



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org



Nutmeg State Games Track & Field Meet Veteran's Memorial Stadium New Britain, CT August 14, 2011

www.nutmegstategames.org

Women's 800 Meter Run

Dani Kennedy #1 F50-54 3:00.74

Men's 800 Meter Run

Tris Carta #1 M55-59 2:37.39
Tom Butterfield #1 M75+ 3:37.64

Women's 1 Mile Run

Dani Kennedy #1 F50-54 6:19.85

Men's 1 Mile Run

Tris Carta #1 M55-59 5:23.40
Tom Butterfield #1 M75+ 7:36.35

Men's 2 Mile Run

Tom Butterfield #1 M75+ 16:45.46

Men's 2000 Meter Steeplechase

Tom Butterfield #1 M75+ 10:45.91

Men's Javelin Throw

Tom Butterfield #1 M75+ 74-03

SPECIAL TRAINING RUN

Join us for a
7-Mile Training Run
which includes the
South Windsor Road Race 5M course
from Sue Leslie's House
on Wednesday, August 31
at 5:30 PM

Silk City Striders
Board of Directors Meeting
Sunday, September 18th - 2:00 p.m.
at the Hungry Tiger Restaurant
Manchester, CT

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2011 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

“Rails to Trails” – Hop River Trail
 through September 3

Meet at the Manchester Trailhead

“Manchester Road Race Course”
 from September 10 – December 31

Meet at the Parking Lot
 at the Corner of Forest & Main Streets

Tuesday Evening Funs Runs - 6:00 pm

Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street

Thursday Evening Funs Runs - 6:00 pm

Case Mountain Trails – Spring Street lot
 Through September 15

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

| | |
|-----------------|---------------|
| Paula Dombek | Tolland |
| David Guy | East Hartford |
| Rachel Tambling | Mansfield |

COMING UP – August & Sept.

- New Haven Road Race 20K & 5K –
Monday, September 5th
- Fred Brown Lake Winnepesaukee Relays –
Saturday, September 10th
Captains: Bill McGugan & Betty Cannella



Parkade Cinemas and Entertainment
 presents the

1st Annual
FAMILY FUN RUN 5K

at

Center Springs Park, Manchester, CT
Sunday, August 28, 2011
8:00 a.m.

We hope you'll join us for this inaugural event. Runners and volunteers are needed to help make this Family Fun Run a success. The race is limited to the first 100 entrants. All entrants will receive a T-Shirt. Awards will be given to the Top 3 Male & Female Runners in 3 categories: 14 & under, 15-29, and 30 & Over

The 2 loop course is entirely within Center Springs Park, and includes both paved paths and grassy slopes. Application Form and Course Map are available on the Silk City Striders homepage.

If you are available to help with course set-up, registration, timing or water stop, please call Bekkie Wright at 860-461-1486.

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.

NIANTIC BAY 10K Niantic, CT June 10, 2011

| | | |
|----------------|-----------|---------|
| Andy Zyrek | #3 M40-44 | 42:52 |
| Clint Driscoll | | 1:09:31 |

BLUM SHAPIRO 5K for CAMP COURANT AT THE TRAVELERS CHAMPIONSHIP Cromwell, CT June 11, 2011

| | | |
|--------------|----------------|-------|
| Tris Carta | #1 M55-59 | 19:34 |
| Dani Kennedy | #6F; #1 F50-54 | 21:48 |

CELEBRATE WEST HARTFORD 5K West Hartford, CT June 12, 2011

| | | |
|---------------|----------------|-------|
| Mike Quick | #4M; #2 M18-29 | 16:19 |
| John Paggioli | | 18:22 |
| Steve Morse | | 20:00 |
| Bill Turney | #1 M60-69; PR | 21:59 |
| Jill Ramos | | 29:10 |

LITCHFIELD HILLS ROAD RACE 7.1M Litchfield, CT June 12, 2011

| | |
|-----------------|-------|
| Joseph Poliquin | 54:02 |
| Bekkie Wright | 54:03 |

SOLSTICE SPRINT 5K West Hartford, CT June 15, 2011

| | |
|-----------------|-------|
| Scott Hollister | 21:12 |
| Tony Hollister | 22:12 |
| King Archibald | 22:39 |
| Tom Walsh | 23:49 |
| Laurie Brooks | 25:02 |
| Diana Cohen | 29:40 |
| Jill Ramos | 30:05 |
| Clint Driscoll | 31:37 |

ST. CATHERINE OF SIENA 5K Preston, CT June 18, 2011

| | |
|--------------|-------|
| Bob Niedbala | 28:20 |
|--------------|-------|

8 FURLONGS CLASSIC 1 MILE RACE East Hartford, CT June 19, 2011

| | | |
|--------------|-----------|--------|
| Tris Carta | #5 Open-M | 5:37.5 |
| Dani Kennedy | #2 Open-F | 6:12.6 |

BRANFORD ROAD RACE 5M Branford, CT June 19, 2011

| | |
|---------------|-------|
| Adam Bulewich | 28:50 |
|---------------|-------|

FAIRFIELD HALF MARATHON Fairfield, CT June 26, 2011

| | |
|--------------|---------|
| Keron Smith | 1:38:54 |
| David Leak | 1:51:00 |
| Ginny Welch | 1:54:22 |
| Diane Cohen | 2:28:54 |
| Barry Stoner | 2:49:17 |

X-TREME SCRAMBLE 5K SERIES Hartford, CT

Race 1 - June 23, 2011

| | | |
|-----------------|-----------|-------|
| Matt Yoder | #2 M35-39 | 22:05 |
| Scott Hollister | | 23:07 |
| Andy Zyrek | #2 Clyde | 24:00 |
| Tony Hollister | #1 M60-64 | 24:45 |
| Tom Walsh | | 26:34 |

Race #2 - July 28, 2011

| | | |
|-----------------|----------------|-------|
| Matt Yoder | #8M; #2 M35-39 | 19:00 |
| Andy Zyrek | #3 Clyde | 20:54 |
| Tony Hollister | #1 M60-64 | 21:39 |
| Scott Hollister | | 24:54 |
| Jaclyn Cmero | | 24:59 |

FIRECRACKER 5K ROAD RACE Glastonbury, CT June 26, 2011

| | | |
|--------------|----------------|-------|
| Ned Kennedy | #7M; #1 M50-59 | 18:54 |
| Dani Kennedy | #2F; #1 F50-59 | 21:16 |

BOOMBOX MILE Willimantic, CT July 4, 2011

| | | |
|-----------------|----------------|--------|
| Tris Carta | #2 M50-59 | 5:24.5 |
| Dani Kennedy | #4F; #2 F50-59 | 6:04.3 |
| Mark Turkington | #3M 60-69 | 6:40.1 |

CHESTER "4 on the 4th" ROAD RACE Chester, CT July 4, 2011

| | | |
|-------------------|----------------|-------|
| Adam Bulewich | #6M; #1 M30-39 | 23:23 |
| Debbie Livingston | #1 F30-39 | 27:30 |

GOOSE ROCKS BEACH 5K
Goose Rocks Beach, ME July 4, 2011


Laurie Brooks 24:07

GLORIOUS GALLOP 5K
East Hampton, CT July 8, 2011

John Paggioli #2 M40-49 18:55
King Archibald 21:58

RIVERFEST 5K
East Hartford, CT July 9, 2011

King Archibald 22:59
Steve Morse 24:38
Randy Potterton 33:11



**RED DRESS
RUN FOR WOMEN 5K**
West Hartford, CT
July 9, 2011

| | | |
|---------------|------------------|-------|
| Dani Kennedy | #1 F50-54 | 22:02 |
| Cathy King | #3 F50-54 | 26:31 |
| Joyce Thorner | | 34:31 |

“Red Dress Runners” - #6 Open Team

LIVING WELL IN GLASTONBURY 5K
Glastonbury, CT July 17, 2011

Ned Kennedy #3M; #1 M50-59 18:34
John Paggioli #5M; #1 M40-49 18:52
Dani Kennedy #4F; #1 F50-59 21:46
Alan McCall #1 M60+ 24:51
Cathy King #2 F50-59 25:31
Randy Potterton 32:12

GE PETIT FOUNDATION 5K
Plainville, CT July 17, 2011

Tom Butterfield #1 M70-79 27:55

CITIZENS BANK SUMMER FUN RUN 5K
Middletown, CT July 20, 2011

Mitch Bielenda 21:38
Peter Briggeman 23:13

SCOTTISH RITE FREEMASONS 5K
Newington, CT July 23, 2011

Adam Bulewich #1 M30-39 18:01
Tom Walsh #2 M50-59 24:38

**JOHN & JESSIE KELLEY OCEAN BEACH
11.6 MILE ROAD RACE**
New London, CT August 6, 2011

| | | |
|-------------------|----------------------|---------|
| Adam Bulewich* | #1 M30-39; PR | 1:09:24 |
| Marty Keibel*** | #1 M60-69 | 1:15:58 |
| John Paggioli (C) | | 1:19:20 |
| John Collins* | | 1:19:26 |
| Scott Freeman | | 1:21:36 |
| Mike Tartar | | 1:23:08 |
| Michael Westfall* | | 1:25:15 |
| Keron Smith** | #3 F30-39 | 1:27:11 |
| Marc Shok | | 1:27:46 |
| Andy Zyrek | | 1:31:09 |
| John Sloan (C) | | 1:32:57 |
| Bekkie Wright** | | 1:34:11 |
| Joseph Poliquin | | 1:34:12 |
| Art Byram | | 1:35:33 |
| Michael Fromerth | | 1:36:46 |
| Rick Chromik | | 1:43:45 |
| Bill McGugan | | 1:48:19 |
| Tom Walsh | | 1:50:22 |
| Robert Niedbala | | 1:50:36 |
| Cathy King**(C) | | 1:52:31 |
| Jill Ramos | | 2:11:05 |
| Betty Cannella | | 2:14:04 |
| Roger Petersen | | 2:20:12 |
| Barry Stoner | | 2:29:38 |
| Randy Potterton | | 2:29:39 |

(C) Team Captains

* Silk City Striders #1 Men's Team Member

** Silk City Striders #1 Women's Team Member

*** #1 Co-Ed Team Member

SEA LEGS SHUFFLE 10M
Guilford, CT August 7, 2011

Adam Bulewich #3 M30-39 1:00:49

**ROCK & ROLL
PROVIDENCE HALF MARATHON**
Providence, RI August 7, 2011

Bekkie Wright 1:50:38
Joe Poliquin 1:50:39
Andy Zyrek 1:53:50

CORPORATE 5K

Hartford, CT August 11, 2011

| | | |
|-----------------|----------------|-------|
| Adam Bulewich | #5M; #1 M30-39 | 17:02 |
| Neal Leibowitz | | 18:46 |
| Mitch Bielenda | #3 M50-59 | 20:42 |
| King Archibald | | 22:05 |
| Tom Walsh | | 23:02 |
| Russell Saucier | | 24:14 |
| Carole Saucier | | 24:48 |
| Tom Butterfield | #1M70-79 | 26:17 |
| Zofia Turosz | #1 F70-79 | 26:48 |
| Clint Driscoll | | 28:53 |

Dani Kennedy Reports: Ned & I ran in the Corporate Challenge Elite 5K, which was fun and interesting, but not very successful for either of us. We got an age/gender graded handicap start and had to run 4.75 laps. It was tons of fun since many SCS who had been there for the "open" 5K stuck around and each time we ran past the finish area we had a huge contingent of people cheering for us, but once we knew we were out of the money, we found it hard to continue pushing and both ended up running slower 5k's than we normally run.

BRIDGE OF FLOWERS 10K

Shelburne Falls, MA August 13, 2011

| | | |
|----------------|-----|-------|
| Drew Best | #8M | 33:37 |
| Jay Seney | | 43:46 |
| Mitch Bielenda | | 46:12 |
| Andy Zyrek | | 46:22 |
| Cathy King | | 58:49 |

MARATHON & ULTRA WRAP-UP**LAUREL HIGHLANDS ULTRA 77M**

Ohiopyle, PA June 11, 2011

| | | |
|-------------------|-----------------|----------|
| Debbie Livingston | #7 Overall; #1F | 16:27:33 |
|-------------------|-----------------|----------|

MISSOULA MARATHON

Missoula, MT July 10, 2011

| | | |
|---------------|--|---------|
| Bekkie Wright | | 3:47:16 |
| Joe Poliquin | | 3:53:48 |

MAD MARATHON

Mad River Glen, VT July 10, 2011

| | | |
|-----------|--|---------|
| Jay Seney | | 4:02:26 |
|-----------|--|---------|

MARATHON TO MARATHON

Storm Lake to Marathon, IA June 11, 2011

| | | |
|-------------|--|---------|
| Bill Gaghan | | 4:02:14 |
|-------------|--|---------|

AROUND THE LAKE MARATHON

Wakefield, MA July 29, 2011

| | | |
|--------------|---------|---------|
| Marty Keibel | #1M 60+ | 3:21:10 |
|--------------|---------|---------|

T.A.R.C. 12-HOUR ULTRA

Medfield, MA August 13, 2011

| | | |
|-------------------|-----|------------|
| Debbie Livingston | #1F | 58.5 Miles |
|-------------------|-----|------------|

GRAND TREE SERIES & OTHER TRAIL RACES**MT. GREYLOCK 13.5M TRAIL RACE**

Pittsfield, MA June 19, 2011

| | | |
|-------------------|-----|---------|
| Scott Livingston | | 1:58:46 |
| John Agosto | | 2:06:46 |
| Debbie Livingston | #3F | 2:11:48 |

SUMMER SOLSTICE TRAIL RUN 5M

Gay City State Park, Hebron, CT June 19, 2011

| | | |
|----------------|-----------|---------|
| Andy Zyrek | #1 Clyde | 43:37 |
| King Archibald | #2 M50-54 | 50:20 |
| Ed Yergeau | | 1:04:06 |
| Jill Ramos | | 1:12:24 |

CRANMORE HILL CLIMB (3 x 3.87K)

North Conway, NH June 26, 2011

| | | |
|---------------|--|---------|
| David LaPorte | | 1:11:06 |
|---------------|--|---------|

SKYLINE TRAIL RACE 7.2M

Blue Hills in Milton MA July 10, 2011

| | | |
|-------------|--|---------|
| John Agosto | | 1:17:18 |
|-------------|--|---------|

OKEMO MOUNTAIN CHALLENGE 5K

Ludlow, VT July 30, 2011

| | | |
|---------------|----------------|---------|
| Tris Carta | #9M; #2 M50-59 | 40:55 |
| Angelee Carta | #3 F50-59 | 1:07:46 |

SOAPSTONE ASSAULT (~5.5. miles)

Somers, CT July 31, 2011

| | | |
|-------------------|----------|-------|
| John Agosto | #4M | 54:27 |
| Debbie Livingston | #1F55:46 | |

PEOPLE'S FOREST TRAIL RACE 7M

Barkhamsted, CT August 6, 2011

| | | |
|----------------|-----------------|---------|
| Deb Livingston | #7 Overall; #1F | 59:02 |
| Mary Lou White | | 1:53:57 |

GRAND TREE RACES IN WESTERN MASS. AUGUST & SEPTEMBER:SAVOY MOUNTAIN 22M, 11M, & 4M
Florida/Savoy MA -- August 21stMT. TOBY 14M
Sunderland MA -- August 28thCURLY'S HALF-MARATHON & 5K
Pittsfield MA -- September 11thAlso, registration nearing capacity for the
NIPMUCK TRAIL MARATHON -- October 2nd

TRIATHLON RACE RESULTS



WINDING TRAILS SPRINT TRIATHLONS Farmington, CT

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

Race #1 – June 14, 2011

| | | |
|------------------|------------|---------|
| Scott Livingston | #1M | 51:02 |
| Debbie Thurston | | 1:30:34 |

Race #2 – June 21, 2011

| | | |
|------------------|------------|---------|
| Scott Livingston | #1M | 50:29 |
| Debbie Thurston | | 1:28:16 |

Race #3 – June 28, 2011

| | | |
|-----------------|--|-----------|
| Debbie Thurston | | 1:28:34.0 |
|-----------------|--|-----------|

Race #5 – July 12, 2011

| | | |
|-----------------|--|---------|
| Debbie Thurston | | 1:25:45 |
|-----------------|--|---------|

Race #6 – July 19, 2011

| | | |
|-----------------|--|---------|
| Debbie Thurston | | 1:23:23 |
|-----------------|--|---------|

Race #8 – August 2, 2011

| | | |
|------------------|------------|---------|
| Scott Livingston | #2M | 48:47 |
| Debbie Thurston | | 1:25:36 |

Race #9 – August 9, 2011

| | | |
|-----------------|--|---------|
| Debbie Thurston | | 1:31:18 |
|-----------------|--|---------|

Race #10 – August 16, 2011

| | | |
|------------------|------------|-------|
| Scott Livingston | #2M | 48:51 |
|------------------|------------|-------|

PAT GRISKUS OLYMPIC TRIATHLON Middlebury, CT June 18, 2011

1.5K Swim – 40K Bike – 10K Run

| | | |
|--------------|-------------------|---------|
| Dean Bolt | | 2:27:33 |
| Bill Schwarz | #2 M 65-69 | 2:44:30 |

TOLLAND SUMMER SOLSTICE SPRINT TRIATHLON

Crandall Pond, Tolland, CT June 18, 2011

300 Yard Swim – 12M Bike – 5K Run

| | | |
|---------------|------------------|---------|
| Ned Kennedy | #1 M50-59 | 1:04:40 |
| Ken Larson | #2 M50-59 | 1:05:41 |
| Kathy Manizza | #1 F50-59 | 1:08:49 |

LAKE TERRAMUGGUS TRIATHLON SERIES Marlborough, CT

500 Yard Swim – 12M Bike – 3.2M Run

Race #1 - June 2, 2011 (1100* Yard Swim)

| | | |
|---------------|-----------------------|---------|
| Ken Larson | #3 M50-59 | 1:08:51 |
| Kathy Manizza | #3F; #1 F50-59 | 1:12:17 |
| Janit Romayko | #1 F60++ | 1:27:07 |

Race #2 - June 16, 2011

| | | |
|------------------------|-----------------------|---------|
| Scott Livingston | #4M; #2 M30-39 | 58:13 |
| Ken Larson | #3 M50-59 | 1:05:18 |
| Cathi Koehler | #1 F50-59 | 1:18:19 |
| Ed Yergeau | | 1:25:17 |
| Manizza/Edwards Relay* | | 57:37 |

*Only 1 Bike Loop

Race #3 – June 30, 2011

| | | |
|--------------------|-----------------------|---------|
| Scott Livingston | #5M; #2 M30-39 | 58:36 |
| Michael Tirrell | #3 M50-59 | 1:07:54 |
| Kathy Manizza | #1 F50-59 | 1:09:11 |
| Ed Yergeau | | 1:22:47 |
| Clint Driscoll | | 1:39:08 |
| Cohen/Stoner Relay | | 1:21:51 |

Race #4 - July 14, 2011

| | | |
|----------------|------------------|---------|
| Ken Larson | #3 M50-59 | 1:04:16 |
| Janit Romayko | #1 F60+ | 1:20:50 |
| Ed Yergeau | | 1:23:51 |
| Clint Driscoll | | 1:37:21 |

Race #5 - July 28, 2011

| | | |
|------------------|----------------------|---------|
| Scott Livingston | #2M; #2M30-39 | 57:05 |
| Ned Kennedy | #1 M50-59 | 1:02:22 |
| Cathi Koehler | #1 F50-59 | 1:14:39 |

Race #6 – Aug 11, 2011

| | | |
|------------------|-----------------------|---------|
| Scott Livingston | #4M; #1 M30-39 | 57:16 |
| Janit Romayko | #1 F60+ | 1:19:07 |

WEBSTER LAKE TRIATHLON Webster, MA June 19, 2011

1/2 M Swim – 12 M Bike – 3M Run

| | | |
|---------------|------------------|---------|
| Janit Romayko | #1 F65-69 | 1:29:30 |
|---------------|------------------|---------|

IRONMAN 70.3 Providence, RI July 10, 2011

1.2 M Swim – 56 M Bike – 13.1 M Run

| | | |
|------------------|--|---------|
| Scott Livingston | | 4:51:03 |
|------------------|--|---------|

PAT GRISKUS SPRINT TRIATHLON

Middlebury, CT July 13, 2011

1/2 M Swim – 10.5 M Bike – 5K Run

| | | |
|------------------|----------------|---------|
| Scott Livingston | #8M; #3 M35-39 | 1:01:05 |
| Cathi Koehler | | 1:24:03 |
| Ed Yergeau | | 1:28:42 |
| Clinton Driscoll | | 1:44:51 |
| Norlean Litwinka | | 1:54:59 |

FAIRLEE OLYMPIC TRIATHLON

Fairlee, VT July 17, 2011

.9 M Swim – 24.8 M Bike – 10K Run

| | | |
|-------------------|----------|---------|
| Daria Vander Veer | #3F45-49 | 2:51:50 |
|-------------------|----------|---------|

AMICA 19.7 OCEAN BEACH TRIATHLON

New London, CT July 24, 2011

1/2 M Swim – 16.1 M Bike – 5K Run

| | | |
|------------------|-----------|---------|
| Scott Livingston | | 1:27:46 |
| Michael Tirrell | | 1:31:10 |
| Cathi Koehler | #3 F50-54 | 1:44:27 |
| Ed Yergeau | | 1:44:49 |
| Janit Romayko | #2 F65-69 | 1:48:46 |

NIANTIC BAY TRIATHLON

McCook Beach Park, Niantic, CT August 7, 2011

.5 M Swim – 12 M Bike – 3.5M Run

| | | |
|------------------|----------------|---------|
| Scott Livingston | #6M; #2 M35-39 | 1:01:18 |
| Michael Tirrell | | 1:15:11 |
| Ed Yergeau | | 1:22:57 |
| Mark Turkington | #2 M65-69 | 1:23:01 |
| Clint Driscoll | | 1:45:47 |

CENTRAL MASS STRIDERS**REVERSE TRIATHLON**

Dudley, MA August 13, 2011

5K Run – 3K Mtn Bike – 1/2 M Swim

| | | |
|---------------|----------------|-------|
| Janit Romayko | | 44:50 |
| Zofia Turosz | 5K + Swim only | 29:30 |

Janit Reports: This series is held annually the first Saturday after the 4th of July and goes on for 4 weeks into August. Try this event series some time in the future as the Central Mass Striders are a fun bunch and quite spirited about their running events.

**CEDAR LAKE TRI SERIES**

Cedar Lake, Chester, CT

500 Yard Swim – 10M Bike – 3.1M Run**July 16, 2011***

| | | |
|---------------|---------|---------|
| Bill Schwarz | #1 M60+ | 1:12:02 |
| Janit Romayko | #1 F60+ | 1:15:04 |

July 21, 2011**(1,000 Yard Swim)**

| | | |
|----------------|---------|---------|
| Janit Romayko | #2 F60+ | 1:20:30 |
| Clint Driscoll | | 1:31:02 |

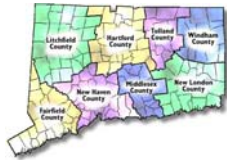
August 4, 2011

| | | |
|---------------|---------|---------|
| Bill Schwarz | #1 M60+ | 1:15:27 |
| Janit Romayko | #1 F60+ | 1:18:56 |

***Janit Reports:** Bill & I "snuck" down to Chester one Saturday morning at 5am to do the 7am (start) Chester Cedar Lake Triathlon. We arrived in the deserted parking lot at 5:35am and watched the sun rise and the fog dissipate on the lake...a very pleasant way to start the day.

The Cedar Lake Triathlon series was meant to compliment the alternate Thursday evening Lake Terramuggus series, but it was plagued with stormy weather for the first two events and the races could not be held with lightning in the skies. So we capitalized on the cancellations and headed for Chester, and were very surprised to find 15 other triathletes with the same idea at the early hour. We were also pleased with the course which is quite different than the undulating bike and run course at Marlborough.

Cedar Lake's bike course is a 10.75 mile one with a long uphill from miles 3 to 6 and then miles 10 to the flat finish. Bike scenery varies from long stretches of farmland and lakes to back roads leading back to the lake. The run was an out & back flat 5K going past cottages, one cemetery and a few quite fashionable summer homes. The transition area is just across the street from the parking area and very convenient for carrying one's bike and gear. Race logistics were efficient and we were back in Manchester by 9:30 am, and were pleased with our times.



Silk City Striders 8 County Challenge At Least Four (4) Counties Completed as of 8/15/2011

Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

| | Fairfield | Hartford | Litchfield | Middlesex | New Haven | New London | Tolland | Windham |
|-------------------|-----------|----------|------------|-----------|-----------|------------|---------|---------|
| King Archibald | X | X | X | X | X | X | X | X |
| Mitch Bielenda | | X | X | X | | X | X | |
| Adam Bulewich | | X | X | X | X | X | X | |
| Clint Driscoll | | X | | X | X | X | X | |
| Dani Kennedy | | X | | X | | X | X | X |
| Cathy King | | X | X | | | X | X | |
| Debbie Livingston | | X | X | X | | | X | |
| Scott Livingston | | X | | X | X | X | X | |
| Alan McCall | | X | X | X | X | X | X | |
| John Paggioli | | X | X | X | | X | X | |
| Joe Poliquin | X | X | X | | | X | X | |
| Carole Saucier | | X | X | | | X | X | |
| Russell Saucier | | X | X | | | X | X | |
| Janit Romayko | X | X | | X | X | X | X | X |
| Bill Schwarz | | X | | X | X | | X | |
| Barry Stoner | X | X | | | | X | | X |
| Mark Turkington | X | X | | | X | X | X | X |
| Tom Walsh | X | X | X | X | X | X | X | X |
| MaryLou White | | X | X | | | X | X | |
| Bekkie Wright | X | X | X | | | X | X | |
| Ed Yergeau | | X | | | X | X | X | |
| Andy Zyrek | | X | | | | X | X | X |



The Silk City 700 is a personal challenge to accumulate 700 miles of running within the 2011 calendar year. Below is the self-reported list of Silk City Striders who have achieved the 700 Mile Mark as of August 1, 2011. 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 | Alan McCall | Dani Kennedy | Ginny Welch |
| King Archibald | Bill Metzger | Debbie Livingston | Bekkie Wright |
| Tony Bonanno | Joe Poliquin | Janit Romayko | Linda Yamamoto |
| Art Byram | Mike Westfall | Keron Smith | |
| Scott Livingston | | | |



**JOURNAL INQUIRER
SUMMER GRAND PRIX
CROSS COUNTRY SERIES
AT WICKHAM PARK**

WEEK 1 - July 5, 2011

ADULT RACE -2.6 miles

| | |
|--------------------|-------|
| Scott Livingston | 14:22 |
| John Agosto | 15:03 |
| John Collins | 15:25 |
| Tris Carta | 15:48 |
| Jay Seney | 16:04 |
| Bill McGugan | 16:24 |
| Steve Morse | 16:57 |
| Ryan VanDine | 17:02 |
| Ben VanDine | 17:03 |
| Tim Blinn | 17:28 |
| Tony Hollister | 17:33 |
| Mitch Bielenda | 17:51 |
| Bekkie Wright | 18:14 |
| Joe Poliquin | 18:15 |
| Michael Fromerth | 18:31 |
| John Sloan | 18:35 |
| Rachel Blinn | 18:36 |
| King Archibald | 18:40 |
| Tom Walsh | 19:04 |
| Brian Seney | 19:45 |
| Kathy Thornton | 20:07 |
| Ed Yergeau | 21:43 |
| Jim Best | 23:01 |
| Tom Butterfield | 23:04 |
| Chrissy Bendzinski | 23:22 |
| Jill Ramos | 24:34 |
| Janit Romayko | 24:40 |
| Meg Bendzinski | 24:47 |
| Lee Paquette | 24:53 |
| Clinton Driscoll | 25:27 |
| Dorothy Paquette | 26:52 |
| Randall Potterton | 27:56 |
| Sherri Craver | 30:24 |

YOUTH RACE - 1 mile

| | |
|---------------|-------|
| Kate Bonanno | 8:49 |
| Andrea Agosto | 10:46 |

WEEK 2 - July 19, 2011

ADULT RACE -2.6 miles

| | |
|--------------------|-------|
| Brendan Callahan | 13:51 |
| Adam Bulewich | 13:53 |
| John Agosto | 14:35 |
| Tris Carta | 15:19 |
| Bill McGugan | 16:01 |
| John Collins | 16:11 |
| Jay Seney | 16:14 |
| Linda Yamamoto | 16:28 |
| Mitch Bielenda | 16:59 |
| Tim Blinn | 17:15 |
| Tony Hollister | 17:25 |
| Chrissy Bendzinski | 17:48 |
| Bekkie Wright | 18:02 |
| Joe Poliquin | 18:03 |
| Tom Walsh | 18:40 |
| James Lee | 18:46 |
| King Archibald | 18:48 |
| Brian Seney | 19:06 |
| Bill Turney | 19:53 |
| Kathy Thornton | 20:13 |
| Jennifer Lee | 21:21 |
| Ed Yergeau | 21:43 |
| Zofia Turosz | 22:23 |
| Cathy King | 22:44 |
| Clinton Driscoll | 25:16 |
| Jill Ramos | 25:26 |
| Janit Romayko | 25:39 |
| Randall Potterton | 27:16 |
| Monica Lee | 31:53 |

YOUTH RACE - 1 mile

| | |
|---------------|-------|
| Lindsay Ramos | 17:20 |
|---------------|-------|

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 3 - August 1, 2011

ADULT RACE - 2.6 miles

| | |
|------------------|-------|
| Aaron Flamino | 14:27 |
| John Agosto | 14:49 |
| Matt Yoder | 15:22 |
| Tris Carta | 15:35 |
| Bill McGugan | 15:54 |
| Linda Yamamoto | 16:07 |
| Jay Seney | 16:17 |
| Mitch Bielenda | 16:56 |
| Tim Blinn | 17:05 |
| Tony Hollister | 17:25 |
| Bekkie Wright | 17:29 |
| John Sloan | 17:33 |
| Joe Poliquin | 18:17 |
| Tom Walsh | 18:21 |
| King Archibald | 18:35 |
| Rachel Blinn | 18:45 |
| Jonathan VanDine | 18:51 |
| Kathy Thornton | 19:45 |
| Kara Miffitt | 19:51 |
| Tom Butterfield | 21:58 |
| Ed Yergeau | 22:29 |
| Zofia Turosz | 22:57 |
| Meg Bendzinski | 23:09 |
| Kate Bonanno | 23:24 |
| Tony Bonanno | 23:24 |
| Jill Ramos | 23:25 |
| Lee Paquette | 23:25 |
| Janit Romayko | 24:49 |
| Clinton Driscoll | 24:55 |
| Dorothy Paquette | 25:10 |
| Sherri Craver | 30:37 |

YOUTH RACE - 1 mile

| | |
|---------------|-------|
| Nick VanDine | 7:06 |
| Lindsay Ramos | 16:30 |

WEEK 4- August 8 2011

ADULT RACE - 2.6 miles

| | |
|-------------------|-------|
| Brendan Callahan | 13:35 |
| Aaron Flamino | 14:10 |
| John Agosto | 14:54 |
| Neal Leibowitz | 15:10 |
| Tris Carta | 15:40 |
| Bill McGugan | 16:02 |
| Jay Seney | 16:25 |
| Linda Yamamoto | 16:31 |
| Tim Blinn | 17:25 |
| Tony Hollister | 17:34 |
| John Sloan | 17:39 |
| Rachael Blinn | 18:16 |
| Michael Fromerth | 18:37 |
| Bekkie Wright | 18:43 |
| Joe Poliquin | 18:44 |
| King Archibald | 18:55 |
| Jonathan VanDine | 19:23 |
| Brian Seney | 19:50 |
| Kathy Thornton | 19:56 |
| Scott Hollister | 19:57 |
| Kara Miffitt | 20:37 |
| Ed Yergeau | 21:24 |
| Cathy King | 21:50 |
| Tom Butterfield | 22:44 |
| Zofia Turosz | 22:49 |
| Janit Romayko | 23:57 |
| Jill Ramos | 24:07 |
| Clinton Driscoll | 25:42 |
| Randall Potterton | 26:37 |

YOUTH RACE - 1 mile

| | |
|---------------|-------|
| Nick VanDine | 7:01 |
| Lindsay Ramos | 13:11 |

See next page for Week 5 & Age Group Results

NEW MEMBER PROFILE

Paula Dombek

Paula Reports: I am 32 years old and a Certified Athletic Trainer. I've been running for the past several years for exercise, but have just started getting into racing. I ran in my first Half Marathon at the Iron Horse Half in Simsbury and also competed one of the Tough Mudder races in Vermont this past May.

I run for fun and for myself. I enjoy other activities such as boxing, going to the gym and playing soccer. I also enjoy hiking and camping ... anything that gets me outside. I would like to train to run the Hartford Half Marathon in October and complete it in under 2 hours.

WEEK 5 – August 15, 2011**ADULT RACE -2.6 miles**

| | |
|--------------------|-------|
| Tom Geer | 14:45 |
| Matt Yoder | 14:53 |
| Ned Kennedy | 15:12 |
| John Paggioli | 15:34 |
| Tris Carta | 15:38 |
| Linda Yamamoto | 15:53 |
| Chrissy Bendzinski | 15:56 |
| Jay Seney | 16:56 |
| Ryan VanDine | 16:59 |
| Tim Blinn | 17:08 |
| Mitch Bielenda | 17:21 |
| John Sloan | 17:29 |
| Tony Hollister | 17:50 |
| Rachel Blinn | 17:56 |
| Ben VanDine | 18:03 |
| Michael Fromerth | 18:26 |
| Tom Walsh | 18:56 |
| Brian Seney | 19:09 |
| Kathy Thornton | 19:34 |
| Jennifer Lee | 20:17 |
| Jonathan VanDine | 20:39 |
| Cathy King | 21:35 |
| Tom Butterfield | 21:55 |
| Zofia Turosz | 22:16 |
| Lee Paquette | 22:44 |
| Janit Romayko | 23:09 |
| Ed Yergeau | 23:15 |
| Nick VanDine | 24:01 |
| Clinton Driscoll | 24:31 |
| Jill Ramos | 24:37 |
| Dorothy Paquette | 25:21 |
| Monica Lee | 30:38 |
| Sherri Craver | 30:40 |

YOUTH RACE - 1 mile

| | |
|---------------|-------|
| Lindsay Ramos | 15:12 |
|---------------|-------|

SPECIAL THANKS to the Manchester High School Boys & Girls Team who staffed the Registration Table and Finish Line, and assisted in compiling the weekly results.

The JI Summer Grand Prix XC Series is a benefit for these M.H.S. runners, and your continued support is much appreciated.

- *Mike Bendzinski, Race Director
& Bekkie Wright, Race Assistant*

FINAL AGE GROUP STANDINGS

After Race #5 -- Based on Best 4 Performances*

Top 2 in each Age Group received trophies,
and all runners with 4 race finishes received medals.

| | | |
|----------------------------|-----------|---------|
| <u>Female 12-13</u> | | |
| Lindsay Ramos | Medalist | 1:02:13 |
| <u>Female 16-18</u> | | |
| Rachel Blinn | Medalist | 1:13:33 |
| <u>Female 30-39</u> | | |
| Linda Yamamoto | 1st Place | 1:04:59 |
| <u>Female 40-49</u> | | |
| Bekkie Wright | 1st place | 1:12:28 |
| Jill Ramos | Medalist | 1:36:43 |
| <u>Female 50-59</u> | | |
| Kathy Thornton | 1st Place | 1:19:22 |
| Cathy King | 2nd Place | 1:27:51 |
| <u>Female 60-69</u> | | |
| Janit Romayko | 1st Place | 1:36:35 |
| <u>Female 70-79</u> | | |
| Zofia Turosz | 1st Place | 1:30:25 |
| <u>Male 19-29</u> | | |
| Brian Seney | Medalist | 1:17:50 |
| <u>Male 40-49</u> | | |
| John Agosto | 1st Place | 59:21 |
| Michael Fromerth | Medalist | 1:17:13 |
| <u>Male 50-59</u> | | |
| Tris Carta | 2nd Place | 1:02:12 |
| Bill McGugan | Medalist | 1:04:21 |
| Jay Seney | Medalist | 1:05:00 |
| Tim Blinn | Medalist | 1:08:53 |
| Mitch Bielenda | Medalist | 1:09:07 |
| John Sloan | Medalist | 1:10:48 |
| Joe Poliquin | Medalist | 1:13:19 |
| King Archibald | Medalist | 1:14:58 |
| Tom Walsh | Medalist | 1:15:01 |
| Ed Yergeau | Medalist | 1:27:19 |
| Clinton Driscoll | Medalist | 1:39:24 |
| <u>Male 60-69</u> | | |
| Tony Hollister | Medalist | 1:09:57 |
| <u>Male 70-79</u> | | |
| Tom Butterfield | 2nd Place | 1:29:41 |



SUMMER CROSS COUNTRY SERIES AT BOLTON HERITAGE FARM

Week 1 – June 29, 2011

ADULT RACE – 2.3 miles

| | |
|----------------------|---------|
| John Agosto | 15:06.9 |
| Debbie Livingston | 16:53.8 |
| Scott Hollister | 17:23.4 |
| Nicholas VanDine | 18:40.2 |
| Tony Hollister | 18:54.1 |
| Michael Fromerth | 19:24.0 |
| King Archibald | 19:49.0 |
| Bekkie Wright | 20:06.9 |
| Joseph Poliquin | 20:11.3 |
| John Sloan | 20:12.1 |
| Kathy & Maui Manizza | 20:39.3 |
| Laurie Brooks | 21:10.5 |
| Donna Bellmore | 21:20.5 |
| Lee Paquette | 25:26.3 |
| Dorothy Paquette | 29:10.0 |
| Roger Petersen | 29:36.6 |
| Randy Potterton | 29:40.0 |

YOUTH RACE - 1 mile

| | |
|-----------------|---------|
| Shep Livingston | 12:24.5 |
|-----------------|---------|

Week 2 – July 6, 2011

ADULT RACE – 2.3 miles

| | |
|-------------------|---------|
| John Agosto | 15:05.1 |
| Ryan VanDine | 15:47.7 |
| Benjamin VanDine | 15:49.0 |
| Matt Yoder | 16:31.8 |
| Debbie Livingston | 16:52.9 |
| Ken Larson | 17:56.9 |
| Kathy Manizza | 18:59.0 |
| Michael Fromerth | 19:00.5 |
| John Sloan | 19:16.8 |
| Bekkie Wright | 19:27.3 |
| Joseph Poliquin | 19:28.0 |
| King Archibald | 20:13.5 |
| Kathy Thornton | 20:54.2 |
| Laurie Brooks | 21:32.2 |
| Alan McCall | 22:16.7 |
| Cathy King | 23:22.0 |
| Lee Paquette | 25:41.1 |
| Jill Ramos | 27:14.0 |
| Roger Petersen | 28:01.0 |
| Dorothy Paquette | 28:13.4 |
| Rachel Tambling | 28:55.1 |
| Randall Potterton | 29:24.3 |

YOUTH RACE - 1 mile

| | |
|-----------------|---------|
| Shep Livingston | 16:36.0 |
|-----------------|---------|



Debbie



Bekkie & Joe



Kathy



Laurie



Randy



Roger

Week 3 - July 13, 2011

ADULT RACE - 2.3miles

| | |
|-------------------|---------|
| John Agosto | 14:49.9 |
| Matt Yoder | 15:48.6 |
| Ryan VanDine | 16:25.9 |
| Benjamin VanDine | 16:28.3 |
| Debbie Livingston | 16:36.6 |
| Tony Hollister | 18:16.2 |
| John Sloan | 18:39.8 |
| Kathy Manizza | 18:49.1 |
| Michael Fromerth | 18:49.6 |
| King Archibald | 19:37.4 |
| Tom Walsh | 19:42.1 |
| Nicholas VanDine | 20:10.8 |
| Alan McCall | 20:43.5 |
| Cathy King | 22:49.8 |
| Jill Ramos | 26:23.5 |
| Lee Paquette | 27:03.2 |
| Roger Petersen | 27:12.8 |
| Rachel Tambling | 27:14.8 |
| Randall Potterton | 29:11.1 |

YOUTH RACE - 1 mile

| | |
|-----------------|---------|
| Andrea Agosto | 8:06.0 |
| Shep Livingston | 11:30.8 |

Week 4 - July 20, 2011

ADULT RACE - 2.3miles

| | |
|-------------------|---------|
| Scott Livingston | 14:34.3 |
| John Agosto | 14:44.5 |
| Ryan VanDine | 15:29.2 |
| Debbie Livingston | 16:37.7 |
| Benjamin VanDine | 17:30.2 |
| Tony Hollister | 17:41.3 |
| John Sloan | 18:27.6 |
| Kathy Manizza | 18:48.7 |
| Bekkie Wright | 18:59.2 |
| Joseph Poliquin | 18:59.7 |
| Jonathan VanDine | 19:40.7 |
| Alan McCall | 20:30.0 |
| Laurie Brooks | 20:32.5 |
| Kathy Thornton | 21:31.8 |
| Cathy King | 22:49.7 |
| Rachel Tambling | 24:46.0 |
| Jill Ramos | 26:13.8 |
| Roger Petersen | 26:46.2 |
| Randy Potterton | 28:05.6 |

YOUTH RACE - 1 mile

| | |
|-----------------|---------|
| Shep Livingston | 12:29.8 |
|-----------------|---------|



Shep

The Agostos

Kate

Week 5 - July 27, 2011

ADULT RACE - 2.3miles

| | |
|-------------------|---------|
| Brendan Callahan | 13:31.9 |
| Debbie Livingston | 16:35.2 |
| John Sloan | 17:57.6 |
| Tony Hollister | 18:13.6 |
| Kathy Manizza | 18:18.4 |
| Michael Fromerth | 18:50.2 |
| Tom Walsh | 19:24.4 |
| Jonathan VanDine | 19:27.2 |
| Bekkie Wright | 19:43.1 |
| Joseph Poliquin | 19:43.9 |
| King Archibald | 20:18.9 |
| Laurie Brooks | 20:26.5 |
| Molly Sweeney | 20:31.9 |
| Kathy Thornton | 20:43.9 |
| Cathy King | 22:14.3 |
| Zofia Turosz | 22:57.1 |
| Rachel Tambling | 24:22.9 |
| Kate Bonanno | 24:35.2 |
| Mary Lou White | 25:14.6 |
| Lee Paquette | 25:21.1 |
| Roger Petersen | 26:16.8 |
| Janit Romayko | 26:54.4 |
| Randy Potterton | 28:04.9 |
| Dorothy Paquette | 28:18.5 |

YOUTH RACE - 1 mile

| | |
|-----------------|---------|
| Shep Livingston | 13:08.9 |
|-----------------|---------|

Week 6 - August 3, 2011

ADULT RACE - 2.3miles

| | |
|-------------------|---------|
| John Agosto | 14:48.2 |
| Debbie Livingston | 16:24.1 |
| John Sloan | 17:41.8 |
| Tony Hollister | 17:58.8 |
| Michael Fromerth | 18:17.7 |
| Jonathan VanDine | 18:42.6 |
| Kathy Manizza | 18:57.3 |
| Bekkie Wright | 19:15.3 |
| Joseph Poliquin | 19:16.5 |
| King Archibald | 19:51.3 |
| Laurie Brooks | 20:03.1 |
| Alan McCall | 20:23.0 |
| Molly Sweeney | 20:41.4 |
| Kathy Thornton | 20:47.2 |
| Cathy King | 21:47.1 |
| Zofia Turosz | 22:44.1 |
| Rachel Tambling | 23:42.4 |
| Lee Paquette | 24:33.8 |
| Jill Ramos | 24:47.5 |
| Roger Petersen | 25:48.9 |
| Dorothy Paquette | 26:01.9 |
| Janit Romayko | 26:41.5 |
| Randy Potterton | 27:03.1 |

YOUTH RACE - 1 mile

| | |
|-----------------|---------|
| Andrea Agosto | 8:25.1 |
| Shep Livingston | 14:26.5 |

Week 7 – August 10, 2011

| | |
|------------------|---------|
| John Agosto | 15:07.9 |
| Scott Livingston | 15:59.4 |
| Ryan VanDine | 16:53.6 |
| Benjamin VanDine | 17:10.4 |
| John Sloan | 18:01.8 |
| Kathy Manizza | 18:10.1 |
| Tony Hollister | 18:16.0 |
| Jonathan VanDine | 19:10.5 |
| Bekkie Wright | 19:18.7 |
| Joseph Poliquin | 19:20.2 |
| Tom Walsh | 19:38.6 |
| Laurie Brooks | 20:10.8 |
| King Archibald | 20:29.4 |
| Alan McCall | 20:33.7 |
| Zofia Turosz | 22:41.7 |
| Kate Bonanno | 24:10.1 |
| Tony Bonanno | 24:10.5 |
| Lee Paquette | 24:46.5 |
| Jill Ramos | 26:35.2 |
| Janit Romayko | 27:16.6 |
| Randy Potterton | 27:53.1 |

YOUTH RACE - 1 mile

| | |
|--------------------|---------|
| Nicholas VanDine | 5:30.7 |
| Andrea Agosto | 8:30.6 |
| Shepard Livingston | 13:41.9 |

**FINAL AGE GROUP STANDINGS
(Top 2 based on points*)**

*Out of a possible 35 Points
for 1st Place at all 7 Events

Age 13 & under

| | | |
|---------------------|--------|-------|
| #1 Nicholas VanDine | M12-13 | 6 pts |
|---------------------|--------|-------|

Age 14 & over

| | | |
|----------------------|--------|---------|
| #2 Ryan VanDine | M0-15 | 17 pts. |
| #1 Molly Sweeney | F16-18 | 12 pts. |
| #1 Debbie Livingston | F30-39 | 29 pts. |
| #1 Bekkie Wright | F40-49 | 30 pts. |
| #1 Kathy Manizza | F50-59 | 35 pts. |
| #2 Cathy King | F50-59 | 19 pts. |
| #1 Janit Romayko | F60-69 | 15 pts. |
| #1 Tony Hollister | M60-69 | 29 pts. |
| #1 Zofia Turosz | F70-99 | 15 pts. |



MESSAGE FROM RACE DIRECTOR, Dani Kennedy: Thank you to everyone who came out week after week to support Bolton Track & Field and the Bolton Summer XC Series. We ended up having 620 adult race finishers over the course of the seven weeks. People found they either loved or hated the tough course. There were few who were indifferent to it. The Bolton Track team did an excellent job working the registration tables, but I would also like to thank all the racers who stepped up to help whenever they saw a need. We had support and financial help from many groups: the Silk City Striders provided insurance by co-sponsoring the Series; the Manchester Road Race Foundation gave us a grant to pay for our portable toilet; the Town of Bolton came out every week to mow and maintain the course; and the Bolton Boosters provided back up timing for some of our races. Thank you to everyone! It is amazing how the series has grown! On behalf of Bolton Track & Field, thank you, and see you next year!

NEW MEMBER PROFILE



Rachel Tambling

Rachel Reports: I'm originally from Michigan, and am currently a professor at UConn in the Department of Human Development and Family Studies. I have been running all my adult life and doing so competitively on and off. In May 2010 I had surgery to repair a traumatic tear to my ACL and some other damage in my knee. It was a long road, but I consider it a great accomplishment that I have returned to running. I am getting a fresh start and would see what I can do now rather than comparing myself to PRs I got at 18 or 21 years old, because that was another life).

I am mainly a 5K runner, but I also love trail running. I have signed up for the Hartford Half Marathon which will be my first Half. My goals are to survive the Half and, in the next year, to get within one minute of my pre-surgery pace per mile.

Editor's Note: Rachel joined us for the Bolton Summer XC Series, and the picture is from the Bolton XC 5K.

NUTRITION NOOK – Start the Summer and Day Right with Breakfast

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

Have you promised yourself to work towards optimizing your health and fitness this summer? Whether you have decided to eat healthier, lose a few pounds, exercise more or increase your strength, breakfast is an essential component of reaching your goal. Not only is breakfast key but the types of foods you eat at breakfast are also of the utmost importance. Start your day right, and enjoy the rest of your summer.

Is breakfast really the most important meal of the day? Should I eat right when I wake up even if I'm not hungry? What should I eat for breakfast? These are a few of the questions I have received from clients. According to more than 40 years of research, eating breakfast is beneficial for a variety of reasons.

1) **Why is breakfast important?**

After fasting during the night for 8 to 12 hours, you need to refuel your body by eating. The brain requires a constant supply of energy since it does not store energy like your muscles or liver. Breakfast eaters have better attitudes toward work or school, display higher productivity and are more capable of handling tasks that rely on memory. Additionally, those who enjoy breakfast usually have more strength and endurance as well as better concentration and problem-solving ability.

2) **What are the consequences of skipping breakfast?**

Research has shown that people who skip breakfast often feel tired, irritable, or restless in the morning.

3) **Does eating breakfast increase your nutrient intake?**

Yes. Breakfast eaters typically have a higher total nutrient intake than non-breakfast eaters. This is particularly true for women and children.

4) **Is there a connection between breakfast and learning?** Children and teens who eat breakfast are more likely to attend school and are better prepared to meet the challenges of learning because food provides the fuel their brains and bodies require to concentrate, problem-solve, and have muscle coordination (think fine-motor skills such as writing).

5) **Can breakfast enhance health?**

Research has shown that individuals who enjoy a nutritious breakfast are more likely to be a healthy weight and have a reduced risk for heart disease.

6) **Does it matter what I eat for breakfast?**

Yes. Start your day off right with a well-balanced, low sugar breakfast consisting of whole grains, lean protein, and heart healthy fat. Choose either traditional or nontraditional breakfast foods. Build a balanced meal consisting of at least three of the five food groups (fruits, vegetables, meat/fish/eggs/soy/beans, whole grains, & dairy).

7) **When should I eat breakfast?**

Strive to eat or drink something nutrient-rich within one to two hours of waking.

8) **What are some tasty and easy breakfast options?**

- a) Ready-to-eat breakfast cereal or hot cereal (oats or oat bran) with milk and fruit.
 - Look for cereals that contain 3 or more grams of fiber and 5 grams or less of sugar per serving.
- b) 100% whole grain toast, English muffin or bagel with milk or low-fat yogurt/Greek yogurt and fruit.
 - Try something different on your toast such as, low-fat cottage cheese with jam or nut butter with jam or Laughing Cow wedges with jam.
 - Mix wheat germ or milled flax seed into the yogurt.
- c) Homemade GORP mix: your favorite dry cereal plus dried fruit and nuts.
 - Prepare the mix the night before so you can grab it on the way out the door.
 - For a more complete breakfast enjoy with a glass of milk or all natural yogurt.
- d) Toast with an omelet or scrambled eggs prepared with low-fat cheese and vegetables.
- e) Leftovers: vegetable pizza, pasta, dinner leftovers or sandwich with milk.

References:

1. Albertson AM, Thompson D, Franko DL, Kleinman RE, Barton BA, and Crockett SJ. (2008). Consumption of breakfast cereal is associated with positive health outcomes: evidence from the National Heart, Lung, and Blood Institute Growth and Health Study. *Nutr Res.* Nov;28(11):744-52.
2. Duyff R.L. (3rd ed). (2006). *Complete Food and Nutrition Guide*. Hoboken, NJ: American Dietetic Association.

RACE CALENDAR

| | Date | Time | Race | Place | Website / Email Contact |
|----|---------|----------|-----------------------------------|--|--|
| Th | Aug 18 | 6:30 PM | E. Hartford H.S. Alumni XC 5K | E. Hartford (Veteran's Memorial) | www.ehparks.org |
| Th | Aug 18 | 6:30 PM | Run From The Sun 5K | Danbury (Rogers Park) | www.jbsports.com |
| Sa | Aug 20 | 9:00 AM | Bluefish Festival 5K | Clinton (Jared Eliot Sch) | www.clintonct.com/upcoming.html |
| Su | Aug 21 | 6:30 AM | West Rock Challenge Trail 9M & 5K | Hamden, CT | www.sleepinggiantbuild.org |
| Su | Aug 21 | 8:30 AM | Lobster Loop 5K | Canton (Town Green) www.active.com/running/canton-ct/canton-lobster-loop-5k-2011?int=29-6 | |
| Su | Aug 21 | 9:00 AM | Austin Harlow Memorial 5K | Somers (4 Town Fairgrounds) | www.thelastmileracing.com |
| Tu | Aug 23 | 6:00 PM | Battle of Stonington 5K | Stonington Village Green | http://thebattleofstonington5k.com |
| Th | Aug 25 | 6:00 PM | X-Treme Scramble #3 | Hartford (Riverfront Plaza) | www.hartfordmarathon.com |
| Sa | Aug 27 | 6:00 PM | Tigers 5K *NEW | Norwich (Dodd Stadium) | intern@cttigers.com |
| Su | Aug 28 | 8:00 AM | Family Fun Run 5K *NEW | Manchester (Center Springs Pk) | www.silkcitystriders.org |
| Su | Aug 28 | 8:00 AM | Old Wethersfield 5K & 10K | Wethersfield | www.hartfordmarathon.com |
| Su | Aug 28 | 9:30 AM | Mt. Toby 14M Trail Race | Sunderland, MA (Town Park) | http://mttobytrailrun.com |
| Su | Aug 28 | 9:00 AM | Marshfield 20K | Marshfield, MA (High School) | www.marshfield.net/roadrunners |
| Su | Aug 28 | 4:15 PM | Sunset Run for the Warriors 10K | Shelton (Huntington Green) run.kintera.org/faf/home/default.asp?ievent=468369 | |
| Sa | Sep 3 | 9:00 AM | Newtown 5K | Newtown (Dickenson Park) | www.newtownroadrace.com |
| Mo | Sep 5 | 8:40 AM | New Haven Road Race 20K & 5K | New Haven Town Green | www.newhavenroadrace.org |
| Sa | Sep 10 | 9:00 AM | Suffield 10K & 5K | Suffield (Suffield Middle School) www.suffieldtownhall.com/content/143/2859/default.aspx | |
| Sa | Sep 10 | 10:30 AM | Run for the Children 10K | Danbury (YMCA) | www.regionallymca.org |
| Su | Sep 11 | 10:00 AM | South Windsor Road Race 5M | S. Windsor (Rye St. Park) | www.silkcitystriders.org |
| We | Sep 14 | 5:15 PM | P&W Runway Run 5K | E. Hartford (Rentschler Field) | roy.krause@pw.utc.com |
| Sa | Sep 17 | 8:30 AM | YMCA 10K & 5K | Wallingford | www.wallingfordymca.org |
| Sa | Sep 17 | 8:00 AM | Great Escape 5K & 5M | Somers (Education Complex) | www.somersnow.com/race |
| Su | Sep 18 | 9:00 AM | Trails to a Cure 7.8M | Chester (Cockaponset St. For.) | www.snerro.com |
| Sa | Sep 24 | 9:00 AM | Mari's Miles of Smiles 10K | Cheshire (Norton School) | www.marihalffoundation.org |
| Sa | Sep 24 | 10:00 AM | Ray Crothers Memorial XC 2M | New Britain (Stanley Quarter Park) | www.silkcitystriders.org |
| Sa | Sep 24 | 10:00 AM | Hogs Back Half-Marathon | Colebrook (Goodwin Dam) | www.hartfordtrackclub.org |
| Su | Sept 25 | 10:00 AM | Keney Park 5K | Hartford (Keney Park entrance) | Keney5K@yahoo.com |
| Su | Sep 25 | 10:00 AM | Bigelow Tea 5K | Southport (Wakeman's Club) | www.bigelowtea.com/race.aspx |
| Su | Sep 25 | 10:00 AM | Niantic Bay Half Marathon & 5K | E. Lyme (Rocky Neck) | www.nianticbayhalfmarathon.com |
| Sa | Oct 1 | 9:00 AM | Abolish Breast Cancer 5K for DFCI | Pomfret (Pomfret Rec. Park) | ronbev491@hotmail.com |
| Sa | Oct 1 | 9:00 AM | Run to Read 5K | Bolton (Bolton H.S.) www.active.com/running/bolton-ct/4th-annual-bolton-run-to-read-5k-2011 | |
| Sa | Oct 1 | 10:30 AM | Cider Mill 5K | Tolland (Crandall Park) | www.cidermillroadrace.org |
| Su | Oct 2 | 8:30 AM | 35th Ridgefield Half-Marathon | Ridgefield(Old Ridge.H.S.) | www.wolfpitrunningclub.org |

2011 "LOCAL" MARATHON CALENDAR

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| 9/18/11 | Yonkers Marathon , Yonkers, NY | www.yonkersny.gov/Index.aspx?page=1465 |
| 9/25/11 | Adirondack Marathon , Schroon Lake, NY | www.adirondackmarathon.org |
| 9/25/11 | Clarence Demar Marathon , Keene, NH | www.clarencedemar.com |
| 10/1/11 | New Hampshire Marathon , Bristol, NH | www.nhmarathon.com |
| 10/2/11 | Smuttynose Marathon , Hampton Beach, NH | www.hamptonrockfest.com |
| 10/2/11 | Nipmuck Trail Marathon , Ashford, CT | www.shenipsitstriders.org/nipmuck.html |
| 10/2/11 | Wineglass Marathon , Corning, NY (Registration Closed) | www.wineglassmarathon.com |
| 10/2/11 | Maine Marathon , Portland, ME | www.mainemarathon.com |
| 10/9/11 | Mohawk-Hudson River Marathon , Albany, NY (Registration Closed) | www.hmrrc.com |
| 10/9/11 | Steamtown Marathon , Scranton, PA (Registration Closed) | www.SteamtownMarathon.com |
| 10/15/11 | Hartford Marathon, Half & 5K , Hartford, CT | www.hartfordmarathon.com |
| 10/15/11 | Baltimore Marathon , Baltimore, MD | www.thebaltimoremarathon.com |
| 10/16/11 | Empire State Marathon , Syracuse, NY – NEW* | www.empirestatemarathon.com |
| 10/16/11 | Green Mountain Marathon , South Hero, VT | www.gmaa.net/GMMinfo.html |
| 10/16/11 | Amica Marathon , Newport, RI | www.amicamarathon.com |
| 10/16/11 | Bay State Marathon & Half , Lowell, MA | www.baystatemarathon.com |
| 10/16/11 | Mount Desert Island Marathon , Bar Harbor, ME (Charity Registrants Only) | www.mdimarathon.org |
| 10/30/11 | Cape Cod Marathon , Falmouth, MA | www.capecodmarathon.com |
| 10/3/11 | Marine Corps Marathon , Washington, DC (Registration Closed) | www.marinemarathon.com |
| 11/5/11 | Stone Cat 26.2 & 50M Trail Race , Ipswich, MA | www.gaconline.net/StoneCatApp.html |
| 11/6/11 | Manchester City Marathon , Manchester, NH | www.cityofmanchestermarathon.com |
| 11/6/11 | New York City Marathon , New York, NY (Registration Closed) | www.ingnycmarathon.org |
| 11/13/11 | Harrisburg Marathon , Harrisburg, PA | www.HarrisburgMarathon.com |
| 11/20/11 | Philadelphia Marathon , Philadelphia, PA | www.philadelphiamarathon.com |
| 11/26/11 | BRRC North Central Trail Marathon , Sparks, MD | www.brrc.com |

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| SILK CITY STRIDERS 2011 Event Calendar |
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| 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 SeriesWednesday Night – August 3 & 10 |
| | | Parkade Cinemas Family Fun Run 5K NEW* Sunday, August, 28 |
| SEPTEMBER | - | Nikki's Run-Walk 'N' Roll..... CANCELLED |
| | | Fred Brown Lake Winnepesaukee RelaysSaturday, September 10 |
| | | Ray Crothers Memorial XC RunSaturday, September 24 |
| OCTOBER | - | Halloween Pot Luck SupperSaturday, October 29 |
| NOVEMBER | - | Parker Holt Celebration Run 5K Sunday, November 6 |
| | | Know Your Pace RaceSaturday, November 19 |
| | | Manchester Road Race Thursday, November 24 |
| DECEMBER | - | Hungry Tiger Toy Fun RunTBA |
| | | Scrooge Scramble Sunday, December 25 |