



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

Presidents' Message:

At the beginning of every year, it is commonplace to set a New Year's Resolution or two. Most runners set some running goals. Maybe it was a personal record in a race, maybe it was a return to running after an injury, maybe it was your first 5K race, or maybe to run your 50th State marathon. Whatever your goal, congratulations to all, who through perseverance, achieved your goals. Give yourself a "high-five."

It is also time to thank those club members who volunteered their time to help plan, organize, and assist with our various activities. Special thanks to our Board of Directors.

As we look forward to 2012, we are recruiting members to serve as club officers or board members. Please consider volunteering for one of these positions.

Happy holidays to all; Happy Hanukkah, Merry Christmas, Happy Kwanzaa, and Happy New Year.

Sue Leslie & Mary Lou White

What happened in Vegas?



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2011 BOARD OF DIRECTORS

Officers

Co-President:	Sue Leslie	(860) 644-1804
Co-President:	MaryLou White	(860) 512-0007
Vice-President:	Rick Chromik	(860) 871-6101
Treasurer:	John Sloan	(860) 643-6123
Secretary:	Mike Fromerth	(860) 904-7779
	Mitch Bielenda	(860) 644-4806
	Dani Kennedy	(860) 670-6294
	Cathy King	(860) 916-6573
	Karen Saunders	(860) 643-9125
	Keron Smith	(860) 644-0597
	Bekkie Wright	(860) 461-1486

Uniforms & T-Shirts

Sue Leslie (860) 644-1804

WebMaster

Bill Schwarz (860) 643-4096

Newsletter

Staff: Bekkie Wright – Editor
Karen Saunders – Editor Emeritus
Jim Best – Race Calendar

Elections will be held for Officers and Board of Directors Members at the New Years Day Champagne Run & Brunch, January 1, 2012. If you are interested in putting your name on the ballot, please announce your candidacy to any of the current Officers or Board Members at one of the Saturday Fun Runs before the end of December.

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

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Nithya Kannan	Manchester
Clinton Morse	Tolland

WELCOME BACK

Todd & Andrew Mozzer Wethersfield

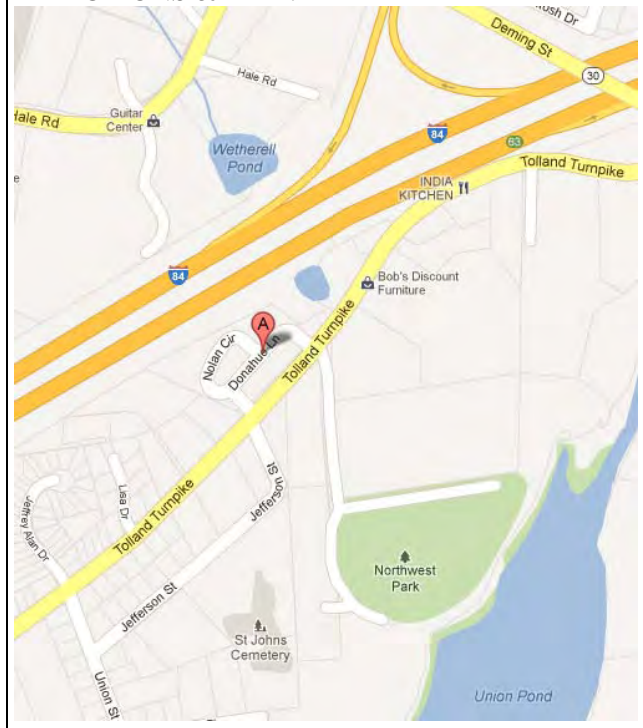
CONGRATULATIONS

Bekkie Wright and **Joe Polquin** were married at the Red Rock National Conservation Area in Las Vegas on December 4, 2011.

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, 2012 at 10:00 AM, hosted by Cathy King & Mitch Bielenda at 5 Donahue Lane in Manchester (Manor Woods condos), off of Tolland Turnpike (Take Exit 63 from I-84). Ample parking is available across the street at Northwest Park. There will be several running routes to choose from. Please bring your favorite brunch item to share.

DIRECTIONS & MAP:





**Parker Holt Celebration Run 5K – World Run Day
Manchester Community College November 6, 2011**

Bekkie Wright served as Race Director and was aided by a large staff of volunteers. Special thanks to **John Sloan** for the use of his van, **Merle Stoner** for assistance with registration, our course monitors **Barry Stoner, John Sloan, Sue Leslie, Keron Smith** and **Karen Saunders**, water stop Captain **Dani Kennedy, Jill & Lindsay Ramos** for Finish Line assistance, and **Joe Poliquin** for Race Photography. We would also like to thank the team from **The Last Mile Racing**.

#1 MALE	Time
Shaun Berard	17:02

“Most Veteran” MALE	Time
Ray Greene	52:19

#1 FEMALE	Time
Jackie Ofria	20:20*

“Most Veteran” FEMALE	Time
Cynthia Peterson	40:24
* New Womens' Course Record	

Age Group Winners

MALE Age 0-14		Time
1	Chris Erikson	21:07
2	Jacob Ouellette	21:49
3	Chris LeMay	25:08

MALE Age 15-19		Time
1	Kenny Erikson	19:00
2	John Burdick	24:57
3		

MALE Age 20-29		Time
1	Andrew Piro	18:06
2	Kevin Beals	19:29
3	Gary LaRosa	21:12

MALE Age 30-39		Time
1	Aaron Flamino	17:11
2	Gabriel Kendall	22:15
3	George Simonian	22:49

MALE Age 40-49		Time
1	David Dyson	20:40
2	Peter Austin	21:44
3	Noe Vasquez	22:06

MALE Age 50-59		Time
1	Peter LaFontaine	18:24
2	Kevin Glenn	19:20
3	David G. Taylor	20:32

MALE Age 60-69		Time
1	Lee Paquette	26:30
2	Bruce Pennell	28:31

FEMALE Age 0-14		Time
None		

FEMALE Age 15-19		Time
None		

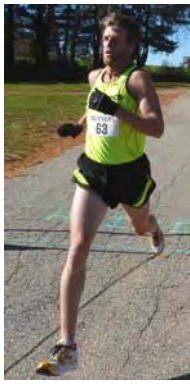
FEMALE Age 20-29		Time
1	Lauren Piro	26:27

FEMALE Age 30-39		Time
1	Linda Yamamoto	22:48
2	Kate Durant	26:42
3	Stephanie Golaski	26:22

FEMALE Age 40-49		Time
1	Laurie Brooks	23:11
2	Edit DiPippo	23:35
3	Carole Saucier	24:05

FEMALE Age 50-59		Time
1	Ginny Welch	23:51
2	Dawn Love	29:58
3	Dorothy Paquette	31:01

FEMALE Age 60-69		Time
1	Barbara Maloney	32:23
2	Sandy Wade	40:31



Aaron



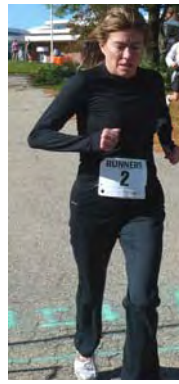
Linda & Grace



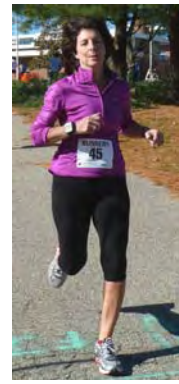
Rick



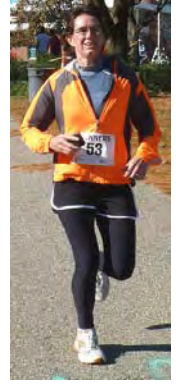
Tom



Laurie



Ginny



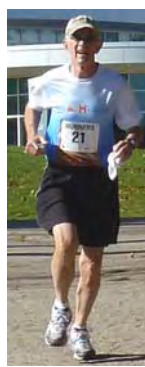
Carole



Mike



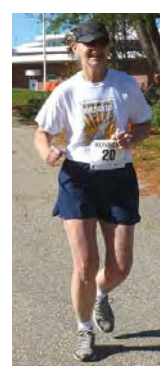
Art



Lee



Clint



Dorothy



Norlean

Parker Holt Celebration Run 5K -- Overall Race Results

Place	Fname	Lname	Time	Place	Fname	Lname	Time
1.	Shaun	Berard	17:02	27.	Ginny	Welch	23:51
2.	Aaron	Flamino	17:11	28.	Joseph	Bores	23:53
3.	Andrew	Piro	18:06	29.	Carole	Saucier	24:05
4.	Peter	LaFontaine	18:24	30.	Jennifer	Dorl	24:09
5.	Kenny	Erikson	19:00	31.	Michael	Fromerth	24:31
6.	Kevin	Glenn	19:20	32.	John	Burdick	24:57
7.	Kevin	Beals	19:29	33.	Chris	LeMay	25:08
8.	Jackie	Ofria	20:20	34.	Art	Byram	25:39
9.	David G.	Taylor	20:32	35.	Lauren	Piro	26:27
10.	David	Dyson	20:40	36.	Lee	Paquette	26:30
11.	Chris	Erikson	21:07	37.	Kate	Durant	26:42
12.	Gary	LaRosa	21:12	38.	Jim	Mazeski	26:46
13.	Kenneth	Erikson	21:21	39.	Michael	Rood	28:20
14.	Peter	Austin	21:44	40.	Bruce	Pennell	28:31
15.	Jacob	Ouellette	21:49	41.	Dina	Blinn	28:40
16.	Steve	Burdick	21:54	42.	Clinton	Driscoll	29:17
17.	Noe	Vasquez	22:06	43.	Dawn	Love	29:58
18.	Jeff	Sowa	22:08	44.	Kevin	Morris	30:10
19.	Gabriel	Kendall	22:15	45.	Dorothy	Paquette	31:01
20.	Linda	Yamamoto	22:48	46.	Norlean	Litwinka	32:21
21.	George	Simonian	22:49	47.	Barbara	Maloney	32:23
22.	Richard	Chromik	23:01	48.	Stephanie	Golaski	26:22
23.	Tom	Walsh	23:07	49.	Cynthia	Peterson	40:24
24.	Steven	Grinold	23:08	50.	Sandy	Wade	40:31
25.	Laurie	Brooks	23:11	51.	Susan	Denz	46:40
26.	Edit	DiPippo	23:35	52.	Ray	Greene	52:19

KNOW YOUR PACE RACE
(Manchester Road Race Course 4.748 Miles)
Manchester CT November 19, 2011

Name		Predicted	Actual	Diff.
Stoner	Jeffrey	40:20	40:19	:01
Paquette	Lee	42:31	42:33	:02
Saucier	Russell	40:20	40:16	:04
Morris	Jimmy	35:00	35:06	:06
Davis	Ali	34:25	34:32	:07
Bielenda	Mitch	33:30	33:37	:07
Rice	Brian	34:45	34:36	:09
Michaud	Geoff	33:18	33:07	:11
Leak Jr.	David	33:40	33:28	:12
Brooks	Laurie	37:00	36:48	:12
Squier	Wally	39:49	39:36	:13
Doyle	Jessica	34:25	34:41	:16
Pandiscia	Carol	34:20	34:37	:17
Byrnes	Michael	34:53	34:35	:18
Tranberg	Kevin	37:00	36:42	:18
Cerpovicz	Leeann	38:00	38:19	:19
Savage	Tim	42:40	43:04	:24
Hamilton	Annette	39:30	39:05	:25
Hamilton	Jay	39:30	39:05	:25
Balavender	Joe	35:00	35:26	:26
Tirrell	Michael	36:47	36:21	:26
Davis	Surge	29:00	29:29	:29
Dell	Barbara	43:50	43:18	:32
King	Cathy	42:00	41:26	:34
Brandon	Kevin	30:20	30:55	:35
Brayfield	Zack	38:59	38:23	:36
Schumacher	Adam	38:03	38:41	:38
Christensen	Bruce	31:04	30:25	:39
Vandenburgh	Charles	34:30	33:50	:40
Cerpovicz	Alexandria	42:00	41:20	:40
Barnwell	Nancy	45:00	44:18	:42
Chalmers	Andrew	30:10	30:54	:44
Snow	Diane	37:22	36:38	:44
Alfano	Alyce	35:01	34:17	:44
Roy	LuAnne	41:30	42:15	:45
Chromik	Heidi	39:59	40:45	:46
Konon	Rick	30:40	31:27	:47
Vasquez	Noe	34:00	34:47	:47
Champagne	Dan	33:00	33:49	:49
Moher	Don	35:00	35:52	:52
Busque	John	30:00	30:54	:54
VanDine	Benjamin	29:59	30:58	:59
Carlson	Bridget	37:50	36:47	1:03
Carlson	Steve	37:50	36:47	1:03
Collins	John	32:32	31:28	1:04
Freeman	Scott	32:03	30:57	1:06

Name		Predicted	Actual	Diff.
Cobb	Carter	39:49	38:43	1:06
Saucier	Carole	41:40	40:33	1:07
Paquette	Dorothy	47:20	48:29	1:09
Murray	Jeff	31:10	32:22	1:12
VanDine	Nick	35:40	36:53	1:13
Larson	Tim	35:00	36:14	1:14
Cuss	David	57:00	58:21	1:21
Micoletti	Laurie	44:42	43:20	1:22
Chromik	Rick	34:59	36:27	1:28
Christy	Jonathan	39:49	41:22	1:33
Aresco	Gina	39:52	41:25	1:33
Dornelas	Dilton	34:17	32:42	1:35
Baker	George	43:00	41:15	1:45
Thornton	Jeff	35:47	33:59	1:48
Keibel	Martin	34:00	32:09	1:51
Glenn	Kevin	32:00	30:08	1:52
Tirrell	Janice	51:51	49:56	1:55
Archibald	King	37:37	35:41	1:56
Cadwallader	Lindsay	39:30	37:32	1:58
VanDine	Ryan	30:00	32:00	2:00
McCarthy	Ted	40:21	38:20	2:01
Grady	Gara	43:55	41:51	2:04
Decker	Rob	39:00	41:16	2:16
Walsh	Tom	39:00	36:44	2:16
Mazeski	Jim	40:00	42:18	2:18
Yoder	Matt	34:30	32:10	2:20
O'Reilly	Steve	33:14	30:46	2:28
Carlson	Brianna	37:59	35:29	2:30
DeGrandi	Miriam	45:58	48:31	2:33
Rivosa	John	35:00	37:33	2:33
Marseglia	Matthew	34:00	36:45	2:45
Cymbala	Chris	37:59	40:52	2:53
Todd	Mark	46:27	43:33	2:54
Westfall	Michael	35:12	32:15	2:57
Touissant	Guirland	40:00	43:47	3:47
Rup	Tom	39:40	43:55	4:15
Reed	Ryan	40:21	36:01	4:20
Brown	Todd	35:00	30:22	4:38
Potterton	Randall	56:00	1:01:53	5:53
Ollie	Stephanie	54:36	47:57	6:39
McConville	Garry	50:00	43:08	6:52
Cobb	Chris	47:45	40:21	7:24
LeMay	Mike		44:16	Turkey
LeMay	Chris		44:16	Turkey
White	Nathan		37:24	Turkey

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.

LOVE YOUR BODY 5K West Hartford, CT October 22, 2011

Mike Bendzinski	#8M; #2 M50-59	20:44
Steve Morse	#10M; #3 M50-59	21:07

COLUMBIA AUTUMN CLASSIC 5K Columbia, CT October 23, 2011

John Sloan	#2 M50-59	21:14
Jay Hamilton		22:33
Annette Hamilton		25:00
Diana Cohen		27:07
Clint Driscoll		30:24

MxCC SCHOLARSHIP 5K Middletown, CT, October 29, 2011

Tom Walsh		23:35
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AIRLINE TRAIL GHOST RUN 13.1 Miles Hebron to East Hampton, CT November 5, 2011

Kathy Manizza	#3 F50-59	1:45:18
Bill Metzger		2:00:26
Kyle Thornton		2:03:46
Jeffrey Thornton		2:03:47
Kathy Thornton		2:03:48

TARZAN BROWN MYSTIC RIVER RUN Mystic, CT November 6, 2011

King Archibald		40:50
Tom Walsh		42:58

EAST WINDSOR VETERAN'S DAY 5K East Windsor, CT November 5, 2011

Adam Bulewich	#5M; #3 M30-39	17:09
Aaron Flamino	#6M	17:09
Melissa Stellato	#1F	18:13
Ned Kennedy	#1 M50-59	18:48
Linda Yamamoto	#3F	19:53
Rachel Blinn	#5F; #1 F15-17	20:38
Steve Morse	#3 M50-59	20:49
Mitch Bielenda	#1 Veteran 50+	21:09
Tim Blinn		21:31
Dani Kennedy	#7F; #1 F50-59	21:47
Cathy King		26:06
Clint Driscoll		30:41

EBAC FALL CHALLENGE 4.75M New London, CT November 12, 2011

Aaron Flamino	#4M; #1 M30-39	26:37
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AGE BEFORE BEAUTY XC 5K Litchfield, CT November 13, 2011

Zofia Turosz	#9F; #1 F70-79	27:09
Janit Romayko	#1 F60-69	29:36

FROSTBITE 5K Enfield, CT November 13, 2010

Michael Westfall	#6M; #3 M40-49	20:00
Matt Yoder		24:53

RACE TO FILL THE PANTRY 5K Glastonbury, CT November 13, 2011

John Paggioli	#2 M40-49	18:25
Tony Hollister	#1 M60-69	21:25
Diana Cohen		24:17
Clint Driscoll		28:44

OLDE WETHERSFIELD 10K & 5K Wethersfield, CT November 13, 2011

5K

Dani Kennedy	#2F; #1 F50-59	21:54
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10K

Tom Geer	#4M; #1 M20-29	38:20
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L'IL RHODY RUNAROUND 8M Trail Race Charlestown, RI November 20, 2011

Ed Steele		1:27:04
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MALIBU FITNESS THANKSGIVING DAY 5K Farmington, CT November 25, 2011

Deborah Thurston		30:00
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COW CHIP XC 3.07M Trumbull, CT November 26, 2011

Zofia Turosz	#1 F70-79	28:15
Janit Romayko	#1 F60-69	31:37

PEARL HARBOR MASTERS' 5.2 M
Waterford, CT December 4, 2011

Bob Niedbala		43:09
Janit Romayko	#1 F65-69	49:03
MaryLou White		51:45

BLUE BACK SQUARE MITTEN RUN 5K
West Hartford, CT December 4, 2011

Matt Yoder	#2 M35-39	18:39
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SANTA'S RUN 3.5M
Glastonbury, CT December 5, 2010

Adam Bulewich	#7M; #3 M30-39	19:32
Melissa Stellato	#1F	20:32
Tom Geer		20:39
Joe Kidder		23:38
Ian Roberts		24:26
King Archibald		24:31
Dean Bolt		24:56
Tony Hollister		25:03
Jennifer Lee		26:13
Mike Lee		26:17
Scott Livingston		24:22
Ginny Welch		27:00
Russell Saucier		27:45
Carole Saucier		27:45
Alan McCall		27:45
George Ripley		29:14
Lee Paquette		30:32
Scott Hollister		31:25
Jill Ramos		33:02
Dorothy Paquette		35:09
Monica Lee		41:43

GSH SNOWSTORM CLASSIC 10K
Forest Park, Springfield, MA December 10, 2011

Tom Walsh		51:24
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CHRISTOPHER MARTIN'S
CHRISTMAS RUN FOR CHILDREN 5K
New Haven, CT December 11, 2011

Matt Yoder		18:03
John Paggioli		18:30
King Archibald		21:33
Tom Walsh		22:50
Mark Turkington		23:37

NORFOLK PUB RUN 10M
Norfolk, CT December 17, 2011

Adam Bulewich	#3 M35-39	1:02:22
John Paggioli*	#1 M45-49	1:08:53
Marty Keibel*	#1 M60-64	1:10:56
Matt Yoder		1:10:56
Ken Larson	#3 M55-59	1:17:52
Kathy Manizza	#7F; #3 F50-54	1:20:11
MaryLou White	#1 F55-59	1:53:56

*Member of #3 Men's Team – HTC

GSH SNOWSTORM CLASSIC 5K
Forest Park, Springfield, MA December 17, 2011

Clinton Morse		20:26
King Archibald		22:10
Tom Walsh		22:53

2011 WMAC GRAND TREE SERIES

Groton Forest Trail Race 9.5M
Groton, MA October 23, 2011

MaryLou White		1:58:14
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Mt. Toby Trail Race 14M
Sunderland, MA November 13, 2011

Scott Livingston		1:41:00
Deb Livingston		1:57:23
MaryLou White		3:08:27

Busa Bushwack Trail 10M
Framingham, MA November 20, 2011

Scott Livingston		1:07:16
Deb Livingston		1:20:14
Clinton Morse		1:20:38

FINAL GRAND TREE STANDINGS 2011 - For runners with at least 2 finishes out of 14 races

#22	Scott Livingston	6 races	514.19 pts
#29	John Agosto	6 races	469.96 pts
#30	Debbie Livingston	6 races	462.84 pts
#32	MaryLou White	10 races	437.13 pts
#114	David LaPorte	4 races	251.00 pts
#261	Clint Morse	2 races	148.90 pts
#349	Tim Blinn	2 races	126.77 pts
#394	Bill Metzger	2 races	118.78 pts

MARATHON, ULTRA TRAIL & IRONMAN RACE RESULTS

ATLANTA MARATHON Atlanta, GA October 30, 2011

Bekkie Wright	#3 F45-49	3:57:23
Joseph Poliquin		3:57:23
Andrew Zyrek		3:57:23

Justice League Support Crew 3:57:26
(Mixed Relay: Anne Wright & Peter Krautwald)

IRONMAN FLORIDA Panama City Beach, FL November 3, 2012

2.4 M Swim – 112 M Bike – 26.2 M Run

Diana Cohen	PR	14:56:06
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NEW YORK CITY MARATHON New York, NY November 6, 2011

John Paggioli		3:12:02
Neal Leibowitz		3:27:06
David Leak		3:37:52
Amira Lerario		3:39:42
Zofia Turosz		5:27:18

PHILADELPHIA MARATHON Philadelphia, PA November 20, 2011

Art & Jody Byram	4:15:05
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See Jody's story on the following page.

ROCK 'N' ROLL LAS VEGAS MARATHON Las Vegas, NV December 4, 2011

Bekkie Wright	4:11:28
Joe Poliquin	4:11:29

ROXBURY MARATHON Roxbury, CT December 14, 2011

Marty Keibel	3:53:40
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LOOKOUT MOUNTAIN 50M TRAIL RACE Chattanooga, TN December 17, 2011

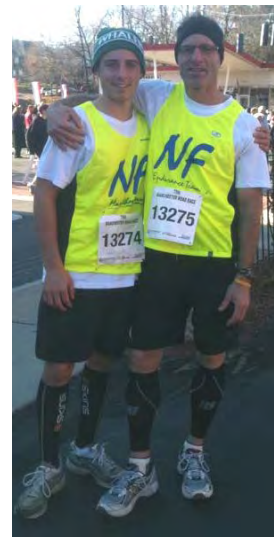
Debbie Livingston	9:16:20
Scott Livingston	9:32:55

Deb's Race Report is available at:
http://www.fitinspiration.com/Site/Blog/Entries/2011/12/18_Lookout_Mountain_50_Mile_Trail_Race.html

New Member Bio: Todd Mozzer

In the late 1990s, Todd's 5-year-old son, Trevor, was diagnosed with neurofibromatosis (NF), a genetic disorder that causes tumors to grow on nerve endings. Todd was inspired to act on Trevor's behalf, and he turned to an unlikely source for answers - his own body. Trevor's energy became his father's. "Two months after Trevor's diagnosis, I competed in my first marathon in Hawaii," Todd said. Thus began his dedication to raising funds and competing in endurance events to support what is now known as the Children's Tumor Foundation. He became part of the foundation's NF Endurance Team, organizing and participating in road races, 24-hour swimming events, marathons, triathlons and "everything to try to raise funds and awareness," he said. "I'm a guy who doesn't stop. My focus is about Trevor."

Trevor, who is now 19, continues to live with NF and has not experienced many of the serious side effects of the disease. His younger brother Andrew, who is 17, does not have NF. Both boys are at the center of Todd's life. Todd's passion to assist the Children's Tumor Foundation has recently been reignited and he's approaching his mission with intense focus. (Picture: Todd & Andrew - Manchester Road Race.)



The \$100K Challenge: After competing in 12 marathons for the NF Endurance Team and personally raising \$70,000 a decade ago, Todd has found a new personal challenge. He will compete in the 2012 Leadville Race Series in the Colorado Rockies from late June to late August, taking on what is known as the Epic Challenge. The high-altitude events include the Leadville Trail Marathon along old mining roads and trails; the Leadville 10K run across portions of that same trail; the Leadville Trail 100-mile run; the Leadville Trail 100-mile mountain bike ride; and the Leadville Silver Rush 50-mile mountain bike ride. His goal is to raise \$100,000 by June 2012. NOTE: Todd's website will up soon to highlight this challenge, and provide further information about his progress.

Cutting the Philadelphia (Marathon) Cream Cheese By Jody Byram

In the world of racing, there must be one perfect race experience that all others are compared against. This was better than that. Absolutely a Huge, picture perfect, Couldn't be better or have as much fun ever, over the top STRIDEFEST!!!

After the expo (and packet pickup), I met my brother Art, a Multi BQ'd, Certified running coach, 24-hr/100 mi Ultramarathoner, etc., etc., etc. He recently injured himself in training and therefore wasn't racing as he planned, but was able to join me at my leisurely pace and help me out.

My brother was pacing me, and timed everything perfectly. I had planned to run at a 10:00 pace, but after starting a a leisurely 10:22 for the first two miles, I threw away my dorky handheld water bottles and he pushed me a bit to about a 9:45 or 50, which we held until the Manayunk turnaround at mile 20.

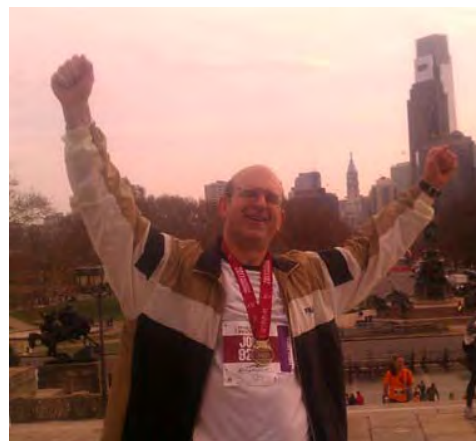
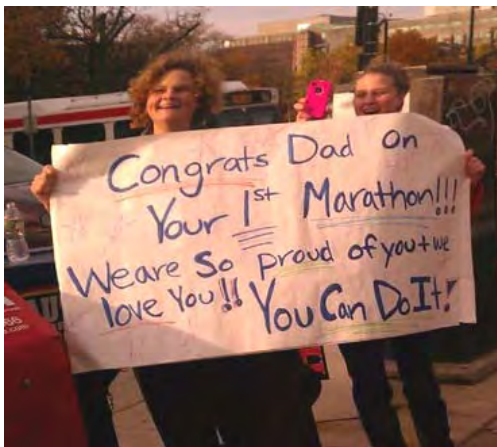
At the 20 mile turnaround we picked it up to about a 9:00 pace, and were virtually unpassable for the last 6 miles, "cutting through the field like butter" in his words (hence the title of this article) like Pfitz describes in "Advanced Marathonning" we were selecting a victim, catching them up, and choosing the next one.

I was spent by mile 25, but he was able to coach me through it (using blatant lies at times) and we kept the pace up until the end. One mad dash sprint and I caught my last victim feet before the finish. Another mile or so and I would have been a goner.

Splits were: 2:09:26 first half, and 2:05:39 second half, for a final time of 4:15:05.

I probably could have gone faster, run even splits throughout, etc. instead of sandbagging and then racing. But for my first experience, it would not have been nearly as much fun. And I would not have enjoyed the crowds nearly as much.

After catching my breath, I ran up the museum steps two at a time like you know who.



**75th Annual
Manchester Road Race
November 24, 2011**

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

* First Male & Female Silk City Striders –
(current club members @ Nov. 2011)

Thomas Paquette led the way for the Men,
with Linda Yamamoto in the top spot for the Women.

Brendan Prindiville	23:47
Thomas Paquette*	24:51
Lance Flamino	26:18
Adam Bulewich	26:21
Aaron Flamino	26:22
Scott Livingston	27:11
David Metzger	27:41
Michael McCall	27:49
Brendan Callahan	27:50
Tom Geer	28:14
Melissa Stellato	28:34
Neal Leibowitz	28:40
Ned Kennedy (#2 M50-54)	28:43
John Paggioli	28:51
Marty Keibel (#2 M60-64)	29:02
John Agosto	29:32
Scott Freeman	29:36
Ryan Vandine	29:36
Benjamin Vandine	29:50
Matthew Estes	30:07
Linda Yamamoto*	30:21
Clinton Morse	30:26
Michael Westfall	30:52
Todd Mozzer	30:57
Edward Sweeney	31:48
Mitch Bielenda	32:17
Timothy Blinn	32:26
Mike Bendzinski	32:30
Debbie Livingston	32:32
David Leak	32:36
John Sloan	32:46
Rachel Blinn	33:06
Bryce Metzger	33:06
Michael Tirrell	33:23
Anne Leonard	33:31
Dani Kennedy	33:37
Adam Paggioli	33:38
Noe Vasquez	33:38
Andrew Mozzer	33:49
Dale Toce	34:02

Silk City Superheroes

(Bekkie, Joe, Amira & Andy)



Tony Hollister	34:03
Ken Larson	34:06
King Archibald	34:09
Kathy Manizza	34:12
Chrissy Bendzinski	34:40
Bill Metzger	34:56
Tom Walsh	35:09
Ian Roberts	35:10
Jimmy Morris	35:13
Raymond Carta	35:15
Yolanda Flamino	35:16
Zoe Ounpoo-Adams	35:20
Nithaylakshmi Kannan	35:20
Amira Lerario	35:45
Andrew Zyrek	35:45
Joseph Poliquin	35:46
Bekkie Wright	35:47
Paul Damon	35:51
Nicholas Vandine	35:57
Jay Hamilton	36:08
Andrew Cannella	36:14
Laurie Brooks	36:33
John Collins	36:35
Hayley Collins	36:36
Zack Brayfield	37:08
Ginny Welch	37:12
Amy Estes	37:32
Russell Saucier	37:33
John Legier	38:01
Matthew Butwill	38:08
Jonathan Vandine	38:09
Alan McCall	38:17
Carole Saucier	38:20
Kyle Toce	38:25
George Ripley III	39:09
Annette Hamilton	39:26
Wally Squier	40:07
Cathy King	40:26
Sean Legier	41:00
Zofia Turosz (#2 F70-74)	41:02

Catherine Koehler	41:22	Ashley Saunders	52:45
Heidi Chromik	41:34	The Thorntons (Pilgrims)	53:40
Tom Butterfield (#2 M75-79)	41:58	Carolyn Reading	54:37
Betty Cannella	42:01	Angelee Carta	54:57
Jim Adams	42:46	Timothy Callahan	55:15
Paula Dombek	43:22	David Shluger	55:29
Sylvia Ounpoo	43:27	Cassandra Saimond	55:35
Kathleen Laporte	43:39	Barry & Wendy Stoner	56:01
Cassandra Webb-Monaco	43:48	Linda Tomaszewski	56:08
Scott Hollister	44:10	Patricia Desimone	56:18
Michael Toce	44:16	Susan Riley	56:32
Bill Turney	44:21	Randall Potterton	57:27
Lee Paquette	44:39	David Guy	57:29
Lynn Damon	45:05	Silva Mesnil	58:46
Janit Romayko	45:14	Edward Steele	59:07
James Best	45:21	Eddie Steele	59:10
Carol-Line Hazel	45:24	Karen Saunders	59:42
Olivia Shluger	45:44	John Salcius	1:01:20
Dylan Kessler	46:06	Emily Shok	1:02:37
Edward Yergeau	46:53	Cathy Squier	1:03:02
Myles Kessler	47:26	Marc Shok	1:03:33
Marylou White	47:46	Judi Shok	1:03:35
Rachel Tambling	48:09	Melissa Jolly	1:04:27
Janice Tirrell	48:13	Jill Ramos	1:12:52
Elizabeth Shluger	48:13	Lindsay Ramos	1:12:52
Dorothy Paquette	49:15	Dan Kennedy	1:13:03
Denise Toce	49:32	Hayden Morse	1:13:52
Meg Bendzinski	49:41	Jackson Morse	1:13:52
Alex Mesnil	49:45	Susan Leslie	1:14:26
Nevin Ounpoo-Adams	49:53	Jacqueline Steele	1:19:00
Suzanne Brown	51:36	Anna Morse	1:30:39
Douglas Flamino	51:48	Ellen Morse	1:34:17
Ashley Flamino	51:51		
Ted Kennedy	52:23		
Kate Bonanno	52:39		
Tony Bonanno	52:39		

Special Thanks to:

MRR Committee Members

Jim Balcome, Greg Best, Tris Carta,

Ken Larson, Jack Leonard

and **Dave Prindiville** for another great year

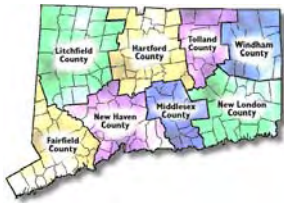
SILK CITY STRIDERS BOARD OF DIRECTORS MEMBERS NEEDED FOR 2012

Nominations are currently being accepted for the 2012 Silk City Striders Officers and Board of Directors. Please email your nominations to Webmaster@SilkCityStriders.org. Officers and Board Members will be elected at the Champagne Run & Brunch on January 1, 2012. Thanks.

TIME TO RENEW YOUR MEMBERSHIP

It's time to renew your Silk City Striders Membership for 2012. Dues are \$12.00 for a single membership, and \$15.00 for a family. In addition, if you would like to receive a paper copy of the newsletter, please add an extra \$3.00 to cover postage. 2012 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 2012.



Silk City Striders 8 County Challenge
At Least Five (5) Counties Completed as of 12/10/2011
 Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

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



The Silk City 700 is a personal challenge to accumulate 700 miles of running within the 2011 calendar year. Below is the self-reported list of Silk City Striders who have achieved the 700 Mile Mark as of December 10, 2011.

MEN		WOMEN	
John Agosto	Alan McCall	Betty Cannella	Carole Saucier
King Archibald	Bill Metzger	Tammy Gaghan	Keron Smith
Tony Bonanno	Clinton Morse	Dani Kennedy	Merle Stoner
Art Byram	John Paggioli	Amira Lerario	Ginny Welch
John Collins	Lee Paquette	Debbie Livingston	Bekkie Wright
Scott Freeman	Joe Poliquin	Janit Romayko	Linda Yamamoto
Bill Gaghan	Mike Tirrell		
Marty Keibel	Mike Westfall		
David Leak	Matt Yoder		
Scott Livingston	Andy Zyrek		

SILK CITY STRIDERS 2011 AWARDS BALLOT

"Rookie of the Year"

Awarded to a current SCS member with less than 3 years experience in competitive running, demonstrating outstanding improvement and enthusiasm for the sport of running.

- Kate Bonanno Shep Livingston
 Hayley Collins _____

"Best Comeback"

Awarded to a current SCS member who has returned to competitive running this year after a layoff due to some type of set-back or injury.

- Tony Bonanno Ginny Welch
 Diana Cohen _____

"Most Improved" Male & Female

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

Male

- Marty Keibel
 Ned Kennedy
 Lee Paquette
 Andy Zyrek

Female

- Rachel Blinn
 Heidi Chromik
 Carole Saucier

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

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

Thank You.

Kate Bonanno – At Age 9, Kate ran in both the Bolton & Wickham Park Summer XC Series, and finished as 2nd female overall at the challenging Manchester Parkade Cinemas 5K, as well as running the Manchester Road Race.

Hayley Collins – Hayley is a 7th grader and member of the Tolland Middle School XC team. Hayley was in the top 5 for the team and represented the “A” group in the Middle School State Championships. She was 4th in her age group in the Cider Mill 5K, 3rd in her age group at Santa's Run, and ran the 2011 MRR over 4 minutes faster than in 2010.

Shep Livingston – Shep at Age 4 ran the Mile at the Bolton XC Summer Series, as well as competing in his first triathlon. We wouldn't be at all surprised if Shep stepped up to the “adult” race in another year or two.

Tony Bonanno – Tony underwent knee surgery this Spring, and was recovered in time to accompany his daughter, Kate, in the 2.4 mile adult races at Bolton and Wickham Park.

Diana Cohen – Diana recovered from a serious post-surgical infection to compete in the Hogsback Half Marathon this Fall, and finished Ironman Florida in November with a PR.

Ginny Welch – Ginny also had knee surgery, and recovered in time to run the Smuttynose Half Marathon this Fall. She also won the F50-59 Age Group at the Parker Holt 5K.

Marty Keibel – Although Marty's attempt at a sub-3 marathon was thwarted by the heat in Chicago, his 3:03 finish earned him elite status in this year's Manchester Road Race.

Ned Kennedy – Ned can always be found at the top of the leader board with his sub-19 minute 5K finishes. His most recent accomplishment was finishing as #2 M50-54 at the Manchester Road Race.

Lee Paquette – Although Lee has run the MRR for many years, stepped up to the Half Marathon distance this year, running Hartford in 2:03:54, a great time for a first effort. Next year he is even contemplating running a full marathon.

Andy Zyrek – We're getting used to seeing the notation “PR” next to Andy's name in the newsletter. He went sub-20 at the 5K distance this year for the first time, as well as making a further improvement on his marathon PR in 2011.

Rachel Blinn – High School seems to be agreeing with Rachel, and her race results show a steady improvement. She was 3rd SCS Female at the Manchester Road Race this year.

Heidi Chromik – Heidi seems to shine at Silk City Striders races. She captured the “#1 Female” spot this summer at the Manchester Parkade Cinemas 5K, and also PRed at the Know Your Pace Race.

Carole Saucier – Carole has been racing more this year, and she seems to be improving with every mile. She also PRed at the Know Your Pace Race and went sub-40 at the Manchester Road Race this year.

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).

21st Annual SCROOGE'S SCRAMBLE
Sunday, December 25, 2011 - 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.

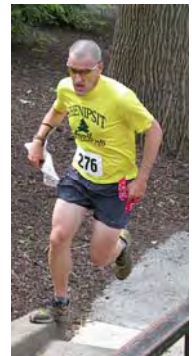
Monetary donations gratefully appreciated as this is a benefit for the Cornerstone Foundation's programs, including the Shelter and Soup Kitchen. Checks can be made out to: "Cornerstone Foundation". Cash would also be appreciated. Receipts will be available.

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

New Member Bio: Clinton Morse

Clint reports: I started running in the early '90s as a competitive orienteer navigating distances from park sprints all the way up to 24 hour rogaines. He subsequently branched out into trail running and can even occasionally be spotted running on pavement, though he prefers running in the woods. The winter months find him putting in longer distances on trails and shorter distances snowshoe racing.

Highlights from 2011 include 5th overall (1st Master) at the HMF Summer Solstice 5 miler at Gay City in June, an age-group silver medalist at the US Middle Distance Orienteering Championships in October and assuming the reins of the venerable NipMuck Trail Marathon from retiring RD Nipmuck Dave Raczowski.



Looking forward into 2012, Clint is looking to make a strong return to 24 hour rogaining after a 10 year hiatus due to Lyme. He is currently in the market for a teammate for this 24 hour orienteering foolishness.

EDITOR'S NOTE: Clint and his kids have been spotted at both the Wickham Park and Bolton XC Summer Series, even though the WPXC Series does include some "pavement." He's also been known to join us for a weekend long run on the Hop River Trail in the Vernon/Bolton area.

It Takes Superfriends and Family ...

By Bekkie Wright



In the winter of 1993 I took my first steps towards becoming a marathoner. My college roommate, Waverly, had run the New York and Los Angeles Marathons, and it made me wonder, "What if ...?" We used to jog around the block together in college for 3-4 miles, and back then 8 miles was a "long run." So, on February 5th in 5 degree temperatures, I set off in the dark with my "Running Your First Marathon" class, and ran 5 miles through the streets of West Hartford. The next day I was so sore I could barely walk up and down the stairs at work, but I knew I was embarking on the adventure of a lifetime.

My sister, Anne, was living in Chicago while working on her Ph.D., and I decided that the Chicago Marathon in October would be a good target race. The first marathon can be rather intimidating, and I figured it would be good to have someone to drop me off at the start, cheer me along the route, and pick me up at the finish. She enthusiastically agreed to be my one woman support crew. The morning of the race, she dropped me off a few blocks from the Start Line, and I worked my way up a back alley into the middle of the crowd. It was October 31st, and had snowed the night before. More snow was predicted, with temperatures in the teens, and the famous Chicago wind. Since it was Halloween, several runners were in costume, including a 10-person centipede all running together connected under a long piece of black fabric. There were also assorted black cats, and Batman & Robin. I had black tights, and a purple-blue singlet, with a ratty green throw-away sweatshirt (sliced up the front and pinned at the top) as my outer layer, as well as red gloves, and a yellow-green cycling cap. I never threw away that sweatshirt, and wished I had worn a fleece cap to cover my ears. I finished, smiling from ear to ear, in 3:43:12 ... missing my Boston Qualifier by just about the 4 minutes it took me to get to the start line. (Chicago started using timing chips the following year.) My sister, Anne, met me at the finish line, drove me back to her apartment, helped me up a few flights of stairs, and fed me pierogies. The very next year she ran the Chicago Marathon herself.

Over the next few years I ran a half a dozen more marathons, including the Hartford Marathon and two Boston Marathons. I didn't run any marathons in 1997 or 1998, but in 1999 Anne, who was living on Kauai doing her post-Doc, suggested we do the Honolulu Marathon together in December. I had never been to Hawaii, so I jumped at the chance. The race starts at 5:00 AM, but it was still the hottest race I had ever run, and was the first marathon I finished in over 4 hours. A 4:11:10 still put me in the Top 100 Women, though because many of the Japanese runners were dressed as Pokémon characters, and with no course time limit, they were just enjoying the ride. This was a new perspective for me. Running a marathon, and having fun. I also saw some runners wearing "50 States Marathon Club" singlets. When I got back home I looked them up, and discovered that I could join the club once I had 10 States completed. So, in 2000 I ran 5 marathons in 5 different States, so I could join the club. I repeated that for 2001 & 2002, and by the end of 2003 I was more than halfway done!

In 2004, I did my first 50K race at the Jack Bristol Lake Waramaug ultras. I ran and walked at a 9 & 1 ratio, and finished in just under 5 hours. I also ran 7 marathons that year, and added 5 new States.

In 2005 I ran 12 marathons, adding 5 new States, and paced my friend, Marie Cook, to a PR at the Vermont City Marathon and a Boston Qualifier at the Clarence DeMar Marathon in New Hampshire. (Marie met her husband, Thomas, after the Boston Marathon ... so I'll take credit for that one as well.) I also ran my 50th marathon overall, and paced my friend, Andre Mesnil, to a PR at the Philadelphia Marathon that year. It was in October of that year that I met Joe Poliquin at Mile 2 of the Green Mountain Marathon in Vermont, and paced him to a Boston Qualifier.

In 2006, Joe & I ran 16 races of marathon distance or longer, but I only ran in one new State, Minnesota, which I could not count towards my total since I wasn't in the official race results. The race was the Med City Marathon in Rochester, Minnesota, and the temperatures were already in the 80's with over 80 percent humidity at 8 o'clock when the race started, and the medical advisors from the Mayo Clinic shut the race down after 3 1/2 hours and the runners were asked to take the relay shuttle buses back to the finish. I was supposed to be pacing another friend, John Sloan, to a sub-4 that day, but told him at the 10K mark it was just too hot. The race director rerouted the last section of the course, and anyone who did not take the bus was reduced to 23 miles. When we unexpectedly went from Mile 22 to Mile 25, Joe & I decided to turn back and cover the eliminated 5K loop around Silver Lake. By the time we got back to the Finish Line, we had covered about 28 miles, and the official timers had already packed up. We did run in both Norway & Canada that year though, so we picked up two new countries, and one new continent. Also 5 of the marathons were part of Dean Karnazes' 50-50-50 tour, so the 50 States Marathon Club wouldn't have counted those states towards my official total anyway (but I had already run all of the New England States previously, so it didn't matter to me.) We were also now official Marathon Maniacs #244 & #381, earning 6-star Iridium level for our "New England 6-pack." I also ran my first 50 Miler at the JFK 50M in Maryland in November of 2006.

In 2007, Joe & I ran 7 races of marathon distance or longer, and I picked up 5 more States. I now had less than 10 to go. Highlights included the Top of Utah Marathon in Logan, with hiking in Yellowstone and the Grand Tetons the following week, and capped of with the Lewis & Clark Marathon in Bozeman, Montana the next weekend.

In 2008, Joe & I ran 11 races of marathon distance or longer, and I picked up 3 more States including Alaska. I also added one new Canadian territory, running the Yukon River Trail Marathon in the Yukon Territories the day after winning the Frank Maier Marathon in Juneau.

In 2009, Joe & I ran 13 races of marathon distance or longer including two 50M trail races, and I picked up 2 more States. The highlight of the year was The North Face Endurance Challenge Championships which was run on trails along the Pacific coast, including parts of the Miwok trail, Stinson Beach, Muir Woods, and the Dipsea trail. Now I only had 2 States left.

In 2010 Joe & I ran 14 races of marathon distance or longer, including a trip to Colorado to for my 49th State, running both the Steamboat Marathon and the Estes Park Marathon, bookending a week of high altitude hiking at Rocky Mountain National Park. (Don't try this at home kids!)

In 2011 I ran 10 races of marathon distance or longer (and Joe ran 9 ... Arizona was supposed to be his 30th State*, but a bout of food poisoning kept him to only 12 miles that day.) The plan had always been to finish in Atlanta, Georgia at the Atlanta Marathon on their 50th anniversary on Thanksgiving of 2011. When I found out the 2010 race had been cancelled, I panicked. Luckily they brought the marathon back in 2011, eliminated the Half Marathon (which remained on Thanksgiving), and added a team relay. I invited the whole family to celebrate, and 3 members of my Silk City Striders team also came down to help me celebrate: Merle & Barry Stoner and Andy Zyrek. I got Barry and Andy to dress up as Aquaman and The Flash to run in the marathon, and my sister Anne & her husband Pete formed a 2-person relay team "Justice League Support Crew" as Supergirl and the Green Lantern. Joe & I were Superman and Wonder Woman, and started the race with Andy, and my sister Anne. When 4 Superheroes run down the street together people take notice. (Barry elected to use the race as a training run, and cut back to finish line after Mile 16 so he could be there to see the finish, and participate in the post-race celebration.) My brother-in-law, Pete, ran the second half of the relay, and jumped in with us at Mile 14. Anne met us back at Mile 26 with her sons Ben (Batman) and Nate (Robin), and we all crossed the finish line together.

My sister, Debby, caught the finish line cartwheel on video. Thanks to her husband, Deane, the graphic artist, our superhero logo singlets were bold and beautiful. My mom also made herself a cape that said "Super Mom." I'd have to agree. My sister, Anne was there at the beginning, and she and her family were there at the end. It really does take Superfriends and family to make a 50 State (+DC) Marathon quest complete.

* Joe completed his 30th State at the Rock 'n' Roll Las Vegas Marathon on Dec. 4th – our honeymoon race. We got married at Red Rock Canyon earlier that day.



RACE CALENDAR

NOTE: Check Dates ... many On-line Calendar Links are not yet active for 2012 Races

Date	Time	Race	Place	More Information
Sa Dec 25	10:30 AM	Scrooge Scramble 5K	Vernon (Cornerstone)	www.SilkCityStriders.org
Su Jan 1	11:00 AM	Guilford Rotary Club Frosty 5K	Guilford (Guilford Green)	www.guilfordrotary.org (www.plattsys.com)
Su Jan 1	9:00 AM	Resolution Run 5K	Colchester (Bacon Academy)	www.thelastmileracing.com
Sa Jan 7	10:00 AM	Bolton Trail Run	Bolton (Rt. 44 Commuter Lot)	www.hartfordtrackclub.org
Su Jan 8	10:00 AM	Boston Buildup Series 10K	Norwalk (McMahon H.S.)	www.clubct.org
Su Jan 8	1:30 PM	Aselton Mem. Snow Dash 5K	E. Hartford (Langford School)	www.ci.east-hartford.ct.us (www.plattsys.com)
Su Jan 15	10:00 AM	People's Forest 8.5/17 M	Barkhamstead (People's For)	www.hartfordtrackclub.org
Su Jan 15	10:30 AM	Tradition Run 5K	Meriden (Hubbard Park)	www.runningpast.com/trun.htm
Su Jan 22	9:00 AM	Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch)	www.clubct.org
Su Jan 22	10:00 AM	Boston Prep 16M	Derry, NH	www.gdtc.org/bostonprep
Su Jan 29	9:30 AM	Winter Wonderland 5M	Milford (Platt School)	www.hitekracing.com/winterwonderland
Su Feb 5	8:00 AM	Run for Refugees 5K	New Haven (Wilbur Cross HS)	www.jbsports.com
Sa Feb 11	10:00 AM	Sweetheart Run 4M	Stratford (YMCA)	www.hitekracing.com/sweetheart
Sa Feb 11	10:00 AM	Cupid's Chase 5K	Hartford (Bushnell Park)	www.comop.org/cupidschase
Sa Feb 11	11:00 AM	Bob Andrulic Memorial 5M	Litchfield (Community Ctr)	www.thecommunitycenter.org/id98.htm
Su Feb 12	9:00 AM	Boston Buildup Series 20K	Southport (RR Station)	www.clubct.org
Sa Feb 18	11:00 AM	Martha's Vineyard 20M	Martha's Vineyard, MA	http://www.mv20miler.com
Sa Feb 25	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	www.hartfordtrackclub.org
Su Feb 26	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS)	http://sugarloafmac.org
Su Feb 26	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	www.roadntracksports.com
Su Mar 4	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org
Su Mar 4	11:00 AM	Stu's 30K	Clinton, MA (Clinton Mid Sch)	www.cmsrun.org/schedule/schedule_local.shtml
Sa Mar 24	10:00 AM	Finally Spring 5K (Trail Race)	Manchester (Ferguson St)	www.manchesterrunningcompany.com
Su Mar 25	10:00 AM	Asta Memorial 19.6M	Rocky Hill (Fern St)	www.hartfordtrackclub.org
Su Mar 25	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org

WINTER/SPRING 2012 MARATHON CALENDAR

Lots of local races and some nice Winter Get-Aways

DATE	RACE	PLACE	Website (link)
January 22, 2012	Maui Oceanfront Marathon	Maui, HI	www.MauiOceanfrontMarathon.com
January 29, 2012	ING Miami Marathon	Miami, FL	www.ingmiamimarathon.com
February 12, 2012	26.2 with Donna	Jacksonville Beach, FL	www.breastcancermarathon.com
February 18, 2012	Myrtle Beach Marathon	Myrtle Beach, SC	www.mbmarathon.com
February 19, 2012	A1A Marathon	Ft. Lauderdale, FL	www.a1amarathon.com
February 26, 2012	Hyannis Marathon (New Course*)	Hyannis, MA	www.hyannismarathon.com
March 4, 2012	Mardi Gras Marathon	New Orleans, LA	http://runrocknroll.competitor.com/new-orleans
March 18, 2012	Shamrock Sportsfest Marathon	Virginia Beach, VA	www.shamrockmarathon.com
March 25, 2012	Ocean Drive Marathon	Cape May County, NJ	www.odmarathon.org
April 16, 2012	Boston Marathon (Charity spots only)	Boston, MA	www.baa.org
May 6, 2012	New Jersey Marathon (New Course*)	Long Branch, NJ	www.njmarathon.org
May 6, 2012	Long Island Marathon	East Meadow, NY	www.thelimarathon.com
May 6, 2012	Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 27, 2012	Vermont City Marathon	Burlington, VT	www.runvermont.org