, 1/2 Mar, 5K	Hartford (Bushnell Park)	Beth Shluger	860-652-8866
Su	Oct 10	8:00 AM	Steamtown Marathon	Scranton, PA	Race Director	570-963-6363
Su	Oct 10	8:30 AM	Mohawk-Hudson Marathon	Albany, NY	Elaine Humphries	518-435-4500
Sa	Oct 16	8:30 AM	Green Mountain Marathon	S. Hero, VT (Folsom School)	Danielle Graham	802-655-3751
Su	Oct 17	8:00 AM	Baystate Marathon	Lowell, MA	Mark Coddair	978-323-4400
Su	Oct 17	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	Gary Allen	207-288-5103
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	Marine Corps Marathon	Quantico, VA	Rick Nealis	800-RUN-USMC
Su	Oct 31	8:30 AM	Cape Cod Marathon	Falmouth, MA (Village Green)	Courtney Bird	508-540-6959
Su	Nov 7	10:52 AM	New York Marathon	New York	NYRRC	212-860-4455
Su	Nov 21	8:00 AM	Philadelphia Marathon	Philadelphia	Joseph Callan	215-685-0054
Su	Jan 9	6:00 AM	Walt Disney Marathon	Orlando, FL	Race Director	407-939-7810
Su	Jan 16	8:00 AM	Bermuda Marathon, 1/2 Mar	Bermuda	Race Director	800-444-4097
Su	Jan 30	7:30 AM	Las Vegas Marathon	Las Vegas, NV	Al Boca	702-876-3870
Mo	Apr 18	Noon	Boston Marathon	Hopkinton, MA	Race Director	508-435-6905

## ROADS, VANS, RUNNERS AND RAIN!

**REACH THE BEACH RELAY Bretton Woods to Hampton Beach, NH September 17-18, 2004**

By Carole Phelan

Last fall a good friend of mine, Larry Krutko helped our Silk City men's Winnepesaukee team so in exchange he asked if I would participate with his Henniker Running Club and join them for the Reach the Beach Relay. I signed on without hesitation and will do so again! Luckily, Bekkie Wright with her logistical talents was also enthusiastic about the event and joined in as well.

The race consists of 208 miles, 36 relay legs, 240 teams and about 480 vans/SUVs. The Start Line is at the Bretton Woods Ski Resort in the White Mountains and the finish is in Hampton Beach, NH (near Portsmouth). The official Race Start Time was 6:30 AM on Friday. Only the 2-person team had to start that early however. There were also several "ultra" teams of 6 members. The rest of the 8 to 12 Person Teams were assigned into 25-Team wave starts based on their Half Marathon pace. The average running distance for a member of a 12-person team (like ours) was 18 miles spread over 3 Legs about 10 hours apart.

Our "Mixed Open" team consisted of 12 members - 10 women & 2 men - split into 2 squads of 6 each. The squads were completely self-supporting other than cellular or walkie-talkie communication. At 9:40 AM on Friday Larry started us off on Leg 1 - Straight up the Bretton Woods ski slope. We cycled through each of our 6 runners then handed off to the 2nd squad. Once their legs were completed the 1st squad started up again for a total of 3 rotations. The rain began about halfway through Leg 9 and stuck with us to the end and well into the barbecue afterwards! It wasn't a delicate rain!

While one group is running the other is resting, eating, or driving on to the next team transition area. 6 of us spent a cozy 2-hour evening in a wet van sleeping in various positions on top of wet gear in a torrential downpour only to be forced out in the dark to start running again! And we call this FUN! We completed the race ahead of schedule in 29 hours 37 minutes and 59 seconds!

If you like this kind of adventure and you want to spice up your running program, this event is for you! It's a great team event and well worth doing. For more information, check out: [www.rtbrelay.com](http://www.rtbrelay.com). The Henniker Running Club will be at the start line next year, how about Silk City?

## SILK CITY STRIDERS -- 2004 EVENT CALENDAR

OCTOBER	-	Halloween Pot Luck Supper.....	Saturday, October 30
NOVEMBER	-	New York City Marathon Excursion.....	Sunday, November 7
New Date*		Parker Holt 5K .....	Sunday, November 14
		Know Your Pace Race .....	Saturday, November 20
		Manchester Road Race .....	Thursday, November 25
DECEMBER	-	Silk City Christmas Party .....	TBA

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**DEADLINE FOR NEXT NEWSLETTER: November 30, 2004**

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57 Morse Road  
Manchester, CT 06040-2706



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**DEADLINE FOR NEXT NEWSLETTER: November 30, 2004**

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

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

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

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

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

Family Members:

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

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

**Individual \$12.00**     **Family \$15.00.**

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

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

**Mail to Steve McLaughlin, 40 Hickory Road, Marlborough, CT 06447-1216**

Questions? Contact Karen Saunders, 643-9125 after 6pm or leave message