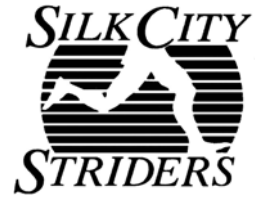




# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

[www.SilkCityStriders.org](http://www.SilkCityStriders.org)

## President's Message:

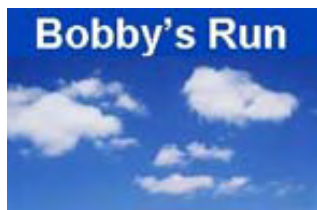
Happy Spring to everyone and I hope that you survived this winter by exercising either indoors or outdoors. Instead of my usual message I thought I would share with you some helpful information I found on the internet.

### 7 Ways to Stay Motivated to Run

1. **Start your own running tradition** – Pick a race or series of races that you enjoy. Plan your training around these races.
2. **Be prepared** – Keep sneakers and running gear in your car for those unexpected times when you can squeeze in a run.
3. **Adopt a new runner** – Help someone get interested in the sport, offering guidance and support.
4. **Run in the morning** – Running early or before work is a great way to start the day.
5. **Take a break** – Make sure you build in rest days to your training schedule.
6. **Be creative** – Mix up your runs and find new running routes.
7. **Place your Inspiration Prominently** – Keep you running books, training logs, pictures and trophies in a prominent place to keep you inspired.

Please join us on May 15<sup>th</sup> at Northeast School in Vernon for Bobby's Run.

Happy running,  
Mary Lou



**Saturday, May 15  
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
New England Relays .....	8
New Member Profile .....	8
Spring Training with Janit & Jim .....	9
H.S. Indoor Track & Field Results .....	10
Gate River Run Report. ....	12
Boston Mar., Red Dress Run & Bike Tour...13	
Easter 5K Fun Run .....	14
Nutrition Nook.....	15
Race Calendar.....	17
Silk City Event Calendar .....	18

## 2010 BOARD OF DIRECTORS

### Officers

<b>President:</b>	MaryLou White (860) 512-0007
<b>Vice President:</b>	Art Byram (860) 430-1072
<b>Treasurer:</b>	John Sloan (860) 643-6123
<b>Secretary:</b>	Deb Livingston (860) 512-0125
Mitch Bielenda	(860) 644-4806
Dani Kennedy	(860) 670-6294
Cathy King	(860) 289-6340
Sue Leslie	(860) 644-1804
Karen Saunders	(860) 643-9125
Keron Smith	(860) 644-0597
Bekkie Wright	(860) 461-1486

### Uniforms & T-Shirts

Sue Leslie (860) 644-1804

### WebMaster

Bill Schwarz (860) 643-4096

### Newsletter

**Staff:** Bekkie Wright – Editor  
 Karen Saunders – Editor Emeritus  
 Jim Best – Race Calendar  
 Barry Stoner – Coach’s Corner  
 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

Timothy Brennan	Coventry
Matthew Yoder	Manchester
The Lee Family	Manchester
(Mike, Monica, James & Jennifer)	

### WELCOME BACK

Carole & Russ Saucier	Manchester
-----------------------	------------

### CONGRATULATIONS

Please join me in welcoming our newest “junior” Silk City Striders. **Noah Hazel**, born just last week to Carol-Line & Tom Hazel, and **Grace Hatsu Flamino**, born on Valentine’s Day to Linda Yamamoto & Aaron Flamino. (Linda said she is thinking of tracking Grace’s sling & stroller miles for the Silk City 700 Challenge!)



## EARTH DAY Manchester Greenway Beautification Project

For the past few years, in celebration of Earth Day, members of the Silk City Striders have 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.

Earth Day falls on Thursday, April 22, so we would like to celebrate a little late by spending an hour or so after the Fun Run on Saturday, April 24, 2010 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.

## 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 15th at 8:00 AM. Registration forms for the 8 Mile Race are available on the website. 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.



### 2010 CT Race in the Park Walnut Hill Park – New Britain Saturday, May 8, 2010

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 25, 2010. Paper applications should be returned with a check for \$30.00 payable to "CT BHI" to Bekkie by Saturday, April 17.

#### 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 5, 2010

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 1, 2010. 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 22.

#### 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.

**GIDEON WELLES 4-MILER  
AT CEDAR HILLS CEMETERY  
(HTC Winter Series)  
Hartford, CT February 7, 2010**

Scott Livingston	#3M (+ Stroller)	28:29
Deb Livingston	#2F; #1 F30-39	29:19
Mike Westfall		30:03
Janit Romayko	#8F; #3 F 60-69	38:44
James Hodges	#3M 70-79	51:06

**YMCA SWEETHEART RUN 4M  
Stratford, CT February 13, 2010**

Ned Kennedy*	#1 M50-59	25:17
Dani Kennedy*	#10F; #2 F50-59	30:09
Mark Turkington	#2 M60-69	30:42

**\*1st Place Team -- Age Group: 100 - 109**

Ned & Dani Kennedy	55:26
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They crushed the competition in the combined 100-109 Age Group, were the #3 team overall, and were only beaten by the first 2 teams in the combined 40-49 Age Group. Excellent job Kennedy team!

**1st Place in the 110-119 Age Group** went to the team of **Mark Turkington** and Lori Vernier.

**GREATER SPRINGFIELD HARRIERS  
SNOWSTORM CLASSIC 5K  
Forest Park – Springfield, MA  
February 13, 2010**

Adam Bulewich	#6M; 3 M 20-39	18:37
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**BOB ANDRULIS SWEETHEART RUN 5M  
Litchfield, CT February 13, 2010**

Ken Larson	#3 M50-59	35:35
Kathy Manizza	#4F; #1 F50-59	37:23

**CHRIS SHEEHAN MEMORIAL 10K RUN  
(HTC Winter Series)  
Rocky Hill, CT February 14, 2010**

Mitch Bielenda	#3	49:07
Cathy King	#4	59:59
Jill Ramos	#5	1:07:02
King Archibald*	#6	1:12:29

\*Also served as Race Director for this event.

**HALF AT HAMPTON  
Hampton Beach, NH February 21, 2010**

Ken Larson		1:39:28
Kathy Manizza	#3 F50-54	1:41:04



Mike T. (just after Mile 1)

**COLCHESTER HALF MARATHON  
(HTC Winter Series Event)  
Colchester, CT February 27, 2010**

Scott Livingston	#8M	1:25:19
Marty Keibel	#2 M50-59	1:33:32
John Collins		1:34:04
Tony Bonanno		1:36:18
Debbie Livingston		1:39:41
John Sloan		1:44:14
Mike Tirrell		1:44:28
Keron Smith		1:44:41
Tim Blinn		1:44:50
Dean Bolt		1:48:19
Andy Zyrek	PR	1:48:28
Jay Hamilton		1:49:26
Mike Dolen		1:49:52
Marc Shok		1:56:50
Betty Cannella		2:05:27
Alan McCall		2:16:49
Barbara Bellas		2:18:30
Missy Cannella	1st Half Marathon	2:41:54

\*Bekkie Wright, Joe Poliquin, Cathy King and Mitch Bielenda were volunteers. Photos by Joe.



Andy Betty Deb John Marty

**RUN TO REMEMBER RAY CROTHERS  
(HTC Winter Series)  
Hop River Trail – Bolton/Vernon, CT  
February 28, 2010**

The 3.22 M course was 90% covered with snow. Course monitors were Jim Hodges and Rich White accompanied by dog Toby. 3 dogs also ran the race, and one guarded the snowman (dressed as a runner) that Race Directors Janit and Marylou built for Ray near his bench at Mile 2.

**Runners:**

Ned Kennedy	<b>#2M</b>	22:34
King Archibald	<b>#4M</b>	24:06
Ed Steele	<b>#8M</b>	28:15
D. Connolly	<b>#1F</b>	28:30
Tom Walsh		29:15
Jill Ramos	<b>#2F</b>	34:15
Carole Saucier	<b>#3F</b>	35:35
Randy Potterton		36:45
John Salcius		47:00

**Walkers:**

Jackie, Eddie, Katie & Sunny Steele	1:00:00
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**POLAR BEAR RUN 7.6 Miles  
Lake Waramaug  
New Preston, CT February 28, 2010**

Mitch Bielenda	1:14:44
Cathy King	1:14:44

**WPLR Shamrock 'N' Roll 5K  
New Haven, CT March 7, 2010**

Mark Turkington	<b>#1 M65-69</b>	21:35
Janit Romayko		28:52
Randy Potterton		29:41

**STU'S 30K  
Clinton, MA March 7 2010**

Neal Liebowitz	2:04:17
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**O'NIANTIC  
Niantic, CT March 13 2010**

Randy Potterton	31:01
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**Ken, Kathy, Dani, Mark & Ned**

**O'HARTFORD 5K  
Hartford, CT March 14, 2010**

Ned Kennedy	<b>#1 M50-54</b>	18:40
Tom Geer	<b>#2 M25-29</b>	18:45
Ken Larson	<b>#1 M55-59</b>	21:28
Mark Turkington	<b>#1 M65-69</b>	21:28
Kathy Manizza	<b>#1 F50-54</b>	21:36
Dani Kennedy	<b>#2 F50-54</b>	21:50
Wally Squier		24:13
Scott Hollister		25:11
Annette Hamilton		26:12
Kara Miffitt		27:46
Tris Carta		32:34

**HOLYOKE ST. PATRICK'S DAY 10K  
Holyoke, MA March 20, 2010**

Matt Yoder	42:18
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**BRISTOL SHAMROCK 2M  
Bristol, CT March 20, 2010**

Tom Walsh	14:21
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**FINALLY SPRING "5K!" 3.3 M  
Manchester, CT March 20, 2010**

Aaron Flamino	<b>#2M</b>	17:58
Michael McCall	<b>#8M</b>	20:34
Michael Westfall		22:10
David Bendzinski		22:43
Mike Bendzinski	<b>#1 M55+</b>	22:56
Ken Larson	<b>#2 M55+</b>	23:59
Kathy Manizza	<b>#5F; #4 F13-54</b>	24:28
Peter Briggeman		24:45
Myles Kessler		27:47
Alan McCall		28:21
Miriam Degrandi		33:15
Stephen Millett	(Linda R's son)	33:56
Kate Bonanno	<b>#3 F0-13</b>	34:09
Tony Bonanno		34:19
Linda Romejko	<b>1st Trail Race</b>	43:35

**NEW BEDFORD HALF MARATHON**

New Bedford, MA March 21, 2010

Bob Niedbala 2:01:42

**Pharmacy RxUN 4Komens  
Storrs, CT March 27, 2010**

Tom Walsh #2 M41-99 20:23

**EAST HADDAM LIONS CLUB  
APRIL FOOLS 10.5 MILER & 5K  
East Haddam, CT March 27, 2010****5K**

Matt Yoder #4M; #1 30-39 19:30

**10.5M**

David Leak #1 M50-59 1:18:16  
 Joan Munroe #3 F50-59 1:36:05  
 Alan McCall #2 M60-69 1:38:18  
 MaryLou White 1:53:12

**BRIAN'S BEACHSIDE BOOGIE DUATHLON**

Madison, CT March 28, 2010

**2M Run - 10M Mtn Bike - 2 M Run**

Scott Livingston #6M; #2 M35-39 59:05  
 Ned Kennedy #2 M50-54 1:02:58  
 John Salcius #1 M65-69 1:32:13  
 Janit Romayko #1 F65-69 1:34:17  
 MaryLou White 1:42:50

Not Over The Hill Yet #4 Mixed 2:01:15  
 Jim Hodges Run 1 24:54  
 Diane Stuart Bike 1:05:06  
 Jim Hodges Run 2 31:15

**OLEKSAK SPRING HALF MARATHON**

Westfield, MA March 28, 2010

Keron Smith #3 F30-39 1:38:30  
 Bob Niedbala 2:00:57

**WILLIMANTIC EASTER 5K**

Willimantic, CT April 3, 2010

Conor Hackett #3M; #1 M20-29 19:11  
 Andy Zyrek 21:29  
 Jay Hamilton #3 M30-39 22:02  
 Mark Turkington #2 M60-69 22:15  
 Annette Hamilton #5F; #2 F40-49 24:16  
 Alan McCall #3 M60-69 26:20

**BRADLEY INTERNATIONAL 5K & 10K  
Windsor Locks, CT April 3, 2010****5K**

Peter Devine 22:08  
 Susan Riley #1 F60+ 29:13

**10K**

Adam Bulewich #5M; #1 M30-39 37:49  
 Mike Tartar #7M; #2 M30-39 38:06  
 Keron Smith #2F; #1 F30-39 44:01  
 Mickey Grabner 45:51  
 Brad Shoenfelt 48:00  
 Joan Munroe #1 F50-59 54:03

**GREATER HARTFORD 1/4 MARATHON**

West Hartford, CT April 3, 2010

Michael Westfall 45:57  
 Bekkie Wright 50:54  
 Joe Poliquin 50:54  
 Tom Walsh 1:00:11  
 Missy Cannella 1:16:40

**NORTHERN NIPMUCK TRAIL 16M**

Union, CT April 3, 2010

Scott Livingston 2:30:22  
 John Agosto 2:28:55  
 Deb Livingston #3F; #1 F30-39 2:43:41  
 Tony Bonanno 2:57:59  
 Tim Blinn 3:33:55  
 MaryLou White 4:42:00  
 Barry Stoner DNF\*

\*John Agosto reports that the course was especially muddy this year, and Barry wisely elected to turn back before the official turn-around at Mile 8, but completed over 9 miles of this tough course.

**SPIRIT OF SPRING ROAD RACE 5K**

Tolland, CT April 3, 2010

Matt Yoder #6M; #1 M30-39 19:45  
 Rick Chromik 23:51  
 Heidi Chromik 26:35  
 Brian Millett 28:56  
 Stephen Millett 31:20  
 Linda Romejko 39:08

**FEED THE NEED 5K**

Hammonasset Beach State Park

Madison, CT April 3, 2010

Tony Hollister #1 M60+ 20:53  
 Janit Romayko #2 F60+ 26:08

**GOING THE DISTANCE**

**“FFA” CAPE COD TRAIL 50K  
W. Barnstable, MA February 6, 2010**

Bekkie Wright #3F 5:55:55  
Joe Poliquin #3M 5:55:55

**MARTHA'S VINEYARD 20 MILER  
Vineyardhaven, MA February 13, 2010**

Scott Livingston 2:15:31  
Debbie Livingston #3 F35-39 2:35:01

**HUDSON MOHAWK WINTER MARATHON  
Albany, NY February 21, 2010**

Marty Keibel #2 M50-59 3:22:46

**HYANNIS MARATHON & HALF MARATHON  
Hyannis, MA February 28, 2010**

Marathon  
Jay Seney 3:38:24

Half Marathon  
Bob Niedbala 2:02:56  
Barry Stoner\* #1 M70-79 2:22:11

\*Unfortunately Barry did not get “credit” for his win as he was inadvertently coded in the Clydesdale Group rather than his new M70-79 Age Group.

**SENECA GREENWAY TRAIL 50K  
Damascus, MD March 6, 2010**

Bekkie Wright #2 F45-49 6:31:29  
Joe Poliquin #2 M55-59 6:31:29

**LITTLE ROCK MARATHON  
Little Rock, AR March 7, 2010**

Bill Gaghan 3:59:38  
Tammy Gaghan 5:34:37

**EASTERN STATES 20 MILER  
Kittery, ME to Salisbury, MA March 30, 2010**

Michelle Sawyer 3:52:58  
Jill Ramos 4:18:24

**WMAC SNOWSHOE SERIES RESULTS**

[www.runwmac.com/snowshoes/default.html](http://www.runwmac.com/snowshoes/default.html)

**HALLOCKVILLE POND 3.7M  
Hawley, MA February 21, 2010**

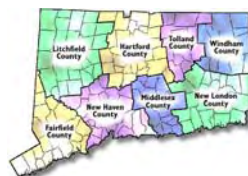
John Agosto #6M 26:25  
Debbie Livingston #4F 32:25  
MaryLou White 48:53

**MOODY SPRING 5.7 M  
Hawley, MA February 27, 2010**

John Agosto #10M 1:06:38  
MaryLou White 1:43:16

**HAWLEY KILN “NOTCH”4.6M  
Hawley, MA March 7, 2010**

John Agosto #5M 44:43



**8 COUNTY  
CHALLENGE**

We are continuing the Connecticut 8 County Challenge for 2010.

Last year we had nine (9) 8CC Challenge Finishers!

Submit results to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org) for races completed in each of Connecticut’s Eight (8) Counties during 2010. 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 2010.



The SILK CITY 700 Challenge is on again for 2010. There is a “Silk City Striders” Group set up on

[www.running2win.com](http://www.running2win.com) to track your mileage online. If you need any help setting up an account, or joining the Group, please contact [Art.Byram@kone.com](mailto:Art.Byram@kone.com). Or you can just report to Art when you reach your milestones. It’s only about 2 miles a day, so why not give it a go!

**NEW ENGLAND RELAY EVENTS -- SPRING & SUMMER 2010**

If you are a fan of 12-person 200 mile 2-day relay adventures like Reach the Beach in New Hampshire and the Green Mountain Relay in Vermont ... there are a few "New" events you might like to try this year. Although some have already reached capacity, many are still open for 12 or 6 person teams, or you may be able to join an existing team that still needs a runner.

**The Cape Relay**  
**May 1 & 2, 2010**  
**Boston to Provincetown**  
[www.13Relay.com](http://www.13Relay.com)

**New England Relay**  
**June 12th & 13th**  
**Rhode Island to Maine**  
<http://www.newenglandrelay.com>

**Ragnar Relay New England**  
**May 21 & 22, 2010**  
**New Haven to Boston**  
<http://www.ragnarrelay.com/boston/index.php>

**The Mass Dash**  
**July 17 & 18, 2010**  
**The Berkshires to Boston Harbor**  
[www.massdashrelay.org](http://www.massdashrelay.org)

**NEW MEMBER PROFILE****Carole Saucier**Editor's Note:

Carole's husband Russ joined the Silk City Striders a few years ago, but that was before we had incorporated the "New Member Profile" section in the Newsletter. Their membership lapsed for a year, but Carole recently began running again, and decided to rejoin. Welcome back.

Carole Reports:

I live in Manchester with my husband Russ and our pets including four cats, a dog and many reptiles. I tried to start running in 2001 but gave up pretty quickly. In 2008 I started working out and in 2009 decided to give it a try again. I didn't get too far before I "blew out" my knee and could barely walk in April of that year. I was finally diagnosed with chondromalacia and was told to buy a bike. I bought the bike and LOVED biking. I wanted to keep running, however, for when a bike wasn't available (vacation and whatnot). I was able to run for short periods last summer and my knee allowed me to run about 3 miles at best. I was very pleased when I was able to run the Manchester Road Race course at about 48 minutes. I ran the actual race at less than 44 minutes! I was so pleased with myself but then winter really took hold and I HATE the cold so running was put on the back burner.

I ran the "Run to Remember Ray" race in February to get out of the house and do something and really enjoyed it. Everyone was so nice that I came home and immediately joined the Silk City Striders. I got out and ran a couple of times in March (as well as a couple of bike rides) and have been running while on vacation in Florida. My knee has not given me too much trouble this year so I am hopeful that I will be able to run a lot this season. My goal is to run a 5K fast enough to qualify for the "under 40 minute" area at the Manchester Road Race since my husband is already qualified for this year.



## SPRING TRAINING WITH JANIT & JIM

Jim Hodges frequents the NY Yankees when they are in Tampa, Florida in March and Janit Romayko finds unusual races of which there were several this year:

The first was named "Steeple Chase 5K"... while it sounded like a workout with the usual steeple chase characteristics of jumping over water, fences, and the like, this 5K was a treasure to remember. The 5K was held at the First Baptist Church on the Mall in Lakeland, FL. The FBC is like a renovated Super WalMart, the size of at least 6 football fields. It took Janit 10 minutes just to run around half of it in her warm up before the race. It was HUGE. The race was efficient, flat, fast and well attended. The T-shirts were a fashion statement with their design of the steeple of the church on the front and sponsors on the back. The "Chic-Fil-A" cow was in attendance with free coupons for sandwiches and meals as well as many cowbells. The restaurant chain is the chicken version of McDonalds in the South and Southwest; it is my estimation the Northeast could use a few of these restaurants as they seemed to be quite popular, especially the drive-throughs. The first mile of this race was around the church in the mall, mile 2 & 3 were in surrounding neighborhoods of Lake Parker and the last 10th was downhill into the parking lot of the church. Jim won a week at the adult Christian camp in the summer and Janit won a week of Smoothies at the local juice bar. Both faired well in their age groups with Janit taking 2nd with 27:15 in the female 60-64 and Jim in the male 70-74 with 37:05.

The next day it was "off to the races" in St. Petersburg for a 7:05 AM start. Needless to say, it was a bit eerie travelling the distance to the race site over the Tampa-St. Pete bridge with the darkness all around. We knew that we were going in the right direction because there was a chain of headlights at least a mile long at the toll both at the entrance to the Ft. DeSoto park. Tolls were waived which made the trip faster. DeSoto Park is on tip of the St. Petersburg jutting out into the Gulf of Mexico on one side and the Bay of Tampa on the west side. This location while scenic, seemed to invite windy conditions for the race. There was a storm approaching due in that evening but Mother Nature had other plans. Sunrise in the area was not until 7:35 AM so the 7:05 AM start was in darkness. Most races in Florida have a 7:05 AM start time due to the heat but this particular day did not heat up. Nonetheless, over 1000 runners started the inaugural Half Marathon with spirit and glowing neon bracelets/necklaces. The 5K runners started at sunrise at the same location. The Half Marathon was flat, flat, flat with every mile marked, water / Gatorade at odd miles and Gu at even miles. Splits were given at 5K, 10K the 1/4 marathon (6.55m), at mile 12 and at the finish. Winds were gusty as we headed south and endured until we shifted in miles 4-8 to the west. We ran along the waterline of the Bay where we could see the St. Pete-Bradenton 12 mile Bridge in the distance. I imagined running that distance in the wind and thought to myself that that run would much worse with the height of the bridge. So, being positive, I concentrated on being on "terra firma" and pounded out the miles from 4 to 8. At mile 8 the course shifted back toward the start which loomed in the distance 5 miles away. Meanwhile Jim had finished the 5K in 36:48 and collected his 1st place medal in the 70-74 male grouping. Two 5Ks in a row in 24 hours was pretty good for Jim!! Meanwhile, Janit keep pounding miles 8-10 on the windy beach road watching all of the triathlete bikers practicing for the upcoming season. Pacing them made run even faster and she cruised in to the finish with a respectable 2:10.45 to garner 1st in the female 60-69 grouping. The food was sumptuous, the medals and T-shirts were gorgeous as were the finish line amenities and volunteers.

Florida RoadRunners has a series of 4 half marathons that are organized in the Tampa Area from mid-December to mid-March. The series attracts runners from all parts of the country as well as Mexico, Australia and Europe. Who wouldn't want to run in moderate temperatures compared to the Northeast? And the support for this 1/2 as well as the volunteers was amazing. I would definitely recommend this series to anyone interested in a certified course, great views, wonderful medals, Tshirts and a flat course. Last year we ran with the alligators in Carrollwood & Hillsborough so stay tuned for the 2011 edition. Regards, *Janit Romayko and Jim Hodges*

**2010 HIGH SCHOOL INDOOR TRACK & FIELD RESULTS\***

**ELLINGTON HIGH SCHOOL -- Aaron Flamino, Coach; Rachel Blinn, Team Member**  
 EHS Top 10 Individual Performances and Relay Team Results are also listed.

**EAST CATHOLIC HIGH SCHOOL – Kara Miffitt, Team Member – CCC Meet Results** are listed.

**MANCHESTER HIGH SCHOOL –** Since the town of Manchester is the home of the Silk City Striders selected results for MHS Top 10 finishes are also listed.

**NEW ENGLAND INTERSCHOLASTIC  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 Boston, MA March 5, 2010**

**MANCHESTER BOYS**

4x800 Relay	<b>#10 Team</b>	8:12.32
High Jump	Keron Stoute - #1	6-09
Long Jump	Keron Stoute - #5	21-11

**CIAC CLASS “LL”  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 New Haven, CT February 13, 2010**

**MANCHESTER BOYS - #7 TEAM**

4x200 Relay	<b>#8 Team</b>	1:39.21
4x400 Relay	<b>#6 Team</b>	3:36.90
4x800 Relay	<b>#6 Team</b>	8:22.64
55M Hurdles	Keron Stoute - #1	7.81
	Brian Boudreau - #7	9.11
600M Run	Matt Miner - #5	1:25.94
	Zachery Philbrick - #7	1:28.60
1600M Run	Daniel Arias - #7	4:34.75
High Jump	Keron Stoute - #1	6-06
	Devon Farquharson - #7	5-08
Long Jump	Keron Stoute - #1	22-04.75
	Joshua Wilson- #11	19-06.00

**MANCHESTER GIRLS - #23 TEAM**

4x400 Relay	<b>#12 Team</b>	4:30.23
4x800 Relay	<b>#7 Team</b>	10:04.49
1600 Sprint Medley	<b>#16 Team</b>	4:57.23
1600M Run	Emily Anderson - #6	5:28.16
3200M Run	Emily Anderson - #10	11:50.72

**\*NOTE: All High School Track & Field results are compiled at <http://www.mysportsresults.com>**

**CIAC STATE OPEN  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 New Haven, CT February 20, 2010**

**MANCHESTER BOYS - #5 TEAM**

55M Hurdles	Keron Stoute - #6	7.79
4x400 Relay	<b>#10 Team</b>	3:35.77
4x800 Relay	<b>#10 Team</b>	8:15.47
High Jump	Keron Stoute - #1	6-08
Long Jump	Keron Stoute - #3	21-11

**MANCHESTER GIRLS**

4x800 Relay	<b>#8 Team</b>	10:02
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**ELLINGTON BOYS - #31 TEAM**

Pole Vault	Matt Stephan - #4	13-00
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**ELLINGTON GIRLS - #31 TEAM**

55M Dash	Claiborne Jones - #5	7.43
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**CIAC CLASS “S”  
 INDOOR TRACK & FIELD CHAMPIONSHIPS  
 New Haven, CT February 13, 2010**

**ELLINGTON BOYS - #14 TEAM**

4x200 Relay	<b>#13 Team</b>	1:40.94
4x400 Relay	<b>#11 Team</b>	3:48.25
1600 Spring Medley	<b>#14 Team</b>	4:00.34
1000M Run	Daniel O'Donnell - #6	2:50.16
	Brian Kelleher - #9	2:51.47
Pole Vault	Matthew Stephan - #2	13-06
Shot Put	Gary Feldman - #6	45-00

**ELLINGTON GIRLS - #14 TEAM**

4x200 Relay	<b>#8 Team</b>	1:54.06
4x400 Relay	<b>#8 Team</b>	4:34.36
1600 Sprint Medley	<b>#18 Team</b>	4:48.98
55M Dash	Claiborne Jones - #1	7.34
300M Dash	Claiborne Jones - #6	42.90
1600M Run	Jennifer Hulstein - #6	5:29.42

**NCCC INDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS**  
 New Haven, CT February 8, 2010

**ELLINGTON BOYS - #2 TEAM**

4x200 Relay	<b>#2 Team</b>	1:40.41
4x400 Relay	<b>#2 Team</b>	3:44.52
4x800 Relay	<b>#1 Team</b>	8:38.17
1600 Sprint Medley	<b>#2 Team</b>	4:00.73
55M Dash	Alex Oliwa - 4	7.00
55M Hurdles	Matt Stephen - #1	8.96
300M Dash	Nick Varney - #5	38.75
600M Run	Dan O'Donnell - #2	1:29.84
	Nick Varney - #3	1:30.87
	Alec Weiner- #6	1:38.45
1000M Run	John Kuehn - #10	3:03.78
1600M Run	Stephen Crouse - #5	4:53.85
	Cameron Waters - #6	4:57.79
	Jordan Cusson - #10	5:11.05
3200M Run	Cameron Waters - #7	11:15.25
	John Ziomek- #9	11:53.09
<b>Pole Vault</b>	<b>Matt Stephan - #1</b>	<b>13-01.0</b>
High Jump	Anthony Velazquez - #6	5-04
	Brendon Willis- #10	5-00
Long Jump	Matt Stephan - #4	18-02.0
Shot Put	Gary Feldman - #2	45-02

**Yellow Highlight = New Meet Record**

**ELLINGTON GIRLS - #2 TEAM**

4x200 Relay	<b>#1 Team</b>	1:53.69
4x400 Relay	<b>#2 Team</b>	4:37.85
<b>4x800 Relay*</b>	<b>#2 Team</b>	11:25.68
1600 Sprint Medley	<b>#3 Team</b>	4:51.25
<b>55M Dash</b>	<b>Claiborne Jones - #1</b>	<b>7.36</b>
300M Dash	Claiborne Jones - #2	43.48
600M Run	Molly Honda - #3	1:52.13
	Marin Cleary - #4	1:54.41
	Mechelle Prouty - #5	1:56.31
	Heather Hulstein - #6	2:00.35
	Lindsay Grim - #7	2:01.27
1000M Run	Jennifer Hulstein - #3	3:16.65
1600M Run	Janae Bahler - #3	6:16.38
3200M Run	Jennifer Hulstein - #1	12:20.14
	<b>Rachel Blinn - #7</b>	<b>13:47.88</b>
	Melody Smith - #8	13:51.08
	Alex Maciolek - #9	14:00.66
High Jump	Sara Moore - #1	4-08
	Meghan Rose Costello - #2	4-06
Long Jump	Sara Moore - #5	14-09.5
	Maggie Ziomek - #10	13-08.5
Shot Put	Christina Martin - #5	27-00
	Maggie Ziomek - #9	24-07

**\*Rachel Blinn, Team Member**

**CCC INDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS**  
 New Haven, CT January 30, 2010

**MANCHESTER BOYS - #3 TEAM**

4x200 Relay	<b>#10 Team</b>	1:38.44
4x400 Relay	<b>#4 Team</b>	3:39.84
4x800 Relay	<b>#1 Team</b>	8:23.79
1600 Sprint Medley	<b>#17 Team</b>	4:04.13
55M Hurdles	Keron Stoute - #1	7.86
600M Run	Matt Miner - #3	1:26.37
1000M Run	Dan Arias - #7	2:40.36
High Jump	Keron Stoute - #1	6-08.5
Long Jump	Keron Stoute - #1	21-02.5

**MANCHESTER GIRLS - #13 TEAM**

4x200 Relay	<b>#20 Team</b>	2:01.21
4x400 Relay	<b>#10 Team</b>	4:26.40
1600 Sprint Medley	<b>#11 Team</b>	4:49.29
600M Run	Solveig Millett - #6	1:44.55
1000M Run	Kayla Boucher- #9	3:16.25
1600M Run	Emily Anderson - #5	5:30.73

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**EAST CATHOLIC GIRLS - #19 TEAM**

4x400 Relay*	<b>#12 Team</b>	3:39.84
1600 Sprint Medley*	<b>#17 Team</b>	4:48.55

**\*Kara Miffitt - Relay Team Member**

**LOCAL OUTDOOR TRACK MEETS**

(Click on Meet Name for more information)

**Fermi Coed Relays - Fermi High School April 24, 2010**

**Greater Hartford Outdoor Track & Field Meet - Simsbury High School May 1, 2010**

**JJ Greater Manchester Track & Field Invitational - Manchester High School May 15, 2010**

## GATE RIVER RUN – USATF 15K National Championship

By Scott Livingston

Full text available at <http://scottlivingston.wordpress.com>

The [Gate River Run](#) was one of the larger races that we have done. It is even bigger than the Manchester Road Race. This year's Gate River Run had 13,397 total finishers. The companion 5K had several thousand additional finishers. Being the USATF 15K National Championship event, the event attracted a lot more FAST runners than we are used too. Still, there were tons of people running, just for fun and fitness, which makes it a great event. The winner of the first Gate River Run 33 years ago was **Bill Rogers**. He was at the expo signing autographs and Debbie started next to him in the race. [Race Results](#) ([click here for link](#)).



It was sheer luck that we were in Florida the weekend of the race. We discovered this after the trip was booked, so it was good for us that we had childcare built into the family visit. Our family dropped us at the start and after the race, we ran several miles to meet up with them away from the traffic. The course was interesting, with two river crossings on famous bridges, and some lovely roads in the San Marco section of town. The final bridge was the only "climb" on the course. I hesitate to call it a hill, but the Floridians were downright fearful of it. We were told to save something for the bridge. I tried not to laugh out of respect for them. Connecticut roadies would make them whimper. Even better if we could get some of them to run the Nipmuck Trail Marathon. They might break in half!

North Florida had one of its coldest winters on record, so on the day of the race, it was great to wake up to sunshine and warmer temperatures. Sixty-something degrees and sun is a really good combination for running. We used this race as another training race. We did a big road race every other week in February and March, including the Martha's Vineyard 20 Miler, the Colchester Half Marathon, and then Gate.

The Gate River Run is highly recommended. There was lots of swag. The expo was a blast. Some of the items we walked away with in our race bags: our racing chip, a beer glass, and a t-shirt. All finishers got a sticker and a medal. Commemorative hats went to the top 10% finishers. All in all, a lot of good stuff. The North Florida running community is passionate about their racing. They came out in force to run Gate and I would imagine that there are a lot of good races in Greater Jacksonville.



**114th BOSTON MARATHON**  
**Monday, April 19, 2010 – 10:00 AM & 10:30 AM**

Cheer on the Silk City Striders (past & present) in person or track them online at [www.BAA.org](http://www.BAA.org) – Tony Bonanno #7788, Art Byram #6086, Marty Keibel #4321, Joe Kidder #9252, David Leak #12634, Neil Leibowitz #3570, Joan Munroe #21758, Mike Munroe #12707, Bob Niedbala #25094, John Paggioli #7724, Joe Poliquin #17199, Mike Tirrell #13922, Bekkie Wright #17185, and Zofia Turosz #21976. There are two wave starts -- Bib Numbers up to 13,999 Start at 10:00 AM, and Numbers 14,000+ 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>



**1<sup>st</sup> Annual Brain Injury Association of Connecticut**  
**TOUR OF LIGHTS Bike-A-Thon**  
**Saturday, May 15, 2010 9:00 a.m.**

*Rain or Shine*

Take the road with fellow cyclists in the Brain Injury Association of Connecticut's First Annual Bike-A-Thon, and you'll not only share spectacular views of the six historic lighthouses set between Avery Point in Groton and Westerly, Rhode Island, but one very important common goal: raising the funds BIAC needs to go on providing critical brain injury prevention and resource services throughout Connecticut.

**REGISTRATION FEES:** 62 mile ride \$125; 25 mile ride \$50

All participants will receive a Bike-A-Thon t-shirt, as well as the gratification of knowing that 100% of everything raised will go directly to support BIAC services.

**To learn more about the ride or to register online, please visit our website at [www.biact.org](http://www.biact.org)** or contact: Melinda McKeown at 860-721-8111 x309, or [mmckeown@biact.org](mailto:mmckeown@biact.org)



**RED DRESS RUN to Support Women's Heart Health**

The RED DRESS RUN FOR WOMEN 5K will be held on July 10, 2010. 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.

**SUNRISE 5K - Easter Fun Run  
Hop River Trail, Vernon, CT  
April 4, 2010**



**Back Row: John, Chester, Mitch, Cathy, Randy, Richard, and Keron  
Front Row: Joe, Bekkie (& Sugar), Jill, Lindsay, Janit, and MaryLou**

17 Runners celebrated the inaugural “Sunrise 5K” on the Hop River Trail in Vernon. We met at the Church Street Depot, and ran an out & back on the rail trail from Phoenix Street before heading back to the Depot for some pastries and muffins.

Some of the runners included: Mitch Bielenda, Chester Lau, Joe Poliquin, Randy Potterton, Jill & Lindsay Ramos, Greg Roberts, John Sloan, Keron Smith, Bekkie Wright, and Richard Zbrozek. Scott Livingston also stopped by in the middle of his Ironman training ride.

Thanks to Janit Romayko and MaryLou White, our Race Directors, and head Easter Bunnies, as well as Jim Hodges, Rich White & dog Toby who monitored the turn-around before joining us for refreshments after the run. Thanks to Greg, Joe & Jim for taking the photos.



- |                           |              |
|---------------------------|--------------|
| 1. Keron Smith            | 23:25        |
| 2. Mitch Bielenda         | 23:57        |
| 3. Chester Lau            | 27:32        |
| 4. Cathy King             | 27:35        |
| 5. Richard Zbrozek        | 28:38        |
| 6. Randy Potterton        | 29:01        |
| 7. John Sloan             | 29:10        |
| 8. Greg Roberts           | 31:00        |
| 9. Bekkie Wright          | 31:00        |
| 10. Joe Poliquin          | 31:00        |
| 11. Sugar Wright-Poliquin | 31:00        |
| 12. Lindsay Ramos         | 49:35 Walker |
| 13. Jill Ramos            | 49:36 Walker |

**NUTRITION NOOK – EGGS****To eat the yolk or not to eat the yolk? That is the question.**

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic, CT  
For more information, call 860-536-3610 or go online to [www.fitnutrition.net](http://www.fitnutrition.net)

First appeared in *The Stonington Times* and *The Mystic Times* in April 2010.

Easter is approaching and some of us are getting ready for a mass invasion of eggs. Do you like eating the eggs after Easter? (No ... not the chocolate ones, I know you eat those! I'm talking about the eggs you color and hide in the grass.) If you do, you may have many questions about their nutritional value. "Should I be eating the tasty, yellow yolk? How many yolks should I eat each week? How come I've heard eggs are bad for you?" Are you confused about the egg dilemma? Who isn't? Hopefully this will answer some questions.

Eggs are nutrient packed, affordable, versatile and easy to prepare in a variety of ways. These efficient little packages of nutrition are an excellent source of protein, with 7 grams in one large egg. The egg white, contributing about two-thirds of an egg's weight, contains water, more than half of the egg's protein, and important minerals such as iron, selenium, and trace amounts of calcium. The yolk contains all of the egg's fat, omega-3 fatty acids, more protein, vitamins such as A, B<sub>12</sub>, E, and antioxidants such as lutein, which is important for eye health. Wow. That's a lot of good stuff in one little egg.

In the 1980s, medical professionals advised us to limit the amount of egg yolks we ate each week since a regular large egg yolk contains 212 milligrams of cholesterol nearly your total cholesterol intake for one day. The pendulum is now swinging in the opposite direction as advertisements promote the "incredible, edible egg." Who should you believe? What are the facts about cholesterol in the food we eat and cholesterol in our bodies? The answer is not black and white because it depends on your current blood cholesterol numbers, your family history of cholesterol and heart disease as well as your weight and activity level. Each of these factors must be weighed to determine the number of egg yolks that are appropriate for you and your health.

To help you understand why everyone does not need to limit their egg yolk consumption, let me give you a brief overview of cholesterol and its role in your body.

Cholesterol is a natural, soft, waxy fat-like substance that is part of cell membranes and thus, found in all body tissue. It's essential for health because it is required to form cell membranes, some hormones, and vitamin D and is needed for a variety of other functions such as, aiding digestion, controlling blood sugar, and repairing damaged tissue. Your body makes all the cholesterol it needs. However, you also get cholesterol from certain foods such as meat, poultry, fish and full- or low-fat dairy products. Cholesterol is only found in animal products. Plants, therefore, are naturally cholesterol-free!

The "bad" or LDL cholesterol is a component of the plaque that infiltrates your arterial wall and can clog blood flow. Calcium and other substances can attach to plaque making it hard and brittle. Plaque that is brittle may break off, travel through the blood stream and form a clot anywhere in the body. Or, if plaque deposits grow large enough and block blood vessels a heart attack or stroke can occur. The goal is to have your LDL cholesterol number be 100 mg/dL or less.

The good news is that your body has its own natural vacuum cleaner referred to as the "good" or HDL cholesterol because it collects LDL cholesterol, bringing it to liver to dispose of. The more "vacuum cleaners" your body has, the cleaner your blood vessels will be. Thus, men want to have HDL levels of 40 or greater while women should aim for 50 or greater. The optimum number for your total cholesterol is 200 mg/dL or less.

You should not only know your total cholesterol, LDL cholesterol and HDL cholesterol numbers, but you should also know your cholesterol ratio. This is believed to be as important as your total and individual cholesterol numbers in predicting your risk for heart disease. To determine your cholesterol ratio divide your total cholesterol by your HDL cholesterol. Your goal is to have a ratio of 5 or less, with 3.5 or less an optimum value.

Several factors can cause high cholesterol – some are controllable while others are not. Improve your cholesterol numbers by eating healthy and maintaining a healthy weight. Visit [www.http://mypyramid.gov](http://mypyramid.gov) to determine a healthy weight range for you.

Here are a few tips for eating healthy: 1) Avoid trans fat or partially hydrogenated fat because it increases your LDL cholesterol and decreases your HDL cholesterol. 2) Limit your intake of saturated fat, which raises your “bad” cholesterol and aim to consume mostly heart-healthy monounsaturated and polyunsaturated fat. Food sources that are rich in these healthy fats are: nuts, seeds, avocados, plant oils such as olive, peanut, canola oils, fatty fish, and milled flax seed. It is important NOT to completely remove fat from your diet. Healthy fats found in foods mentioned above provide nutrients essential for life. 3) Eat a diet rich in soluble fiber by enjoying oatmeal, barley, fresh and frozen fruits and vegetables, beans, lentils and legumes.

Maintaining a healthy weight is important for cholesterol and thus, heart health. Losing weight can help lower LDL and total cholesterol levels and raise HDL cholesterol. Regular physical activity can help lower very low density cholesterol (VLDL; a type of “bad” cholesterol), raise HDL cholesterol and may lower LDL cholesterol. It can also lower blood pressure, reduce insulin resistance and helps with weight loss. These are all great reasons to start moving.

Unfortunately, in managing your cholesterol, there are also factors that you have no control over. These are age, gender and heredity. As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women’s LDL levels tend to rise. Your genes partly determine how much cholesterol your body makes and how much is removed. Therefore, high blood cholesterol can run in families. Thus, even if you lead a heart-healthy, active lifestyle, your cholesterol could still be high because your body naturally produces too much of it. This is why it is important to know your family medical history and get your blood cholesterol checked annually.

Let’s return to the egg question now that you have a better grasp of the importance of cholesterol and how it affects your health and risk for heart disease.

A regular large egg contains 212 milligrams of cholesterol, 4.97 grams of total fat, 1.55 grams of saturated fat and 72 calories. Due to research ***we now know that dietary cholesterol (the cholesterol you get from foods) raises the blood cholesterol of only about 30% of the population.*** For the majority of us, when we consume cholesterol in the foods we eat, our bodies decrease the amount of cholesterol we make. This mechanism helps to keep our blood cholesterol relatively stable. Yet, some of us continue to produce the same amount of cholesterol regardless of the amount of cholesterol consumed, resulting in higher cholesterol levels. However, for these individuals, both their “good” (HDL) AND “bad” (LDL) cholesterol levels rise. This means that their cholesterol **ratio** remains relatively stable. So, eating cholesterol for these individuals may not cause a problem as long as they do not have LDL cholesterol greater than 100 mg/dL or a cholesterol ratio equal or greater to 5.

Bottom line: limit cholesterol consumption to less than 300 milligrams per day and aim to consume no more than 3 egg yolks per week if you: 1) have a family history of high blood cholesterol and have a blood cholesterol ratio greater than 5 or have a total blood cholesterol level greater than 200 mg/dL; 2) have a blood cholesterol ratio greater than 5; 3) have a high blood cholesterol ratio and are overweight or inactive; 3) have a total blood cholesterol level over 200 mg/dL and are overweight or inactive; or, 4) have diabetes. Individuals whose cholesterol numbers and ratio are within healthy ranges and have little family history of high cholesterol can enjoy a couple more yolks per week.

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## RACE CALENDAR

Date	Time	Race	Place	Website / Contact
Sa Apr 10	8:30 AM	April Fools 5K & Backward Mile	Essex (Town Hall)	<a href="http://vsliteracy.org">http://vsliteracy.org</a>
Sa Apr 10	9:00 AM	Burn Calories for Fuel 5K *NEW	Bloomfield (Metropolitan Learning Center)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Apr 10	9:00 AM	Merrimack River Trail 10M	Andover, MA	<a href="http://www.runwmac.com/gt2010/gt10-races.html">www.runwmac.com/gt2010/gt10-races.html</a>
Sa Apr 10	10:00 AM	Earth Day 3M Trail Race	Mansfield (Mansfield Hollow)	<a href="http://www.SNERRO.com">www.SNERRO.com</a>
Sa Apr 10	10:00 AM	Salem Road Race 3M	Salem (Salem School - Rt 85)	<a href="http://www.salemctroadrace.org/index.html">www.salemctroadrace.org/index.html</a>
Su Apr 11	10:00 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Su Apr 11	10:00 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch)	<a href="http://www.ClubCT.org">www.ClubCT.org</a>
Sa Apr 17	9:00 AM	Hebron Road Race 5K	Hebron (RHAM H.S.)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
Sa Apr 17	10:40 AM	1040 EZ Run 5K	Windsor (Ellsworth School)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
Su Apr 18	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park)	<a href="http://www.meridenrotary.org">www.meridenrotary.org</a>
Su Apr 18	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U)	<a href="http://www.juliarun.org">www.juliarun.org</a>
Sa Apr 24	10:00 AM	Seaside Shuffle 3M	Old Saybrook (Goodwin School)	<a href="http://www.seasideshuffle.org">www.seasideshuffle.org</a>
Su Apr 25	9:00 AM	Leatherman's Loop 10K Trail	Cross River, NY (Ward Pound Res.)	<a href="http://www.leathermansloop.org">www.leathermansloop.org</a>
Su Apr 25	10:00 AM	Belltown Spring Sprint 5K	East Hampton (Sears Park)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
Su Apr 25	Noon	Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall)	<a href="http://www.simsburyrotary.org">www.simsburyrotary.org</a>
Su Apr 25	1:00 PM	Glastonbury River Run 5K	Glastonbury (Old Maid Lane)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su Apr 25	8:00 AM	Nutmeg State 1/2 Mar, 10K & 5K	Washington (Washington Primary Sch.)	<a href="http://www.endureitmultisports.com">http://www.endureitmultisports.com</a>
Su May 2	8:30 AM	Minuteman 10K/5K	Westport (Compo Beach)	<a href="http://www.wywl.com">www.wywl.com</a>
Su May 2	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis.Ctr)	<a href="http://www.7sisterstrailrace.com">www.7sisterstrailrace.com</a>
Su May 2	11:00 AM	Baja 5000	Glastonbury (Max Fish - Somerset Square)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su May 2	1:00 PM	Granby 10K	Granby (Memorial H.S.)	<a href="http://www.hartfortrtrackclub.org">www.hartfortrtrackclub.org</a> (April Newsletter)
Sa May 8	9:30 AM men 10:15 AM women	CT Race in the Park	New Britain (Walnut Hill Park)	<a href="http://www.CTRace.org">www.CTRace.org</a>
Sa May 8	10:00 AM	Salmon River Run 5.5	East Hampton (Rt 16 at Comstock Bridge)	<a href="http://salmonriverrun.org/default.aspx">http://salmonriverrun.org/default.aspx</a>
Su May 9	10:00 AM	Mothers Day Dash 5K	Vernon (Henry Park)	<a href="http://www.plattsys.com">www.plattsys.com</a>
Sa May 15	10:00 AM	Shad Derby 5K	Windsor (Sage Park Mid. School)	<a href="http://www.kiwanis.org/club/windsorct">www.kiwanis.org/club/windsorct</a>
Sa May 15	8:00 AM	Bobby's Run 8M	Vernon (Northeast School)	<a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a>
Sa May 15	10:00 AM	Bolton Road Race 5M	Bolton (Bolton H.S.)	<a href="http://www.boltonpublicschools.com/site/files/32ndannualbolton5mileroad.pdf">http://www.boltonpublicschools.com/site/files/32ndannualbolton5mileroad.pdf</a>
Sa May 16	8:00 AM	Bill Landers Memorial 5K	Glastonbury (Hubbard Green)	<a href="http://www.glastonburyeducationfoundation.org">http://www.glastonburyeducationfoundation.org</a>
Su May 16	8:30 AM	Avon 5K	Avon (Pine Grove School)	<a href="http://www.avonroadrace.com">www.avonroadrace.com</a>
Su May 16	9:00 AM	Library 5K Challenge	Newington (Mill Pond Park)	<a href="http://www.newingtonct.gov/content/78/118/136/1296/1420/7382.aspx">www.newingtonct.gov/content/78/118/136/1296/1420/7382.aspx</a>
Su May 16	9:00 AM	Soapstone Mt. Trail 24K/6K	Stafford Springs (Hendel Rd.)	<a href="http://www.shenipsitstriders.org">www.shenipsitstriders.org</a>
Sa May 29	8:30 AM	Memorial Day 5K	Weston (Weston High School)	<a href="http://www.hitekracing.com/weston5k">www.hitekracing.com/weston5k</a>
Sa May 29	9:00 AM	Delaney Dash 5M	Old Saybrook (Fort at Saybrook Pt.)	<a href="http://www.snerro.com">www.snerro.com</a>
Su May 30	8:00 AM	Dave Yurgaitis Memorial 5K & 10K	Bristol (Lake Compounce)	<a href="http://www.trisportmedia.com/events.html">www.trisportmedia.com/events.html</a>
Su May 30	10:30 AM	Memorial Around the Lake 5K	Marlborough (Blish Park)	Don Lack 860-295-8374
Mo May 31	9:00 AM	Woodstock 10K	Woodstock	Barry Kromer 860-928-1828
Mo May 31	10:20 AM	E.H. Memorial Mile	E. Hartford	<a href="http://www.ci.east-hartford.ct.us">www.ci.east-hartford.ct.us</a>
Mo May 31	11:00 AM	Washington Trail 10K	Durham (Coginchaug H.S.)	<a href="http://www.dmexchangeclub.com">www.dmexchangeclub.com</a>
Fr Jun 4	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park)	<a href="http://www.twilighttrailrun.com">www.twilighttrailrun.com</a>
Sa Jun 5	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	<a href="http://www.KomenCT.org">www.KomenCT.org</a>
Su Jun 6	8:00 AM	Iron Horse Half-Mar, 5K & 10K	Simsbury (Iron Horse Bvd)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>

**SPRING 2010 MARATHON/ULTRA CALENDAR**

DATE	RACE	PLACE	Website (link)
April 19, 2010	Boston Marathon (Registration Closed)	Boston, MA	<a href="http://www.bostonmarathon.org">www.bostonmarathon.org</a>
May 2, 2010	Providence Marathon	Providence, RI	<a href="http://www.rhoderaces.com">www.rhoderaces.com</a>
May 2, 2010	New Jersey Marathon	Long Branch, NJ	<a href="http://www.njmarathon.org">www.njmarathon.org</a>
May 2, 2010	Long Island Marathon	East Meadow, NY	<a href="http://www.thelimarathon.com">www.thelimarathon.com</a>
May 2, 2010	Race of Champions Marathon	Holyoke, MA	<a href="http://www.harriers.org/marathon">www.harriers.org/marathon</a>
May 8, 2010	TNF Endurance Challenge 50K / 50M	Bear Mountain , NY (Harriman State Park)	<a href="http://www2.thenorthface.com/endurancechallenge/races/2010/ny/index.html">www2.thenorthface.com/endurancechallenge/races/2010/ny/index.html</a>
May 16, 2010	Delaware Marathon	Wilmington, DE	<a href="http://www.delawaremarathon.org">www.delawaremarathon.org</a>
May 16, 2010	Run for the Red Marathon	Pocono Mountains, PA	<a href="http://www.poconomarathon.org">www.poconomarathon.org</a>
May 16, 2010	TransCanada Sugarloaf Marathon	Eustis, ME (Cathedral Pines Camp.)	<a href="http://www.sugarloaf.com/VacationPlanning/marathon.html">www.sugarloaf.com/VacationPlanning/marathon.html</a>
May 30, 2010	Vermont City Marathon	Burlington, VT	<a href="http://www.runvermont.org">www.runvermont.org</a>
June 6, 2010	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	<a href="http://www.marathonguide.com/sites/nipmucktrail">www.marathonguide.com/sites/nipmucktrail</a>
June 13, 2010	Lake Placid Marathon	Lake Placid, NY	<a href="http://www.LakePlacidMarathon.com">www.LakePlacidMarathon.com</a>

**SILK CITY STRIDERS -- 2010 EVENT CALENDAR**

- MAY** - Bobby’s Run.....Saturday, May 15
- JUNE** - Bolton XC Summer Series ..... Thursday Night - June 24  
 Lake Terramuggus Triathlon Series..... Thursday Nights, June 3 & 17
- JULY** - Wickham Park Cross Country Series ..... Monday Nights – July 5 & 19  
 Summer Picnic ..... Sat or Sun., July 24 or 25  
 Bolton XC Summer Series ..... Thursday Nights - July 1, 8, 15, 22 & 29  
 Lake Terramuggus Triathlon Series.....Thursday Nights, July 1, 15 & 29
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic ..... Saturday, August 7  
 Wickham Park Cross Country Series ..... Monday Nights – August 2, 9 & 16  
 Bolton XC Summer Series ..... Thursday Night – August 5  
 Lake Terramuggus Triathlon Series.....Thursday Nights, August 12
- SEPTEMBER** - Nikki’s Run Walk ‘N’ Roll.....Sunday, September 5 or 12  
 Fred Brown Lake Winnepesaukee Relays .....Saturday, September 25
- OCTOBER** - Ray Crothers Memorial Run ..... Sunday, October 24  
 Halloween Pot Luck Supper..... Saturday, October 30
- NOVEMBER** - Parker Holt Celebration Run 5K ..... Sunday, November 7  
 Know Your Pace Race .....Saturday, November 20  
 Manchester Road Race..... Thursday, November 25
- DECEMBER** - Scrooge Scramble..... Saturday, December 25

**DEADLINE FOR NEXT NEWSLETTER: May 31, 2010**