INSIDE STRIDES

Silk City Striders - Manchester, Connecticut www.SilkCityStriders.org

SILK CITY STRIDERS -- 2006 EVENT CALENDAR

JUNE - Lake Terramuggus Sprint Tri Training Series.....Thursday Nights - June 15 & 29

JULY - Wickham Park Cross Country Series .....Monday Nights - 10, 17 & 31
Lake Terramuggus Sprint Tri Training Series..... Thursday Nights - July 13 & 27
Summer Picnic..... TBA

AUGUST - Johnny Kelley Ocean Beach Run & Picnic ..... Saturday, August 5
Wickham Park Cross Country Series .....Monday Nights - 7 & 21
Lake Terramuggus Sprint Tri Training Series..... Thursday Nights - August 10 & 24

SEPTEMBER - Nikki's Run Walk 'N' Roll ..... Sunday, September 10
Fred Brown Lake Winnipesaukee Relays..... Saturday, September 23

OCTOBER - Halloween Pot Luck Supper ..... Saturday, October 28

NOVEMBER - New York City Marathon Excursion..... Sunday, November 5
Parker Holt 5K (PACE Race)..... Sunday, November 12
Know Your Pace Race..... Saturday, November 18
Manchester Road Race ..... Thursday, November 23

DECEMBER - Silk City Holiday Open House .....Sunday Afternoon following Santa's Run in Glastonbury

Silk City Strider - Top 3 Finishes:

Ernest Andre Dowdy 10K	Keron Smith #1
Newington Library 5K	Keron Smith #1
Bloomfield Memorial Day 3M	Keron Smith #2
Race for the Cure 5K	Tom Geer #2
Bolton Road Race 5M	Jay Seney #2
Bolton Road Race 5M	Ned Kennedy #3
Willington PTA 5K	Neal Liebowitz #2
Mother's Day Dash 5K	Linda Yamamoto #3

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2006 BOARD OF DIRECTORS

Officers

CCO*:	Bekkie Wright	(860) 533-1557
Vice President:	Betty Cannella	(860) 872-5903
Treasurer:	Art Byram	(860) 430-1072
Secretary:	John Sloan	(860) 643-6123

* Chief Communications Officer

Board Members

Sue Leslie	(860) 644-1804
Andre Mesnil	(860) 647-1574
Karen Saunders	(860) 643-9125
Ed Steele	(860) 649-1541
MaryLou White	(860) 512-0007

Uniforms & T-Shirts

Sue Leslie (860) 644-1804

WebMaster

Bill Schwarz (860) 643-4096

Newsletter

Staff: Bekkie Wright – Editor
Karen Saunders – Editor Emeritus
Jim Best – Race Calendar
Barry Stoner – Coach's Corner
Jamie McDermott – Nutrition Nook
Art Byram – State-of-the-Art

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Manchester Community College
We will continue to meet in Lot C,
near the Great Path entrance.

Wednesday Evening Funs Runs - 5:15 pm
NEW LOCATION beginning mid-June*
Mt. Nebo Parking Lot - Spring Street
Come join us for the Spring Street Loop.
Runs of 4 – 8 miles are available.
NOTE: Bennet Middle School will be undergoing renovations for the next two years.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Cristiano Gloria	Glastonbury
Terry Voytek	Glastonbury

GLASTONBURY PARKS & REC
SUMMER FUN RUNS
Starting Tuesday, June 27 - 6:50 pm
Buttonball Lane School

Grab your sneakers and run some extra miles this summer. Children run for one mile around school grounds. Adult courses are 2.4 and 3.5 miles in length in the Buttonball Lane area. Register at Buttonball Lane School starting at 6:30 for the 6:50 start time. Divisions include male and females 35 & up, 19-34, 15-18, 13-14, 10-12, 7-9, 6 & under. **Tuesday evenings, June 27, July 11, 18 & 25; August 1, 8 & 15. FREE**

Please Note: The **"Town Of Glastonbury" Summer Racing Series** sponsored by the Chamber of Commerce returns for 2006 with a **5K, 10K & 10M Series of Races on Saturday, July 22, July 29, & August 5**. *The GSRS application is available on our website, and attached to this newsletter to those who don't have web access.*

OTHER CLUB RUNS

Tuesday Evening Funs Runs - 5:30 pm
Martin Elementary School
Casual 3-5 Mile Run.

Thursday Track Workouts - 6:00 pm
Manchester High School
Join us at Manchester High School for Track Workouts for runners of all abilities.

SUMMER PICNIC
BLISH PARK - LAKE TERRAMUGGUS
Marlborough, CT
Mid-July
DATE TO BE ANNOUNCED

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

Silk City will reserve the Pavilion at Blish Park from 1:00 – 6:00 pm. A 5K group run around the Lake will kick off the event at 1:30 pm.

Park in the main lot on Park Road. If you bring your kayak or canoe, you'll want to drop it off at the Boat Launch at the end of Lake Road.

Directions to Blish Park – Lake Terramuggus
From North
Take Route 2 East to Exit 12 (West Road). The Commuter Lot is on your left at the bottom of the Ramp next to the Citgo Station.

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

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

WICKHAM PARK
SUMMER CROSS COUNTRY SERIES

Sponsored by:
The Journal Inquirer — Wickham Park
The Silk City Striders — The Outback Steakhouse

Dates: **Mondays Nights at Wickham Park**
July 10, 17 & 31
August 7, 21

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

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

Entry fees: $3.00 (13 and under)
$10.00 series pre-registration

$4.00 (14 and up)
$15.00 series pre-registration

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

Age Groups:
Boys and Girls
1 Mile Race – 9 and under, 10-11, 12-13

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

Age: Based on Age as of July 10, 2006

For More Information contact:
Mike Bendzinski (860) 649-6426

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

3rd Annual Bobby's Run

Saturday, May 22, 2006

Northeast School, Vernon, CT

It was another beautiful day, for running and remembering. Thanks to everyone who participated in and volunteered at the 3rd Annual Bobby's Run. Thanks to Lisa Bonadies for supplying the Poland Springs Water, and to Sue Leslie for Course Marking and Refreshments; Art Byram for Course Set-up; Joan Schwarz for Registration, Ed Steele and Bill Schwartz for Timing; John Sloan for Water Stop set-up; Joyce Thorner, Karen Saunders and Dave Cass for staffing the 2 Water Stops; Barry Stoner and John Salcius for course monitoring, and Andre Mesnil and Rick Chromick for pre-race set-up.

Scott Freeman + Russ Blatt

Debra Fraser

Race Results

	Name		Time	Net Time
1	Russell	Blatt	53:19	
2	Scott	Freeman	53:20	
3	Rene	Charland	55:12	
4	Brent	Terry	56:46	
5	Bruce	Guigere	59:39	
6	Bill	McGugan	1:00:19	
7	Peter	Briggeman	1:00:55	
8	Eddie	Gorecki	1:01:54	
9	Debra	Fraser	1:01:55	
10	Michael	Dolen	1:02:51	
11	Linda	Yamamoto	1:03:23	
12	Norm	Cormier	1:03:24	
13	John	Bartolomei	1:04:30	
14	John	Sloan	1:05:57	
15*	Art	Byram	1:06:24	59:24
16	Richard	Chavez	1:08:56	
17	Terry	Voytek	1:09:03	
18	Megan	Connolly	1:12:09	
19	James	Connolly	1:12:22	
20	Andre	Mesnil	1:12:36	
21	Keith	Morgan	1:13:03	
22	Pat	Mariano	1:13:03	
23	Liz	O'Donnell	1:15:53	
24	Suzanne	Brown	1:17:01	
25	Thomas	Brown	1:17:04	
26	Neal	Breen	1:18:08	
27**	Michael	Golden	1:25:18	1:10:12
28	Marj	Haas	1:50:37	

* Started 7 Minutes Late
** Started 15 Minutes Late

RACE RESULTS

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

LIONS COMMUNITY RACE - 5K & 10.5 Miles
East Haddam, CT April 2, 2006

5K

Michael Munroe	**#6M; #1 M40-49**	20:30

10.5M

Joan Munroe	**#5F; #2 F50-59**	1:31:52
MaryLou White	**#6F; #3 F50-59**	1:36:43

ERNEST ANDRE DOWDY 10K
Hartford, CT April 9, 2006

Keron Smith	**#1F; #4 Overall**	46:32

BRIAN'S BEACHSIDE BOOGIE DUATHLON
Madison, CT April 10, 2006
2 mile run, 12 mile mountain bike, 2 mile run

Dean Bolt		1:11:09
Janit Romayko	**#1 F60-64**	1 1:31:26
MaryLou White	**#3 F50-64**	1 1:36:48

NORTHERN NIPMUCK 16 MILE TRAIL RACE
Bigelow Hollow, CT April 15, 2006

Aaron Flamino	**#8M**	2:20:56
Tim Blinn		3:16:49
Bill Metzger		3:37:17

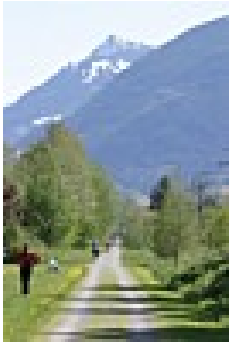
SIMSBURY RIVER RUN 5K & 10K
Simsbury, CT April 30, 2006

5K

Mike Tartar	**#4M; #1M30-39**	18:03
Steve Morse	**#10M; #2 M50-59**	19:08
Clint Driscoll		23:10

10K

Dale Toce		41:08
Barry Stoner		57:38
Debbie Thurston		1:02:47



MT. SI ULTRAS 50K & 50M
Snoqualmie, WA April 23, 2006

50K

MaryLou White	**#5F; #1 F50-59**	5:21:43

50M

Rich White (MaryLou's son)		9:39:01

SEASIDE SHUFFLE 5M
Old Saybrook, CT April 29, 2006

Joan Munroe	**#1 F50-59**	39:48

GLASTONBURY RIVER RUN 5k
Glastonbury, CT April 30, 2006

Ellie Lowell	**#2 F50-59**	25:08

SEVEN SISTERS TRAIL RACE - 12 Miles
Amherst, MA May 5, 2006

As Barry Stoner can attest, the trail is poorly marked. A group of about 30 runners got lost, and we meandered for about half and hour until we found the right trail. It was a fun race, and conditions were very good. And, by the way, the group of runners that I was with also got lost on the way back !!

Bob Niedbala 4:20:43

JOG WITH JUDY 5K
Woodstock, CT May 7, 2006

Ellie Lowell	**#2 F50-59**	24:35

GRANBY 10K
Granby, CT May 7, 2006

Steve Morse	**#9M; #1 M50-59**	40:49
Steve Henry	**#10M; #3 M20-29**	40:50
Dale Toce	**#11M**	41:29
John Yavis		1:09:49

CT RACE IN THE PARK 5K
New Britain, CT May 13, 2006

Women's 5K

Ellie Lowell	**#3 F50-59**	24:27
Terry Voytek		24:38
Bekkie Wright		25:48
Sue Leslie		26:33
Maura McGuire		32:11
Joyce Thorner	**#15 Survivor**	32:11
Pat DeSimone		33:42

Men's 5K

Dean Bolt		20:59

VERNON MOTHER'S DAY DASH 5K
Vernon, CT May 8, 2006

Aaron Flamino	**#4M; #3 M30-39**	17:19
Steve Morse	**#9M; #1 M50-59**	18:49
Ned Kennedy	**#2 M40-49**	18:58
David Bendzinski	**#2 14 & under**	19:34
Mike Bendzinski	**#2 M50-59**	19:56
Linda Yamamoto	**#3F; #2 F19-29**	20:12
Dan Kennedy		21:54
Ginny Welch	**#7F; #1 F40-49 *PR**	22:04
Ed Steele		22:22
Dani Kennedy		23:12
Norlean Litwinka		25:21
Jill Ramos		25:58
Sue Leslie	**#2 F50-59**	26:07

Dan & Dani Kennedy took 3rd place in the Mother/Son division. Congratulations everyone!

BISHOP'S FUND 5K
West Hartford, CT May 20, 2006

John Paggioli	**#5M; #2 M40-49**	18:39
Dean & Kathleen Bolt		29:15

SOAPSTONE CHALLENGE 14.5 MILER
Stafford, CT May 21, 2006

Tim Blinn	2:19:19
Linda Yamamoto	2:26:44
Keith Morgan	3:06:31

BLUFF POINT TWILIGHT TRAIL RUN 7.4 M
Groton, CT May 19, 2006

It rained during the whole race ... and there was MUD ... plenty of mud ... and slippery rocks.

Bob Niedbala	1:05:30

BOLTON ROAD RACE 5M
Bolton, CT May 20, 2006

Jay Seney	**#2M; #2 M40-49**	31:35
Ned Kennedy	**#3M; #3 M40-49**	31:56
Steve Henry	**#4M; #1 M18-29**	32:07
Jim Tharp	**#6M**	32:46
Matt Butwill	**#2 M30-39**	36:17
Daria Vander Veer	**#4F; #3 F30-39**	36:56
Dani Kennedy	**#5F; #2 F40-49**	39:10
Matt Wynne	**#1 M50-59**	42:06
MaryLou White	**#9F; #1 F50-59**	44:07

SHAMROCK DUATHLON
Glastonbury, CT May 21, 2006

5K Run – 28 M Bike – 5K Run

Dean Bolt	**#2 M50-54**	1:42:07
John Salcius	**#2 M60-64**	2:04:44
Barry Stoner		2:11:52
AnnMarie DeMonte	**#1 F65-59**	2:23:31
MaryLou White	**#2 F50-54**	3:00:57

"ED BURNHAM" VFW 4K
Willimantic, CT May 21, 2006

Ellie Lowell	**#5F; #1 F50-59**	20:22

NEWINGTON LIBRARY 5K ROAD RACE
Newington, CT May 21, 2006

Keron Smith	**#1F**	22:07
Joan Munroe	**#5F; #1 F50-59**	24:28

RUNNERS IN SUPPORT OF EDUCATION
North Stonington, CT May 27, 2006

Bob Niedbala		31:45

WILLINGTON PTA 5K
Willington, CT May 27, 2006

Neal Liebowitz	**#2M**	18:15

BLUE ONION 10K
Hartford, CT May 28, 2006

5K

Steve Morse	**#4M; #1M50-54**	19:05
Sue Leslie	**#1 F55-59**	26:16

10K

Mike Tartar	**#4M; #1 M35-39**	36:42
Matt Butwill		43:49
Keron Smith	**#7F; #3 F30-34**	45:22
Clint Driscoll		48:29
Andy Zyrek		57:11

SLICKER N' HOG SNOT TRAIL RACE 5M
Southbridge, MA May 28, 2006

MaryLou White	**#2 F40-59**	45:45
Janit Romayko	**#1 F60+**	51:01

BLOOMFIELD MEMORIAL DAY 3 Mile Race
Bloomfield, CT May 29, 2006

Keron Smith	**#2F; #1 F30-39**	21:59
Dean Bolt		23:10

RACE FOR THE CURE 5K
Hartford, CT June 3, 2006

5K

Tom Geer	**#2M**	16:42
Clint Driscoll		23:44
Bekkie Wright		26:24
Sue Leslie		26:53
Joyce Thorner	**#16 Survivor**	31:43
Pat Saimond	**#25 Survivor**	#36:58

Kid's 100M Dash

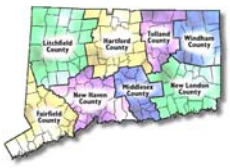
Lindsey Thurston
Jessica Thurston

LAUREN'S RUN 5K
Cromwell, CT June 3, 2006

Betty Cannella	26:34

IRON HORSE HALF MARATHON
Simsbury, CT June 4, 2006

Keron Smith	1:44:58
Clint Driscoll	1:50:57
Rick Chromik	1:54:31
Debbie Thurston	2:17:14



Silk City Striders 8 County Challenge

At Least Three (3) Counties Completed as of 6/1/2006

Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

		Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Steve	Henry	X		X					X
Joan	Munroe	X					X		X
John	Sloan								
Jim	Tharp	X		X					X
MaryLou	White	X	X		X		X		X

SPRING MARATHON CORNER

ZURICH INTERNATIONAL MARATHON
Zurich, Switzerland April 9, 2006

Clint Driscoll	3:50:10

Joan, Cristiano & Bob Celebrate at Boston

110th BAA BOSTON MARATHON
Hopkinton to Boston, MA April 17, 2006

"Congratulations" to all the runners and "Thank You" to Barry Stoner, who volunteered at the Finish Line.

Scott Freeman	3:03:07
Christiano Gloria	3:03:54
Joe Kidder	3:14:40
Bill Gaghan	3:28:48
Bob Niedbala	3:51:35
Joan Munroe	3:56:39
John Paggioli	3:58:00
Bekkie Wright	4:13:08
Bill Schwarz	4:13:11
Andre Mesnil	4:32:30

WALTER CHILDS MEMORIAL RACE OF CHAMPIONS MARATHON
Holyoke, MA May 7, 2006

Jay Seney	**#6M; #2 M40-49**	3:08:06
Ed Steele		3:45:08
Jim Best	**#2 M60-69**	4:25:43
Andre Mesnil		4:37:05

NIPMUCK MARATHON
Ashford, CT May 28, 2006

Ed Steele	5:50
Jim Best	6:22

MED CITY MARATHON
Rochester, MN May 28, 2006

John Sloan	~23 Miles	3:59:47
Bekkie Wright	~28 Miles	5:08:42

On the advice the directors of the Mayo Clinic Sports Medicine, the race was called off 3 1/2 hours into the marathon to "keep people safe." All runners were directed onto a shortcut to the Finish just before Mile 22. John completed the shortened course in just under 4 hours. Bekkie also initially took the "detour" but decided to backtrack and complete the full marathon course resulting in a run of ~28 Miles in just over 5 hours.

Thanks to our "secret weapons" Lynn & Tom Sloan for providing extra cold water, ice and Propel Fitness Water out on the course to keep us from becoming casualties in the 95 degree heat.

Mike

Ginny

Jill

KEYBANK VERMONT CITY MARATHON
Burlington, VT May 28, 2006

Scott Freeman	**#2 M45-49** **#7 Master**	2:56:57
Jay Seney		3:09:48
Mike Benzinski		3:16:04
Ginny Welch		3:56:34
Jill Ramos		5:37:58

NOTE: Drew Best was reportedly in the Top 5 before he was forced to retire at the 20 Mile Mark.

Art Byram & Cristiano Gloria
"Summer Assault on Battery" 3:11:29
#7 two-person Men's Open Team
#56 of 1040 Teams Overall

2006 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS

Selected Top 10 & Relay Results

http://www.mysportsresults.com

ELLINGTON HIGH SCHOOL -- Aaron Flamino - Co-Coach, Andrew Cannella - Team Member

MANCHESTER HIGH SCHOOL -- Colby Welch is the only Silk City Strider on the MHS team, however, selected results for MHS runners have also been provided since many of you know these runners.

MANCHESTER MIDNIGHT INVITE
Manchester High School May 6, 2006

MANCHESTER GIRLS

4x100 Shuttle Hurdle	**#2 Team**	1:16.36
4x200 Relay	**#2 Team**	1:49.79
4x400 Relay JV	**#2 Team**	4:48.02
800 Sprint Relay	**#6 Team**	2:00.95
1600 Sprint Relay	**#2 Team**	4:26.12
2800M Medley JV	**#4 Team**	9:23.77
400 Distance Relay	**#3 Team**	13:32.59
400M Hurdles	Yolanda Jackson - #4	1:12.92
	Patrice Gallup - #6	1:17:55
3200M Run	Alissa Watson - #5	12:08.44
	Emily Petry - #9	13:29.92
High Jump	Kristina Kenyon - #6	4-08
Long Jump	Sabrina Morrett - #4	16-04
	Grace Boaffowaa - #8	15-01
Shot Put	Leanne Crockett - #1	*38-09
	Debra Crockett - #4	30-00
	Anjee McNary - #10	25-06
Discus	Leanne Crockett - #1	115-02
	Debra Crockett - #2	94-06

MANCHESTER BOYS

4x110 Shuttle Hurdle	**#1 Team**	1:10.87
4x200 Relay	**#3 Team**	1:37.83
4x400 Relay JV	**#1 Team**	3:40.92
800 Sprint Relay	**#3 Team**	1:38.49
1600 Sprint Relay	**#1 Team**	*3:37.22
2800M Medley JV	**#5 Team**	7:46.05
400 Distance Relay	**#5 Team**	11:19.11
4x1600 Mixed Relay	**#7 Team**	21:53.99
	Team Member: **Colby Welch**	
400M Hurdles	Anthony Solano - #2	58.25
	Connor Malick - #6	1:01.91
Long Jump	Mike Hartfield - #5	20-03
High Jump	Tim Peters - #6	5-06
Shot Put	Thomas Kenney - #2	*49-00
	Levi DeValve - #3	45-09
Discus	Rafael Ratzel - #1	161-08

*Broke Meet Record

EDITOR'S NOTE: May 17, 2006: During the 2006 Season, Colby Welch broke the MHS Freshman 1 Mile record by 8 seconds with a time of 4:40. He also broke the MHS freshman 2 Mile record with a time of 10:15.

See next 3 pages for Colby's results in the 3200 at the JI Meet, CCC Division Meet, and Class "LL" Championships.

HARTFORD PUBLIC HIGH SCHOOL OUTDOOR TRACK AND FIELD MEET
New Britain, CT May 13, 2006

MANCHESTER GIRLS

4x100 Relay	**#17 Team**	54.06
4x800 Relay	**#12 Team**	1:09.39
2K SteepleChase	Yolanda Jackson - #11	8:51.70
Shot Put	Leanne Crockett - #4	32-10.25
Discus	Leanne Crockett - #2	119-02
	Debra Crockett - #6	98-10
Javelin	Leanne Crockett - #6	111-00

MANCHESTER BOYS

4x800 Relay	**#4 Team**	8:09.34
Pole Vault	Sam Lourie - #7	12-00
Shot Put	Thomas Kenney - #8	46-01.75
Discus	Rafael Ratzel - #5	135-06

CIAC STATE OPEN
OUTDOOR TRACK & FIELD CHAMPIONSHIPS
Willowbrook Park, New Britain, CT June 6, 2006

NEW ENGLAND BOYS & GIRLS
TRACK CHAMPIONSHIPS
Willowbrook Park, New Britain, CT June 10, 2006

NIKE OUTDOOR NATIONALS
TRACK & FIELD CHAMPIONSHIPS
North Carolina A & T University, Greensboro, NC
June 16-17, 2006

JOURNAL INQUIRER TRACK AND FIELD MEET
Manchester, CT May 20, 2006

ELLINGTON GIRLS
Girls Small Division - Team #6

4x100 Relay	**#4 Team**	52.24
4x400 Relay JV	**#7 Team**	4:57.29
4x400 Relay	**#10 Team**	4:27.50
100M Dash	Amanda Blanchard - #4	13.13
1600M Run JV	Janese Pike - #2	5:56.46
1600M Run JV	Allison Landry - #9	5:35.16
Pole Vault	Samantha Pernal - #10	7-06
Shot Put	Karin Hermansson - #9	27-06

ELLINGTON BOYS
Boys Small Division - Team #3

4x400 Relay JV	**#7 Team**	4:07.56
Team Member:	**Andrew Cannella**	
4x400 Relay	**#12 Team**	3:52.98
4x800 Relay	**#5 Team**	8:31.39
1600M Run JV	Tyler Cleverdon - #3	4:56.04
	Nick Kellner - #6	5:06.74
1600M Run	Alec Carlson - #2	4:29.54
3200M Run	Alec Carlson - #2	9:59.88
	Andrew Sullivan - #5	10:12.98
Javelin	Tyler Cleverdon - #1	157-07

MANCHESTER GIRLS
Girls Large Division - Team #1

4x100 Relay	**#9 Team**	53.68
4x400 Relay	**#1 Team**	4:00.36
4x400 Relay JV	**#6 Team**	4:56.34
4x800 Relay	**#2 Team**	9:53.29
100M Hurdles	Courtney Sims - #2	15.71
300M Hurdles	Patrice Gallup - #6	52.13
	Yolanda Jackson - #9	52.56
100M Dash	Reanna Bennett - #5	13.31
200M Dash	Elsa Millett - #1	26.25
400M Dash	Elsa Millett - #1	57.78
1600M Run	Mary Bugbee - #7	5:30.45
1600M Run JV	Julie Maas - #1	5:56.32
	Emily Petry - #8	6:15.13
	Nicole Morin - #10	6:21.01
3200M Run	Alissa Watson - #4	11:56.80
High Jump	Kristina Kenyon - #7	4-08
Long Jump	Sabrina Morrett - #2	16-02.5
	Becky Reiser - #7	15-00.5
Shot Put	Leanne Crockett - #1	37-02
	Debra Crockett - #4	31.01
Discus	Leanne Crockett - #1	119-06
	Debra Crockett - #2	100-07.5
Javelin	Leanne Crockett - #2	114-02
	Kara Perruccio - #9	83-00

MANCHESTER BOYS
Boys Large Division - Team #1

4x100 Relay	**#4 Team**	45.33
4x400 Relay	**#1 Team**	3:31.25
4x400 Relay JV	**#2 Team**	3:43.55
4x800 Relay	**#2 Team**	8:17.92
110M Hurdles	Anthony Solano - #4	15.97
	Ben AuYeung - #7	17.31
300M Hurdles	Anthony Solano - #1	41.92
	Connor Malick - #7	43.76
100M Dash	Anthony Wilson - #8	12.01
200M Dash	Brice Edwards - #10	24.50
400M Dash	Josh Miller - #1	49.54
	Jacob DeValve - #6	52.41
	Kristian Tedford - #7	52.76
800M Run	Scott Perkins - #9	2:06.39
1600M Run	Dave Krinjak - #7	4:42.88
3200M Run	**Colby Welch - #4**	10:07.18
	Tyler Gauruder - #6	10:27.66
High Jump	Anthony Wilson - #9	5-08
	Tim Peters - #9	5-08
Long Jump	Mike Hartfield - #6	20-04.25
Triple Jump	Mike Hartfield - #3	41-07
Pole Vault	Sam Lourie - #2	11-06
	Bill Gosslin - #7	11-00
Shot Put	Thomas Kenney - #5	44-11
	Levi DeValve - #6	44-03.5
	Rafael Ratzel - #9	42-09
Discus	Rafael Ratzel - #1	161-01.5
	Thomas Kenney - #4	126-01
Javelin	Will Edgington - #3	149.10

CCC OUTDOOR CHAMPIONSHIP TRACK & FIELD MEET
Manchester , CT May 24, 2006

MANCHESTER GIRLS - #2 TEAM

4x400 Relay	**#4 Team**	4:20.1
100M Dash	Elsa Millett - #3	12.07
200M Dash	Elsa Millet - #1	25.04
300M Hurdles	Patrice Gallup - #5	50.6
400M Dash	Mary Bugbee - #4	1:03.8
	Molly Rauscher - $6	1:05.2
800 M Run	Mary Bugbee - #5	2:29.6
	Yolanda Jackson - #6	2:31.3
1600M Run	Alissa Watson - #6	5:51.02
3200M Run	Jenn Lee - #6	13:14.0
High Jump	Kristina Kenyon - #3	4-08
Long Jump	Sabrina Morrett - #4	15-02.5
Triple Jump	Sabrina Morrett - #6	32-06
Shot Put	Leanne Crockett - #1	35-00.5
	Debra Crockett - #6	29-00.0
Discus	Leanne Crockett - #1	127-09
	Debra Crocket - #4	86-01
Javelin	Leanne Crockett - #1	121-04
	Kara Perruccio #4	86-00

MANCHESTER BOYS - #1 TEAM

4x100 Relay	**#3 Team**	44.02
4x800 Relay	**#1 Team**	8:15.4
110M Hurdles	Anthony Solano - #4	16.02
300M Hurdles	Anthony Solano - #2	41.10
100M Dash	Nana Ocran - #1	10.07
200M Dash	Nana Ocran - #1	21.90
	Josh Miller - #3	23.00
400M Run	Josh Miller - #1	49.08
	Jacob DeValve - #4	52.07
	Kristian Tedford - #5	53.02
800M Run	Scott Perkins - #5	2:04.50
1600M Run	Dave Krinjak - #3	4:41.03
3200M Run	**Colby Welch - #4**	10:26.8
	Tyler Gauruder - #5	10:31.6
Pole Vault	Bill Gosslin - #1	11-00
Long Jump	Michael Hartfield - #2	20-04.5
Triple Jump	Michael Hartfield - #4	40-01.5
Shot Put	Levi DeValve - #2	45-05.5
	Thomas Kenney - #3	44-04.75
Discus	Rafael Ratzel - #1	152-09
	Levi DeValve - #5	117-05
Javelin	Will Edgington - #6	129-10

NCCC OUTDOOR CHAMPIONSHIP TRACK AND FIELD MEET
Ellington High School May 23, 2006

ELLINGTON GIRLS
Team #3

4x100 Relay	**#2 Team**	52.03
4x400 Relay	**#4 Team**	4:30.58
4x800 Relay	**#6 Team**	11:22.08
100M Hurdles	Christen Cowan - #8	19.36
300M Hurdles	Christen Cowan - #8	57.18
100M Dash	Amanda Blanchard - #2	13.09
200M Dash	Amanda Blanchard - #3	27.60
	Samantha Pernal - #6	28.33
400M Dash	Amanda Sullivan - #4	1:03.73
	Eric Szewc - #8	1:06.38
800M Run	Allison Landry - #5	2:32.76
	Jennifer Bergeron - #6	2:33.83
1600M Run	Allison Landry - #3	5:33.25
	Janese Pike - #9	6:05.18
3200M Run	Molly Maciolek - #10	13:55.49
High Jump	Molly Maciolek - #10	4-04
Pole Vault	Samantha Pernal - #7	7-06
Discus	Emily Wroniak - #7	78-09
	Karin Hermansson - #8	73-08
Shot Put	Emily Wroniak - #2	29-03
	Karin Hermansson - #6	27-00
	Leeane Golden - #10	24-01
Javelin	Karin Hermansson - #4	85-04

ELLINGTON BOYS
Team #4

4x100 Relay	**#8 Team**	48.78
4x400 Relay	**#7 Team**	3:50.20
4x800 Relay	**#1 Team**	8:27.15
300M Hurdles	Eric Dinse - #5	44.97
200M Dash	**Andrew Cannella - #19**	26.49
1600M Run	Andrew Sullivan - #2	4:44.16
	Nick Kellner - #7	4:59.98
	Lucas Smith-Horn #9	5:04.55
3200M Run	Alec Carlson - #1	10:16.21
	Chris Kelleher - #2	10:16.30
	Andrew Sullivan - #3	10:19.27
	Tyler Cleverdon - #6	10:46.14
Long Jump	**Andrew Cannella - #18**	15-00
Pole Vault	Orrin Jarrett - #9	9-06
Shot Put	Doug Harding - #8	38-03
	Drew Thompson - #9	38-01
Discus	Drew Thompson - #2	117-11
Javelin	Tyler Cleverdon - #1	156-02

CIAC CLASS "LL"
OUTDOOR TRACK & FIELD
CHAMPIONSHIPS
Manchester, CT May 31, 2006

MANCHESTER GIRLS - #2 TEAM

4x100 Relay	**#11 Team**	52.61
4x400 Relay	**#1 Team**	3:59.17
4x800 Relay	**#4 Team**	9:45.85
100M Dash	Reanna Bennett - #8	13.36
100M Hurdles	Courney Sims - #1	15.40
400M Dash	Elsa Millett - #1	58.19
3200M Run	Alissa Watson- #5	12:02.86
Pole Vault	Michelle Landry - #10	8-00
Long Jump	Sabrina Morrett - #3	16-04.25
Shot Put	Leanne Crockett - #4	37-02
Discus	Leanne Crockett - #2	125-08
	Debra Crocket - #5	97-03
Javelin	Leanne Crockett - #1	126-01

MANCHESTER BOYS - #3 TEAM

4x100 Relay	**#4 Team**	44.04
4x400 Relay	**#2 Team**	3:30.94
4x800 Relay	**#19 Team**	9:05.98
300M Hurdles	Anthony Solano - #3	40.70
100M Dash	Nana Ocran - #1	11.02
200M Dash	Nana Ocran - #2	22.06
400M Run	Josh Miller - #1	49.27
800M Run	Scott Perkins - #2	2:00.02
Pole Vault	Galen Bessette - #7	11-06
Long Jump	Michael Hartfield - #9	20-05
Shot Put	Levi DeValve - #6	47-09
	Thomas Kenney - #8	45-09
Discus	Rafael Ratzel - #2	151-07

CIAC CLASS "M"
OUTDOOR TRACK & FIELD
CHAMPIONSHIPS
New Britain, CT May 31, 2006

ELLINGTON GIRLS
Team #15

4x100 Relay	**#6 Team**	52.36
4x400 Relay	**#8 Team**	4:16.08
4x800 Relay	**#14 Team**	11:01.52
100M Dash	Amanda Blancard - #4	13.19
3200M Run	Allison Landry - #2	11:50.26

ELLINGTON BOYS
Team #16

4x100 Relay	**#19 Team**	48.23
	Team Member: **Andrew Cannella**	
4x400 Relay	**#17 Team**	3:44.45
4x800 Relay	**#4 Team**	8:21.22
300M Hurdles	Eric Dinse - #10	44.30
3200M Run	Alec Carlson - #5	9:54.29
	Andrew Sullivan - #7	10:01.63
	Christopher Kelleher - #8	10:08.07
Javelin	Tyler Cleverdon - #8	149-01

RED DRESS RUNNERS & VOLUNTEERS NEEDED

The RED DRESS RUN FOR WOMEN 5K is coming up on July 8, 2006. Some of you may remember this as the Avon 10K and Ryka 5K/10K. Silk City has a tradition of fielding a Women's Team and staffing the Water Stop in Elizabeth Park. The "Red Dress" is the symbol of healthy heart awareness, so I'll by wearing my red dress, but costumes are not necessary. If you are interested in working at the Water Stop, please contact Bekkie at (860) 533-1557.

RACE CALENDAR

	Date	Time	Race	Place	Contact	Telephone
Su	Jun 11	1:00 PM	Litchfield Hills 7.05M	Litchfield (Village Green)	John Clock	860-567-8504
Su	Jun 18	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA	Goth Swann	413-443-1267
Su	Jun 25	8:30 AM	Fairfield 13.1M and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Sa	Jul 1	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	Jim Uhrig	860-282-8240
Mo	Jul 3	9:00 AM	Independence Day 5K	Springfield (Court Square)	Peter Stasz	413-734-0955
Tu	Jul 4	10:00 AM	Four on the Fourth 4M	Chester (Center)	Race Director	860-526-2240
Tu	Jul 4	9:00 AM	John DeMille Firecracker 8K	Bethel (Main St.)	Race Director	203-794-8531
Tu	Jul 4	9:00 AM	Four on the Fourth 4M	New Canaan	Jim Gerwick	203-849-8646
Sa	Jul 8	6:00 PM	Enfield Celebration 5K	Enfield (Town Green)	Jack Mancuso	860-749-1820
Sa	Jul 8	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	Beth Shluger	860-653-8866
Th	Jul 20	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main Street)	John Bysiewicz	203-481-5933
Fr	Jul 21	6:15 PM	Sunset 5K	Trumbull (Twin Brooks Park)	Marty Schiavone	203-374-6433
Sa	Jul 22	8:00 AM	Space Race 5K	East Granby	Beth Shluger	860-652-8866
Su	Jul 23	10:00 AM	Johnny Kelly 10K/5K	Hyannis, MA	Paul Collyer	617-625-2140
Fr	Jul 28	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	Ken Rosbottom	401-294-4466
Sa	Jul 29	9:30 AM	New Milford 8M	New Milford (Town Green)	Eleanor Corelli	860-355-6050
Su	Jul 30	10:00 AM	Railroad Days 5M	N. Canaan (Lawrence Fld Rt 44)	Race Director	860-824-0051
Su	Jul 30	9:00 AM	Savin Rock 5K	W. Haven	John Bysiewicz	203-481-5933

2006 USATF GRAND PRIX SERIES CALENDAR

	Date	Time	Race	Place	Contact	Telephone
Su	Jun 18	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su	Jul 2	9:00 AM	Independence Day 5000	Milford	Marty Schaivone	203-374-6433
Mo	Sep 4	8:30 AM	New Haven Road Race 20K	New Haven Town Green	John Bysiewicz	203-481-5933
Sa	Sep 30	9:30 AM	Hogs Back Half Marathon	Colebrook	Will Graustein	860-485-1506

SUMMER/FALL 2006 MARATHON CALENDAR (Click on Marathon Name for Link)

06/11/06	Lake Placid Marathon	Lake Placid, NY
07/16/06	Paul Bunyan Marathon	Bangor, ME
08/27/06	Marathon des Deux Rives	Quebec City
09/10/06	Stowe Marathon	Stowe/Morrisville, VT
09/17/06	Adirondack Marathon	Schroon Lake, NY
09/17/06	Dutchess County Classic Marathon	Wappingers Falls, NY
09/17/06	Rochester Marathon	Rochester, NY
09/17/06	Yonkers Marathon	Yonkers, NY
09/24/06	Clarence Demar Marathon	Keene, NH
09/30/06	New Hampshire Marathon	Bristol, NH
10/01/06	Maine Marathon	Portland, ME
10/01/06	Wineglass Marathon	Bath, NY
10/08/06	Mohawk-Hudson River Marathon	Albany, NY
10/08/06	Steamtown Marathon	Scranton, PA
10/14/06	Hartford Marathon	Hartford, CT
10/15/06	Bay State Marathon	Lowell, MA
10/15/06	Mount Desert Island Marathon	Bar Harbor, ME
10/21/06	Breakers Marathon	Newport, RI
10/21/06	Green Mountain Marathon	South Hero, VT
10/22/06	Mystic Places Marathon	East Lyme, CT
10/29/06	Cape Cod Marathon	Falmouth, MA

40 Spruce Street
Manchester, CT 06040

DEADLINE FOR NEXT NEWSLETTER: July 31, 2006

MEMBERSHIP APPLICATION/RENEWAL
For Calendar Year 2006

Name:_____ Birthdate_____

Street Address: _____

City: _____State: _____Zip: _____Email _____

Telephone: (H) (_____)_____
Family Members:
Name: _____ Birthdate_____ Name: _____ Birthdate_____

Fees: (Check all that apply)
[ ] Individual *$12.00* **[ ] Family *$15.00.***
[ ] *Add $3.00 if you cannot access the newsletter online, and wish to have it mailed to you.*
Make checks payable to "Silk City Striders."

Mail to: Art Byram, Treasurer, 57 Pippin Drive East, Glastonbury, CT 06033
Questions? Contact Bekkie Wright at (860) 533-1557 or via email at webmaster@silkcitystriders.org.