



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

## President's Message: The Season of Giving

My goal for 2005 was to volunteer at as many races as I participated in. While I fell well short of this goal, I did manage to volunteer, work, or assist in the organization of over a dozen races.

As Interim President of the Club I ended up as *de facto* Race Director for our three major events: Bobby's Run, the Parker Holt Celebration Run, and the Know Your Pace Race. I also worked with Bay State Timing on the Shamrock Duathlon, Iron Horse Half Marathon, Wethersfield 5K, and Hops Duathlon. I have also volunteered on the Hartford Marathon Technical Committee for over five years, and served as Team Relay Coordinator for the past three years. Those are all important, but not as rewarding as serving as a mentor.

Mentoring is a very special type of volunteering because it involves a personal relationship. This year I mentored a few novice marathoners, paced two of my friends to Marathon PR's, and qualified one of them for Boston Qualifier as an added bonus. Since marathon running is my primary hobby I ran 4 of my 12 marathons this year to "pace" others. (It was supposed to be 5 of 12, but my brother-in-law declined my 4-hour pacing offer.) I have already agreed to serve as a personal 4-hour pacer at the Hartford Marathon next year, and I hope to be able to help that runner accomplish a goal that will have been 4 years in the making.

So, don't just run ... help other to run and achieve their running and fitness goals. When I took over as Interim President earlier this year I declared my intention to lead by example. I hope I have done that, and that next year's President will accept the challenge and continue the tradition of helping others ... because it truly is better to give than to receive.

- Bekkie

### RANDY POTTERTON

**#9 M40-49  
in the  
2005 Tee's Plus  
Connecticut Distance Challenge**

Series Total: 10:25:19

Mystic Places Marathon	5:52:52
New Haven Road Race 20K	2:05:45
Fairfield Half Marathon	2:26:42

For the 2nd year in a row,  
the only Strider to complete the "Challenge."

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## 2005 BOARD OF DIRECTORS

### Officers

<b>Interim President:</b>	Bekkie Wright	533-1557
<b>Vice President:</b>	Betty Cannella	872-5903
<b>Treasurer:</b>	Art Byram	430-1072
<b>Secretary:</b>	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

### Uniforms & T-Shirts

Sue Leslie	644-1804
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### WebMaster

Bill Schwarz	643-4096
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### Newsletter

<b>Staff:</b>	Bekkie Wright – Editor
	Karen Saunders – Editor Emeritus
	Jim Best – Race Calendar
	Barry Stoner – Coach’s Corner
	Jamie McDermott – Nutrition Nook

## TRAINING RUNS

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

through the end of December

### @ Manchester Community College beginning in January

We will continue to meet in Lot C, near the Great Path entrance as we did last year.

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

Come join us for a tour of the Manchester Christmas lights. It’s dark at 5:00 PM, so don’t forget your reflective apparel.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Diane Ropiak	Enfield
Len Underwood	East Hampton

### NEW YEAR’S DAY CHAMPAGNE RUN & BRUNCH 10:00 am

The traditional Champagne Run, Brunch and Annual SCS Awards Ceremony will be held at 10:00 am at Betty & Mike Cannella’s home – 3 Hamilton Road, Ellington. Maps will be available for runs of 3 to 8.5 miles. Please bring your favorite brunch item.

Directions: From I-84: Take Exit 64 onto Route 83. Follow Route 83 until you see Shaw’s supermarket on your Left. Take a Left onto Windsorville Road. At the 5 way Stop take a Right. Dzen’s Garden market will be on your Left. Follow until you get to Route 140. At the intersection of Route 140 go straight. At the 4 way Stop and blinking light take a Left onto Muddy Brook Rd. Take your first Right onto Wells Rd. At the top of the hill, take a right onto Hamilton Rd. #3 is the second house on the right with the white fence.

### HALLOWEEN POT LUCK SUPPER

Thanks to MaryLou White for hosting the Halloween Pot Luck Supper in October. The dinner was followed by the traditional carving of the pumpkins. We heard several people went in the hot tub, but no photos are available. Come join us next year for this festive event!

### BOARD OF DIRECTORS MEMBERS NEEDED FOR 2006

Nominations are currently being accepted for Board Members and Club Officers for 2006. Please email nominations to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org) or let me know at a Saturday Fun Run. Thanks, Bekkie (2005 Interim President ... not “President for Life”)

**Parker Holt Celebration Run 5K**  
**November 13, 2005 Manchester - MCC**

**RACE WRAP-UP**

**In the Men's Race:**

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**Aaron Flamino** of Manchester and **Richard Hunter** of Barkhamstead went 1 & 2 again this year in 16:13 and 16:29 -- both were slowed by the stiff headwind on the uphill after the turn from Great Path and fell short of Aaron's 15:51 Open Course Record of last year. However, Aaron is now 30, so he did set a new course record for the Men's 30-39 Age Group. Richard holds the 2nd & 4th spots on the all time Overall Male Finishers list, and the 2nd & 3rd spots on the all time Men's 20-29 Age Group list.

**Colby Welch** of Manchester set a new Men's 0-14 Age Group Course Record in 17:50, and **Tyler Gauruder** of Manchester also broke the old Age Group Record, and moved in the 2nd spot on the all time Men's 0-14 Finishers list with a 17:58.

**Conor Hackett** of Bolton and Ben Pilgrim of Manchester moved into the 2nd & 3rd spots on the all time Men's 15-18 Finishers list in 17:27 and 17:53 respectively.

**John Paggioli** moved into the 3rd spot on the all time Men's 40-49 Finishers list with a 18:16.

**In the Women's Race:**

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**Julia Hickey** of Manchester - Age 13, set a New Women's Course Record in 20:57.

**Emily Anderson** of Manchester - Age 11, who finished as 2nd Woman, also broke the old Course Record by over 30 seconds, finishing in 21:10.

**Keron Smith** of Manchester set a new Women's 30-39 Age Group record in 22:15.

**In the 50+ Men's Race:**

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**Bob McCusker** of Simsbury, set a New Men's 50+ Course Record in 17:54, which also placed him 3rd on the all time Master's Finishers list behind Russ Blatt.

**Walt Gale** of Windsor Locks now holds 3 of the top 4 spots on the all time Men's 70-79 Finishers list with a 25:39.

**Bill Tribou** of Granby now holds the top 3 spots on the all time Men's 80-89 Finishers list with a 30:57, with **Don Osborne** of Branford holding the 4th & 5th spots with a 41:30 this year. The Men's 80-89 went 3 deep this year, with **Ray Greene** matching Don Osborne in 41:30.

**In the 50+ Women's Race:**

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**Megan Goldstein** of Bolton ran an outstanding 22:44, placing her in the Top 10 all time Female Finishers, and 3rd on the all time Female Master's Finishers list.

**AnnMarie DeMonte** of Bloomfield now holds 3 of the top 4 spots on the all time Women's 60-69 Finishers list with a 30:00.

**Cynthia Peterson** of Middle Haddam moved in the 2nd spot on the all time Women's 70-79 Finishers list with a 39:20.

Bekkie Wright served as Race Director and was aided by a large staff of volunteers. Special thanks to Betty Canella for the refreshments; Rick Parr and Jay Seney for coordinating the Water Stop; Jackie Steele, Karen Carty, Dani Kennedy and Marie Slattery for help with registration; Janit Romayko and John Salcius for serving as Split Timers; Sue Leslie, Silva Mesnil and Joyce Thorner for helping with timing; Ed Steele, Art & Jack Byram, Karen Saunders, Jim Best, and Bill McGugan for serving as course monitors, and John Sloan, Rick Chromik, Steve Henry, and Alex & Andre Mesnil for set-up and clean-up. We would also like to thank our sponsors D'Angelo's, Bozzuto's, and Big Y for their continued support.

**Parker Holt Celebration Run 5K -- Overall Winners (\* New Record, \*\* Also broke Old Record)**

OPEN MALE			Time	OPEN FEMALE			Time
Aaron	Flamino		16:13	* Julia	Hickey		20:57
50+ MALE			Time	50+ FEMALE			Time
* Bob	McCusker		18:33	Megan	Goldstein		22:44

**Age Group Winners (\* New Record)**

MALE Age 0-14				Time	FEMALE Age 0-14				Time
*	Colby	Welch		17:50	** Emily	Anderson		21:10	
**	Tyler	Gauruder		17:58	Kelly	Gentilecore		25:22	
	Jason	Clark		23:57	Rachel	Blinn		28:06	
MALE Age 15-19				Time	FEMALE Age 20-29				Time
*	Conor	Hackett		17:27	Kim	Adamaitis		26:00	
	Ben	Pilgrim		17:53	Gretchen	Nevins		28:42	
	Mathew	Ridley		19:10	Erin	Laughlin		29:25	
MALE Age 20-29				Time	FEMALE Age 30-39				Time
	Richard	Hunter		16:29	* Keron	Smith		22:15	
	Steve	Henry		18:24	Laurie	Gardner		24:07	
	Enamait	Ross		19:51	Sarah	Tartar		24:48	
MALE Age 30-39				Time	FEMALE Age 40-49				Time
	Mike	Tartar		18:11	Ginny	Welch		23:29	
	Clyde	Ettienne-Modeste		20:33	Annette	Hamilton		23:43	
	David	Dyson		20:54	Karen	Carty		29:19	
MALE Age 40-49				Time	FEMALE Age 50-59				Time
	John	Paggioli		18:16	MaryLou	White		24:24	
	Geoff	Michaud		19:13	Joan	Munroe		24:40	
	Paul	Smith		19:27	Barbara	Maloney		28:55	
MALE Age 50-59				Time	FEMALE 60-69				Time
	Steven	Morse		19:15	AnnMarie	DeMonte		30:00	
	Ralph	Morelli		20:50					
	Rick	Pentz		21:04					
MALE Age 60-69				Time	FEMALE 70-79				Time
*	Tom	Butterfield		22:32	* Cynthia	Peterson		39:20	
	Jerry	Augustine		23:03					
	Charles	Merlis		26:46					
MALE Age 70-79				Time	WALKERS				
	Walt	Gale		25:39	Mary Ann	Blinn			
	Wilhelm	Frederich		26:26	Alicia	Blinn			
MALE Age 80-89				Time					
	Bill	Tribou		30:57					
	Don	Osborne		41:30					
	Ray	Greene		41:30					

**Parker Holt Celebration Run 5K -- Overall Race Results**

<u>Place</u>	<u>Name</u>	<u>Time</u>	<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Aaron Flamino	16:13	52	Alan McCall	24:33
2	Richard Hunter	16:29	53	Joan Munroe	24:40
3	Conor Hackett	17:27	54	Stephen Sowa	24:44
4	Colby Welch	17:50	55	Richard Chromik	24:46
5	Ben Pilgrim	17:53	56	Sarah Tartar	24:48
6	Bob McCusker	17:54	57	Tom Walsh	24:55
7	Tyler Gauruder	17:58	58	Peter Hickey	25:12
8	Mike Tartar	18:11	59	Ben Smith	25:19
9	John Paggioli	18:16	60	Kelly Gentilecore	25:22
10	Steve Henry	18:24	61	Jim Anderson	25:30
11	Mathew Ridley	19:10	62	Walt Gale	25:39
12	Geoff Michaud	19:13	63	Stephen Lima	25:45
13	Steven Morse	19:15	64	Elisabeth Martin-Shashok	25:53
14	Paul Smith	19:27	65	David Kenney	25:57
15	Enamait Ross	19:51	66	Kim Adamaitis	26:00
16	Gregory Hijeck	19:58	67	Wilhelm Frederich	26:26
17	Miguel Ramirez	20:00	68	Bruce Pennell	26:26
18	Omar Bahamonde	20:04	69	Jill Ramos	26:34
19	Tim Blinn	20:16	70	Charles Merlis	26:46
20	Clyde Ettienne-Modeste	20:33	71	Jennifer Lima	26:51
21	Peter Briggeman	20:43	72	Alex Mesnil	27:03
22	Ralph Morelli	20:50	73	Andre Mesnil	27:03
23	David Dyson	20:54	74	Ryan Aubin	27:04
24	Noe Vasquez	20:55	75	Blain Larcheveque	27:34
25	Julia Hickey	20:57	76	John Hardy	27:42
26	Greg Clark	21:01	77	Jason McHugh	27:50
27	Rick Pentz	21:04	78	Rachel Blinn	28:06
28	Jay Hamilton	21:09	79	Roman Sterzycki	28:17
29	Emily Anderson	21:10	80	Jim Byrne, Jr	28:18
30	Vaughn Sprague	21:24	81	Gretchen Nevins	28:42
31	Bob Dacey	21:32	82	Barbara Maloney	28:55
32	David Taylor	21:37	83	Karen Carty	29:19
33	Robert G. Davis	21:44	84	Lisa O'Doherty	29:22
34	Larry Woykovky	21:52	85	Jennifer Orifice	29:24
35	Keron Smith	22:15	86	Erin Laughlin	29:25
36	Jeff Sowa	22:17	87	Connie Bird	29:30
37	Tyler Canfijn	22:28	88	James Wood	29:41
38	Len Underwood	22:29	89	Dan Renton	29:44
39	Tom Butterfield	22:32	90	AnnMarie DeMonte	30:00
40	Megan Goldstein	22:44	91	Bill Tribou	30:57
41	Keith Podrebartz	22:48	92	James Hodges	34:29
42	Stephen Tolman	22:57	93	Peter Dion	34:36
43	Jerry Augustine	23:03	94	Sarah Connor	34:37
44	Ginny Welch	23:29	95	Debbie Jacques	34:41
45	Annette Hamilton	23:43	96	Cynthia Peterson	39:20
46	Jason Clark	23:57	97	Don Osborne	41:30
47	Ken Ballette	23:59	98	Ray Greene	41:30
48	Laurie Gardner	24:07	99	Merrie Buchsbaum	43:47
49	Matt Wynne	24:13	100	Mary Ann Blinn	43:48
50	MaryLou White	24:24	101	Alicia Blinn	43:49
51	Matt Liles	24:31			

**KNOW YOUR PACE RACE**  
**Bennet Middle School, Manchester CT**  
**November 19, 2005**

The Know Your Pace race is an annual event held the Saturday before the Manchester Road Race, in which runners predict the time in which they think they will run the race and then try to run their predicted time. The Winners are those runners who come closest to their predicted time. This year Dean Bolt was within 4 seconds of his predication, and got first choice of the assorted Baked Goods. This year LA Fitness awarded a 1-Month Free Membership to the Top 3 Finishers, and a 2 week Free Membership to the #4 - #10 Finishers.

**Know Your Pace Race – Results 2005**

Name	Predicted	Actual	Diff
Dean Bolt	33:57	34:01	:04
Jay Seney	29:50	29:42	:08
Willi Frederich	40:00	40:08	:08
Audrey Courtney	45:00	45:09	:09
Kevin Asp	30:15	30:28	:13
Terry Voytek	40:00	40:15	:15
Nicole Hildebrand	35:00	34:43	:17
Len Underwood	34:58	35:18	:20
Jeff Brackett	34:22	34:43	:21
David McKinley	36:15	36:36	:21
Jim Best	40:40	41:01	:21
Diane Snow	42:01	42:23	:22
Tyler Gauruder	29:41	29:17	:24
Barbara Dell	44:17	43:51	:26
Jake Fisher	42:00	42:29	:29
Kevin Glenn	31:30	32:00	:30
Chris Mayer	30:00	29:26	:34
Mitch Bielenda	35:00	34:26	:34
Craig Larsen	32:40	32:04	:36
Geoff Michaud	30:45	30:01	:44
Marisa Clapp	33:38	32:54	:44
David Hildebrand	34:00	34:49	:49
Michael Magrey	34:25	33:30	:55
Kathleen Russo	40:00	39:04	:56
Matt Arcata	37:30	36:34	:56
Nima Zangeneh	34:59	33:55	1:04
Jeff Thornton	34:52	33:47	1:05
Amy Donle	40:00	38:55	1:05
Michael Tirrell	34:10	33:01	1:09
Peter Briggeman	34:36	33:27	1:09
Stan Budarz	38:15	37:00	1:15
Ben Pilgrim	31:00	29:40	1:20

Name	Predicted	Actual	Diff
Mike Tartar	32:15	30:49	1:26
Eric Groenstein	36:48	35:21	1:27
Nick Stambalis	42:00	40:33	1:27
Tom Mullane	37:00	35:33	1:27
Chiara Medina	42:44	41:16	1:28
James Hodges	1:00:00	58:31	1:29
Alex Podewell	46:50	48:31	1:41
MaryLou White	40:10	38:25	1:45
Keith Podrebartz	37:59	36:12	1:47
Joe Kidder	31:30	29:41	1:49
Matt Liles	39:58	38:05	1:53
Michal Kaczowski	39:45	37:52	1:53
Michael Hartnett	39:30	37:25	2:05
John Sloan	42:15	40:10	2:05
Chuck Obuchowski	42:17	40:10	2:07
Keron Smith	37:00	34:47	2:13
Ryan O'Neil	37:30	35:13	2:17
Kim Reith	40:21	42:39	2:18
Robert Bass	49:59	47:41	2:18
Janice Tirrell	53:00	50:42	2:18
Dan Renton	48:00	45:33	2:27
Diane Ropiak	48:40	46:04	2:36
Noe Vasquez	30:00	32:47	2:47
Lucy DeSantis	39:59	36:45	3:14
Matt Butwill	39:00	35:45	3:15
Dave Cutler	33:00	29:41	3:19
David Wade	37:59	34:31	3:28
Richard Chromik	34:59	39:17	4:18
Jean Arias	35:00	39:23	4:23
Ken Larson	39:59	34:08	5:51
Andrew Austin	1:15:00	1:05:00	10:00
Jim Strillacci	1:15:00	1:05:00	10:00

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**RACE RESULTS**


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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.

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**CIDER MILL 5K**  
**Tolland, CT October 1, 2005**

David LaPorte	20:04
John Sloan	22:31
Clint Driscoll	23:11
Matt Wynne	24:20
Matt Butwill	25:01

**AUTUMN CLASSIC 5K**  
**Columbia, CT October 2, 2005**

Bekkie Wright	#3 F; #1 F40-49	21:47
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**COVENTRY FALL CLASSIC 4M**  
**Coventry, CT October 1, 2005**

Mike Munroe	#5 M; #2 M40-49	25:33
Mark Turkington	#1 M60+	27:07
Joan Munroe	#5F; #1 F50-59	32:13

**TOMMY SULLIVAN'S**  
**Y-ME ROAD RACE 3.45 Miles**  
**Branford, CT October 2nd, 2005**

Mike Munroe	#3 M40-49	23:39
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**AUTUMN ON THE SOUND 5K**  
**West Haven, CT October 9, 2005**

Mark Turkington	#1 M60-69	20:29
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**STENGER FARM XC 5K**  
**Waterford, CT October 9, 2005**

Aaron Flamino	#2M	14:48
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**APPLE HARVEST FESTIVAL 5K**  
**Glastonbury, CT October 15, 2005**

John Paggioli	#7 M; #1 M40-49	18:12
Bill McGugan	#2 M50-59	19:54
Mark Turkington	#1 M60+	20:40

**MAIN STREET MILE**  
**Glastonbury, CT October 15, 2005**

Tom Geer	#1M	4:34.7
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**MIKEY'S PLACE 5K**  
**Wethersfield, CT October 16, 2005**

Joe Kidder	#2 M, #1 M40-49	18:19
Steve Morse	#3 M, #1 M50-59	18:48

**ACT SCHOLARSHIP FUND 5K**  
**Willimantic, CT October 23, 2005**

Dean Bolt	#2 M50-59	21:06
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**AIR LINE TRAIL GHOST RUN 13.6 Miles**  
**Hebron to East Hampton, CT October 29, 2005**

Steve Henry		1:27:58
David LaPorte		1:37:22
Jim Best	#2 M60-69	1:42:21
MaryLou White	#1 F50-59	1:52:50
Jennifer Freeman		2:09:03
Randy Potterton		2:19:54

**HOG JOG 5K**  
**South Windsor, CT October 29, 2005**

Another great showing by the Silk City Striders at the South Windsor Family Awareness Day Hog Jog 5K Road Race.

Neal Leibowitz	#4M	17:56
John Paggioli	#5M; #1 M40-49	18:04
Ben Witkowski	#1 M20-29	19:29
Bill McGugan	#2 M50-59	19:43
Tim Blinn		19:53
Mark Turkington	#1 M60-69	20:31
Keron Smith	#6F; #1 F30-39	22:16
Clint Driscoll		23:21
Joan Munroe	#1 F50-59	24:02
Matt Wynne		24:42
Sue Leslie	#3 F50-59	25:29
Barry Stoner		26:05

## HARTFORD & MYSTIC MARATHON EVENTS

### HARTFORD MARATHON, RELAY, HALF-MARATHON and 5K Hartford, CT October 8, 2005



#### Marathon

Scott Freeman		3:14:32
Linda Yamamoto	<b>#9 F; #3 F25-29</b>	3:15:34
Tim Blinn		3:41:43
Rick Chromik		4:13:45
James Janiak	<b>1st Marathon</b>	4:14:47
Art Byram		4:16:00
John Sloan		4:16:00
Norlean Litwinka		4:26:00
Carmen Herzog		4:26:57
Andre Mesnil	<b>1st Marathon</b>	4:37:16
Neal Leibowitz		4:40:56
Keith Morgan	<b>1st Marathon</b>	4:43:55
Marie Miseses	<b>1st Marathon</b>	5:21:26
<b>SCS Relay Team</b>	<b>2nd Place F-Master</b>	4:38:40
	Team Captain - <b>Betty Cannella</b>	
<b>Summit Studios - Mixed Open Team</b>		3:57:15
	Team Member - <b>Drew Best</b>	

#### Half Marathon

Scott Wojnarowicz		1:20:47
Mike Tartar		1:26:48
Mike Tirrell		1:37:42
Jay Seney		1:39:10
Keron Smith		1:43:38
Sarah Tartar		1:57:05
Linda Kolbasovsky		1:57:13
Joan Munroe		1:57:34
Randy Potterton		2:21:13
Cathy Kapa		3:13:51

#### 5K

Tom Geer	<b>#3M</b>	16:29
John Paggioli	<b>#4 M40-44</b>	18:44
Bill McGugan	<b>#1 M50-54</b>	19:56
Bill Gaghan		20:06
Jim Tharp		20:16
Mike Munroe	<b>#1 M45-49</b>	20:14
Janice Tirrell		31:54

### HARTFORD MARATHON VOLUNTEERS & RACE STAFF

Beth Shluger	Race Director
Ken Shluger	Announcer
Barry Stoner	Elite Runners
Merle Stoner	Elite Runners
Joyce Thorner	Elite Runners
MaryLou White	Elite Runners
Ian Roberts	Park Operations
Pat DeSimone	Relay Operations
Susan Leslie	Relay Operations
Jill Ramos	Relay Operations
Bekkie Wright	Relay Coordinator

### MYSTIC PLACES MARATHON, MARATHON RELAY and 10 MILER East Lyme, CT October 23, 2005

#### Marathon

Drew Best	<b>#5M; #2 M20-29</b>	2:39:40
	<b>1st Marathon</b>	
Scott Freeman*	<b>#20M; #4 M40-49</b>	2:59:02
David LaPorte		3:48:57
Mickey Grabner		3:51:38
David Welch		3:54:35
Ginny Welch		3:55:32
Bill Schwarz	<b>#5 M60-69</b>	4:08:15
Bob Neidbala		4:14:32
Andre Mesnil	<b>PR*</b>	4:23:39
Randy Potterton		5:52:07

\* Must have been a better day at Mystic because both Scott & Andre knocked 30 seconds per mile off their Hartford Marathon pace.

#### Marathon Relay

**Hartford Track Men's Grand Masters** 2:48:35  
5 man team including dual-Member **Steve Morse**

**Hi-Tek Men's Seniors** **3:15:40**  
3 man team including **Mark Turkington**

#### 10 Miler

Steve Henry	<b>#6M; #3 M20-29</b>	1:04:33
Joan Munroe	<b>#4 F50-59</b>	1:24:12
MaryLou White	<b>#6 F50-59</b>	1:26:05
Cathi Koehler (aka Casey Trumbull)		1:27:48
Jennifer Freeman		1:32:19

**SUNNY BROOK XC 5K**  
Sunny Brook State Park, Torrington, CT  
November 6, 2005

Aaron Flamino	#2M; #1 M30-39	17:37
Bekkie Wright	#1F	24:27

**TARZAN BROWN 5.5 Miler**  
"MYSTIC RIVER RUN"  
Mystic, CT November 6, 2005

Joe Kidder	#4 M 40-49	32:50
John Paggioli		33:16
John Yavis		54:54

**PLATT TECH 5K**  
Milford, CT November 6, 2005

Joan Munroe	#3 F50-59	24:10
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**VETERANS MEMORIAL GREENWAY 5K\***  
Willimantic, CT November 6, 2005

Mike Munroe	#5M; #3 M40-49	17:55
Bekkie Wright	#4F; #1 F40-49	20:26
Rick Chromik		23:30
MaryLou White	#1 F50-59	24:53

\* Which upon later measurement turned out to be only 2.94

**USATF XC CHAMPIONSHIPS 8K**  
West Hartford, CT November 12, 2005

Bekkie Wright	#3F; #2 F40-49	39:24
Ed Steele		40:24

**EBAC FALL CHALLENGE 4.75M**  
New London, CT November 12, 2005

John Paggioli	#9M; #3 M40-49	28:04
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**MONSON MEMORIAL CLASSIC**  
**HALF MARATHON**  
Monson, MA November 13, 2005

Robert Niedbala		1:59:02
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**P.A.C.E. RACE 5K**  
West Hartford, CT November 13, 2005

Michael Munroe	#9M; #3 M40-49	19:36
Dean Bolt	#1 M 50-59	21:09

**EAST WINDSOR VETERANS DAY 5K**  
East Windsor, CT November 12, 2005

Bill McGugan	#8M; #1 M50-59	18:49
	<b>PR</b>	
Mark Turkington	#1 M60-69	20:19
Daria van derVeer	#4F; #2F 30-39	22:04
Keith Morgan		24:39
Sue Leslie	#1 F50-59	26:20
Honora Vet (aka Carol Conlon)		26:20

**BERLIN 'RESLIN RUN 2M ROAD RACE**  
Berlin, CT November 19, 2005

Joan Munroe	#5 F; #1 F50-59	15:41
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**FISCHANG-CICCHETTI MEMORIAL**  
**5 MILE RUN**  
Waterbury, CT November 20, 2005

MaryLou White	#2F 50-59	40:36
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**CHESHIRE CANAL CANTER 5K**  
Cheshire, CT November 19, 2005

John Paggioli	#6M; 1 M40-49	17:46
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**COW CHIP XC 3.4 Miles**  
Trumbull, CT November 26, 2005

Sue Leslie	#2 F50-59	31:40
Betty Canella		30:43

**SEATTLE HALF MARATHON**  
Seattle, WA November 27, 2005

MaryLou White		1:59:04
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**MANCHESTER ROAD RACE**  
Manchester, CT November 24, 2005

*Special Thanks to MRR Committee Members  
Greg Best and Tris Carta  
for another great year.*

**Please see Page 11  
for complete MRR Race Results**

**MORE FALL MARATHON RESULTS****MAINE MARATHON**

Portland, ME October 2, 2005

Pat DeSimone 5:24:20

**BALTIMORE MARATHON**

Baltimore, MD October 15, 2005

Bill Gaghan 3:33:24

Tammy Gaghan 4:43:40

**BREAKERS MARATHON**

Newport, RI October 22, 2005

Ed Steele 3:50:45

**CAPE COD MARATHON**

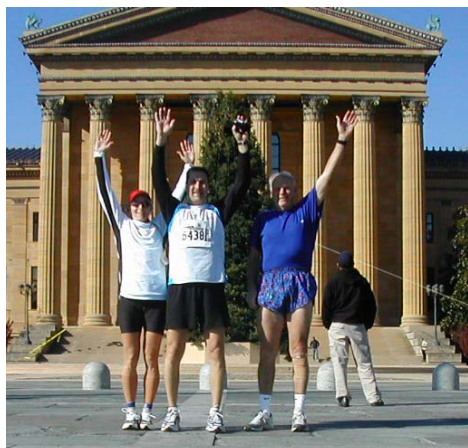
Falmouth, MA October 31, 2004

Bekkie Wright 4-Hour Pace Leader 3:57:22

**NEW YORK CITY MARATHON**

New York, NY November 7, 2004

Jay Seney 3:18:20



Bekkie, Andre & Bill  
Standing in Rocky's Footprints -  
after sprinting up the Art Museum stairs  
after running the Philly Marathon.

**PHILADELPHIA MARATHON**

Philadelphia, PA November 20, 2004

Scott Freeman 2:57:13

Bill Schwartz **BQ** 3:54:45Andre Mesnil **PR** 4:18:25

Bekkie Wright 4:18:26

Jennifer Freeman 4:30:51

**THE AMAZING RACE “  
Family Edition”  
UPDATE**

Great Job! And thanks for representing Connecticut and the Silk City Striders so well. We're all very proud of not only how far you got, but how you got there ... with class and teamwork.

**Carissa, Bill, Tammy, & Billy Gaghan**



NOTE: Teams could only have 4 Members, so little sister Kelley (also a runner) didn't get to go on the Adventure.

**Leg 1 - New York City to Lancaster, PA**  
2nd Place of 10 Teams

**Leg 2 - Lancaster, PA to Middleburg, VA**  
7th Place of 9 Teams

**Leg 3 - Middleburg, VA to Huntsville, AL**  
7th Place of 8 Teams

**Leg 4 - Huntsville, AL to New Orleans, LA**  
6th Place of 7 Teams

**Leg 5 - New Orleans, LA to Panama**  
5th Place of 6 Teams

**Leg 6 - Panama to Costa Rica**  
6th Place of 6 Teams

--- End of the Gaghan Family Adventure ---

**Carissa was the youngest participant  
to make it this far in the Amazing Race**

**69<sup>th</sup> Annual****Manchester Road Race  
November 24, 2004**

Following are the **Chip Time** results  
for Silk City Striders Members  
(Past & Present), Family & Friends:

Aaron Flamino*	25:09
Tom Geer	26:33
Colby Welch	26:37
John Paggioli	28:25
Scott Freeman	28:29
Neal Leibowitz	28:34
Mike Tartar	28:37
Joe Kidder	28:38
Steve Henry	28:58
Jay Seney	29:13
Ned Kennedy	29:35
Ben Witkowski	29:48
Jim Tharp	30:14
Yolanda Flamino	30:47
Linda Yamamoto*	30:48
Bill McGugan	30:58
Dale Toce	31:21
Derek Jakoboski	31:21
Tim Blinn	31:35
Mike Tirrell	31:46
Art Byram	31:51
David LaPorte	31:59
Mark Turkington	32:07
Dean Bolt	32:28
Bill Gaghan	33:17
John Sloan	33:28
Jim Best	33:44
James Janiak	34:08

Ed Steele	34:27	George Young	46:15
Mike Salcius	34:33	Andre Mesnil	46:49
Gene Fergione	34:40	Jack Leonard	46:49
Keron Smith	34:46	Alex Mesnil	46:50
Ray Carta	34:54	Pat DeSimone	47:27
Daria van derVeer	34:55	Miriam Degrandi	47:49
Tony Hollister	35:00	Adam Paggioli	47:56
Mike Saimond	35:25	John Yavis Jr	48:36
Dan Kennedy	35:28	Deb Thurston	48:58
Clint Driscoll	35:32	Janice Tirrell	49:06
Bekkie Wright	35:37	Keith Morgan	49:08
Len Underwood	35:37	Jeff Morgan	49:27
Matt Liles	35:58	Joyce Thorner	49:27
Dani Kennedy	35:59	John Salcius	49:33
Kyle Thornton	36:11	Diane Ropiak	50:00
Ginny Welch	36:28	MaryKate McGuire	50:23
Matt Butwill	36:47	Sarah Tartar	50:25
Bryce Metzger	37:04	Wendy Stoner	51:48
Bill Metzger	37:06	Silva Mesnil	52:00
Kristin Metzger	37:07	Barry Stoner	52:06
Ken Balette	37:10	Dave Peck	54:00
George Ripley III	37:52	Dave Cass	54:01
Rick Chromik	38:26	Cathy Kapa	58:38
Matt Wynne	38:59	KC Beauregard	1:08:16
MaryLou White	39:05	Samantha Freeman	Walk
Kevin O'Brien	39:16	Linda Gutzait	Walk
George Caye	40:28	Merle Stoner	Walk
Susan Leslie	40:35	Karen Saunders	Walk
Jill Ramos	40:39	Roger Smith	Walk
Betty Cannella	40:55	Mary Young	Walk
Anne Leonard	41:59		
Ted Kennedy	42:52		
Dan Jakowski	42:58		
Janit Romayko	43:17		
Pat Saimond	43:54		
Ed Yergeau	43:54		
Becky Logiudice	43:58		
AnnMarie DeMonte	44:01		
Robert Fish	44:22		
Carolyn Carta	45:08		
Robert White	45:11		
Thornton Family	45:17		
Marie Mieses	45:29		
Dan Renton	45:57		
Maura McGuire	46:02		
Randy Potterton	46:09		

**Congratulations to those  
who placed in their  
Age Groups:**

Colby Welch #3 M14-18;  
AnnMarie DeMonte #4 F60-69;  
Janit Romayko #5 F60-69;  
Mark Turkington #3 M60-69;  
and, Jim Best #4 M60-69.

**\* First Male and Female  
Silk City Strider Members -  
Congratulations to Aaron  
Flamino & Linda Yamamoto.**



**NORTH CENTRAL CT CONFERENCE (NCCC)  
XC CHAMPIONSHIPS  
Wickham Park October 19, 2005**

The North Central Connecticut Conference concluded its cross country season today at its league championship. 2005 marked the beginning of a new era in the NCCC as the girls ran a 5K course for the first time, replacing the four kilometer distance that had been the norm for many previous years. The meet was highlighted by a dominating performance by the Ellington boys' team and the Avon girls' team earning its first title since the mid 80's.

**GIRLS FINAL CONFERENCE STANDINGS**

3) Ellington 105 Record (18-4)

**BOYS FINAL CONFERENCE STANDINGS**

1) Ellington 35 Record (22-0)

**GIRLS VARSITY - 5K**

**Ellington** #3 Team 1:52:28  
Allison Landry (21:25), Katherine Tautkus (21:46), Courtney Payzant (22:42), Molly Maciolek (22:56), Jennifer Bergeron (23:37), Jessica Miller (23:45)

**BOYS VARSITY - 5K**

**Ellington** #1 Team 1:23:58  
Alec Carlson (16:05), Chris Kelleher (16:44), Mark Szafir (16:46), Andrew Sullivan (16:50), Ken Sitek (17:32), Lucas Smith-Horn (18:28), Zack Zwiesler (18:48)

2005

**CONNECTICUT CROSS COUNTRY  
CONFERENCE CHAMPIONS**

**North Central CT Conference**

**Ellington BOYS #3 Team**

**Central CT Conference**

**Sarah Forzley (S. Windsor)  
Individual Girls Champion**

**CENTRAL CT CONFERENCE (CCC)  
NORTH DIVISION  
XC CHAMPIONSHIPS  
Wickham Park October 20, 2005**

**GIRLS - 5K**

**Manchester** #3 Team 80 Pts  
Alissa Watson (20:29), Mary Bugby (20:32), Jordan Smith (22:01), Julie Maas (22:14)

**East Hartford** (Not enough runners to score)  
Joy Osahon (20:21), Karina Johnson (21:03), Kathryn Vollinger (23:11), Taneka Stewart (26:13)

**BOYS - 5K**

**Manchester** #4 Team 80 Pts  
Colby Welch (17:01), Justin Metheny (17:42), Dave Krinjak (17:46), Scott Perkins (17:58), Josh Miller (18:04), Tyler Gauruder (18:40), Paul Sullivan (18:53)

**East Hartford** #5 Team 124 Pts  
Team Members: Jordan Dailey, Chris Cole, Dan Lemire, Steve Fukuda, Omar Cattan, Bryant Meghee (TNA)

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**CIAC DIVISION "SS"  
XC CHAMPIONSHIP  
Wickham Park October 29, 2005**

**GIRLS - 4K**

**Ellington** #7 Team 1:35:14  
Allison Landry (18:04), Katherine Tautkus (18:46), Jennifer Bergeron (19:12), Courtney Payzant (19:13), Jessica Miller (19:59), Emily Fetko (20:05), Taylor Maciolek (20:22)

**BOYS - 5K**

**Ellington** #1 Team 1:25:59  
Alec Carlson (16:15), Mark Szafir (17:07), Andrew Sullivan (17:23), Christopher Kelleher (17:27), Kenneth Sitek (17:47), Zachary Zwiesler (18:25), Lucas Smith-Horn (18:33)

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**CIAC DIVISION "LL" XC CHAMPIONSHIP**  
**Wickham Park October 29, 2005**

**GIRLS - 4K**

**Manchester** #8 Team 1:28:25  
 Mary Bugbee (16:48), Alissa Watson (16:56), Jordan Smith (17:41), Julie Maas (18:07), Amy Pearl (18:53), Emily Petry (19:25), Meganmoyer Jackson (19:49)

**East Hartford** No Team Score  
 Joy Osahon (16:37), Karina Johnson (17:01), Taneka Stewart (21:17)

**BOYS - 5K**

**Manchester** #9 Team 1:29:14  
 Colby Welch (16:56), David Krinjak (17:47), Scott Perkins (17:59), Justin Metheny (18:11), Josh Miller (18:21), Paul Sullivan (18:33), Tyler Gauruder (19:41)

**East Hartford** #21 Team 1:41:43  
 Christopher Cole (20:04), Jordan Dailey (20:07), Steven Fukuda (20:18), Daniel Lemire (20:20), Omar Cattan (20:54), Duy Nguyen (21:01), Bryant McGhee (22:51)

**CIAC STATE OPEN**  
**XC CHAMPIONSHIP**  
**Wickham Park November 4, 2005**

**GIRLS - 4K**

**Manchester** #18 Team  
 Alissa Watson (16:41), Mary Bugbee (17:08), Jordan Smith (18:05), Amy Pearl (18:15), Julie Maas (18:32), Emily Petry (19:33), Megan Moyer (19:42)

**BOYS - 5K**

**Ellington** #13 Team TNA  
 Alec Carlson (15:58), Christopher Kelleher (17:19), Kenneth Sitek (17:41), Mark Szafir (17:45), Lucas Smith-Horn (19:15), Zachary Zwiesler (19:22)

**Manchester** #14 Team TNA  
 Colby Welch (18:06) in a very physical race that resulted in a few blood-spattered racers, including Colby

**COACH'S CORNER: WINTER CYCLING by Barry Stoner**

I know that Silk City is primarily a running club but some runners do like to cross train. If you are a single sport person you should consider adding at least one other activity to improve your body and thereby improve your running. Consider these choices: walking, swimming, skiing, weight training and cycling among other activities. Of course, if you are an elite runner, I must admit that although some cross training is beneficial, your main focus should be the running regimen. But I digress, this Coach's Corner is about winter cycling.

Why winter cycling when the roads are generally lousy due to the weather? Well, if you feel this way, you are missing out on some significant opportunities to ready yourself for the good riding season. Riding outdoors, through out the winter, is an important training technique for keeping your legs ready to ride strong and efficiently in season. A word of caution is needed here. Should you be a beginning cyclist, I strongly recommend that you do not start your cycling on the winter roads; I have a much safer suggestion for you. That is to get yourself a trainer (a stationary device to hold your bike) and spin indoors. Spinning is the term used to ride on a trainer. Spinning can be incredibly boring but on some very bad weather days this may be your only option for exercise (unless you have access to an indoor pool or track or are an avid snow enthusiast.) You can relieve some of the spinning boredom by listening to music or by watching TV. Cycling, like running or any sport, requires practice and attention to using the proper technique. The saying "time on the bike" needs to be interjected here. How can you get the practice or "time on the bike" if you put your bike away for the winter?

An important consideration for riding in the winter is to use a mountain bike in place of the road bike. This is because the mountain bike is far more stable and far less likely to go down due to winter sand on the roads. If you only have a road bike, I would then defer to staying with the indoor trainer. Another tip, you can rely upon to gain the sought after riding advantage, is to limit your time out there to about one hour. Dressing warmly is a must but limiting your time to one hour still has significant riding advantages without freezing while doing it. Happy cycling!

## RACE CALENDAR

	Date	Time	Race	Place	Contact	Telephone
Sa	Dec 3	Noon	Jingle Bell 5K	Litchfield	Will Graustein	860-485-1506
Sa	Dec 3	9:30 AM	16th Jingle Bell Run 5K	Trumbull (Nichols Green)	Tom Kulhawik	203-337-6132
Su	Dec 4	10:00 AM	Woodstock Football 5K	Woodstock	Rosalind Park	860-779-3248
Su	Dec 4	Noon	27th Santa's Run 3.5M	Glastonbury H.S	Bill Engle	860-652-7679
Su	Dec 4	1:00 PM	26th Pearl Harbor Masters 5.1M	Waterford (VFW)	Ron Bugbee	860-444-5881
Su	Dec 11	10:00 AM	21st Christmas Run for Children 5K	New Haven	John Bysiewicz	203-481-5933
Sa	Dec 17	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	Will Graustein	860-485-1506
Su	Dec 25	10:30 AM	Scrooge Scramble 5K	Rockville (Cornerstone)	Joan Powers	860-875-0538
Su	Jan 1	10:00 AM	Silk City Champagne Run	Ellington, CT	Betty Cannella	860-872-5903
Su	Jan 8	1:30 PM	14th Snow Dash 3.05M	E. Hartford (E.Hart. Golf Course)	Jim Uhrig	860-282-8240
Su	Jan 8	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace)	Roger Camire	860-536-8175
Su	Feb 26	1:00 PM	32nd Sugarloaf D.H.Jones 10M	Amherst, MA (Regional Jr H.S.)	Jim Plaza	413-259-1469

## WINTER/SPRING 2005 MARATHON CALENDAR

**Lots of local races and some nice Winter Get-Aways**

**with Link to Marathon Guide Home Page - Website, Email Contact, Race Director, Phone, etc.**

DATE	RACE (with Link)	PLACE	NOTES
December 4, 2005	<a href="#">Las Vegas Marathon</a>	Las Vegas, NV	Now runs up The Strip
January 8, 2006	<a href="#">Disney World Marathon</a>	Orlando, FL	Sold out for 2006
January 15, 2006	<a href="#">Bermuda Marathon</a>	Hamilton, Bermuda	
January 29, 2006	<a href="#">Miami Tropical Marathon</a>	Miami, FL	
February 5, 2006	<a href="#">Mardi Gras Marathon</a>	New Orleans, LA	Fundraiser for Hurricane Katrina Relief
February 5, 2006	<a href="#">Ocala Marathon</a>	Ocala, FL	
February 18, 2006	<a href="#">Myrtle Beach Marathon</a>	Myrtle Beach, SC	
February 26, 2006	<a href="#">Bank of America Marathon</a>	Tampa, FL	
February 26, 2006	<a href="#">Hyannis Marathon</a>	Hyannis, MA	
February 26, 2006	<a href="#">Hudson Mohawk Marathon</a>	Albany, NY	
March 5, 2006	<a href="#">B&amp;A Trail Marathon</a>	Severna Park, MD	
March 12, 2006	<a href="#">Lower Potomac River Marathon</a>	Piney Point, MD	
March 12, 2006	<a href="#">Virginia Creeper Marathon</a>	Abingdon, VA	
March 19, 2006	<a href="#">Shamrock Sportsfest Marathon</a>	Virginia Beach, VA	
March 25, 2006	<a href="#">National Marathon</a>	Washington, DC	NEW*
March 26, 2006	<a href="#">More Marathon</a>	New York, NY	For Ladies Age 40+ Only
March 26, 2006	<a href="#">Ocean Drive Marathon</a>	Cape May County, NJ	
April 8, 2006	<a href="#">Ocean City Maryland Marathon</a>	Ocean City, MD	
April 17, 2006	<a href="#">Boston Marathon</a>	Boston, MA	
April 29, 2006	<a href="#">Triple Crown Trail Marathon</a>	Newark, DE	
April 29, 2006	<a href="#">Kentucky Derby Festival Marathon</a>	Louisville, KY	Run through Churchill Downs
April 30, 2006	<a href="#">Frederick Marathon</a>	Frederick, MD	
April 30, 2006	<a href="#">New Jersey Marathon</a>	Long Branch, NJ	
May 7, 2006	<a href="#">Long Island Marathon</a>	East Meadow, NY	
May 7, 2006	<a href="#">Race of Champions Marathon</a>	Holyoke, MA	
May 21, 2006	<a href="#">Car-a-Mile Marathon</a>	Somerset County, NJ	NEW* - Win a 1 year auto lease
May 21, 2006	<a href="#">Delaware Marathon</a>	Wilmington, DE	
May 28, 2006	<a href="#">Vermont City Marathon</a>	Burlington, VT	Register Early - Always sells out
May 28, 2006	<a href="#">Buffalo Marathon</a>	Buffalo, NY	



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**“Run of the Year - 2005”**

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**MaryLou White -- “Seattle Half Marathon”**

When I first got the email requesting info on my best run of the year I would have had to say it was the Ghost Run on the Airline Trail in late October. It was 13.8 miles that started in Hebron and ended in East Hampton. I was flat and scenic (with a beautiful bird sanctuary) and I won in my "new" age division. Who could ask for more than waiting around for two hours after the race and then receive a bright yellow t-shirt as a first place prize. I ran faster than I ever had before for a half marathon plus distance, and I was on top of the world.

My feelings changed when I flew to Seattle Thanksgiving weekend and ran the Seattle Half-Marathon. I had a my own personal pacer, my son Richard, and the sun was shining on race morning in a usually rainy city. The course had views of the water, sections that ran through a densely forested park, a view of the Space Needle, and the finish line was in the Seattle Seahawks football stadium. Little did I know how hilly the course really was. I didn't run my fastest time ever and I didn't place in my age division but I was pushed and encouraged beyond my expectations. I realized that day that running is not always a solitary sojourn but can be a memory that means more when shared with someone special. Seattle will be a run that stays with me forever. A special thanks to Richard for showing me that it's not always about winning.

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**Art Byram -- ZZZAP!!! BOOOM !!! -- [www.TheRunningLog.com](http://www.TheRunningLog.com) entry -- Date: 7/27/2005 -- Distance 5.238 -- Time 43:54 -- Shoes NB 900 -- SCS Group run, Started out in humidity Hell then found myself baptized by 948,000,232,654 buckets, as the pent up agua came a crashing down.**

My favorite run this year was on the same route that the club runs every Wednesday. It was run with some of the usual suspects too, (but mostly just the crazy ones). The thing that made this run out of the ordinary was the weather. A group of about 6 of us started out from Bennett Middle School at 5:15 PM. July 27<sup>th</sup> was one of those true dog days where the humidity was so overbearing that one was forced to drink the air, sipping it in small mouthfuls so as not to scald the throat. On days like this, most “normal” people, even some runners, look at runners as truly crazy, as it was much too hot for most people to walk from their air conditioning to their cars, and here we were running.

As we entered the park, the sky turned a weird and foreboding dark color. As we passed by the first ballfield, it started to rain. As we came out of the park the sky really opened up. The wind started blasting and a hot rain pelted us. As we did our loop, the storm intensified as a cold front came through. The hot rain turned cool. This storm relieved our formerly overheated bodies and it was like running through the fountain of youth. And then there was the lightning. Did I mention the lightning?

The sky exploded in bold flashes offering us vivid, yet temporary views of our path through the woods. The staccato of thunder would have drowned out the sounds of our footsteps had the roar of the rain not already done so. We were all so sick of the heat that this severe contrast was just what we needed to ease our minds. It was a wild electrifying night, a great night to be alive, and to run.

**Editor’s Note:** Sometimes the “Run of the Year” is not the “best” but simply the “most memorable.”

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## Bill Schwarz & Deb Thurston -- The Army 10 Miler / 11.2 Miler

From the Race Director: I would like to thank every runner for their adaptability and patience on race day. Based on recommendations from DC Metro Police the race route was changed on Oct 2, 2005 (During The Race!) due to security concerns. At 8:02AM DC Metro identified a suspicious package on the 14th Street Bridge under the HOV lanes. Race officials decided to re-route runners at Mile Marker 7 (Independence and 14th Street area). The DC Metro Explosive Ordnance Unit investigated the package and cleared the package at 8:55AM. Race Officials made this course change so runners could complete the run and spectators could participate in a safe and secure manner. This route change afforded everyone involved proper recovery to include: security, water, food, and medical support. Because the course was modified the official race was declared a recreational run and was not scored. We estimate that the recreational run distance was 11.2 miles. We are very proud of our interagency partners and we applaud everyone's cooperation on race day. Many Thanks.

Bill's Comments: We were supposed to run in those HOV lanes. So, we burned a few extra calories, to most people's displeasure as you can imagine.

Joan's Comments: Deb took a fall at 8 miles and sustained a probable rotator cuff injury. She managed to finish, but not without a brief visit to the medical tent. Her Father's daughter!!

### [TIME TO RENEW YOUR MEMBERSHIP](#)

(Click above to Link to the 2006 Membership Application)

It's time to renew your Silk City Striders Membership for 2006. Dues are \$12.00 for a single membership, and \$15.00 for a family membership. In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. For those of you already receiving a paper copy - a 2006 Membership Application has been enclosed with this Newsletter. Thank you.

## SILK CITY STRIDERS 2005 AWARDS BALLOT

### "Rookie of the Year"

Awarded to a current SCS member, male or female, with less than 3 years experience including the award year, one award per year, outstanding improvement, most improved beginner.

- |  |   |
|--|---|
| <input type="checkbox"/> Steve Henry   | <input type="checkbox"/> Sue Potter       |
| <input type="checkbox"/> Ben Witkowski | <input type="checkbox"/> Jessica Thurston |
| <input type="checkbox"/> _____         | <input type="checkbox"/> _____            |

### "Best Comeback"

Awarded to a current SCS member, male or female who has recently returned to competitive running after a layoff due to some type of set-back or injury.

- |   |  |
|---|--|
| <input type="checkbox"/> AnnMarie DeMonte | <input type="checkbox"/> Bill Schwarz    |
| <input type="checkbox"/> Maura McGuire    | <input type="checkbox"/> Barry Stoner    |
| <input type="checkbox"/> _____            | <input type="checkbox"/> Mark Turkington |
|   | <input type="checkbox"/> _____           |

### "Most Improved" Male & Female

Awarded to a current SCS member, with more than 3 years prior competitive running experience since the beginning of the award year, showing significant improvement during the last year, # of PRs, variety of PRs, dramatic increase in mileage or length of races, etc.

- | <u>Male</u>                           | <u>Female</u>                           |
|---------------------------------------|---|
| <input type="checkbox"/> Bill McGugan | <input type="checkbox"/> Keron Smith    |
| <input type="checkbox"/> Andre Mesnil | <input type="checkbox"/> Bekkie Wright  |
| <input type="checkbox"/> Jay Seney    | <input type="checkbox"/> Linda Yamamoto |
| <input type="checkbox"/> Ed Steele    | <input type="checkbox"/> _____          |
| <input type="checkbox"/> _____        |   |

These nominations are just suggestions ... write-ins are welcome. Please send your completed ballots to Bekkie Wright, 40 Spruce St, Manchester, CT 06040, send to Art Byram with your Membership Renewal, or email selections to [webmaster@silkcitystriders.org](mailto:webmaster@silkcitystriders.org). Thank You.

**DEADLINE FOR NEXT NEWSLETTER: January 31, 2006**