

Silk City 700 Summer Update

13.461538 miles per week is what it takes to amass 700 miles in a year. So far, many Striders have made great progress, some have reached the mark, and a few have doubled or even tripled the mark.

As a refresher, The Silk City Striders issued a challenge last January, to its members to run Seven Hundred miles over the course of the year. The joy is in the journey, so as you reach milestones we will ask you to share your stories with the club. Let us know when you pass the 350 mile and the 700 mile marks. Running in pain is not fun either, so getting injured is strictly forbidden. We will also recognize all "Silk City 700" members on line and at our Champagne Brunch.

For those so inclined, we have also set up a way to track your mileage and keep tabs on the rest of the club's progress on line at www.running2win.com. A Club has been set up through this site called "Silk City Striders".

Bekkie Wright and **Joe Poliquin** are the latest Striders to break the tape at 700 miles. About a third of their mileage was accumulated during races. Industry experts have also reported that Bekkie has now also cartwheeled over 3.1 miles this year. Congrats!

Ken Pacileo has also knocked out the 700 miles for the Silk City Striders, 2530 miles cycling for the Silk City Riders & 140 miles swimming for the Silk City "Tiders."

Janet Romayko has managed to surpass the 700-mile mark, despite undergoing knee surgery. She regularly logs 40 miles per week, and is now at around the 800 mark.

Jim Best has done a grand job of knocking out 1000 miles so far this year.

Alan McCall has made great progress and is rapidly approaching the 700 mark, with only a mere 34.28 miles to go. Go Alan!

Dani Kennedy, XC, RD, DFR*. has put in 1,101 speedy miles so far this year, in addition to her many running duties. *Darn Fast Runner

Ginny Welch and **Linda Yamamoto** are both steadily racking up the miles approaching their second set of 700 with 1,211 and 1,284 miles.

John Agosto and **Art Byram** recently breached the 1,400 mile mark in a virtual dead heat, with both of us putting in miles on the trails for good measure. For annual totals of 1,435 and 1,450.

Aaron Flamino has executed an early 700 hat trick, having now completed over 2,100 miles this year. As of late, he has been training and running at an elite level, putting in quality packed 90 and 100 mile weeks. Nice Job Aaron!

700 Miles, a race against the calendar...So, what's your date?