



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

As we head into the winter holiday season, I look forward to the gatherings of friends and family that occur. Our holiday gathering on New Years Day is one of these occasions and I hope you all mark it on your calendars. Details are provided within. This is an occasion to run with fellow club members, enjoy a Brunch and celebrate the 2004 Silk City Striders Award Winners ... so don't forget to get your votes in. We will also be announcing next the 2005 Club Officers at this time.

Art & Peggy Byram will also be hosting a Holiday Open House at their house in Glastonbury following the Santa's Run on Sunday, December 5th ... with a "Snow Date" of December 12th. Stop by for a cup of hot cider after the race. (Directions are in the October Newsletter.)

I would also like to take this opportunity to thank each and every one of you who help to make this club what it is. It was an honor to serve as President these past two years. It is the sense of community, engagement and fun which pervades this group (also the tremendous assistance) that makes the position a rewarding one.

See you on the roads and 'Keep On Runnin!'

- Jim

RANDY POTTERTON

#9 M40-49 in the 2004 Tee's Plus Connecticut Distance Challenge

Series Total: 8:31:21

Mystic Places Marathon	4:43:48
New Haven Road Race 20K	1:51:21
Fairfield Half Marathon	1:56:12

TABLE OF CONTENTS

Club News & Events	2
Parker Holt 5K	3
Know Your Pace Race.....	5
Race Results	6
Manchester Road Race	9
Cross-Country Corner.....	10
Race Calendar	12
"State of the Art"	13
Coach's Corner.....	14
Silk City Event Calendar	15
2004 Awards Ballot.....	15

2004 BOARD OF DIRECTORS

Officers

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

Board Members

		<i>Term</i>
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

Newsletter

Staff: Bekkie Wright – Editor
 Karen Saunders – Editor Emeritus
 Jim Best - Race Calendar
 Barry Stoner – Coach’s Corner
Production: S. McLaughlin, B. Wright

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

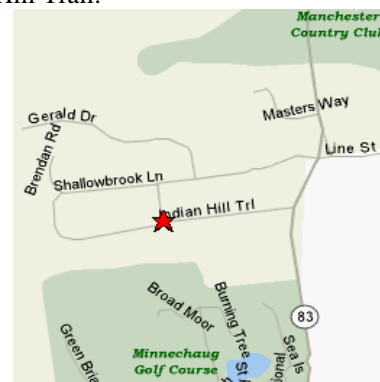
Vicki Carr	Manchester
Phillip & Carol Gould	Coventry
Linda Kolbasovsky	Storrs
Steve Morse	Broad Brook
Ian Roberts	Bolton

**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 Barry & Merle Stoner’s home at 12 Pane Drive, Glastonbury. The phone number is 860-647-9503. There will be four (4) running routes to choose from. Road routes range from about 4 miles to about 7 miles, and Trail Run will also be available for those so inclined. Maps will be provided. Please Note: These routes include some hills to help you build an appetite for the Brunch. Please bring your favorite brunch item to share.

Directions from Carter Chevrolet on S. Main St., Manchester or from I-384 - Exit 3:

South on Route 83 (South Main Street) for about 1.5 miles past the Manchester Country Club Golf Course to Shallowbrook Lane on the Right across from Line Street. Turn Right on to Shallowbrook and go about 1/4 Mile to Pane Drive. Turn Left on to Pane Drive and park in the street. The house is blue/gray with vanilla trim, on the corner of Pane & Indian Hill Trail.



Parker Holt Celebration Run 5K
November 14, 2004 Manchester - MCC

Even an early snow couldn't dampen the spirits at the 3rd Annual Parker Holt Celebration Run. This year's winners were Aaron Flamino and Candace Morgester -- with Aaron setting a new Course Record under challenging conditions. Our Age 50+ Winners were Tim Brown and Ellie Lowell, who both posted outstanding times. The Age 50+ Men's Category was very tough, representing over 20% of the field. Special thanks to Bill Tribou at Age 83 for helping to celebrate the true spirit of this race.

Steve McLaughlin served as Race Director again this year, and with the help of Todd Brown received official USATF Certification for the 5K course. Special thanks to Betty Canella for the smorgasbord of food; Rick Parr for coordinating the Water Stop; Bekkie Wright, Merle Stoner, Sue Leslie and Joan Sloan for helping with timing; Art Byram, Karen Saunders, Jim Whitehouse and Randy Potterton for serving as course monitors, and Bill McGugan for help with registration and course monitoring. We would also like to thank our sponsors American Sleeve Bearing, Big Y, Bozzuto's, D'Angelo's, Great Harvest Bread Company, and Jimini Builders, as well as Francies Baldwin and the Holt family for their continued support.

Overall Race Results

Place	Name		Time	Place	Name		Time
1	Aaron	Flamino	15:51	37	Christine	Belden	22:31
2	Richard	Hunter	16:04	38	Tom	Butterfield	22:41
3	Nick	AuYeung	17:05	39	Greg	Best	22:43
4	Jacob	Lehrhoff	17:24	40	Clinton	Driscoll	22:53
5	John	Paggioli	17:58	41	Jim	Best	23:00
6	Patrick	Colleary	18:11	42	Richard	Chromik	23:27
7	Ben	Pilgrim	18:23	43	Stephen	Tolman	23:33
8	Mike	Tartar	18:28	44	David	Startup	23:39
9	Tim	Brown	18:33	45	Ellie	Lowell	23:44
10	Steven	Morse	18:39	46	Ginny	Welch	23:50
11	Jim	Tharp	18:40	47	Terry	Voytek	24:12
12	Tris	Carta	18:45	48	Alan	McCall	24:15
13	Douglas	Flamino	18:47	49	Carole	Phelan	24:26
14	Paul	Smith	19:12	50	Bob	Henricks	24:30
15	Allen	Nelson	19:20	51	Nate	AuYeung	24:37
16	Mathew	Ridley	19:28	52	Keron	Smith	24:45
17	Colby	Welch	19:55	53	Joan	Munroe	24:47
18	Christopher	ZDuniak	20:01	54	Tracy	Pelletier	24:52
19	Tim	Blinn	20:02	55	Bruce	Pennell	25:12
20	Mark	Turkington	20:10	56	Jay	Hamilton	25:31
21	Clyde	Ettienne-Modeste	20:16	57	Norlean	Litwinka	25:37
22	David	Dyson	20:17	58	Richard	Zbrozek	25:38
23	R.J.	Mitchell	20:26	59	Annette	Hamilton	25:38
24	Paul	Rabenold	20:45	60	Kathy	Thornton	25:44
25	Gene	Charon	20:58	61	Sarah	Tartar	25:49
26	Peter	Briggeman	21:00	62	Wilhelm	Frederich	25:51
27	Greg	Clark	21:07	63	Maria	Everhart-Caye	25:54
28	Noé	Vasquez	21:18	64	Mike	Saimond	25:55
29	Kyle	Thornton	21:20	65	Tom	Colleary	26:05
30	Bob	Dacey	21:30	66	Tyler	Gauroder	26:19
31	Tyler	Canfijn	21:34	67	Paula	Foster	26:25
32	Craig	Damaschi	21:35	68	Carol	Gould	26:34
33	Steve	Burdick	21:37	69	Barbara	Maloney	26:46
34	Keith	Podrebartz	22:06	70	Jill	Ramos	26:53
35	Jeffrey	Thornton	22:22	71	John	Hardy	27:10
36	Candace	Morgester	22:27	72	Mike	Crowley	27:29

Place	Name		Time	Place	Name		Time
73	AnnMarie	DeMonte	28:14	83	Silva	Mesnil	31:48
74	Bill	Tribou	28:22	84	Angelee	Carta	32:32
75	Megan	Gordon	28:22	85	Aimee	Pennell	32:40
76	Hilary	Gitchell	28:39	86	Rachel	Blinn	33:34
77	Laurinda	Santos	29:24	87	John	Cappalla	33:52
78	Peggy	Byram	29:55	88	Anne	Brown	34:07
79	Eric	Donch	30:02	90	Ray	Greene	40:21
80	James	Paggioli	30:30	89	Irene	Burke	37:22
81	Judi	Crowley	30:37	92	Gretchen	Nevins-Eyler	41:56
82	Alex	Mesnil	31:47				

Overall Winners (* New Record)

OPEN MALE			Time	OPEN FEMALE			Time
*	Aaron	Flamino	15:51		Candace	Morgester	22:27
50+ MALE			Time	50+ FEMALE			Time
*	Tim	Smith	18:33		Ellie	Lowell	23:44

Age Group Winners (* New Record)

MALE Age 0-14			Time	FEMALE Age 0-14			Time
*	Mathew	Ridley	19:28		Rachel	Blinn	33:34
	Colby	Welch	19:55				
	R.J.	Mitchell	20:26				
MALE Age 15-19			Time	FEMALE Age 20-29			Time
*	Jacob	Lehrhoff	17:24	*	Christine	Belden	22:31
	Patrick	Colleary	18:11		Keron	Smith	24:45
	Ben	Pilgrim	18:23		Megan	Gordon	28:22
MALE Age 20-29			Time	FEMALE Age 30-39			Time
	Richard	Hunter	16:04		Tracy	Pelletier	24:52
	Nick	AuYeung	17:05		Norlean	Litwinka	25:37
					Annette	Hamilton	25:38
MALE Age 30-39			Time	FEMALE Age 40-49			Time
	John	Paggioli	17:58		Ginny	Welch	23:50
	Mike	Tartar	18:28		Terry	Voytek	24:12
	Paul	Smith	19:12		Carole	Phelan	24:26
MALE Age 40-49			Time	FEMALE Age 50-59			Time
	Jim	Tharp	18:40		Joan	Munroe	24:47
	Tim	Blinn	20:02		Barbara	Maloney	26:46
	Peter	Briggeman	21:00		Anne	Brown	34:07
MALE Age 50-59			Time	FEMALE 60-69			Time
	Steven	Morse	18:39		AnnMarie	DeMonte	28:14
	Tris	Carta	18:45				
	Douglas	Flamino	18:47				
MALE Age 60-69			Time	FEMALE 70-79			Time
*	Mark	Turkington	20:10	*	Irene	Burke	37:22
	Tom	Butterfield	22:41				
	Jim	Best	23:00				
MALE Age 70-79			Time	WALKERS			Time
	Wilhelm	Frederich	25:51		Ed	Gregory	
	Ray	Greene	40:21		Lynn	Sloan	
MALE Age 80-89			Time				
	Bill	Tribou	28:22				

KNOW YOUR PACE RACE
Bennet Middle School, Manchester CT
November 20, 2004

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 Mike Tirrell was right-on-the-money, and got first choice of the assorted Baked Goods.

Know Your Pace Race – Results 2004

Name	Predicted	Actual	Diff	Name	Predicted	Actual	Diff
Michael Tirrell	32:07	32:07	0:00	Susan Glenney	47:00	45:44	1:16
Diane Snow	41:00	41:01	0:01	Richard Chromik	34:59	36:17	1:18
Dean Bolt	35:30	35:28	0:02	Adam McLaughlin	37:59	39:19	1:20
Joe Kidder	30:30	30:25	0:05	Ian Roberts	32:20	33:41	1:21
Linda Kolbasovsky	36:50	36:43	0:07	Brian Miller	31:47	30:25	1:22
David Leak	34:25	34:18	0:07	Rich McGrath	31:30	32:52	1:22
Bob Stubbs	34:50	34:43	0:07	Steve McLaughlin	37:59	39:22	1:23
Joshua Jarvis	29:41	29:33	0:08	Bill McGugan	35:00	33:36	1:24
Erica Shore	39:10	39:01	0:09	Luse Nunez	38:30	40:03	1:33
Michael Shore	39:10	38:59	0:11	Kevin Asp	31:00	32:42	1:42
Doug Pinsky	41:33	41:46	0:13	Sue Leslie	42:30	40:48	1:42
Ben Pilgrim	30:00	30:17	0:17	Keith Podrebartz	37:00	35:16	1:44
Mitch Bielenda	31:00	30:40	0:20	Ross Krause	31:30	29:45	1:45
Barbara Dell	43:00	43:21	0:21	William Lodge	38:00	36:14	1:46
Edward Mirek	46:00	46:22	0:22	Jeffrey Brackett	34:50	36:37	1:47
James Hilliard	42:10	41:45	0:25	Dave Austin	59:00	1:00:51	1:51
Karen Saunders	37:59	38:25	0:26	Janice Tirrell	49:10	51:03	1:53
Charles Olbrias	33:50	33:24	0:26	Cathi Koehler	38:10	36:11	1:59
Jeremiah Macht	33:50	33:23	0:27	Stan Budarz	39:10	37:04	2:06
George Ripley	38:30	38:58	0:28	Tony Dennis	47:11	49:25	2:14
Craig Larsen	29:54	30:22	0:28	Barry Stoner	47:00	49:24	2:24
Jim Best	41:00	41:33	0:33	Robert Bass	46:50	49:20	2:30
Matthew Arcata	37:59	37:25	0:34	Norlean Litwinka	42:44	39:44	3:00
MaryLou White	40:59	40:21	0:38	Brandon Shore	39:10	35:55	3:15
Scott Freeman	29:30	28:50	0:40	Tom Mullane	40:00	36:36	3:24
John Sloan	34:30	33:47	0:43	David St. Amand	39:00	35:02	3:58
Peter Briggeman	34:58	34:13	0:45	David Strauss	30:00	33:59	3:59
Neil Whittaker	40:45	41:31	0:46	Tom Sudac	39:00	34:55	4:05
Wilhelm Frederich	41:00	40:11	0:49	Paige Westerfield	55:47	1:00:37	4:50
Janit Romayko	47:19	48:11	0:52	Jim Hodges	51:00	57:26	6:26
Jeffrey Clemons	37:59	38:57	0:58	Andrew Paterna	41:00	47:53	6:53
Noé Vasquez	34:25	33:22	1:03	Margie Girardi	53:25	1:00:28	7:03
Ellie Lowell	42:42	41:33	1:09	George Young	40:30	48:33	8:03
Scott Wilke	29:55	28:45	1:10	Tyler Gauruder	34:00	42:46	8:46

RACE RESULTS

Please send your results to Steve or Bekkie at webmaster@silkcitystriders.org or call (860) 295-1357. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Track Meet results can be especially hard to find, so let us know how your kids do in Track & Field this Spring. Thank you.

RESULTS OMITTED FROM OCTOBER NEWSLETTER

ANNAPOLIS 10 MILE RUN Annapolis, MD September 18, 2004

Mike Tirrell	1:14:10
Bill Schwarz	1:32:24

RUN AROUND THE BLOCK 15K Block Island, RI September 11, 2004

Dean Bolt	1:06:20
-----------	---------

BETHANY HARVEST DUATHLON Bethany, CT October 12, 2004 2M Run – 11M Bike – 2M Run

Mike Tirrell	#10 M; #3 M45-49	1:01:04
--------------	------------------	---------

BREAKING BARRIERS FOUNDATION INSPIRATIONAL FEATS 5K Madison, CT October 2, 2004

John Paggioli	#4 Overall; #1 M 30-39	18:24
---------------	------------------------	-------

CIDER MILL 5K Tolland, CT October 2, 2004

Mike Munroe	#8 M; #1 M40-49	18:36
Jay Seney	#9 M; #2 M40-49	18:47
David Laporte		20:17
Douglas Prindle		20:49
John Sloan		21:20
Clint Driscoll		22:11

AUTUMN CLASSIC 5K Columbia, CT October 3, 2004

Jim Tharp	#3 M; #1 M40-49	19:15
Bill Gaghan	#6 M; #1 M30-39	19:44
Steve McLaughlin	#10 M; #3 M40-49	19:59
Bekkie Wright	#2 F; #1 F40-49	20:58
Randall Potterton		24:32
Berangere Tharp		25:20

AUTUMN ON THE SOUND 5K West Haven, CT October 10, 2004

Mike Munroe	#7 M; #1 M40-49	18:28
-------------	-----------------	-------

TUFTS 10K FOR WOMEN Boston, MA October 11, 2004

Ellie Lowell	51:28
Pat DeSimone	1:09:13

COLEBROOK MAPLE SYRUP 5M Colebrook, CT October 16, 2004

Mike Munroe	#2 M; #2 M40-49	31:38
-------------	-----------------	-------

APPLE HARVEST FESTIVAL 5K Glastonbury, CT October 16, 2004

John Paggioli	#6 M; #1 M30-39	17:52
Jim Tharp		18:19
Bill McGugan		19:07
Mike Saimond		19:38
Tony Hollister	#2 M50-59	20:14
Dean Bolt	#3 M50-59	20:15
Randy Potterton		23:41
George Ripley		24:13

MIKEY'S PLACE 5K Wethersfield, CT October 17, 2004

Rick Chromik	22:11
Carole Phelan	Walk

WOODBIDGE ROAD RACE 5K Woodbridge, CT October 23, 2004

Mike Munroe	#6 M; #1 M40-49	18:50
-------------	-----------------	-------

ARTS AT THE CAPITOL THEATER SCHOLARSHIP FUND RUN 5K Willimantic, CT October 24, 2004

Mike Munroe	#4 M; #1 M40-49	19:24
Joan Munroe	#5 F; #1 F50-59	25:00

**HARTFORD MARATHON, RELAY,
HALF-MARATHON and 5K
Hartford, CT October 9, 2004**

Marathon

Scott Freeman	BQ	2:59:50
Steve McLaughlin		3:28:50
Art Byram	PR	3:29:54
Tim Blinn		3:48:25
Clint Driscoll		3:48:26
Joan Munroe	BQ	3:57:21
John Sloan	PR	4:02:58

SCS Relay Team 2nd Place 4:07:05
Our Female Masters team included **Betty Cannella, Pat DeSimone, Carol Gould** and Barbara Kennedy-Pagano.

Half Marathon

Scott Wojnarowicz	1:24:23
Bill McGugan	1:48:00
Bob Niedbala	1:51:28
Jennifer Freeman	1:56:45
Randy Potterton	2:00:47
Dennis Mahoney	2:01:37
Norlean Litwinka	2:01:46
George Caye	2:03:00
Andre Mesnil	2:08:11
Robert Fish	2:08:16
John Yavis	2:13:59
Cathi Koehler*	2:15:59

*Stopped to lend aid to a downed runner!

5K

John Paggioli	18:00
Mike Munroe	18:03
Jim Tharp	18:48
Mike Tirrell	19:51
Ellie Lowell	22:39
Carole Phelan	25:10
Janice Tirrell	29:12

SILK CITY VOLUNTEERS & RACE STAFF

Beth Shluger	Race Director
Ken Shluger	Announcer
Dean Bolt	Race Committee
Jay Seney	Pace Group Coordinator
Merle Stoner	Elite Athletes
Barry Stoner	Supply Coordinator
Bekkie Wright	Relay Coordinator
Rick Chromik	Relay Support
Sue Leslie	Relay Support
Rick Parr	Relay Support
Carole Phelan	Relay Support

**MYSTIC PLACES MARATHON,
MARATHON RELAY and 10 MILER
East Lyme, CT October 24, 2004**

Marathon

Scott Freeman	#3 M40-49	2:58:45
Neal Leibowitz		3:18:05
Bob Niedbala		4:05:39
Randy Potterton		4:43:19

Marathon Relay

Sonic Boomers 2:57:19

#1 Mixed Masters Team

Dale Toce, Robert Brinkerhoff, John Monnes, Jenny Chow, and Jim Snyder-Grant

Hartford Track Men's Grand Masters 2:58:18

#3 Men's Grand Masters Team

Dean Bolt, Jeff Weatherhead, Michael Callahan, Charlie Whynacht, Steve Morse

AF-Hitek Women's Masters 3:01:20

#1 Women's Masters Team

Bekkie Wright, Cindy Pomeroy, Cindy Scannell, Rebecca Steinkraus, and Elaine Romano

Silk City Women's Masters 3:58:31

#4 Women's Masters Team

Members: **Betty Cannella, Pat DeSimone, Ellie Lowell, and Barbara Kennedy-Pagano**

10 Miler

Steve McLaughlin	1:07:53
Jennifer Freeman	1:28:48
Norlean Litwinka	1:31:02

**AIR LINE TRAIL GHOST RUN 13.6 Miles
Hebron to East Hampton, CT October 30, 2004**

Bekkie Wright	#2F; #1 F40-49	1:42:01
Jim Best	#1 M60-69	1:45:41
Randall Potterton		2:04:21

**TARZAN BROWN 5.5 Miler
Mystic, CT November 7, 2004**

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

HOG JOG 5K

South Windsor, CT October 30, 2004

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

John Paggioli	#3 M; #3 M30-39	18:06
Neal Leibowitz	#4 M	18:09
Mike Munroe	#7 M; #1 M40-49	18:59
Mike Saimond	#3 M40-49	19:41
Dale Toce		19:54
Tim Blinn		20:31
George Caye		24:14
Joan Munroe	#9F; #1 F50-59	24:51
Sue Leslie	#10F; #2 F50-59	25:32
Daria vander Veer		28:52
Rachel Blinn		31:58
Maryann Blinn		32:41

EAST WINDSOR VETERANS DAY 5K

East Windsor, CT November 8, 2004

Aaron Flamino	#1 M	16:14
Doug Flamino	# 3 M 40-49	19:06
Mike Saimond		19:52
Bill Metzger		20:50
Sue Leslie	#2 F50-59	26:10
Honora Vet (aka Carol Conlon)		26:10

VETERANS MEMORIAL GREENWAY 5K

Willimantic, CT November 7, 2004

Mike Munroe	#7 M; #3 M40-49	18:52
Joan Munroe	#10 F; #3 F 50-59	24:38

MONSON MEMORIAL CLASSIC**HALF MARATHON**

Monson, MA November 14, 2004

Mary Lou White		2:09:02
----------------	--	---------

P.A.C.E. RACE 5K

West Hartford, CT November 14, 2004

Mike Munroe	#5 M; #1 M40-49	19:31
-------------	------------------------	-------

BERLIN 'RESLIN RUN 2M ROAD RACE

Berlin, CT November 20, 2004

Mike Munroe	#3 M; #1 M42-49	11:57
Joan Munroe	#2 F; #1 F50-59	15:25

USATF XC CHAMPIONSHIPS 8K

West Hartford, CT November 20, 2004

Jim Tharp		32:56
-----------	--	-------

EBAC FALL CHALLENGE 4.75M

New London, CT November 20, 2004

John Paggioli	#4M; #2 M30-39	27:53
---------------	-----------------------	-------



John Paggioli at the Parker Holt 5K

MANCHESTER ROAD RACE

Manchester, CT November 27, 2003

Congratulations to Colby Welch

for placing 1st in his Age Group

and Doug Flamino

for placing 3rd in his new Age Group.

Special Thanks to MRR Committee Members

Greg Best and Tris Carta

for another great year.

Please see Page 9

for more MRR Race Results.

COW CHIP XC 5K

Trumbull, CT November 27, 2004

Jim Tharp		19:38
Steve McLaughlin		21:28
Bekkie Wright	#6 F; #2 F40-49	23:06

68th Annual Manchester Road Race November 25, 2004

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



Drew Best*	24:22	Clint Driscoll	34:50	Janit Romayko	44:45
Aaron Flamino	24:44	Mike Salcius	34:52	Miriam Degrandi	46:14
Yolanda Flamino	28:19	Steve Gates	35:04	John Yavis Jr.	46:37
Joe Kidder	28:32	Kyle Thornton	35:53	Carolyn Carta	46:55
Michael Munroe	28:35	Tony Hollister	35:53	Jack Leonard	47:37
Neal Leibowitz	28:42	Ken Ballette	36:14	Alex Mesnil	48:12
Scott Freeman	28:48	Rick Chromik	36:24	Silva Mesnil	48:15
John Paggioli	28:51	Dani Kennedy	36:50	Janice Tirrell	49:03
Doug Flamino	29:03	Cathi Koehler	37:10	Thornton Family	49:15
Steve Morse	29:19	Ginny Welch	37:03	Pat DeSimone	49:30
Mike Tartar	29:26	Ted Kennedy	37:11	Joyce Thorner	51:02
Jim Tharp	29:27	Karen Saunders	37:36	Sue Legier	51:47
Jay Seney	29:41	Beth Shluger	38:00	Dave Cass	52:37
Ned Kennedy	29:50	Joan Munroe	38:00	Dave Peck	52:37
Dan Kennedy	30:15	Ellie Lowell	38:24	Linda Yamamoto	52:38
Colby Welch	30:22	George Ripley III	38:38	Robin Beausoleil	53:27
Mike Tirrell	30:23	Susan Leslie	39:00	Angelee Carta	53:30
Bill McGugan	30:32	Sean Legier	39:01	Richard Shok	55:07
Lance Flamino	31:02	Norlean Litwinka	39:59	Jim Hodges	56:48
Dale Toce	31:16	Randy Potterton	40:21	Cathy Kapa	57:38
Mark Shok	31:36	George Caye	40:30	Pat Saimond	1:01:23
Steve McLaughlin	31:39	MaryLou White	40:29	KC Beauregard	1:09:22
Tim Blinn	31:44	Jill Ramos	41:27	Elizabeth Spaulding	1:32:04
Mike Saimond	31:51	Adam McLaughlin	42:12	John Spaulding	1:32:04
Anne Leonard*	32:06	George Young	43:39		
Dean Bolt	32:56	Andre Mesnil	44:00		
Ray Carta	33:15	Robert Fish	44:10		
John Sloan	33:29	Maura McGuire	44:19		
James Best	33:56	Sarah Tartar	44:30		
Ian Roberts	33:58	AnnMarie DeMonte	44:38		
Noé "Jose" Vasquez	34:29	Dan Jakowski	45:19		
Bekkie Wright	34:31	Marie Mieses	45:33		
Linda Kolbasovsky	34:38	John Salcius	45:37		
Paul Bennett	34:46	Betty Cannella	44:15		

*** First Male and Female
Silk City Strider Members**
Congratulations again Drew &
Anne - yes they're still eligible -
Drew is in Graduate School and
Anne is in her Senior Year in
College!

*For more Results from our
younger generation, please
see the "Cross Country
Corner" on Page 10.*

CROSS COUNTRY CORNER

Elementary School Results

HIGHLAND PARK ELEMENTARY SCHOOL 10TH ANNUAL 2ND GRADE FUN RUN

Emma DeGrandi 2nd Place

ELEMENTARY CROSS COUNTRY CHALLENGE Manchester High School October 23, 2004 1,600 Meters

Lindsay Ramos 45th of 80 Girls 10:32

Middle School Results

2004 CONNECTICUT STATE MIDDLE SCHOOL CROSS COUNTRY CHAMPIONSHIP Wickham Park November 6, 2004 Boys "A" Race 2.3 Miles

Colby Welch* #2 Overall 13:57
David Bendzinski 16:26

*Colby led his Illing Middle School Team to a 2nd Place Finish, and tied the Illing Middle School course record at the final home meet of the season, also his final meet as a Middle School runner.

MIDDLE SCHOOL LEAGUE CHAMPIONSHIP Cromwell, CT October 18, 2004 2 Miles

Adam McLaughlin #33 of 142 Boys 13:26

High School Results

Ellington H.S. Boys & Girls **Aaron Flamino**, Coach
Manchester H.S. Boys **Mike Bendzinski**, Coach
Manchester H.S. **Kyle Thornton**, Team Member
Xavier H.S. **Dan Kennedy**, Team Member

WOODS TRAIL RUN Thetford VT October 2, 2004

Manchester High School #5 Team
Kyle Thornton 19:53

WICKHAM INVITATIONAL CROSS COUNTRY CHAMPIONSHIP Wickham Park October 6, 2004

Boys Seeded Race

Hunter Norte* - **Ellington** - #2 16:27
Kenneth Sitek - **Ellington** - #33 17:42

* Hunter also placed 17th Overall in the New England Boys Cross Country Championships on November 13, 2004 at Wickham Park in the snow.

Girls Seeded Race

Marisa Kellner- **Ellington** - #16 17:18
Tara Heffernan - **Ellington** - #53 18:04

Boys Championship Race

Manchester High School - #8 Team 1:26:44
Xavier High School - #12 Team 1:28:19

CIAC DIVISION "SS" BOYS CROSS COUNTRY CHAMPIONSHIP Wickham Park October 30, 2004

Ellington High School - #1 Team 1:28:20

CIAC DIVISION "M" GIRLS CROSS COUNTRY CHAMPIONSHIP Wickham Park October 30, 2004

Ellington High School - #7 Team TNA

CIAC DIVISION "LL" BOYS CROSS COUNTRY CHAMPIONSHIP Wickham Park October 30, 2004

Xavier High School - #4 Team 1:26:24
Manchester High School - #5 Team 1:26:45

CIAC STATE OPEN BOYS CROSS COUNTRY CHAMPIONSHIP Wickham Park November 30, 2004

Xavier High School - #10 Team TNA
Ellington High School - #14 Team TNA
Manchester High School - #14 Team TNA

TNA = Time Not Available

College Results

The following were listed on the Cross Country Team Rosters for their respective Colleges:

Drew Best	Quinnipiac University - Division I
Lance Flamino	Keene State - Division III
Ted Kennedy	Providence College - Division I
Anne Leonard	Gettysburg College - Division III
Dave Metzger	Stonehill College - Division II

Division I

NEW ENGLAND CHAMPIONSHIPS
Franklin Park, Boston, MA October 8, 2004

Providence	#1 of 48 Teams
Quinnipiac	#5 of 48 Teams
Keene State	#15 of 48 Teams

BIG EAST CHAMPIONSHIPS
Franklin Park, Boston, MA October 29, 2004

Providence	#3 of 10 Teams
------------	----------------

NEC REGIONAL CHAMPIONSHIPS
Hamden, CT October 30, 2004

Quinnipiac	#1 Team - League Champions
Drew Best	#13 (8K) 26:28

NCAA N.E. REGIONAL CHAMPIONSHIPS
Van Cortlandt Park, Bronx, NY November 13, 2004

Providence	#1 of 37 Teams
Quinnipiac	#12 of 37 Teams
Drew Best	#101 (10K) 33:19

NCAA DIVISION I CHAMPIONSHIPS
Terre Haute, IN November 22, 2004

Providence	#21 of 30 Teams
------------	-----------------

Division II

NORTHEAST-10 CHAMPIONSHIPS
St. Michael's College, VT October 24, 2004

Stonehill	#1 Team - League Champions
Dave Metzger	#8 (8K) 25:18

NCAA N.E. REGIONAL CHAMPIONSHIPS
Franklin Park, Boston, MA November 7, 2004

Stonehill	#2 Team
Dave Metzger	#8 (10K) 32:30

NCAA DIVISION II CHAMPIONSHIPS
Evansville, IN November 20, 2004

Stonehill	#16 Team
Dave Metzger	#65 (10K) 34:07

Division III

CENTENNIAL CONFERENCE CHAMPIONSHIPS
Westminster, MD October 30, 2004

Gettysburg	#3 of 10 Teams
Anne Leonard	#16 (6K) 24:51

ECAC CHAMPIONSHIPS
Tufts Farm, Grafton, MA November 6, 2004

Keene State	#4 of 34 Teams
-------------	----------------

NCAA MID-EAST REGIONAL CHAMPIONSHIPS
Meadville, PA November 13, 2004

Gettysburg	#8 of 35 Teams
Anne Leonard	#40 (6K) 24:24

NCAA N.E. REGIONAL CHAMPIONSHIPS
Cumberland, ME November 13, 2004

Keene State	#3 of 39 Teams
-------------	----------------

NCAA DIVISION III CHAMPIONSHIPS
Eau Claire, WI November 20, 2004

Keene State	#20 Team
-------------	----------

RACE CALENDAR

Date	Time	Race	Place	Contact	Telephone
Sa Dec 4	9:30 AM	15th Jingle Bell Run 5K	Trumbull (Nichols Green)	Tom Kulhawik	203-337-6132
Su Dec 5	1:00 PM	25th Pearl Harbor Masters 5.1M	Waterford (VFW)	Ron Bugbee	860-444-5881
Su Dec 5	Noon	26th 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	10:00 AM	Jingle Bell 5K for Arthritis	W.Hartford (Elizabeth Park)	Race Director	860-563-1177x16
Su Dec 12	9:00 AM	Jingle Bell Jog 3M	Greenwich	Threads & Treads	203-661-0142
Su Dec 12	10:00 AM	20th Christmas Run for Children 5K	New Haven	John Bysiewicz	203-481-5933
Su Dec 12	9:00 AM	Valley YMCA 5K	Naugatuck (Naug. Savings Bk)	Karen Backus	203-736-1435
Sa Dec 18	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	Will Graustein	203-574-3310
Sa Dec 25	10:30 AM	Scrooge Scramble 5K	Rockville (Cornerstone)	Joan Powers	860-875-0538
Sa Jan 1	11:00 AM	Frostbite 5K	Guilford (Town Dock)	Race Director	203-453-8068
Sa Jan 1	11:00 AM	18th O'Brien Memorial 4M	Brookfield (Brookfield H.S.)	Race Director	203-837-2264
Sa Jan 1	10:30 AM	Chilly Chilli 5K	Orange	Joe Riccio	203-481-7453
Su Jan 9	1:30 PM	13th Snow Dash 3.05M	E. Hartford (E.Hart. Golf Course)	Jim Uhrig	860-282-8240
Su Jan 9	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace)	Roger Camire	860-536-8175

SPRING 2005 MARATHON CALENDAR

Date	Time	Race	Place	Contact	Telephone
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
Su Feb 27	9:00 AM	Hudson-Mohawk Marathon	Albany, NY	Lori Christini	518-383-4514
Su Feb 27	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	Paul Collyer	508-775-0143
Su Apr 17	8:30 AM	New Jersey Marathon	Long Branch, NJ	Art Castellano	732-578-1771
Mo Apr 18	Noon	Boston Marathon	Hopkinton, MA	Race Director	508-435-6905
Su May 1	8:00 AM	Long Island Marathon (& Half)	E. Meadow, NY (Eisenhower Pk)	Tedd Bial	516-572-0248
Su May 1	8:00 AM	Race of Champions Marathon	Holyoke, MA (Mt. Tom)	Peter Stasz	413-734-0955
Su May 15	7:00 AM	Sugarloaf Marathon & 15K	Eustis, ME (Cath. Pines Camp.)	Sue Foster	207-237-6830
Su May 29	8:05 AM	Vermont City Marathon	Burlington, VT (Battery Park)	Race Director	800-880-8149

MORE FALL MARATHON RESULTS

MAINE MARATHON

Portland, ME October 3, 2004

Jim Best **#7 M60-64** 3:59:55
Boston Qualifier

STEAMTOWN MARATHON

Scranton, PA October 10, 2004

Bill Gaghan *Boston Qualifier* 3:18:48

COLUMBUS MARATHON

Columbus, OH October 17, 2004

Bekkie Wright 3:28:08
Boston + New York Qualifier

CAPE COD MARATHON

Falmouth, MA October 31, 2004

Barry Stoner 4:29:49

ING NEW YORK CITY MARATHON

November 7, 2004

Bekkie Wright 3:45:25
Steve McLaughlin 4:10:27
Tammy Gaghan 4:38:47

PHILADELPHIA MARATHON

Philadelphia, PA November 20, 2004

Linda Yamamoto **PR** 3:23:40
Boston Qualifier and a new Personal Best!

BRRC NCR TRAIL MARATHON

Sparks, MD November 27, 2004

Art Byram **new PR** 3:23:51
Bettering his Hartford Marathon time by over 5 min!

STATE-OF-THE-ART By Art Byram

RACE REPORT: Baltimore Road Runners Club NCR Trail Marathon, Sparks, MD November 27, 2004

Following a Thanksgiving trip to visit with friends in NJ, and going to the Rutgers UConn football game, my family and I headed out to Sparks Maryland to take part in the 15th running of the NCR Trail Marathon. According to MarathonGuide.com this was a nice flat, fast course that consisted of a gently rolling country road start followed by a 12 mile slightly uphill out and 11 mile slightly downhill back with a "gently" rolling 2 mile uphill finish.

We decided to stay at the Inner Harbor in Baltimore and head to the race in the AM. Race morning weather was perfect for shorts and a jersey in the low mid 40's. Managed to get a decent nights sleep, and was looking to PR. After a promising 3:29 at Hartford, I was looking to try to break 3:20 at this race. The race was staged at an elementary School and was a very comfortable place to work out pre race jitters. They gave us a nice fleece vest, a pin, and the other usual trinkets.

The things that weighed on my mind were the lasting effects of my broken shoulder, and the nagging left knee which after many months of silence had reappeared a week and a half ago.

The race was small however the overall mood was serious as we lined up. I was warned that the course, although certified was mismarked at the first mile 601 ft short and at the final "point two" which was 601 ft long. However I was nervous as I checked my watch and saw the first downhill mile in at 6:17 and the second mile at 7:11. From there as we entered the trail I went into my planned pace of 7:38's for a time without issue. Heartrate was OK around 163, and I enjoyed the scenery of the beautiful horse country and waterfalls along the flat crushed stone path. All was well until crossing a road around mile 10 and my left knee cracked and started to act up. However it did not seem to get much worse for a while. I saw Peg, Nick and Jack at the turnaround and was feeling tired but still OK. Although I have read a million times, that you can't "bank time", as I hit the half with a time of 1:38:21 I was wondering if it counted that some of it was downhill.

As I turned, I woke up to the fact that I would be running into a steady head wind for the next leg of the race. As things progressed I found myself searching and anticipating the next markers, and concentrating on form. Miles 17 through 19 were a struggle and took a lot to maintain the pace of around 7:45, as I began to slowly withdraw from the time bank. I started to sense more severe trouble as my shoulder flared at 19.5 miles. However any concerns that I had about my shoulder pain were shortly eclipsed by overall mile 20 fatigue issues. The runners were spread pretty thin at this stage so it was difficult to pace and stay consistent, as most others were shuffling.

At this point I began my marathon death groan. As those who have traveled long and or hard distances with me can attest, I was not exactly a sparkling ambassador of our sport to the general public as I tramped by like an escaped Halloween freak. I left the trail just after mile 24 and started doing the math. I knew at that point that a sub 3:20 was not going to happen, as I was now on an ~8:00 min pace with serious hills ahead. However I knew if I held on I stood a good chance of a PR. However the "Gentle Rolling"[sic] hills took their toll and I slowed to nearly a 9:00 min pace on the 26th mile. With a push up the final hill and many other indescribable utterings, I made it to the finish. And was stripped of my race chip and plopped flat out on the grass, wrapped in Mylar. My family was there to identify the body.

After hanging out trading stories and eating homemade soup, my family and I visited the Aquarium at the Inner Harbor and dinned on huge Cheeseburgers at The Hard Rock Cafe.

So, here's the race by the numbers:

Finish Time: **3:23:51** PR by **5** minutes and **44** seconds Beat all but the Top **3** Women

Total Finishers: **298** Overall Place **49th** M 40-44 Place **16th**

Place at 1/2 Marathon **66th** **4** runners passed me in last 1/2 I passed **20** runners in last 1/2

Trip home 8+ hours including Water stops and a visit to Denny's for a Lumberjack Slam Breakfast that made it all seem worthwhile.

My family and I are looking forward to a restful and rejuvenating winter. Here's wishing you the same. *Peace, Art*

COACH'S CORNER: Winter Running
by Barry Stoner

Winter is not the time to stop running. Of course there are many sloppy snowy days when running is not very pleasant; however, there are also a lot of good days when running in the cold and on the snow is fun and not such a big deal. Running through the winter does require some adjustments to keep up with your training and keep it fun. A few tips are: dress properly so as to remain comfortable without overdressing; shorten your runs on the coldest days; avoid the most sloppy conditions if possible; stay hydrated; wear sun glasses to avoid the albedo; keep a regular routine of at least three days running per week; and consider long slow distance instead of the pounding from speed on the hard cold inflexible roads. Winter might also be the perfect time to cross-train.

Some additional tips on shoes & socks for winter running from Active.com:

- Don't run in your old worn out shoes. You need more cushioning in the winter since cold shoes are less flexible.
- Avoid cotton socks - use synthetic socks or "Smartwool" which provide wicking & warmth.
- Make sure the socks are not too thick, and leave your toes some wiggle room.
- Try a "Trail Running Shoe" to add traction



HALLOWEEN POT LUCK SUPPER

Thanks to Art and Peg Byram for hosting the Halloween Pot Luck Supper on October 30. Members brought a variety of main dishes and deserts, and some members came in costume ... can anyone say "Dr. Joyce" ... Come join us next year for this festive event!



PAST RESULTS FOR NEW MEMBERS

STEVE MORSE

Branford Road Race - 5M	31:04
River Run Corp. Classic 5K	18:47
Fairfield Half Marathon	1:27:51
New Haven Road Race	1:20:56

**SILK CITY STRIDERS
2005 EVENT CALENDAR**

- JANUARY - Champagne Run & Brunch
- FEBRUARY - Winter Ski Trip
- MARCH - Pi Day Fun Run
- APRIL - Boston Marathon Excursion
Tuesday Track Workouts begin
- MAY - Bobby's Run
Sunday Bike Rides begin
- JUNE - Lake T. Sprint Tri Series
- JULY - Wickham Park XC Series
Lake T. Sprint Tri Series
Summer Picnic
- AUGUST - Johnny Kelley Run & Picnic
Wickham Park Cross XC Series
Lake T. Sprint Tri Series
- SEPTEMBER - Lake Winnepesaukee Relays
- OCTOBER - Halloween Pot Luck Supper
- NOVEMBER - NYC Marathon Excursion
Parker Holt 5K
Know Your Pace Race
Manchester Road Race
- DECEMBER - Silk City Christmas Party

TIME TO RENEW YOUR MEMBERSHIP

It's time to renew your membership for 2005. Dues are \$12.00 for a single membership, and \$15.00 for a family membership. Dues may be mailed to the Treasurer, Steve McLaughlin at 40 Hickory Road, Marlborough, CT 06447. **In addition, if you would like to receive a paper copy of the newsletter, please enclose an extra \$3.00 to cover postage. Thank you.**

**SILK CITY STRIDERS
2004 AWARDS BALLOT**

Descriptions and nominations for each award are listed below. Awards will be given out at the New Year's Champagne Run & Brunch.

"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"/> Andre Mesnil | <input type="checkbox"/> Norlean Litwinka |
| <input type="checkbox"/> _____ | <input type="checkbox"/> Berangere Tharp |
| | <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"/> Art Byram |
| <input type="checkbox"/> Cathy Logiudice | <input type="checkbox"/> John Spaulding |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

"Most Improved" Male & Female

Given 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"/> Art Byram | <input type="checkbox"/> Betty Cannella |
| <input type="checkbox"/> Randy Potteron | <input type="checkbox"/> Joan Munroe |
| <input type="checkbox"/> Bill Schwarz | <input type="checkbox"/> _____ |
| <input type="checkbox"/> John Sloan | |
| <input type="checkbox"/> Colby Welch | |
| <input type="checkbox"/> _____ | |

These nominations are just suggestions ... write-ins are welcome. Please send your completed ballots to Jim Whitehouse, 27 Elro St., Manchester, CT 06040 or email selections to webmaster@silkcitystriders.org. Thank You.

DEADLINE FOR NEXT NEWSLETTER: January 31, 2005

57 Morse Road
Manchester, CT 06040-2706



DEADLINE FOR NEXT NEWSLETTER: January 31, 2005

**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 Steve at (860) 295-1357 or via email at webmaster@silkcitystriders.org.