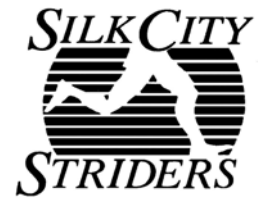




# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

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

## PRESIDENT'S MESSAGE:

As the Summer months are quickly passing we find ourselves looking forward to the upcoming Fall months. With the Fall comes longer runs, the possibility of a Fall marathon, or training for the Manchester Road Race. If you're looking for some motivation, or just need that little extra push, think about joining the Silk City Striders for one of our group runs either during the week or on Saturday morning.

Thanks to Ellie Lowell for hosting the annual picnic at her home in Willington. Everyone that attended enjoyed an afternoon of biking, running or swimming in the pond.

Enjoy this edition – see what everyone has been up to.

Happy and safe running,  
Mary Lou



### Special Training Run

Join us for a  
7-Mile Training Run  
which includes the  
5M South Windsor  
“Wapping Fair”  
Road Race course  
from Sue Leslie’s House  
in South Windsor  
on Wed, Sept. 8th  
at 5:30 PM



Wakefield, MA  
July 30 & 31, 2010

### Art Byram

6th place finisher  
102.3 Miles in 23:15 Hours  
(32 Laps of the 3.16 mile loop  
around Lake Quannapowitt)

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## 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**  
**Parking Lot C**  
 (near the “Great Path” entrance)

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

(\*During 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

Lerario Family Manchester  
 (Amira, Wayne, Charm, Case, Sage & Lark)

Paquette Family Bolton  
 (Dorothy, Lee & Thomas)

## COMING UP – August & Sept.

- Wickham Park XC Series –  
**Monday, August 9th**  
**Monday, August 16th – Series Finale**
- Glastonbury Parks & Rec Fun Runs–  
**Tuesday, August 10th – Series Finale**
- EHHS Alumni Cross Country 5K –  
**Thursday, August 12th**
- New Haven Road Race 20K & 5K –  
**Monday, September 6th**
- Fred Brown Lake Winnepesaukee Relays –  
**Saturday, September 25th**  
Captains: Bill McGugan & Betty Cannella

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

**5K Run & Walk**  
**September 11, 2010 – 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.

### KOMEN CT RACE FOR THE CURE 5K Hartford, CT June 5, 2010

Adam Bulewich	#6M; #1 M30-39	18:40
Matt Yoder		19:49
Michael Tirrell	#1 M50-59	*20:36
Linda Yamamoto	#10F; #2 F30-39	*22:22
Vanessa Schumacher	(with stroller)	*27:34
Deborah Thurston		*30:47
Patricia Saimond		32:13
James Lee		33:02
Stephen Millett		33:33
Joyce Thorner		34:53
Cassandra Saimond		40:10
Linda Romejko		41:36
Monica Lee		43:16

\* Silk City Striders placed as Team #16 (out of 50)  
Nice job team! There were a few other Striders in attendance as well ... Adam Bulewich, was a member of Team #1. Thanks to everyone who came out and ran or supported the team.

### ANGUS WOOTTEN MEMORIAL 5K Storrs, CT June 5, 2010

Conor Hackett	#1M	17:55
John Paggiolli	#4M; #1 M40-49	20:18
Jay Hamilton	#6M; #1 M30-39	22:16
Annette Hamilton	#1 F40-49	24:38
Randy Potterton	#2 M50-59	29:46
Ellie Lowell	#1 F60-69	30:57

### IRON HORSE HALF MARATHON & 5K Simsbury, CT June 6, 2010

#### Half Marathon

Keron Smith	#4F; #2 F30-34	1:36:29
Mitch Bielenda		1:41:33
Art Byram		1:42:56
Richard Alexandre		1:43:17
Cathy King		2:10:36
Richard Chromik		2:18:40
Heidi Chromik		2:18:40
Lori Riley		2:24:43

#### 5K

Dani Kennedy	#4F; #1 F50-54	21:47
Sherri Craver		39:21

### PRIDE IN MANCHESTER 5K Manchester, CT June 11, 2010

Mike Quick	#2M	15:52
Matt Yoder		19:02
John Paggiolli	#1 M40-49	19:15
Benjamin Witkowski		20:16
Jeff Thornton	#2 M50-59	21:06
Alan McCall		24:15
Kathy Thornton	#1 F50-59	24:55
Tom Butterfield	#1 M70-79	25:23
James Lee	#3 M 0-13	26:56
Janit Romayko	#1 F60-69	28:05
Jennifer Lee	#1 F 0-13	31:48
Monica Lee		34:28

### BLUM SHAPIRO 5K AT THE TRAVELERS CHAMPIONSHIP Cromwell, CT June 12, 2010

Ned Kennedy	#9M; #1 M50-54	18:35
Keron Smith	#3F; #1 F30-34	21:01
Dani Kennedy	#5F; #1 F50-54	21:46
Ed Yergeau		23:33
Joan Munroe	#1 F55-59	26:07

### CELEBRATE WEST HARTFORD 5K West Hartford, CT June 13, 2010

Jill Ramos		28:54
Lindsay Ramos		48:58

### SOLSTICE SPRINT 5K West Hartford, CT June 16, 2010

Matt Estes	#2M	18:49
King Archibald		21:56
Amy Estes		24:21
Tom Walsh		24:37
Tom Butterfield		26:22
Jill Ramos		29:57

### MT. GREYLOCK 13.5M TRAIL RACE Pittsfield, MA June 20, 2010

Scott Livingston		2:07:44
Debbie Livingston	#1F	2:12:40
Tim Blinn		2:47:49
MaryLou White		3:49:00

**ST. CATHERINE OF SIENA  
SUMMER FESTIVAL 5K ROAD RACE  
Preston, CT June 17, 2010**

Bob Niedbala 26:19

**BRANFORD ROAD RACE 5M  
Branford, CT June 20, 2010**

Bekkie Wright 40:25  
Joe Poliquin 40:25  
Sue Leslie #2 F60-64 44:59  
Joyce Thorner 54:36

**FATHER'S DAY 10K RELAY  
Revere, MA June 20, 2010**

Alan & Mike McCall #3 Team 43:20  
Alan ran his 5 K at about 8:00 min pace, and  
Mike ran his 5K at just under 6:00 min pace.

**CT IRISH FESTIVAL 5K  
North Haven, CT June 26, 2010**

John Paggioli #7M; #1 M40-49 19:20  
Tom Butterfield #1 M70-79 25:56

**FAIRFIELD HALF MARATHON & 5K  
Fairfield, CT June 27, 2010**

Half Marathon

Mitch Bielenda 1:43:57  
Cathy King 2:29:02

5K

Keron Smith #4F; #1 F30-39 20:46

**CRANMORE HILL CLIMB 12K (2 x 5.8K)  
North Conway, NH June 27, 2010**

David LaPorte 1:22:56  
MaryLou White 1:56:19

**FIRECRACKER 5K ROAD RACE  
Glastonbury, CT June 27, 2010**

Ned Kennedy #1 M50-59 18:24  
Dani Kennedy #5F; #1 F50-59 21:25  
Steve Morse #3 M50-59 21:26

**BOOMBOX MILE  
Willimantic, CT July 4, 2010**

Jill Ramos #3 F40-49 8:03

**FOUR ON THE FIFTH ROAD RACE  
New Canaan, CT July 5, 2010**

Alan McCall 33:17

**CHESTER "4 on the 5th" ROAD RACE  
Chester, CT July 5, 2010**

Scott Livingston #2M; #1 M30-39 23:49  
Adam Bulewich #10M; #2 M30-39 24:48  
Debbie Livingston #7F 28:04

**GLORIOUS GALLOP 5K  
East Hampton, CT July 9, 2010**

John Paggioli 19:11  
Bekkie Wright #7F; #2 F40-49 21:11  
Joseph Poliquin 21:12  
Tom Butterfield #1 M70-79 24:45  
Carmen Herzog 27:19  
Randy Potterton 28:45  
Barry Stoner #3 M70-79 29:11

**TWILIGHT ROAD RACE  
Enfield, CT July 10, 2010**

Adam Bulewich #7M; #3 M30-39 17:53  
Tom Butterfield #1 M70-79 25:10  
MaryLou White 27:21  
Jill Ramos 28:17



**RED DRESS  
RUN FOR WOMEN 5K  
West Hartford, CT  
July 10, 2010**

Alison Caruso\* #5F; #1 F30-34 20:11  
Dani Kennedy\* #1 F50-54 21:50  
Bekkie Wright\* #1 F45-49 21:56  
Jill Ahern\* #3 F50-54 23:47  
Susan Leslie\* #1 F60-64 26:29  
Vanessa Schumacher\* 26:54

\* "Red Dress Runners" - #1 Open Team.

And a big thanks to the Silk City Striders who  
"manned" the Whole Foods Strawberry Shortcake  
tent: Ned Kennedy, Joe Poliquin, and Andy Zyrek.

**RIVERFEST 5K  
East Hartford, CT July 10, 2010**

Keron Smith #2F; #1F30-39 20:59  
Jay Hamilton #3 M30-39 21:47  
Ed Yergeau 23:37  
Annette Hamilton #1F40-49 24:11  
Tom Walsh 24:53  
Joan Munroe #2 F50-59 27:53  
Janit Romayko #1 F60-69 29:10  
Randy Potterton 30:05

**UTICA BOILERMAKER 5K  
East Hartford, CT July 10, 2010**

Ellie Lowell #1 F60-69 27:34

**SAILFEST 5K**

New London, CT July 11, 2010

Bob Niedbala 26:32

Bob Reports: I was amazed at the food offered at the Sailfest ... barbequed pig hocks, fried beef jerky, and deep fried Twinkies... the Food of Champions!!!

**GE PETIT FOUNDATION 5K**

Plainville, CT July 18, 2010

Tom Butterfield #1 M70-79 26:02

Susan Leslie #2 F60-69 27:39

**MONTVILLE MASTERS 10K**

Montville, CT July 18, 2010

Bob Niedbala #2 M60-64 58:52

Bob Reports: Post-race feast included smoked fish, clams, and 4 types of sandwiches, as well as free beer at the Polish Club. It is a combination that cannot be matched.

**CITIZENS BANK 5K SUMMER FUN RUN**

Middletown, CT July 21, 2010

Mitch Bielenda 21:11

Dani Kennedy #9F; #1 F50-59 22:17

King Archibald 23:36

Wally Squier 23:40

Tom Butterfield #1 M70-79 26:07

Cathy King #2 F50-59 26:52

**SCOTTISH RITE FREEMASONS 5K**

Newington, CT July 24, 2010

Adam Bulewich #4M; #1 M30-39 19:46

Matt Yoder #9M; #2 M30-39 21:17

Keron Smith #3F; #1 F30-39 22:10

Joan Munroe #2 F50-59 29:03

Tom Butterfield #2 M 70+ 28:08

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

Barkhamsted, CT July 31, 2010

Debbie Livingston #3F 58:26

Tim Blinn 1:07:06

**SOAPSTONE ASSAULT (~5.5. miles)**

Somers, CT August 1, 2010

Debbie Livingston #2 Overall, #1F 52:35

John Agosto #3 Overall, #2M 53:03

Tony Bonanno #4 Overall, #3M 56:09

**SEA LEGS SHUFFLE 10M**

Guilford, CT August 1, 2010

Keron Smith 1:13:19

Barry Stoner 1:45:15

**WALNUT BEACH 5K**

Milford, CT August 1, 2010

Alan McCall #3 60-69 24:39

**JOHN & JESSIE KELLEY OCEAN BEACH****11.6 MILE ROAD RACE**

New London, CT August 7, 2010

Adam Bulewich PR 1:12:36

Marty Keibel #1 M50-59 1:13:35

Scott Freeman 1:18:42

John Paggioli 1:19:58

Matt Yoder 1:20:39

Mike Bendzinski 1:21:57

Mitch Bielenda\*\* 1:22:29

Keron Smith\* PR 1:24:23

Michael Tirrell 1:24:55

John Collins 1:25:11

Debbie Livingston\* 1:26:11

Scott Livingston 1:27:13

Marc Shok 1:29:19

Andy Zyrek PR 1:31:06

Mike Fromerth PR 1:31:35

Bekkie Wright\* 1:33:18

Joseph Poliquin PR 1:33:18

Rick Chromik 1:34:20

Kris Jackson 1<sup>st</sup> JJK 1:35:49

Cathy King\*\* 1:48:34

Jill Ramos 1:48:55

Tom Walsh 1:57:52

Jennifer Freeman 1:59:31

Randy Potterton 2:01:36

Diana Cohen 2:02:03

Barry Stoner 2:04:51

\*Top 3 scorers for Silk City Striders #1 Female Team

\*\*Team Captains for Men's &amp; Women's Teams

**SUMMER RACING SERIES****Race #1 - 5K**

Smith Middle School July 10, 2010

John Paggioli #8M; #1 M40-49 19:25

Cathy King #1 F50-59 24:41

George Ripley 25:20

**Race #2 - 4.5M**

Addison Park July 17, 2010

John Paggioli #5M; #2 M40-49 29:09

Cathy King #1 F50-59 38:52

Randy Potterton 45:23

**Race #3 - 10K**

Nyaug Elementary School July 24, 2010

John Paggioli #9M; #3 40-49 43:06

Cathy King #1 F50-59 55:27

Randy Potterton 1:06:51

**John Paggioli - #1 M40-49 SERIES****Cathy King - #1 F50-59 SERIES**

**X-TREME SCRAMBLE 5K SERIES**

Hartford, CT

**Race 1 - June 17, 2010**

Brendan Callahan	#5M; #3 M15-19	19:06
Matt Yoder	#2 M35-39	20:2
Michael Westfall	#3 M35-39	21:01
Michael Tirrell	#1 M55-59	21:21
Dale Toce		21:57
Scott Hollister		22:12
Tony Hollister	#1 M60-64	23:18
Andrew Zyrek	#1 Clydesdale	23:50
Kyle Toce	#1 M10-14	26:07
Michael Toce		28:38
Robyn Hollister		33:43

**Race #2 – July 15, 2010**

Matt Yoder	#1 M35-39	19:39
Michael Westfall	#2 M35-39	20:13
Michael Tirrell	#1 M55-59	20:23
Dale Toce	#3 M45-49	21:24
Tony Hollister	#1 M60-64	21:38
Andy Zyrek	#2 Clydesdale	22:20
Mickey Grabner		22:42
Ed Yergeau	#3 M55-59	24:46
Kyle Toce		26:20
Mike Toce		28:22
Scott Wojnarowicz		28:33

**MARATHON & ULTRA WRAP-UP****NIPMUCK TRAIL MARATHON (26.4M)**

Ashford, CT June 6, 2010

Matt Estes		3:56:27
Debbie Livingston	#1F	4:11:48
John Agosto		4:18:34

**STEAMBOAT MARATHON**

Steamboat Springs, CO June 6, 2010

Bekkie Wright	#3 F45-49	3:53:00
Joe Poliquin		4:19:10

**ESTES PARK MARATHON**

Estes Park, CO June 13, 2010

Bekkie Wright	#2 F40-49	4:38:07
Joe Poliquin		4:38:09

**ROCK 'N' ROLL SEATTLE MARATHON**

Seattle, WA June 26, 2010

Bill Gaghan		3:43:51
Tammy Gaghan		5:41:58

**GREAT CRANBERRY ISLAND 50K**

Gt. Cranberry Isle, ME July 17, 2010

Bekkie Wright	#2 F40-49	5:10:48
Joe Poliquin	#2 F50-59	5:10:51

**TRIATHLON & BIATHLON RACE RESULTS****PAT GRISKUS OLYMPIC TRIATHLON**

Middlebury, CT June 16, 2010

1.5K Swim – 40K Bike – 10K Run

Michael Tirrell	#2 M50-59	2:35:03
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**TOLLAND SUMMER SOLSTICE**

SPRINT TRIATHLON

Crandall Pond, Tolland, CT June 19, 2010

300 Yard Swim – 12M Bike – 5K Run

Ned Kennedy	#4M; #1 M50-59	1:03:35
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**PATRIOT HALF IRONMAN TRIATHLON**

New Freetown, MA June 19, 2010

1.2 M Swim – 56 M Bike – 13.1 M Run

Ken Larson	#2 M55-59	5:31:50
Kathy Manizza	#3 F50-54	5:43:32
Barry Stoner	#2 M70-74	7:21:03

**PAT GRISKUS SPRINT TRIATHLON**

Middlebury, CT July 7, 2010

1/2 M Swim – 10.5 M Bike – 5K Run

Scott Livingston	#10M	1:05:19
Cathi Koehler		1:22:12

**DOUBLE MUSSELMAN TRIATHLON**

"DOUBLEMUSSEL 88.7"

Geneva, NY July 10 &amp; 11, 2010

750 Meter Swim – 26K Bike – 5K Run SPRINT

1.2 M Swim – 56 M Bike – 13.1 M Run HALF

Michael Tirrell Sprint (#1 M55-59)	1:24:51
Half Ironman	5:45:50

**IRONMAN 70.3**

Providence, RI July 10, 2010

1.2 M Swim – 56 M Bike – 13.1 M Run

Diana Cohen	8:26:51
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**LAKE TERRAMUGGUS TRIATHLON SERIES**  
Marlborough, CT

**500 Yard Swim – 12M Bike – 3.2M Run**

**Race #1 - June 3 2010**

Ken Larson	#1M 50-59	1:04:47
Ned Kennedy	#2M 50-59	1:06:31
Kathy Manizza	#1F	1:08:28
Cathi Koehler	#2 F50-59	1:15:08
Janit Romayko	#1 F60-69	1:27:42
Barry Stoner	#1 M70-79	1:31:36

**Race #2 - June 17, 2010**

Jeff Thornton	#2 M50-59	1:09:31
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**Race #3 - July 1, 2010**

Ken Larson	#1 M50-59	1:04:57
Michael Tirrell	#2 M50-59	1:05:53
Kathy Manizza	#3F; #1F50-59	1:10:16
Kathy Thornton		1:20:11

**Race #4 - July 15, 2010**

Ken Larson	#1 M50-59	1:05:44
Kathy Manizza	#1F	1:08:30
Cathi Koehler	#2 F50-59	1:14:48
Janit Romayko	#1 F60-69	1:23:51

**Race #5 - July 29, 2010**

Michael Tirrell	#3 M50-59	1:05:44
Kathy Manizza	#3F; #1 F50-59	1:07:54
Jeff Thornton		1:08:12
Cathi Koehler	#2 F50-59	1:15:38
Kathy Thornton	#3 F50-59	1:17:30
Janit Romayko	#1 F60-69	1:22:30

**LOWELL MILL CITY  
INTERMEDIATE TRIATHLON**  
Lowell, MA July 11, 2010

**.9 M Swim – 26M Bike – 10K Run**

Jeff Thornton	#2 M50-54	2:46:16
Kathy Thornton	#1 F50-54	2:58:35

Kathy Reports: It was SOOOO hot and run in the sun!!!

**METROMAN INTERMEDIATE TRIATHLON**  
Asbury Park, NJ July 17, 2010

**.9 M Swim – 21M Bike – 10K Run**

Ken Larson	#2 M55-59	2:19:31
Kathy Manizza	#5F; #1 F50-54	2:21:17



**WINDING TRAILS SPRINT TRIATHLONS**  
Farmington, CT

**1/4 M Swim – 8K Mtn Bike – 5K Trail Run**

**Race #1 – June 15, 2010**

Bill Schwarz	#2 M60-69	1:16:12
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**Race #2 – June 22, 2010**

Bill Schwarz	#1 M60-69	1:11:55
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**Race #3 – June 29, 2010**

Bill Schwarz	#2 M60-69	1:11:41
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**Race #5 – July 13, 2010**

Bill Schwarz	#1 M60-69	1:19:43
Debbie Thurston		1:32:42

**Race #6 – July 20, 2010**

Bill Schwarz	#1 M60-69	1:13:32
Debbie Thurston		1:24:50

**Race #7 – July 27, 2010**

Bill Schwarz	#3 M60-69	1:11:27
Debbie Thurston		1:26:17
Lee Family (Monica, James & Jennifer)		1:20:12

**Race #8 – August 3, 2010**

Scott Livingston	#3M; #2 M30-39	50:37
Bill Schwarz	#1 M60-69	1:09:58
Debbie Thurston		1:24:15

**SheROX TRIATHLON**  
Webster, MA July 25, 2010

**1/2 M Swim – 15 M Bike – 5K Run**

Janit Romayko	#1 F65-69	1:29:53
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**AMICA 19.7 OCEAN BEACH TRIATHLON**  
New London, CT July 25, 2010

**1/2 M Swim – 16.1 M Bike – 5K Run**

Scott Livingston	#6M	1:18:13
Michael Tirrell	#1 M55-59	1:26:43
Mark Turkington	#1 M65-69	1:34:28
Nancy Gresh		2:00:20

**ROTARY CLUB BIATHLON**  
Port Jefferson, NY August 7, 2010

**660 Yard Swim – 3.5 M Run**

Janit Romayko	#1 F60-69	45:13
Jim Hodges	#3 M70-79	1:26:30

**NEW MEMBER PROFILES****Matt Yoder**Matt Reports:

Hello everyone and thanks for having me aboard! I started running cross country and track when I was in the 6<sup>th</sup> Grade. By the time I graduated from South Windsor High I became good enough at the 800 & 1000 meters that running helped get into college at UConn. I ran those two events for UConn for a couple years until I eventually peaked and burned out a bit. I've run on and off throughout the years. With the help of several friends, old & new, I've developed a renewed interest in running in the past year or two. On average I run about one race a week (if I'm not away) and would like to run with the Striders weekly once work settles down.

Bobby's Run was one of my favorite races this year despite being beat by a fellow Strider (Scott) pushing his kids in a stroller. Ha, yes that was humbling. My favorite long race (ever) was hands down The Big Sur Marathon. I went out with my sister, nephew, and good friend Tim Brennan (also a new Strider). I can't even describe how beautiful a run that was.

My goals for 2010 are to qualify for the Boston Marathon in October and to break as many PR's from last year as I can. My 2009/2010 PR's are 5K/18:21, 5Kgrass/20:16, Full Marathon/3:29, Half/1:29, 10K/41:12. I tend to do training runs at a slow pace so I'm working on that as well. I have one full Ironman under my belt (2004 Clermont, FL) and would like to try some Sprint Triathlons this summer if I can get my bike legs going again.

Like many of you I also cross train. Once a week I box (light sparring w/ full headgear-nothing crazy) and I swim twice a week. Marty Keibel, Kathy Thornton and Mel Seibold taught me how to swim this year which has been very advantageous to my running as well-not to mention a lot of fun.

Running has become a healthy and safe addiction that has improved my quality of life, and for that I am grateful. I look forward to getting to know all of you better.

**Tim Brennan**Tim Reports:

Hi, I am Tim or T 3.0; as you will hear my friend Matt Yoder call me. When it comes to running the motivation is simple. I run to live rather than live to run. As a youth I ran everywhere. Kinda the "Forest Gump" thing. As I grew older I stopped running to go to college, then raise a family. I never ran as a sport in high school or college.

When I was about 45 I decided to run again. As a Soccer Referee I also needed to be proficient at running. You have to be able to keep up with play to have any credibility on calling the match. At first I couldn't run a half-mile without collapsing. Slowly I was able to lengthen the distance to 5 miles.

A couple of friends came up the idea of running the corporate 5K in Hartford. So we did. It was miserably hot. Strangely enough we weren't discouraged. We ran several 5K's that year and then we dared ourselves to run a 10K.

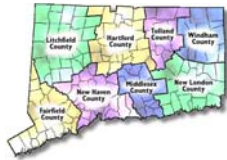
As you know one thing leads to another and by the time I was 50 I decided to celebrate a half-century of life by running the Hartford Marathon. What an eye opener, not to mention the sore legs. Well, the rest is history.

I like going to New York early in the morning to runs sponsored by the New York Road Runners. My favorite distance is the half-marathon. I must say running does lower the blood pressure from a "wonderful" day at work. Glad to be aboard and look forward to meeting all of you.

**Editor's Note:**

Both Matt & Tim ran the Big Sur Marathon in 2010. Matt was just coming back from an injury, and Tim had injured his leg the week before the marathon, but both managed to finish the race and enjoy the scenery. We hope that the Fall marathon season will see them both injury free.





## Silk City Striders 8 County Challenge At Least Three (4) Counties Completed as of 8/8/2010

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald		X		X	X		X	
Mitch Bielenda	X	X	X	X		X	X	
Tony Bonanno		X				X	X	
Jim Hodges		X			X		X	X
Dani Kennedy	X	X		X			X	
Ned Kennedy	X	X			X		X	
Cathy King	X	X	X	X		X	X	
Debbie Livingston		X	X	X		X	X	X
Scott Livingston		X		X	X	X	X	
Alan McCall	X	X	X	X	X	X	X	X
John Paggioli		X	X	X	X	X	X	
Joe Poliquin		X	X	X	X	X	X	
Randy Potterton		X		X	X	X	X	
Jill Ramos	X	X	X			X	X	X
Janit Romayko	X	X		X	X	X	X	X
Keron Smith	X	X		X	X	X	X	
Barry Stoner		X	X	X	X	X	X	X
Mike Tirrell		X	X		X	X		
Mark Turkington	X	X		X	X	X	X	X
Zofia Turosz		X		X	X		X	
MaryLou White		X	X	X	X	X	X	X
Bekkie Wright		X	X	X	X	X	X	
Matt Yoder		X		X		X	X	
Andy Zyrek		X	X			X	X	X



The Silk City 700 is a personal challenge to accumulate 700 miles of running within the 2010 calendar year. Below is the self-reported list of Silk City Striders who have achieved the 700 Mile Mark as of August 1, 2010. If you are not on the list below, but have been tracking your mileage “offline” please let us know what your approximate total mileage is so we can report it in the October Newsletter. Thanks.

MEN		WOMEN	
John Agosto	Scott Livingston	Dani Kennedy	Keron Smith
Tony Bonanno	Alan McCall	Debbie Livingston	Bekkie Wright
Art Byram	Bill Metzger	Janit Romayko	
John Collins	Joe Poliquin		
Aaron Flamino	Mike Tartar		
Bill Gaghan	Mike Westfall		



## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

**Dates: Mondays Nights at Wickham Park**

**TWO (2) RACES LEFT -  
AUGUST 9 & 16**

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

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

Mike Bendzinski (860) 649-6426

### WEEK 1 - July 5, 2010

#### ADULT RACE 2.6 miles

Connor Hackett	14:08
Adam Bulewich	14:59
Neal Leibowitz	15:05
Scott Livingston	15:07
John Agosto	15:12
Tom Geer	15:27
Mike Tartar	15:48
Matt Estes	16:22
Mitch Bielenda	16:48
Debbie Livingston	17:14
Scott Hollister	17:17
Steve Morse	17:18
Dale Toce	17:19
Linda Yamamoto	17:31
Tim Blinn	17:45
Tony Hollister	17:49
Mike Dolen	18:24
Bekkie Wright	18:41
Joe Poliquin	18:42
Aaron Flamino	18:52
King Archibald	19:06
Chrissy Bendzinski	19:48
Ed Yergeau	20:02
Michael Fromerth	20:06
Kara Miffitt	20:09
Rachel Blinn	20:17
Amy Estes	20:59
Kathy Thornton	21:13
Tom Walsh	21:17
Tom Butterfield	22:10
Susan Leslie	23:12
Cathy King	23:27
MaryLou White	24:52
Meg Bendzinski	25:34
Lee Paquette	25:38
Dorothy Paquette	25:51
Janit Romayko	25:59
Jill Ramos	26:04
Randy Potterton	26:07
Kate Bonanno	26:27
Tony Bonanno	26:27
James Hodges	38:24

#### YOUTH RACE - 1 mile

Emma Dolen	6:51
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## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

### WEEK 2 - July 13, 2010

#### ADULT RACE 2.6 miles

Connor Hackett	13:40
Adam Bulewich	14:33
Jason Earl	14:54
John Agosto	14:57
Tony Bonanno	15:57
Mitch Bielenda	16:11
Dale Toce	16:31
Tris Carta	16:58
Linda Yamamoto	17:01
Tim Blinn	17:16
Aaron Flamino	17:32
Tony Hollister	17:34
King Archibald	18:34
Ed Yergeau	19:21
Kara Miffitt	19:23
Bekkie Wright	19:32
Joe Poliquin	19:32
Kathy Thornton	20:24
Cathy King	21:36
Susan Leslie	22:06
James Lee	22:32
Meg Bendzinski	23:03
Lee Paquette	23:05
Jill Ramos	24:02
Randy Potterton	24:11
Janit Romayko	24:16
Dorothy Paquette	24:28
Jennifer Lee	24:57
Sherri Craver	32:55
James Hodges	33:03
Monica Lee	33:20

#### YOUTH RACE - 1 mile

Kyle Toce	7:26
Greta Westfall	11:04

### WEEK 3 - August 2, 2010

#### ADULT RACE 2.6 miles

Connor Hackett	13:42
Neal Leibowitz	14:24
Scott Livingston	14:51
John Agosto	14:57
Matt Estes	15:21
Mitch Bielenda	16:02
Jay Seney	16:19
Dale Toce	16:39
Deborah Livingston	16:48
Scott Hollister	17:04
Tim Blinn	17:16
Tony Hollister	17:28
Bekkie Wright	18:15
Joe Poliquin	18:16
Michael Fromerth	18:31
Rachel Blinn	18:44
Kara Miffitt	18:45
King Archibald	19:28
Tom Walsh	19:48
Kathy Thornton	20:08
Amy Estes	20:26
Tom Butterfield	21:04
Susan Leslie	21:35
Cathy King	21:38
Lee Paquette	22:01
James Lee	22:26
Jill Ramos	22:29
Meg Bendzinski	23:04
Randy Potterton	23:22
Dorothy Paquette	23:52
Janit Romayko	24:07
Jennifer Lee	25:01
Monica Lee	30:02
James Hodges	32:17

#### YOUTH RACE - 1 mile

Greta Westfall	10:29
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### NEW MEMBER PROFILE – Paquette Family

New members Lee & Dorothy Paquette have lived in Bolton for 25 years. Lee has run off and on for the past half-century. Dorothy has been a more consistent runner. She has one New York City Marathon to her credit, which she trained for years ago when she lived in Manhattan. Lee is retired from being a high school teacher and coach, and an editor at *The Hartford Courant*. Dorothy works in Hartford for Bank of America. Their son, Thomas (19), led Bolton High School to its first Class S State Cross-Country Championship in 2008. He now runs for Keene State College in New Hampshire. The Paquettes are especially grateful to the Striders for sponsoring Dani Kennedy's Bolton Summer Race Series, and they try never to miss the Wickham Park Summer XC Races.



**2.6 Miles – Bolton High School**  
**2.3 Miles – Bolton Heritage Farm**

**Week 1 – June 24, 2010 - BHS**

Mike Quick	15:15
Brendan Callahan	15:43
Thomas Paquette	15:57
John Agosto	16:49
John Paggioli	17:44
Art Byram	18:35
Debbie Livingston	19:20
Scott Hollister	19:47
Tony Hollister	20:01
Joseph Poliquin	20:28
King Archibald	22:08
MaryLou White	25:58
Randy Potterton	27:22
Dorothy Paquette	27:47

**Week 2 – July 1, 2010 - BHS**

Brendan Callahan	15:31
John Agosto	16:23
Jason Earl	16:46
Debbie Livingston	18:07
Alison Caruso	18:11
Mitch Bielenda	19:08
Art Byram	19:08
King Archibald	19:33
Bekkie Wright	20:30
Joseph Poliquin	20:31
Tom Walsh	21:50
Cathy King	24:22
MaryLou White	24:42
Lee Paquette	26:10
Dorothy Paquette	26:30
Randy Potterton	26:53
Vicki Quagliaroli	28:24

**Week 3 - July 8, 2010 - BHS**

Brendan Callahan	15:35
John Agosto	16:34
John Paggioli	17:11
Mitch Bielenda	18:32
Scott Hollister	18:34
Chrissy Bendzinski	18:41
Tony Hollister	19:25
King Archibald	19:58
Bekkie Wright	20:40
Joseph Poliquin	20:41
Mike Bendzinski	20:43
Tom Walsh	22:39
Cathy King	23:58
Lee Paquette	25:55
MaryLou White	26:11
Jill Ramos	26:23
Randy Potterton	26:36
Dorothy Paquette	26:57

**Week 4 – July 15, 2010 - BHS**

Brendan Callahan	15:21
John Agosto	16:34
Chrissy Bendzinski	18:15
Debbie Livingston	18:38
Mike Bendzinski	18:53
King Archibald	20:14
Bekkie Wright	21:05
Joseph Poliquin	21:06
Tom Walsh	22:19
Kathy Thornton	22:47
Lee Paquette	25:33
Barry Stoner	25:43
MaryLou White	26:01
Jill Ramos	26:18
Randy Potterton	26:37
Dorothy Paquette	26:53

**Week 5 - July 22, 2010 – Rose Trail**

John Agosto	15:11
Debbie Livingston	17:02
Tony Hollister	18:29
Andy Zyrek	19:21
King Archibald	19:43
Bekkie Wright	19:51
Joseph Poliquin	19:52
Kathy Thornton	21:05
Cathy King	22:50
MaryLou White	24:12
Lee Paquette	24:31
Randy Potterton	24:58
Jill Ramos	25:24
Dorothy Paquette	25:33

**Week 6 - July 29, 2010 – Rose Trail**

Brendan Callahan	14:21
Debbie Livingston	16:50
John Paggioli	17:15
Chrissy Bendzinski	17:26
Tony Hollister	18:52
King Archibald	19:31
Bekkie Wright	19:41
Joseph Poliquin	19:42
Tom Walsh	21:28
Lee Paquette	23:44
Randy Potterton	24:57
Jill Ramos	26:04

**Week 7 – August 6, 2010 – Rose Trail**

Brendan Callahan	14:01
John Agosto	15:26
Debbie Livingston	16:46
John Paggioli	16:54
Tony Hollister	18:24
King Archibald	19:01
Bekkie Wright	19:39
Joseph Poliquin	19:40
Tom Walsh	20:58
Cathy King	22:52
Lee Paquette	23:32
Jill Ramos	24:00
MaryLou White	24:54
Randy Potterton	24:59
Dorothy Paquette	25:14

**FINAL AGE GROUP STANDINGS  
(Top 3)****(Out of a possible 35 Points  
for 1st Place at all 7 Events)**

#1	Brendan Callahan	M0-15	30 pts
#2	Scott Hollister	M30-39	9 pts
#3	Jason Earl	M30-39	5 pts
#2	John Agosto	M40-49	25 pts
#3	King Archibald	M50-59	14 pts
#1	Tony Hollister	M60-69	25 pts
#2	Lee Paquette	M60-69	20 pts
#1	Ray Prest	M70-99	35 pts
#2	Barry Stoner	M70-99	4 pts
#3	Chrissy Bendzinski	F0-15	12 pts
#1	Debbie Livingston	F30-39	30 pts
#1	Bekkie Wright	F40-49	30 pts
#2	Jill Ramos	F40-49	16 pts
#1	Mary Lou White	F50-59	24 pts
#2	Cathy King	F50-59	19 pts
#3	Dorothy Paquette	F50-59	18 pts

**A Thank You Note from the Race Director**

Despite venue changes, bathroom facility issues and ominous weather reports, the 2010 Bolton Summer Cross Country Series was a rousing success! On behalf of the Bolton High School Track team, thank you to everyone who came out to support us.

Somehow everyone found us even when we moved the race 1/2 mile down the road. Somehow we found a port-a-john that we could move to the new venue for free and somehow the sun appeared every Thursday night no matter how threatening the clouds and thunder seemed. People not only put up with the venue change, they seemed to relish the tougher course. We had 191 different runners run the races over the course of 7 weeks, and in the adult race averaged 62 competitors per week. That's nearly a three-fold increase over last year and I attribute most of that to word of mouth.

Thank you very much to all the Silk City Striders who came out to compete and/or spectate and thank you to the SCS Board of Directors for sponsoring the races and providing the RRCA insurance. We could not stage these races for \$2 without you.

I'm already looking forward to next year. Please let me know if there are any changes you would like to see, and if you've never tried a Bolton XC race, please plan to spend a Thursday night in Bolton next summer. I can guarantee you'll have fun and that the price will be right.

- Dani Kennedy, Race Director ([danikennedy81@gmail.com](mailto:danikennedy81@gmail.com))

**NUTRITION NOOK – ‘Be a Kid Again, Enjoy Chocolate Milk’**

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)

*Do you like the rich, delicious taste of chocolate milk? If so, you're in for a sweet surprise.*

Research presented at the June 2010 American College of Sports Medicine Annual Meeting outlined the benefits of chocolate milk as a successful recovery drink after endurance exercise. Active individuals who engage in regular aerobic exercise (i.e. running, cycling, swimming) on most days of the week for 45 minutes or longer can reap the benefits of drinking chocolate milk (or other flavored milks) after their workouts.

Studies conducted by researchers at the University of Connecticut compared the effects of consuming 16 ounces of either fat-free chocolate milk or a carbohydrate-only beverage on muscle recovery in active men following endurance exercise. Both drinks contained the same number of calories. However, the chocolate milk, unlike the carb-only beverage, contained naturally-present high quality protein. During recovery from a 45-min run, the chocolate milk was as effective as the carb drink in replenishing muscle energy (glycogen) stores and better at rebuilding skeletal muscle protein broken down during exercise. Both of these measures are critical to athletes and exercisers who wish to optimize their recovery after a workout. Glycogen is a main energy source for the body during aerobic exercise and muscle protein is essential for a person's power and strength. Protein from soy and animal sources, such as milk, is called high quality protein because, unlike plant protein sources (with the exception of soy), it contains all the essential building blocks required to repair and build muscles.

Active individuals should refuel their bodies within thirty minutes of exercising. The goal is to consume both carbohydrates and quality protein. You can accomplish this by eating a well-balanced meal or snack, either in solid or liquid form. If you are able to consume solid foods shortly after your workout, build a well-balanced meal. Combine carbohydrate-rich foods, such as bread, potatoes, cereal and/or fruit, with high quality protein, such as lean meat or poultry, fish, or dairy products. However, if you find it difficult to eat solid foods immediately following a workout or find it more convenient to have a snack or mini-meal post-exercise, then chocolate milk is the perfect recovery drink for you! It has many advantages over commercially available (and usually more expensive!) sports drinks.

Chocolate milk is an excellent recovery drink because it not only provides carbohydrates and protein, but contains the electrolytes sodium and potassium, which are lost in sweat. And, the electrolytes contained in milk are in greater quantity than that found in sports drinks. Milk is a great source of calcium (also lost in sweat) and vitamin D, both essential for strong bones and muscles. Finally, milk contains Riboflavin, a B vitamin that is required to convert the food you eat into energy. Low-fat or skim milk is the perfect post-exercise sports drink!

Either make your own chocolate milk by adding chocolate powder or syrup to milk or purchase pre-made chocolate, strawberry or coffee milk. The goal is to consume 2-4 grams of carbohydrate for each gram of protein. This is an ideal ratio of carbohydrate to protein for energy (glycogen) replenishment and muscle rebuilding. Most pre-mixed, flavored milks have this ratio. Post-exercise is the time when your cells are the most efficient at replenishing energy stores and rebuilding muscle protein.

To make the perfect post-recovery sports drink yourself, add either chocolate syrup or powdered chocolate mix to fat-free or low-fat milk. Here are two recipes:

4:1 ratio: 2 cups skim or 1% milk +

3 Tbsp. Hershey's chocolate syrup = 340 calories (skim) or 380 calories (1%)

5 Tbsp. Nesquik Milk Chocolate powder = 340 calories (skim) or 380 calories (1%)

2:1 ratio: 2 cups skim or 1% milk +

1 Tbsp. Hershey's chocolate syrup = 240 calories (skim) or 280 calories (1%)

2 Tbsp. Nesquik Milk Chocolate powder = 250 calories (skim) or 290 calories (1%)

Here's to your recovery!

## RACE CALENDAR

Date	Time	Race (signifies USATF champ.)	Place	Website / Email Contact
Th	Aug 12	6:25 PM	Corporate Challenge 5K	Hartford (Bushnell Park) <a href="http://www.jbsports.com">www.jbsports.com</a>
<del>Th</del>	<del>Aug 12</del>	<del>6:30 PM</del>	<del>E. Hartford H.S. Alumni XC 5K</del>	<del>E. Hartford (Veteran's Memorial) <a href="http://www.ci.east-hartford.ct.us">www.ci.east-hartford.ct.us</a></del> CANCELLED
Th	Aug 12	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza) <a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa	Aug 14	8:00:00 AM	Space Race 5K	Windsor Locks (CT Air National Guard Base, Bradley Airport) <a href="http://www.spaceandaviationday.org">www.spaceandaviationday.org</a>
Sa	Aug 14	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA <a href="http://www.bridgeofflowers10k.com">www.bridgeofflowers10k.com</a>
Sa	Aug 14	9:00 AM	Bolton XC Alumni 5K	Bolton (Bolton Center Sch) <a href="http://sites.google.com/site/boltonxc">http://sites.google.com/site/boltonxc</a>
Sa	Aug 14	9:05 AM	Deary Memorial Putnam 5M	Putnam (J.D. Cooper's Restaurant) <a href="http://www.daykimball.org/news-and-events/events/dkh-deary">www.daykimball.org/news-and-events/events/dkh-deary</a>
Su	Aug 15	10:00 AM	Keney Park 5K	Hartford (Keney Park) (Greenfield Street Entrance) <a href="http://www.silkcitystrider.org">www.silkcitystrider.org</a> (Upcoming Events)
Fri	Aug 20	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 21	9:00 AM	Bluefish Festival 5K	Clinton (Jared Eliot Sch) <a href="http://www.clintonct.com">www.clintonct.com</a>
Su	Aug 21	8:30 AM	Lobster Loop 5K	Canton (Town Green) <a href="http://www.plattsys.com">www.plattsys.com</a>
Sa	Aug 22	8:30 AM	Holcomb Farm 10K	West Granby <a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a> (August Newsletter)
Su	Aug 22	9:30 AM	Mt. Toby Trail Race 14M	Sunderland, MA (Town Park) <a href="http://www.runwmac.com/gt2010/gt10-races.html">www.runwmac.com/gt2010/gt10-races.html</a>
Tu	Aug 24	6:00 PM	Battle of Stonington 5K	Stonington Village Green <a href="http://www.battleofstonington5k.com">www.battleofstonington5k.com</a>
Su	Aug 29	8:00 AM	Old Wethersfield 5K & 10K	Wethersfield <a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Aug 29	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>
Su	Sep 5	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 6	9:30 AM	Spring Street Mile	Manchester <a href="http://www.manchesterrunningcompany.com">www.manchesterrunningcompany.com</a>
Mo	Sep 6	9:00 AM	Cape Ann 25K & Goose 8K	Gloucester, MA <a href="http://www.northshoreymca.org/download/154_caperace_06_brochure_bw.pdf">www.northshoreymca.org/download/154_caperace_06_brochure_bw.pdf</a>
Mo	Sep 6	8:30 AM	New Haven 20K & 5K	New Haven Town Green <a href="http://www.newhavenroadrace.org">www.newhavenroadrace.org</a>
Sa	Sep 11	9:00 AM	Suffield 5K & 10K	Suffield (Suffield Middle School) <a href="http://www.suffieldtownhall.com/filestorage/143/2859/road_race_registration_for_web.pdf">www.suffieldtownhall.com/filestorage/143/2859/road_race_registration_for_web.pdf</a>
Sa	Sep 11	10:00 AM	"Battle of the Bowl" – Stair Climb	New Haven (Yale Bowl) <a href="http://www.climbofyourlife.org">www.climbofyourlife.org</a>
Sa	Sep 11	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>
Sa	Sep 11	1:30 PM	Run Around the Block 15K	Block Island, RI <a href="http://www.blockislandchamber.com">www.blockislandchamber.com</a>
Su	Sep 12	10:00 AM	South Windsor Road Race 5M	S. Windsor (Rye St. Park) <a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a> (Upcoming Events)
Sa	Sep 18	8:30 AM	Community Day Road Race 5K & 10K	Wallingford (YMCA) <a href="http://www.wallingfordymca.org">www.wallingfordymca.org</a>
Sa	Sep 18	8:00 AM	Somers Great Escape 5K & 5M	Somers (Education Complex) <a href="http://www.somersnow.com/race">www.somersnow.com/race</a>
Su	Sep 19	9:00 AM	Trails to a Cure 8M	Chester (Cockaponset State Forest) <a href="http://www.snerro.com/SNERRO/_Race_Applications_files/Trails%2010%20Front-screen.pdf">www.snerro.com/SNERRO/_Race_Applications_files/Trails%2010%20Front-screen.pdf</a>
Su	Sep 19	12:30 PM	Union Street Tavern Trot 3.6M	Windsor (Union St Tavern) <a href="http://www.unionstreettavern.com/taverntrot">www.unionstreettavern.com/taverntrot</a>
Sa	Sep 25	9:00 AM	Mari's Miles of Smiles 10K *NEW	Cheshire (Norton School) <a href="http://www.marihallfoundation.org/our-events.html">www.marihallfoundation.org/our-events.html</a>
Sa	Sep 25	10:00 AM	Hogs Back Half-Marathon	Colebrook Center <a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a> (August Newsletter)
Sa	Sep 25	11:00 AM	Key Human Services 5K	West Hartford (MDC Reservoir) <a href="http://www.keystonehumanservices.org/events/keyRunWalk">www.keystonehumanservices.org/events/keyRunWalk</a>
Su	Sep 26	10:00 AM	Bigelow Tea 5K	Southport (Wakeman's Club) <a href="http://www.hitekracing.com">www.hitekracing.com</a>
Su	Sep 26	10:00 AM	Niantic Bay Half Marathon & 5K	E. Lyme (Rocky Neck) <a href="http://www.nianticbayhalfmarathon.com">www.nianticbayhalfmarathon.com</a>
Sa	Oct 2	10:30 AM	Cider Mill 5K	Tolland (Crandall Park) <a href="http://www.cidermillroadrace.org">www.cidermillroadrace.org</a>
Su	Oct 3	10:30 AM	Tommy Fund Run for Kids 5K	New Haven (Yale Tennis Center) <a href="http://www.jbsports.com">www.jbsports.com</a>
Su	Oct 3	8:30 AM	Ridgefield Half-Marathon	Ridgefield (Old Ridge.H.S.) <a href="http://www.wolfpitrunningclub.org">www.wolfpitrunningclub.org</a>
Mo	Oct 11	Noon	Tufts 10K for Women	Boston (Boston Common) <a href="http://www.tuftshealthplan.com">www.tuftshealthplan.com</a>

**2010 “LOCAL” MARATHON CALENDAR**

9/19/10	<b>Yonkers Marathon</b> , Yonkers, NY	<a href="http://www.yonkersny.gov/Index.aspx?page=1465">www.yonkersny.gov/Index.aspx?page=1465</a>
9/26/01	<b>Adirondack Marathon</b> , Schroon Lake, NY	<a href="http://www.adirondackmarathon.org">www.adirondackmarathon.org</a>
9/26/10	<b>Clarence Demar Marathon</b> , Keene, NH	<a href="http://www.clarencedemar.com">www.clarencedemar.com</a>
10/2/10	<b>New Hampshire Marathon</b> , Bristol, NH	<a href="http://www.nhmarathon.com">www.nhmarathon.com</a>
10/3/10	<b>Wineglass Marathon</b> , Corning, NY	<a href="http://www.wineglassmarathon.com">www.wineglassmarathon.com</a>
10/3/10	<b>Maine Marathon</b> , Portland, ME	<a href="http://www.mainemarathon.com">www.mainemarathon.com</a>
10/9/10	<b>Hartford Marathon, Half &amp; 5K</b> , Hartford, CT	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
10/10/10	<b>Mohawk-Hudson River Marathon</b> , Albany, NY	<a href="http://www.hmrrc.com">www.hmrrc.com</a>
10/10/10	<b>Steamtown Marathon</b> , Scranton, PA (Registration Closed)	<a href="http://www.SteamtownMarathon.com">www.SteamtownMarathon.com</a>
10/16/10	<b>Baltimore Marathon</b> , Baltimore, MD	<a href="http://www.thebaltimoremarathon.com">www.thebaltimoremarathon.com</a>
10/17/10	<b>Green Mountain Marathon</b> , South Hero, VT	<a href="http://www.gmaa.net/GMMinfo.html">www.gmaa.net/GMMinfo.html</a>
10/17/10	<b>Amica Marathon</b> , Newport, RI	<a href="http://www.amicamarathon.com">www.amicamarathon.com</a>
10/17/10	<b>Atlantic City Marathon</b> , Atlantic City, NJ	<a href="http://www.atlanticcitymarathon.org">www.atlanticcitymarathon.org</a>
10/17/10	<b>Bay State Marathon &amp; Half</b> , Lowell, MA (Marathon Registration Closed)	<a href="http://www.baystatemarathon.com">www.baystatemarathon.com</a>
10/17/10	<b>Mount Desert Island Marathon</b> , Bar Harbor, ME (Registration Closed)	<a href="http://www.mdimarathon.org">www.mdimarathon.org</a>
10/31/10	<b>Cape Cod Marathon</b> , Falmouth, MA	<a href="http://www.capecodmarathon.com">www.capecodmarathon.com</a>
10/31/10	<b>Marine Corps Marathon</b> , Washington, DC (Registration Closed)	<a href="http://www.marinemarathon.com">www.marinemarathon.com</a>
11/6/10	<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>
11/7/10	<b>Manchester City Marathon</b> , Manchester, NH	<a href="http://www.cityofmanchestermarathon.com">www.cityofmanchestermarathon.com</a>
11/7/10	<b>New York City Marathon</b> , New York, NY (Registration Closed)	<a href="http://www.ingnycmarathon.org">www.ingnycmarathon.org</a>
11/14/10	<b>Harrisburg Marathon</b> , Harrisburg, PA	<a href="http://www.HarrisburgMarathon.com">www.HarrisburgMarathon.com</a>
11/21/10	<b>Philadelphia Marathon</b> , Philadelphia, PA	<a href="http://www.philadelphiamarathon.com">www.philadelphiamarathon.com</a>
11/27/10	<b>BRRC North Central Trail Marathon</b> , Sparks, MD	<a href="http://www.brrc.com">www.brrc.com</a>
12/13/10	<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>

**SILK CITY STRIDERS  
2010 Event Calendar**

- AUGUST** - Wickham Park Cross Country Series ..... Monday Nights – August 9 & 16  
 Lake Terramuggus Triathlon Series ..... Thursday Night, August 12
- SEPTEMBER** - Nikki’s Run Walk ‘N’ Roll ..... \*NEW DATE - Saturday, September 11  
 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