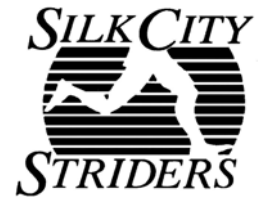




INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

Co-Presidents' Message:

Well it seems that spring has finally sprung. This has been a long, cold, and snowy winter so we're sure that everyone is happy to be able to get out and run on the roads and trails.

We're happy to report that we will be sharing the presidency during this year. We'll see if two heads are better than one. If anyone has any ideas that they would like to share or things they would like the club to participate in please email us or contact us by phone. Our contact information is listed in the directory of board members on the next page.

We look forward to seeing old and new club members at upcoming races in the area. There are plenty of races to choose from, whether you run the 5k distance or marathon and beyond.



Happy running,
Sue Leslie and Mary Lou White

**Next
Silk City Striders
Board of Directors Meeting**

Sunday, April 17, 2011
2:00 PM

at
Co-President
Sue Leslie's House

175 Wood Pond Drive
South Windsor, CT

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 | 7 |
| Janit & Zofia's Excellent Adventures | 8 |
| Boston Mar., Bike Tour & Relays..... | 9 |
| New Member Profile | 9 |
| Ode to the Boston Marathon..... | 10 |
| Nutrition Nook | 11 |
| H.S. Indoor Track & Field Results | 12 |
| Race Calendar..... | 14 |
| Silk City Event Calendar | 15 |

2010 BOARD OF DIRECTORS

Officers

| | | |
|------------------------|----------------|----------------|
| Co-President: | Sue Leslie | (860) 644-1804 |
| Co-President: | MaryLou White | (860) 512-0007 |
| Vice-President: | Rick Chromik | (860) 871-6101 |
| Treasurer: | John Sloan | (860) 643-6123 |
| Secretary: | Mike Fromerth | (860) 904-7779 |
| | Mitch Bielenda | (860) 644-4806 |
| | Dani Kennedy | (860) 670-6294 |
| | Cathy King | (860) 916-6573 |
| | 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

Wednesday Evening Funs Runs - 5:15 pm

Thursday Evening Funs Runs - 6:00 pm

Mt. Nebo Parking Lot - Spring Street

Now that the Case Mountain trails are free of snow, we could even turn the Thursday Run into a “Trail Night Thursdays”. What do you think?

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

| | |
|----------------------------|-------------|
| Elizabeth Daigle | Enfield |
| Kevin Looney | Bolton |
| Sweeney Family | Hebron |
| (Ed, Donna, Laura & Molly) | |
| Bill Turney | Willimantic |

East Coast



Greenway

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 Friday, April 22, so we would like to celebrate a little late by spending an hour or so after the Fun Run on Saturday, April 23, 2011 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.

EASTER SUNRISE FUN RUN 7:00 AM – Hop River Trail

Join us at 7:00 AM on the Vernon Rails to Trails (Hop River Trail) at Church Street Parking Lot for an Easter morning Fun Run to benefit the Cornerstone Foundation in Vernon. There will be no formal race, or set distance, just wear your favorite pastel outfit or Easter bonnet. Refreshments will be provided. We hope you’ll join us to celebrate the season.

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, 69 East Street, Vernon, CT on Saturday, May 14th 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.



CT Breast Health Initiative, Inc.

**CT Race in the Park
Walnut Hill Park – New Britain
Saturday, May 7, 2011**

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 Run as well as a 1-Mile or 4K Walk. You can join the Silk City Team online at <http://www.CTRace.org>. Online Team Registration Closes April 24, 2011.

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 4, 2011**

Join the Silk City Striders Team at the Komen Connecticut Race for the Cure 5K at Bushnell Park in Hartford on Saturday, June 4th. 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>. Online Team Registration Closes May 31, 2011.

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.

CUPIDS CHASE 5K Hartford, CT February 12, 2011

| | | |
|--------------|----------------|-------|
| Mike Tartar | #8M; #1 M40-44 | 19:47 |
| Tom Walsh | #2 M55-59 | 24:20 |
| Sarah Tartar | | 29:21 |

WSSAC ST PATRICK'S DAY CLASSIC 4M Fairfield, CT March 13, 2011

| | | |
|-----------------|-----------|-------|
| Mark Turkington | #2 M65-69 | 29:57 |
| Zofia Turosz | #1 F70-74 | 34:53 |
| Janit Romayko | #1 F65-69 | 36:22 |

COLCHESTER HALF MARATHON (HTC Winter Series Event) Colchester, CT February 26, 2011

| | | |
|-----------------|------------|---------|
| Mike Tartar | | 1:31:41 |
| Keron Smith | | 1:44:02 |
| Tim Blinn | | 1:45:02 |
| Joseph Poliquin | | 1:46:03 |
| Andrew Zyrek | | 1:46:35 |
| Tony Bonanno | (2nd loop) | 1:46:50 |
| Mitch Bielenda | | 1:48:10 |
| Frankie Smith | | 1:51:36 |
| Bill Metzger | | 1:51:51 |
| Jay Hamilton | | 1:53:04 |
| John Sloan | | 1:53:37 |
| Marc Shok | | 1:56:55 |
| Cathy King | | 2:40:04 |

*Bekkie Wright and Mike Westfall were volunteers.

O'HARTFORD 5K Hartford, CT March 20, 2011

| | | |
|-------------------|---------------|-------|
| Tom Geer | #1 M25-29 | 18:28 |
| Amira Lerario | #3F; #1F40-44 | 20:19 |
| Scott Hollister | | 21:21 |
| Brian Deming | | 21:24 |
| Peter Devine | | 22:03 |
| Daria Vander Veer | #2 F40-44 | 22:42 |
| Richard Alexandre | | 22:50 |
| Robyn Hollister | | 34:45 |

SAVIN ROCK HALF MARATHON West Haven, CT March 19, 2011

| | | |
|------------|--|---------|
| Matt Yoder | | 1:40:24 |
| Dean Bolt | | 1:51:53 |

BRISTOL SHAMROCK 2M Bristol, CT March 19, 2011

| | | |
|-----------------|---------|-------|
| Tom Butterfield | #1 M70+ | 16:13 |
|-----------------|---------|-------|

WPLR Shamrock 'N' Roll 5K New Haven, CT March 6, 2011

| | | |
|-------------------|-----------|-------|
| Adam Bulewich | #2 M30-34 | 17:23 |
| Joe Kidder | | 21:16 |
| Daria Vander Veer | | 22:41 |

ST. PATRICK'S DAY ROAD RACE 5K Naugatuck, CT March 12, 2011

| | | |
|-------------|-----------|-------|
| Alan McCall | #1 M60-99 | 24:19 |
|-------------|-----------|-------|

COLLINSVILLE DAM RACE 5.55 M / 11.1 M (HTC Winter Series Event) Collinsville, CT March 13, 2011

| | | |
|---------------|-------------------|-------|
| | <u>5.55 miles</u> | |
| John Paggioli | #1M | 37:04 |

| | | |
|----------------|-------------------|---------|
| | <u>11.1 miles</u> | |
| King Archibald | | 1:33:06 |
| Tom Walsh | | 1:48:53 |

FINALLY SPRING 5K (Trail) Manchester, CT March 19, 2011

| | | |
|------------------|----------------|-------|
| Aaron Flamino | #8M; #1 M30-39 | 20:56 |
| Michael Westfall | #2 M40-49 | 22:10 |
| Linda Yamamoto | #1F | 22:32 |
| Tom Walsh | | 25:59 |
| King Archibald | | 26:40 |
| Laurie Brooks | #1 F40-49 | 27:33 |
| Alan McCall | #1 M60+ | 28:07 |
| Miriam Degrandi | #2 F50-59 | 33:07 |
| Janit Romayko | #1F60+ | 34:03 |
| MaryLou White | | 35:41 |
| Tracey Reed | | 41:35 |

ST. PATTY'S BLARNEY STONE DASH 5K Willimantic, CT March 19, 2011

| | | |
|------------------|----------------|-------|
| Jay Hamilton | | 22:50 |
| Annette Hamilton | #7F; #2 F40-49 | 25:28 |

BOLTON ROAD RACE 5K & 5M
Bolton , CT, March 20, 2011

5K

| | | |
|------------------|------------------------|-------|
| Dani Kennedy | #2 Overall, #1F | 21:53 |
| Michael Fromerth | #5M; #1 M40-49 | 23:30 |
| Nick VanDine | #8M | 24:09 |
| Jim Best | #2 M60-99 | 27:53 |

5M

| | | |
|-------------------|-----------------------|---------|
| Scott Livingston | #3M; #1 M30-39 | 30:45 |
| Ned Kennedy | #5M; #1 M50-59 | 32:18 |
| Jason Earl | #9M; #2 M30-39 | 33:38 |
| Debbie Livingston | #1 F | 34:20 |
| Art Byram | | 35:01 |
| Bill McGugan | | 35:46 |
| Ian Roberts | | 36:16 |
| Ken Larson | | 36:32 |
| Bekkie Wright | #2F; #1 F40-49 | 37:02 |
| Kathy Manizza | #3F; #1 F50-59 | 38:21 |
| Jonathan VanDine | | 38:30 |
| Rick Chromik | | 38:56 |
| John Sloan | | 39:40 |
| Ginny Welch | | 40:15 |
| Kevin Looney | | 41:11 |
| Tom Walsh | | 41:11 |
| Russell Saucier | | 41:41 |
| Heidi Chromik | | 42:29 |
| Lee Paquette | #1 M60-69 | 47:56 |
| Carole Saucier | | 49:49 |
| Jill Ramos | | 50:27 |
| Dorothy Paquette | | 51:13 |
| Randy Potterton | | 1:08:10 |

POLAR BEAR RUN 7.6 Miles
New Preston, CT March 20, 2011

| | |
|----------------|---------|
| Mitch Bielenda | 1:10:13 |
| Cathy King | 1:11:20 |

NEW BEDFORD HALF MARATHON
New Bedford, MA March 20, 2011

| | |
|--------------|---------|
| Bob Niedbala | 2:03:31 |
|--------------|---------|

SOUTH BOSTON BOYS & GIRLS ST PAT'S 5K
Boston, MA March 20, 2011

| | |
|------------|-------|
| Matt Yoder | 19:19 |
|------------|-------|

BOSTON BLOWOUT 30K
Fairfield, CT March 27, 2011

| | |
|----------------|---------|
| Neil Leibowitz | 2:25:38 |
| Marc Shok | 2:38:22 |

PHARMACY RxUN 4Komens
Storrs, CT April 2, 2011

| | | |
|---------------|--------------------------|-------|
| Janit Romayko | #4 F41+ (#1 F60+) | 24:34 |
|---------------|--------------------------|-------|

ST. JOSEPH SCHOOL ROAD RACE 3M
Baltic, CT March 26, 2011

| | | |
|-----------------|------------------|-------|
| Mark Turkington | #2 M60-69 | 21:59 |
| Tom Butterfield | #1 M70-99 | 25:16 |

EAST HADDAM LIONS CLUB
APRIL FOOLS 10.5 MILER
East Haddam, CT April 2, 2011

| | | |
|----------------|--|---------|
| King Archibald | | 1:29:17 |
| Alan McCall | | 1:36:53 |
| Joan Munroe | | 1:38:32 |
| Tom Walsh | | 1:40:42 |

GREATER HARTFORD 1/4 MARATHON
West Hartford, CT April 2, 2011

| | | |
|------------------|------------------|---------|
| Bekkie Wright | #2 F45-49 | 51:46 |
| Joseph Poliquin | | 51:46 |
| Scott Hollister | | 53:54 |
| Tony Hollister | | 59:07 |
| Bill Schwarz | #3 M65-69 | 59:27 |
| Robyn Hollister | | 1:10:53 |
| Deborah Thurston | | 1:12:32 |

SPIRIT OF SPRING ROAD RACE 5K
Tolland, CT April 2, 2011

| | | |
|---------------|-----------------------|-------|
| Matt Yoder | #8M; #1 M30-39 | 19:49 |
| James Janiak | | 22:54 |
| Rick Chromik | | 23:28 |
| Heidi Chromik | #9F; #3 F40-49 | 26:40 |

OLEKSAK SPRING HALF MARATHON
Westfield, MA April 3, 2011

| | |
|--------------|---------|
| Bob Niedbala | 2:06:03 |
|--------------|---------|

Bob Reports: A very windy day! It is a great rolling course with a nice pasta dinner at the end. This my 18th year in a row for this half marathon., which is a great tune-up for Boston. There is great crowd support and you get a wooden finishers medal courtesy of the lumber company. They also give out a beautiful technical T-shirt that has "Oleksak Lumber" emblazoned on the back. Many times when I am doing a race I hear someone yell at me "Oleksak!" and we know immediately that we are bonded by having done the Oleksak Half Marathon.

EARTH DAY TRAIL RUN 3M
Mansfield, CT April 9, 2011

Janit Romayko #2 F60-69 29:40

SALEM ROAD RACE 5K
Salem, CT April 9, 2011

Dani Kennedy #1F Age Grade 21:58
Ned Kennedy #3M Age Grade 19:31
Adam Bulewich #6M Age Grade 17:34
Mark Turkington #8M Age Grade 23:05

NORTHERN NIPMUCK TRAIL 16M
Union, CT April 9, 2011

John Agosto 2:32:26
Debbie Livingston #2F; #1 F30-39 2:33:55
Bill Metzger 3:16:56
Tim Blinn 3:19:41
Marylou White 4:39:31

BURN CALORIES FOR FUEL 5K
Bloomfield, CT April 9, 2011 9:00 AM

Tom Walsh #2 M55-59 22:35

BRIAN'S BEACHSIDE BOOGIE DUATHLON
Madison, CT April 10, 2011

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

Daria Vander Veer #1 F45-49 1:08:39
Edward Yergeau 1:16:10
Janit Romayko #1 F65-69 1:29:33

DONNELLY DASH 3.5M
Faifield, CT April 10, 2011

Bekkie Wright #6F; #2 F40-49 25:30
Joe Poliquin 25:30

WMAC SNOWSHOE SERIES RESULTS

www.runwmac.com/snowshoes/default.html

HALLOCKVILLE POND 3.7M
Hawley, MA February 20, 2011

John Agosto #9M 26:49

HAWLEY KILN "NOTCH" 4.6M
Hawley, MA March 7, 2010

John Agosto #5M 44:43

GOING THE DISTANCE

SEDONA MARATHON
Sedona, AZ February 12, 2011

Bekkie Wright #1 F40-49 4:11:30

HUDSON MOHAWK WINTER MARATHON
Albany, NY February 20, 2011

Adam Bulewich #3M; #2 M30-39 2:50:03

HYANNIS MARATHON & HALF MARATHON
Hyannis, MA February 27, 2011

Marathon

Jennifer Freeman 4:12:45

Half Marathon

Ken Larson 1:40:27
Kathy Manizza 1:42:30



John Paggioli (in blue & black)
leads the pack at the Asta Memorial Run

ASTA MEMORIAL 19.6M
Rocky Hill, CT March 27, 2011

John Paggioli TNA*
Andy Zyrek 3:04
Joe Poliquin 3:04
Bekkie Wright 3:04

*John beat Race Director, Todd Brown to the Finish Line
(TNA = Time Not Available)

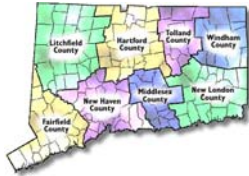
EASTERN STATES 20 MILER
Kittery, ME to Salisbury, MA March 27, 2011

Art Byram #5 M40-49 2:24:41
Jill Ramos 3:55:53

GO! ST. LOUIS MARATHON
St. Louis, MO April 10, 2011

Bill Gaghan Marathon #44; State #41 4:05:12

Bill Reports: Hot, hilly and humid. Lots of rolling hills, but it seemed like they all went UP!



8 COUNTY CHALLENGE

We are continuing the Connecticut 8 County Challenge for 2011. Last year we had a record twelve (12) 8CC Challenge Finishers, and King Archibald & Tom Walsh have already completed the challenge for 2011!

Submit results to Webmaster@SilkCityStriders.org for races completed in each of Connecticut's Eight (8) Counties during 2011. We will track results and report them in this Newsletter. All "Finishers" will be announced at the 2011 New Years Day Champagne Run, and will be entered in a drawing for a \$50 Gift Card.

The SILK CITY 700 Challenge is also on again for 2011



There is a "Silk City Striders" Group set up on 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. Or you can just report to Webmaster@SilkCityStriders.org when you reach your milestones. It's only about 2 miles a day, so why not give it a go!

NEW MEMBER PROFILE: Bill Turney

Bill Reports:

I've been running off and on since the mid-70's (I'm 65). A few years ago I got back into running as an efficient way to burn the calories. I tried a couple small 5K races and realized that I still enjoyed the competitive aspects of running. As I lost weight and kept training, my times came down and I began sneaking up the finishers lists. Last season, I found a good training combination: lots of treadmill time during the week to get both quality workouts while saving wear and tear on my knees, and Rails to Trails in Vernon for the longer runs. I managed to stay healthy and decided to target the Manchester Road Race (my all-time favorite race) for a Top 10 finish in the 60 to 69 age group. Then the MRR committee decided to transition to 5-year age-groups. The training continued without drama and it all came together on a beautiful Thanksgiving morning with a 1st place in the 65-69 Men's age group. I'm still grinning.

Not long ago, a running buddy of mine mentioned that, at my age, I might be able to qualify for Boston. That's a race I wanted to qualify for since shortly after I started running in the 1970's. I had given up that thought but when I learned the standard for 65-year-olds was 4:15, Boston became my next goal. So now I'm running 40-50 mile a week to get ready for the Vermont City Marathon on Memorial Day Weekend, where I hope to qualify for Boston 2012.

After Vermont, I'll be looking for advice on transferring long, slow miles into some speed for this year's Manchester Road Race. I understand there's some guy named Burfoot turning 65 and I'd like to put up a credible defense of my age-group title.

Editor's Note:

We first met Bill at the Parker Holt Celebration Run 5K in November of 2010 (pictured above). I expect he'll be leading the way up Highland Park hill in at the Silk City Striders' Manchester Road Race training runs in the Fall of 2011.



JANIT & ZOFIA'S EXCELLENT ADVENTURES

By Janit Romayko

The SCS outdoor Tri group finally "took the plunge" in February at the new StarHill Aquatic Facility in Tolland, CT. The brave souls included: Mike Ironman Tirrell, Bill Schwarz and his daughter, Debbie Thurston, Barry Stoner, Janit Romayko, Zofia Turosz, Kathy and Jeff Thorton and first timer, Bill McGugan. We were all in the same heat of the 300 yd swim and then proceeded up the stairs to the Spin cycles for a 10 mile ride. There were many moans and groans and several jokes but most of all, great support for each other. Then the clan sprinted down the stairs to the indoor bubble to run 5K - 13 & 3/4 times around the track. Support crew included Merle Stoner, Janice Tirrell and Joan Schwarz.

In March, the same clan (almost) did the same thing all over again. This time we were graced with the additional presence of Janice Tirrell, and Joan Schwarz with Merle and Bill Schwarz and Mike Tirrell being the support crew. We had a better time of the 5K as it was run outside of the bubble this particular Sunday with pleasant weather. This time the 5K was 11 and 1/2 times around the "track" of the bubble. Stay tuned for additional Tri news in April and May.

If anyone is interested in joining us, information is available on the Star Hill Aquatic Center website at: www.starhillathleticcenter.com. The Tris are on Sunday afternoons at 1:20 PM and you can sign up ahead of time or show up that day.

Janit also participated in the St. Joseph's Women's Tri, and the Farmington Valley Tri in addition to the Starhill Series ... all indoors of course!!

Zofia and Janit also joined the **DEBTinConn (Do Every Blessed Town in Connecticut)** group in February. DEBTinConn rules are that if there is NOT a race in a town of which there are 169 towns in CT, then 3 to 5 of one's crazy friends have to show up, preferably in a themed costume to do a 5K. So, we showed up on Washington's Birthday in red, white and blue costuming to run the first ever Andover 5K. It was a predetermined course very hilly and scenic. Afterwards we munched on cookies made with cranberries, white chocolate chips and blueberries in the car as the sun was going down, and we still had to travel to Scotland to the second 5K of the day. In the parking lot of the Scotland Elementary School, the "shivering seven" donned their plaid outfits of pajama bottoms, scarves, shawls, and whatever other plaid kilts they could find and paraded along the frozen Scotland River. By that time the sun was settling and everyone's teeth were shattering. It was a fast 5K for sure.

The next time we run together will be Good Friday at a place to be determined. One of the participants only has 3 more towns to cover and those three are Griswold, Canterbury and Voluntown. Interesting and scenic for sure!! All are welcome to join in the frolics!!

For more information about the Debt-in-Conn Challenge, you can email Ben Mattheis of the Hartford Track Club at benmattheis@hotmail.com.



RED DRESS RUN to Support Women's Heart Health

The RED DRESS RUN FOR WOMEN 5K will be held on July 9, 2011. The "Red Dress" is the symbol of healthy heart awareness, so our team will be dressed in red, 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 Sue at (860) 644-1804.



114th BOSTON MARATHON
Monday, April 18, 2011 – 10:00, 10:20 & 10:40 AM

Cheer on the Silk City Striders (past & present) in person or track them online at www.BAA.org. There are three wave starts this year 10:00 AM, 10:20 AM & 10:40 AM in addition to the Elite Women's start at 9:32 AM.

- Wave 1: Mike Tartar #5374; Marty Keibel #2830; Scott Freeman #3462; Tony Bonanno #6851
Wave 2: John Paggioli #9131; Ed Sweeney #11341; Art Byram #11439; Mike Munroe #12169; Lavinia Vigue #14025; David Leak #15692; Amira Lerario #17201
Wave 3: Zofia Turosz #21476; Beth Wells-Mackay #23409; Bob Niedbala #24142 (18th straight Boston Marathon); Cassandra Webb-Monaco #24962

Also look for some Connecticut standouts: Shannon McHale #F104 in Women's Elite Race; and Brian Nelson #174 of Vernon, and Liz Foster #2705 of Ellington in Wave 1.



2nd Annual Brain Injury Association of Connecticut
TOUR OF LIGHTS Bike-A-Thon
Saturday, May 7, 2011 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 www.biact.org
 or contact: Melinda McKeown at 860-721-8111 x309, or mmckeown@biact.org

NEW ENGLAND RELAY EVENTS
Spring & Summer 2011

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 several local events to choose from. Although some have already reached capacity, others are still open for 12 or 6 person teams, or you may be able join an existing team that still needs a runner. For example, Barry Stoner & Pat DeSimone are looking for additional runners for their Ragnar-New England team.

The Cape Relay - May 6 & 7
Boston to Provincetown
www.13Relay.com

Ragnar New England - May 20 & 21
New Haven to Boston
<http://www.ragnarrelay.com/newengland>

New England Relay - June 11 & 12
Rhode Island to Maine
<http://www.newenglandrelay.com>

The Mass Dash - July 16 & 17
The Berkshires to Boston Harbor
www.massdashrelay.org

ODE TO THE BOSTON MARATHON

- originally composed in honor of the 100th running in 1996

On Patriot's Day the chosen few (1)
will congregate in Hopkinton (2)
to toe the line (3) at the race divine -
the famous Boston Marathon

So, pin your bib, lace on your Chip (4)
and pack some PowerGel or Gu. (5)
The race starts at the stroke of Noon (6)
with you or without you.

Through Ashland, Natick, Framingham, (7)
you'll stride without a care.
At Wellesley's deafening "Wall of Sound"
you're almost halfway there. (8)

Newton now – Four miles of hills
From Seventeen to Twenty-One,
but once you've crested "Heartbreak"
only 5 more 'til you're done.

Down Chestnut Hill and past BC
(your quads will start to burn)
to get to Brookline's Coolidge Corner
take the Cleveland Circle turn

Underneath the Citgo sign
the Red Sox fans will cheer for you,
through Kenmore Square – One Mile To Go
to the Finish at the Pru (9)

Hereford Street, then Boylston -
The banner is in sight.
The day is done ... The race is run.
At least it's not yet night.

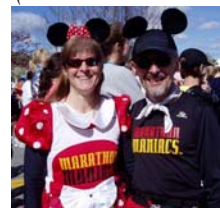
Congratulations Marathoners!
Thank You Volunteers!
Let's all hope this race will last
another 100 years.



NOTES:

- (1) OK, it's more like 25,000, some of whom qualified, and some of whom are running to raise money for Charities like Dana Farber or Mass Eye & Ear Clinic.
- (2) But first, most will have to get to the Boston Common and take bus to Hopkinton where they'll cool their heels for a few hours in the Athlete's Village.
- (3) Actually, only the Elite Runners will toe the line, the rest of the crowd will be seeded in corrals by their qualifying time – and it will take the last group over 10 minutes to cross the Start Line
- (4) Thank goodness you don't "lose" all that time getting to the Start Line – see #3 above. In 2011, the timing chip will be embedded in the bib, so no more lacing the chip into your shoelaces.
- (5) The Boston Marathon does a PowerGel stop near Mile 17, but many people bring their own anyway.
- (6) Well, most of the field used to start at Noon. Now there are 3 Main Wave Starts in addition to the other 3 Special Starts:
Push Rim Wheelchair Division Start: 9:17 a.m.
Handcycle Division Start: 9:22 a.m.
Elite Women Start: 9:32 a.m.
Red: Elite Men and Wave 1 start: 10:00 a.m.
White: Wave 2 start: 10:20 a.m.
Blue: Wave 3 start: 10:40 a.m.
- (7) Actually, Framingham comes before Natick, but I took a little poetic license.
- (8) Thousands of screaming "Co-eds" can't be wrong. The 13.1 mile mark is just past the College in the Center of the Town of Wellesley.
- (9) Again, not exactly. You run past the Prudential Center to the Lennox Hotel.

-Bekkie Wright (Marathon Maniac #244



NUTRITION NOOK – Eat Green for Spring & Running Performance

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

Boost your health, running performance, phytonutrient and antioxidant intake by loading up on green fruits and vegetables. Phytonutrients are substances that plants produce naturally to protect themselves and provide the plant's color, aroma, texture, and flavor. Most fruits and vegetables contain phytonutrients, and this chemical family has demonstrated nutritive health benefits. For instance, lutein, which is present in green vegetables such as kale, spinach, and broccoli, may aid in maintaining healthy vision.

Kale, spinach and broccoli are also rich in the antioxidants, beta carotene and vitamin C. Antioxidants are natural defenders present in the body & in certain foods, particularly fruits & vegetables. Adequate antioxidant intake is vital for runners because these compounds play a vital role in protecting cells from oxidative damage which is increased during physical activity. For this reason, the American Dietetic Association recommends that individuals who participate in regular prolonged, strenuous exercise (such as long-distance running) should consume 100 to 1,000 mg vitamin C daily (preferably from whole foods). You can easily consume the minimum amount of vitamin C by enjoying 1/2 cup of raw red peppers or a medium orange plus 1/2 cup of raw broccoli.

Antioxidants also help protect the body against harmful unstable molecules called free radicals. Free radicals can lead to various diseases such as cancer, heart disease, stroke, cataracts, lowered immune function, & neurodegenerative diseases like Alzheimer's & Parkinson's. The damage created by free radicals can be prevented or decreased by antioxidants. The body's ability to fight free radicals can be strengthened by consuming antioxidant-rich foods like kale, spinach, broccoli and avocados. Celebrate spring by increasing your intake of green fruits and vegetables. Your body will thank you as it reaps the myriad health and physical benefits they provide.

10 Ways to Add Green to Your Day:

1. Enjoy a juicy kiwi at breakfast, for a snack or for a sweet treat after lunch.
2. Make a spinach salad and add broccoli, green peppers, green onions, and celery.
3. Assemble "ants on a log" by washing and cutting celery stalks into strips, filling each with either peanut butter or spreadable cheese such as Laughing Cow cheese and topping with raisins or dried cranberries.
4. Sauté broccoli in olive oil and garlic for a delicious side dish.
5. Savor the sweet taste of green grapes either plain or cut-up on your favorite cereal or in chicken salad.
6. Enjoy raw strips of green pepper and broccoli florets with hummus as a snack.
7. Make a delicious minestrone soup with green beans, peas, and cabbage.
8. Prepare guacamole with ripe green avocados or add sliced avocado to a salad.
9. Sauté green peppers and onions to add to a sandwich or to make fajitas.
10. Roast cut-up green peppers, onions, and sweet potatoes by drizzling them with olive oil, adding dried rosemary or thyme, garlic powder and freshly ground pepper. Toss to evenly coat vegetables. Place the vegetables in a glass baking dish and bake for 45 - 60 minutes at 425 degrees F. Stir every 20 minutes. Serve warm as a delicious and nutritious side dish with a baked fish, chicken or tofu.

Enjoy eating GREEN this Spring!

2011 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.

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.

**CIAC STATE OPEN
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 19, 2011**

MANCHESTER BOYS - #5 TEAM

1600M Run M. Patrick Dibble 4:35.89

MANCHESTER GIRLS

1600M Run Emily Anderson - #15 5:22.35
 3200M Run Emily Anderson- #16 11.58.77

ELLINGTON GIRLS

55M Dash Claiborne Jones - #7 7.53

**CIAC CLASS "LL"
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 12, 2011**

MANCHESTER BOYS - #10 TEAM

4x400 Relay #19 Team 3:46.13
 4x800 Relay #17 Team 9:37.37
 1600 Sprint Medley #13 Team 4:03.03
 300M Dash Shamar Smith - #5 37.16
 1600M Run M. Patrick Dibble - #10 4:37.10
 3200M Run M. Patrick Dibble - #12 10:13.93
 High Jump Seth Devalve - #2 6-00

MANCHESTER GIRLS - #6 TEAM

4x200 Relay #16 Team 1:59.10
 4x800 Relay #12 Team 10:29.98
 1600 Sprint Medley #14 Team 5:00.78
 300M Dash Nicole Clemons - #4 43.36
 600M Run Jessica Matulaitis - #9 1:44.21
 1600M Run Emily Anderson - #5 5:18.98
 Kayla Boucher - #7 5:34.57
 Elizabeth Moran - #15 5:46.47
 3200M Run Emily Anderson - #7 11:53.43
 Hannah Partney - #14 12:11.86

**CIAC CLASS "M"
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 12, 2011**

ELLINGTON GIRLS - #13 TEAM

4x200 Relay #9 Team 1:56.93
 4x800 Relay #5 Team 10:23.27
 1600 Sprint Medley #10 Team 4:51.50
 55M Dash Claiborne Jones - #1 7.44
 300M Dash Claiborne Jones - #6 43.51
 Laura Schneider - #18 48.38
 1000M Run Kayla Sgarlata - #15 3:23.95
 1600M Run Emily Baker - #10 5:42.48
 Jennifer Hulstein - #11 5:43.06
 Leah Gerber - #17 6:02.88
 3200M Run Leah Cawthorn - #9 12:29.98
 High Jump Sara Moore - #9 4-06
 Long Jump Sara Moore - #9 14-09
 Shot Put Natalie Snow - #17 29-02

**CIAC CLASS "S"
 INDOOR TRACK & FIELD CHAMPIONSHIPS
 New Haven, CT February 10, 2011**

4x400 Relay #10 Team 3:46.17
 4x800 Relay #8 Team 8:37.09
 1600 Sprint Medley #9 Team 3:56.97
 300M Run Andrew Parker - #16 1:32.86
 Alec Weiner - #18 1:33.46
 1600M Run Neal Hulstein - #14 4:50.73
 Cameron Waters - #21 4:55.72
 3200M Run Alex Smith - #11 10:25.71

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

NCCC INDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS
New Haven, CT February 7, 2011

ELLINGTON BOYS - #2 TEAM

| | | |
|--------------------|------------------------|----------|
| 4x200 Relay | #2 Team | 1:39.90 |
| 4x400 Relay | #3 Team | 3:55.97 |
| 4x800 Relay | #1 Team | 8:54.38 |
| 1600 Sprint Medley | #3 Team | 3:55.13 |
| 55M Dash | Alex Oliwa - #2 | 6.82 |
| 300M Dash | Alex Oliwa - #1 | 39.62 |
| 600M Run | David Bergeron - #1 | 1:30.83 |
| | Alec Weiner- #2 | 1:31.47 |
| | Andrew Parker - #6 | 1:32.56 |
| 1000M Run | Alex Smith - #3 | 2:49.28 |
| | Anthony Velasquez - #7 | 3:07.19 |
| 1600M Run | Neal Hulstein - #1 | 4:43.73 |
| | Joe Levandoski - #10 | 5:21.31 |
| | Spencer Lebel - #12 | 5:23.20 |
| | Patrick Moss - #13 | 5:32.31 |
| 3200M Run | Alex Smith - #1 | 10:36.34 |
| | John Ziomek- #8 | 11:37.57 |
| High Jump | Anthony Velazquez - #2 | 5-08 |
| | John Ziomek- #12 | 4-10 |
| Long Jump | Kevin Stabinsky - #12 | 16-08.5 |
| | Joshua Weintraub - #25 | 14-11.5 |
| Shot Put | Kyle Johnson- #14 | 30-07 |

ELLINGTON GIRLS - #1 TEAM

| | | |
|--------------------|----------------------------|----------|
| 4x200 Relay | #1 Team | 1:56.50 |
| 4x400 Relay | #2 Team | 4:38.16 |
| 4x800 Relay | #1 Team | 10:40.15 |
| 1600 Sprint Medley | #1 Team | 4:51.13 |
| 55M Dash | Claiborne Jones - #1 | 7.48 |
| 300M Dash | Claiborne Jones - #1 | 42.56 |
| | Kelsey Janssen - #8 | 48.74 |
| 600M Run | Laura Schneider - #1 | 1:46.92 |
| | Meaghan-Rose Costello - #4 | 1:53.00 |
| | Amanda Bellezza - #7 | 1:58.57 |
| 1000M Run | Jennifer Hulstein - #2 | 3:20.56 |
| | Rachel Blinn - #8 | 3:35.22 |
| 1600M Run | Emily Baker - #2 | 5:53.03 |
| | Kayla Sgarlatta - #5 | 5:58.23 |
| 3200M Run | Jennifer Hulstein - #1 | 12:50.69 |
| | Leah Cawthorn - #2 | 12:50.87 |
| | Rachel Blinn - #5 | 13:10.47 |
| | Alex Maciolek - #10 | 14:59.56 |
| High Jump | Sara Moore - #2 | 4-10 |
| Long Jump | Sara Moore - #2 | 15-08 |
| | Maggie Ziomek - #10 | 12-11 |
| Shot Put | Natalie Snow - #6 | 27-09 |
| | Patience Turkson - #8 | 26-06 |
| | Amanda Schroth - #9 | 26-05 |
| | Maggie Ziomek - #10 | 26-03 |

CCC INDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS
New Haven, CT January 29, 2011

MANCHESTER BOYS - #13 TEAM

| | | |
|--------------------|------------------------|----------|
| 4x400 Relay | #7 Team | 3:45.36 |
| 4x800 Relay | #15 Team | 9:38.73 |
| 1600 Sprint Medley | #17 Team | 4:26.32 |
| 55M Hurdles | Shamar Smith - #6 | 6.83 |
| 300M Dash | Shamar Smith - #3 | 37.26 |
| 600M Run | Zach Philbrick - #24 | 1:35.33 |
| 1000M Run | Chris Parla - #13 | 3:00.16 |
| 1600M Run | M. Patrick Dibble - #8 | 4:40.63 |
| 3200M Run | M. Patrick Dibble - #9 | 10:08.76 |

MANCHESTER GIRLS - #4 TEAM

| | | |
|--------------------|--------------------------|----------|
| 4x200 Relay | #11 Team | 2:02.10 |
| 4x800 Relay | #5 Team | 10:25.38 |
| 1600 Sprint Medley | #14 Team | 4:56.12 |
| 300M Dash | Nicole Clemons - #14 | 44.45 |
| 600M Run | Jessica Matulaitis - #11 | 1:53.16 |
| 1000M Run | Elizabeth Moran- #15 | 3:26:55 |
| | Kylie McCartney - #21 | 3:35:00 |
| 1600M Run | Emily Anderson - #11 | 5:33.38 |
| | Kayla Boucher - #12 | 5:38.16 |
| 3200M Run | Hannah Partney - #9 | 12:16.40 |

LOCAL OUTDOOR TRACK MEETS

(Click on Meet Name for more information)

Fermi Coed Relays - Fermi High School April 30, 2011**Greater Hartford Outdoor Track & Field Meet - Simsbury High School May 14, 2011****JI Greater Manchester Track & Field Invitational - Manchester High School May 21, 2011**

RACE CALENDAR

| Date | Time | Race | Place | Website / Contact |
|-------------|-------------------------------|-------------------------------|--|---|
| Sa Apr 16 | 9:00 AM | Hebron Road Race 5K | Hebron (RHAM H.S.) | www.thelastmileracing.com www.hebronct.org/pdfs/parksandrec/Special_Events.pdf |
| Sa Apr 16 | 10:40 AM | 1040 EZ Run 5K | Windsor (Ellsworth School) | www.thelastmileracing.com |
| Su Apr 17 | 10:00 AM | Sunshine Kids Sun Fun 5K *NEW | Middletown (Xavier High School) | http://raceit.com/search/event.aspx?event=5aaed8f3-0ba2-4e54-89e4-ec447bad977d.aspx |
| Su Apr 17 | 10:00 AM | Belltown Spring Sprint 5K | East Hampton (Sears Park) | www.thelastmileracing.com |
| Sa Apr 23 | 1:00 PM | Glastonbury River Run 5K | Glastonbury (Old Maid Lane) | www.hartfordmarathon.com |
| Sa Apr 23 | 8:30 AM | Bradley Airport 5K & 10K | Windsor Locks | www.bradleyroadrace.com |
| Sa Apr 23 | 9:30 AM | Easter Road Race 5K | Willimantic (35 Valley St.) | www.thelastmileracing.com |
| Sa April 30 | 8:30 AM | Granby Road Race 10K | Granby (Memorial H.S.) | www.hartfordtrackclub.org (April Newsletter) |
| Sa Apr 30 | 9:00 AM | Joseph J. Cassidy Memorial 5K | W. Hartford (MDC Reservoir) | www.hartfordbar.org |
| Sa Apr 30 | 10:00 AM | Seaside Shuffle 3M | Old Saybrook (Goodwin School) | www.seasideshuffle.org |
| Su May 1 | 8:30 AM | Minuteman 5K & 10K/ | Westport (Compo Beach) | www.wywl.com/MinuteMan/Minuteman.html |
| Su May 1 | 9:00 AM | Leatherman's Loop 10K Trail | Cross River, NY (Ward Pound Res.) - SOLD OUT | www.leathermansloop.org |
| Su May 1 | 9:00 AM | Seven Sisters Trail 12M | S. Amherst, MA (Notch Vis. Ctr) | www.7sisterstrailrace.com |
| Sa May 7 | 9:30 AM men 10:15 AM women | CT Race in the Park | New Britain (Walnut Hill Park) (online Team Registration Deadline April 24) | www.CTRace.org |
| Sa May 7 | 9:30 AM | Mill Pond 5K *NEW | Somers (Somers Academy). | www.thelastmileracing.com http://millpond5k.files.wordpress.com/2011/01/2011-mill-pond-5k-reg-form.pdf |
| Su May 1 | 10:00 AM | Flanders 5K | E. Lyme (E. Lyme HS) | www.snerro.com ; www.eltownhall.com |
| Su May 1 | Noon | Simsbury River Run 5K/10K | Simsbury (Simsbury Meadows) | www.simsburyrotary.org |
| Sa May 7 | 10:00 AM | Salmon River Run 5.5 | East Hampton (Rt 16 @ Comstock Br.) | http://salmonriverrun.org/default.aspx |
| Su May 8 | 10:00 AM | Mothers Day Dash 5K | Vernon (Henry Park) | www.plattsys.com |
| Sa May 14 | 8:00 AM | Bobby's Run 8M | Vernon (Northeast School) | www.silkcitystriders.org |
| Sa May 14 | 9:30 AM | Bishops' 5K for Kids | W. Hartford (Webster Elementary School) | www.bishops5kforkids.org |
| Su May 15 | 8:00 AM | Bill Landers Memorial 5K | Glastonbury (Hubbard Green) | www.glastonburyeducationfoundation.org |
| Su May 15 | 8:00 AM | NHSO Run for the Music 5K | New Haven (East Rock Park) | www.jbsports.com |
| Su May 15 | 8:30 AM | Avon 5K | Avon (Pine Grove School) | www.avonroadrace.com |
| Su May 15 | 9:00 AM | Library 5K Challenge | Newington (Mill Pond Park) | www.newingtonct.gov/content/78/118/136/1296/1420/7382.aspx |
| Su May 15 | 9:00 AM | Soapstone Mt. Trail 24K/6K | Stafford Springs (Hendel Rd.) | www.shenipsitstriders.org |
| Su May 15 | 10:00 AM | True Colors 5K *NEW | Manchester (Wickham Park) | www.hartfordmarathon.com |
| Sa May 21 | 10:00 AM | Shad Derby 5K | Windsor (Sage Park Mid. School) | www.kiwanis.org/club/windsorct |
| Su May 22 | 7:30 AM | Shamrock Duathlon & 5K | Glastonbury (Glastonbury High School) | www.hartfordmarathon.com |
| Su May 22 | 8:00 AM | Matt's Mission 5K | N. Branford (North Branford H.S.) | www.jbsports.com |
| Sa May 28 | 8:30 AM | Memorial Day 5K | Weston (Weston High School) | www.hitekracing.com/weston5k |
| Sa May 28 | 9:00 AM | Delaney Dash 5M | Old Saybrook (Fort at Saybrook Pt.) | www.snerro.com |
| Su May 29 | 10:30 AM | Memorial Around the Lake 5K | Marlborough (Blish Park) | www.roadracerunner.com/re_33736/MarlboroughLionsMemorialDayWeekendRoundtheLake5K.html |
| Mo May 30 | 10:20 AM | E.H. Memorial Mile | E. Hartford (Register at VFW – Tolland & Bidwell) | www.easthartfordct.gov/Public_Documents/EastHartfordCT_Parks/Special_Events |
| Fr Jun 3 | 6:00 PM | Twilight Trail 7.4M/3.6M | Groton (Bluff Point St Park) | www.twilighttrailrun.com |
| Sa Jun 4 | 8:30 AM | Komen CT Race for the Cure 5K | Hartford (Bushnell Park) | www.KomenCT.org |
| Su Jun 5 | 8:00 AM | Iron Horse Half-Mar, 5K & 10K | Simsbury (Iron Horse Bvd) | www.hartfordmarathon.com |

SPRING 2011 MARATHON/ULTRA CALENDAR

| DATE | RACE | PLACE | Website (link) |
|----------------|--|---|--|
| April 16, 2011 | Gansett Marathon (Qualifiers Only) | Narragansett, RI | www.gansettmarathon.com |
| April 18, 2011 | Boston Marathon (SOLD OUT) | Boston, MA | www.baa.org |
| May 1, 2011 | Providence Marathon | Providence, RI | www.rhoderaces.com |
| May 1, 2011 | New Jersey Marathon (New Course*) | Long Branch, NJ | www.njmarathon.org |
| May 1, 2011 | Long Island Marathon | East Meadow, NY | www.thelimarathon.com |
| May 2, 2011 | Race of Champions Marathon | Holyoke, MA | www.harriers.org/marathon |
| May 7, 2011 | The North Face Endurance Challenge Marathon, 50K & 50M | Bear Mountain, NY (Harriman State Park) | www2.thenorthface.com/endurancechallenge/races/2011/ny/index.html |
| May 15, 2011 | Delaware Marathon | Wilmington, DE | www.delawaremarathon.org/ |
| May 15, 2010 | Run for the Red Marathon | Pocono Mountains, PA | www.poconomarathon.org |
| May 15, 2011 | Shires of Vermont Marathon | Bennington, VT | www.shiresofvermontmarathon.com |
| May 15, 2011 | Sugarloaf Marathon | Eustis, ME (Cathedral Pines Camp.) | www.sugarloaf.com/EventsActivities/index.html |
| May 29, 2011 | Vermont City Marathon | Burlington, VT | www.runvermont.org |
| May 29, 2011 | Memorial Day Marathon/Half/10K/5K | Lenox, MA (Tanglewood) | www.memorialdaymarathon.com |
| June 12, 2011 | Lake Placid Marathon | Lake Placid, NY | www.LakePlacidMarathon.com |

2011 EVENT CALENDAR

- APRIL** - Easter Sunrise Fun RunSunday, April 24
- MAY** - Bobby’s Run.....Saturday, May 14
- JUNE** - Bolton XC Summer Series (NEW Night*) Wednesday Night - June 29
Lake Terramuggus Triathlon Series Thursday Nights, TBA
- JULY** - Wickham Park Cross Country SeriesTuesday Night – July 5
& Monday Night – July 18
Summer Picnic TBA
Bolton XC Summer Series Wednesday Nights – July 6, 13, 20, 27
Lake Terramuggus Triathlon Series Thursday Nights – TBA
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic Saturday, August 6
Wickham Park Cross Country Series Monday Nights – August 1, 8 & 15
Bolton XC Summer Series Wednesday Night – August 3 & 10
Lake Terramuggus Triathlon Series Thursday Night – August 12
- SEPTEMBER** - Nikki’s Run Walk ‘N’ Roll TBA
Fred Brown Lake Winnepesaukee RelaysSaturday, September 10
- OCTOBER** - Ray Crothers Memorial Run Sunday, October 23
Halloween Pot Luck Supper..... Saturday, October 29
- NOVEMBER** - Parker Holt Celebration Run 5K Sunday, November 6
Know Your Pace Race Saturday, November 19
Manchester Road Race..... Thursday, November 24
- DECEMBER** - Hungry Tiger Toy Fun Run..... TBA
Scrooge Scramble.....Sunday, December 25

DEADLINE FOR NEXT NEWSLETTER: May 31, 2011