



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message: "A Year End With Mixed Emotions"

While pondering what should be stated in this message, I could not overlook the tragic and senseless shootings that made worldwide news while occurring so close to us. During a time of year that children are looking forward to the joy of Christmas something so evil surfaced. However, just as evil as that action was, human nature fought back with so many acts of giving and kindness to the Newtown victims. To paraphrase "James_BigSky" who posted on the Running2Win message board: *We can't ease the suffering or take the pain away of those involved. What we can do is run.* Some running groups and races are planning to generate ways to give:



The Hartford Marathon Foundation has announced a tentative race date of March 23, 2013 for the SANDY HOOK Run for the Families. They also note: "You might also want to consider running the ING Hartford Marathon in memory of the 26 school children & teachers. We will be organizing this opportunity called **26 Miles in memory of 26 Lives.**"

A group ran from Roxbury to Newtown on December 22 and raised money.

(picture at right posted by Tim Vroom on the Hartford Marathon Facebook page)

A group from Tampa, Florida have also organized a **virtual Half-Marathon & 5K** to be run anytime before January 31, 2013:

<http://www.active.com/half-marathon/tampa-fl/sandy-hook-elementary-memorial-virtual-half-marathon-and-5k-2013> to benefit the **United Way of Western CT - Sandy Hook victims fund**: <https://newtown.uwwesternct.org>.

In keeping with the theme of giving, here's where I would like to thank Janit Romayko and Marylou White for their involvement with the 22nd Annual Scrooge Scramble along with all others who showed up to run and give on Christmas Day morning.

Finally, to all club members, please consider joining us on New Year's Day for our annual Champagne Run & Brunch at Sue Leslie's home in South Windsor (see page 2 for details). It's 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.

Happy New Year to All -- Co-Presidents, Mitch Bielenda & Rick Chromik



Race Directors, Janit Romayko & MaryLou White with Robert "Santa" Levy at the **2011 SCROOGE'S SCRAMBLE 5K**

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2012 BOARD OF DIRECTORS

Officers

Co-President: Mitch Bielenda (860) 644-4806
Co-President: Rick Chromik (860) 871-6101
Vice President: Heidi Chromik (860) 871-6101
Treasurer: John Sloan (860) 643-6123
Secretary: Mike Fromerth (860) 904-7779

Dani Kennedy (860) 670-6294
 Cathy King (860) 916-6573
 Sue Leslie (860) 644-1804
 Karen Saunders (860) 643-9125
 Barry Stoner, Ex-Officio (860) 647-9503
 MaryLou White, Ex-Officio (860) 512-0007
 Bekkie Wright (860) 461-1486

Uniforms & T-Shirts

Sue Leslie (860) 644-1804

WebMaster

Bill Schwarz (860) 643-4096

Newsletter

Staff: Bekkie Wright – Editor
 Karen Saunders – Editor Emeritus
 Jim Best – Race Calendar
 Barry Stoner – Coach’s Corner

WEEKLY FUN RUNS

Saturday Morning - 8:30 am
Manchester Community College

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

Tuesday & Wednesday Eve - 6:00 pm
Mt. Nebo Parking Lot - Spring Street

CONGRATULATIONS

WEDDINGS - Anne Leonard and Eric Blake
 were married earlier this year. The Silk City
 Striders wish you all the best!

BIRTHS - Norlean Litwinka Cozzolino and
 her husband, Bob, on the birth of their daughter,
 Michaela.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Bob Cianciosi South Windsor
 Alycia Sanders Chaplin
 Cynthia Watts Elder Manchester

WELCOME BACK

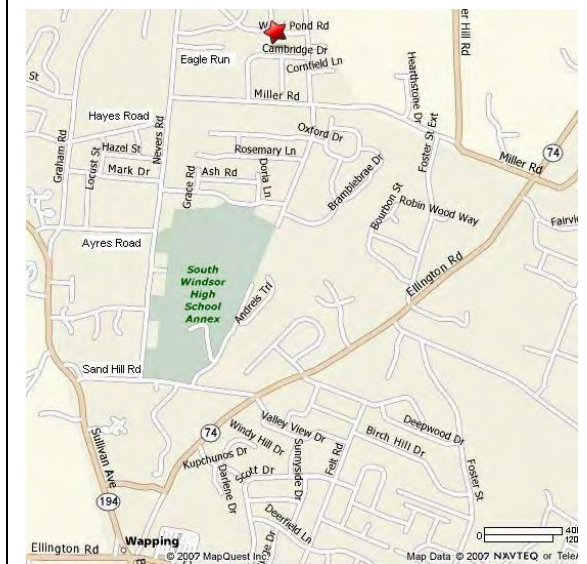
Steve McLaughlin Glastonbury

**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, 2013 at 10:00 AM at Sue Leslie &
 David Peck’s home at 175 Wood Pond Road,
 South Windsor. There will be several running
 routes to choose from. Please bring your
 favorite brunch item to share.

From Manchester:

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



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.

RAY CROTHERS MEMORIAL XC RUN - 2M New Britain, CT September 22, 2012

Tom Geer	#1 M30-39	11:32
King Archibald	#3 M50-59	14:54
Tom Walsh		17:33
Anne Leonard Blake		18:25

HOGS BACK HALF MARATHON Colebrook, CT September 22, 2012

Andrew Zyrek	PR	1:33:25
Ken Pacileo		1:34:11
John Sloan		1:42:18
Bekkie Wright	#2 F50-59	1:50:37
Joseph Poliquin	#3 M60-69	1:50:37
Lee Paquette		2:02:20
Cathi Koehler		2:04:26
Diana Cohen		2:07:38
Dorothy Paquette		2:13:07
Melissa Cannella		2:24:49
Barry Stoner	#1 M70+	2:47:13

CIDER MILL 5K Tolland, CT September 29, 2012

Adam Bulewich	#2 M30-39	18:01
Hayley Collins	#5F; #3 F11-14	21:29
John Collins		21:29
Jay Hamilton		21:45
James Janiak		22:02
Richard Chromik		23:42
Heidi Chromik		29:12

RUN TO READ 5K Bolton, CT September 29, 2012

Kevin Glenn	#2M; #1 M50-59	19:23
Ian Roberts	#6M; #3 M50-59	20:56
Laurie Brooks	#2F; #1 F50-59	24:20

MICHAEL DALY'S 5K Old Saybrook, CT September 30, 2012

Amanda Argazzi	#3 Overall; #1F	20:58
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CARPE DIEM DASH 5K Bay Path College Longmeadow, MA September 30, 2012

Janit Romayko	#2 F60+	27:55
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BURNT HILLS PARK XC RACE 3M Hebron, CT October 8, 2012

Janit Romayko	#1 F60+	30:01
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APPLE HARVEST FESTIVAL 5K Glastonbury, CT October 14, 2012

John Agosto	#1 M40-49	18:49
Joe Kidder	#3 M50-59	21:11
Ginny Welch		25:10
Janit Romayko	#3 F60+	27:13
Heidi Chromik		35:42

HARVEST WALK & RUN 5K* Manchester, CT October 21, 2012

Joe Kidder	#7M	18:37
Steve Morse	#8M; #1 M60-69	18:55
Dani Kennedy	#3F; #1 F50-59	19:29
Ginny Welch	#2 F50-59	22:50
George Ripley	#2 M60-69	24:25
Zofia Turosz	#1 F70+	24:49
Jill Ramos		27:07
Clint Driscoll		27:25
Cathy Squier		29:29
Wally Squier		29:30
Lindsay Ramos	#3 F13-19	39:06

*Probably a little short of 5K as the M.R.C. used a newly designed course at Manchester Community College.

ELLINGTON FAMILY FALL FESTIVAL 5K Ellington, CT October 27, 2012

Aaron Flamino	#1 Overall	18:51
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MARINE CORPS "HALF" MARATHON Washington, DC October 27, 2012

Barry Stoner		2:48:29
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Barry Reports: After receiving doctor's orders to "avoid doing anything heroic" ... I ran the first half for time and then continued on to the National Mall mostly walking to mile 17, and did not complete the full marathon.

COLUMBIA AUTUMN CLASSIC 5K Columbia, CT October 28, 2012

Ian Roberts	#2 50-59	21:12
John Sloan	#3 50-59	21:49
Karen Saunders	#1 50-59	26:15
Clint Driscoll		28:45

DAVID VIDAL MEMORIAL 5K
Simsbury CT October 28, 2012

Steve Morse #4M; #1 M60-69 20:32

**DEVIL MADE ME DO IT 6.66 MILES OF HELL
& NOT SO DEVILISH 3.33 MILER**
Glastonbury, CT October 28, 2012

6.66 M

James Lee #8M; #1 M13-19 46:27

Joe Kidder #3 M50-59 47:42

3.33 M

Mike Lee #5M; #2 M50-59 24:11

Jennifer Lee #6 Overall; #1F; #1 F-12 24:25

Ginny Welch #8 Overall; #2F; #2 F50-59 27:35

Monica Lee #4 F40-49 37:11

Zofia Turosz #1 F70+ 39:54

PUMPKIN RUN 5K
Higganum, CT October 28, 2012

Andy Zyrek 20:40

**AIRLINE TRAIL GHOST RUN
HALF MARATHON**

Hebron to East Hampton, CT November 3, 2012

Mitch Bielenda 1:38:23

Marc Shok 1:49:29

Kevin Looney 1:57:38

Cathy King 2:02:06

Alan McCall 2:02:06

Bekkie Wright 2:07:47

Joseph Poliquin 2:07:49

Deborah Thurston 2:24:29

JAMIE'S RUN 5K

Old Wethersfield, CT November 4, 2012

Kevin Glenn #1 M50-59 19:28

Steve Morse #1 M60-69 20:40

Joe Kidder 20:43

Amira Lerario #4F; #1 F40-49 21:01

Laurie Brooks #10F; #1 F50-59 23:09

Mark Turkington #3 M60-69 23:35

Carolyn Reading 25:43

Zofia Turosz #1 F70-79 27:11

Clinton Driscoll 27:57

TARZAN BROWN MYSTIC RIVER RUN
Mystic, CT November 4, 2012

King Archibald 40:46

FREEDOM RUN 5K
Hartford, CT November 11, 2012

Ed Yergeau #7 Air Force 31:24

EAST WINDSOR VETERAN'S DAY 5K
East Windsor, CT November 10, 2012

Adam Bulewich #7M; #2 M30-39 17:04

Ned Kennedy #1 M50-59 18:32

Tim Blinn 20:29

Mitch Bielenda #2 M-Vet 50+ 20:35

Steve Morse 20:45

Bill McGugan 21:52

James Janiak 22:03

Cathy King 25:35

Zofia Turosz #1 F70+ 26:49

Clint Driscoll 27:56

AGE BEFORE BEAUTY XC 5K
Litchfield, CT November 11, 2012

Tony Bonanno 20:17

**USATF CONNECTICUT
JUNIOR OLYMPICS CROSS COUNTRY 3K**
Litchfield, CT November 11, 2012

Kate Bonanno #7 Bantam* Girls 14:01

(*Born 2002-2003)

RACE TO FILL THE PANTRY 5K
Glastonbury, CT November 11, 2012

Brendan Callahan #2M; #1 M13-19 16:56

Amira Lerario #2F; #1 F40-49 20:02

Scott Hollister 20:58

Tony Hollister #1 M60-69 21:17

Molly Sweeney #1 F13-19 23:42

Robyn Hollister 30:55

HTC 8K XC CHALLENGE
West Hartford, CT November 17, 2012

Dean Bolt 41:14

HOT COCO 5K
Cheshire, CT November 17, 2012

Alan McCall 25:45

W.M.S. WILDCAT 5K
North Windham, CT November 24, 2012

Zofia Turosz #3F; #1 F70+ 26:24

Janit Romayko #8F; #1 F60-69 52:18

BLUE BACK SQUARE MITTEN RUN 5K
West Hartford, CT December 2, 2012

Peter Devine #2 M40-44 19:27

Andy Zyrek #3 M40-44 19:59

Shannon Katzmayer 22:09

Erin Chiaputti 24:02

Daria Vander Veer 27:15

SANTA'S RUN 3.5M
Glastonbury, CT December 2, 2012

Brendan Callahan#10M; #1 M13-17	19:12
Tom Geer	20:10
Adam Bulewich	20:22
Kevin Glenn	21:43
Brian Wake	21:59
Ian Roberts	22:49
Art Byram	23:06
Christopher Kerr	23:33
Mike Bendzinski #3 M60-69	23:59
Jennifer Lee #5F #1 F0-12	24:16
Scott Hollister	24:19
Mike Lee	24:23
Tony Hollister	24:36
King Archibald	24:59
Hayley Collins	25:29
John Collins	25:31
Kevin Looney	25:59
Mark Turkington	26:17
Dean Bolt	26:23
Steve Borrmann	26:49
Russell Saucier	26:56
Jenna Borrmann	27:39
Lee Paquette	29:09
George Ripley	29:46
Zofia Turosz #1 F70+	30:42
Zoe Ounpuu-Adams	30:19
Susan Leslie	30:33
Meg Bendzinski	30:32
Jack Byram	31:53
Dorothy Paquette	31:51
Clinton Driscoll	32:13
Lori Riley	32:23
Judy Borrmann	33:48
Robyn Hollister	34:18
Matthew Butwill	35:12
Kristy Laporte	36:34
Carole Saucier	39:06
Monica Lee	40:00
Bill Schwarz	45:20
Lindsay Thurston	45:20
Alexis Laporte	44:51
David Laporte	44:51

CHRISTOPHER MARTIN'S
CHRISTMAS RUN FOR CHILDREN 5K
New Haven, CT December 9, 2012

Matt Yoder	21:35
King Archibald	21:52
Mark Turkington #2 M65-69	22:44
Erin Chiaputti	23:48

NORFOLK PUB RUN 10M
Norfolk, CT December 15, 2012

Cathi Koehler	1:35:54
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HTC INDOOR TRACK MEET
Wesleyan University
Middletown, CT December 9, 2012

Zofia Turosz	<u>1 Mile</u>	8:24
Zofia Turosz	<u>5K</u>	28:02

2012 WMAC GRAND TREE SERIES

NIPMUCK TRAIL MARATHON
Ashford, CT September 30, 2012

Ned Kennedy #1 M50-59	4:16:25
MaryLou White	7:25:25

MONROE DUNBAR BROOK TRAIL RACE 10.5M
Monroe, MA October 7, 2012

Scott Livingston #7M	1:27:22
Debbie Livingston #2F	1:38:28

GROTON TOWN FOREST TRAIL RACE 9.5M
Groton, MA October 14, 2012

MaryLou White	2:11:39
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MT. TOBY TRAIL RACE 14M
Sunderland, MA October 21, 2012

MaryLou White	3:16:16
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STONE CAT TRAIL RACES 50M
Ipswich, MA November, 3, 2012

MaryLou White	12:24:49
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FINAL "GRAND TREE" SERIES STANDINGS 2012

For runners with at least 2 finishes out of 14 races

#54	Debbie Livingston	4 races	308.79 pts.
#69	Scott Livingston	3 races	261.53 pts.
#81	John Agosto	3 races	234.32 pts.
#89	MaryLou White	5 races	222.78 pts.
#91	Tony Bonanno	3 races	221.11 pts.



Parker Holt Celebration Run 5K – World Run Day – Nov. 11, 2012

Bekkie Wright served as Race Director and was aided by a large staff of volunteers. Thanks to **John Sloan** for the use of his van, **Dorothy Paquette** and **Janit Romayko** for registration, our course monitors **Jim Best, Joe Poliquin, John Sloan,** and **Karen Saunders,** water stop Captain **Dorothy Paquette, Janit Romayko** for Finish Line timing assistance, and **Joe Poliquin** for Race Photography. We would also like to thank **The Last Mile Racing.** Thanks to everyone’s efforts we were able to raise over \$500 for the **Prostate Cancer Foundation** this year.

#1 MALE	Time
Aaron Flamino	17:17

#1 FEMALE	Time
Rachel Chambers	21:34

“Most Veteran” MALE	Time
Lee Paquette	27:26

“Most Veteran” FEMALE	Time
Irene Burke	43:23

Age Group Winners

MALE Age 0-14		Time
1	Spencer Wilson	34:51
2	Calvin Eppinger	40:18

FEMALE Age 0-14		Time
1	Maddy Wilson	31:45

MALE Age 15-19		Time
1	Trevor Chambers	17:48
2	Cooper Goslin	18:38
3	Chris Vandenburg	25:03

FEMALE Age 15-19		Time
None		

MALE Age 20-29		Time
1	Surge Davis	17:44
2	David E. Taylor	20:01
3	Gary LaRosa	21:41

FEMALE Age 20-29		Time
1	Cheryl Sellers	24:08
2	Caitlin Lewis	27:25
3	Laura Lindquist	30:15

MALE Age 30-39		Time
1	Adam Roth	19:16
2	George Simonian	23:58
3	Robert Doucette	24:11

FEMALE Age 30-39		Time
1	Kate Durant	24:31
2	Anna Dubiel	25:40
3	Laura Bachiochi	25:53

MALE Age 40-49		Time
1	Bruce Christensen	19:02
2	Michael Westfall	19:32
3	Jim Werven	20:04

FEMALE Age 40-49		Time
1	Sherry Schwarm	22:11
2	Carole Saucier	23:47
3	Melissa Emmerich	23:59

MALE Age 50-59		Time
1	Andy Chambers	19:32
2	Ian Roberts	20:39
3	Ken Erikson	21:27

FEMALE Age 50-59		Time
1	Laurie Brooks	23:28
2	Barbara Ruocco	27:54
3	Cathy Squier	32:40

MALE Age 60-69		Time
1	Jim Golden	22:46
2	Mark Turkington	23:23
	Stephen Tolman	24:45

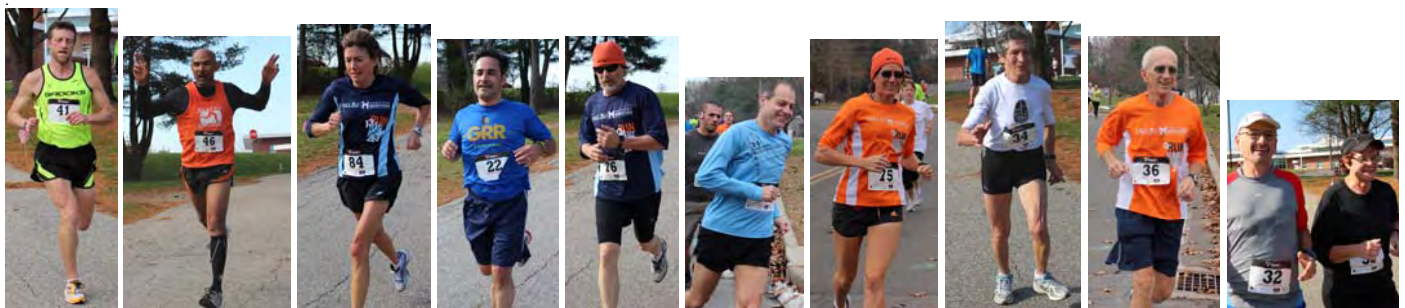
FEMALE Age 60-69		Time
1	Barbara Maloney	30:53

FEMALE Age 70-79		Time
1	Zofia Turosz	26:45
2	Cynthia Peterson	43:16
3	Irene Burke	43:23

Parker Holt Celebration Run 5K -- Overall Race Results

Place	Fname	Lname	Time	Place	Fname	Lname	Time
1	Aaron	Flamino	17:17	41	Geoffrey	Moore	24:40
2	Surge	Davis	17:44	42	Stephen	Tolman	24:45
3	Trevor	Chambers	17:48	43	Annette	Hamilton	24:59
4	Cooper	Goslin	18:38			Vandenburg	
5	Bruce	Christensen	19:02	44	Chris	h	25:03
6	Adam	Roth	19:16	45	Ben	Oldham	25:21
7	Andy	Chambers	19:32	46	Jennifer	Dorl	25:24
8	Michael	Westfall	19:32	47	Anna	Dubiel	25:40
9	David E.	Taylor	20:01	48	Laura	Bachiochi	25:53
10	Jim	Werven	20:04	49	Matthew	Peak	26:02
11	Ian	Roberts	20:39	50	Zofia	Turosz	26:45
12	David	Dyson	21:23	51	John	Oldham	27:20
13	Ken	Erikson	21:27	52	Caitlin	Lewis	27:25
14	Ali	Davis	21:34	53	Lee	Paquette	27:26
15	Rachel	Chambers	21:34	54	Kelly	Moore	27:43
16	Jay	Hamilton	21:38	55	Barbara	Ruocco	27:54
17	Gary	LaRosa	21:41	56	James	Paggioli	28:25
18	Dave	Taylor	21:49	57	Mario	Hasz	29:56
		Ettienne-		58	Sara	Suitor	30:10
19	Clyde	Modeste	21:55	59	Laura	Lindquist	30:15
20	TJ	Graham	22:01	60	Carolyn	Nielsen	30:16
21	Noe	Vasquez	22:02	61	William	Schaal	30:21
22	Steve	Burdick	22:06	62	Barbara	Maloney	30:53
23	Sherry	Schwarm	22:11	63	Maddy	Wilson	31:45
24	Michael	Giza	22:14	64	Susan	Wilson	31:45
25	Jim	Golden	22:46	65	Wendy	Picard	32:47
26	Jeff	Sowa	22:46	66	Sherry	Soucy	32:37
27	Stephen	Becker	22:52	67	Amy	Goldstein	32:39
28	Shaun	Harrington	22:52	68	Cathy	Squier	32:40
29	Mark	Turkington	23:23	69	Wally	Squier	32:41
30	Laurie	Brooks	23:28	70	Melissa	Burke	33:37
31	Kevin	Looney	23:32	71	Spencer	Wilson	34:51
32	Russ	Saucier	23:37	72	Karl	Wilson	34:54
33	Richard	Chromik	23:45	73	Lisa	Smith	35:53
34	Carole	Saucier	23:47	74	Lisa	O'Brien	36:56
35	George	Simonian	23:58	75	Calvin	Eppinger	40:18
36	Melissa	Emmerich	23:59	76	Leann	Eppinger	40:18
37	Cheryl	Sellers	24:08	77	Cynthia	Peterson	43:16
38	Robert	Doucette	24:11	78	Irene	Burke	43:23
39	Rich	Audette	24:19				
40	Kate	Durant	24:31				

Participant Photo Gallery at:
<http://www.silkcitystriders.org/PH5K-Pics-2012-BIGGER.pdf>



KNOW YOUR PACE RACE -- 4.748 Miles -- November 17, 2012

Name		Predicted	Actual	Diff.
Vasquez	Noe	34:00	34:01	:01
Krout	Brad	34:20	34:18	:02
Collins	John	30:51	30:55	:04
Koehler	Cathi	42:14	42:08	:06
Bielenda	Mitch	33:00	33:09	:09
Flaman	Eric	29:50	29:39	:11
Cadwallader	Lindsay	35:45	35:33	:12
Turosz	Zofia	42:50	42:38	:12
Konon	Rick	32:50	32:38	:12
Peak	Matthew	40:00	40:12	:12
Saucier	Russell	39:28	39:15	:13
Zangeneh	Nima	35:00	34:44	:16
Brooks	Christine	39:10	38:50	:20
Michaud	Geoff	33:23	33:44	:21
Head	Jim	57:00	56:39	:21
Hartnett	Meredith	40:15	39:52	:23
Hartnett	Robert	40:15	39:51	:24
Keogh	Joseph	40:00	40:24	:24
Taskila	Jari	40:00	39:35	:25
Gara Grady	Michele	38:41	38:16	:25
Blanchette	Lyn	39:40	40:06	:26
Callahan	Brendan	30:00	29:34	:26
Karzar	Ryan	39:10	39:36	:26
Archibald	King	35:49	35:23	:26
Karzar	John	39:10	39:37	:27
Korn	Karl	34:25	33:57	:28
Cass	David	55:00	55:28	:28
Roth	Adam	31:20	30:51	:29
Dell	Barbara	42:10	42:42	:32
Chalmers	Andrew	30:10	29:35	:35
Saucier	Carole	45:01	45:38	:37
Le	Kim	46:18	46:55	:37
Dornelas	Dilton	31:55	31:17	:38
Head	Anne	56:00	56:40	:40
Alfano	Alyce	34:24	35:05	:41
Westfall	Michael	32:38	31:55	:43
Uznanski	Kristin	38:49	38:05	:44
Wade	David	34:30	33:36	:54
Westcott	Paul	33:00	33:55	:55
Christensen	Bruce	30:32	29:37	:55
Diana	Leo	45:00	45:56	:56
King	Cathy	41:00	40:03	:57
Christy	Jonathan	39:58	39:00	:58
Thornton	Jeff	34:34	33:34	1:00
Schumacher	Adam	38:00	36:58	1:02
Lane	John W.	41:33	40:28	1:05
Snow	Diane	36:45	37:52	1:07
Larsen	Craig	30:52	31:59	1:07
Hartnett	Michael	38:00	36:51	1:09
Goodwin	Ernest	37:40	36:28	1:12

Name		Predicted	Actual	Diff.
Kessler	Myles	39:10	37:56	1:14
Saunders	Karen	41:33	40:14	1:19
Hunt	James	40:21	39:00	1:21
Cadwallader	Joshua	36:30	37:51	1:21
Suffish	Alicya	40:00	38:38	1:22
Paquette	Lee	42:16	40:53	1:23
Squier	Wally	38:58	37:30	1:28
Emmerich	Melissa	38:58	37:29	1:29
Roy	LuAnne	42:00	43:31	1:31
Paquette	Dorothy	46:15	44:34	1:41
Schwarz	Bill	43:13	41:29	1:44
Morris	Jimmy	35:00	36:44	1:44
Glenn	Kevin	33:33	31:48	1:45
Shore	Brandon	37:15	35:29	1:46
Nieradko	Andrew	37:59	39:46	1:47
Stevenson	Jim	42:44	40:52	1:52
Budarz	Stan	37:25	39:20	1:55
Keibel	Martin	34:00	35:56	1:56
Macdonald	Thomas	36:15	34:15	2:00
Lukkarila	Teppo	35:00	32:58	2:02
Suffish	Max	34:00	31:58	2:02
Shore	Michael	34:45	32:40	2:05
Suhie	Andrew	34:52	36:58	2:06
Cymbala	Chris	35:00	37:07	2:07
Jones	Laura	39:00	41:09	2:09
Etre	Ann	45:00	42:44	2:16
Grabner	Mickey	39:17	37:00	2:17
Balavender	Joe	34:48	37:12	2:24
Cerpovicz	Alexandria	49:51	47:22	2:29
Chromik	Richard	34:59	37:33	2:34
Diana	Emily	45:00	47:34	2:34
Cerpovicz	Leeann	37:59	40:38	2:39
Sellers	Cheryl	43:55	41:11	2:44
Thurston	Debbie	49:58	47:05	2:53
Micoletti	Laurie	43:20	46:16	2:56
O'Shea	Timothy	34:20	31:24	2:56
Batouli	Phuong	50:51	47:39	3:12
Tranberg	Kevin	37:59	34:38	3:21
Tirrell	Janice	50:50	46:41	4:09
Callahan	Megan	40:00	44:46	4:46
Rooke	Gary	37:20	42:17	4:57
Rooke	Jaime	37:00	42:17	5:17
Coyne	Brian	37:10	31:53	5:17
Petersen	Roger	52:00	58:02	6:02
Kannan	Nithya	46:18	38:32	7:46
Heinrich	Eric	45:00	36:50	8:10
Micoletti	Ryan	37:59	46:16	8:17
Dean	Rich		40:14	Turkey
Dean	Beth		40:14	Turkey

MARATHON & ULTRA RACE RESULTS

ING HARTFORD MARATHON

Hartford, CT October 12, 2012

5K

Ned Kennedy	#10M; #1 M50-54	18:24
Peter Devine	#4 M40-44	19:29
Dani Kennedy	#6F; #1 F50-54	20:30
Jimmy Morris		23:24

Half Marathon

Adam Bulewich	#2 M35-39	1:16:35
Drew Best		1:32:28
Michael McCall		1:32:36
John Sloan	PR	1:37:35
Laurie Brooks		1:40:36
Jessica Doyle		1:40:57
Amanda Argazzi		1:43:34
Bill McGugan		1:44:32
Russell Saucier	PR	1:48:58
Cathi Koehler		1:54:22
Alan McCall		1:59:46
Tony Hollister		2:05:06
George Ripley		2:07:56
Cathy King		2:08:20
Dorothy Paquette		2:10:36
Rachel Tambling		2:12:36
Deanne Gauya		2:13:01
Scott Hollister		2:29:25
Robyn Hollister		2:29:25
Barry Stoner		2:43:50
Catherine Kapa		3:18:28

Marathon

Jason Earl	PR	3:17:06
Michael Westfall		3:26:13
Mitch Bielenda		3:35:14
Jay Seney		3:45:21
Ken Larson		3:47:15
Shannon Katzmayer		3:54:56
Noe Vasquez		4:03:31
Jennifer Freeman		4:07:27
Stephanie Settevendemie		4:18:41
Carole Saucier	1st Marathon	4:25:22
Nithya Kannan		4:46:28
Lee Paquette	1st Marathon	4:39:42
Nithya Kannan		4:46:28
Meg Bendzinski	1st Marathon	4:55:44
Diana Cohen		5:26:15

AKRON MARATHON

Akron, OH September 29, 2012

Bekkie Wright	#2 F50-54	3:50:49
Joe Poliquin		4:07:28

PINHOTI 100 TRAIL RACE

Heflin, AL – November 3-4, 2012

Deb Livingston	#4F	23:25:10
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http://www.fitinspiration.com/Site/Blog/Entries/2012/11/7_Pinhoti_100.html - Deb's Blog

<http://scottlivingston.wordpress.com/2012/11/08/2012-pinhoti-100/> Scott's Blog

AMICA MARATHON

Newport, RI October 14, 2012

Matt Yoder		3:29:16
Erin Chiaputti		4:22:45

ON THE ROAD FOR EDUCATION

"NEWMAN" MARATHON

Mason City, IA October 14, 2012

Bekkie Wright	#3; #1F F50-59	3:45:44
Joe Poliquin	#2 M60-69	4:09:44

Note: Grand Finale for Bekkie's **50sub4** marathon quest – marathons in all 50 States run under 4 hours. Click on Race Name above for *Globe Gazette* article.

BAYSTATE MARATHON

Lowell, MA October 21, 2012

Marty Keibel	#1 M60-69	3:05:42
Scott Freeman		3:11:51
John Collins		3:38:31

MANCHESTER CITY MARATHON

Manchester, NH November 4, 2012

Jay Seney		3:56:58
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PHILADELPHIA MARATHON

Philadelphia, PA November 18, 2012

Diana Cohen		4:37:38
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MCDOWELL MOUNTAIN FRENZY 50M

Fountain Hills, AZ December 8, 2012

Bekkie Wright	#8F; #2 F50-59	12:32:53
Joe Poliquin	#1 M 60-69	12:32:53

ROXBURY MARATHON

Roxbury, CT December 8, 2012

Stephanie Settevendemie	#7F	4:33:54
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BIATHLON / TRIATHLON RESULTS

NOANK BIATHLON 1/4 M Swim – 1M Run

Bill Schwarz, Barry Stoner, Janit Romayko 18:09

Janit Reports: The hardy trio of Schwarz, Stoner and Romayko braved the waves of Fisher's Island Sound for a memorial biathlon on Jim Hodge's "turf" with Merle Stoner and Joan Schwarz serving as "un-official" USAT officials.

OCEAN COMMUNITY YMCA TRIATHLON Westerly, RI September 22, 2012

1/2 M Swim – 16M Bike – 3 M Run

Janit Romayko #1 F65-69 1:40:33
Clint Driscoll 1:58:25

Janit Reports: Another flat classic all except the waves with a pre-hurricane awards ceremony and brunch on the beach:

MUD, SWEAT & GEARS DUATHLON Ashland, MA September 29, 2012

2M XC Run - 5.5 M Mtn Bike - 2M XC Run

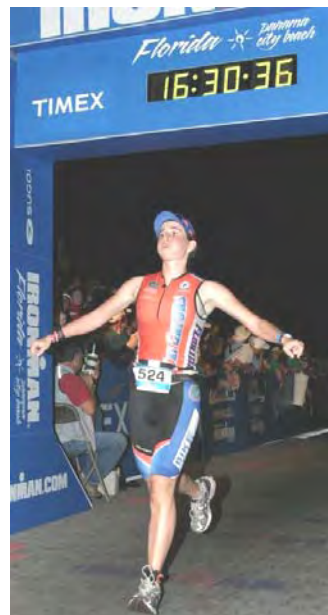
Janit Romayko #1 F65-59 1:24:34

Janit Reports: Monster hills on mountain bikes, lots of dirt, rocks and mud and wild year end prizes put on by F.I.R.M. Racing.

IRONMAN FLORIDA Panama City Beach, FL November 5, 2012

2.4M Swim – 112 M Bike – 26.2M Run

Diana Cohen 16:30:37



SILK CITY STRIDERS BOARD OF DIRECTORS NEW MEMBERS NEEDED FOR 2013

Nominations are currently being accepted for the 2013 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, 2013. Thanks.

TIME TO RENEW YOUR MEMBERSHIP

It's time to renew your Silk City Striders Membership for 2013. 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. 2013 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 2013.

**76th Annual
Manchester Road Race
November 22, 2012**

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

* First Male & Female Silk City Striders –
(current club members @ Nov. 2012)

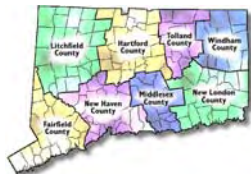
Thomas Paquette led the way again for the Men,
with Amira Lerario in the top spot for the Women.



Eric Blake	#3 M30-39	24:02	Deborah Livingston	32:47
Brendan Prindiville		24:12	John Sloan	32:50
Thomas Paquette*		24:28	James Lee	32:53
David Metzger		24:38	Steven Morse	32:53
Nick Auyeung		25:49	Mitch Bielenda	32:57
Derek Jakoboski		25:57	Christopher Kerr	33:13
Adam Bulewich		25:58	Mike Bendzinski	33:14
Lance Flamino		26:25	Dale Toce	33:23
Aaron Flamino		26:30	Dani Kennedy	#2 F50-54 33:23
Brendan Callahan		27:12	Jennifer Lee	#2 F0-13 33:26
Scott Livingston		27:24	John Paggioli	33:38
Tom Geer		27:28	Bill McGugan	33:41
Ned Kennedy	#2 M50-54	28:14	Zack Brayfield	33:42
Michael McCall		28:43	Ben & Ryan Vandine	33:44
Neal Leibowitz		28:55	Mike Saimond	33:45
Ken Pacileo		29:10	Ken Larson	33:49
Jason Earl		29:19	Kristen Metzger	33:49
Marty Keibel	#2 M60-64	29:24	Michael Presti	33:54
Kevin Glenn		29:46	Mike Shore	34:01
Matt Yoder		30:01	James Janiak	34:16
Jhonny Camacho		30:12	Tony Hollister	#3 M65-59 34:23
Michael Westfall		30:13	King Archibald	34:30
John Agosto		30:28	Anne Leonard-Blake	34:37
Clinton Morse		30:38	Kathy Manizza	34:43
Mike Tartar		30:52	Erica Shore	34:47
Jay Seney		31:05	Jessica Doyle	35:00
Peter Devine		31:15	David Laporte	35:08
Andrew Zyrek		31:18	John Legier	35:57
Ed Sweeney		31:18	Laurie Brooks	36:14
Bryce Metzger		31:25	Bekkie Wright & JoePoliquin	36:33
Ian Roberts		31:34	Adam Paggioli	36:35
Andrew Cannella		31:52	Mark Turkington	36:38
Mark Kelley		32:06	Raymond Carta	36:49
Timothy Blinn		32:13	Zoe Ounpuu-Adams	36:49
Brian Seney		32:28	Russell Saucier	36:54
Amira Lerario*	#2 F45-49	32:30	Wally Squier	37:13
Joe Kidder		32:35	Bill Metzger	37:41

Kevin Looney	37:44	Carolyn Nielsen	51:12
Erin Chiaputti	37:53	Katherine Abel	51:46
John & Hayley Collins	37:56	Bill Turney	51:48
Nithya Kannan	37:58	Tim Callahan	52:00
Carole Saucier	38:34	Marylou White	52:03
Steve Borrmann	38:42	Edward Yergeau	52:07
Mickey Grabner	39:42	Steve & Rachel Gates	53:16
Ginny Welch	39:44	Bob Cianciosi	53:22
Jenna Borrmann	40:03	Kyle Toce	53:34
Nicholas Vandine	40:05	Nevin Ounpuu-Adams	53:36
Karen Saunders	40:10	The Pilgrims (Thorntons)	53:50
Kate & Tony Bonanno	40:23	Patricia Desimone	54:10
Carolyn Reading	40:33	Alycia Sanders	54:25
James Iacobellis	40:33	Denise Toce	54:52
Lee Paquette	40:39	Cathy Squier	54:57
Zofia Turosz	#2 F70-74 41:16	Todd Mozzer	55:20
Ashley Flamino	41:26	Cassandra Saimond	55:24
Yolanda Flamino	41:26	Anthony Dennis	55:29
Linda Yamamoto	41:28	Marc, Becky & Jake Muldoon	55:30
James Adams & Sylvia Ounpuu	41:37	Daniel Walker	55:42
George Ripley	41:38	David Burr	56:12
Ted Kennedy	41:59	Scott Freeman	57:16
Betty Cannella	42:13	Amby Burfoot	57:51
Mike Toce	43:16	Monica Lee	57:53
Dennis Blondin	43:17	Melissa Jolly	57:58
Sue Legier	43:27	Katie Steele	58:20
Maria Everhart-Caye	43:30	Cathy Kapa	58:51
Sean Legier	43:40	Marc & Judi Shok	1:00:05
George Caye	44:59	Angelee Carta	1:00:31
Patricia Saimond	45:28	John Salcius	1:03:38
Susan Leslie	45:34	Tracey Reed	1:05:07
Linda Tomaszewski	45:58	Noreen Steele	1:05:23
Doug Flamino	46:43	Katherine Kamerer	1:05:31
Dorothy Paquette	47:07	Pat Barsamian	1:05:59
Ken, David & Olivia Shluger	47:12	David Guy	1:06:49
Judy Borrmann	47:30	Jill & Lindsay Ramos	1:09:32
Cynthia Watts-Elder	47:38	Kristy Laporte	1:12:50
Art & Jack Byram	47:55	Hayden & Jackson Morse	1:13:25
Kristin Legier	48:06	Daniel Jakowski	1:18:38
Megan Callahan	48:15	Veronica Bailey	1:28:13
Clinton Driscoll	48:22	Carolyn Carta	1:30:04
Emma Dolen	48:27	Anna & Ellen Morse	1:34:54
Molly & Laura Sweeney	48:34	Janit Romayko	1:41:31
Cathi Koehler	48:42	Dan Kennedy	1:46:29
Sharon Beebe	48:45	Kayla & Sandy Bonanno	1:50:47
Ed & Eddie Steele	48:47		
Deborah Thurston	49:20		
Robyn & Scott Hollister	49:45		
Miriam Degrandi	49:54		
Annamarie Demonte	49:59		
Beth Shluger	50:33		
James Best	51:03		

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



Silk City Striders 8 County Challenge

All Eight Counties Completed in 2012

KATE BONANNO	<u>FAIRFIELD</u> Stratford Beach Run 5K	<u>HARTFORD</u> Finally Spring 5K	<u>LITCHFIELD</u> USATF-CT Jr. Olympics XC 3K	<u>MIDDLESEX</u> Chester Four on the Fourth
	<u>NEW HAVEN</u> Autumn on the Sound 5K	<u>NEW LONDON</u> Sailfest 5K	<u>TOLLAND</u> Soapstone Assault	<u>WINDHAM</u> N.O.W. 3.5 M
TONY BONANNO	<u>FAIRFIELD</u> Stratford Beach Run 5K	<u>HARTFORD</u> Finally Spring 5K	<u>LITCHFIELD</u> Age Before Beauty XC 5K	<u>MIDDLESEX</u> Chester Four on the Fourth
	<u>NEW HAVEN</u> Autumn on the Sound 5K	<u>NEW LONDON</u> Sailfest 5K	<u>TOLLAND</u> Soapstone Mtn Trail Race 24K	<u>WINDHAM</u> N.O.W. 3.5 M
ALAN MCCALL	<u>FAIRFIELD</u> Fairfield University Lucky Stag 5K	<u>HARTFORD</u> Finally Spring 5K	<u>LITCHFIELD</u> Pleasant Valley 8.57	<u>MIDDLESEX</u> Chester Four on the Fourth
	<u>NEW HAVEN</u> Guilford Rotary Frosty 5K	<u>NEW LONDON</u> O'Niantic 5K	<u>TOLLAND</u> Bolton Tail Run	<u>WINDHAM</u> Deary Memorial 5M
JANIT ROMAYKO	<u>FAIRFIELD</u> Trifitness Women's Tri	<u>HARTFORD</u> Finally Spring 5K	<u>LITCHFIELD</u> Race Around the Lake 3.5M	<u>MIDDLESEX</u> Sprint into Spring 5K
	<u>NEW HAVEN</u> Brian's Beachside Boogie Duathlon	<u>NEW LONDON</u> Amica 19.7 Ocean Beach Tri	<u>TOLLAND</u> Mother's Day Dash	<u>WINDHAM</u> St. Patty's Blarney Stone Dash 5K
ANDY ZYREK	<u>FAIRFIELD</u> Sunset Run for the Warriors 10K	<u>HARTFORD</u> Shad Derby 5K	<u>LITCHFIELD</u> Hogsback Half Marathon	<u>MIDDLESEX</u> Pumpkin Run 5K
	<u>NEW HAVEN</u> New Haven Road Race 20K	<u>NEW LONDON</u> Colchester Half Marathon	<u>TOLLAND</u> Somers Great Escape 5M	<u>WINDHAM</u> Brooklyn Fair 5K



The Silk City 700 (and Junior 350) is a personal challenge to accumulate 700 miles of running or walking within the 2012 calendar year (or 350 if you are High School age or younger). Below is the self-reported list of Silk City Striders who have achieved the 350 or 700 Mile Mark in 2012.

MEN		WOMEN	
John Agosto	Scott Livingston	Chrissy Bendzinski (Junior 350)	
Mike Bendzinski	Alan McCall	Rachel Blinn (Junior 350)	
Mitch Bielenda	Clinton Morse	Hayley Collins (Junior 350)	
Tim Blinn	Lee Paquette	Betty Cannella	Dorothy Paquette
Tony Bonanno	Joe Poliquin	Diana Cohen	Janit Romayko
John Collins	Jay Seney	Dani Kennedy	Carole Saucier
Aaron Flamino	Barry Stoner	Cathy King	Keron Smith
Scott Freeman	Mike Tartar	Amira Lerario	Bekkie Wright
Marty Keibel	Mike Westfall	Debbie Livingston	Linda Yamamoto
Ned Kennedy	Matt Yoder	Kathy Manizza	
Joe Kidder	Andy Zyrek		
Ken Larson			

SILK CITY STRIDERS 2012 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.

- Christopher Kerr Jennifer Lee
 James Lee Kevin Looney

"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.

- John Collins Ed Yergeau
 Karen Saunders _____

"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

- Lee Paquette
 Russell Saucier
 Andy Zyrek

Female

- Meg Bendzinski
 Monica Lee
 Carole Saucier

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

Please email selections to
webmaster@silkcitystriders.org.

Thank You.

Christopher Kerr – In his rookie season Chris battled injury but capped off the season with an outstanding Manchester Road Race. He's always up for a challenge, so watch out!

James Lee – Apparently he was only using the summer XC series as a warm up, because James' times improved dramatically during his freshman XC season at Manchester High. He finished the year with a Top 10 finish (#1 M13-19) at the Devil Made Me Do it 6.66 Miler.

Jennifer Lee – We knew Jennifer was going to be fast when she led us all up MRR's "heartbreak hill" during our Fun Runs this summer. She scored for the Red Dress Runners, and has won Age Group Awards at some of CT's toughest races, including the Manchester Road Race and Santa's Run.

Kevin Looney – You may have noticed that Kevin is always "wired." That's so he can track his outstanding progress. Although he's fairly new to racing, he tackled the Ghost Run Half Marathon this year, and finished under 2 hours.

John Collins – Hernia surgery this summer kept John out for most of the Wickham Park XC Series, but he recovered well, and was back up to the Marathon distance by the Fall.

Karen Saunders – Watch out in 2013. Karen reached a new Age Group this December, and is poised to take the F60+ category by storm. She returned to racing form this year, taking Age Group prizes at events from 5K to 5 Miles.

Ed Yergeau – For any triathlete, a rotator cuff injury can be a real set-back, but Ed bounced back this year competing in the CT Triathlon Championships at Cedar Lake in September, and taking on the Xtreme Scramble 5K series this summer.

Lee Paquette – As promised, Lee stepped up to the marathon distance this fall after a strong summer XC series at Bolton. Now he's got both speed and endurance!

Russell Saucier – Russ admits that he's so busy with work that he doesn't have much time to train, but you could tell that by his 5K performances this year, as well as a PR in his 2nd Half Marathon at Hartford this Fall.

Andy Zyrek – 2012 was another PR year for Andy. His 5K times have dipped below 20 minutes, and with a stellar performance at the Chicago Marathon he finally has his Boston Qualifier for 2014.

Meg Bendzinski – Meg stepped up to the Marathon distance this year, running the New Haven Road Race as a tune up, and finishing the Hartford Marathon in just under 5 hours.

Monica Lee – Monica is a versatile athlete with PR's at both 5K's & Sprint Triathons. She's a strong cyclist, so I wouldn't be surprised to see those Tri PR's continue into 2013.

Carole Saucier – 2012 was a year of both PR's and long distance for Carole. She continued to improve on her short distance speed, and ran her first marathon at Hartford this Fall. Next up for Carole is the Miami Marathon.

22nd ANNUAL SCROOGE'S SCRAMBLE 5K
Tuesday, December 25, 2012 - 10:30 AM



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

Start & Finish @ Cornerstone Community Center
3 Prospect Street Rockville, CT 06066

We had 80+ runners and walkers this year, and raised over \$2,000 to benefit the Cornerstone Foundation's programs, including the Shelter and Soup Kitchen. Panera Bread donated backed goods, and the 99 Restaurants donated bottled water. Timing assistance was provided by Ken Platt. Thanks to all who ran, walked, volunteered or donated.

If you were unable to attend, but would still like to contribute, please contact:
 MaryLou MLouWhite@comcast.net or Janit JPRomayko@sbcglobal.net

RACE RESULTS (Courtesy of Way Hedding – SNERRO and Ken Platt – PLATT SYSTEMS):

<u>Name</u>	<u>TIME</u>	<u>Name</u>	<u>TIME</u>	<u>Name</u>	<u>TIME</u>
David Clavet	18:51	Dave Giacalone	24:36	Unknown Runner	28:53
Michael McCall	18:52	Way Hedding	24:45	Unknown Runner	28:55
James Fritsche	19:13	Dave Taylor	25:03	Thomas Sheehan	29:06
David Taylor	19:31	Bekkie Wright	25:46	Tom D Sheehan	29:06
Jason Earl	19:34	Joseph Poliquin	25:47	Katie Walker	29:50
Bruce Christensen	19:36	Vianna Zimbel	26:35	Sarah Eastman	30:05
Paul Smith	19:38	Joe Adams	26:36	Taylor Thompson	30:05
Michael Westfall	19:57	Brian Walker	26:37	Darryl Johnson	30:14
Clinton Morse	20:18	Unknown Runner	26:44	Tony ???	30:40
Todd Brown	21:20	Jenni Giacalone	26:45	Deborah Chessari	31:09
Mitch Bielenda	21:43	David Sutherland	26:49	Nicole Wagschal	31:16
John Sloan	21:51	Steven Dauch	27:01	Rolf Wagschal	31:17
Steven Morse	21:59	Sam Lewbel	27:10	Richard Zbrozek	31:26
Brian Seney	22:04	Bill Shortell	27:11	Monica Graham	31:37
Jay Seney	22:05	Cathi Koehler	27:14	Barb Remmers	31:38
Dominic Wilson	22:26	Joe Chatterton	27:20	Chester Lau	32:12
King Archibald	22:31	Stuart Kling	27:21	Cathy Fellows	36:30
Tony Hollister	22:32	Grace Syriac	27:21	Willi Frederich	39:07
Ken Ildefonso	23:02	Charlie Chatterton	27:22	Hayden Morse	43:33
Elizabeth Walker	23:05	Zofia Turosz	27:26	Shepard Livingston	43:45
Hector Morera	23:07	Jonathan Tubbs	27:33	Scott Livingston	43:56
Shaun Harrington	23:16	Amber Boucher	27:52	Dahlia Livingston	45:12
Chelsea Chatterton	23:18	Tom Compo	27:53	Debbie Livingston	45:13
John Chamberland	23:50	Laura Buchiochi	27:53	Denise Cassella	46:51
Andy Zyrek	23:58	Robert Doucette	27:55	Elizabeth Graham	58:39
Shannon Katzmayr	23:58	Danielle Giacalone	28:30	Robert Levy	1:04:55
Bob Caplin	24:03	Alan McCall	28:39		
Jacob Caplin	24:04	Susan Leslie	28:50		

RACE CALENDAR

Date	Time	Race	Place	More Information
Tu Jan 1	11:00 AM	Guilford Rotary Club Frosty 5K	Guilford (Guilford Green)	www.guilfordrotary.org (www.plattsys.com)
Tu Jan 1	9:00 AM	Resolution Run 5K	Colchester (Bacon Academy)	www.thelastmileracing.com
Sa Jan 5	10:00 AM	Bolton Trail Run	Bolton (Rt. 44 Commuter Lot)	HTC December News*
Su Jan 6	10:00 AM	Boston Buildup Series 10K	Norwalk (McMahon H.S.)	www.clubct.org
Su Jan 6	1:30 PM	Aselton Mem. Snow Dash 5K	E. Hartford (Langford School)	www.ci.east-hartford.ct.us (www.plattsys.com)
Su Jan 27	10:00 AM	People's Forest 8.5/17 M	Barkhamstead (People's For)	HTC December News*
Su Jan 27	10:30 AM	Tradition Run 5K	Meriden (Hubbard Park)	www.runningpast.com/trun.htm
Su Jan 20	9:00 AM	Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch)	www.clubct.org
Su Jan 27	10:00 AM	Boston Prep 16M	Derry, NH	www.gdtc.org/bostonprep
Su Jan 27	9:30 AM	Winter Wonderland 5M	Milford (Platt School)	www.hitekracing.com/winterwonderland
Su Feb 3	8:00 AM	Run for Refugees 5K	New Haven (Wilbur Cross HS)	www.jbsports.com
Sa Feb 9	10:00 AM	Sweetheart Run 4M	Stratford (YMCA)	www.hitekracing.com/sweetheart
Sa Feb 9	10:00 AM	Cupid's Chase 5K	Hartford (Bushnell Park)	www.comop.org/cupidschase
Sa Feb 9	11:00 AM	Bob Andrulic Memorial 5M	Litchfield (Community Ctr)	http://www.thecommunitycenter.org/
Su Feb 10	10:00 AM	Cedar Hills 4M	Hartford (Cedar Hills Cem.)	HTC December News*
Su Feb 10	9:00 AM	Boston Buildup Series 20K	Fairfield (Tomlinson M.S.)	www.clubct.org
Sa Feb 16	11:00 AM	Martha's Vineyard 20M	Martha's Vineyard, MA	http://www.mv20miler.com
Sa Feb 23	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	www.hartfordtrackclub.org
Su Feb 24	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS)	http://sugarloafmac.org
Su Mar 3	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org
Su Mar 3	11:00 AM	Stu's 30K	Clinton, MA (Clinton Mid Sch)	http://www.cmsrun.org/index.php/club-races/stus-30k
Sa Mar 23	10:00 AM	Finally Spring 5K (Trail Race)	Manchester (Ferguson St)	www.manchesterrunningcompany.com
Su Mar 24	10:00 AM	Asta Memorial 19.6M*	Rocky Hill (Fern St)	HTC December News*
Su Mar 24	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org

* <http://www.hartfordtrackclub.org/sites/default/files/HTCDecNewsLtr2012.pdf>

WINTER/SPRING 2013 MARATHON CALENDAR

DATE	RACE	PLACE	Website (link)
January 20, 2012	Maui Oceanfront Marathon	Maui, HI	www.MauiOceanfrontMarathon.com
January 26, 2013	Veteran's Indoor Half Marathon Marathon & Marathon Relay – NEW*	Hartford, CT (Civic Center)	www.thelastmileracing.com
January 27, 2012	ING Miami Marathon	Miami, FL	www.ingmiamimarathon.com
February 16, 2013	A1A Marathon	Ft. Lauderdale, FL	www.a1amarathon.com
February 16, 2013	Myrtle Beach Marathon	Myrtle Beach, SC	www.mbmarathon.com
February 17, 2013	26.2 with Donna	Jacksonville Beach, FL	www.breastcancermarathon.com
February 24, 2013	Hyannis Marathon	Hyannis, MA	www.hyannismarathon.com
February 24, 2013	Mardi Gras Marathon	New Orleans, LA	http://runrocknroll.competitor.com/new-orleans
March 17, 2013	Shamrock Sportsfest Marathon	Virginia Beach, VA	www.shamrockmarathon.com
March 24, 2013	Ocean Drive Marathon	Cape May County, NJ	www.odmarathon.org
April 15, 2013	Boston Marathon (Charity spots only)	Boston, MA	www.baa.org
May 5, 2013	New Jersey Marathon	Long Branch, NJ	www.njmarathon.org
May 5, 2013	Long Island Marathon	East Meadow, NY	www.thelimarathon.com
May 5, 2013	Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 19, 2013	Shires of Vermont Marathon	Manchester/Bennington, VT	http://ShiresofVermontMarathon.com
May 26, 2013	Vermont City Marathon	Burlington, VT	www.runvermont.org
May 26, 2012	Memorial Day Marathon	Lenox, MA	http://www.memorialdaymarathon.com

2013 EVENT CALENDAR

- JANUARY** - New Years Champagne Run & Brunch Tuesday, January 1
- MARCH** - Bolton Road Race Sunday, March 10
 SANDY HOOK Run for the Families (HMF event) Saturday, March 23
 “Hoppin’ Hodges” Trail 5K..... Sunday, March 31
- MAY** - Bobby’s Run Saturday, May 18
 Michael Litwinka Memorial Run Sunday, May 19
- JUNE** - Bolton XC Summer Series..... Wednesday Nights - TBA
- JULY** - Wickham Park Cross Country Series Monday Nights – TBA
 Bolton XC Summer Series..... Wednesday Nights – TBA
 35th Anniversary Celebration & Summer Picnic TBA
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic Saturday, August 3
 Wickham Park Cross Country Series Monday Nights – TBA
 Bolton XC Summer Series..... Wednesday Night – TBA
 Parkade Cinemas Family Fun Run 5K..... Saturday – TBA
- SEPTEMBER** - Fred Brown Lake Winnepesaukee Relays..... Saturday, September 7
 Ray Crothers Memorial XC Run Saturday, September 21
- OCTOBER** - Halloween Pot Luck Supper TBA
- NOVEMBER** - Parker Holt Celebration Run 5K Sunday, November 10
 Know Your Pace Race Saturday, November 23
 Manchester Road Race Thursday, November 28
- DECEMBER** - Hungry Tiger Toy Fun Run TBA
 Scrooge Scramble Wednesday, December 25

Can't wait for the next Newsletter to share your news?

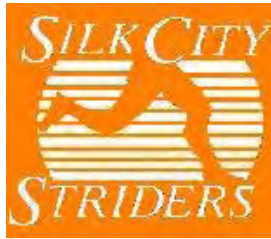
The Silk City Striders also communicate on Facebook and Yahoo Groups.

facebook

<http://www.facebook.com/groups/326196353838/>

YAHOO! GROUPS

<http://sports.groups.yahoo.com/group/silkcitystriders/>



SILK CITY STRIDERS 2013 Membership Application/Renewal Form

Name _____ Birthdate _____

Street Address _____

City _____ State _____ Zip _____

Phone # Home _____ Work _____

Cell _____

Email Address: _____

Family Members Name: _____ Birthdate _____

Name: _____ Birthdate _____

Name: _____ Birthdate _____

Type of Membership (Check all that apply):

<input type="checkbox"/>	Family (\$15.00)
<input type="checkbox"/>	Individual (\$12.00)
<input type="checkbox"/>	Check Here if you cannot access the newsletter online, and wish to have it mailed. Add \$3.00 to cover postage. Thank you.

I know that running is a potentially hazardous activity. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by the decision of a club official relative to my ability to safely complete the run. I assume all the risks associated with running in club activities including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and or humidity, the condition the roads and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership. I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, USA Track & Field, the Silk City Striders and all sponsors, their representatives and successors from all claims or liabilities of any kind rising out of my participation in club activities, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE

(parent or guardian if applicant under 18 years of age) _____

Make checks payable to "SILK CITY STRIDERS"

MAIL TO: John Sloan, Treasurer, 11 Otis Street, Manchester, CT 06040

**QUESTIONS? Contact John Sloan at 860-643-6123 or Bekkie Wright at (860) 461-1486
or via email at webmaster@silkcitystriders.org**