



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

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

## President's Message: IT FINALLY FEELS LIKE SUMMER

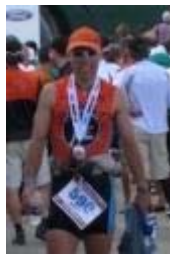
Well it seems that summer has finally arrived and with it comes the warm weather, picnics and summer vacations. The summer picnic at Blish Park in Marlborough was very well attended and was extremely successful due to the collaborative effort of many individuals. There was a group who participated in a fun run, a few that biked and then the triathletes went out for a group swim to top off a great day. We lucked out with the weather that day.

Another recent activity was the John and Jessie Kelly 11.6 mile run at Ocean Beach Park in New London. It is listed as one of New England's Top 80 Best of the Best Road Races **with no entry fee**. This event was attended by twenty Striders which is a phenomenal showing. You can view the full results further on in the newsletter.

I know that many of you are increasing your mileage in anticipation of either a fall marathon or an ultra event. I wish you all well in achieving your goals and hope to see some PR's in upcoming newsletters. Remember to train smart and always stay hydrated.

Happy running,

- Mary Lou



Lake Placid, NY July 25, 2009

2.4 M Swim – 112 M Bike – 26.2 M Run

Scott Livingston 10:44:48

Read all about Scott's first Ironman on his blog.

<http://scottlivingston.wordpress.com>

Congratulations, Scott!

## TABLE OF CONTENTS

Club News & Events .....	2
Race Results .....	3
Marathon & Ultra Wrap-Up .....	6
Triathlon Race Results .....	6
8 County Challenge Standings .....	8
Silk City 700 .....	8
Wickham Park XC Results.....	9
Bolton XC Results .....	11
Thursday Nights Under The Lights .....	11
Race Calendar .....	12
Run for the Fallen .....	14
Silk City Event Calendar .....	14

## 2009 BOARD OF DIRECTORS

### Officers

**President:** MaryLou White (860) 512-0007  
**Vice President:** Art Byram (860) 430-1072  
**Treasurer:** John Sloan (860) 643-6123  
**Secretary:** 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**  
**Parking Lot C**  
**(near the “Great Path” entrance)**

**Tuesday Evening Funs Runs - 6:00 pm**  
**Martin Elementary School –**  
**Dartmouth Street\***  
 (\*For the month of August we will be meeting  
 at Mt. Nebo Park on Spring Street  
 due to the PeeWee Football practices  
 being held at Martin Elementary School)

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

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Vanessa Schumacher Manchester

### COMING UP – August & Sept.

- Wickham Park XC Series –  
**Monday, August 17th – Series Finale**
- Glastonbury Parks & Rec Fun Runs–  
**Tuesday, August 11th – Series Finale**
- Bolton Summer Cross Country Series –  
**Thursday, August 13th – Series Finale**
- EHHS Alumni Cross Country 5K –  
**Thursday, August 13th**
- Bolton Alumni Cross Country 5K –  
**Saturday, August 15th**
- New Haven Road Race 20K & 5K –  
**Monday, September 7th**
- Fred Brown Lake Winnepesaukee Relays –  
**Saturday, September 26th**  
Captains: Bill McGugan & Betty Cannella

**Nikki's**  
**Run, Walk 'N' Roll**  
**For Children with Cancer**

**5K Run & Walk**  
**September 13, 2009 – 10:00 AM**  
**Manchester Community College**

This event supports children with cancer by funding pediatric cancer research and family support through the Build-a-Bear Workshop Foundation and Connecticut Children’s Medical Center, as well as other local organizations.

A course map, as well as the Registration and Donation forms are available online at [www.NikkisRun.org](http://www.NikkisRun.org).

A few Volunteers are needed to staff the Water Stop on Race Day. Please contact Bekkie at 860-461-1486 or [BekkieW2003@yahoo.com](mailto:BekkieW2003@yahoo.com) if you would like to volunteer to help.

## 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.

### PREVIOUSLY OMITTED RESULTS

#### 5,000 FATHOMS ROAD RACE (5.68 M) Groton, CT May 31, 2009

Bill Schwarz	47:03
--------------	-------

#### COVERED BRIDGES HALF MARATHON Woodstock, VT June 7, 2009

John Collins	1:28:04
--------------	---------

#### BILL LANDERS BUILDING BRIDGES MEMORIAL 5K Glastonbury, CT June 7, 2009

Art Byram	#8M	18:38
-----------	-----	-------

#### NIANTIC BAY 10K Niantic, CT June 12, 2009

Adam Bulewich	#4M; #1 M 30-34	36:38
Bill Schwarz	#1 M65-69	51:40
Mary Lou White	#2 F50-54	57:29
Robert Niedbala		59:52

#### NORTHFIELD MOUNTAIN 10K Northfield, MA June 13, 2009

David Laporte	53:23
MaryLou White	1:11:59
John Salcius	1:15:21

#### BLUM SHAPIRO 5K Cromwell, CT June 13, 2009

Keron Smith	#1F	21:36
Dani Kennedy	#3F; #1 F50-54	21:59

#### CELEBRATE WEST HARTFORD 5K West Hartford, CT June 14, 2009

Neal Leibowitz	#2 M40-49	18:11
Tony Hollister	#2 M60-69	21:43
Dean Bolt		21:53
Jill Ramos		28:34
Lindsay Ramos	(unofficial)	30:00+

#### MT. GREYLOCK 13.5M TRAIL RACE Pittsfield, MA June 21, 2009

Scott Livingston		2:08:00
John Agosto		2:13:16
Debbie Livingston	#6F	2:36:58
MaryLou White		3:48:31

#### LITCHFIELD HILLS ROAD RACE 7.1M Litchfield, CT June 14, 2009

Mitch Bielenda	52:25
King Archibald	58:13
Cathrynn King	1:12:21

#### BRANFORD ROAD RACE 5M Branford, CT June 21, 2009

Adam Bulewich	28:59
Bekkie Wright	39:16
Joe Poliquin	39:17

#### SOLSTICE SPRINT 5K West Hartford, CT June 17, 2009

Ian Roberts	21:04
Michael Westfall	21:06
King Archibald	22:15
Andrew Zyrek	23:25
Jill Ramos	29:12
Clinton Driscoll	29:17

#### ST. CATHERINE OF SIENA SUMMER FESTIVAL 5K ROAD RACE Preston, CT June 18, 2009

Bob Niedbala	#3 M60+	25:07
--------------	---------	-------

#### FIRECRACKER 5K ROAD RACE Glastonbury, CT June 28, 2009

Ned Kennedy	#5M; #1 M50-59	18:30
Dani Kennedy	#4F; #1F 50-59	21:41
Michelle Sawyer		30:37

#### CRANMORE HILL CLIMB 11K North Conway, NY June 28, 2009

John Agosto	1:10:04
-------------	---------

**FAIRFIELD HALF MARATHON & 5K**  
Fairfield, CT June 28, 2009

Half Marathon

Scott Freeman	1:33:02
David Leak	1:41:19
Joe Kidder	1:41:36
Mitch Bielenda	1:41:48
Ginny Welch	1:52:34
King Archibald	1:59:58
Diana Cohen	2:17:39
Barry Stoner	2:23:15
Christa Sterling	2:49:20
Sharon Koonze	3:18:32

5K

Keron Smith	<b>#1 F30-39</b>	20:57
Cathy King		27:53

**BOOMBOX MILE**

Willimantic, CT July 4, 2008

Dale Toce	<b>#2 M40-49</b>	5:23
Mitch Bielenda	<b>#3 M50-59</b>	5:34
Paul Bennett		5:39
Bill McGugan		6:03

**CHESTER "4 on the 4th" ROAD RACE**

Chester, CT July 4, 2008

Scott Livingston	<b>#7M; #2 M30-39</b>	23:26
Adam Bulewich	<b>#10M</b>	23:39
Debbie Livingston		32:56
Alan McCall		33:01

**GLORIOUS GALLOP 5K**

East Hampton, CT July 10, 2009

Art Byram		18:18
Ian Roberts		19:15
Bekkie Wright	<b>#1F40-49</b>	20:14
Joseph Poliquin		20:15
Carmen Herzog	<b>#3 F30-39</b>	23:35

**RIVERFEST 5K**

East Hartford, CT July 11, 2009

David LaPorte	<b>#3 M40-49</b>	20:41
Keron Smith	<b>#2F #1 F30-39</b>	21:47

**SAILFEST 5K**

New London, CT July 11, 2009

Paul Bennett		24:41
--------------	--	-------

**SKYLINE TRAIL 7.2M**

Milton, MA July 12, 2009

MaryLou White		2:17:50
---------------	--	---------



**RED DRESS  
RUN FOR WOMEN 5K**  
West Hartford, CT  
July 11, 2009

Results for SILK CITY STRIDERS  
(and some special friends  
& Red Dress Runner teammates)

Jackie Cmero	<b>#2 F25-29</b>	21:06
Bekkie Wright*	<b>#2 F45-49</b>	21:18
Dani Kennedy*	<b>#1 F50-54</b>	21:35
Jill Ahern*	<b>#3 F50-54</b>	22:52
Chiara Medina*		25:43
Sue Leslie*	<b>#3 F60-64</b>	26:07
Ellie Lowell		26:59
Lori Riley		27:52
Norlean Litwinka		29:49
Joyce Thorner*		29:55
Katie Cappalla		30:00
Robyn Beausoleil		33:24
Marion Beausoleil		36:26
Carol Driscoll		45:59

\* Members of the "Red Dress Runners" Team which placed as #1 Open Team.

And a big thanks to the Silk City Striders who "manned" the Water Stop: Joe Poliquin and Ned Kennedy, and Mike Fromerth who volunteered as a Course Monitor.



Bekkie Sue Joyce Jill Jackie Dani

**CITIZEN'S BANK "Not Your Typical 5K"**  
Middletown, CT July 15, 2009

Mitch Bielenda		20:37
King Archibald		22:47
Cathy King		28:11

**BRADLEY SPACE RACE 5K**

Windsor Locks, CT July 18, 2009

Keron Smith	<b>#1F</b>	20:56
-------------	------------	-------



### SUMMER RACING SERIES

#### Race 1 - 5K

Smith Middle School July 18, 2009

Ned Kennedy	#7M; #1 M50-59	17:41
Art Byram	#2 M40-49	18:08
Dani Kennedy	5F; #1 F50-59	20:46
George Ripley		23:10
Randy Potterton		32:48

#### Race 2 - 4.5M

Addison Park July 25, 2009

Ned Kennedy	#4M; #1 M50-59	27:20
George Ripley		36:25
Randy Potterton		51:11

#### Race 3 - 10K

Nyaug Elementary School August 2, 2009

Ned Kennedy	#7M; #1 M50-59	38:17
George Ripley		51:33

**Ned Kennedy - #1 M50-59 SERIES**

**Dani Kennedy - #3 F50-59 SERIES**

### PETIT FOUNDATION 5K

Plainville, CT July 19, 2009

Susan Leslie	#2 F60-69	26:49
Clint Driscoll		28:50

### MONTVILLE MASTERS 10K

Montville, CT July 19, 2009

Bob Niedbala	#2M 60-69	55:59
--------------	-----------	-------

Bob Reports: The race was hot ... and hilly. After the race, we go to the Montville Polish Club where we get free food and free beer. The "grand prize" is always a weekend for two at the Mohegan Casino!

### BLESSING OF THE FLEET 10M

Narragansett, RI July 24, 2009

Aaron Flamino	#2M 30-39	57:44
David LaPorte		1:17:06

### SCOTTISH RITE FREEMASONS 5K

Newington, CT July 25, 2009

Keron Smith	#3F; #1 F30-39	22:17
Andrew Zyrek	#2 M40-49	22:47



### FESTIVAL IN THE PARK 5K Walworth, NY July 25, 2009

Michael Westfall	#2M; #1 M35-39	21:27
Thomas Westfall	#6F; 1M 40-44	22:54
Mary Westfall	#5F; #3 F35-39	27:33

### PEOPLE'S FOREST 7-MILE TRAIL RUN

Barkhamsted, CT August 1, 2009

John Agosto	#6M; #1 M40-49	56:52
Debbie Livingston	#9F; #3 F30-39	1:20:09
Mary Lou White	#2 F50-59	1:44:15



Randy Scott Bill M Rick P

### JOHN & JESSIE KELLEY OCEAN BEACH

#### 11.6 MILE ROAD RACE

New London, CT August 1, 2009

Adam Bulewich	1:13:10
John Collins	1:20:44
Mitch Bielenda	1:25:14
Michael Tirrell	1:27:18
Scott Freeman	1:27:21
Keron Smith*	1:28:04
Jaclyn Cmero*	1:30:06
John Sloan	1:33:26
Bekkie Wright*	1:35:09
Joseph Poliquin	1:35:09
Art Byram	1:35:10
Bill McGugan	1:37:04
Michael Fromerth	1:37:07
Richard Chromik	1:38:58
Andrew Zyrek	1:40:17
Robert Niedbala	1:46:59
Cathy King	1:56:08
Bill Schwarz	1:56:56
Jill Ramos	2:00:08
Barry Stoner	2:04:34

\*Members of the #1 Women's Team. Thanks to Cathy & Mitch for organizing our Women's, Men's & Co-Ed Teams.



**X-TREME SCRAMBLE 5K SERIES  
Hartford, CT**

**Race 1 - June 18, 2009**

Michael Tirrell	#2 M50-54	21:43
Michael Westfall	#3 M35-39	22:00
Keron Smith	#4F; #1 F30-34	23:06
Tony Hollister	#1 M60-64	23:22
Michael Fromerth		24:19
Andrew Zyrek		24:29
Scott Hollister		26:03
Wally Squier		27:59

**Race #2 - July 30, 2009**

Michael Tirrell	#1 M50-54	21:25
Michael Westfall		22:49
Tony Hollister	#2 M60-64	23:39
Jaclyn Cmero	#8F; #3 F25-29	24:05
Andrew Zyrek		25:13
Michael Fromerth		25:14
Mickey Grabner		25:17
Scott Hollister		25:32
Ed Yergeau		27:57
Wally Squier		28:00
Carol-Line Hazel		29:51
Clinton Driscoll		31:22

**MARATHON & ULTRA WRAP-UP**

**THE NORTH FACE  
ENDURANCE CHALLENGE 50M  
Bellingham, WA June 6, 2009**

Bekkie Wright	#1 F40-49	12:31
Joe Poliquin	#2 M50-59	12:31



**DEADWOOD MICKELSON TRAIL MARATHON  
Deadwood, SD June 7, 2009**

Bill Gaghan		4:12:16
Tammy Gaghan		5:49:02

**NIPMUCK TRAIL MARATHON  
Ashford, CT June 7, 2009**

Scott Livingston	#7M	3:48:15
Barry Stoner		7:52:31

**TRIATHLON RACE RESULTS**



**CYCLING CONCEPTS  
LAKE TERRAMUGGUS TRIATHLON SERIES  
Marlborough, CT**

**500 Yard Swim - 10M Bike - 5K Run**

**Race #1 - June 11, 2009**

Ned Kennedy	#1 M50-59	1:12:38
Clint Driscoll (Relay)		1:32:42

**Race #2 - June 25, 2009**

Clint Driscoll (Relay)		1:15:21
Scott Hollister (Relay)		1:34:27
Tony Hollister (Relay)		1:35:54

**Race #3 - July 9, 2009**

Ned Kennedy	#2 M50-59	1:10:07
Barry Stoner	#2 M60-69	1:37:02



**FORD IRONMAN 70.3 CALIFORNIA  
Oceanside, CA April 4, 2009**

**1.2 M Swim - 56 M Bike - 13.1 M Run**

Diana Cohen		7:21:23
-------------	--	---------



**BLACK BEAR TRIATHLON 2009  
Beltzville State Park, PA 5/31/09**

**1.2 M Swim - 56 M Bike - 13.1 M Run**

Diana Cohen		7:43:41
-------------	--	---------

**NOTE:** Diana is training for the FORD IRONMAN on September 13th in Madison, Wisconsin.

**PATRIOT TRIATHLON**  
Freetown, MA June 20, 2009

1M Swim – 58M Bike – 13.1M Run

Diana Cohen 6:15:06

**TOLLAND SUMMER SOLSTICE  
SPRINT TRIATHLON**  
Crandall Pond, Tolland, CT June 20, 2009

.25 M Swim – 12M Bike – 5K Run

Ned Kennedy #4M; #1 M50-59 1:05:18  
Mike Tirrell #7M; #2 M50-59 1:06:26  
Clinton Driscoll 1:35:36

**PAT GRISKUS OLYMPIC TRIATHLON**  
Middlebury, CT June 20, 2009

1.5K Swim – 40K Bike – 10K Run

Scott Livingston 2:21:19  
Bill Schwarz #2 M65-69 3:23:23

**PAT GRISKUS SPRINT TRIATHLON**  
Middlebury, CT July 8, 2009

1/2 M Swim – 10.5 M Bike – 5K Run

Scott Livingston #10M 53:53  
Ed Yergeau 1:27:23

**OLD COLONY YMCA TRIATHLON**  
Middleboro, MA July 12, 2009

1 M Swim – 24 M Bike – 6 M Run

Jeff Thornton 2:24:41  
Kyle Thornton #3 M20-24 2:41:14  
Kathy Thornton 2:52:30  
Bill Schwarz #2 M65-69 2:55:40

**IRONMAN 70.3**

Providence, RI July 12, 2009

1.2 M Swim – 56 M Bike – 13.1 M Run

Ken Pacileo 4:38:37  
Scott Livingston 4:40:37  
Cathi Koehler 6:29:01

**DOUBLE MUSSELMAN TRIATHLON**  
“DOUBLEMUSSEL 88.7”  
Geneva, NY July 18 & 19, 2009

750 Meter Swim – 26K Bike – 5K Run **SPRINT**  
1.2 M Swim – 56 M Bike – 13.1 M Run **HALF**

Michael Tirrell Sprint 1:26:59  
Half Ironman 5:26:21  
DOUBLE 6:53:20

**DANSKIN WOMEN'S TRIATHLON**  
Webster, MA July 26, 2009

½ M Swim – 12M Bike – 5K Run

Janit Romayko #3 F60-64 1:36:54



**WINDING TRAILS SPRINT TRIATHLON**  
Farmington, CT

¼ M Swim – 8K Mtn Bike – 5K Trail Run

**Race #1 – June 16, 2009**

Bill Schwarz 1:04:36

**Race #2 – June 23, 2009**

Bill Schwarz 1:14:08

**Race #3 – June 30, 2009**

Scott Livingston #1 Overall 53:53  
Bill Schwarz 1:13:50

**Race #4 – July 7, 2009**

Mike Tirrell 1:04:23  
Dean Bolt 1:05:18  
Bill Schwarz 1:19:07

**Race #5 – July 14, 2009**

Ned Kennedy (10K Bike, oops!) 1:02:18  
Bill Schwarz 1:12:25

**Race #6 – July 21, 2009**

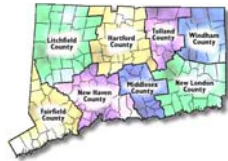
Ned Kennedy 59:23  
Bill Schwarz 1:17:03

**Race #7 – July 28, 2009**

Bill Schwarz 1:15:15

**Race #8 – August 3, 2009**

Bill Schwarz 1:13:40



## Silk City Striders 8 County Challenge

At least four (4) Counties completed as of 8/1/2009

Please report your progress to [Webmaster@SilkCityStrider.org](mailto:Webmaster@SilkCityStrider.org). Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
John Agosto		X	X		X		X	
King Archibald	X	X	X	X	X	X	X	X
Mitch Bielenda	X	X	X	X		X	X	X
Adam Bulewich	X	X	X	X		X		
Jackie Cmero	X	X		X		X		
Cathy King	X	X	X	X		X	X	
Debbie Livingston		X	X	X	X		X	
Scot Livingston		X		X	X		X	X
Alan McCall	X	X	X	X	X	X	X	
Bill McGugan		X				X	X	X
Joe Poliquin		X	X	X	X	X	X	
Jill Ramos	X	X				X	X	
Janit Romayko		X		X	X		X	X
Keron Smith	X	X		X		X		
Barry Stoner	X	X				X		X
Ginny Welch	X	X			X		X	
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright		X	X	X	X	X	X	
Andy Zyrek	X	X	X	X		X	X	

### SILK CITY 700 MILE CLUB

Silk City Striders club members who have achieved the 700 Mile Mark as of August 1, 2009:

MEN	WOMEN
<b>Aaron Flamino</b> is leading with over 2000	<b>Linda Yamamoto</b> is leading with almost 1300
<b>Art Byram</b> is closing in on 1500	<b>Ginny Welch</b> is close behind with 1200
<b>John Agosto</b> is also close to 1500 (lots of trails)	<b>Dani Kennedy</b> logged double days for 1100
<b>Jim Best</b> is closing in on 1000	<b>Janit Romayko</b> got to 700 before her knee surgery
<b>John Collins</b> 700+	<b>Bekkie Wright</b> just went over 700 (1/3 in races)
<b>King Archibald</b> 700+	
<b>Joe Poliquin</b> just went over 700 (1/3 in races)	
<b>Alan McCall</b> will reach 700 very soon	
<b>Ken Pacileo</b> is also close to 700 running miles. He has over 2500 Bike Miles and 140 Swim Miles, but that's a challenge for another year ...	





## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

**Dates: Mondays Nights at Wickham Park  
ONE (1) RACE LEFT -  
AUGUST 17**

Meet at back parking lot where the  
State High School Races finish.

### Time and Distance

**6:00 pm**, First 3 age groups  
**1 Mile** for ages 13 and under  
**6:30 pm**, Older age groups  
**2.6 Miles** for ages 14 and older

**Entry fees:** \$4.00 (13 and under)  
\$5.00 (14 and up)

To be eligible for an award you must run in  
4 out of 5 races during the Summer. Trophies  
will be presented to the Top 2 Finishers in each  
Age Group and medals to any other runner  
completing the series.

### Age Groups:

#### **Boys and Girls**

**1 Mile Race** – 9 and under, 10-11, 12-13

#### **Men and Women**

**2.6 Mile Race** – 14-15, 16-18, 19-29, 30-39,  
40-49, 50-59, 60 and older

**Age:** Based on Age as of July 6, 2009

### **For More Information contact:**

Mike Bendzinski (860) 649-6426

### WEEK 1 - July 6, 2009

#### ADULT RACE 2.6 miles

David Metzger	12:57
Aaron Flamino	13:12
Adam Bulewich	14:11
Neal Leibowitz	14:33
Michael Tartar	14:35
John Agosto	15:11
Bill McGugan	15:56
Dale Toce	16:08
Michael Westfall	16:51
Linda Yamamoto	17:29
Tim Blinn	17:34
Mike Dolen	17:40
Tony Hollister	17:45
Jaclyn Cmero	17:56
Dani Kennedy	18:07
King Archibald	18:15
Bekkie Wright	18:21
Joe Poliquin	18:21
Rachel Blinn	18:23
Michael Fromerth	18:24
Brian Seney	18:26
Kathy Thornton	20:24
Deborah Livingston	20:34
Scott Livingston	20:35
Ed Yergeau	21:57
Susan Leslie	22:46
Ellie Lowell	23:49
Clinton Driscoll	24:11
Jill Ramos	25:09
Lori Riley	25:22
Amy Naeser	26:30
Randall Potterton	31:27
James Hodges	33:13
Sherri Craver	35:28

#### YOUTH RACE - 1 mile

Chrissy Bendzinski	7:02
Emma Dolen	7:10
Lindsay Ramos	11:11
Greta Westfall	11:36

## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

### WEEK 2 - July 13, 2009

#### ADULT RACE 2.6 miles

Michael Tartar	14:29
Jason Earl	14:38
John Agosto	15:03
Brendan Callahan	15:04
Dale Toce	15:45
Bill McGugan	15:49
Jay Seney	15:58
Tim Blinn	17:08
Michael Westfall	17:09
Mike Dolen	17:14
Tony Hollister	17:23
Jaclyn Cmero	17:39
King Archibald	17:42
Bekkie Wright	17:43
Joe Poliquin	17:44
Dani Kennedy	17:52
Rachel Blinn	17:53
Michael Fromerth	18:12
Brian Seney	18:16
Jim Best	19:27
Chrissy Bendzinski	19:55
Deborah Livingston	20:18
Kathy Thornton	20:26
MaryLou White	21:38
Susan Leslie	22:19
Ed Yergeau	21:42
Jill Ramos	23:13
Amy Naeser	25:59
John Salcius	26:31
Randall Potterton	29:03
Scott Livingston	30:15
James Hodges	32:43
Sherri Craver	36:56

#### YOUTH RACE - 1 mile

Emma Dolen	7:15
Greta Westfall	14:18

### WEEK 3 - July 20, 2008

#### ADULT RACE 2.6 miles

David Metzger	12:25
Aaron Flamino	13:05
Adam Bulewich	14:08
Neal Leibowitz	14:21
Jason Earl	14:34
Michael Tartar	14:45
John Agosto	14:49
Dale Toce	15:36
Bill McGugan	15:43
Linda Yamamoto	17:08
Tim Blinn	17:13
Doug Flamino	17:15
Tony Hollister	17:20
King Archibald	17:35
Jaclyn Cmero	17:56
Bekkie Wright	18:02
Joe Poliquin	18:03
Dani Kennedy	18:06
Rachel Blinn	18:11
Michael Fromerth	18:21
Ginny Welch	19:26
Jim Best	19:33
Kathy Thornton	20:13
Deborah Livingston	20:20
Scott Livingston	20:21
Susan Leslie	22:24
Clinton Driscoll	23:19
Jill Ramos	23:39
Amy Naeser	25:54
John Salcius	26:24
Randall Potterton	29:14
Sherri Craver	35:47

#### YOUTH RACE - 1 mile

Chrissy Bendzinski	6:49
Emma Dolen	6:54
Noah Leibowitz	12:35

## Bolton Summer XC Series

### Adult Race 2.7 Miles

#### Week 1 – July 2, 2009

King Archibald	20:49
John Sloan	20:54
Mike Fromerth	21:31
Debbie Livingston	21:35

#### Week 2 - July 9, 2009

Brendan Callahan	16:38
Joseph Poliquin	19:33
John Sloan	19:41
King Archibald	20:08
Debbie Livingston	22:32
Jill Ramos	26:16
Randy Potterton	32:50

#### Week 3 – July 16, 2009

Brendan Callahan	16:34
King Archibald	20:11
Michael Fromerth	20:46
Andrew Zyrek	21:17
Jill Ramos	26:18
Randy Potterton	33:05

#### Week 4 - July 23, 2009

Mike Bendzinski	19:34
John Sloan	19:43
Joseph Poliquin	20:29.4
King Archibald	20:29.9
Michael Fromerth	20:46
Chrissy Bendzinski	22:45
Debbie Livingston	22:46
Jill Ramos	26:51
Randy Potterton	34:10

#### Week 5 - July 30, 2009

Brendan Callahan	17:04
John Sloan	19:46
King Archibald	20:28
Bekkie Wright	20:49
Joseph Poliquin	20:50
Debbie Livingston	22:37
Jill Ramos	26:51
Randy Potterton	34:41

## THURSDAY NIGHTS

### UNDER the LIGHTS

## Summer Track & Field Series

### Presented by Manchester Running Company

*Thursday, August 20 & August 27*  
*Events Start at 6:00 p.m.*

#### Where:

Manchester High School Track  
134 Middle Tpk. East, Manchester, CT 06040

#### Time:

Events Begin on the Track at **6:00 p.m.** sharp  
Field Events take place simultaneously

#### Cost:

##### Manchester Residents

Youth (12 & under) - \$3.00 per event / \$5.00 unlimited  
Open - \$5.00 per event / \$7.00 unlimited events

##### Non-Residents

Youth (12 & under) - \$4.00 per event / \$6.00 unlimited  
Open - \$7.00 per event / \$9.00 unlimited events

**Please bring current ID with you to Register**

#### Divisions:

Youth boys (12 and under), Youth girls (12 and under);  
Open Men, Open Women

#### Registration:

Registration occurs at the High School on the night(s) you wish to participate. There is no pre-registration. Registration closes 10 minutes before the event! First, Second, and Final Calls will be made for registration and reporting to the start.

#### Events (in order):

##### August 20th:

3000, 100, 1600, 200, 800, 400  
Javelin, Shot Put, Long Jump, Triple Jump, High Jump

##### August 27th:

5000, 100, 1600, 200, 800, 400  
Disc, Shot Put, Long Jump, Triple Jump, High Jump

#### Order of Event Divisions:

Youth girls, Youth boys, Open Women, Open Men —  
First event starts at 6:00 p.m. and events will run continuous after.

#### Officials/Volunteer s:

Volunteers are always needed!! If you would like to volunteer at a meet please let us know! If you would like to compete for **free** you can volunteer to time or measure an event in which you are not competing. Please let us know if you would like to do this at least one week prior to the meet.

#### Questions/Comments:

email us at [manchesterrunningcompany@gmail.com](mailto:manchesterrunningcompany@gmail.com)

## RACE CALENDAR

	Date	Time	Race (signifies USATF champ.)	Place	Website / Email Contact
Sa	Aug 8	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	<a href="http://www.bridgeofflowers10k.com">www.bridgeofflowers10k.com</a>
Sa	Aug 8	9:00 AM	Deary Memorial Putnam 5M	Putnam (J.D.Cooper's Restaurant)	<a href="http://www.daykimball.org/philanthropy/events/deary_race.shtml">www.daykimball.org/philanthropy/events/deary_race.shtml</a>
Su	Aug 9	10:00 AM	37th Donors Week 5M	Torrington (Coe Park)	<a href="http://www.torringtonrace.com">www.torringtonrace.com</a>
Th	Aug 13	6:25 PM	Corporate Challenge 5K	Hartford (Bushnell Park)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Th	Aug 13	6:30 PM	E.Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	<a href="http://www.ci.east-hartford.ct.us">www.ci.east-hartford.ct.us</a>
Fri	Aug 14	6:30 PM	Come On Over 5K	Portland (Town Hall)	<a href="http://www.portlandct.org/Portland/departments/parks.htm">www.portlandct.org/Portland/departments/parks.htm</a>
Sa	Aug 15	9:00 AM	Bolton XC Alumni 5K *NEW	Bolton (Bolton High Sch)	<a href="mailto:ptsmith65@yahoo.com">ptsmith65@yahoo.com</a>
Sa	Aug 15	9:00 AM	11th Bluefish Festival 5K	Clinton (Jared Eliot Sch)	<a href="http://www.clintonct.com/roadrace">www.clintonct.com/roadrace</a>
Su	Aug 16	8:30 AM	Lobster Loop 5K	Canton (Town Green)	<a href="http://www.plattsys.com">www.plattsys.com</a>
Tu	Aug 18	6:00 PM	Battle of Stonington 5K	Stonington Village Green	<a href="mailto:battleofstonington@sbcglobal.net">battleofstonington@sbcglobal.net</a>
Th	Aug 20	6:00 PM	Thursday Nights Under the Lights (Track & Field Series) *NEW	Manchester (Manchester H.S.)	<a href="http://www.manchesterrunningcompany.com">www.manchesterrunningcompany.com</a>
Sa	Aug 22	9:30 AM	MADD Dash 5K	Stratford (Short Beach)	<a href="http://www.hitekracing.com">www.hitekracing.com</a>
Sa	Aug 22	8:30 AM	Holcomb Farm 10K	West Granby	<a href="http://thelastmileracing.com/holcombfarm10k.html">http://thelastmileracing.com/holcombfarm10k.html</a>
Su	Aug 23	9:30 AM	Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	<a href="http://www.runwmac.com/gt2008/gt08-races.html">www.runwmac.com/gt2008/gt08-races.html</a>
Su	Aug 23	10:00 AM	Keney Park 5K	Hartford (Keney Park)	<a href="mailto:Keney5k@yahoo.com">Keney5k@yahoo.com</a>
Th	Aug 27	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Aug 30	8:30 AM	Old Wethersfield 5K + 10K *NEW	Wethersfield (DMV)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Aug 30	8:30 AM	Brooklyn Fair 5K	Brooklyn	<a href="http://www.brooklynfair.org/exhibits_contest_race.html">www.brooklynfair.org/exhibits_contest_race.html</a>
Sa	Sep 5	1:30 PM	Run Around the Block 15K	Block Island, RI	<a href="http://www.blockislandchamber.com">www.blockislandchamber.com</a>
Su	Sep 6	9:30 AM	Haddam Neck Fair 5K	Haddam Neck	<a href="http://haddamneckfair.com/road%20race.htm">http://haddamneckfair.com/road%20race.htm</a>
Mo	Sep 7	9:30 AM	Main Street Mile *NEW	Manchester	<a href="http://www.manchesterrunningcompany.com">www.manchesterrunningcompany.com</a>
Mo	Sep 7	9:00 AM	Cape Ann 25K	Gloucester, MA	<a href="http://www.northshoreymca.org">www.northshoreymca.org</a>
Mo	Sep 7	8:30 AM	New Haven 20K & 5K	New Haven Town Green	<a href="http://www.newhavenroadrace.org">www.newhavenroadrace.org</a>
Su	Sep 13	10:00 AM	Nikki's Run Walk 'N' Roll 5K	Manchester (M.C.C. - Lot B)	<a href="http://www.nikkisrun.org">www.nikkisrun.org</a>
Su	Sep 13	10:00 AM	South Windsor Road Race	South Windsor (Rye St. Park)	<a href="mailto:aebrindisi@comcast.net">aebrindisi@comcast.net</a>
Sa	Sep 19	8:00 AM	Great Escape 5K/5M	Somers	<a href="http://www.somersnow.com/race">www.somersnow.com/race</a>
Sa	Sep 19	11:00 AM	Key Human Services 5K *NEW	Manchester (Wickham Park)	<a href="http://www.keyhumanservices.org">www.keyhumanservices.org</a>
Su	Sep 20	11:15 AM	CVS Caremark Downtown 5K	Providence, RI	<a href="http://www.cvsdowntown5k.com">www.cvsdowntown5k.com</a>
Su	Sep 20	12:30 PM	Union Street Tavern Trot 3.6M	Windsor (Union St Tavern)	<a href="http://www.unionstreettavern.com/tavernrot">www.unionstreettavern.com/tavernrot</a>
Sa	Sep 26	9:30 AM	Hogs Back Half-Marathon	Colebrook Center	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Sa	Sep 26	9:00 AM	South Park 5K Road Race	Farmington (UConn Health Ctr) <a href="http://fitsweb.uchc.edu/student/southpark/south_park_race/index.htm">http://fitsweb.uchc.edu/student/southpark/south_park_race/index.htm</a>	
Su	Sep 27	10:00 AM	Niantic Bay Half Marathon & 5K	E. Lyme (Rocky Neck)	<a href="http://www.nianticbayhalfmarathon.com">www.nianticbayhalfmarathon.com</a>
Su	Sep 27	10:30 AM	13th Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Ctr)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Su	Sep 27	10:00 AM	21st Bigelow Tea 5K	Southport (Wakeman's Club)	<a href="http://www.hitekracing.com">www.hitekracing.com</a>
Su	Sep 27	10:00 AM	Run for Nancy's Kids 5K	Farmington (W.Hartford Res.)	<a href="http://www.cmckids.org">www.cmckids.org</a>
Su	Oct 4	10:00 AM	Breakneck Trail 20K	Union (Bigelow Hollow St.Pk)	<a href="http://www.runwmac.com">www.runwmac.com</a>

**2009 “LOCAL” MARATHON CALENDAR**

9/20/09	<b>Yonkers Marathon</b> , Yonkers, NY	<a href="http://www.yonkersny.gov/Index.aspx?page=1465">www.yonkersny.gov/Index.aspx?page=1465</a>
9/20/09	<b>Adirondack Marathon</b> , Schroon Lake, NY	<a href="http://www.adirondackmarathon.org">www.adirondackmarathon.org</a>
9/26/09	<b>Hamptons Marathon</b> , East Hampton, NY	<a href="http://www.hamptonsmarathon.com">www.hamptonsmarathon.com</a>
9/27/09	<b>Clarence Demar Marathon</b> , Keene, NH	<a href="http://www.clarendedemar.com">www.clarendedemar.com</a>
10/3/09	<b>New Hampshire Marathon</b> , Bristol, NH	<a href="http://www.nhmarathon.com">www.nhmarathon.com</a>
10/4/09	<b>Wineglass Marathon</b> , Corning, NY	<a href="http://www.wineglassmarathon.com">www.wineglassmarathon.com</a>
10/4/09	<b>Maine Marathon</b> , Portland, ME	<a href="http://www.mainemarathon.com">www.mainemarathon.com</a>
10/10/09	<b>Baltimore Marathon</b> , Baltimore, MD	<a href="http://www.thebaltimoremarathon.com">www.thebaltimoremarathon.com</a>
10/10/09	<b>Hartford Marathon</b> , Hartford, CT	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
10/11/09	<b>Mohawk-Hudson River Marathon</b> , Albany, NY	<a href="http://www.hmrrc.com">www.hmrrc.com</a>
10/11/09	<b>Steamtown Marathon</b> , Scranton, PA	<a href="http://www.SteamtownMarathon.com">www.SteamtownMarathon.com</a>
10/17/09	<b>Green Mountain Marathon</b> , South Hero, VT	<a href="http://www.gmaa.net/GMMinfo.html">www.gmaa.net/GMMinfo.html</a>
10/18/09	<b>Amica Marathon</b> , Newport, RI	<a href="http://www.amicamarathon.com">www.amicamarathon.com</a>
10/18/09	<b>Atlantic City Marathon</b> , Atlantic City, NJ	<a href="http://www.atlanticcitymarathon.org">www.atlanticcitymarathon.org</a>
10/18/09	<b>Bay State Marathon</b> , Lowell, MA	<a href="http://www.baystatemarathon.com">www.baystatemarathon.com</a>
10/18/09	<b>Mount Desert Island Marathon</b> , Bar Harbor, ME	<a href="http://www.mdimarathon.org">www.mdimarathon.org</a>
10/25/09	<b>Cape Cod Marathon</b> , Falmouth, MA	<a href="http://www.capecodmarathon.com">www.capecodmarathon.com</a>
10/25/09	<b>Marine Corps Marathon</b> , Washington, DC (Registration Closed)	<a href="http://www.marinemarathon.com">www.marinemarathon.com</a>
11/1/09	<b>Manchester City Marathon</b> , Manchester, NH	<a href="http://www.cityofmanchestermarathon.com">www.cityofmanchestermarathon.com</a>
11/1/09	<b>New York City Marathon</b> , New York, NY (Registration Closed)	<a href="http://www.ingnycmarathon.org">www.ingnycmarathon.org</a>
11/7/09	<b>Stone Cat 26.2 &amp; 50M Trail Race</b> , Ipswich, MA	<a href="http://www.gaconline.net/StoneCatApp.html">www.gaconline.net/StoneCatApp.html</a>
11/8/09	<b>Harrisburg Marathon</b> , Harrisburg, PA	<a href="http://www.HarrisburgMarathon.com">www.HarrisburgMarathon.com</a>
11/22/09	<b>Philadelphia Marathon</b> , Philadelphia, PA	<a href="http://www.philadelphiamarathon.com">www.philadelphiamarathon.com</a>
11/28/09	<b>BRRC North Central Trail Marathon</b> , Sparks, MD	<a href="http://www.brrc.com">www.brrc.com</a>
12/12/09	<b>Roxbury Marathon</b> , Roxbury, CT	<a href="http://www.southernct.edu/~sandifer/Ed/Roxbury/Running.htm">www.southernct.edu/~sandifer/Ed/Roxbury/Running.htm</a>



IN REMEMBRANCE OF SERVICE MEMBERS  
KILLED IN OPERATION IRAQI FREEDOM

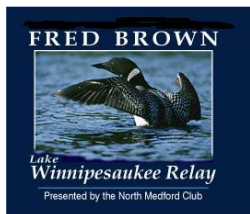
The 2<sup>nd</sup> Annual National Run for the Fallen weekend is just a few weeks away, I wanted to share with you the developments of "To Them That's Gone", the documentary film about Run for the Fallen 2008. Last summer, the film crew followed the Run for all 72 days, capturing every moment. The four man production team (John McKay, Andrew McKay, Rolando Garcia, and Will Gardiner) are working amidst regular jobs to put the film together, and to help spread the stories about our nation's fallen. There is a new short video on their website ([tothemthatsgone.com](http://tothemthatsgone.com)) and their [Facebook](#) page, "Day 50: Running for Evan Bixler." Please check it out. If you like what you see, and want to ensure that the stories from the Run continue to be told, please consider making a tax-deductible contribution <http://tothemthatsgone.com/donate.html>. Thanks for tuning in. We think of our loved ones each day, and we'll be running in honor and remembrance of our fallen on August 22-23. The documentary effort keeps its dedication as we continue to run. We're keeping our feet on the pavement –  
*Jon Bellona* - Director, Run for the Fallen



**Editor's Note:** The Silk City Striders will not be holding a formal "Run for the Fallen" event this year, but we encourage you to run and remember on the weekend of August 22-23rd.

**SILK CITY STRIDERS  
2009 Event Calendar**

- AUGUST** - Bolton XC Summer Series .....Thursday Night – August 13  
Wickham Park Cross Country Series ..... Monday Night – August 17
- SEPTEMBER** - Nikki's Run Walk 'N' Roll .....Sunday, September 13  
Fred Brown Lake Winnepesaukee Relays .....Saturday, September 26
- OCTOBER** - Ray Crothers Memorial Run (NEW\*).....Saturday, October 25  
Halloween Pot Luck Supper..... TBA
- NOVEMBER** - Parker Holt 5K ..... Sunday, November 8  
Know Your Pace Race..... Saturday, November 21  
Manchester Road Race ..... Thursday, November 26
- DECEMBER** - Scrooge's Scramble ..... Friday, December 25



**"Lake Winnepesaukee Relay"  
Saturday, September 26, 2009**

[http://www.northmedfordclub.org/2009\\_winni\\_home.htm](http://www.northmedfordclub.org/2009_winni_home.htm)

**Men's Team Captain –  
Bill McGugan [runbillrun01@gmail.com](mailto:runbillrun01@gmail.com)**  
**Women's Team Captain –  
Betty Cannella [rubbleorboop@yahoo.com](mailto:rubbleorboop@yahoo.com)**