



# 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 one hundred and two registered runners who ran the 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 Sunday, December 12<sup>th</sup> at 5:30 p.m. at the 1<sup>st</sup> annual Hungry Tiger Toy Run or on Christmas Day at the Cornerstone in Rockville at 10:30 a.m. There is no registration fee for either run, just donations of money and goods to help those less fortunate than ourselves. (See Page 19 for additional details.)

The New Years Day Champagne Run, Brunch and Awards Ceremony will be held at Cathy King'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 season. Also, don't forget to start setting your 2011 goals whether they be for new PR's or bigger adventures.

Happy running,  
Mary Lou

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



Cynthia Peterson



Ray Greene

### TABLE OF CONTENTS

Club News & Events .....	2
Parker Holt Celebration Run 5K.....	3
Nutrition Nook .....	5
Know Your Pace Race .....	6
New Member Profile (VanDine Family).....	7
Race Results.....	8
New Member Profile (Amira Lerario).....	11
Ironman Hawaii .....	12
Manchester Road Race .....	14
8 County Challenge Results.....	16
Silk City 700 Report .....	17
2010 Silk City Striders Awards Ballot.....	17-18
Hungry Tiger Toy Run.....	19
Scrooge Scramble.....	19
Race Calendar .....	20

**2010 BOARD OF DIRECTORS**

**Officers**

**President:** MaryLou White (860) 512-0007  
**Vice President:** Art Byram (860) 430-1072  
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 Bekkie Wright (860) 461-1486

**Uniforms & T-Shirts**

Sue Leslie (860) 644-1804

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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**  
**Mt. Nebo Parking Lot - Spring Street**

**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**

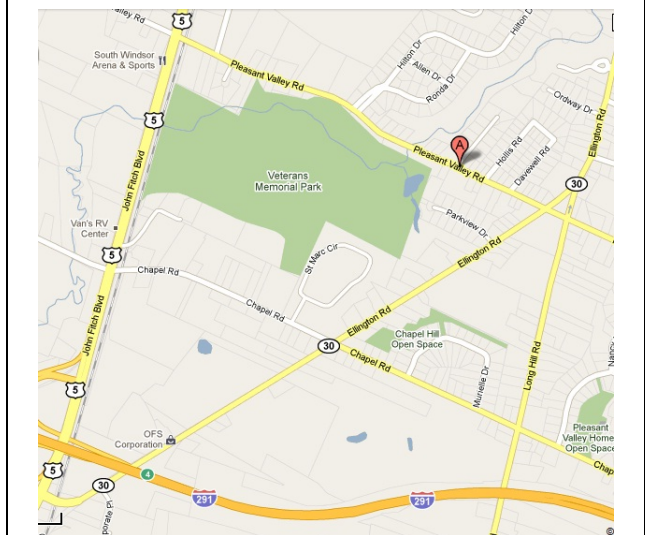
Patrick Cartier	Manchester
DeAnne Gauya	Watertown
VanDine Family	Bolton
(Jonathan, Ryan, Benjamin & Nicholas)	

**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, 2011 at 10:00 AM at Cathy King’s home at 612 Pleasant Valley Road, South Windsor. There will be several running routes to choose from. Please bring your favorite brunch item to share.

My house is the brown cape on the right side of the road as you travel along Pleasant Valley from Manchester towards Rt. 5. You’ll know you’re getting close when you get to the traffic light at Rt. 30 (the one with the 7-11).

There are 6 spots for Parking available in the driveway, and if the ground is frozen, several more spots are available on the lawn. Parking on Pleasant Valley Road is NOT ADVISED, so if there is snow, please park on the side streets: Hollis or Woodland.





**Parker Holt Celebration Run 5K – World Run Day  
Manchester Community College November 9, 2010**

Once again this year the Silk City Striders partnered with World Run Day, and we raised over \$1,200.00 to benefit the **Prostate Cancer Foundation (PCF)**. Thanks for coming to celebrate with us!

#1 MALE	Time
Brian Nelson	16:42

“Most Veteran” MALE	Time
Ray Greene	51:34

#1 FEMALE	Time
Amira Lerario	21:28

“Most Veteran” FEMALE	Time
Cynthia Peterson	41:19

**Age Group Winners**

MALE Age 0-14		Time
1	Kenny Erikson	18:35
2	Ryan VanDine	19:39
3	Ben VanDine	19:46

MALE Age 15-19		Time
1	M. Patrick Dibble	16:55
2	Chris Cutler	17:03
3	Nicholas Tumolo	17:33

MALE Age 20-29		Time
1	Merle Shaw	17:32
2	Surge Davis	17:49
3	Andrew Piro	18:14

MALE Age 30-39		Time
1	Patrick Mulready	19:00
2	Jack Smith	19:28
3	John Carlson	20:23

MALE Age 40-49		Time
1	Peter Lafontaine	18:08
2	Todd Brown	18:33
3	John Agosto	19:04

MALE Age 50-59		Time
1	Andy Chambers	19:44
2	Steven Morse	20:39
3	Ken Erikson	20:49

MALE Age 60-69		Time
1	Bob Dacey	21:11
2	Tony Hollister	21:41
3	Bill Turney	22:10

MALE Age 80-89		Time
1	Ray Greene	51:34

FEMALE Age 0-14		Time
1	Delaney Savage	24:59
2	Jordan Schuler	25:56
	Madison Savage	26:36

FEMALE Age 15-19		Time
1	Rachel Chambers	22:27

FEMALE Age 20-29		Time
1	Laura Nelson	22:22
2	Erin Clark	25:37
3	Lauren Roether	26:21

FEMALE Age 30-39		Time
1	Sherelle Hill	24:23
2	Christine Guerrero	25:02
3	Sandra Guerrero	26:43

FEMALE Age 40-49		Time
1	Laurie Brooks	24:03
2	Carleen Chisholm	25:35
3	Carole Saucier	25:46

FEMALE Age 50-59		Time
1	Kathy Thornton	25:24
2	Barbara Ruocco	26:34
3	Dorothy Paquette	28:14

FEMALE Age 60-69		Time
1	Nancy Benway	29:56
	Barbara Maloney	31:55

FEMALE Age 70-79		Time
1	Zofia Turosz	26:07
2	Cynthia Peterson	41:19

## Parker Holt Celebration Run 5K -- Overall Race Results

Place	Name	Time	Place	Name	Time
1	Brian Nelson	16:42	51	John Lampson	23:02
2	M. Patrick Dibble	16:55	52	Don Manfria	23:05
3	Chris Cutler	17:03	53	Melvin Simon	23:05
4	Merle Shaw	17:32	54	Jack Phelan	23:13
5	Nicholas Tumolo	17:33	55	George Simonian	23:24
6	Kyle Hamel	17:42	56	Kenneth Tumolo	23:27
7	Kevin Morse	17:47	57	Chris Erikson	23:31
8	Surge Davis	17:49	58	Tom Walsh	23:33
9	Brian Finnegan	17:51	59	Stephen Tolman	23:38
10	Peter Lafontaine	18:08	60	Laurie Brooks	24:03
11	Andrew Piro	18:14	61	Joe Peruti	24:04
12	Todd Brown	18:33	62	Kenneth Ballette	24:09
13	Kenny Erikson	18:35	63	Stephen Mazeski	24:13
14	Stephen Belmore	18:59	64	Christopher Townsend	24:21
15	Patrick Mulready	19:00	65	Sherelle Hill	24:23
16	John Agosto	19:04	66	Richard Mallowney	24:52
17	Jonathan Vandenburg	19:14	67	Tim Savage	24:56
18	Kevin Beals	19:15	68	Delaney Savage	24:59
19	Daniel Senecal	19:20	69	Christine Guerrero	25:02
20	Jack Smith	19:28	70	Thomas King	25:06
21	Ryan VanDine	19:39	71	David Schuler	25:10
22	Andy Chambers	19:44	72	Doug Jones	25:13
23	Ben VanDine	19:46	73	Kathy Thornton	25:24
24	Trevor Chambers	19:49	74	Carleen Chisholm	25:35
25	John Carlson	20:23	75	Peter Sirois	25:36
26	Steven Morse	20:39	76	Erin Clark	25:37
27	Ken Erikson	20:49	77	Carole Saucier	25:46
28	Chad Langevin	21:04	78	Heidi Chromik	25:49
29	Bob Dacey	21:11	79	Jordan Schuler	25:56
30	Michael Vetoulis	21:15	80	Zofia Turosz	26:07
31	Ken Ives	21:20	81	Sandy Desjardin	26:16
32	Ali Davis	21:24	82	Lauren Roether	26:21
33	Michael Presti	21:26	83	James Mazeski	26:29
34	Amira Lerario	21:28	84	Barbara Ruocco	26:34
35	Nicholas VanDine	21:30	85	Madison Savage	26:36
36	David Warner	21:38	86	Sandra Guerrero	26:43
37	Gary Scranton	21:41	87	Bruce Pennell	26:47
38	Tony Hollister	21:41	88	James Paggioli	27:28
39	Noe Vasquez	22:05	89	Jonathan Tumolo	27:39
40	Jay Fisher	22:07	90	Daniel Tumolo	28:06
41	Adam Paggioli	22:09	91	Dorothy Paquette	28:14
42	Bill Turney	22:10	92	Megan Mancini	28:29
43	Shaun Harrington	22:12	93	Michele Jason	28:30
44	Mark Turkington	22:18	94	Matt Yoder	28:31
45	Clyde Ettienne-Mode	22:21	95	Caryn Clifford	28:36
46	Laura Nelson	22:22	96	Janice Aprea	28:56
47	Rachel Chambers	22:27	97	Donna Gayle	29:15
48	Richard Chromik	22:46	98	John Madden	29:22
49	Christopher Jackson	22:52	99	Peggy Byram	29:32
50	Jonathan VanDine	22:58	100	Amy Walsh	29:34

### Parker Holt Celebration Run 5K – Results, continued

Place	Name	Time	Place	Name	Time
101	William Schaal	29:37	109	Randall Potterton	31:01
102	Stephanie Ollie	29:49	110	Brittany Ross	31:15
103	Nancy Benway	29:56	111	Barbara Maloney	31:55
104	Guirland Toussaint	29:57	112	Nancy Wheeler	33:39
105	Amanda Hamel	30:03	113	Kristen Bruno	34:42
106	Karlene Phillips	30:25	114	Cynthia Peterson	41:19
107	Lee Paquette	30:38	115	Ray Greene	51:34
108	James Stevenson	30:44			

**Bekkie Wright** served as Race Director and was aided by a large staff of volunteers. Special thanks to **Bill Schwarz** for leaf-blowing the race course, **Merle Stoner** and **Ellie Lowell** for assistance with registration, **Kathy Thornton** and **Janit Romayko**, for course set-up / clean-up, **Barry Stoner**, **John Sloan** and **Sue Leslie** for serving as Split Timers, **Clint Driscoll** and **Jill Ramos** for assistance with the Finish Line; our course monitors **Dani Kennedy**, **Jim Best** and **Andy Zyrek**, **Keron Smith** and **Randy Potterton** for post-race Refreshments, **Art Byram** for supplying the PA system, and **Joe Poliquin** for Finish Line set-up and Race Photography. We would also like to thank **Charlie Olbrias** from **The Last Mile Racing**.

### Nutrition Nook: A Healthy Makeover for Holiday Desserts

**Katie Jeffrey-Lunn, MS, RD, CD-N** [www.fitnutrition.net](http://www.fitnutrition.net)

Don't deprive yourself during the holidays. Instead opt for smaller portions of rich desserts and see if you are just as satisfied choosing healthier holiday favorites or modifying a family favorite to make it more nutritious while keeping the flavor. Here are six (6) tips for recipe makeovers:

1. To cut calories and saturated fat replace full-fat dairy products with low-fat alternatives. In baked goods such as, sweet breads try nonfat buttermilk in place of cream or milk.
2. Replace half of the fat (butter or oil) with plain yogurt, mashed bananas or apple sauce.
3. Substitute whipped butter for regular butter (whipped butter has half the calories and saturated fat as regular butter). To ensure a similar end product, refrigerate the dough for at least one hour before baking.
4. Replace butter with heart healthy oil such as Canola, peanut or corn oil. Unlike butter, oil does not contain air; therefore, use one-fourth to one-third less oil when replacing butter with oil.
5. To add protein, fiber and nutrients, replace at least half of the flour with whole wheat pastry flour.
6. Add raisins or other dried fruit or nuts to cookies or bars instead of chocolate morsels or decrease the chocolate morsels by half and replace with dried fruit or nuts.

By choosing reasonable portions of richer desserts, enjoying fruit based sweets and making a few substitutes when baking to make foods healthier, you can enjoy delicious seasonal foods while still maintaining your weight and health goals this holiday season.

#### Oatmeal Crust

- 1 cup quick cooking oats
  - ¼ cup packed light brown sugar
  - ¼ cup whole wheat pastry flour or white whole wheat flour
  - ¼ cup ground almonds or replace with oats
  - ¼ tsp. salt
  - 3 Tbsp. vegetable oil
  - 1 Tbsp. water (add 1 tsp. at a time until desired consistency)
1. Preheat oven to 425°F.
  2. In a small bowl, mix together oats, flour, almonds, sugar and salt together.
  3. Blend oil and water together in glass measure cup with fork or small wire whisk until emulsified.
  4. Add oil mixture to dry ingredients and mix well. If needed, add a small amount of water to hold mixture together.
  5. Press into 9-inch pie pan and set aside.
  6. To prevent overbrowning, cover edge of crust with foil.
  7. Prepare pie filling. Pour into prepared crust and cook for instructed time.

#### Pumpkin Pie

- 1 15-oz can pureed pumpkin (Libby's 100% Pure Pumpkin!)
  - ½ cup + 2 Tbsp. granulated sugar + 2 T. lt. brown sugar, packed
  - ½ tsp. salt
  - 1 tsp. ground cinnamon + ½ tsp. ground ginger +
  - ¼ tsp. ground cloves + a dash of ground nutmeg
  - 2 large eggs, beaten
  - ¾ cup 1% milk + ½ cup low-fat evaporated milk
1. In a medium bowl, combine pumpkin, sugars, cinnamon, ginger, cloves and nutmeg.
  2. In a small bowl, beat eggs. Add beaten eggs to pumpkin mixture and whisk until well combined.
  3. Whisk in the milk and evaporated milk.
  4. Pour into prepared oatmeal crust pie shell.
  5. Bake for 15 minutes. Remove foil. Reduce temperature to 350°F; bake 35 – 45 minutes more or until a knife inserted near the center comes out clean. Cool on wire rack. Cover and refrigerate within 2 hours. Store in refrigerator for up to 5 days.

**KNOW YOUR PACE RACE (Manchester Road Race Course 4.748 Miles)  
Manchester CT November 22, 2010**

Name		Predicted	Actual	Diff	Name		Predicted	Actual	Diff
Cymbala	Chris	34:40	34:38	:02	Hess	Zachary	34:20	35:15	:55
Aresco	Gina	47:29	47:32	:03	Bulewich	Adam	29:00	28:04	:56
Thornton	Jeff	33:43	33:47	:04	Hess	Zachary	34:20	35:15	:55
Madden	Tom	38:31	38:27	:04	Bulewich	Adam	29:00	28:04	:56
Uznanski	Kristin	39:26	39:30	:04	Major	Kenneth	34:50	35:50	1:00
Proulx	Amy	41:50	41:46	:04	Yuris	Abigail	39:10	38:08	1:02
Stevens	Russell	28:30	28:24	:06	Brown	Aaron	35:00	33:57	1:03
Leak	David	33:30	33:36	:06	Klin	Kristen	49:00	47:57	1:03
VanDine	Jonathan	37:13	37:19	:06	Collins	John	32:28	31:25	1:03
VanDine	Ryan	32:16	32:08	:08	Vendetta	Tom	34:12	33:07	1:05
Livingston	Debbie	43:00	42:49	:11	Friedman	Donn	39:54	41:01	1:07
Davis	Ali	33:30	33:44	:14	Bielenda	Mitch	31:00	32:11	1:11
MacDonald	Kenneth	39:50	39:33	:17	Michaud	Geoff	34:43	33:32	1:11
Simon	Melvin	36:48	37:06	:18	Madden	Jared	30:52	29:40	1:12
VanDine	Nicholas	36:20	36:01	:19	Wallace	Matthew	44:00	45:13	1:13
Devaney	Matthew	39:30	39:49	:19	Tracy	Cristina	33:14	34:36	1:22
Christensen	Bruce	32:24	32:43	:19	McCarthy	Ted	42:01	40:38	1:23
Tirrell	Michael	34:17	34:38	:21	Edelen	Michael	29:59	31:23	1:24
Kurmaskie	John	34:40	35:01	:21	Paquette	Lee	43:43	42:19	1:24
McGugan	Bill	32:00	31:36	:24	Webster	Rick	39:10	40:34	1:24
Archibald	King	36:36	36:12	:24	Asp	Kevin	35:00	33:35	1:25
Kenyon	Michelle	37:30	37:04	:26	Head	Jimmy	32:00	30:32	1:28
Geary	Jonathan	34:01	33:33	:28	Toussaint	Guirland	47:00	45:27	1:33
Larson	Craig	30:30	30:59	:29	Ekstrom	Dan	39:44	38:10	1:34
Mohrbacher	Yvonne	39:58	40:27	:29	Manizza	Kathy	38:00	36:24	1:36
Balavender	Joe	34:49	35:19	:30	Potterton	Randall	49:30	51:08	1:38
Roberts	Ian	35:00	34:29	:31	Tirrell	Janice	50:30	48:50	1:40
Chromik	Heidi	40:21	40:57	:36	Saucier	Carole	44:30	42:50	1:40
Gaudreau	Brian	28:39	29:16	:37	Paggioli	Adam	37:30	35:49	1:41
Karpinski	Bogdan	39:50	39:12	:38	Urciuoli	Caitlin	33:14	31:31	1:43
Hibino	Stephen	31:59	32:38	:39	Hackett	Conor	29:40	27:52	1:48
Erikson	Christopher	34:59	35:40	:41	Apra	Janice	47:10	45:21	1:49
Zyrek	Andy	33:14	33:57	:43	Walsh	Tom	40:00	38:11	1:49
Kenyon	Ted	36:30	37:14	:44	Clark	Jimmy	28:05	29:58	1:53
Welling	Daniel	41:30	40:43	:47	Byram	Hunter	28:29	30:23	1:54
Chisholm	Carleen	40:21	41:08	:47	Chromik	Rick	34:59	36:57	1:58
Davis	Surge	29:40	30:28	:48	Jones	Laura	35:00	37:02	2:02
Mazeski	James	43:05	42:17	:48	Hill	Amanda	34:25	32:22	2:03
Gilbert	Michael	34:30	33:39	:51	O'Connor	Grant	36:30	34:26	2:04
Hill	Sherelle	40:21	39:29	:52	Austin	Jeffrey	32:40	34:48	2:08
Marino	Dan	29:59	30:51	:52	Stevens	Megan	38:40	36:29	2:11
Frederich	Willi	48:00	48:53	:53	Vasquez	Noe	33:00	35:12	2:12
Austin	Peter	37:15	36:21	:54	Cerpovicz	Alexandria	44:27	46:39	2:12

**KNOW YOUR PACE RACE Results, continued**

Name		Predicted	Actual	Diff
Grupe	Christopher	28:30	30:44	2:14
Stevens	Russ	39:00	36:46	2:14
Cerpovicz	LeeAnn	37:50	40:07	2:17
Paquette	Dorothy	46:18	44:00	2:18
Decker	Rob	38:00	40:24	2:24
Westfall	Michael	34:20	31:24	2:56
Schumacher	Adam	39:02	36:00	3:02
King	Cathy	45:06	41:48	3:18
O'Connor	William	39:06	35:37	3:29
Suffish	Max	34:40	30:45	3:55
Woykovsky	Larry	29:50	33:46	3:56
Moon	James	36:48	32:43	4:05
Lee	Monica	1:00:00	1:05:0	5:00
Baird	Edward	39:45	44:52	5:07
Feldman	Michael	55:47	50:27	5:20
Yergeau	Ed	47:00	40:21	6:39



### **SILK CITY STRIDERS** **SWEATSHIRTS, HATS & VISORS**

We have "Silk City Striders" crew neck sweatshirts (\$15) hooded sweatshirts (\$20) and "Headsweats" running caps (\$20) & visors (\$17) available. You can pick them up at the New Year's Champagne Run & Brunch on January 1st. You can also order one when you fill out your 2011 Silk City Striders Membership Renewal Form and we'll deliver it to you at the next Saturday Fun Run.

### **New Member Bios: Jonathan, Ryan, Ben & Nick VanDine**

Jonathan VanDine reports: It all started when a soccer friend and rising star in the local running world, Brendan Callahan, invited us to the Bolton Summer XC series two summers ago. I am still not certain why we all caught the bug but the four of us surely have since those first fateful race days. I have to give Dani [Kennedy] a ton of credit for being her dedicated committed self and being there for all comers week after week with encouragement and a friendly inviting manner keeping things very simple and easy for us beginners.

Mrs. Muller took us the next bit with Ryan and Ben being included as home-schoolers in her XC program at Bolton Middle School a year ago. I think Ben and Ryan were able to make the transition to high school this year that much easier because of the way she runs her program and the full involvement of all the kids that she nurtures. We are truly indebted to her effort and vision for safe, injury free running for kids.

This year our youngest Nick was eager to do more and run faster. He was able to make a ton of new friends during his first days of school, and has set himself up for long term running success with good habits and generally a good attitude toward the sport and his team mates. Unlike his brothers who ran a lot of 7, 8 & 9 mile days of varsity HS practice and paid the price with bouts of fatigue, stress and stress related injury and setback, he was free of all that even with soccer three times a week. Coach Muller certainly knows her business and Sharon and I are very grateful.

Ben and Ryan did quite well with their HS team at University Prep. They won the Magnet Cup and placed 2nd in their CT Technical Schools Division with 4 freshmen running varsity. They were generally 3rd & 4th on their team.

The Manchester Road Race this year brought new goals for all four of us. It meant running consistently outside of the school programs often after dark because of other commitments. We set our goals and put in some pretty big mileage over the 4-5 weeks leading up to it. The Parker Holt race was critical for the boys because they all had ended their very successful seasons with genuine disappointment. For Ben & Ryan the down note at the State Championship meet was all injury and fatigue related. The Parker Holt 5K set them all up for a fresh very motivated period of focused effort complete with running journals and x-training activity. While Ben and I missed our race day goals at the MRR we all did pretty darn good compared to our first go at it a year ago.

It is hard to run in the cold but we're doing it. Ben and Ryan will forgo indoor track for other extra curricular activities but they have their eye on spring track and we all look forward to fresh times in the summer XC series. Nick says he won't look back at the mile - I think that says a lot.

**EDITOR'S NOTE:** The VanDine boys not only ran well at the Parker Holt 5K, they also predicted their times very accurately at the Know Your Pace Race. I know we're going to be seeing a lot of great results from these guys in 2011.

## RACE RESULTS

Please email your results to Bekkie at [Webmaster@SilkCityStriders.org](mailto: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.

**BRISTOL MUM A THON 5M**  
Bristol, CT October 10, 2010

Steve Morse #2 M50-59 34:32

**APPLE HARVEST 5K**  
Glastonbury, CT October 17, 2010

John Paggioli #9M; #3 M40-49 18:46  
Art Byram 19:27  
Zack Brayfield #3 M19-29 21:12  
Tony Hollister #3 M60+ 21:14  
George Ripley 24:10  
Rachel Brayfield 31:02

**BRANFORD SHORES CLASSIC 4M**  
Branford, CT October 17, 2010

Alan McCall 32:17  
Zofia Turosz #1 F70-79 33:47  
Janit Romayko #3F60-69 36:41

**CT LAW ENFORCEMENT OFFICERS  
MEMORIAL 5K**  
Tolland, CT October 17, 2010

Dani Kennedy #10 Overall, #1F 22:35  
Peter Devine #10M; #2 M40+ 22:41  
Rick Chromik 23:36  
Heidi Chromik 27:57

**MIKEY'S PLACE 5K**  
Wethersfield, CT October 17, 2010

Adam Bulewich #3M; #2 M30-39 17:34  
Tom Walsh 23:13  
Joe Bellas #3 M0-8 33:00  
Jim Bellas 36:24  
Barbara Bellas 41:13

**ACT SCHOLARSHIP FUND 5K**  
Willimantic, CT October 23, 2010

Bill McGugan #5M; #1 M50-59 21:10  
Mark Turkington #7M; #1M60-69 22:32  
Zofia Turosz #5F; #1F70-99 26:19  
MaryLou White #7F; #2 F50-59 29:29

**LOVE YOUR BODY 5K**  
West Hartford, CT October 23, 2010

Tom Walsh #3 M50-59 23:52

**RAY CROTHERS MEMORIAL 5K**  
New Britain, CT October 24, 2010

Michael Westfall 19:16  
Mitch Bielenda 19:31  
Andrew Zyrek 20:08  
Matt Yoder 20:17  
Tony Hollister #2 M60-69 21:00  
King Archibald 21:35  
Tom Butterfield #2 M70+ 24:11  
Cathy King #1 F50-59 24:41  
Susan Leslie #1 F60-69 25:38  
Jill Ramos #3 F40-49 27:20

The Silk City Striders Men's (5-Man) & Women's (3-Woman) teams both won First Place! Excellent job everyone.

**COLUMBIA AUTUMN CLASSIC 5K**  
Columbia, CT October 24, 2010

John Sloan #1 M50-59 22:04

**MxCC SCHOLARSHIP 5K**  
Middletown, CT, October 30, 2010

Zofia Turosz #1 F70-99 26:13  
Janit Romayko #2 F60-69 28:28

**DOGTOBER FEST 5K**  
Enfield, CT October 30, 2010

Steven Morse #8M; #2 M50-59 22:38

**KENT PUMPKIN RUN 5M**  
Kent, CT October 31, 2010

Adam Bulewich #10M; #3 M30-39 29:11  
Tony Hollister 36:49

**AIRLINE TRAIL GHOST RUN 13.1 Miles**  
Hebron to East Hampton, CT November 6, 2010

Scott Freeman #1 M50-59 1:28:54  
TMK Relay Team #1 Mixed 1:31:16  
Alan McCall 1:56:25  
Jennifer Freeman 1:57:06  
Bob Niedbala 2:02:46  
Jill Ramos Course PR 2:16:13

**TARZAN BROWN MYSTIC RIVER RUN**  
Mystic, CT November 7, 2010

King Archibald 39:28  
John Yavis 1:09:12



**EAST WINDSOR VETERAN'S DAY 5K**

East Windsor, CT November 6, 2010

Adam Bulewich	#5M; #1 M30-39	17:27
Yolanda Flamino	#7 Overall; #1F	18:13
Linda Yamamoto	#4F; #2 F30-39	19:43
Mitch Bielenda	#2 M50-59	19:50
<b>#1 Veteran 50-100 (former Navy)</b>		
Dani Kennedy	#1 F50-59	21:00
Aaron Flamino		21:39
Cathy King	#2 F50-59	25:09
Sue Leslie	#2 F60-69	26:13
Nancy Gresh		28:16
Matthew Wynne		28:20
Roger Petersen		28:33
Clinton Driscoll		32:35

**JAMIE'S 5K**

Wethersfield, CT November 7, 2010

David LaPorte	21:11
Kristy LaPorte	37:28

**VETERAN'S DAY 5K**

West Haven, CT November 11, 2010

Tom Walsh	23:45
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**EBAC FALL CHALLENGE 4.75M**

New London, CT November 13, 2010

John Paggioli	#5M; #1 M40-49	29:10
Adam Paggioli	#3 M13-19	35:53
Zofia Turoz	#1 F70-99	40:29
Janit Romayko	#2 F60-69	43:46

**THOMPSON XC TURKEY TROT 5K**

Thompson, CT November 13, 2010

Ned Kennedy	#5M; #1 M50-59	20:15
Joe Poliquin		24:07
Bekkie Wright	#5F; #1 F40-49	24:08
Mitch Bielenda		24:15
Cathy King		28:30

NOTE: The Silk City Striders finished as #2 Team

**FROSTBITE 5K**

Enfield, CT November 13, 2010

Matt Yoder	#6M; #3 M30-39	18:49
Steven Morse	#2 M50-59	19:56

**RACE TO FILL THE PANTRY 5K**

Glastonbury, CT November 14, 2010

Art Byram		19:31
Scott Hollister		21:22
Tony Hollister	#2 M60-69	21:22
Peggy Byram		28:18
Randy Potterton		30:29

**BEACHFRONT BUSHWHACK XC 5M**

Greenwich, CT November 14, 2010

Zofia Turosz	#1 F70-79	44:30
Janit Romayko	#2 F60-69	50:03

Janit Reports: If you ever want to experience beauty at its best in a XC race, then drive on down to Greenwich to the 5m BushWhack. It is the BEST of the BEST with a challenge changing year to year. But you will always be promised great T-shirts, haybales, tree stumps, gorgeous views (we could see the skyline of NYC), shore birds, and a day at the beach if you so desire. It is held each year in mid-November and you can register on line at: [www.threadsandtreads.com](http://www.threadsandtreads.com).

**HOT COCO RUN 5K**

Cheshire, CT November 20, 2010

Tom Butterfield	#2 M70-79	25:43
Bill Schwarz	#3 M60-69	25:49
Deborah Thurston		29:35

**HTC 8K XC CHALLENGE**

West Hartford, CT November 20, 2010

Matt Yoder	33:21
Tom Walsh	47:55

**L'IL RHODY RUNAROUND 8M Trail Race**

Charlestown, RI November 21, 2010

Ed Steele	1:15:23
Bob Niedbala	1:21:30

Bob Reports: I missed a medal by 25 seconds. In the last part of the woods I took a hard fall (but no broken nose this year !!). and the man in my age division who was trailing me passed me as I was assessing my body for breaks and abrasions. The course is very rocky with LOTS of bare tree roots. I find that at the end of the race your tiredness reduces you leg lift and you are more prone to trip and fall.

All runners must wear orange due to RI hunting laws. It is now open deer season. One woman in front of me had a bright orange shirt on that said "I am NOT a Deer - Don't Shoot". The race staff won't let you run unless you have 200 square inches on orange on you.

A great post race feast in a log cabin ... hot stew !!!!

**NEW FAIRFIELD RUN FOR THE TURKEYS**

New Fairfield, CT November 21, 2010

Joseph Poliquin		21:53
Bekkie Wright	#7F; #2 F40-49	21:53

**MALIBU FITNESS THANKSGIVING DAY 5K**

Farmington, CT November 25, 2010

Janit Romayko	#1 F60-69	27:50
Deborah Thurston		29:17
Bill Schwarz		29:17

**DASH FOR DISNEY 5K**

North Windham, CT November 27, 2010

Tom Walsh	#8M; #3 M50-59	22:54
Tom Butterfield	#1 M60+	25:13

**COW CHIP XC 3.85M**

Trumbull, CT November 27, 2010

Zofia Turosz	#1 F70-79	34:34
Janit Romayko	#1 F60-69	39:41

Janit Reports: As usual, the theme of the "Utterly Ridiculous" race was carried out with brown T-shirts and brown food all in good humor. This year's race turned out to be 3.85 miles over hill and dale, water, hay bales, tree stumps, logs, leaf piles, and cow flop.

**PEARL HARBOR MASTERS' 5.2 M**

Waterford, CT December 5, 2010

Bob Niedbala		<b>44:31</b>
Janit Romayko	#1 F65-69	<b>48:36</b>

Bob Reports: As always the after race feast was legendary - venison, wild turkey, trout, pheasant, shepherd's pie, and some unknown foods (only for the brave), but great desserts!

**BLUE BACK SQUARE MITTEN RUN 5K**

West Hartford, CT December 5, 2010

Matt Yoder	#3 M35-39	19:30
Ed Yergeau		23:28

**SANTA'S RUN 3.5M**

Glastonbury, CT December 5, 2010

Brendan Callahan	#10M	19:50
Adam Bulewich	#3 M30-39	20:02
Scott Livingston		21:02
John Paggioli		21:06
Anne Leonard	#2 F18-29	21:53
Debbie Livingston	#2 F30-39	23:53
Ian Roberts	#3 M50-59	23:57
David Bendzinski		24:15
Dean Bolt		24:41
Adam Paggioli		24:48
Tony Hollister	#1 M60-69	25:11
King Archibald		25:24
Mike Lee		27:01
Alan McCall		27:45
George Ripley III		28:37
Susan Leslie	#2 F60-69	29:14
Mitch Bielenda		30:12
Cathy King		30:21
Lee Paquette		30:42
Meg Bendzinski		30:43
Jennifer Lee		31:20
Jill Ramos		31:48
Dorothy Paquette		32:54
Chrissy Bendzinski		37:42
Randy Potterton		37:52
Scott & Robyn Hollister		38:40
Samantha Freeman		42:55
Monica Lee		44:54

**2010 WMAC GRAND TREE SERIES****Monroe Dunbar Brook Trail 10.5M**

Monroe MA October 10, 2010

John Agosto	1:36:08
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**Groton Town Forest Trail 9.5M**

Groton MA October 24, 2010

MaryLou White	1:45:35
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**Hairy Gorilla Trail Half Marathon**

Albany NY October 31, 2010

John Agosto	1:38:25
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**Busa Bushwack Trail 10M**

Framingham MA, October 31, 2010

MaryLou White	2:22:56
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**Stone Cat Ale Trail 50M**

Ipswich MA November 6, 2010

Tony Bonanno	8:21:07
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**FINAL GRAND TREE STANDINGS - For runners with at least 2 finishes out of 14 races**

#7	John Agosto	9 Races	736.00 pts
#11	Mary Lou White	14 Races	649.18 pts
#30	Debbie Livingston	6 Races	469.95 pts
#92	Tony Bonanno	4 Races	284.30 pts
#124	Tim Blinn	4 Races	247.75 pts
#139	Scott Livingston	3 Races	236.22 pts
#213	David LaPorte	3 Races	177.66 pts

<b>MARATHON &amp; ULTRA RACE RESULTS</b>
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**STEAMTOWN MARATHON**  
Scranton, PA October 10, 2010

Joe Poliquin	<b>BQ</b>	3:38:56
Bekkie Wright	<b>BQ</b>	3:38:57

**MOHAWK HUDSON RIVER MARATHON**  
Schenectady to Albany, NY October 10, 2010

Barry Stoner	<b>#1 M70-74</b>	5:20:37
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**POINT DEFIANCE 50K**  
Tacoma, WA October 16, 2010

MaryLou White		6:42:23
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**GREEN MOUNTAIN MARATHON**  
South Hero, VT October 17, 2010

Jay Seney	<b>BQ</b>	3:25:55
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**BAY STATE MARATHON**  
Lowell, MA October 17, 2010

Bekkie Wright	<b>BQ</b>	3:42:11
Joe Poliquin	<b>BQ</b>	3:42:12

**BIMBLER'S BLUFF 50K**  
Guilford, CT October 25, 2010

Debbie Livingston	<b>#2F</b>	5:35:24
John Agosto		6:00:15
Ed Steele		8:09:00

**HOOVER DAM MARATHON**  
Boulder City, NV October 30, 2010

Bekkie Wright	<b>#2 F40-49</b>	4:14:45
Joe Poliquin		4:14:46

**MARINE CORPS MARATHON**  
Washington, DC October 31, 2010

Barry Stoner		4:59:30
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**UPCHUCK 50K**  
Chattanooga, TN November 13, 2010

Debbie Livingston	<b>#4 Overall, #1F</b>	5:39:05
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**MARSHALL UNIVERSITY MARATHON**  
Huntington, WV November 14, 2010

Bill Gaghan		3:45:45
Tammy Gaghan		5:29:55

**PHILADELPHIA MARATHON**  
Philadelphia, PA November 21, 2010

Andrew Keibel		3:22:41
Marty Kiebel		3:24:41

**CAJUN COYOTE 100K**  
Chicot State Park, LA December 4, 2010

Joe Poliquin	<b>#10M</b>	14:08
Bekkie Wright	<b>#3F</b>	14:08

**ROCK 'N ROLL LAS VEGAS MARATHON**  
Las Vegas, NV December 5, 2010

Bill Gaghan		3:52:38
Tammy Gaghan		5:26:13

### New Member Bio: Amira Lerario

I am from England and have lived in the US for almost 19 years, and my husband is from Windsor, CT. I have lived in Manchester for 12 years with my husband Wayne and 4 beautiful children - Charm 9, Case 7, Sage 5 and Lark 3. As a family we enjoy walking/hiking, riding bikes and running. I also love to swim, bike, kickbox, do pilates/yoga and weight train.

I started running in 2009 when a friend literally dragged me to Extreme Scramble #2. I ran the Hartford Half Marathon in 2009 – which was the furthest I'd ever run in my life. My husband Wayne has run the Manchester Road Race for many years. Last year was my first time running the MRR, and it was lots of fun. In 2010, I ran the Walter Childs Race of Champions Marathon in Holyoke, as well as the Hartford Marathon where I qualified for Boston. I'm very excited to be running the Boston Marathon in 2011.

EDITOR'S NOTE: Amira was #1 Female at the Parker Holt Celebration Run 5K this year, and also helped out at the Finish Line of the Know Your Pace Race. Her children participated in the first ever Mini-Manchester Runs held in conjunction with the Manchester Road Race Expo.



## Ironman Hawaii By Scott Livingston

Kailua-Kona is a long way from Manchester. Many Silk City Striders know that in the past two years, I have put a lot of energy into triathlon. I learned to swim (competitively) for the first time in early 2009 and immediately set some goals. Little did I know that swimming, though difficult, would help me get in the best shape of my life? I had a spectacular 2009, competing in a diverse 38 events and beating my personal bests in more than ten races including Northern Nipmuck, Seven Sisters, Nipmuck Trail Marathon, Josh Billings Runagroud, and the Manchester Road Race. Of course, I also did a little swimming/biking/running...

A period of extended rest in 2008, the swimming, and a modified diet were the three most important factors in my resurgence. If you know me, setting a triathlon goal wasn't about picking a local race to excel in. Of course, I enjoy the Hartford Marathon Foundation races, the Winding Trails Training Series, and the other odd events, but I subscribe to the "go big or go home" philosophy. I set BHAG's (Big Hairy Audacious Goals) in business every day.

So, after a brief discussion with Debbie, I put the [Ironman World Championship](#) in Kailua-Kona, Hawaii on my "to do" list. Qualifying isn't the easiest thing, but I had a plan. It started with learning how to do triathlon in the summer of 2009. I banged out a few local sprints, did an Olympic distance race; and did the [Ironman Rhode Island 70.3](#) race, which is a half Ironman. Then, only two weeks later, I did [Ironman Lake Placid](#) and was pleased with the outcome. I didn't suffer too bad and decided to pursue Hawaii.

A good friend phoned me on Halloween 2009 and made me an offer. He knew that I was on the Hawaii quest and that I was looking for a good race to qualify at. He said that he was putting together a group of athletes to compete in the Ironman Executive Challenge (XC) at [Ironman Brazil](#) on 30 May 2010. He said I had 24 hours to decide if I "was in." I had that brief discussion with Debbie knowing that the road to Kona went through Florianopolis, Santa Catarina, Brazil. At the time, I noted that 2010 was going to be a busy year. I'm really superstitious with this stuff, so I put 09 October in my Outlook Calendar, told my parents to save the date, and didn't tell anyone else.

I kicked off my training at the world famous Scrooge Scramble on Christmas Day 2009. After years of just running and riding, I actually built a plan, which consisted of an Excel spreadsheet. It isn't scientific. It is a training log with six columns. If I know my distance and time, I input it. If I don't, I don't worry about it. I also scheduled key workouts in my calendar.

This is what the log looks like:

Date	Day	Events/Planned Training	Actual Training	Type	Distan	Time	When	Note
12/25/2009	Friday	Ride	Rode to Scrooge Scramble					
12/25/2009	Friday	Run	Warmup and warmdown for Scrooge Scramble					
12/25/2009	Friday	Scrooge Scramble	Scrooge Scramble		3.1			
12/26/2009	Saturday	Ride	Rollers			40		
12/27/2009	Sunday	Ride	Rollers			40		
12/27/2009	Sunday	Run	Treadmill		2.3	20		
12/28/2009	Monday	Swim	Swim (EHHS)			31		Five 200's under 3:48
12/29/2009	Tuesday	Swim	Swim (EHHS)			40		
12/30/2009	Wednes	Swim/Bike	Swim (EHHS)			40		
12/30/2009	Wednes	Swim/Bike	Rollers			20		
12/31/2009	Thursda	Run/Bike	Treadmill		3.5	30		
12/31/2009	Thursda	Run/Bike	Spinner			30		

As planned as my life is, that was the most rigorous training plan I had done in fifteen years. I was making the shift from "racing to train" to "training to race." I still planned on doing 30+ events in 2010, but one had to stand out from the rest, and that was Ironman Brazil. I didn't even think about Hawaii. I had to beat a bunch of XC athletes to the line in Florianopolis and that was all that mattered.

I did some early season running and bike racing. I pushed our kids in the Chariot jog stroller all over town and pulled them in the trailer on the rail trail. I rode in the snow. I swam in freezing cold water. It all paid off. I had several goals for IM Brazil, but the most important one was to break 10 hours. I knew that if I did that, I would score the place necessary to book a ticket to Kona.

Everything came together and I had a super day in Florianopolis, but I had to absolutely crush myself to make the sub-10 hour goal. Finishing the race with absolutely nothing in the tank was extremely gratifying. The last 10K was absolute agony and I even increased my pace with sheer determination. It was one of my best races in my 20 year endurance sports career.

I rested briefly as summer started, and then I mixed in some shorter triathlons for speed work, and then did the [Timberman 70.3](#) in August, before moving into an extended pre-Kona endurance building cycle. I did several long ride/run combos peaking with a 100/8 brick over Labor Day Weekend, and a 115/10 brick a week later. I also did several long runs (for me) which consisted of running a 17 mile route to work at 5:00 A.M. This year, I squeezed workouts in wherever I could and anytime I could commute (to work, to the farmer's market, to a restaurant, etc.) I combined it with a workout. With an athletic spouse, two kids, a demanding job, and community involvement, I have to be creative.

The Ironman World Championship was a crazy experience. The training, logistics, travel, buildup, hype, and commercialism are a toxic mix of stress and joy. Just getting to the race is an ordeal. The race started at 7:00 A.M., but at 6:45, they herded 1900 athletes off of the pier and into the little bay. We all went down the same set of steps. I had to tread water for 10 minutes in 15 feet of water BEFORE swimming 2.4 miles.

Moments before the cannon sounded, I recall letting out the biggest sigh of my life. I had made it through all of the pre-race challenges, stayed healthy, and had 140.6 miles ahead of me with nothing else to focus on. It was a welcome feeling like none I had felt before. Before Brazil, I was jacked up with nervous intensity. Before Hawaii, I was stressed out.

It had been hard to simulate the heat that I would experience in Hawaii, but our extra hot New England summer was about as good preparation as I could have gotten. In August and September, I did every ride with knickers, long sleeves, long gloves, a vest, and a hat. I was simulating the uncomfortable conditions of the Big Island.

Once work got crazy in September, my rest was impacted and I started to "fry" a bit by October. I think I got to Kona a little past my peak and feeling a little crispy. The heavy training load had taken its toll and I wasn't feeling my best during the final prep phase.

Regardless, on race day, I gave it everything I had and was pleased with the result. I didn't hit my goal of 10:15 or my stretch goal of sub-10, but I did a "managed" race and finished in 10:27. I knew it was an "off day" when I hit the headwinds and heat of the lava fields on the bike course. I absolutely cooked in the sun. It is hard to tell if the sunburn had a direct effect on my race, but it definitely threw me off.

I held it together enough to get to the marathon without blowing up, but my goal of running 3:15 had to be modified. I went out at a sub-3:20 pace, but had to back off and run a "measured pace." I wanted to finish strong, so there was no point in risking "a bonk." I ended up running 3:31, which is respectable for those conditions. I really enjoyed the marathon, much more than the bike. The bike was agony, but the marathon was special.

I didn't suffer nearly as much as Brazil, where I ran 3:29 in better conditions, but with more on the line. I was able to pick it up in the final 10K as I aimed for sub 10:30, which I achieved. I really savored the last mile. Each step hurt, but I was buoyed by the massive crowd on hand. Random spectators high fived me as I came on to Ali'i Drive. If I could bottle the final five minutes of that race and save it for any "blue day," then I would. The endorphins were really popping as I rounded that final bend and spied the finish.

There aren't too many places in sport that have the magic of that finish line. I ran up the ramp, thrust my arms skyward, and enjoyed "my moment." I came down the backside and was ecstatic to see Debbie right there. She gave me a heartfelt hug with my kids, parents, two aunts, and a cousin watching. It was just perfect.

The competitor in me would like to return someday to challenge my time. If I'm serious about that goal, then it will be in the next five years, but it won't be next year. The 35-39 and 40-44 age groups are the most competitive ones, but right now, I need a break from the big time stuff. I'll be doing more Connecticut races and even some fun stuff without a number. I'll return to pushing my kids in the local road races, which in hindsight is pretty good for building fitness after all.

*I've got photos and more details in my [Ironman Hawaii post](#) and elsewhere on my [blog](#). I'm happy to share my experiences with any Silk City Strider who desires to go long or do something big in the triathlon world.*



### Silk City Striders Manchester Silk Worm

(Bekkie Wright, Joe Poliquin, Rick Chromik, Mike Fromerth & Andy Zyrek)

Brendan Prindiville	23:40
<b>Thomas Paquette*</b>	<b>25:13</b>
Adam Bulewich	26:27
Mike McCall	26:47
Scott Livingston	27:04
Conor Hackett	27:05
Lance Flamino	27:10
Brendan Callahan	27:36
Yolanda Flamino (#5 F30-39)	27:45
Tom Geer	27:54
Aaron Flamino	28:10
Scott Freeman (#2 M50-54)	28:35
Ned Kennedy (#4 M50-54)	28:41
Neal Leibowitz	28:41
John Paggioli (#5 M45-49)	28:53
John Agosto	29:06
Ryan VanDine	29:29
Jason Earl	29:32
Matt Yoder	29:33
Mike Tartar	29:46
Linda Yamamoto	29:52
Michael Westfall	30:07
Brandon Shore	30:17
Anne Leonard	30:48
Benjamin VanDine	31:08
Bill McGugan (#5 M55-59)	31:12
Matt Estes	31:19
Mitch Bielenda	31:48
Steve Morse	31:56
Tim Blinn	32:03
<b>Deborah Livingston*</b>	<b>32:20</b>
Amira Lerario	32:38
David Leak	32:44
Michael Tirrell	32:44
Michael Presti	32:50
John Sloan	32:58
Keron Smith	33:20
Noe Vasquez	33:29
Tony Hollister	33:31
David Bendzinski	33:32
Dani Kennedy	33:35

### 74th Annual Manchester Road Race November 25, 2010

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

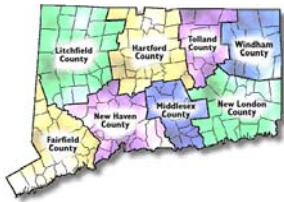
\* First Male & Female Silk City Striders –  
(current club members @ Nov. 2010)  
Thomas Paquette led the way for the Men,  
with Debbie Livingston regaining  
the top spot for the Women.

Nicholas VanDine	33:53
Dean Bolt	33:56
James Janiak	34:03
Paul Damon	34:06
Ian Roberts	34:10
Adam Paggioli	34:11
Bill & David Metzger	34:13
Chrissy Bendzinski	34:25
Scott Hollister	34:26
Mike Bendzinski	34:28
Dale Toce	34:29
Rachel Blinn	34:29
King Archibald	34:36
Kathy Manizza	34:36
Amby Burfoot	34:36
Mark Turkington (#4 M65-69)	34:49
Andrew Cannella	35:09
Jonathan VanDine	35:21
Ryan Bielenda	35:22
Zach Brayfield	35:57
Mike Saimond	36:06
Peter Devine	36:09
James Lee	36:15
Ray Carta	36:19
Bryce Metzger	36:31
Erica Shore	36:32
Zoe Ounpuu-Adams	36:36
Michael Dolen	37:02
Edward Yergeau	37:02
Ginny Welch	37:22
Tom Walsh	37:27
Cassandra Webb-Monaco	37:30
Brad Shoenfelt	37:35
Russell Saucier	37:58
Matt Liles	37:58
Mike Lee	38:01
Nevin Ounpuu-Adams	38:06
Alan McCall	38:09
Kristen Metzger	38:11
George Ripley III	38:18
Kyle Toce	38:24

Ken Ballette	38:24	Jay Seney	53:21
Kara Miffitt	38:48	Brian Seney	53:22
David Shluger	38:54	Clinton Driscoll	53:29
Scott Templeton	38:59	Cassandra Saimond	54:07
Ken Larson	39:12	Dennis Blondin	54:10
Zofia Turosz (#2 F70-74)	39:49	Kyle Thornton	54:27
Tom Butterfield (#4 M70-74)	40:03	Pilgrims (Thorntons)	54:33
Cathy King	40:32	Andre Mesnil	54:45
Carole Saucier	40:39	Robert Bieri Jr.	55:24
Hayley & John Collins	40:58	Anthony Dennis	55:41
Art & Jody Byram	41:00	Emily Shok	56:14
Timothy Brennan	41:24	Richard Shok	56:16
Michael Toce	41:36	Kate & Tony Bonanno	56:22
Samuel Iacobellis	42:05	Martin Keibel	57:55
Matthew Peak	42:17	Silk City "Manchester Silkworm"	58:03
Doug Flamino	42:21	Richard Alexandre	58:06
MaryLou White	42:44	Sue Riley	58:11
Sylvia Ounpuu & Jim Adams	42:55	John Salcius	58:31
Lee Paquette	43:02	Katherine Kameron	59:04
Paul Gresh	43:28	Silva Mesnil	59:28
Susan Leslie	43:31	Roland Roy	59:44
Melissa Jolly	43:45	Jackie Lancaster	59:47
Betty Cannella	43:56	Patricia Barsamian	59:54
Olivia Shluger	44:11	Judi Shok	1:00:05
Karina Lora	44:27	Stephen Millett	1:01:47
Janit Romayko (#3 F65-69)	44:40	Jill & Lindsay Ramos	1:01:59
Dorothy Paquette	44:55	Linda Romejko	1:01:03
Heidi Chromik	44:56	Monica Lee	1:01:26
George Caye	45:13	Dan Jakowski	1:01:48
James Iacobellis	45:27	Dan Kennedy	1:02:56
Meg Bendzinski	45:37	Ted Kennedy	1:02:57
Lynn Damon	46:54	Katie Steele	1:04:47
Amy Estes	47:25	Edward, Ed, Eddie & Noreen Steele	1:06:07
Beth Shluger	47:48	Robin Crossley	1:27:55
Miriam DeGrandi	47:49	Karen Saunders	1:32:32
Sharon Beebe	48:12		
Alex Mesnil	48:16		
Daniel Schumacher	48:16		
Janice Tirrell	48:18		
Michelle Sawyer	48:32		
Patricia Saimond	48:38		
Carolyn Nielsen	48:39		
Jeff Lancaster	48:49		
Jennifer Lee	49:06		
Brian Millett	49:26		
Nancy Gresh	49:43		
Carole Phelan	49:53		
Angelee & Carolyn Carta	50:17		
Joyce Thorner	50:51		
Annemarie DeMonte (#3 F70-74)	51:35		
Myles Kessler	51:38		
Danielle & Mark Helisek	52:01		
Marc Shok	52:03		
Randy Potterton	52:32		
Michael Salcius	52:55		
Tim Saimond	52:57		



**Special Thanks to:**  
**MRR Committee Members**  
**Jim Balcome, Greg Best, Peter Boucher,**  
**Tris Carta, Ken Larson, Jack Leonard**  
**and Dave Prindiville** for another great year.



**Silk City Striders 8 County Challenge**  
**At Least Five (5) Counties Completed as of 12/10/2010**  
 Please report your progress to [Webmaster@SilkCityStrider.org](mailto:Webmaster@SilkCityStrider.org). Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald	X	X	X	X	X	X	X	X
Mitch Bielenda	X	X	X	X	X	X	X	X
Adam Bulewich	X	X	X	X		X	X	
Scott Freeman		X		(x)	X	X	X	
Tony Hollister		X	X	X	X		X	
Dani Kennedy	X	X		X	X		X	
Ned Kennedy	X	X		X	X		X	X
Cathy King	X	X	X	X	X	X	X	X
Debbie Livingston		X	X	X		X	X	X
Scott Livingston		X		X	X	X	X	
Alan McCall	X	X	X	X	X	X	X	X
John Paggioli		X	X	X	X	X	X	
Joe Poliquin	X	X	X	X	X	X	X	X
Randy Potterton		X		X	X	X	X	
Jill Ramos	X	X	X	(x)	X	X	X	X
Janit Romayko	X	X	X	X	X	X	X	X
Keron Smith	X	X		X	X	X	X	
Barry Stoner	X	X	X	X	X	X	X	X
Mark Turkington	X	X		X	X	X	X	X
Zofia Turosz	X	X	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

Note (x): The 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





Below is the self-reported list of Silk City Striders who reached the 700 Mile Mark by 12/10/2010.

MEN	
John Agosto	Alan McCall
Mitch Bielenda	Bill Metzger
Tony Bonanno	Joe Poliquin
Art Byram	Barry Stoner
John Collins	Mike Tartar
Aaron Flamino	Mike Westfall
Bill Gaghan	Andy Zyrek
Scott Livingston	

WOMEN	
Betty Cannella	Keron Smith
Dani Kennedy	Ginny Welch
Debbie Livingston	Bekkie Wright
Janit Romayko	Linda Yamamoto

## SILK CITY STRIDERS 2010 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.

- Kate Bonanno       Monica Lee
- Heidi Chromik     Carole Saucier
- Hayley Collins
- \_\_\_\_\_

### "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.

- Jim Best               Linda Yamamoto
- Ian Roberts         Ed Yergeau
- Ginny Welch
- \_\_\_\_\_

See next page for "Most Improved M&F"

### Some background info on the nominees:

**Kate Bonanno** – A true rookie (Age 8), Kate ran the Adult’s 2.4 Mile Race at Wickham Park this summer to test her endurance, had a PR at Nikki’s Run Walk -N- Roll 5K, and ran the Manchester Road Race this year with her dad, Tony.

**Heidi Chromik** – With PR’s at every distance this year, Heidi not only improved on her speed, but her endurance as well. She started her season with the 8M Bobby’s Run, and finished with a PR at the Know Your Pace Race on the Manchester Road Race course.

**Hayley Collins** – Another true rookie (Age 11), Hayley moved up from the 1 Mile Kid’s Race to the 5K race at Cider Mill this year. She also ran the Manchester Road Race for the first time this year with her dad, John, in just under 41 minutes.

**Monica Lee** – Diversity and perseverance were the hallmarks of Monica’s 2010 racing season. Her races included everything from Cross Country at Wickham Park to the Women’s Triathlon at Winding Trails. Monica’s son & daughter also competed at the WPXC series, and inspired her to try new things in 2010.

**Carole Saucier** – A strong year all around for Carole starting with the Run to Remember Ray Trail Race, and continuing through the Silk City Slam with a PR at the Parker Holt 5K and Know Your Pace Race. She even inspired her husband, Russ, to get back into running.

**Jim Best** – After slipping on the ice, and taking a fall at Case Mountain at the very beginning of 2010, Jim has been working his way back from potentially career-ending surgery. He was finally cleared to walk and run again this Fall, and expects to be back in shape for the Manchester Road Race in 2011.

**Ian Roberts** – Had a year of injury and recovery which resulted in having to use the Know Your Pace Race as his Manchester Road Race qualifier as he had no other eligible road races in 2010. With little or no training, he was able to run a sub-35 on Thanksgiving to set himself up for 2011.

**Ginny Welch** – After knee surgery in 2010, Ginny returned to run a sub-40 Manchester Road Race this Fall. She’s slowly built her mileage back, and reached the 700 Mile mark in 2010 despite an extended layoff while rehabbing her knee.

**Linda Yamamoto** – Following the birth of her daughter, Grace, Linda has been returning to form and getting her speed back. She ran a sub-30 Manchester Road Race, and looks poised for an outstanding 2011 racing year as she builds back her endurance as well as her speed.

**Ed Yergeau** – Following rotator cuff surgery, Ed got his clearance to run again just before Thanksgiving, and was back on the roads for Know Your Pace Race, Manchester Road Race, and Blue Back Mitten Run.

**“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.

**Male**

- Mike Fromerth
- Scott Livingston
- Mike Westfall
- \_\_\_\_\_

**Female**

- Chrissy Bendzinski
- Amira Lerario
- Debbie Thurston
- \_\_\_\_\_

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.

**Mike Fromerth** – While serving as primary caregiver for his son, Jonathan, after his wife returned to work over the Summer, Mike managed to squeeze in enough miles to train for his first marathon - the ING Hartford Marathon. What makes this remarkable is that his mileage for the year is still just shy of the 700 mark.

**Scott Livingston** – After stepping up to the Ironman Triathlon, in 2010 Scott took on the dreaded Kona course including stiff winds and heat to finish strong at the Ironman World Championships. He also had a great trail running season, and was among the Top 5 Silk City Striders Men at the Manchester Road Race.

**Mike Westfall** – Distance and diversity were the keys to Mike’s 2010 Racing season. He stepped up to the Marathon distance at the Rochester Marathon, and only missed qualifying for Boston by a few minutes in his first effort. He also tackled the Warrior Dash, as well as posting some very good results at the Xtreme Scramble Series.

**Chrissy Bendzinski** – This summer, Chrissy really impressed everyone at the Wickham Park XC Series, consistently challenging high school girls from around the State. She capped the year with a sub-35 finish at the Manchester Road Race.

**Amira Lerario** – After beginning her running career by competing in the Xtreme Scramble Series, Amira stepped up to the Marathon distance at “Holyoke” Marathon in the Spring, and then kicked up her heels to post a Boston Qualifying time at the ING Hartford Marathon in the Fall.

**Debbie Thurston** – Accepting a new challenge in 2010, Debbie used the Winding Trails Triathlon Series to prepare for the HMF Women’s Triathlon at the end of the season. Looks like she’s gearing up for the Olympic Distance Triathlon in 2010.

**TIME TO RENEW  
YOUR MEMBERSHIP**

It’s time to renew your Silk City Striders Membership for 2011. 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 2011.

**SILK CITY STRIDERS  
BOARD OF DIRECTORS  
MEMBERS NEEDED FOR 2011**

Nominations are currently being accepted for the 2011 Silk City Striders Board of Directors. Please email nominations to Webmaster@SilkCityStriders.org. Officers and Board Members will be elected on January 1, 2011 at the Champagne Run & Brunch. Thanks.

## HUNGRY TIGER TOY RUN

### Sunday, December 12 – 5:30 PM



We invite you all to check out the festivities that MaryLou and Janit have planned for Sunday, December 12<sup>th</sup>. Registration will be held at 5:00 PM at the Hungry Tiger Restaurant, 120 Charter Oak Street in Manchester.

There is NO RACE FEE and in lieu of no fee, please bring an unwrapped toy for a child ages 1-14. The Fun Run will commence at 5:30 PM and everyone will get some jingle bells for their shoes so we can hear each other on the run.

We will run from the Skate House on the paved trail to Gardner Street and back and then around the baseball fields at Mt. Nebo and then back over to Charter Oak and Main back to the Hungry Tiger. There will be a few door prizes and Don Denley, the owner of the Hungry Tiger will have drink/beer specials and a light buffet for us. Walkers welcome too.

The toys will be donated to the Manchester Police Dept's Christmas Party for kids on December 19<sup>th</sup>. Dress festively and bring flashlights, and your Christmas spirit.

For Race Questions, contact: [mlouwhite@comcast.net](mailto:mlouwhite@comcast.net) or [jpromayko@sbcglobal.net](mailto:jpromayko@sbcglobal.net)

## SCROOGE'S SCRAMBLE

### Saturday, December 25 – 10:30 AM



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).

**20th Annual SCROOGE'S SCRAMBLE**  
**Saturday, December 25, 2010 - 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](mailto:mlouwhite@comcast.net) or [jpromayko@sbcglobal.net](mailto:jpromayko@sbcglobal.net)

## RACE CALENDAR

**NOTE: Check Dates ... many On-line Calendar Links are not yet active for 2011 Races**

	Date	Time	Race	Place	More Information
Su	Dec 12	5:30 PM	Hungry Tiger Toy Run (*NEW)	Manchester (Hungry Tiger)	<a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a>
Sa	Dec 18	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	<a href="http://www.greystonetracing.net">www.greystonetracing.net</a>
Sa	Dec 25	10:30 AM	Scrooge Scramble 5K	Vernon (Cornerstone)	<a href="http://www.SilkCityStriders.org">www.SilkCityStriders.org</a>
Sa	Jan 1	11:00 AM	Guilford Rotary Club Frosty 5K	Guilford (Guilford Green)	<a href="http://www.guilfordrotary.org">www.guilfordrotary.org</a> ( <a href="http://www.plattsys.com">www.plattsys.com</a> )
Sa	Jan 1	9:00 AM	Resolution Run 5K	Colchester (Bacon Academy)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
Su	Jan 2	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace)	Roger Camire 860-536-8175
Sa	Jan 8	10:00 AM	Bolton Trail Run	Bolton (Rt. 44 Commuter Lot)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Su	Jan 9	10:00 AM	Boston Buildup Series 10K	Norwalk (McMahon H.S.)	<a href="http://www.clubct.org">www.clubct.org</a>
Su	Jan 9	1:30 PM	Aselton Mem. Snow Dash 5K	E. Hartford (Langford School)	<a href="http://www.ci.east-hartford.ct.us">www.ci.east-hartford.ct.us</a>
Su	Jan 16	10:00 AM	People's Forest 8.5/17 M	Barkhamstead (People's For)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Su	Jan 23	9:00 AM	Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch)	<a href="http://www.clubct.org">www.clubct.org</a>
Su	Jan 23	11:00 AM	Boston Prep 16M	Derry, NH	<a href="http://sugarloafmac.org">http://sugarloafmac.org</a>
Su	Feb 6	10:00 AM	Gideon Welles 4M @ Cedar Hill	Hartford (Cedar Hill Cemetery)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Sa	Feb 12	11:00 AM	Bob Andrulis Memorial 5M	Litchfield (Community Ctr)	<a href="http://www.greystonetracing.net">www.greystonetracing.net</a>
Sa	Feb 12	10:00 AM	Sweetheart Run 4M	Stratford (YMCA)	<a href="http://www.hitekracing.com/sweatheart">www.hitekracing.com/sweatheart</a>
Sa	Feb 19	11:00 AM	Martha's Vineyard 20M	Martha's Vineyard, MA	<a href="http://www.mv20miler.com">http://www.mv20miler.com</a>
Su	Feb 27	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS)	<a href="http://sugarloafmac.org">http://sugarloafmac.org</a>
Su	Feb 27	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	<a href="http://www.roadntracksports.com">www.roadntracksports.com</a>
Su	Feb 23	9:00 AM	Boston Buildup Series 20K	Southport (RR Station)	<a href="http://www.clubct.org">www.clubct.org</a>
Sa	Feb 26	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Su	Mar 6	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	<a href="http://www.clubct.org">www.clubct.org</a>
Su	Mar 6	11:00 AM	Stu's 30K	Clinton, MA (Clinton Mid Sch)	<a href="http://www.cmsrun.org/schedule/schedule_local.shtml">www.cmsrun.org/schedule/schedule_local.shtml</a>
Su	Mar 13	10:00 AM	Collinsville 5.5/11M	Collinsville (Rt. 179)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Su	Mar 27	10:00 AM	Asta Memorial 19.6M	Rocky Hill (Fern St)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Su	Mar 27	7:30 AM	Boston Blowout 30K	Fairfield	<a href="http://www.clubct.org">www.clubct.org</a>

## WINTER/SPRING 2011 MARATHON CALENDAR

Lots of local races and some nice Winter Get-Aways

DATE	RACE	PLACE	Website (link)
December 11, 2010	Roxbury Marathon	Roxbury, CT	<a href="http://www.roxburyraces.com">http://www.roxburyraces.com</a>
January 23, 2011	Maui Oceanfront Marathon	Maui, HI	<a href="http://www.MauiOceanfrontMarathon.com">http://www.MauiOceanfrontMarathon.com</a>
January 30, 2011	ING Miami Marathon	Miami, FL	<a href="http://www.ingmiamimarathon.com">http://www.ingmiamimarathon.com</a>
February 13, 2011	26.2 with Donna	Jacksonville Beach, FL	<a href="http://www.breastcancermarathon.com">http://www.breastcancermarathon.com</a>
February 19, 2011	Myrtle Beach Marathon	Myrtle Beach, SC	<a href="http://www.mymarathon.com">http://www.mymarathon.com</a>
February 20, 2011	A1A Marathon	Ft. Lauderdale, FL	<a href="http://www.a1amarathon.com">http://www.a1amarathon.com</a>
February 27, 2011	Hyannis Marathon (New Course*)	Hyannis, MA	<a href="http://www.hyannismarathon.com">http://www.hyannismarathon.com</a>
February 13, 2011	Mardi Gras Marathon	New Orleans, LA	<a href="http://runrocknroll.competitor.com/mardigras/">http://runrocknroll.competitor.com/mardigras/</a>
March 20, 2011	Shamrock Sportsfest Marathon	Virginia Beach, VA	<a href="http://www.shamrockmarathon.com">http://www.shamrockmarathon.com</a>
March 28, 2011	Ocean Drive Marathon	Cape May County, NJ	<a href="http://www.odmarathon.org">http://www.odmarathon.org</a>
April 18, 2011	Boston Marathon (SOLD OUT)	Boston, MA	<a href="http://www.baa.org">http://www.baa.org</a>
May 1, 2011	New Jersey Marathon (New Course*)	Long Branch, NJ	<a href="http://www.njmarathon.org">http://www.njmarathon.org</a>
May 1, 2011	Long Island Marathon	East Meadow, NY	<a href="http://www.thelimarathon.com">http://www.thelimarathon.com</a>
May 2, 2011	Race of Champions Marathon	Holyoke, MA	<a href="http://www.harriers.org/marathon">http://www.harriers.org/marathon</a>
May 29, 2011	Vermont City Marathon	Burlington, VT	<a href="http://www.runvermont.org">http://www.runvermont.org</a>