



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Happy New Year & Happy 25th Anniversary

A new year is upon us! I am and honored to be selected as President for another year of this fine group! Last year was a successful year all around with many runners achieving their personal bests. I would like to mention Rick Parr, who is leaving the Board of Directors after serving the Striders for many years. Thank you Rick! This year we have two new Board members Art Byram and John Sloan. I am happy to report that as of our first Board meeting of the year, Art came prepared with many new and creative ideas on how to promote the organization in the coming year. Take a look at the "State-of-the-Art" section on Page 7 for the first installment. The Board also worked up a Silk City Event Calendar (thank you Bekkie and Barry) to provide members with a chronological view of events for the upcoming year (see Page 9). Updates will be posted throughout the year on the Silk City Website, so stay tuned.

Those of you who have been around for a while might remember that the Silk City Striders was founded in November of 1978. The Striders kicked off our 25th Anniversary year with the Know Your Pace Race and a booth at the Manchester Road Race Expo last November, and the celebration will continue through November of 2004. We are hoping to have several special events throughout the year, and perhaps even create some special clothing items to commemorate our 25th. Someone suggested a return to the original orange nylon uniforms. If you have any suggestions, please let us know. We are always open to new ideas.

Keep on runnin'! – Jim

HAPPY
25th
ANNIVERSARY
Silk City Striders

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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

		Term
Art Byram	430-1072	2004-2006
Betty Cannella	872-5903	2003-2005
Sue Leslie	644-1804	Ex-Officio
Ellie Lowell	429-3800	2002-2004
Karen Saunders	643-9125	2002-2004
John Sloan	643-6123	2004-2006
Barry Stoner	647-9503	2002-2004
Jim Tharp	646-5155	2003-2005
Bekkie Wright	295-1357	Ex-Officio

Uniforms

Chairperson:	Sue Leslie	644-1804
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Newsletter

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

CLUB NEWS & EVENTS

WELCOME NEW & RETURNING MEMBERS

Dean Bolt	West Hartford
Tammy & Bill Gaghan & Family	Glastonbury
Mickey Grabner	Vernon
Bill Metzger & Family	Ellington
Matt Wynne	South Windsor

Saturday Morning Fun Runs - 8:30 am Manchester Comm. College

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

Bring your reflective gear, and join us for a 5 Mile loop around Manchester. The sun is setting later every day.

MORE NEW TRAINING RUNS COMING SOON

Details in the April Newsletter

TIME TO RENEW YOUR MEMBERSHIP

It's time to renew your membership for 2004. 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.

Steve has contacted all members with email directly if they have not yet renewed for 2004. Those without email should check the mailing label on this newsletter to see whether their Membership has expired.

Your membership dues help support Club activities, so send your renewal today.

Thank you.

NEW YEAR'S DAY CHAMPAGNE RUN & BRUNCH

Betty and Mike Cannella hosted the New Year's Champagne Run at their home in Ellington. There were various routes, from 3-8 miles. Some runners even designed their own routes! It was nice to see both long time members and some new faces, like Ian, Ann Marie and Donna. As usual, food and drink was plentiful.

Following the Run and Brunch the Annual SCS Awards were given out, and we toasted the New Year. (A complete list of winners is included on Page 6 of this Newsletter.)

Thanks to all who participated and to Betty and Mike for hosting such an upbeat and energetic party to begin the New Year!

MORE CLUB NEWS & EVENTS**BOBBY'S RUN**

8.2 Mile Race – 3 Mile Fun Run
Saturday, May 22, 2004 – 8:30 AM
Northeast School, Vernon, CT

Steve McLaughlin has established a race in honor of Bob Bonadies, to be held at Northeast School in Vernon, CT on May 22nd at 8:30 AM. There is a limit of 50 runners, so register as soon as forms are out! There is a \$10 fee for the race, and all monies collected will be donated to the Bobby Bonadies Scholarship Fund at Vernon/Rockville High School. There will be ample parking, restroom facilities, and water stops along the course, with water, Gatorade, bagels and bananas available after the race. Visit the Silk City website for additional information and registration forms. Come run one of Bobby's favorite routes through Vernon, Tolland and Ellington and past Shenipsit Lake.

NEWS FROM CARMEN DANFORTH

Carmen is back to serious running and completed the New York marathon in 3:44. Her boyfriend Patrick proposed to her at the end of the marathon! Carmen is planning to run the Boston Marathon this year.

Editor's Note: Some of you may have met Carmen & Patrick at the 2003 New Year's Brunch at Sue Leslie's house. We don't get to see her much now that she lives in Massachusetts, but she used to be a key member of our Lake Winnepesaukee Women's Team.

**SILK CITY PROUD OWNERS
OF OUR VERY OWN CHRONOMIX**

The Club would like to extend its sincere thanks to Barry Stoner for his donation of a Seiko stopwatch with printout. It will come in quite handy in for the Parker Holt 5K, Know Your Pace Race, and for the new Bobby's Run!

Now that we've got the timer, maybe some other members would like to direct some additional events.

SILK CITY STRIDERS BLAST FROM THE PAST**Santa's Run 1989 - *Jim Cunningham***

Among the many Christmas ornaments, I noticed two from the 1989 Santa's Run. This inspired me to go rummaging through old running papers and I found the results from the 1989 Santa's Run. On the yellowing paper, I looked for my name, but it was not listed. I remembered that I had been on an extended business trip to Richmond, Virginia. A friend had collected my ornament. As I reviewed the 89 results, I noticed some outstanding performances from some Silk City Striders. Among the top finishers listed were Mike Saimond (19:37), Rick Parr (19:47) and the overall women's winner Carol Conlon (20:37)... talk about dashing through the snow! All three running sub six minute miles. Those were the days.

Interestingly, if Mike, Rick and Carol ran their 1989 times at this years race, they would have finished 5th, 7th and 12th respectively. I know the 2003 race was postponed due to weather and this likely reduced the field. It does however, reflect on the content of the field in 1989, when Mike was 30th, Rick was 33rd, and Carol was 64th. The field of 1989 showed considerable depth and quality. And of course, the Santa's Run costume division is ALWAYS well represented by the Striders, thanks to Janit's imagination and creativity.

RACE RESULTS

When you go to a race, why not take down the results and send them to me, Karen, at dmcass53@cox.net or call (860) 643-9125. It would be helpful to have results reported either through E-mail, mail or telephone. Thank you.

RESULTS OMITTED FROM DECEMBER NEWSLETTER

MANCHESTER ROAD RACE Manchester, CT November 27, 2003

Colby Welch	#2 13 & Under	31:07
Congratulations Colby!		

CORNERSTONE SCROOGE SCRAMBLE 5K Vernon, CT - December 25, 2003

Aaron Flamino	1st Overall	16:03
David Metzger	#2 0-18	18:38
Dean Bolt	#2 50-59	19:55
Michael Munroe	#4 Overall	20:22
Yolanda Flamino	#2 F19-29	20:57
Lance Flamino		20:58
John Sloan		21:01
Kristen Metzger		21:27
Bryce Metzger		21:28
Ian Roberts		21:45
Bekkie Wright	#1 F40-49	22:14
Bill Metzger		22:14
Steve McLaughlin		23:08
Clint Driscoll		23:13
Rain Deere (aka Carol Conlon)		23:37
Snow Flake (aka Jim Cunningham)		23:38
Dennis Mahoney		24:08
Cathi Koehler		25:30
Namche Koehler	#1 Dog	25:30
Joan Munroe		25:57
Sue Leslie	#2 F50-59	26:18
Betty Cannella		26:30
Randi Flamino		29:12
Liz Flamino		29:14
Douglas Flamino		29:18
Tony Dennis		29:41
Janit Romayko	#3 F50-59	29:54
Jim Hodges		33:06
Roger Smith		45:29

Cathy, Dave & Becky Logiudice also ran a portion of the course. They would have finished the whole 5K but Jordan & Casey (the only other 2 dogs registered besides Namche) decided to pull a Rosie Ruiz and cut the course a bit short.

SANTA'S RUN 3.5 Miles Glastonbury, CT December 14, 2003

This cheerful race, run from Glastonbury High School, was held just before another major snowstorm. It was lightly snowing 15 minutes into the race, nevertheless there was a strong showing for this race. Janit Romayko's group of Christmas mittens came in 2nd for the costume division. Participants for the group costume included Jim Hodges, Sue Leslie, Bekkie Wright, Barrie Robbins, Pam Wells, Barry Stoner, Tony (friend of Barry and Janit) and Joan Schwarz. Janit, Jim Hodges and Sue Leslie elected to run carrying their giant mittens with them. Good thing it wasn't any windier.

Mike Bendzinski	#1 50-59	22:14
Ian Roberts		22:27
Dean Bolt	#2 50-59	22:28
Bill Gaghan		22:54
Tony Hollister		23:35
John Sloan		23:44
Colby Welch		24:25
Art Byram		24:33
Cathi Koehler	#1 F40-49	24:55
Bekkie Wright	#3 F40-49	25:04
Scott Hollister		25:52
Ginny Welch		26:00
Karen Saunders	#2 F50-59	26:08
Bill Schwartz	#3 60-69	26:10
George Ripley		26:54
Betty Cannella		30:20
Mary Lou White		30:52
Beth Shluger		33:31
Pat DeSimone		33:44
Billy Gaghan		36:56
Rachel Blinn		39:00
Timothy Blinn		39:01
Susan Leslie		41:33
Janit Romayko		41:34
Jim Hodges		41:36
Carissa Gaghan		52:57
Kelley Gaghan		53:14
Tammy Gaghan		53:15

BRIAN ASELTON MEMORIAL SNOW DASH 3.05

Miles

East Hartford, CT January 4, 2004

Bill McGugan	#3 40-49	18:54
	#9 Overall	
Ian Roberts*		19:10
Dean Bolt	#3 50-59	19:13
Tony Hollister		20:01
John Sloan		20:21
Bekkie Wright	#2 F40-49	21:15
Richard Chromik		22:23
Dennis Mahoney		23:31
Steve McLaughlin		24:34
Sue Leslie	#1 F50-59	24:56
Clint Driscoll		26:14
Roger Smith		39:18

* Ian was a special guest at our New Year's Champagne Run & Brunch this year.

NORFOLK PUB RUN 10 Miles

Norfolk, CT December 20, 2003

Mike Tirrell	1:12:33
Bill Schwarz	1:28:31

NEW YEAR'S DAY TRAIL RUN 7K

Angel Island, CA January 1, 2004

Bill & Brian Schwarz	52:17
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FROSTBITE WINTER CLASSIC 15K

Raynham, MA – January 11, 2004

Bekkie Wright	#1 F40-49	1:09:17
Steve McLaughlin		1:09:17

WALT DISNEY WORLD MARATHON

Orlando, FL – January 11, 2004

Carol Phelan	5:20
Randy Potterton	6:42

**HTC WINTER SERIES****PEOPLES FOREST RUNS**

Barkhamstead, CT January 18, 2004

17.1 Miles

Scott Freeman	#2 Overall	1:52:27
Michael Munroe		2:14:08
Bekkie Wright	#2 Female	2:21:53
Steve McLaughlin		2:43:23
Joan Munroe		2:48:04

Several other Striders, including Jennifer Freeman, Daria Vander Veer, Dean Bolt, and Cathi Koehler were also in attendance, however, Jen & Daria were doing a Training Run longer than 8.55 but shorter than 17.1, and were not listed in the official results. Cathi (and Namche) and Dean elected to go off-road with a small trail running contingent instead of battling the cars and plows on the roads.

WALLEY WORLD MAGICAL MYSTERY TOUR

7 Miler

Wallingford, CT January 25, 2004

Michael Munroe	45:51
Steve McLaughlin	53:45
Bekkie Wright	#3 Female 54:30
Daria Vander Veer	56:40
Joan Munroe	59:23

WEST AVON 10 Miler

West Avon, CT February 1, 2004

Dean Bolt	1:20:06
Bekkie Wright	#3 Female 1:26:19
Steve McLaughlin	1:26:19
Daria Vander Veer	1:37:30
Cathi Koehler	1:38:00
Ann Marie DeMonte*	1:48:53

* Ann Marie was a special guest at our New Year's Champagne Run & Brunch this year.

NOTE:

Additional Races in the Hartford Track Club Winter Series can be found in the Race Calendar in this issue, or at www.HartfordTrackClub.org. Each race only costs \$2, and there is always good food afterwards.

2003 SILK CITY STRIDERS AWARDS

JIM DEWITT SERVICE AWARD – Steve McLaughlin

Steve received this award, honoring the Silk City Strider who has contributed the most in a non-running capacity to the activities of the club, for his outstanding work as Race Director of the 2nd Annual Parker Holt 5K, as well as his ongoing commitment to the Club through his work as Webmaster and Treasurer.

ROOKIE OF THE YEAR – Art Byram

Art, who only joined the Silk City Striders this Fall, proved his metal by finishing his first marathon in New York City in early November, and then followed it up with a second marathon in Philadelphia only 3 weeks later.

Honorable Mention - Pat DeSimone

Pat joined the Silk City USATF Grand Prix Team this year, completing the challenging Quassy Loop 12K in May. Next year a 20K?

BEST COMEBACK - Karen Saunders

Karen received an Honorable Mention in this category last year, and solidified her comeback with a win at the Parker Holt 5K in October. That's right folks, #1 Woman Overall!

Honorable Mentions:

Jim Best, Jennifer Freeman, Cathi Koehler, Ellie Lowell, and Steve McLaughlin

MOST IMPROVED

Male - Rick Chromik

Female - Cathy Logiudice

Rick was a co-recipient of the Rookie of the Year Award in 2002, and worked his way up to the marathon distance at the Hartford Marathon this year. He claims that was only a one-shot deal though.

Cathy had an outstanding year on the roads & in the park (Wickham Park that is). She capped off the season by running Leg 7 on the Silk City Masters Women's Team at the Lake Winnepesaukee Relays.

Honorable Mention

Male - John Sloan

John also stepped up to the marathon distance at Hartford this year. In fact, he also ran his first 10K and Half Marathon in 2003.

Female - Ginny Welch

Ginny qualified for Boston this year at the Hartford Marathon by knocking over 20 minutes off her finish time from 2002.

MANCHESTER ROAD RACE – First Silk City Striders - Drew Best & Anne Leonard

For the third year in a row Drew & Anne were not only the First Silk City Strider Finishers, but also the First Manchester Resident Finishers.

Congratulations everyone!

The More Marathon – Sunday, March 21, 2004 -- Ladies Only

The New York Road Runners Club recently announced the "First-Ever Marathon for Women over 40" to be held in New York City's Central Park this March. This new marathon is presented by "More Magazine" as a way to celebrate fitness and the "older" woman. There is also a 2-person team option in which each team member runs a Half Marathon ... you can even run the Half Marathon side-by-side ... and only one of you has to be over 40 (of course you both have to be women). This should be a very spectator friendly event because runners will be looping through the Park several times. Special guests will include Kathrine Switzer and Greta Waitz. For more info visit the NYRRC website at

www.NYRRC.org, or call Bekkie Wright at 860-295-1357.

COACH'S CORNER: *To everything there is a season***By Barry Stoner**

The frigid weather we are now experiencing suggests skiing, ice skating, snowshoeing and ice fishing for those hearty enough to brave the outdoors this time of year. Of course there is always the possibility of using Wilbur & Orville's famous 100 year old invention and traveling to someplace warm to hang out at the beach, on a golf course or wherever. I did just that ... travel to someplace warm. I went to California to ski the Sierras, where the snow was fantastic and the weather was sunny and warm.



While there are many things to do in winter, including running, I still prefer to get out on the slopes for some skiing when I have the time. While it is not a habit that I indulge in too often, I am always amazed at how much I like this activity with its fresh air, exhilarating speed and magnificent views of the snow covered mountains. The area around [Lake Tahoe](#) did not disappoint me.

A special treat was the depth of field I experienced as I gazed into the heavens in clear weather at an elevation of 8,000 ft. Without any light pollution, the number of stars was mind boggling. It seemed as if you could reach out and touch them, although I knew they were billions of miles away. While I'm sure I've seen this before, it still made an indelible impression.

Still other treats abounded during the little time I had to explore the town of Truckee, CA, where I stayed. I saw a Pacific Railways freight train as it passed through town, as well as the remnants of the original transcontinental Union Pacific rail bed with its mountain tunnels and avalanche guards at Donner Pass. I visited the monument to the Donner Party many of whom lost their lives in the deep snow at the pass in 1847. And finally, I did a bit of shopping, and had breakfast at a classic diner with olde time music.

It was easy to see how one could get become complacent with the benign weather I experienced, however history reminds us that severe blizzards have occurred in these mountains which cost many lives, and will surely punish those who fail to respect Mother Nature and her whims.

Yes, we are experiencing rather severe conditions this Winter in New England; but that should not keep you from enjoying the season.

STATE-OF-THE-ART: *The Running Log***by Art Byram**

Ever wonder how many miles you have on your favorite shoes? Or how many races you've run this year? Keep track of this and other running data on-line at www.TheRunningLog.com. In addition to the usual statistical graphs, it also lets you view the workouts of other runners. There is also a team section that allows you to identify yourself as a Silk City Strider and identify other Striders that are logging on. It's a great way to keep tabs, and draw motivation from your fellow members between group runs. Keep running ... and logging.

RACE CALENDAR

Date	Time	Race	Place	Contact	Telephone
Sa Feb 7	9:00 AM	Men's Olympic Marathon Trials	Birmingham, AL	www.MercedesMarathon.com	
Su Feb 8	10:00 AM	HTC Collinsville 12 Miler	Collinsville Baking Co	Tom Buckley	860-693-9206
Sa Feb 14	9:30 AM	YMCA Sweetheart 4M	Stratford (Boothe Park)	Hi-Tek Racing	203-318-0361
Su Feb 15	10:00 AM	Boston Buildup Series 20K	Southport (RR Station)	Jim Gerwick	203-838-2748
Su Feb 22	10:00 AM	HTC Katharine Hepburn 4M	Hartford (Cedar Hill Cemetery)	Bill Katz	860-956-2844
Sa Feb 28	10:00 AM	Colchester Half Marathon	Colchester (Bacon Academy)	Race Director	860-537-4597
Su Feb 29	1:00 PM	Sugarloaf D.H.Jones 10M	Amherst, MA (Regional Jr H.S.)	Jim Plaza	413-259-1469
Su Feb 29	1:00 PM	Hare Hop 5K	Mystic (Kelly's Pace)	Roger Camire	860-536-8175
Su Feb 29	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	Paul Collyer	508-775-0143
Su Feb 29	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	Wallie Jahn	860-354-9191
Su Mar 7	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	Jim Gerwick	203-838-2748
Su Mar 7	9:00 AM	WPLR ShamRock & Roll 5K	New Haven	John Bysiewicz	203-481-5933
Su Mar 7	Noon	Thompsonville 5K	Enfield (Lamagna Activity Ctr)	Jack Mancuso	860-989-4382
Sa Mar 13	9:00 AM	Pi Day 3.14 Mile Run	East Hartford H.S	Scott Wojnarowicz	860-622-5305
Su Mar 14	11:00 AM	Warren St. St. Patrick's Day 5M	Fairfield (Jennings Beach)	Joe Riccio	203-481-7453
Su Mar 14	10:00 AM	Mass Law Enforcement Half Marathon	Wakefield, MA	Tony Pallotta	781-662-0091
Su Mar 14	10:00 AM	HTC Roger's Orchards 4.2 / 8.4 Miles	Southington / New Britain	HTC Winter Series	
Sa Mar 20	8:00 AM	Shamrock Road Race 5M	Bristol (Chippens Hill Sch)	Patrick Collins	860-585-8649
Sa Mar 20	10:00 AM	Salem Road Race 3M	Salem (Salem Sch - Rt 85)	Maritza O'Connell	860-859-0324
Su Mar 21	11:00 AM	New Bedford Half-Marathon	New Bedford, MA (Elm St.)	Ed Talbot	508-998-5068
Su Mar 21	2:00 PM	Spring Equinox 8K	New Canaan	Jim Gerwick	203-849-8646
Sa Mar 27	9:00 AM	Merrimack River Trail 10M	Andover, MA (Wyndham Hotel)	Stephen Peterson	508-486-4519
Su Mar 28	7:30 AM	Boston Blowout 30K	Fairfield	Jim Gerwick	203-838-2748
Su Mar 28	11:00 AM	Spring Half-Marathon	Westfield, MA(Boys/girls club)	Gordon Bates	413-568-7975
Su Mar 28	11:00 AM	Eastern States 20M	Kittery, ME to Salisbury, MA	Don Allison	781-340-0616
Sa Apr 3	10:00 AM	Spirit of Spring 5.1M	Tolland (Town Green)	Mike Bradley	860-872-0528
Sa Apr 3	7:00 AM	Women's Olympic Marathon Trials	St. Louis, MO	www.StLouisMarathon.com	
Su Apr 4	10:00 AM	April Fools 5K	Moodus (Nathan Hale-Ray HS)	Kathy Golec	860-873-3206
Su Apr 4	9:00 AM	Madison Half-Marathon NEW!	Madison (Hammonasset)	John Bysiewicz	203-481-5933
Sa Apr 17	8:30 AM	Bradley Airport 5K	Windsor Locks	Hugh Donagher	860-623-3204
Su Apr 18	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.)	R & H Rusinek	516-487-9502
Mo Apr 19	Noon	Boston Marathon	Hopkinton, MA	BAA Reg. Office	508-435-6905
Su Apr 25	Noon	River Run 5K/10K	Simsbury (Drake Hill Mall)	Rotary Club	860-843-8684
Su Apr 25	7:00 AM	Jack Bristol Lake Waramaug Ultras 50K, 50M or 100K	New Preston	Race Director	203-431-4855
Sa May 22	8:30 AM	Bobby's Run 8.2M / 3M	Vernon (Northeast School)	Steve McLaughlin	860-295-1357

2004 USATF GRAND PRIX SERIES RACE CALENDAR

Date	Time	Race	Place	Contact	Telephone
Su Mar 21	Noon	USATF-CT Indoor Track Meet*	Yale Univ. (Coxe Cage)	CT USATF	860-485-1506
Sa May 1	10:00 AM	Quassy Loop 12K	Middlebury (Quassy Amus. Pk)	St. Mary's Hospital	203-574-6458
Su Jun 20	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	John Bysiewicz	203-481-5933
Su Jun 27	8:30 AM	Fairfield Half Marathon and 5K	Fairfield (Jennings Beach)	John Bysiewicz	203-481-5933
Su Jul 11	Noon	USATF/CT Outdoor Track Meet*	New Haven (SCSU)	CT USATF	860-485-1506
Th Aug 12	6:20 PM	Corporate Classic 5K	Hartford (Bushnell Park)	John Bysiewicz	203-481-5933
Mo Sep 6	8:30 AM	New Haven Road Race 20K and 5K	New Haven Town Green	John Bysiewicz	203-481-5933
Su Oct 24	9:00 AM	Mystic Places Marathon # & 10M	E. Lyme (Rocky Neck)	JB Sports	203-481-5933

*For more information about Track & Field Events contact Bill Mongovan at gatewaytc@aol.com

SILK CITY STRIDERS -- 2004 EVENT CALENDAR

- JANUARY - Champagne Run & Brunch
- FEBRUARY - Winter Ski Trip TBA
- MARCH - Spring Hike TBA
Pi Day Fun Run.....Saturday, March 13
- APRIL - Boston Marathon Excursion..... Monday, April 19
- MAY - Bobby's RunSaturday, May 22
Sunday Bike Rides begin
- JUNE - Triathlon Season begins with the Lake Terramuggus Training Series TBA
Globe Hollow Biathlons & Swim Training Sessions TBA
- JULY - Wickham Park Cross Country Series TBA
Summer Picnic(target date) Sunday, July 18
- AUGUST - Wickham Park Cross Country Series TBA
Johnny Kelley Ocean Beach Run & PicnicSaturday, August 1
- SEPTEMBER - Fred Brown Lake Winnepesaukee RelaysSaturday, September 25
- OCTOBER - Parker Holt 5K Sunday, October 3
Halloween Pot Luck Supper (target date) Saturday, October 30
- NOVEMBER - New York City Marathon ExcursionSunday, November 7
Know Your Pace Race.....Saturday, November 20
Manchester Road Race..... Thursday, November 25
- DECEMBER - Silk City Christmas Party..... TBA

DEADLINE FOR NEXT NEWSLETTER: March 27, 2004

57 Morse Road
Manchester, CT 06040-2706



DEADLINE FOR NEXT NEWSLETTER: March 27, 2004

**MEMBERSHIP APPLICATION/RENEWAL
For Calendar Year 2004**

Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____ Email _____

Telephone: (H) (_____) _____

Family Members:

Name: _____ Birthdate _____ Name: _____ Birthdate _____

Fee: Individual \$12.00 Family \$15.00. Please enclose an extra \$3.00 if you wish to have the newsletter mailed to you. Make checks payable to "Silk City Striders."

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

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