



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

It's been a busy and productive year for our running club. Each event that's been held has seen record numbers of participants from the picnic this summer to the Know Your Pace Race on the Saturday before Thanksgiving. The KYPR had 100 registered runners who ran the Manchester Road Race course for a last minute chance to get a seeding card.

I want to take this opportunity to thank all those members who have volunteered at club events this past year. Without your help and support our club would not be the success that it is.

If you'd like to get a last run in for the year or finish out your last county in the Eight County Challenge come out and run on Christmas Day at the Cornerstone in Rockville at 10:30 a.m. It's a great way to help those that are less fortunate.

The New Years Day Champagne Run will be held at Sue Leslie's home in South Windsor. What a great way to start off the New Year with fellow runners for some holiday food, cheer and a run around the back roads of South Windsor. See inside the newsletter for further details with directions and information on the awards ballots.

May you and your family enjoy a safe and happy holiday.

Happy running, *Mary Lou*

The "Most Veteran" Male & Female Runners at the Parker Holt 5K



Cynthia Peterson



Ray Greene

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2009 BOARD OF DIRECTORS**Officers**

President: MaryLou White (860) 512-0007
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Uniforms & T-Shirts

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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
Corner of Main & Forest Street,
Downtown Manchester

through the end of December

@ Manchester Community College

beginning in January

We will return to Parking Lot C, near the Great Path entrance as we did last year.

Tuesday Evening Funs Runs - 6:00 pm
Martin Elementary School
Dartmouth Street, Manchester

Wednesday Evening Funs Runs - 5:15 pm
Mt. Nebo Parking Lot - Spring Street
 Come join us for a tour of the Manchester Christmas lights. It'll be dark, so don't forget to wear your reflective apparel.

CLUB NEWS & EVENTS**WELCOME NEW MEMBERS**

Conor Hackett Bolton
 Tom Walsh Wethersfield

WELCOME BACK

Marty Keibel & Family Manchester
 George & Phyllis Ripley Glastonbury

CONGRATULATIONS

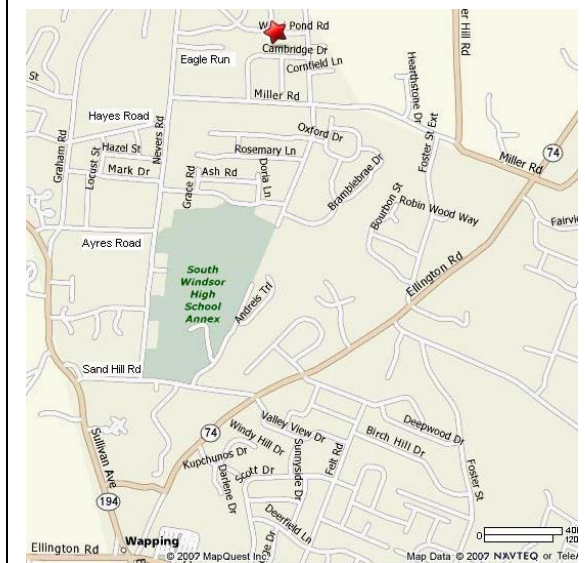
To **Mike & Sara Tartar** on the birth of their son, **Joshua Aaron** on Oct. 29, 2009. 8 lbs 21 inches.

NEW YEAR'S DAY
CHAMPAGNE RUN & BRUNCH
10:00 am

The traditional Champagne Run, Brunch and Annual SCS Awards Ceremony will be held on January 1, 2009 at 10:00 AM at Sue Leslie & David Peck's home at 175 Wood Pond Road, South Windsor. There will be several running routes to choose from. Please bring your favorite brunch item to share.

From Manchester:

- Take Buckland Road past the Mall and Evergreen Walk towards South Windsor and continue North through the traffic light onto Sullivan Avenue.
- Turn Right onto Sand Hill Road (toward the Police Dept).
- Turn Left onto Nevers Road
- Turn Right onto Wood Pond, then Right again at the Stop Sign to stay on Wood Pond.
- #175 is on the Left just past Rockledge Drive.





**Parker Holt Celebration Run 5K – World Run Day
Manchester Community College November 8, 2009**

Once again this year the Silk City Striders partnered with World Run Day, an international charitable giving event. The weather was beautiful, over \$550.00 was raised for the **Prostate Cancer Foundation**.

#1 MALE	Time
Brett Stoeffler	16:36

“Most Veteran” MALE	Time
Ray Greene	48:18

#1 FEMALE	Time
Ryan Rogers	21:56

“Most Veteran” FEMALE	Time
Cynthia Peterson	39:52

Age Group Winners

MALE Age 0-14		Time
1	M. "Patrick" Dibble	17:25
2	Brendan Callahan	18:07
3	Jimmy Clark	18:48

MALE Age 15-19		Time
1	John Busque	17:22
2	Samuel Julien	18:01
3	Jeffrey Roberts	18:09

MALE Age 20-29		Time
1	Merle Shaw	17:41
2	Adam Savino	18:10
3	Jason Earl	19:02

MALE Age 30-39		Time
1	Augusto Weygang	20:54
2	Michael Westfall	24:41
3	Matthew Peak	26:25

MALE Age 40-49		Time
1	Peter LaFontaine	18:18
2	Todd Brown	18:46
3	Joseph Hallisey	19:05

MALE Age 50-59		Time
1	Russell Blatt	18:59
2	Bill McDermott	19:47
3	Ray Wise	20:00

MALE Age 60-69		Time
1	Bob Dacey	20:56
2	Stephen Tolman	23:15
3	Larry Chaves	24:09

MALE Age 80-89		Time
1	Ray Greene	48:18

FEMALE Age 0-14		Time
1	Rachel Chambers	24:51
2	Cashay Poudrier	35:43

FEMALE Age 15-19		Time
1	Kori Smith	22:38

FEMALE Age 20-29		Time
1	Julia Stulock	22:57
2	Kate Durant	24:38
3	Michelle Winerip	24:56

FEMALE Age 30-39		Time
1	Melissa Fino	25:32
2	Robyn Sleath	26:54

FEMALE Age 40-49		Time
1	Lisa Wnuck	25:42
2	Bonnie Bates	26:33
3	Michelle Wynne	27:44

FEMALE Age 50-59		Time
1	Kathy Thornton	24:51
2	MaryLou White	26:51
3	Connie Bird	30:02

FEMALE Age 60-69		Time
1	Barbara Maloney	30:53

FEMALE Age 70-79		Time
1	Zofia Turosz	26:09
2	Cynthia Peterson	39:52

Parker Holt Celebration Run 5K -- Overall Race Results

Place	Name	Time	Place	Name	Time
1	Brett Stoeffler	17:13	42	Steve Winerip	23:05
2	John Busque	17:22	43	Stephen Tolman	23:15
3	M. "Patrick" Dibble	17:25	44	Richard Chromik	23:37
4	Merle Shaw	17:41	45	Larry Chaves	24:09
5	Samuel Julien	18:01	46	Tom Walsh	24:37
6	Brendan Callahan	18:07	47	Kate Durant	24:38
7	Jeffrey Roberts	18:09	48	Ken Ballette	24:39
8	Adam Savino	18:10	49	Michael Westfall	24:41
9	Peter Lafontaine	18:18	50	Kathy Thornton	24:51
10	Todd Brown	18:46	51	Rachel Chambers	24:51
11	Jimmy Clark	18:48	52	Michelle Winerip	24:56
12	Russell Blatt	18:59	53	Bill Turney	25:23
13	Jason Earl	19:02	54	Nelson Wyman	25:31
14	Joseph Hallisey	19:05	55	Melissa Fino	25:32
15	Jake Reiser	19:34	56	Lisa Wnuck	25:42
16	Brandon Shore	19:34	57	Zofia Turosz	26:09
17	Brian Turner	19:37	58	Matthew Peak	26:25
18	Keith Nielsen	19:37	59	Bonnie Bates	26:33
19	Kevin Beals	19:43	60	Carly Graber	26:44
20	Bill McDermott	19:47	61	MaryLou White	26:51
21	Daniel Dryburgh	19:56	62	Robyn Sleath	26:54
22	Ray Wise	20:00	63	Michelle Wynne	27:44
23	Andy Chambers	20:06	64	Chris Lemay	27:46
24	Jonathan Vandenburg	20:27	65	Sandy Desjardin	28:07
25	Trevor Chambers	20:27	66	Jill Ramos	28:47
26	Mike Hains	20:41	67	Tim Callahan	28:50
27	Geoff Michaud	20:46	68	Richard Zbrozek	28:58
28	Mike Bendzinski	20:51	69	John Wynne	29:41
29	Augusto Weygang	20:54	70	Connie Bird	30:02
30	Bob Dacey	20:56	71	Randy Potterton	30:16
31	Dean Bolt	21:21	72	Barbara Maloney	30:53
32	Shaun Harrington	21:26	73	Carolyn Nielsen	30:54
33	Michael Presti	21:34	74	Jane Jarrow	31:25
34	Jeff Sowa	21:48	75	Cathy Lord	31:42
35	Andrew Williams	21:51	76	Cashay Poudrier	35:43
36	Ryan Rogers	21:56	77	Nick Byram	37:27
37	Kevin Tranberg	22:28	78	Cynthia Peterson	39:52
38	Kori Smith	22:38	79	Jack Byram	41:20
39	Daniel Azevedo	22:42	80	Art Byram	41:20
40	Steve Burdick	22:46	81	Ray Greene	48:18
41	Julia Stulock	22:57			

Bekkie Wright served as Race Director and was aided by a large staff of volunteers. Special thanks to **Bill Schwarz** for course clean-up, **Dani Kenney** and **Sue Leslie** for working the Water Stop, **Merle Stoner**, **MaryLou White**, **Peggy Byram** for assistance with registration, **Kathy Thornton**, **Barry Stoner**, **Andy Zyrek** and **Alan McCall** for course set-up and clean-up, **Mitch Bielenda** and **John Sloan** for serving as Split Timers, **Keron Smith** and **Merle Stoner** for assistance with the Finish Line; our course monitors, **Cathy King**, **Rick Parr** and **John Salcius**, **Art Byram** for supplying the PA system, **Joe Poliquin** for Finish Line set-up and Race Photography, and **Andy Zyrek** for working with World Run Day Coordinator, **Bill McDermott** on video coverage (<http://www.youtube.com/watch?v=jk8dnJKIbWk>). We would also like to thank **Charlie Olbrias** from **The Last Mile Racing**.



**KNOW YOUR PACE RACE (Manchester Road Race Course 4.748 Miles)
Manchester CT November 21, 2009**

Name	Predicted	Actual	Diff	Name	Predicted	Actual	Diff
John Collins	32:32	32:26	:06	Christopher Caesar	39:00	37:37	1:23
Barbara Dell	43:30	43:37	:07	Kevin Tranbera	35:37	34:13	1:24
Manny Madalena	38:30	38:22	:08	Carolyn Nielsen	46:53	48:19	1:26
Jake Reiser	30:12	30:21	:09	Tom Walsh	39:51	41:23	1:32
Mitch Bielenda	33:00	32:51	:09	Jackie Lancaster	55:00	56:32	1:32
John Busque	27:30	27:41	:11	Surae Davis	30:00	31:33	1:33
Leeann Cerpovicz	37:06	37:21	:15	Vanessa Schumacher	38:50	40:25	1:35
George Riplev	36:40	36:57	:17	Rick Chromik	34:59	36:34	1:35
Dean Bolt	34:45	35:03	:18	Jov Thompson	58:30	56:52	1:38
Dave Tavlör	34:03	33:44	:19	Jeffrey McDermott	28:29	30:07	1:38
Mathew Tavares	39:45	40:04	:19	Jonathan Gearv	31:07	32:46	1:39
Geoff Michaud	32:57	32:38	:19	Joshua Frederich	50:45	49:05	1:40
Myles Kessler	38:43	39:03	:20	Jeff Brackett	37:00	35:19	1:41
Chris Parla	32:06	31:46	:20	James Sullivan	32:00	30:16	1:44
Justis Lopez	28:00	28:23	:23	Christopher Wollenberg	38:00	36:12	1:48
Jimmy Clark	29:49	30:14	:25	Kristina Gilberto	39:59	41:48	1:49
Jeffrey Roberts	30:00	29:33	:27	Joe Balavender	36:20	34:31	1:49
Brian Janiaa	33:15	32:48	:27	Ahmad David	32:00	33:49	1:49
David Leak	34:00	33:31	:29	Tebbo Lukkarila	36:45	34:50	1:55
Craig Larsen	32:10	31:39	:31	Dale Perzanowski	34:00	32:01	1:59
Peter Briageman	36:21	35:44	:37	Noe Vasquez	33:00	35:01	2:01
Brandon Shore	29:41	30:18	:37	Alison Caruso	33:52	31:48	2:04
Michael Winegar	35:00	34:22	:38	Miriam DeGrandi	44:58	47:04	2:06
Patrick Dibble	29:00	29:39	:39	Cole Maurer	40:00	42:10	2:10
Rick Konon	31:15	30:36	:39	Randy Potterton	44:23	46:37	2:14
Patrick Mulready	30:30	31:10	:40	Matthew Peak	39:56	42:12	2:16
Adam Driags	33:59	33:18	:41	M.E. Scott	48:30	46:07	2:23
Sarah Wallace	35:00	34:18	:42	Marqo Vivero	45:06	42:43	2:23
Laura Barzottini	43:55	43:12	:43	Lynn LaGram	48:30	46:05	2:25
Andrew Janiaa	33:30	32:47	:43	Michael Shore	40:00	37:23	2:37
Corv Madalena	38:15	37:31	:44	Keith Nielsen	33:45	31:01	2:44
Cathy King	45:00	44:16	:44	Scott Freeman	33:14	30:29	2:45
Willi Frederich	47:30	46:45	:45	Joyce Thorner	49:51	47:03	2:48
Kyle King	38:30	37:43	:47	Paul Kosakowski	34:42	31:43	2:59

Jeff	Thornton	33:43	32:54	:49	Donn	Friedman	45:36	48:37	3:01
Fred	Hughes	36:30	35:39	:51	Mark	Barzottini	46:18	43:13	3:05
Jonathan	Vandenburgh	34:00	33:09	:51	Stan	Budarz	41:25	38:03	3:22
Mike	Underwood	41:00	40:09	:51	Stephanie	Ollie	53:25	49:41	3:44
Katrina	Gustafson	32:00	31:02	:58	Adam	Schumacher	45:00	40:48	4:12
Chris	McCormack	28:29	27:30	:59	Lisa	Schumacher	55:00	50:44	4:16
Kevin	Kearns	35:35	36:34	:59	Ken	Larson	40:00	34:43	5:17
Dan	Marino	33:45	32:45	1:00	Amira	Lerario	30:00	35:27	5:27
Ned	Kennedy	35:00	33:54	1:06	Fernando	Tavares	52:14	45:09	7:05
Robert	Adams-Michaud	38:00	36:49	1:11	Jackie	Ofria	38:59	47:09	8:10
Michelle	Kenvon	37:30	36:19	1:11	Scott & Shep	Livingston	53:00	41:58	11:02
Ted	Kenvon	34:20	33:07	1:13	Deb & Dahlia	Livingston	53:00	41:56	11:04
Mindv	Burke	40:21	41:39	1:18	Cashav	Poudrier	47:30	1:01:00	13:30
Eric	Dencv	39:16	37:57	1:19	Jim	Hodges	45:00	1:17:00	32:00
Charles	Vandenburgh	34:59	33:38	1:21	Tyler	Durden		31:14	Turkev
Jeffrey	Wallace	38:00	36:39	1:21	Charlotte	Canner		41:29	Turkev

**SILK CITY STRIDERS
BOARD OF DIRECTORS
MEMBERS NEEDED FOR 2010**

Nominations are currently being accepted for the 2010 Silk City Striders Board of Directors. Please email nominations to Webmaster@SilkCityStriders.org. Officers and Board Members will be elected on January 1, 2010 at the Champagne Run & Brunch. Thanks.

**TIME TO RENEW
YOUR MEMBERSHIP**

It's time to renew your Silk City Striders Membership for 2010. Dues are still only \$12.00 for a single membership, and \$15.00 for a family membership. In addition, if you would like to receive a paper copy of the newsletter, please add an extra \$3.00 to cover postage. The 2010 Membership Application can be downloaded from the Silk City Striders website, or online at Sign-Me Up Sports.

NOTE: Anyone who joined the Club after Labor Day is already "paid up" for 2010.

SILK CITY STRIDERS "STUFF"



We still have a few cozy orange fleece winter hats. They're only \$12 each, and you can pick them up at a Saturday Fun Run, or at the New Year's Champagne Run & Brunch on January 1st. Also, you can order one when you fill out your 2009 Silk City Striders Membership Renewal Form. We also have "Silk City Striders" crew neck sweatshirts (\$15) hooded sweatshirts (\$20) and "Headsweats" running caps & visors (\$20) available.

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.

POLICE PUMPKIN CHASE 5K
New Canaan, CT October 25, 2009

Janit Romayko #1 F60+ 31:12

WHITE MTN MILERS HALF MARATHON
North Conway, NH October 25, 2009

Richard White 1:57:28
MaryLou White 2:14:20

MxCC SCHOLARSHIP RUN 5K
Middletown, CT October 31, 2009

MaryLou White #3 F50-59 28:22
Janit Romayko #3 F60-69 30:20

BUSA BUSHWACK TRAIL RACE 10 Miles
Framingham, MA November 1, 2009

John Agosto 1:12:19
MaryLou White 1:56:17

TARZAN BROWN 5.5 Miler
Mystic, CT November 1, 2009

King Archibald 41:51
Michelle Sangster 46:52

AIRLINE TRAIL GHOST RUN 13.1 Miles
Hebron to East Hampton, CT November 7, 2009

Keron Smith #4F; #3 F30-39 1:38:54
Michael Shore 1:54:07
Alan McCall #1 M60+ 1:55:38
Wally Squier 1:56:17
Diana Cohen 2:18:34
Barry Stoner 2:18:35
Jill Ramos 2:20:04

EAST WINDSOR VETERANS DAY 5K
East Windsor, CT November 7, 2009

Aaron Flamino #2M; #1 M30-39 16:49
Yolanda Flamino #1F 17:48
Bill Metzger 21:00
Steven Morse 21:01
Doug Flamino 21:07
Tom Walsh 24:14
Zofia Turosz #1 F70+ 26:25
Susan Leslie #3 F60-69 27:11
"Betsy Rossi" 27:11
Mary Lou White #3 F50-59 27:55

FREEDOM RUN 5K
Hartford, CT November 14, 2009

Ned Kennedy #3M; #1 M50-54 18:32
Dani Kennedy #3F; #1 F50-54 22:17
Peter Devine 22:32
Ed Yergeau 24:13
Tom Walsh 24:50

FROSTBITE 5K RUN
Enfield, CT November 14, 2009

Steve Morse #3 M50-59 20:15
Michael Westfall 20:37
Keron Smith #5F; #3 F30-39 20:59

RACE TO FILL THE PANTRY 5K*
Glastonbury, CT November 15, 2009

Michael Westfall 20:19
Mark Turkington #3 M60-69 22:40
Zofia Turosz #1 F70+ 25:17
Janit Romayko #2 F60-69 27:57
Randy Potterton 28:46

5K XC TURKEY TROT
Thompson, CT November 16, 2009

Mitch Bielenda #3 M50-59 23:59
Bekkie Wright #2F; #1 F40-49 24:38
Joe Poliquin 24:39
Alan McCall #3 M60-69 27:18
Cathy King 33:49

RUN FOR THE TURKEYS 5K
New Fairfield, CT November 22, 2009

Bekkie Wright 6F; #2 F40-49 22:03
Joseph Poliquin 22:03

FISCHANG-CICCHETTI MEMORIAL 5M Run
Waterbury, CT November 22, 2009

Aaron Flamino #3M 27:36
Yolanda Flamino #3F; #2 F30-39 28:49

L'IL RHODY RUNAROUND 8M Trail Race
Charlestown, RI November 22, 2009

Ed Steele 1:14:02
MaryLou White 1:17:45

**MALIBU FITNESS
THANKSGIVING DAY ROAD RACE
Farmington, CT November 26, 2009**

Janit Romayko	#1 F60-69	29:08
Bill Schwarz		30:14
Deborah Thurston		30:14

**COW CHIP XC 3.5+ Miles
Trumbull, CT November 28, 2009**

MaryLou White		39:55
Janit Romayko	#2 F60-69	44:41
Jim Hodges	#1 M70+	50:38

Janit Reports: This is a fun race ... all cross country. Marty Schiavone is the RD and changes the course every year. You never know if you are going to be running in the woods, water, field or in the mud. He does not change the fact that he provides the best brown T-shirts, brown refreshments (hot chocolate, bagel sticks, brownies) all in keeping with the theme of brown cows and their "chips"!!!

**BRIGHT NIGHTS 5K
Springfield, MA December 1, 2009**

Sue Riley	#1 F60-99	30:17
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**TOMMY TOY FUN RUN 1.5M
Norwich, CT December 4, 2009**

Janit Romayko	15:51
Jim Hodges	17:10

Janit Reports: This was a fun run in downtown Norwich, starting at the Billy Wilson Ageing Still Bar. Everyone ran with Santa and a Norwich Police escort through the streets of Norwich. The runners sang carols and threw candy to the kids along the way. Toys donated toys by the runners filled the entire front window of the bar!!!!

**GSH WINTER SERIES
Forest Park, Springfield, MA**

Season Opener – 5K - December 5, 2009

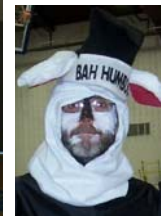
MaryLou White	28:57
Janit Romayko	#2F60-69 29:40

**BLUE BACK SQUARE MITTEN RUN 5K
West Hartford, CT December 6, 2009**

Ed Yergeau	22:12
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**CHRISTOPHER MARTIN'S 5K
New Haven, CT December 13, 2009**

King Archibald	22:12
Ellie Lowell	#3 F60-69 25:22
Zofia Turosz	#1 F70-74 26:08
Janit Romayko	28:55
Randy Potterton	31:22



**SANTA'S RUN 3.5M
Glastonbury, CT December 6, 2009**

John Agosto	21:21
Adam Bulewich	21:42
John Paggioli	22:49
Dave Bendzinski	23:20
Steven Morse	23:39
Ian Roberts	23:42
John Sloan	23:51
Mike Bendzinski	24:11
Dean Bolt	24:18
Keron Smith	#3 F30-39 24:25
Andrew Zyrek	24:34
King Archibald	24:51
Tony Hollister	25:08
Ken Larson	25:15
Deborah Livingston	25:28
Mark Turkington	26:01
Michael Fromerth	26:43
Scott Hollister	26:54
Tom Walsh	27:27
Alan McCall	27:28
Michael McCall	27:28
Scott Livingston	28:04
Susan Leslie	#2 F60-69 29:54
Ellie Lowell	#3 F60-69 30:03
Cathy King	30:21
Jill Ramos	31:23
Adam Paggioli	33:08
MaryLou White	33:52
Randy Potterton	34:48
Jack Byram	35:59
Art Byram	36:00
Nick Byram	36:53
Lori Riley	38:46
John Salcius	39:40
Norma Paggioli	42:27
Tracey Reed	43:12
Jim Hodges*	#3 M70+ 48:40
Janit Romayko*	48:52

* Ran in costume

Janit's "Mrs. Claus & her Cookie Bakers" Costumes won First Place in the Group Costume Division

Can you guess who was the "HumBug"?

MARATHON & ULTRA RESULTS

YONKERS MARATHON

Yonkers, NY September 20, 2009

Marty Keibel #1 M55-59 3:09:20

NEW YORK CITY MARATHON

New York, NY November 1, 2009

John Collins 3:08:20

Zofia Turosz #3 F70-79 4:46:58

ROUTE 66 MARATHON

Tulsa, OK November 22, 2009

Bill Gaghan 4:11:01

Tammy Gaghan 5:32:19

PHILADELPHIA MARATHON

Philadelphia, PA November 22, 2009

Marty Keibel #2 M55-59 3:09:33

TECUMSEH TRAIL MARATHON

Bloomington IN December 5, 2009

Bill Gaghan 5:09:42

Tammy Gaghan 7:07:11

Bill reports:

Toughest course I have ever run ... but I loved it.

ROXBURY MARATHON

& HALF MARATHON

Roxbury, CT December 12, 2009

Marty Keibel **Marathon** 3:41:59

Keron Smith **Half Marathon - #2F** 1:47:46



THE NORTH FACE ENDURANCE CHALLENGE 50M Sausalito, CA December 6, 2009

(Marin Headlands, Muir Woods, Stinson Beach)

Bekkie Wright 12:06:34

Joe Poliquin 12:06:35



Race Highlights & Links to blogs are available at:
http://www2.thenorthface.com/endurancechallenge/highlights/2009/champ_review.html

2009 WMAC GRAND TREE SERIES FINAL STANDINGS

For runners with at least 2 finishes out of 13 races

#6	John Agosto	13 Races	1040.22 pts
#18	MaryLou White	13 Races	628.47 pts
#20	Scott Livingston	7 Races	591.64 pts
#123	Deborah Livingston	4 Races	259.71 pts
#253	Bekkie Wright	3 Races	166.68 pts
#254	Joseph Poliquin	3 Races	166.65 pts
#376	Bill Metzger	2 Races	130.95 pts
#381	David LaPorte	2 Races	130.09 pts
#390	Tim Blinn	2 Races	128.48 pts

COACH'S CORNER

by Barry Stoner

Runners are always contemplating the question, "Can I run faster?"

For most people the answer is yes you can; however, it also depends, somewhat, on how fast you are already running compared to your potential. For example, if you typically train by mostly jogging, then most definitely you can learn to run faster. On the other hand if you already train hard and run 5ks often at full effort, then trying to learn to run faster may show only small gains or no gains at all.

Let me suggest some things you can do to learn how to run faster. Of course, if you are overweight, then maybe the first step might be to lose those extra pounds. Running fast requires practicing running fast and it also requires strength. You can build strength by lifting weights, by running up hills, by running longer distances, and by increasing your speed for short periods during your routine runs. Everybody can do these things regardless of whether you already can run fast or just have the urge to train your body to run faster.

In general, these ideas need no explanation; however, the specifics of speed training are varied. You could consult several of the many books on this subject or you could just give it a go. One word of caution before you start speed training is that trying to run faster requires increased effort and this may lead to possible injury. So to avoid injury (muscle pulls, strains, soreness, stress fractures, etc.) build up your training slowly and do not over do it. You have to listen to your body. Different people tolerate increased effort in different ways. If it hurts too much, back off until you can take more.

Three things that definitely work I already mentioned. I would begin by running up more hills, doing a longer run every two weeks, and include interval training in your routine. If you already run up one hill, add another hill or two. If you typically run four miles at a time, add a six or an eight miler or longer every two weeks. If you do not run intervals, try doing speed pick ups between telephone poles and build up to several repeats each time you jog. Going to the "track" and running fast repeats I have discussed in the past and will do again in a future article; but if you really want to begin speed training to run faster, give the above suggested ideas a try.

SILK CITY 700 MILE CLUB

The list below includes Silk City Striders who have achieved the 700 Mile Mark as of December 15, 2009. If you are not on the list, but have been tracking your mileage "offline" please let us know what your approximate total mileage is so we can acknowledge you at the New Year's Champagne Run & Brunch. Thanks.

MEN		WOMEN	
Aaron Flamino	3,000+ Miles	Linda Yamamoto	1,800+ Miles
John Agosto	2,000+ Miles	Ginny Welch	1,700+ Miles
Art Byram	2,000+ Miles	Dani Kennedy	1,700+ Miles
John Collins	1,700+ Miles	Bekkie Wright	1,300+ Miles
Jim Best	1,300+ Miles	Betty Cannella	700+ Miles
Joe Poliquin	1,300+ Miles	Jackie Cmero	700+ Miles
Alan McCall	1,000+ Miles	Keron Smith	700+ Miles
King Archibald	700+ Miles	Janit Romayko	700+ Miles
Mitch Bielenda	700+ Miles		
Ken Pacileo	700+ Miles		
Barry Stoner	700+ Miles		
Andy Zyrek	700+ Miles		



73rd Annual Manchester Road Race November 26, 2009

Following are **Chip Time** results
for Silk City Striders Members
(Past & Present), Family & Friends

* First Male & Female Silk City Striders –
(current club members @ Nov. 2009)
Scott Livingston led the way for the Men,
with new member Kathy Manizza
in the top spot for the Women.

Drew Best	24:01	David Leak	33:06	Russell Saucier	38:24
Brendan Prindiville	24:39	Tony Hollister	33:46	Annette Hamilton	38:28
Aaron Flamino	25:47	Anne Leonard	33:52	Ken Ballette	38:40
Scott Livingston*	27:00	Andrew Cannella	33:54	Vanessa Schumacher	39:10
Lance Flamino	27:26	Jay Hamilton	34:02	Kyle Toce	39:17
Yolanda Flamino	27:42	Kathy Manizza*	34:13	Michael Salcius	39:17
Ned Kennedy	27:58	Noe Vasquez	34:17	David Shluger	39:27
Adam Bulewich	27:59	Kayla Boucher	34:22	Zofia Turosz	39:55
Brandon Shore	28:26	Andrew Zyrek	34:22	Sean Legier	39:55
Derek Jakoboski	28:44	Keron Smith	34:24	Cassandra Webb-Monaco	40:21
Neal Leibowitz	28:45	King Archibald	34:40	Susan Leslie	41:23
John Collins	28:53	Dani Kennedy	34:40	Ellie Lowell	41:53
Matthew Estes	28:58	Brian Deming	34:45	John Sullivan	42:13
Brendan Callahan	29:01	Deborah Livingston	34:49	BEK JEP Wider-Strider	42:14
John Agosto	29:16	Peter Devine	35:01	MaryLou White	42:28
Jay Seney	29:53	Chrissy Bendzinski	35:05	Maria Everhart-Caye	42:58
Scott Freeman	30:09	Todd Mozzer	35:09	Cathy King	42:59
Keith Nielsen	30:18	James Janiak	35:32	Wally Squier	43:00
Amby Burfoot	30:30	Brad Shoenfelt	35:35	Raymond Carta	43:01
Jason Earl	30:35	Rachel Blinn	36:14	George Caye	43:09
Matthew Butwill	30:45	John Legier	36:17	Sue Legier	43:20
Michael Falkowski	30:48	Erica Shore	36:18	Melissa Jolly	44:00
Joe Kidder	31:00	Marty & Lauren Keibel	36:26	Zoe Ounpoo-Adams	44:00
Michael Tirrell	31:00	Jim Best	36:31	Lynn Damon	44:06
John Paggioli	31:01	Michael Fromerth	36:32	Sylvia Ounpoo	44:15
David Bendzinski	31:16	Ryan O'Neil	36:53	James Iacobellis	44:32
Michael Prindiville	31:26	Mark Turkington	36:59	Linda Tomaszewski	44:37
Kyle Walker	31:29	Ed Yergeau	37:14	Mike & Dale Toce	45:18
Bill McGugan	31:49	George Ripley III	37:25	Robert Morgan	45:51
John Sloan	32:13	Scott Templeton	37:26	Cameron Morgan	45:51
Mike Bendzinski	32:15	Emma Dolen	37:35	Samuel Iacobellis	45:54
Donald Jakoboski	32:19	Michael Dolen	37:36	Elizabeth Cannella	46:15
Steven Morse	32:26	Linda Yamamoto	37:39	Roger Petersen	46:16
Julie Jakoboski	32:26	Jaclyn Cmero	37:43	Cristina Burfoot	46:29
Michael Presti	32:31	Alan McCall	37:46	Janit Romayko	46:36
Timothy Blinn	32:34	Steve Gates	37:48	Jeff Lancaster	46:36
Mike Tartar	32:36	Ed Steele	37:51	Jill Ramos	47:03
Ben Witkowski	32:41	Douglas Flamino	38:00	Beth Shluger	47:09
Mitch Bielenda	32:46	Ryan Bielenda	38:06	Randy Potterton	47:45
Paul Damon	32:48	Mike Saimond	38:11	Andre Mesnil	48:02
Dean Bolt	32:58	Tom Walsh	38:21	Heidi Chromik	48:05

Doug Cote	48:08	Patricia DeSimone	52:42	Stanley Livingston	1:24:25
Pilgrims (aka Thorntons).	48:39	Kristin Legier	53:06	Robin Crossley	1:25:41
Zachary Kessler	48:47	Tim Saimond	53:17	Nick Byram	1:29:07
Myles Kessler	48:47	Lenny Weir	53:47	Roger Smith Jr	1:29:40
Joyce Thorner	49:10	Jack & Art Byram	55:05	Sheila Dunn	1:31:52
Michelle Sawyer	49:23	Gregory Potts	55:22	Robert Fish	1:35:31
Deborah Thurston	49:25	Sue Riley	55:49	Megan Koonze	1:42:23
Kyle Thornton	49:35	Jackie Lancaster	55:58	David Koonze	1:42:24
Carolyn Nielsen	49:55	John Salcius	56:06		
Andrea King	50:06	Roland Roy	59:23		
Carolyn Reading	50:20	Cassandra Saimond	1:00:56		
Richard Alexandre	50:22	Catherine Kapa	1:01:25		
Patricia Saimond	50:31	Noreen Steele	1:02:39		
Janice Tirrell	50:54	Sharon Koonze	1:04:23		
Dan Walker	51:03	James Hodges	1:04:53		
Ron Nielsen	51:13	John Yavis	1:05:49		
Dennis Blondin	51:16	Dan & Ted Kennedy	1:17:28		
Jon Dymczyk	51:43	Edward Steele	1:19:58		
Meg Bendzinski	51:47	Eddie Steele	1:19:58		
Barbara Bellas	51:55	Angelee Carta	1:21:06		
Cathi Koehler	51:56	Clinton Driscoll	1:23:25		
Tiwanna Compton	52:11	Peter Trani	1:24:07		
Tony Dennis	52:40	Adeline Livingston	1:24:22		

Special Thanks

to

MRR Committee Members

Jim Balcome,

Greg Best,

Peter Boucher,

Tris Carta,

Doug Flamino

Ken Larson

Jack Leonard

and

Dave Prindiville

for another great year.

Photos courtesy of John Spaulding & Lynn Sloan



Joyce Thorner



John Sloan



Mitch Bielenda



Keron Smith



Dani Kennedy



Mike Fromerth



Ed Steele



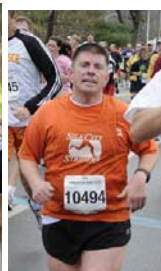
MaryLou White



BEK JEP WIDER-STRIDER



Sue Leslie



Randy Potterton



Mr & Mrs. Pilgrim
(Jeff & Kathy Thornton)



John Salcius

NUTRITION NOOK: Enjoy Holiday Food without Gaining Weight
Katie Jeffrey-Lunn, MS, RD, CD-N

First appeared in *The Mystic Times* and *The Stonington Times* in December 2008.

Happy holidays! It's time for holiday parties and feasts. Will you make it through this holiday season without gaining weight?

Keep portions reasonable, move more or continue your exercise routine and enjoy more nutritious desserts. Eat when you're physically hungry rather than when you are bored, lonely, tired or out of habit. Pay close attention to your stomach or internal signals while eating and stop eating when you are moderately full rather than overfull.

Don't deprive yourself during the holidays instead opt for smaller portions of rich desserts. See if you are just as satisfied choosing healthier holiday favorites.

Help yourself and others eat more healthfully at holiday parties. If you're a guest, call the host and offer to bring something to the party. Make it colorful and healthy! Try:

- A fruit platter or green salad with salad dressing on the side.
- Colorful vegetables and low-fat dip or hummus.
- Hummus and whole grain crackers, pita chips or pretzels with low-fat sharp cheeses.
- Salsa with tortilla chips.
- Warm bean dips made with low-sodium chicken broth, herbs, feta cheese or low-fat cheeses.
- Baked vegetable dips prepared with light mayonnaise or low-fat plain yogurt plus herbs and vegetables. Serve with whole grain crackers and cut-up vegetables.
- Mini tortes with vegetables, low-fat cheese and herbs.
- Wholesome main or side dishes: green salad with a variety of colorful vegetables, brown rice prepared with low-sodium chicken broth or vegetable broth with sautéed vegetables or pasta salad prepared with light dressing and vegetables.
- Healthier, homemade desserts: angel food cake with low-fat pudding and light whipped cream; parfait made with cake, low-fat pudding, and light cool whip; fruit cakes with icing instead of frosting; fruit crumbles rather than pies; cookies or brownies made with heart healthy oils, peanut butter, yogurt or apple sauce.

As a host, help your relatives and friends maintain their weight.

- Offer healthy, colorful selections.
- Present food creatively. Food presentations are eye-appealing, fun to create, and help to set a festive mood!
- Offer sauces and gravies on the side. Let your guests decide for themselves whether they want them.
- Offer two different sizes of plates and glasses – let your guests select how much food they would like to eat or serve themselves. Smaller dishes and glasses lead to less food taken and eaten!
- Portion desserts into different sized pieces allowing your guests to choose what portion they would like.
- Offer different types of desserts – rich ones, balanced by lighter ones such as, cakes or pies along with hot beverages, fruit served with light whipped cream, angel food cake or sherbet with berries.
- Offer leftovers to guests without being forceful.
- Freeze leftovers or food gifts for later (or for future guests or parties) rather than leaving them out to spoil or tempt you.

Enjoy the holidays and your favorite foods by balancing higher-calorie meals and desserts with lighter ones. Strive to listen to your stomach and eat until you are comfortably full rather than stuffed.

Schedule a weekly exercise “date” with a loved one or friend, to help keep you motivated when the days are shorter and the weather is colder.

And, most importantly, have a positive and realistic attitude – strive for weight maintenance rather than weight loss.

Wishing you and your family a joyous holiday season!

Katie Jeffrey-Lunn, MS, RD, CD-N, is a registered dietitian, columnist, and the owner of FitNutrition, LLC, in Mystic. She provides individual nutrition counseling, sports nutrition counseling for athletes and educational nutrition presentations on various topics for all age groups. For more information, call 860-536-3610 or go online to www.fitnutrition.net.

Reference: Kostas, G.G. (2007). *The Cooper Clinic Solution to the Diet Revolution*. Good Health Press: Dallas, TX.

SCROOGE’S SCRAMBLE



Scrooge’s Scramble, a Christmas morning tradition in Vernon, continues thanks to Janit Romayko and Marylou White. The race beneficiary is **The Cornerstone Foundation** (Clothing Bank, Soup Kitchen, and Community Center).

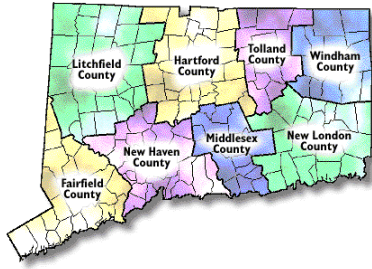
19th Annual SCROOGE’S SCRAMBLE
Thursday, December 25, 2009 - 10:30 AM
Start & Finish @ Cornerstone Community Center
3 Prospect Street Rockville, CT 06066
Distance: 5K (3.1 miles)
Registration: 9:30AM at the Community Center

Informal awards, coffee and cocoa after the finish. Costumes encouraged. Walkers welcome. Bring your family & friends and run/walk in the Spirit of Giving.

Monetary donations gratefully appreciated as this is a benefit for the Cornerstone Foundation’s programs, including the Shelter and Soup Kitchen. Checks can be made out to: “Cornerstone Foundation”. Cash would also be appreciated. Receipts will be available.

For Race Questions, contact: mlouwhite@comcast.net or jpromayko@sbcglobal.net





Silk City Striders 8 County Challenge

At Least Five (5) Counties Completed as of 12/15/2009

All successful "8 County Challenge" Finishers will be announced at the 2008 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In. **Finishers are Highlighted.**

	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	X	X	X
Adam Bulewich	X	X	X	X	X	X		
Jim Hodges	X	X				X	X	X
Cathy King	X	X	X	X	X	X	X	X
Debbie Livingston		X	X	X	X		X	
Scot Livingston		X		X	X		X	X
Alan McCall	X	X	X	X	X	X	X	X
Joe Poliquin	X	X	X	X	X	X	X	X
Jill Ramos	X	X		(x)	X	X	X	
Janit Romayko	X	X	X	X	X	X	X	X
Keron Smith	X	X	X	X	X	X	(x)	
Barry Stoner	X	X	X			X	(x)	X
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright	X	X	X	X	X	X	X	X
Andy Zyrek	X	X	X	X	X	X	X	X

(x) Airline Trail Ghost Run – which runs from Hebron to East Hampton may count for any one of the following 3 counties: Tolland, Hartford or Middlesex

Silk City Striders who just missed the list with Four (4) Counties:

Aaron Flamino, Bill McGugan, David Leak, Ed Yergeau, Ginny Welch, Jackie Cmero, John Agosto, Mike Tartar, Ned Kennedy, Tony Hollister,

THANK YOU TO THE SILK CITY STRIDERS
from Mike Benzinski, Race Director
1st Annual Ray Crothers Memorial Run & Walk

Dear Striders,

On behalf of the CCSU Track & Field Alumni Association and the American Cancer Society, I'd like to express a sincere thank you for helping to make the first annual Run or Walk for Ray Crothers a success.

I was out for a run on the rail trail that Ray loved to ride his bike on, where I, like many of you, generate creative thoughts, solve problems and relieve stress. I thought we should organize a race to honor Ray, and presented the idea to the CCSU committee. It was approved unanimously. We quickly developed a plan to provide a scholarship fund in Ray's name to help a CCSU runner in need. For all of you that had the opportunity to know Ray, he was a very positive and generous person and touched the lives of runners young and old. He also was a great runner while at CCSU and achieved fame locally in the Manchester Road Race.

All was going well, until the administration at CCSU denied our request to run the race on campus as we had planned. Despite evidence of approval of races on the campuses of other state colleges, we were rejected. I felt like I was on the Titanic drifting around the North Atlantic awaiting an iceberg. I desperately looked for possible alternate sites, from Newington High School, to Bolton High School. We were now in late August, only two months from the race date! Finally it was suggested from several folks that Wickham Park would be the best alternate site. I secured the site, and met with Janet Romayko who offered to take the mailed in applications while Bekkie Wright secured the necessary insurance coverage through RRCA.

Without these critical efforts by the Striders, this race would have failed, and again my sincere thanks to all that participated and helped out. Our follow-up meeting at CCSU included Robin Crothers and Art Byram, who offered positive suggestions for next year. We raised approximately \$2,000.00 after expenses, for the American Cancer Society and the CCSU Scholarship Fund.

NEW MEMBER PROFILES – Kathy Manizza & Ken Larson

Kathy Reports: I coach men's and women's XC and Track at the University of Hartford. It's a small program, but growing rapidly. We had over 100 kids try out this year, and we are currently fund raising for a home track. Right now we run at Weaver High School.

I've been running for close to 30 years and have completed several marathons, trail races, and one ultra (50K) I love long races, and my real passion has been marathon canoe and kayak racing. I was national champion in 2 person canoe marathon in 1996, 1998 & 2004. I probably have more 2nd Place finishes than anyone in the sport ... ha, ha ... My favorite canoe race, which I did 6 times, is in Grayling, Michigan on the AuSable River. It starts at 9pm and you paddle 120 miles non stop, finishing in Oscoda, Michigan 15-16 hours later. We (it's only for 2 person canoes) have feeders that meet us along the way with fresh jugs of fluid and whatever foods you like (GU, fruit, twizzlers, etc). We paddle at 80-90 strokes a minute, very similar to a running stride, and heart rate is also very similar to what it would be in long distance running. The AuSable is unique in that it starts on land, and when the cannon goes off, you have to run (with your canoe) about a half mile to the water. It's crazy with everyone trying to get in their boats and into good position before total darkness sets in.

My husband, **Ken Larson**, is my training partner in every sport. We kayak (separately-- no doubles paddling for us!), bike, run, ski, and snowshoe. In 2010, our goals include a half marathon in February, and a half Ironman Triathlon in June. We'll probably switch back to kayaking as there are some great ocean races in July and August. Ken is a member of the Board of Directors for the Manchester Road Race. He handles all the entries and results, so November is a busy month for him. We also put on a kayak race in Bolton in August, the Bolton Sunset Canoe and Kayak Race.

We're looking forward to joining the Striders on a couple of group runs as we have been doing all our training alone for the past couple years.

SILK CITY STRIDERS 2009 AWARDS BALLOT

"Rookie of the Year"

Awarded to a current SCS member, male or female, with less than 3 years experience in competitive running including the award year, one award per year, outstanding improvement, most improved beginner.

- | | |
|-------------------------------------|---|
| <input type="checkbox"/> Jack Byram | <input type="checkbox"/> Vanessa Schumacher |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

"Best Comeback"

Awarded to a current SCS member, male or female who has recently returned to competitive running after a layoff due to some type of set-back or injury.

- | | |
|--|--|
| <input type="checkbox"/> John Paggioli | <input type="checkbox"/> Janit Romayko |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

"Most Improved" Male & Female

Awarded to a current SCS member, with more than 3 years prior competitive running experience since the beginning of the award year, showing significant improvement during the last year, # of PRs, variety of PRs, dramatic increase in mileage or length of races, etc.

- | <u>Male</u> | <u>Female</u> |
|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Ned Kennedy | <input type="checkbox"/> Jill Ramos |
| <input type="checkbox"/> Dale Toce | <input type="checkbox"/> Cathy King |
| <input type="checkbox"/> Andy Zyrek | <input type="checkbox"/> Ginny Welch |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

These nominations are just suggestions ...
write-ins are welcome.

Please send completed ballots to Bekkie Wright,
547 Forbes Street, East Hartford, CT 06118
or email selections to
webmaster@silkcitystriders.org.

Thank You.

Some background info on the nominees:

Jack Byram (Age 8) – Usually seen running in just his black socks ... In 2009, Jack was the youngest competitor in the Parker Holt 5K, as well as competing in both Santa's Run 3.5M and the Manchester Road Race.

Vanessa Schumacher – Started running after the birth of her first child, and is making steady improvements with a sub-40 showing at both the Know Your Pace Race and Manchester Road Race.

John Paggioli – Underwent knee surgery in the Spring, and was back up to the 20K distance by Labor Day, and returning to form in his recent 5K & Santa's Run efforts.

Janit Romayko – Underwent knee surgery earlier this year and after missing the summer XC season was back to placing in her Age Group in 5K's by the Fall.

Ned Kennedy – Really took his 50's by storm, placing at the top of his new Age Group in many races and capping off the year as #3 M50-59 at the Manchester Road Race.

Dale Toce – Stepped up to the 50K distance this Spring, as well as setting a new PR in the Mile in July, and another PR at the Wickham Park XC Series this Summer.

Andy Zyrek – PR's at distances from 5K to the Marathon, with a strong sub-4 hour effort at the Hartford Marathon.

Jill Ramos – Had a 10K PR at Old Wethersfield and consistently improved her times over the Summer at both the Bolton and Wickham Park XC Series.

Cathy King – Stepped up to the Half Marathon distance this Fall at Hartford, after a great showing at the Lake Winni Relays, taking on the challenging 9 Mile "Leg 3" – the one with Bay Hill – in her rookie relay team outing.

Ginny Welch – Set a new 10K PR at Old Wethersfield, and came within a few minutes of her Marathon PR at the Maine Marathon in October.

RACE CALENDAR

NOTE: Check Dates ... many On-line Calendar Links are not yet active for 2010 Races

Date	Time	Race	Place	More Information
Sa Dec 19	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	www.greystonetracing.net
Fr Dec 25	10:30 AM	Scrooge Scramble 5K	Vernon (Cornerstone)	www.SilkCityStriders.org
Sa Dec 26	9:00 AM	Resolution Run 5K	Colchester (Bacon Academy)	www.thelastmileracing.com
Fr Jan 1	11:00 AM	Guilford Rotary Club Frosty 5K	Guilford (Guilford Green)	www.guilfordrotary.org (www.plattsys.com)
Su Jan 3	10:00 AM	Boston Buildup Series 10K	Norwalk (McMahon H.S.)	www.clubct.org
Su Jan 3	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace)	Roger Camire 860-536-8175
Sa Jan 9	10:00 AM	Bolton Trail Run	Bolton (Rt. 44 Commuter Lot)	www.hartfordtrackclub.org
Su Jan 10	1:30 PM	Aselton Mem. Snow Dash 5K	E. Hartford (Langford School)	www.ci.east-hartford.ct.us
Su Jan 17	10:00 AM	People's Forest 8.5/17 M	Barkhamstead (People's For)	www.hartfordtrackclub.org
Su Jan 17	9:00 AM	Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch)	www.clubct.org
Su Feb 7	10:00 AM	Gideon Welles 4M @ Cedar Hill	Hartford (Cedar Hill Cemetary)	www.hartfordtrackclub.org
Su Feb 7	9:00 AM	Boston Buildup Series 20K	Southport (RR Station)	www.clubct.org
Sa Feb 13	11:00 AM	Bob Andrulis Memorial 5M	Litchfield (Community Ctr)	www.greystonetracing.net
Sa Feb 13	10:00 AM	Sweetheart Run 4M	Stratford (YMCA)	www.hitekracing.com/sweatheart
Su Feb 21	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS)	http://sugarloafmac.org
Su Feb 21	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	www.roadntracksports.com
Sa Feb 27	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	www.hartfordtrackclub.org
Su Feb 28	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org
Su Mar 7	11:00 AM	Stu's 30K	Clinton, MA (Clinton Mid Sch)	www.cmsrun.org/schedule/schedule_local.shtml
Su Mar 14	10:00 AM	Collinsville 5.5/11M	Collinsville (Rt. 179)	www.hartfordtrackclub.org
Su Mar 28	10:00 AM	Asta Memorial 19.6M	Rocky Hill (Fern St)	www.hartfordtrackclub.org
Su Mar 28	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org

WINTER/SPRING 2009 MARATHON CALENDAR

Lots of local races and some nice Winter Get-Aways

DATE	RACE	PLACE	Website (link)
January 24, 2010	Maui Oceanfront Marathon	Maui, HI	http://www.MauiOceanfrontMarathon.com
January 24, 2010	ING Miami Marathon (Pacers Needed)	Miami, FL	http://www.ingmiamimarathon.com
February 13 2010	Myrtle Beach Marathon	Myrtle Beach, SC	http://www.mbmarathon.com
February 21, 2010	26.2 with Donna	Jacksonville Beach, FL	http://www.breastcancermarathon.com
February 21, 2010	A1A Marathon (Pacers Needed)	Ft. Lauderdale, FL	http://www.a1amarathon.com
February 28, 2010	Hyannis Marathon	Hyannis, MA	http://www.hyannismarathon.com
February 28 2010	Mardi Gras Marathon	New Orleans, LA	http://www.mardigrasmarathon.com
February 28, 2010	Tampa Gasparilla Distance Classic	Tampa, FL	http://www.tampabayrun.com
March 21, 2010	Shamrock Sportsfest Marathon	Virginia Beach, VA	http://www.shamrockmarathon.com
March 28, 2010	Ocean Drive Marathon	Cape May County, NJ	http://www.odmarathon.org
April 19, 2010	Boston Marathon	Boston, MA	http://www.bostonmarathon.org
May 2, 2010	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org
May 2, 2010	Long Island Marathon	East Meadow, NY	http://www.thelimarathon.com
May 3, 2010	Race of Champions Marathon	Holyoke, MA	http://www.harriers.org/marathon
May 30, 2010	Vermont City Marathon	Burlington, VT	http://www.runvermont.org

NOTE: ING Miami Marathon and A1A/Ft Lauderdale Marathon & Half Marathon are looking for pacers. Pacers must be able to run even splits and finish 1 minute to 1 second under pace time goal and work a shift at the Race Expo. If you are interested please contact: josh@marathonman.us