



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

Now that Spring is finally here and Winter is a distant memory it is time to look forward to the many activities that Silk City Striders is planning for the Spring and Summer months. Hopefully everyone has stayed active this Winter in preparation for a strong running, swimming and biking season. Many people are gearing up for Boston which is a few short weeks away. If you have a friends or co-workers that are running Boston you can track their progress online by going to the Boston Athletic Association website. For those of you who have been either injured or hesitant to start your running season now is the time to start planning your Spring and Summer Race Calendars. Remember, it's never too late to get started.


Starting this week there will be Thursday Night Fun Runs at Bolton High School with a challenging 5 mile course. Meet at 5:45 pm in the Bolton High School parking lot and run with friends.

Help is needed for Bobby's Run which will be held on Saturday, May 16th at 8 a.m. at Northeast School in Vernon to honor the memory of Bobby Bonadies. Come out and volunteer to help or bring a friend and run the scenic 8 mile course around Shenipsit Lake.

Also, coming up are the CT Race in the Park in Walnut Hill Park (New Britain) in May, and the Komen CT Race for the Cure in Bushnell Park (Hartford) in June. We welcome you to join the Silk City Striders' team as a runner or walker for either of these events supporting Breast Cancer Awareness & Research.

For those of you looking for trails to run this Summer we've got both the Wickham Park Summer Series and the new Bolton Cross Country Series. For information on these and many other races go to the club's website at www.silkcitystriders.org.

Happy and safe running, Mary Lou



Saturday, May 16
8:00 AM
Northeast School, Vernon, CT

All proceeds benefit the
R.J. Bonadies Scholarship Funds
at Rockville High School
and St. James School

TABLE OF CONTENTS	
Earth Day.....	2
Club News & Events	3
(Bobby's Run, CT Race in the Park, Race for the Cure)	
Race Results	4
H.S. Indoor Track & Field Results	8
Boston Marathon	10
New Member Profiles	10
Nutrition Nook.....	11
Race Calendar.....	13
Silk City Event Calendar	14

2009 BOARD OF DIRECTORS

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Newsletter

Staff: Bekkie Wright – Editor
 Karen Saunders – Editor Emeritus
 Jim Best – Race Calendar
 Barry Stoner – Coach’s Corner
 Katie Jeffrey-Lunn – 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.

Tuesday Evening Funs Runs - 6:00 pm Martin Elementary School – Dartmouth Street

Wednesday Evening Funs Runs - 5:15 pm Mt. Nebo Parking Lot - Spring Street

Thursday Evening Funs Runs - 5:45 pm Bolton High School

You know you want to run that hill!

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Michelle Sangster Manchester

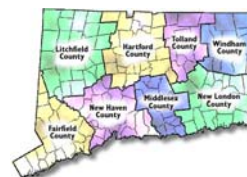
East Coast



Greenway

EARTH DAY Manchester Greenway Beautification Project

Last year, in celebration of Earth Day, a few members of the Silk City Striders spent time after our Saturday Fun Run to do some “clean up” on the Bike Path from Manchester Community College to just past Silver Lane along I-384. Although the “official” Earth Day falls on Wednesday, April 22, we would like to spend an hour or so after the Fun Run on Saturday, April 25, 2009 to beautify the East Coast Greenway. The club will provide trash bags, but you might want to bring some work gloves. Join us in helping to make the Manchester Bike Trail a little nicer for everyone.



8 COUNTY CHALLENGE Still on for 2009

In addition to the new Silk City 700 Mile Club, we are continuing our Connecticut 8 County Challenge. Last year we had seven (7) Finishers, and some of our members are at or near completion for 2009 already!

Submit results to Webmaster@SilkCityStriders.org for races completed in each of Connecticut’s Eight (8) Counties during 2009. We will track results and report them in this Newsletter. All “Finishers” will be announced at the 2010 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In.

Join the fun, and see how many Counties you can “bag” in 2009.

CLUB NEWS & EVENTS

Bobby’s Run Volunteers & Runners

Volunteers and runners are needed for Bobby’s Run established in honor of Bob Bonadies, to be held at Northeast School in Vernon, CT on May 16th at 8:00 AM. Registration forms for the 8 Mile Race are available on the website (or in this newsletter if you don’t have email). There is a \$10 fee for the race, and proceeds will be donated to the R.J. Bonadies Scholarship Fund at Rockville High School & St. James School.



**2009 CT Race in the Park
Walnut Hill Park – New Britain
Saturday, May 9, 2009**

The CT Breast Health Initiative, Inc. is holding their event on Mother’s Day Weekend in Walnut Hill Park. Silk City will have a Team this year, and we’d like you to join us.

There are separate Men’s & Women’s 5K Races and Kids Fun Runs as well as a 1-Mile or 4K Walk. Applications will be available at the Wednesday or Saturday Fun Runs, or you can join the Silk City Team online at <http://www.CTRace.org> (or go to our team page by clicking on the race logo above). Online Team Registration Closes April 26, 2009. Paper applications should be returned with a check for \$25.00 payable to “CT BHI” to Bekkie by Saturday, April 18.

Event Schedule

9:00 AM	Kids Fun Runs (up to 1M)
9:30 AM	Men’s 5K
10:15 AM	Women’s 5K
11:15 AM	1 Mile & 4K Walk



**Komen CT Race For The Cure 5K
Bushnell Park – Hartford
Saturday, June 6, 2009**

Join the Silk City Striders Team at the Race for the Cure 5K at Bushnell Park in Hartford on Saturday, June 7th. 5K Runners, 1.5K & 4K Walkers and Kids are all welcome to join the team.

You can join the Silk City team online at <http://www.KomenCT.org> (or go to our team page by clicking on the race logo above). Online Team Registration Closes June 2, 2009. If you’d prefer to join the team the old fashioned way, applications for the Silk City team will be available at the Wednesday or Saturday Fun Runs. Please return your application with a check for \$30.00 payable to “Komen CT Race for the Cure” to Bekkie by Saturday, May 23.

Event Schedule

8:30 AM	Men’s & Women's (Co-ed) 5K
9:30 AM	Kids’ Short Run
9:40 AM	Kids’ K
10:15 AM	4K Walk
10:30 AM	1.5K Walk

RACE RESULTS

Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 461-1486. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.

RUN FOR REFUGEES 5K New Haven, CT February 1, 2009

Alan McCall 25:15

DEIRDRE BIBBY 4-MILER AT CEDAR HILLS CEMETERY (HTC Winter Series) Hartford, CT February 8, 2009

King Archibald #10M 29:46
Zofia Turosz #5F; #1 F70+ 35:02
Janit Romayko #8F; #1 F 60-69 38:39
James Hodges #2 M 60-69 52:59

YMCA SWEETHEART RUN 4M Stratford, CT February 14, 2009

Mitch Bielenda* #1 60-69 28:33
King Archibald 30:29
Alan McCall 33:15
Cathy King* 36:53

***4th Place Team -- Age Group: 100 - 109**
Mitch Bielenda & Cathy King 1:05:26

CHRIS SHEEHAN MEMORIAL 10K RUN (HTC Winter Series) Rocky Hill, CT February 15, 2009

Mitch Bielenda #4M 47:20
Ginny Welch #1F 51:20
Terry Voytek #2F 58:25
Cathy King #4F 1:08:30
King Archibald* 1:09:02

*Also served as Race Director for this event.

GREATER SPRINGFIELD HARRIERS SNOWSTORM CLASSIC 5K Forest Park – Springfield, MA February 21, 2009

Adam Bulewicz #1M 18:12

COLCHESTER HALF MARATHON (HTC Winter Series Event) Colchester, CT February 23, 2008

Jay Seney 1:31:31
Mike Tartar 1:34:30
Mitch Bielenda 1:41:46
Keron Smith 1:42:12
John Sloan 1:44:10
Dean Bolt 1:47:13
King Archibald 1:54:08
Andrew Zyrek 1:55:26
Michael Westfall 2:00:14
Rich Chromik 2:01:49
Alan McCall 2:04:56

*Bekkie Wright & Joe Poliquin served as volunteer Course Monitors.

POLAR BEAR RUN 7.6 Miles Lake Waramaug New Preston, CT February 22, 2009

Mitch Bielenda 55:33
Bekkie Wright #6F; #1F40-49 56:47
Joseph Poliquin 56:48
King Archibald 1:01:20
Andrew Zyrek 1:05:35
Cathy King 1:15:20

*Rain, Sleet & Snow, what more could you ask for?
Cathy's longest race ever ... and a PR for just about everyone else.

JONES GROUP REALTORS 10M ROAD RACE Amherst, MA February 22, 2009

Adam Bulewicz 1:00:13

HYANNIS HALF MARATHON Hyannis, MA February 22, 2009

Bob Niedbala 2:05:55

STU'S 30K
Clinton, MA March 2, 2008

Neal Liebowitz	2:12:40
Bekkie Wright	2:49:20
Joe Poliquin	2:49:21

COLLINSVILLE BAKE-OFF 11.04 M
(HTC Winter Series Event)
Collinsville, CT March 8, 2009

King Archibald	1:31:19
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NEW BEDFORD HALF MARATHON
New Bedford, MA March 14, 2009

Bob Niedbala	1:53:36
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O'NIANTIC 5K
Niantic, CT March 14, 2009

Alan McCall	23:18
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O'HARTFORD 5K
Hartford, CT March 15, 2009

Aaron Flamino	#3M; #1 M30-34	16:19
John Agosto	#3 M40-44	18:57
Ned Kennedy	#1 M50-54	19:12
Tom Geer		19:37
Jason Earl		19:38
Linda Yamamoto	#2 F30-34	20:23
Mitch Bielenda	#3 M50-54	20:40
Dani Kennedy	#1 F45-49	21:54
Mickey Grabner		22:18
Carol-Line Hazel		26:30
James Kolasinski		27:47
Diana Cohen		27:56
Clint Driscoll		29:29

WSSAC ST. PATRICK'S DAY 4 Mile
Fairfield, CT March 15, 2009

Zofia Turosz	#1 F70-74	32:38
MaryLou White		35:27

BRISTOL SHAMROCK & ROLL 5M
Bristol, CT March 21, 2009

Art Byram	33:06
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FINALLY SPRING "5K!" 3.3 M
Manchester, CT March 21, 2009

Drew Best	#1M	17:54
Ned Kennedy	#6M	21:18
Ben Witkowski	#8M	22:05
Tyler Gauruder		23:36
Michael Westfall		24:26
Mike Bendzinski		25:08
King Archibald		25:24
Jaclyn Cmero	#3F	25:29
Dani Kennedy	#4F	26:43
Greg Best		27:01
Myles Kessler		27:59
MaryLou White		31:28

EAST HADDAM LIONS CLUB
APRIL FOOLS 10.5 MILER
East Haddam, CT March 29, 2009

Michael McCall	#2M; #1 M18-29	1:07:52
Jaclyn Cmero	#2F; #2 F18-29	1:24:35
King Archibald		1:29:52
Joan Munroe	#2 F50-59	1:36:31
Alan McCall		1:38:53
MaryLou White	#3 F50-59	1:47:51

FEED THE NEED 5K
Hammonasset Beach State Park
Madison, CT April 4, 2009

Tony Hollister	#1 M60+	23:15
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GREATER HARTFORD 1/4 MARATHON
West Hartford, CT April 4, 2009

Adam Bulewich	#2 M30-39	39:37
Michael Westfall		49:03

WILLIMANTIC EASTER 5K
Willimantic, CT April 4, 2009

MaryLou White	27:12
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OLEKSAK LUMBER
SPRING HALF MARATHON
Westfield, MA April 5, 2009

Bob Niedbala	1:59:56
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ECOHUSKY 5000
Storrs, CT April 5, 2009

Steve Morse	#2 M50-59	21:34
Dani Kennedy	#5F; #1 F40-49	23:26

BIMBLER'S BASH 10K TRAIL RUN
Guilford, CT April 5, 2009

Scott Livingston	#6M; #3 M30-39	59:56
John Agosto	#8M; #2 M40-49	1:00:49
Deb Livingston	#5F; #2 F30-39	1:09:51

DANBURY HALF MARATHON
Danbury, CT April 5, 2009

Adam Bulewich	1:21:35
Marty Keibel	1:27:56
Jay Seney	1:31:20
Joe Kidder	1:37:08
Keron Smith	1:39:42
David Leak	1:41:55
Jaclyn Cmero	1:42:02
Ginny Welch	1:45:24
Andy Zyrek	1:53:44
Joan Munroe	1:56:16
Jill Ramos	2:24:36

GOING THE DISTANCE

MARTHA'S VINEYARD 20M
Oak Bluffs, MA February 14, 2009

Adam Bulewich	#5M; #1 M30-34	2:06:27
Bekkie Wright	#3 F45-49	2:47:00
Joe Poliquin		2:47:01
Zofia Turosz	#1 F70+	3:14:37
MaryLou White		3:48:43

**GASPARILLA DISTANCE CLASSIC
MARATHON**
Tampa, FL March 1, 2009

Adam Bulewich	2:58:09
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March 7, 2009

Rich White II		5:57:56
MaryLou White	#2 F50-59	7:42:39

CHUCKANUT MOUNTAIN 50K RACE
Bellingham, WA March 21, 2009

Rich White II	6:08:50
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NATIONAL MARATHON
Washington, DC March 21, 2009

Adam Bulewich	2:47:11
Bekkie Wright	3:53:00
Joe Poliquin	3:53:00

EASTERN STATES 20 MILER
Kittery, ME to Salisbury, MA March 29, 2009

Jill Ramos	4:01:32
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WMAC SNOWSHOE SERIES RESULTS

www.runwmac.com/snowshoes/default.html

HALLOCKVILLE POND 5.6M
Hawley, MA February 8, 2009

MaryLou White	#1 F50-59	1:17:50
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**HOXIE-THUNDERBOLT
AT GREYLOCK GLEN 3.8M**
Pittsfield, MA February 21, 2009

MaryLou White	1:17:01
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HAWLEY KILN "NOTCH" 4.6M
Hawley, MA February 28, 2009

MaryLou White	#2 F50-59	1:12:02
Richard White	1st Snowshoe Race	1:30:25

**MASSACHUSETTS STATE CHAMPIONSHIP
NORTHFIELD MOUNTAIN 4M**
Northfield, MA March 14, 2009

MaryLou White	#3 F50-59	56:19
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TRIATHLON

FAST SPLITS WINTER MULTISPORT SERIES - Weston, MA - February 7, 2009

“FAST SPLITS WINTER TRIATHLON” included a 5K Run - 7.5k Mountain Bike – 6K XC Ski.

MaryLou White #3 F50-59 2:14:52

Janit Romayko has a new goal for 2009 – to compete in a Triathlon or Duathlon every month. Here’s what she’s accomplished for the First Quarter of 2009, which is a tough time to find a Triathlon! Janit says, “The rest of the year (April – December) will probably have numerous races, so it will be fun to pick and choose.”

January:

Enfield HealthTrax Indoor Triathlon (120 participants, co-ed) - 20 minutes each
1,400 yd Swim, 9.65 Mi. Bike, 2.15 Mi. Run

February: *Both events were held on the same day.*

St. Joseph's College Indoor Triathlon - Women only (121 participants) - 20 minutes each
1,200 yd Swim, 9.66 Mi. Bike, 2.17 Mi. Run

New England Athletic Center Indoor Triathlon (20 participants, co-ed) - 15 minutes each
900 yd Swim, 1.53 M Run, 3.48 Mi. Bike (NOTE: Events were not held in the regular order).

March:

Jewish Community Center Indoor/Outdoor Triathlon – Women only.(64 participants) -
20 minutes each of Swim & Bike + 5K Run outdoors - Full results not yet available, but 5K was 27:35.

SPRING BREAK -- Janit & Jim have Fun with the Alligators in Florida

TOUR DE VILLAGE 5K Tampa, FL March 14, 2009

Janit Romayko	#1 F 60-64	32:07
James Hodges	#1 M65-69	40:00

Janit Reports: XC race around the grounds, ponds and grasses of the Carrollwood community.

Alligators were watching from "a near" as the run was inside of the villages of Carrollwood around their lakes and ponds. The history behind Carrollwood goes back to the 1950s when Lawton Childs, the Governor of Florida convinced the legislature to start up Florida State University. It is a huge campus and adjacent to it was built the villages of Carrollwood for staff and faculty. In the 50s FSU was out in the middle of nowhere but it is now surrounded with a vibrant community including the Carrollwood complex. The 5K was indeed a well run affair.



SQUIGGLY CLASSIC 5K Tampa, FL March 15, 2009

Janit Romayko	#1 F-Age Group	32:44
James Hodges	#1 M-Age Group	40:48

The Classic was a weekend of adventure racing in Hillsborough State Park including a 12 hour race on Saturday, a 5K and 15K trail run and a Sprint 2-hour Adventure Race. Both adventure races included canoeing with the alligators and none of the native Floridians seemed too bothered by their presence. Seems that adventure racing has quite a following in the South due to the longer racing season. You do not have to look too hard to find a race, and these two had a champion point system, timing chips, lightweight racing canoes, \$5,000 mountain bikes and the works with food, prizes and camping facilities. Definitely worth the time and no effort to get there as it was well advertised, well run, well marked and very friendly people.

2008-2009 HIGH SCHOOL INDOOR TRACK & FIELD RESULTS

<http://www.mysportsresults.com>

ELLINGTON HIGH SCHOOL -- Aaron Flamino, Coach

MANCHESTER HIGH SCHOOL -- Colby Welch and Tyler Gauruder are the only Silk City Striders on the MHS team, however, selected results for MHS Top 10 finishes have also been provided.

NEW ENGLAND INTERSCHOLASTIC INDOOR TRACK & FIELD CHAMPIONSHIPS Boston, MA March 6, 2009

MANCHESTER BOYS

Long Jump	Keron Stoute - #3	21-07
Shot Put	Jacob DeValve - #3	56-04

CIAC CLASS "LL" INDOOR TRACK & FIELD CHAMPIONSHIPS New Haven, CT February 13, 2008

MANCHESTER BOYS - #4 TEAM

4x400 Relay	#8 Team	3:41.41
4x800 Relay	#6 Team	8:36.41
1600 Sprint Medley	#10 Team	3:55.75
300M Dash	Jacob DeValve - #2	36.35
	Keron Stoute - #7	37.28
600M Run	Jacob DeValve - #2	1:24.25
1000M Run	Daniel Arias - #8	2:49.65
High Jump	Keron Stoute - #5	6-00
Long Jump	Keron Stoute - #7	21-06.00
	Jordan Broome - #10	19-02.25
Shot Put	Jacob DeValve - #2	54-06.00

MANCHESTER GIRLS - #18 TEAM

4x200 Relay	#14 Team	1:58.41
4x400 Relay	#10 Team	4:27.68
4x800 Relay	#9 Team	10:33.53
1600 Sprint Medley	#13 Team	4:43.54
1000M Run	Mary Bugbee - #4	3:05.92
	Ellen Bugbee - #7	3:14.08
	Kayla Thompson - #17	3:23.95
1600M Run	Emily Anderson - #5	5:22.16
3200M Run	Emily Anderson - #7	11:54.99

CIAC STATE OPEN INDOOR TRACK & FIELD CHAMPIONSHIPS New Haven, CT February 21, 2009

MANCHESTER BOYS - #16 TEAM

300M Dash	Jacob DeValve - #5	36.01
4x800 Relay	#10 Team	8:31.97
High Jump	Keron Stoute - #9	6-00
Long Jump	Keron Stoute - #1	21-09
Shot Put	Jacob DeValve #5	53-00

MANCHESTER GIRLS

1000M Run	Mary Bugbee - #8	3:05.10
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CIAC CLASS "S" INDOOR TRACK & FIELD CHAMPIONSHIPS New Haven, CT February 8, 2008

ELLINGTON BOYS - #27 TEAM

4x200 Relay	#13 Team	1:42.41
4x400 Relay	#14 Team	3:57.08
4x800 Relay	#8 Team	9:05.34
300M Dash	Gary Feldman - #22	39.30
600M Run	Matthew LaRocca - #12	1:32.12
	Nicholas Varney - #15	1:33.82
1600M Run	Stephen Crouse - #15	5:05.15
Pole Vault	Matthew Stephan - #5	11-00
Shot Put	Gary Feldman - #5	41-00

ELLINGTON GIRLS - #16 TEAM

4x200 Relay	#10 Team	1:58.10
4x800 Relay	#4 Team	10:21.09
1600 Sprint Medley	#13 Team	4:56.75
300M Dash	Claiborne Jones - #8	45.10
	Emily Parker - #12	46.56
1600M Run	Kelly Sawamura - #11	5:58.02
3200M Run	Allison Landry- #11	12:28.94
High Jump	Sara Moore - #16	4-08

**NCCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT February 4, 2009**

ELLINGTON BOYS - #5 TEAM

4x200 Relay	#6 Team	1:42.91
4x400 Relay	#4 Team	3:49.72
4x800 Relay	#3 Team	9:22.65
1600 Sprint Medley	#5 Team	4:12.22
600M Run	William Baker - #2	1:29.63
	Nick Varney - #4	1:31.40
	Matthew LaRocca - #7	1:32.48
	Joseph Bergeron - #10	1:35.22
1000M Run	Stephen Crouse - #4	2:49.11
1600M Run	Brian Kelleher - #9	5:06.65
	Alex Smith - #10	5:09.62
3200M Run	Stephen Crouse - #4	10:34.29
	Cameron Waters - #8	11:27.26
	Matt Lebel - #9	11:27.80
	Jordan Cusson - #10	11:38.73
Pole Vault	Matt Stephan - #3	11-00.00
High Jump	Ryan Moadlo - #5	5-04
	Brendon Willis - #6	5-02
	David Patrick - #6	5-02
	Jordan Cusson - #9	5-00
Long Jump	Ryan Moadlo - #5	16-09.25
Shot Put	Andrew Alcutt - #5	41-00
	Brad Hoffman - #10	37-00

ELLINGTON GIRLS - #4 TEAM

4x200 Relay	#3 Team	1:59.95
4x400 Relay	#4 Team	4:41.40
4x800 Relay	#1 Team	10:26.38
1600 Sprint Medley	#5 Team	5:20.55
55M Dash	Clairborne Jones - #1	7.49
	Emily Parker - #5	7.94
300M Dash	Clairborne Jones - #3	45.67
	Emily Parker - #6	46.84
600M Run	Heather Hulstein - #7	1:55.16
	Mallory Honda - #11	2:00.49
1600M Run	Allison Landry - #3	5:37.97
	Kelly McGuire - #8	5:56.15
3200M Run	Kerry Sawamura - #7	12:50.00
	Melody Smith - #10	13:09.93
High Jump	Sara Moore - #4	4-08
	Krista Pregony - #5	4-08
Shot Put	Christina Martin - #6	25-11

**CCC INDOOR TRACK & FIELD
CONFERENCE CHAMPIONSHIPS
New Haven, CT January 31, 2009**

MANCHESTER BOYS - #5 TEAM

4x200 Relay	#13 Team	1:43.31
4x400 Relay	#2 Team	3:37.32
4x800 Relay	#6 Team	9:03.81
1600 Sprint Medley	#15 Team	4:04.48
55M Dash	Keron Stoute - #7	6.94
600M Run	Jacob DeValve - #2	1:25.47
1600M Run	Tim Nohelty - #5	4:43.78
	Colby Welch - #9	4:49.17
3200M Run	Colby Welch - #7	10:13.61
	Tim Nohelty - #10	10:26.62
	Jeffrey Roberts - #11	10:27.89
Long Jump	Keron Stoute - #2	21-05
	Jordan Broome	19-08
Shot Put	Jacob DeValve - #1	54-06

MANCHESTER GIRLS - #7 TEAM

4x200 Relay	#12 Team	1:59.63
4x400 Relay	#7 Team	4:28.69
4x800 Relay	#4 Team	10:38.89
1600 Sprint Medley	#14 Team	4:53.11
55M Hurdles	Sara Cinqumani - #7	10.32
600M Run	Megan Sargent - #10	1:47.19
1000M Run	Mary Bugbee - #2	3:04.47
	Kayla Thompson - #10	3:20.87
1600M Run	Emily Anderson - #3	5:24.23
	Mary Bugbee - #5	5:40.44
3200M Run	Emily Anderson - #3	11:43.43

**LOCAL OUTDOOR TRACK MEETS
(Click on Meet Name for more information)**

**Dave Smith Rockville Relays
Rockville High School April 11, 2009**

**Fermi Coed Relays
Fermi High School April 25, 2009**

**Greater Hartford
Outdoor Track & Field Meet
Simsbury High School May 2, 2009**

**JL Greater Manchester
Track & Field Invitational
Manchester High School May 16, 2009**



113th Boston Marathon
Monday, April 20, 2009 – 10:00 AM & 10:30 AM

Cheer on the Silk City Striders (past & present) in person or track them online at www.BAA.org – Adam Bulewicz #2188, Art Byram #10017, Marty Keibel #5856, Joe Kidder #6289, David Leak #14277, Mike Munroe #9787, Bob Niedbala #23629, John Paggioli #6160, and Zofia Turosz #21510. There are two wave starts -- Bib Numbers up to 10,999 Start at 10:00 AM, and Numbers 11,000+ Start at 10:30 AM. Visit the site below for a virtual tour, and an overview of choice viewing locations:
<http://www.boston.com/marathon/course>

If you are interesting in carpooling to Boston to spectate, please contact Bekkie & Joe at (860) 461-1486. We plan on packing a picnic lunch, and bringing our lawn chairs to set up in the median on Commonwealth Avenue across from the Braeburn Country Club around the 30K. It's about a 2 hour ride to Boston, but with the road closures, we're planning on leaving from the Silver Lane/Spencer Street Computer Lot on the Manchester/East Hartford line at 8:00 AM on Monday. Hope you can join us.

NEW MEMBER PROFILE

Michelle Sangster

Editor's Note:

Michelle joined us for a Tuesday Night Fun Run recently. She is a deaf runner, which can be a little challenging, especially on long runs which sometimes become boring because she can't distract herself by using an iPod. She does have a Blackberry though, and with the proliferation of cell phone users who "text" it's getting easier to communicate all the time.

Michelle Reports:

The reason I moved to Connecticut was for my job; I am the Connecticut Business Development Manager for Sprint Relay out of Bloomfield (living in Manchester) I was in the marketing department for Anheuser Busch in Denver, Colorado for 3 years which is where I really grew to love running. I would run in Wash Park almost everyday in the Spring, Summer and Fall.

I have always wanted to run a half or full marathon. I haven't been in too many races but I would like to start signing up for more so I have something to look forward to. One of my main goals for joining this club is to meet new people with common interests. I have moved around the US quite a bit and find it hard meeting new people who like to run.

I am deaf, and people are often reluctant to ask me, but I am not insulted if you have any questions about how I hear. I welcome the questions! I speak for myself but I know how to sign so if anyone wants to learn, I will do my best to teach!!

I look forward to running with the club and meeting everyone!

NUTRITION NOOK - Honor Your Heart and Health

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As runners you are well aware that your heart supplies oxygen-rich blood to your muscles and organs while you pound the pavement. But, do you know how much your heart works for you? .

Your heart is an amazing organ that beats more than 2.5 billion times during a 70-year lifetime. It works hard for you every day. Each day your heart beats an estimated 100,000 times and pumps approximately 2,000 gallons of blood. By making a few lifestyle changes, you can protect your heart from disease and ensure that it works as efficiently as possible!



In 2005, almost 40% of the U.S. population suffered from cardiovascular (heart) disease. Coronary heart disease is the leading cause of death for men and women in the United States. Additionally, one in three American women has some form of cardiovascular disease. These are staggering statistics but have *heart* because you can prevent or reduce the likelihood of developing heart disease by modifying eating habits and increasing physical activity. The major risk factors for heart disease are high blood pressure, high blood cholesterol, tobacco use, diabetes, physical inactivity and poor nutrition.

Honor your heart *and* health this month by incorporating heart healthy foods into at least one meal or snack daily and increasing your physical activity. Below is a list of foods that will benefit your heart and why exercise is also essential for the wellbeing of this hardworking organ.

- 1) **Fruits and Vegetables:** Research shows that individuals who eat 5 or more ½ cup servings of fruits and vegetables each day reduce their risk of heart attack and stroke compared with individuals who eat less than 3 servings per day. Whole fruits and vegetables (fresh or frozen are best) have the greatest health benefits.
- 2) **Antioxidants:** Scientific data has shown that antioxidants may help protect against heart disease. The best sources are: Lycopene found in red, fleshy fruits and vegetables such as watermelon and tomatoes; vitamin C from citrus fruits such as oranges and grapefruit as well as bell peppers and broccoli; and, vitamin E from nuts, seeds, plant oils, and wheat germ.
- 3) **Soluble fiber** helps to reduce blood cholesterol by attaching to cholesterol and bringing it out of your body. It may also reduce the intestinal absorption of cholesterol, and it may lower blood pressure. According to research, increasing your intake of soluble fiber by 5 – 10 grams daily can reduce LDL (bad) cholesterol by 3 - 5%. Aim for 7 – 13 grams of soluble fiber daily and 25 – 30 grams total fiber per day. Reach your daily soluble fiber goal by consuming barley and products made with whole wheat flour, beans, lentils, peas, corn, white and sweet potatoes (with skin), yams, dark leafy greens, carrots, cauliflower, cabbage, avocado, fruit, nuts and seeds.
- 4) **Plant stanols/sterols:** Research has shown that plant stanols/sterols (natural substances found in small amounts in the membranes of plants) compete with cholesterol for absorption in the small intestine, effectively reducing the amount of cholesterol absorbed by up to 50%, and lowering LDL cholesterol levels by 5 – 14%. To enjoy the benefits from plant stanols/sterols eat a variety of fruits, vegetables, legumes, nuts, seeds and plant oils. *The goal for individuals with high cholesterol is 2 – 3 grams per day, which can be obtained by using Benecol, Take Control or Promise Activ.* Each tablespoon of these butter spreads supplies 1 gram of plant sterol/stanols.

- 5) **Omega-3 Fats:** According to scientific research, individuals who ate diets high in omega-3s were 30 – 40% less likely to suffer from heart disease and had fewer cases of sudden death from heart arrhythmia. Omega-3s appear to reduce inflammation, reduce high blood pressure, decrease triglycerides, raise HDL cholesterol, and make blood thinner and less sticky decreasing the possibility of clot formation. The best sources of omega-3s are: wild salmon, herring, tuna, mackerel (not king), sardines, anchovies, rainbow trout, Pacific oysters, omega-3 fortified eggs, flaxseed (ground and oil), walnuts, butternuts, seaweed, walnut oil, canola oil, and soybeans.
- 6) **Monounsaturated fat** (found in olive oil, canola oil, avocado, and nuts) is believed to protect individuals against heart disease by reducing blood pressure. For the best health benefits, replace saturated fats and *trans* fats with monounsaturated fats rather than simply adding monounsaturated fats to your meal plan.
- 7) **Garlic:** The naturally occurring compound called *alicin* is the active part of garlic that appears to help reduce cholesterol. It acts as an antioxidant. It also may affect the way LDL cholesterol is used in the body and lower triglycerides.
- 8) **Alcohol:** *Benefits vary depending on what your cardiovascular risk factors are.* If you have high triglycerides, alcohol should be consumed sparingly, as a treat, because even small amounts can raise triglyceride levels. Research has shown that drinking moderate amounts of alcohol (no more than 1 serving a day for women and no more than 2 servings a day for men consumed slowly with a meal) decreases the risk of death from heart disease by about 12%. Alcohol appears to increase the good HDL cholesterol and prevent clots. You reap the most health benefits from red wine because it contains antioxidants, flavonoids and resveratrol, which increase its health effects. If you drink alcohol, do so in moderation and with a meal. If you don't drink alcohol, I wouldn't recommend starting just for these health benefits. Aim for a healthy, well-balanced diet and you'll be on your way to a healthy heart with or without alcohol and its extra calories!
- 9) **Move more:** Strive to be physically active most days of the week. Physical activity reduces stress, provides energy and makes you feel good. It also has numerous health benefits such as weight maintenance or loss, raises HDL (good) cholesterol and lowers blood pressure. Make small changes: take the stairs, park farther away when doing errands, do a few extra "laps" around the mall or grocery store, begin a weight lifting program, and take short body and mind breaks at work by using a restroom or water station that's further away or get off of your chair and stretch or move. If time is an issue, break your exercise into shorter periods. You receive the same benefits from two 15-minute walks as one 30 minute walk.

Work to protect your heart from disease by eating healthy and being physically active. Aim to achieve one goal each week during March, National Nutrition Month, and you'll be on your way to a stronger, healthier heart!

For a heart healthy dinner recipe, Citrus Herb Salmon with Vegetables, visit www.fitnutrition.net.



RED DRESS RUN to Support Women's Heart Health

The RED DRESS RUN FOR WOMEN 5K will be held on July 11, 2009. The "Red Dress" is the symbol of healthy heart awareness, so I'll be wearing my red dress, but costumes are not necessary. Team Applications for the ladies will be available soon on the Silk City website. The Silk City guys traditionally work the Water Stop. If you are interested in joining the team or volunteering please call Bekkie or Joe at (860) 461-1486.

RACE CALENDAR

Date	Time	Race	Place	Website / Contact
Sa	Apr 11	10:00 AM	Salem 3M	Salem (Salem School - Rt 85) www.hartforttrackclub.org (April Newsletter)
Sa	Apr 11	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow St. Forest) www.runwmac.com/gt2009/gt09-races.html
Sa	Apr 11	9:00 AM	Merrimack River Trail 10M	Andover, MA (Wyndham Hotel) www.runwmac.com/gt2009/gt09-races.html
Sa	Apr 11	8:30 AM	Bradley Airport 5K/10K	Windsor Locks www.bradleyroadrace.net
Sa	Apr 18	9:00 AM	Hebron Road Race 5K	Hebron (RHAM H.S.) www.hebronct.com/pr_special-event.pdf
Su	Apr 19	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park) www.meridenrotary.org
Su	Apr 19	10:00 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch) www.hitekracing.com/midmay/
Sa	Apr 25	9:00 AM	Genesis Adventure Race	Bear Mtn, NY (Harriman St. Park) http://www.genesisadventures.com
Su	Apr 26	9:00 AM	Leatherman's Loop 10K Trail	Cross River, NY (Ward Pound Res.) www.leathermansloop.org
Su	Apr 26	11:00 AM	James Joyce Ramble 10K	Dedham, MA (Endicott Estate) www.ramble.org
Su	Apr 26	8:30 AM	Minuteman 10K/5K	Westport (Compo Beach) www.wywl.com
Su	Apr 26	10:00 AM	Belltown Spring Sprint 5K	East Hampton (Sears Park) www.thelastmileracing.com
Su	Apr 26	Noon	Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall) www.simsburyrotary.org
Su	Apr 26	1:00 PM	Glastonbury River Run 5K	Glastonbury (Old Maid Lane) www.hartfordmarathon.com
Su	May 3	1:00 PM	Granby 10K	Granby (Memorial H.S.) www.hartforttrackclub.org (April Newsletter)
Su	May 3	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis.Ctr) www.7sisterstrailrace.com
Sa	May 9	10:00 AM	Salmon River Run 5.5	East Hampton (Rt 16 at Comstock Bridge) www.colchesterlandtrust.org
Sa	May 9	9:30 AM men 10:15 AM women	CT Race in the Park	New Britain (Walnut Hill Park) www.CTRace.org
Su	May 11	10:00 AM	Mothers Day Dash 5K	Vernon (Henry Park) www.plattsys.com
Sa	May 16	10:00 AM	Shad Derby 5K	Windsor (Sage Park Mid. School) www.kiwanis.org/club/windsorct
Fr	May 16	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park) www.twilighttrailrun.com
Sa	May 16	8:00 AM	Bobby's Run 8M	Vernon (Northeast School) www.silkcitystriders.org
Sa	May 16	10:00 AM	Bolton 5M	Bolton (Bolton H.S.) www.silkcitystriders.org (Upcoming Events)
Su	May 17	9:00 AM	Trails to a Cure 8M	Chester (Cockaponset St. Forest) John Brown 860-885-6883
Su	May 17	9:00 AM	Library 5K Challenge	Newington (Mill Pond Park) www.newington.lib.ct.us
Su	May 17	9:00 AM	Soapstone Mt. Trail 24K/6K	Stafford Springs (Hendel Rd.) www.shenipsitstriders.org
Sa	May 23	9:00 AM	Delaney Dash 5M	Old Saybrook (Fort at Saybrook Pt.) www.snerro.com
Sa	May 23	8:30 AM	Memorial Day 5K	Weston (Weston High School) www.hitekracing.com/weston5k/
Su	May 24	8:00 AM	Dave Yurgaitis Memorial 5K & 10K	Bristol (Lake Compounce) www.trisportmedia.com/events.html
Su	May 24	10:30 AM	Memorial Around the Lake 5K	Marlborough (Blish Park) Don Lack 860-295-8374
Mo	May 25	11:00 AM	Washington Trail 10K	Durham (Coginchaug H.S.) www.dmexchangeclub.com
Mo	May 25	9:00 AM	Woodstock 10K	Woodstock Barry Kromer 860-928-1828
Mo	May 25	10:20 AM	E.H. Memorial Mile	E. Hartford www.ci.east-hartford.ct.us
Fr	May 29	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park) www.twilighttrailrun.com
Su	May 31	8:00 AM	Iron Horse Half-Mar, 5K & 10K	Simsbury (Iron Horse Bvd) www.hartfordmarathon.com
Sa	Jun 6	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park) www.KomenCT.org
Su	Jun 14	1:00 PM	Litchfield Hills Road Race 7.05M	Litchfield (Village Green) www.lhrr.com
Su	Jun 14	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Town Hall Common) www.celebratwesthartford.com
Sa	Jun 20	9:00 AM	Tour De Noank 2.5M/5M	Groton (Cutler Middle School) Cheryl Hancin 860-536-5687
Sa	Jun 20	10:00 AM	Mount Washington 7.6M	Gorham, NH (Registration Closed) www.gsr.com
Su	Jun 21	10:15 AM	Branford Road Race 5M	Branford (Branford Green) www.branfordroadrace.net
Su	Jun 21	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA www.runwmac.com/gt2009/gt09-races.html
Su	June 21	8:00 AM	Tri Sports 5K & 10K	Bristol (Lake Compounce) www.trisportmedia.com/events.html
Su	Jun 28	8:30 AM	Fairfield 13.1M & 5K	Fairfield (Jennings Beach) www.fairfieldhalf.org/ffdhalf
Sa	Jul 25	9:00 AM	Scottish Rite Freemasons 5K	Newington (La-Z-Boy Furniture) www.active.com

SPRING 2009 NEW ENGLAND MARATHON/ULTRA CALENDAR

Date	Time	Race	Place	Website
April 20, 2009		Boston Marathon (Registration Closed)	Boston, MA	www.bostonmarathon.org
April 26, 2009		Lake Waramaug 50K, 50M, 100K	New Preston	www.RoadnTrackSports.com/LWUM
April 26, 2009		More Marathon - Ladies Age 40+	New York, NY	http://nyrr.org/races/2009/more/index.asp
May 3, 2009		Providence Marathon (New Course)	Providence, RI	www.rhoderaces.com
May 3, 2009		New Jersey Marathon	Long Branch, NJ	www.njmarathon.org
May 3, 2009		Long Island Marathon	East Meadow, NY	www.thelmarathon.com
May 3, 2009		Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 9, 2009		TNF Endurance Challenge 50K / 50M	Bear Mountain , NY (Harriman St. Pk.)	www2.thenorthface.com/endurancechallenge
May 17, 2009		Delaware Marathon (New Course)	Wilmington, DE	www.races2run.com/marathon
May 17, 2009		Run for the Red Marathon	Pocono Mountains, PA	www.poconomarathon.org
May 17, 2009		Sugarloaf Marathon	Eustis, ME (Cathedral Pines Camp.)	www.sugarloafmarathon.com
May 24, 2009		Vermont City Marathon	Burlington, VT	www.runvermont.org
June 7, 2009		Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	www.marathonguide.com/sites/nipmucktrail
June 14, 2009		Lake Placid Marathon	Lake Placid, NY	www.LakePlacidMarathon.com

SILK CITY STRIDERS -- 2009 EVENT CALENDAR

- MAY** - [Bobby's Run](#).....Saturday, May 16
- JUNE** - ["Rattlesnake Ridge" Trail Fun Run](#)Saturday, June 13
- JULY** - [Wickham Park Cross Country Series](#) Monday Nights – July 6, 13 & 20
[Summer Picnic \(Blish Park, Lake Terramuggus\)](#)..... Sat or Sun., July 25 or 26
[Bolton XC Summer Series](#) Thursday Nights - July 2, 9, 16, 23 & 30
- AUGUST** - [John & Jessie Kelley Ocean Beach Run & Picnic](#) Saturday, August 1
[Wickham Park Cross Country Series](#) Monday Nights - August 3 & 17
[Bolton XC Summer Series](#)Thursday Nights – August 6 & 13
- SEPTEMBER** - [Nikki's Run Walk 'N' Roll](#) Sunday, September 13
[Fred Brown Lake Winnepesaukee Relays](#)Saturday, September 26
[Celebration Run for Len Underwood](#)..... Sunday, September 20
- OCTOBER** - Halloween Pot Luck Supper..... TBA
- NOVEMBER** - [Parker Holt 5K](#) Sunday, November 8
[Know Your Pace Race](#)Saturday, November 21
[Manchester Road Race](#)..... Thursday, November 26
- DECEMBER** - [Scrooge's Scramble](#).....Friday, December 25

DEADLINE FOR NEXT NEWSLETTER: May 31, 2009