



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President’s Message: New Year’s Resolutions

Every January many of us make a New Year’s Resolution or two. It goes without saying that many runners set running goals, however, other aspects of our lives which impact our running require attention: A healthier diet, better sleep habits, paying attention to injuries, perhaps joining a yoga or Pilates class, or cross-training in the pool or on a stationary bike. There are many printed and electronic resources on each of these topics. Check out these running-related websites for some great ideas: www.active.com, www.runnersworld.com, and www.runningtimes.com. Before making your resolutions, think them through, be well-informed, and make sure they are realistic and achievable.

It can be difficult to stay motivated during the cold Winter months. Cathy recently purchased the “Racing Weight Cookbook” by Matt Fitzgerald. While skimming through it, my motivation for eating healthier grew with each turn of the page. Cathy is also reading “Born to Run” which is a motivational narrative written about a tribe of ultrarunners in Mexico. Reading about other runners can be motivational, but so can just getting out and running, cross-country skiing or snowshoeing with other club members.

Thank you to all members who have volunteered at Silk City Striders club events this past year. Without your help and support our club would not be the success that it is. As we look forward to 2014, we are recruiting members to serve as Club Officers or Board Members. Please consider volunteering for one of these positions.

The New Year’s Day Champagne Run, Brunch, and Awards Ceremony will be held at Mike and Monica Lee’s home in Manchester. What a great way to start off the New Year with fellow runners for some holiday food, cheer, and a run on a Case Mountain trail or on the road. See Page 2 of this newsletter for further details with directions and information, as well as Page 15 for the 2013 Awards Ballot.

Happy New Year ... and may all of you achieve your 2014 goals/resolutions.

Co-President, Mitch Bielenda

**The Silk City Striders
“2011 Rookie Of The Year”
Hayley Collins
had an outstanding
Fall Cross Country Season**

She was a Top 7 Varsity runner as a Freshman for the Tolland High School Cross Country Team and helped the team to go undefeated in the regular season and win the State Open, Class M and CCC East titles. She was awarded both “All Conference” and “All State” Honors.

TABLE OF CONTENTS

Club News & Events	2
Race Results	3
Parker Holt 5K Results	7
Triathlon Results	9
Know Your Pace Race Results	10
Marathon & Ultra Race Results	11
Manchester Road Race Results	12
SC700 & 8 County Challenge	14
2013 SCS Awards Ballot	15
Scrooge’s Scramble Results	16
Race Calendar	17
2014 Event Calendar	18

2013 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 Evening - 6:00 pm
Mt. Nebo Parking Lot - Spring Street
Remember to wear your reflective gear.
Headlamps are also recommended.

Also, new for 2014:
TRAINING RUNS ON THE
BOLTON ROAD RACE 5M COURSE
Most Saturday Mornings – 8:00 am

Please visit the Event Facebook Page
 for weekly BRR Training Run updates:
<https://www.facebook.com/BoltonRR>

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Paul Mitchell East Hartford
 Heinrich Family Manchester
 (Eric, Anne, Paxton & Campfield)

WELCOME BACK

George & Phyllis Ripley Glastonbury

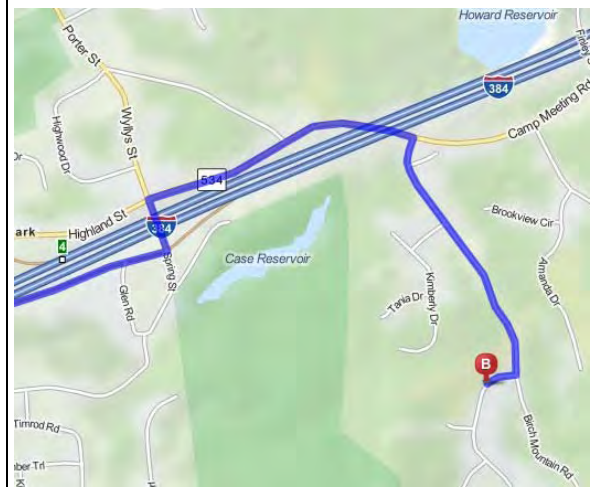
NEW YEAR’S DAY
CHAMPAGNE RUN & BRUNCH
10:00 am

The traditional Champagne Run, Brunch and Annual SCS Awards Ceremony will be held on January 1, 2014 at 10:00 AM at Mike & Monica Lee’s home at 23 Dennison Ridge, Manchester. There will be several running routes to choose from, including Case Mountain trails depending on whether there is snow. Please bring your favorite brunch item to share.

Directions:

I-384 East to Highland St. – Exit 4.
 Turn Left on Spring Street, then Right on Highland Street / Camp Meeting Road.
 - Right onto Birch Mountain Road
 - Right onto Dennison Ridge
 #23 is the 3rd house on the Right

NOTE: 3-4 cars can park single file in the driveway. On street Parking on one side only.



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.

RESULTS OMITTED FROM PREVIOUS NEWS

KENEY PARK 5K Hartford, CT September 22, 2013

Ned Kennedy	#1M	18:25
Dani Kennedy	#1F	21:03

CIDER MILL 5K Tolland, CT October 5, 2013

Adam Bulewich	#5M; #1 M30-39	17:49
Melissa Stellato	#1F	18:26
John Collins	#7M; #2 M40-49	19:07
Matt Yoder	#3 M30-39	20:17
Jay Hamilton		22:19
Erin Chiaputti	#2 F20-29	24:18
Mark Turkington		25:34
Annette Hamilton	#3 F40-49	25:40
Kristy Laporte		27:07

RUN TO READ 5K Bolton, CT October 5, 2013

Kevin Glenn	#2M; #1 M50-59	19:34
Debbie Livingston,	#1F	21:39
Ian Roberts	#5M; #3 M50-59	22:10
Laurie Brooks	#5F; #1 F50-59	24:47
Lee Paquette	#2 M60+	27:25
Dorothy Paquette	#1 F60+	29:14

SOUTHINGTON APPLE HARVEST 5K & 5M Southington, CT October 6, 2013

5K

Janit Romayko	#2 F60-69	28:32
---------------	-----------	-------

5M

Steve Morse	#1 M60-69	33:39
-------------	-----------	-------

Janit Reports: Unfortunately the "heavens opened up" at the beginning of this classic race. Mile 2 & 3 were slick on the downhills. The volunteers were wonderful handing out the food which eventually got rain soaked too. The Kids Mile was run in the pouring rain and the kids did not seem to mind ... they loved it!!

LITCHFIELD XC CHALLENGE 5K Litchfield, CT October 12, 2013

Janit Romayko	#1 F 60-69	31:21
---------------	------------	-------

Janit Reports: Small field as course was wet and slippery especially on the downhill. This was a 2 loop course and once you have become familiar with the terrain, it gets a bit easier the "second time around"...local honey for the prizes.

AUTUMN ON THE SOUND 5K West Haven, CT October 13, 2013

Janit Romayko	#3 F60-69	27:37
---------------	-----------	-------

Janit Reports: It is easy to see why this race is so popular. The out & back almost flat course runs along Long Island Sound. Gorgeous scenery on a perfect sunny day. RD Joe Riccio caters to runners over 40 by awarding Age Group prizes to the 90s, then the 80s, 70s, 60s and down the line. He makes the kids sit on the ground circling him and they have to wait patiently while the oldsters get their prizes first!! Great food and very plentiful raffles.

RUN FOR THE COVE 5K Madison, CT October 20, 2013

Dani Kennedy	#1 F50-59	21:10
--------------	-----------	-------

MONROE TRAIL RUN 4M Monroe, CT October 20, 2013

Janit Romayko	#1 F60-69	40:58
---------------	-----------	-------



ARMY 10 MILER
Washington, DC October 20, 2013

Barry Stoner		1:59:48
--------------	--	---------

ELLINGTON FAMILY DAY 3K & 5K Ellington, CT October 26, 2013

3K

Kate Bonanno	#3 Overall; #1F	12:10
--------------	-----------------	-------

5K

Steve Morse	#5M; #1 M60+	20:37
Andrew Cannella		23:39
Dale Toce	#1 M50-59	24:39
Michael Toce	#1 M13-19	24:39
Mark Turkington		25:30
Janit Romayko	#1 F60+	27:52
Tom Walsh		40:58

LOVE YOUR BODY 5K
West Hartford, CT October 26, 2013

Deb Chessari #1 F60-69 28:11

RUN FOR M.S. - A Spooktacular 5K
East Hartford, CT October 26, 2013

Michael Tartar #1M 17:48
Jason Earl #2M; #1 M30-39 18:11
Ed Sweeney #6M; #3 M40-49 20:08

HARVEST WALK & RUN 5K
Manchester, CT October 27, 2013

Kevin Glenn #2M; #1 M50-59 19:49
John Paggioli #3M; #1 M40-49 20:00
Laurie Brooks #3F; #1 F50-59 23:01
Jill & Lindsay Ramos 44:35

BROOKFIELD HALLOWEEN RUN 5K
Brookfield, CT October 27, 2013

Janit Romayko #1F 60-69 28:57

Janit Reports: Not an easy 5K. Run in neighborhoods with several hills and uphill finish into the parking lot of the High School. Halloween theme with plentiful donuts, cider, apples, etc. Good raffle prizes too.

ST. ROSE SCHOOL 5K
Newtown, CT October 27, 2013

Janit Romayko #1 F60-69 28:33

Janit Reports: This 5K was 2 hrs later than the Brookfield Halloween Run, 6 as it was "in the neighborhood". It was a hilly 2 loop course run on the grounds of the old Fairfield Hills Hospital. Very scenic and beautiful setting. As this race was put on by a church as part of their Family Day, their understanding of runners' needs after a race was limited. The only thing they provided for free was water.

COLUMBIA AUTUMN CLASSIC 5K
Columbia, CT October 27, 2013

Ian Roberts #1 M50-59 21:48
John Sloan #2 M50-59 22:08
Diana Cohen #7F 22:58
Karen Saunders #1 F60-69 26:48

DEVIL MADE ME DO IT 6.66 MILES OF HELL
Glastonbury, CT October 27, 2013

Jason Earl #3M; #2 M30-39 42:50

B.H.N. 5K
Springfield, MA November 2, 2013

Bekkie Wright #3F; #1 50-59* 21:10
Joseph Poliquin #8M 23:32

* Awards to 1st in each Age Group regardless of Gender

AIRLINE TRAIL GHOST RUN
HALF MARATHON

Hebron to East Hampton, CT November 2, 2013

John Legier 1:39:21
Marc Shok 1:47:08
Team Weenies (w/Chris Kerr) 1:48:04
Mitch Bielenda 1:53:32
Brianna Carlson 1:53:38
Deborah Chessari #3 F60+ 2:12:57

GRISWOLD XC CLASSIC 5K
Griswold, CT November 3, 2013

Janit Romayko #1 F60-69 34:21

Janit Reports: It is easy to see why the number of runners was so low. This is another TOUGH 2-loop course. Very challenging with many roots, shoots, wet leaves and not for the faint of heart. No frills, just water and old apples!!

JAMIE'S RUN 5K
Old Wethersfield, CT November 3, 2013

Cathy King 24:21
Mitch Bielenda 24:22
Mark Turkington 25:32
Kristy Laporte 26:19
Lori Riley 26:21

TARZAN BROWN MYSTIC RIVER RUN 5.5M
Mystic, CT November 3, 2013

John Paggioli 35:14

EAST WINDSOR VETERAN'S DAY 5K
East Windsor, CT November 9, 2013

Aaron Flamino #3M; #2 M30-39 17:08
Adam Bulewich #3 M30-39 17:37
Melissa Stellato #1F 18:12
Ned Kennedy #1 M50-59 18:32
Linda Yamamoto #2F 19:46
Mitch Bielenda #3 Veteran 50+ 20:42
Dani Kennedy #6F; #1 F50-59 21:08
Steven Morse #2 M60-69 21:19
Dean Bolt 22:31
Susan Leslie #1 F60-69 26:50

THOMPSON TURKEY TROT 5K
Thompson, CT November 10, 2013

Janit Romayko #1 F60-69 35:37

Janit Reports: I am convinced that all you have to do is show up at some of these remote races and you are assured of an age group place. This was a XC race held at the West Thompson Dam Recreation Area with several changes in terrain from road to woods, single track to wide dirt roads. Very slippery. It's so far into the Northeast Corner that it's almost in Rhode Island!!

FREEDOM RUN 5K
Hartford, CT November 10, 2013

James Lee	#3 M15-19	20:56
Mike Lee		22:28
Jennifer Lee	#3 F10-14	23:41
Ed Yergeau		27:33
Monica Lee		34:42

RACE TO FILL THE PANTRY 5K
Glastonbury, CT November 10, 2013

John Paggioli	#10M; #2 M40-49	19:03
Scott Hollister		20:16
Adam Paggioli	#1 M19-29	22:05
Becky & Jake Muldoon		25:05
Aiden & Mark Muldoon		28:25
Robyn Hollister		28:29

VETERAN'S DAY 5K
West Haven, CT November 11, 2013

Janit Romayko		35:49
---------------	--	-------

CHR FROSTBITE 5K
Enfield, CT November 16, 2013

Mike Bendzinski	#1 M60-99	21:11
Mark Turkington	#3 M60-99	24:31

UCONN LACROSSE BENEFIT 5K
Storrs, CT November 16, 2013

Janit Romayko		29:07
---------------	--	-------

Janit Reports: No prizes as the price was very low. New 5K course for the benefit of the Lacrosse Team. Serious hills but great spirits and many good runners.

HTC 8K XC CHALLENGE
West Hartford, CT November 23, 2013

Clinton Morse		36:29
Jenna Borrmann	#2 F19-29	44:15

HOT COCO 5K
Cheshire, CT November 23, 2013

Dean Bolt		22:39
Steve Sadler		26:22

TURKEY CAN CAN 5K
Sterling, CT November 23, 2013

Janit Romayko	#2 F60+	35:02
---------------	---------	-------

Janit Reports: New no frills XC race run on a municipal trail. The trail was not maintained and had been chewed up by cyclocross events with many berms and undulating terrain. Out & back course with slippery footing and single track trails yielded several bloody knees.

NEW FAIRFIELD RUN FOR THE TURKEYS 5K
New Fairfield, CT November 24, 2013

Janit Romayko	#3 F60-69	32:00
---------------	-----------	-------

Janit Reports: This hilly course and wind almost left me breathless. Challenging overall with an uphill finish. A good crowd and great community support.

WALLINGFORD TURKEY TROT 5M
Wallingford, CT November 24, 2013

Janit Romayko	#2 F60-69	58:57
---------------	-----------	-------

Janit Reports: Tough course as miles 1 and 2 were uphill and temps were low and winds were high. Out & back course. Great food and volunteers and they raffled off 13 turkeys and had humorous trophies with turkeys on them,

MALIBU FITNESS THANKSGIVING 5K
Farmington, CT November 28, 2013

Deb Thurston		28:06
--------------	--	-------

W.M.S. WILDCAT 5K
North Windham, CT November 29, 2013

Mitch Bielenda	#8M, #2 M50-59	23:15
Cathy King	#3F; #1 F50-59	23:19
Rachel Tambling	#7F; #3 F30-39	27:19

RUN SANTA RUN 5K
New Milford, CT November 30, 2013

Janit Romayko	#1 F60-69	31:57
---------------	-----------	-------

Janit Reports: Challenging course out & back with the first half downhill. Santa got a 2 minute head start, and everyone spent the race to catch him. Many participants all in red t-shirts. No frills race with water and oranges.

HARVEST RAMBLE 5M
Watertown, CT December 1, 2013

Janit Romayko	#2 F60-69	58:42
---------------	-----------	-------

Janit Reports: This was a challenging and scenic race with fewer than 50 participants. It is easy to understand why as the hills are relentless especially at mile 4. IT never ended and even as we approached the end of the course at the golf course, the last 2/10 was uphill. Very spirited crowd, great soup, goodies and raffles.

BLUE BACK SQUARE MITTEN RUN 5K
West Hartford, CT December 8, 2013

Jason Earl	#3 M35-39	18:50
Steve Sadler	#2 M40-44	19:35
Kevin Glenn	#1 M55-59	19:49
Laurie Brooks		23:14
Rebecca Hartz		24:25
Brad Magyar		24:50
Dawn Frey		25:11

PEARL HARBOR MASTERS 5.2M
Waterford, CT December 8, 2013

Janit Romayko #3 F65-69 52:37

Janit Reports: Nice reunion of those runners Age 40+ held each year at the VFW. Miles 1 and 2 are downhill, mile 3 is flat and then the reverse of the race's beginning for miles 4 and 5. Some GPSs read 5.2 and last 2/10s are uphill. Game dinner provided by VFW which made for interesting conversation among the runners. Cute trophies and colorful red, white & blue t-shirts.

SANTA'S RUN 3.5M
Glastonbury, CT December 8, 2013

Jason Earl	#2 M30-39	21:59
Mike Bendzinski	#3 M60-69	24:02
Christopher Kerr	#3 M30-39	24:08
Scott Hollister		24:34
Jennifer Lee	#3 F13-17	25:08
Mike Lee		25:08
King Archibald		25:13
Steve Borrmann		27:36
George Ripley III		28:15
Dena DeJulius		28:33
Susan Leslie	#2 F60-69	29:20
Lori Riley		29:31
Karen Saunders	#1 F60-69	29:34
Lee Paquette	#3 M70-99	30:15
Adam Bulewich		30:58
Dorothy Paquette		33:18
Meg Bendzinski		33:37
Judy Borrmann		35:02
Robyn Hollister		35:13
Monica Lee		37:48
Tony Hollister		51:04

CHRISTOPHER MARTIN'S
CHRISTMAS RUN FOR CHILDREN 5K
New Haven, CT December 8, 2013

Matt Yoder	19:41
Erin Chiaputti	23:35

NORFOLK PUB RUN 10M
Norfolk, CT December 21, 2013

Adam Bulewich	#5M; #1 M30-39	1:03:48
Melissa Stellato	#1F	1:06:59
Matt Yoder		1:22:13
Deborah Chessari	#1 F60-69	1:25:19
Cathi Koehler		1:38:19

GREATER SPRINGFIELD HARRIERS
SNOWSTORM CLASSICS
Forest Park, Springfield, MA

December 7, 2013 – Week #1 – 5K

Clinton Morse	#2 M50-59	20:43
King Archibald		22:39
Tom Walsh		25:23

December 14, 2013 – Week #2 – 10K

King Archibald	50:03
Tom Walsh	57:19

December 21, 2013 – Week #3 – 5K

Clinton Morse	#2 M50-59	20:14
King Archibald		22:28
Tom Walsh		24:44

2013 WMAC GRAND TREE SERIES

MONROE DUNBAR BROOK TRAIL RACE 10.5M
Monroe, MA October 13, 2013

Tony Bonanno 1:33:33

MT. TOBY TRAIL RACE 14M
Sunderland, MA October 20, 2013

MaryLou White 3:19:23

FINAL "GRAND TREE" SERIES STANDINGS 2013

For runners with at least 2 finishes out of 14 races

#5	Tony Bonanno	8 races	641 pts.
#135	Scott Livingston	2 races	166 pts.
#139	Mary Lou White	4 races	165 pts.
#175	Debbie Livingston	2 races	149 pts.
#206	Bekkie Wright	3 races	138 pts.
#207	Joseph Poliquin	3 races	138 pts.



Parker Holt Celebration Run 5K – World Run Day – Nov. 10, 2013

Bekkie Wright served as Race Director and was aided by a large staff of volunteers, including Jim Best, Laurie Brooks, Sue Leslie, Joe Poliquin, John Sloan, and Barry & Merle Stoner. 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** again this year.

#1 MALE	Time
Trevor Chambers	17:46
“Most Veteran” MALE	
Charles Merlis	37:02

#1 FEMALE	Time
Stella DiPippo	22:14
“Most Veteran” FEMALE	
Irene Burke	45:16

Age Group Winners

MALE Age 0-14		Time
1	Luis Rodriguez	19:45
2	Chris LeMay	21:10
3	Daniel Mullaney	23:38

FEMALE Age 0-14		Time
1	Margaret Melly	30:42
2	Hannah Mullaney	33:06
3	Madeline Wilson	33:37

MALE Age 15-19		Time
1	Ryan Van Dine	19:05
2	Connor Adams	22:53
3	Chris Vandenburg	23:47

FEMALE Age 15-19		Time
1	Rachel Chambers	47:17

MALE Age 20-29		Time
1	David E. Taylor	18:22
2	Michael Ingram	20:21
3	Stephen Shaw	25:00

FEMALE Age 20-29		Time
1	Jamie Nelson	29:20
2	Kara Forman	35:19

MALE Age 30-39		Time
1	Jason Earl	18:21
2	Daisuke Inokawa	18:29
3	James Hunt	23:22

FEMALE Age 30-39		Time
1	Kelly Moore	26:39
2	Sara Suitor	29:38
3	Shatanna DeRosie	34:17

MALE Age 40-49		Time
1	Bruce Christensen	18:57
2	John Mullaney	20:09
3	Greg Fauteux	20:11

FEMALE Age 40-49		Time
1	Melissa Emmerich	23:36
2	Charlotte Davies	24:47
3	Edit DiPippo	24:55

MALE Age 50-59		Time
1	Kevin Glenn	19:40
2	Ian Roberts	20:38
3	Miguel Ramirez	20:41

FEMALE Age 50-59		Time
1	Kathy Thornton	25:30
2	Kathy Lyon	25:58
3	Carolyn Nielsen	29:00

MALE Age 60-69		Time
1	Jim Golden	23:59
2	Stephen Tolman	24:17
3	Mark Turkington	25:10

FEMALE Age 60-69		Time
1	Karen Saunders	25:31
2	Barbara Maloney	30:59

MALE Age 70-79		Time
1	Robert Lathrop	26:35

FEMALE Age 70-79		Time
1	Geraldine Lyon	42:27

FEMALE Age 80-89		Time
1	Cynthia Peterson	44:37

Parker Holt Celebration Run 5K -- Overall Race Results

<u>Place</u>	<u>Fname</u>	<u>Lname</u>	<u>Time</u>	<u>Place</u>	<u>Fname</u>	<u>Lname</u>	<u>Time</u>
1	Trevor	Chambers	17:46	47	Kathy	Thornton	25:30
2	Jason	Earl	18:21	48	Karen	Saunders	25:31
3	David E.	Taylor	18:22	49	Jay	Keiser	25:54
4	Daisuke	Inokawa	18:29	50	Kathy	Lyon	25:58
5	Bruce	Christensen	18:57	51	Jeff	Prosperi	26:06
6	Ryan	Van Dine	19:05	52	Richard	Lindahl	26:20
7	Kevin	Glenn	19:40	53	Robert	Lathrop	26:35
8	Luis	Rodriguez	19:45	54	Kelly	Moore	26:39
9	John	Mullaney	20:09	55	Chris	Adams	27:49
10	Greg	Fauteux	20:11	56	Nelson	Wyman	28:10
11	Michael	Ingram	20:21	57	Lisa	Barry	28:28
12	Ian	Roberts	20:38	58	Melissa	Burke	28:40
13	Steve	Nelson	20:40	59	Carolyn	Nielsen	29:00
14	Miguel	Ramirez	20:41	60	Aga	Wusatowska	29:10
15	Chris	LeMay	21:10	61	Jamie	Nelson	29:20
16	Eric	Heinrich	21:15	62	Campfield	Heinrich	29:32
17	Ken	Erikson	21:31	63	Sara	Sutor	29:38
18	Mike	Lenehan	21:48	64	Connie	Bird	29:58
19	Steve	Schiller	22:00	65	Margaret	Melly	30:42
20	Stella	DiPippo	22:14	66	John	Melly	30:42
21	Dave	Taylor	22:17	67	Karl	Wilson	30:57
22	David	Dyson	22:31	68	Barbara	Maloney	30:59
23	Steve	Burdick	22:29	69	Karl	Salvati	31:05
24	Connor	Adams	22:53	70	Sherry	Dyson	32:29
25	Peter	Austin	23:19	71	Hannah	Mullaney	33:06
26	James	Hunt	23:22	72	William	Schaal	33:17
27	Melissa	Emmerich	23:36	73	Madeline	Wilson	33:37
28	Daniel	Mullaney	23:38	74	Susan	Wilson	33:38
29	Michael	Fromerth	23:47	75	Shatanna	DeRosie	34:17
30	Chris	Vandenburgh	23:47	76	Rebecca	Pauluk	34:30
31	Ben	Oldham	23:47	77	Kara	Forman	35:19
32	Jim	Golden	23:59	78	Dave	Pauluk	35:59
33	David	Burge	24:07	79	Charles	Merlis	37:02
34	Ryan	Carterud	24:14	80	Megan	LeMay	37:04
35	Stephen	Tolman	24:17	81	Mike	LeMay	37:12
36	Geoffrey	Moore	24:36	82	Cailynn	Danneman	39:07
37	Jim	Anselmo	24:36	83	Melissa	McWeeny	39:12
38	Joshua	Rivers	24:37	84	Geraldine	Lyon	42:27
39	Leo	Lavigne	24:44	85	Cynthia	Peterson	44:37
40	Charlotte	Davies	24:47	86	Irene	Burke	45:16
41	John	Oldham	24:54	87	Rachel	Chambers	47:17
42	Edit	DiPippo	24:55	88	Kate	Chambers	47:17
43	Stephen	Shaw	25:00				
44	Jennifer	Dorl	25:05				
45	Patrick	Doyle	25:06				
46	Mark	Turkington	25:10				

Photos on the Silk City Striders Facebook Page at:
<https://www.facebook.com/media/set/?set=oa.10151989385598839&type=1>

PARKER HOLT 5K PICTURES



Trevor



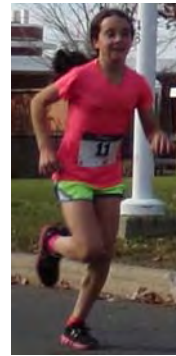
Ryan



Ian



Eric



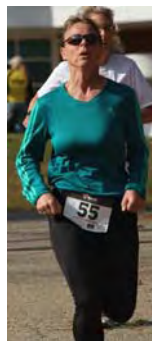
Stella



Mike



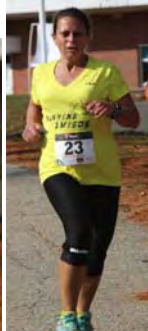
Mark



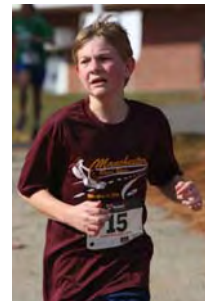
Kathy



Karen



Carolyn



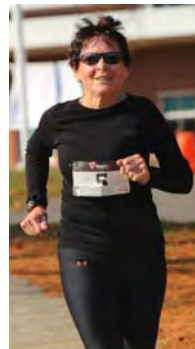
Campfield



Charlie



Cynthia



Irene

TRIATHLON RESULTS



IRONMAN FLORIDA

Panama City Beach, FL November 2, 2013

2.4 M Swim – 112 M Bike – 26.2 M Run

Diana Cohen

13:19:28

LIFESTYLES EXPO CT SPRINT TRIATHLON
STAR HILL FAMILY ATHLETIC CENTER
TOLLAND, CT November 9, 2013

300 Yard Pool Swim – 10M Stationary Bike
– 5K Run (Outdoors)

Debbie Livingston	#1F	53:49
Janit Romayko		1:06:46

Janit Reports: I think the clock lied on my 27 min. run time, as it was one of the most challenging 5K runs of my life. It seemed it would never end.

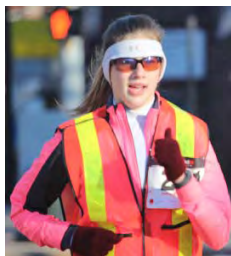
Scott Livingston Reports: Debbie had an absolute blast. And did quite well considering that her only previous triathlon was over 15 years ago.

KNOW YOUR PACE RACE -- 4.748 Miles -- November 23, 2013

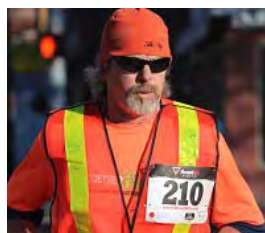
Name		Predicted	Actual	Diff.
Mulcahy	Douglas	32:00	31:53	:07
Barnwell	Nancy	49:00	48:52	:08
Etre	Ann	44:05	44:14	:09
Bielenda	Mitch	34:00	34:09	:09
Michaud	Geoff	34:43	34:53	:10
Alfano	Alyce	34:00	33:48	:12
Gaudreau	Brian	28:39	28:53	:14
Hartnett	Bob	36:15	36:29	:14
Briggeman	Peter	36:37	36:21	:16
Walsh	Tom	39:35	39:52	:17
Larson	Tim	38:00	38:18	:18
Tirrell	Janice	47:45	48:06	:21
Riley	Lori	47:48	47:27	:21
Vendetta	Tom	34:59	34:38	:21
Aresco	Joe	45:00	44:34	:26
Wallace	Jeff	37:45	37:18	:27
Madalena	Manny	39:30	39:58	:28
Carlson	Bri	34:55	35:23	:28
Messina	Michael	38:46	39:18	:32
Snow	Diane	36:56	37:28	:32
Balavender	Joe	37:00	37:33	:33
Schumacher	Adam	35:00	35:33	:33
Estes	Matt	29:30	28:56	:34
Gurzler	Ashley	36:47	36:13	:34
Goodwin	Ernest	34:42	34:07	:35
Anstett	Christina	40:21	40:57	:36
Madden	Jared	30:52	31:30	:38
Kitchens	Ashley	37:48	37:10	:38
Paquette	Lee	44:33	45:12	:39
Christensen	Bruce	29:30	30:15	:45
Masopust	Caitlin	38:46	39:31	:45
Kessler	Myles	38:12	37:23	:49
Budarz	Stan	39:30	38:41	:49
Cymbala	Chris	35:00	35:49	:49
Best	Jim	42:30	41:39	:51
Ripley	George	40:00	40:55	:55

Name		Predicted	Actual	Diff.
Chambers	Trevor	28:05	29:02	:57
Cieslowski	Matt	47:00	46:00	1:00
Melocowsky	Steven	36:48	35:47	1:01
Saunders	Karen	40:21	41:29	1:08
Stevenson	Jim	41:30	42:44	1:14
Virgadula	Steve	35:10	33:53	1:17
Guinan	Nathan	34:45	33:28	1:17
Paquette	Dorothy	45:36	46:58	1:22
Anderson	Carla	36:48	35:24	1:24
Fagan	John	37:00	38:32	1:32
Coy	Carrie	39:40	38:06	1:34
Saucier	Russ	39:09	37:33	1:36
DeGrandi	Miriam	47:37	49:19	1:42
Dell	Barbara	43:10	44:57	1:47
Glenn	Kevin	30:00	31:49	1:49
Westfall	Michael	31:12	33:04	1:52
Cerpovica	LeeAnn	36:48	38:50	2:02
Tirrell	Michael	38:18	36:08	2:10
Erikson	Christine	53:02	55:18	2:16
Livingston	Debbie	40:10	37:52	2:18
Brooks	Laurie	41:00	38:42	2:18
Vasquez	Noe	34:00	36:34	2:34
Kannan	Nithya	36:00	39:03	3:03
Erikson	Izzy	35:15	38:23	3:08
Korn	Karl	29:48	33:10	3:22
Chromik	Richard	34:59	38:26	3:27
Dean	Beth	39:50	43:22	3:32
Saucier	Carole	43:40	39:55	3:45
Leibowitz	Neal	35:00	31:14	3:46
Diana	Leo	47:29	43:35	3:54
Hartnett	Meredith	41:00	45:43	4:43
Johnson	Darryl	45:00	51:54	6:54

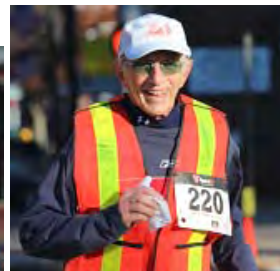
Photos on the Silk City Striders Facebook Page at:
<https://www.facebook.com/media/set/?set=oa.10152024119703839&type=1>



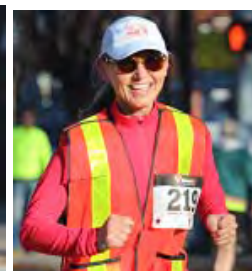
Brianna



Russ



Lee



Dorothy



Amira & Andy

MARATHON & ULTRA RACE RESULTS

ING HARTFORD MARATHON

Hartford, CT October 12, 2013

5K

Ned Kennedy	#1 M50-59	18:28
Dani Kennedy	#3F	20:43
Jimmy Morris		22:56
Carol Line Hazel		26:24

Half Marathon

Thomas Paquette	#1 M20-24	1:10:05
Steve Sadler		1:29:32
Matt Yoder		1:35:53
Mitch Bielenda		1:37:28
Kathy Manizza	#3 F55-59	1:39:52
Ken Larson	#2 M60-64	1:41:33
John Collins	1:45 Pace Group Leader	1:44:10
Russell Saucier		1:46:13
Myles Kessler		1:48:08
Richard Alexandre		1:52:05
Peter Scanlon		1:53:40
King Archibald		1:54:29
Dena DeJulius		1:55:56
Scott Hollister		1:57:04
Cathy King		1:58:30
Amira Lerario	Personal Pacer	1:58:30
Cathi Koehler		1:59:15
Bill Schwarz		2:01:33
Lee Paquette		2:03:56
Alan McCall		2:05:00
Tom Walsh		2:07:31
Dorothy Paquette		2:08:56
Nicole Schreier		2:10:39
Wayne Lerario		2:15:40
Deb Chessari		2:22:33
Michelle Sawyer		2:22:35
Rebecca Hartz		2:23:40
Robyn Hollister		2:30:04
Cathy Squier		2:47:01
Melissa Jolly		2:51:40

Marathon

Andy Zyrek	PR/BQ	3:17:43
Neil Altieri		3:36:51
Mike Lee	1st Marathon	3:49:42
Carole Saucier	PR	4:09:18
Jennifer McCann		4:20:10
Brianna Carlson		4:20:30
Dawn Frey		4:32:45
Bill McGugan		4:49:27
Kevin Looney	1st Marathon	4:55:45
Jianfeng (Vince) Li	1st Marathon	4:58:54
Rachel Tambling		5:11:44
Wally Squier		5:47:12

NIPMUCK TRAIL MARATHON

Ashford, CT October 6, 2013

Art Byram	5:04:32
Bekkie Wright	6:55:25
Joe Poliquin	6:55:31

BALTIMORE MARATHON

Baltimore, MD October 12, 2013

Diana Cohen	5:28:28
-------------	---------

CHICAGO MARATHON

Chicago, IL October 13, 2013

Mike Westfall	3:18:47
---------------	---------

STEAMTOWN MARATHON

Scranton, PA October 13, 2013

Marty Keibel	#1 M60-64	3:07:13
--------------	-----------	---------

MARINE CORPS MARATHON

Washington, DC October 27, 2013

John Collins	3:11:18
--------------	---------

BIMBLER'S BLUFF 50K

Guilford, CT October 20, 2013

Bekkie Wright	8:35:43
Joe Poliquin	8:35:45

HELLGATE 100K (66+ Miles)

Fincastle, VA December 14, 2013

(Blue Ridge Mountains of western Virginia)

Debbie Livingston	16:03:29
-------------------	----------

SETH'S FAT ASS 50K

Springfield, MA December 14, 2013

(Ten 5K loops around Forest Park)

10 Laps - 50K / 31 Miles

Scott Freeman	#3M	4:12:55
Bekkie Wright	#2F	5:06:46

7 Laps - 35K / 21.7 Miles

John Collins	#3M	3:12
--------------	-----	------

6 Laps - 30K / 18.6 Miles

Bill McGugan	#2M	3:02
Bill Schwarz	#3M	3:22

5 Laps - 25K / 15.5 Miles

Martin Keibel	#3M-Tie	2:28
Matt Yoder	#3M-Tie	2:28
Deb Chessari	#4F	2:45

4 Laps - 20K / 12.4 Miles

Rachel Tambling	#2F	2:13
-----------------	-----	------

**77th Annual
Manchester Road Race
November 28, 2013**

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

* First Male & Female Silk City Striders –
(current club members @ Nov. 2013)

Aaron Flamino and Linda Yamamoto were back
at the top of the Silk City Striders' Leader Board.



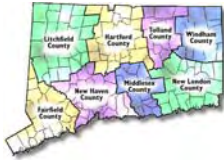
Eric Blake	Top 25 M	23:46	Ken Larson	34:24
Thomas Paquette		24:28	Joe Kidder	34:27
Brendan Prindiville		24:58	Mike Lee	34:28
David Metzger		25:18	Jennifer Lee	#2 F1-13 34:30
Derek Jakoboski		25:36	Bill McGugan	34:30
Adam Bulewich		26:07	King Archibald	34:39
Aaron Flamino*		26:54	John Legier	34:41
Michael McCall		27:29	Brianna Carlson	34:42
Brendan Callahan		27:30	Bryce Metzger	34:42
Tom Geer		27:36	Michael Presti	34:48
Scott Livingston		28:10	Adam Paggioli	34:49
Ned Kennedy	#1 M55-59	28:30	Christopher Kerr	34:56
Melissa Stellato	Top 25 F; #3 F30-39	28:32	James Janiak	35:13
John Collins		29:13	James Lee	35:22
Lance Flamino		29:53	Scott Hollister	35:34
Jason Earl		30:14	Yolanda Flamino	35:47
John Paggioli		30:26	Mitch Bielenda	35:59
Neal Leibowitz		30:27	Dale Toce	36:32
Mike Tartar		30:38	Russell Saucier	36:40
Kevin Glenn		30:48	Erica Shore	36:57
Andrew Zyrek		31:11	Erin Chiaputti	37:17
Matt Yoder		31:13	Tony Ciccone	37:24
Linda Yamamoto*		31:41	Peter Devine	37:37
Michael Westfall		31:49	Cathy King	37:37
Edward Sweeney		32:04	Paul Mitchell	37:57
Clinton Morse		32:05	Tom Walsh	38:03
Hayley Collins		32:23	Michael Tirrell	38:15
Amira Lerario	#1 F45-49	32:29	Douglas Flamino	38:22
Dani Kennedy	#2 F50-54	32:48	Laurie Brooks	38:24
Eric Heinrich		32:58	Raymond Carta	38:29
Mike Saimond		33:23	Ginny Welch	38:32
Ryan Van dine		33:34	Bill Metzger	38:33
John Sloan		33:39	Nithya Kannan	38:38
Brian Seney		33:47	Jennifer McCann	38:42
Jay Seney		33:47	Jenna Borrmann	38:44
Debbie Livingston		33:55	Anne Leonard-Blake	38:46
Ian Roberts		33:57	Andrew Cannella	38:53
Kathy Manizza	#2 F55-59	34:10	Tony & Kate Bonanno	39:00
Kristen Metzger		34:20	Steve Borrmann	39:18

Michael Dolen	39:20	Michelle Sawyer	52:09
George Ripley III	39:34	Harry & Katie Veal	52:23
Matt Liles	39:35	Cassandra Webb	52:29
MarkTurkington	40:00	Dawn Frey	52:36
Bill Schwarz	40:01	Bill Turney	52:46
Alan McCall	40:03	Shepard Livingston	52:46
Kevin Looney	40:51	Steve Gates	53:07
Lee Paquette	40:52	Richard & Mary Lou White	53:25
Karen Saunders	#2 F60-64 40:52	Brad Shoenfelt	54:54
Joe Poliquin	41:00	AnnMarie DeMonte	54:59
Bekkie Wright	41:01	Monica Lee	55:17
Cathi Koehler	41:12	Cassandra Saimond	55:54
Dena DeJulius	41:13	Beth Shluger	56:18
Steven Morse	41:21	Emily Shok	56:24
Betty Cannella	41:29	Carolyn Nielsen	56:35
Annette & Jay Hamilton	41:47	Angelee Carta	57:24
Jim Best	41:58	Bob Cianciosi	57:39
Emma Dolen	42:07	Mark & Judi Shok	58:17
Tim Blinn	42:22	Tony Dennis	58:17
Carol Line Hazel	42:24	Melissa Jolly	1:00:57
James Jacobellis	42:29	Sue Riley	1:01:06
Susan Leslie	#4 F60-64 43:12	Sean Legier	1:01:37
George Caye	43:24	Cathy Kapa	1:04:19
Molly & Laura Sweeney	43:53	John Salcius	1:05:17
Deb Thurston	44:25	Dennis Blondin	1:06:29
Robyn Hollister	44:39	Daniel Jakowski	1:08:34
Austin Veal	45:07	Marty Keibel	1:12:41
Jim Adams	45:24	Denise Cassella	1:13:43
Kristy Laporte	45:45	David Guy	1:16:09
Ken Shluger	46:07	Carolyn Carta	1:18:59
Ed Yergeau	46:21	Patricia Barsamian	1:19:42
Myles Kessler	46:25	Clint Driscoll	1:20:11
Dorothy Paquette	46:34	The Morse Family	1:37:10
Mickey Grabner	46:39	(Anna, Ellen, Jackson & Hayden)	
Pat Saimond	46:43	Robert Fish	1:37:33
Lynn Damon	46:46		
Missy Cannella	46:55		
Amby Burfoot	48:09		
David Shluger	48:21		
Janice Tirrell	48:30		
Kristin & Sue Legier	48:51		
The Pilgrims (Thornton Family)	48:58		
Sharon Beebe	49:34		
Marc Muldoon	49:34		
Cathy Squier	50:02		
Cristina Burfoot	50:16		
Becky Muldoon	50:30		
Rachel Tambling	50:43		
Zachary Kessler	50:51		
Janit Romayko	51:13		
Tony Hollister	51:13		
Martin Kelly	51:41		

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



James, Jennifer, Monica & Mike Lee



Silk City Striders 8 County Challenge

All Eight Counties Completed in 2013

MITCH BIELEND	<u>FAIRFIELD</u> Redding 7M	<u>HARTFORD</u> Corporate 5K	<u>LITCHFIELD</u> People's Forest 17.1M	<u>MIDDLESEX</u> April Fools 10.5
	<u>NEW HAVEN</u> New Haven RR	<u>NEW LONDON</u> JJK Ocean Beach	<u>TOLLAND</u> Bolton Road Race	<u>WINDHAM</u> WMS Wildcat 5K
ALAN MCCALL	<u>FAIRFIELD</u> Beardsley Beast 5K	<u>HARTFORD</u> Finally Spring 5K	<u>LITCHFIELD</u> People's Forest 8.55M	<u>MIDDLESEX</u> Clinton Blue Fish 5K
	<u>NEW HAVEN</u> Frosty 5K	<u>NEW LONDON</u> Colchester Half Mar.	<u>TOLLAND</u> Bobby's Run	<u>WINDHAM</u> St. James Bazaar 3.4M
JANIT ROMAYKO	<u>FAIRFIELD</u> YMCA Sweetheart 4M	<u>HARTFORD</u> Finally Spring 5K	<u>LITCHFIELD</u> Harvest Ramble Run	<u>MIDDLESEX</u> Belltown Spring 5K
	<u>NEW HAVEN</u> Charles Island Y-Tri	<u>NEW LONDON</u> Niantic Bay Tri	<u>TOLLAND</u> Mother's Day Dash	<u>WINDHAM</u> Chaplin Country 5K
TOM WALSH	<u>FAIRFIELD</u> Running for Life 5K	<u>HARTFORD</u> Snow Dash 5K	<u>LITCHFIELD</u> Earth Day 5K	<u>MIDDLESEX</u> Spring Into Spring 5K
	<u>NEW HAVEN</u> B.P. Borghesi 5K	<u>NEW LONDON</u> Colchester Half Mar	<u>TOLLAND</u> Hoppin' Hodges	<u>WINDHAM</u> Jog with Judy 5K
ANDY ZYREK	<u>FAIRFIELD</u> Stratford Fall Fest. 30K	<u>HARTFORD</u> Shad Derby 5K	<u>LITCHFIELD</u> Hogsback Half Mar.	<u>MIDDLESEX</u> Chester 4 on the 4th
	<u>NEW HAVEN</u> New Haven RR 20K	<u>NEW LONDON</u> Colchester Half Mar.	<u>TOLLAND</u> Andover 5K	<u>WINDHAM</u> Wolf Den Trail 4M



The Silk City 700 (and Junior 350) is a personal challenge to accumulate 700 miles of running or walking within the 2013 calendar year (or 350 for those members that 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 2013.

MEN		WOMEN	
Tony Bonanno	Lee Paquette	Betty Cannella	Kathy Manizza
Art Byram	Joe Poliquin	Diana Cohen	Janit Romayko
John Collins	Russ Saucier	Hayley Collins	Carole Saucier
Scott Freeman	Jay Seney	Dani Kennedy	Keron Smith
Marty Keibel	Barry Stoner	Cathy King	Linda Yamamoto
Ned Kennedy	Mike Westfall	Amira Lerario	Ginny Welch
Ken Larson	Matt Yoder	Debbie Livingston	Bekkie Wright
Scott Livingston	Andy Zyrek		
Alan McCall			

SILK CITY STRIDERS 2013 AWARDS BALLOT

“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

- Chris Kerr
- Mike Lee
- Kevin Looney
- _____

Female

- Cathy King
- Carole Saucier
- Rachel Tambling
- _____

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

Please email selections to
webmaster@silkcitystriders.org.

Thank You.

ChrisKerr – In 2013 Chris kept his focus on the shorter distances, and it yielded some very nice results: A sub-35 minute finish at the Manchester Road Race and a 3rd Place Age Group Finish at Santa’s Run.

Mike Lee – Not one to boast of his accomplishments, Mike quietly ran his first 10K on one of the toughest courses in New England this Summer, and then methodically trained for his first marathon at Hartford in October. Distance training seems to have paid off, as he also netted a sub-35 minute finish at the Manchester Road Race.

Kevin Looney – Between triathlons, Bolton XC races, and marathon training, Kevin had a busy year. He completed the Hartford Marathon under 5 hours in his first attempt at the distance.

Cathy King – Cathy has run more miles this year than any other year of her life - and it shows. She recorded PR’s at distances from 5K to the Half Marathon, and shattered her Manchester Road Race PR by almost 3 minutes.

Carole Saucier – Although Carole did not reach her goal of 2,013 miles run in 2013, her strong mileage base resulted in a 16 Minute PR at the Hartford Marathon this year.

Rachel Tambling – It was a good year at all distances for Rachel. She placed 2nd in her Age Group at the Bolton Summer Cross Country Series, netted several Age Group finishes at the 5K distance, tackled the Lake Winnepesaukee Relay, and also ran a PR at the Hartford Marathon in the Fall.

SILK CITY STRIDERS BOARD OF DIRECTORS NEW MEMBERS NEEDED FOR 2014

Nominations are currently being accepted for the 2014 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, 2014. Thanks.

TIME TO RENEW YOUR MEMBERSHIP

It’s time to renew your Silk City Striders Membership for 2014. 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. 2014 Membership Application can be downloaded from the Silk City Striders website, or online at Sign-Me Up Sports.

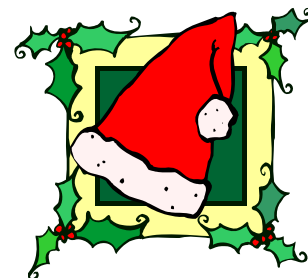
NOTE: Anyone who joined the Club after Labor Day is already “paid up” for 2014.

23rd ANNUAL SCROOGE'S SCRAMBLE 5K
December 25, 2013 Vernon, CT



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).

CORNERSTONE-ROCKVILLE.ORG



We had over a hundred runners and walkers this year including Governor Dan Malloy, and raised over \$2,800 to benefit the Cornerstone Foundation's programs, including the Shelter and Soup Kitchen. Dunkin' Donuts donated baked goods, and the 99 Restaurants donated bottled water. Timing 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

Silk City Striders Results

(full results at <http://www.plattsys.com/m1shell.asp?eventid=1199>)

Jason Earl	#6M; #3 M30-39	19:13	Lee Paquette	#1 M70-79	28:00
Michael McCall	#7M; #1 M20-29	19:18	Cathi Koehler	#2 F50-59	28:14
Brian Seney	#3 M20-29	21:18	Bekkie Wright	#3 F50-59	28:19
Jay Seney	#2 M50-59	21:24	Andy Zyrek		28:20
Steven Morse	#1 M60-69	21:49	Joe Poliquin		28:22
Mitch Bielenda		22:54	Tyler Gauruder		29:29
King Archibald		23:56	Deb Chessari	#2 F60-69	29:33
John Sloan		24:41	Ed Yergeau		29:54
Mark Turkington	#3 M60-69	25:07	Dorothy Paquette	#3 F60-69	30:39
Tom Walsh		25:36	Denise Seney		39:46
Alan McCall		27:12	Livingston Family		46:06
Sue Leslie	#1 F60-69	27:49	Denise Cassella		52:30



Photo courtesy of Scott Livingston

RACE CALENDAR

Date	Time	Race	Place	More Information
Wed Jan 1	11:00 AM	Guilford Rotary Club Frosty 5K	Guilford (Guilford Green)	http://www.guilfordrotary.com (www.plattsys.com)
Wed Jan 1	9:00 AM	Resolution Run 5K	Colchester (Bacon Academy)	www.thelastmileracing.com
Sa Jan 11	10:00 AM	Bolton Trail Run	Bolton (Rt. 44 Commuter Lot)	HTC December News*
Su Jan 5	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 19	10:00 AM	People's Forest 8.5/17 M	Barkhamstead (People's For)	HTC December News*
Su Jan 19	9:00 AM	Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch)	www.clubct.org
Su Jan 26	10:30 AM	Tradition Run 5K	Meriden (Hubbard Park)	www.runningpast.com/trun.htm
Su Jan 26	10:00 AM	Boston Prep 16M	Derry, NH	www.gdtc.org/bostonprep
Su Jan 26	9:30 AM	Winter Wonderland 5M	Milford (Platt School)	www.hitekracing.com/winterwonderland
Su Feb 2	8:00 AM	Run for Refugees 5K	New Haven (Wilbur Cross HS)	www.jbsports.com
Sa Feb 8	10:00 AM	Sweetheart Run 4M	Stratford (YMCA)	www.hitekracing.com/sweetheart
Sa Feb 8	10:00 AM	Cupid's Chase 5K	Hartford (Bushnell Park)	www.comop.org/cupidschase
Sa Feb 8	11:00 AM	Bob Andrulic Memorial 5M	Litchfield (Community Ctr)	http://www.thecommunitycenter.org/id19.htm
Su Feb 9	10:00 AM	Cedar Hills 4M	Hartford (Cedar Hills Cem.)	HTC December News*
Su Feb 9	9:00 AM	Boston Buildup Series 20K	Fairfield (Tomlinson M.S.)	www.clubct.org
Sa Feb 15	11:00 AM	Martha's Vineyard 20M	Martha's Vineyard, MA	http://www.mv20miler.com
Sa Feb 22	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	www.hartfordtrackclub.org
Su Feb 23	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS)	http://sugarloafmac.org
Su Mar 2	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org
Su Mar 2	11:00 AM	Stu's 30K	Clinton, MA (Clinton Mid Sch)	http://www.cmsrun.org/index.php/club-races/stus-30k
Su Mar 9	1:00 PM	Bolton Road Race 5M (& 5K)	Bolton, CT (Bolton H.S.)	https://www.sites.google.com/site/boltonroadrace
Sa Mar 22	10:00 AM	Finally Spring 5K (Trail Race)	Manchester (Ferguson St)	www.manchesterrunningcompany.com
Su Mar 23	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org
Su Mar 30	10:00 AM	Asta Memorial 19.6M*	Rocky Hill (Fern St)	HTC December News*

* <http://www.hartfordtrackclub.org/sites/default/files/December%202013.pdf>

WINTER/SPRING 2014 MARATHON CALENDAR

DATE	RACE	PLACE	Website (link)
January 19, 2014	Maui Oceanfront Marathon	Maui, HI	www.MauiOceanfrontMarathon.com
February 2, 2014	ING Miami Marathon	Miami, FL	www.ingmiamimarathon.com
February 2, 2014	Mardi Gras Marathon	New Orleans, LA	http://runrocknroll.competitor.com/new-orleans
February 15, 2014	Myrtle Beach Marathon	Myrtle Beach, SC	www.mbmarathon.com
February 16, 2014	A1A Marathon	Ft. Lauderdale, FL	www.a1amarathon.com
February 23, 2014	26.2 with Donna	Jacksonville Beach, FL	www.breastcancermarathon.com
February 23, 2014	Hyannis Marathon	Hyannis, MA	www.hyannismarathon.com
March 16, 2014	Shamrock Sportsfest Marathon	Virginia Beach, VA	www.shamrockmarathon.com
March 30, 2014	Ocean Drive Marathon	Cape May County, NJ	www.odmarathon.org
April 21, 2014	Boston Marathon (Charity spots only)	Boston, MA	www.baa.org
April 27, 2014	New Jersey Marathon	Long Branch, NJ	www.njmarathon.org
May 4, 2014	Long Island Marathon	East Meadow, NY	www.thelimarathon.com
May 4, 2014	Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 18, 2014	Shires of Vermont Marathon	Manchester/Bennington, VT	http://ShiresofVermontMarathon.com
May 25, 2014	Vermont City Marathon	Burlington, VT	www.runvermont.org
May 25, 2014	Memorial Day Marathon	Lenox, MA	http://www.memorialdaymarathon.com

2014 EVENT CALENDAR

- JANUARY** - New Years Champagne Run & Brunch Wednesday, January 1
- MARCH** - Bolton Road Race Sunday, March 9
- APRIL** - "Hoppin' Hodges" Trail 5K..... Sunday, April 20
- MAY** - Bobby's Run Saturday, May 17
- JUNE** - Bolton XC Summer Series..... Wednesday Nights - TBA
- JULY** - Wickham Park Cross Country SeriesMonday Nights – TBA
Bolton XC Summer Series..... Wednesday Nights – TBA
Silk City Striders Summer PicnicTBA
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic.....Saturday, August 2
Wickham Park Cross Country SeriesMonday 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 6
Ray Crothers Memorial XC Run Saturday, September 20
- OCTOBER** - Halloween Pot Luck SupperTBA
- NOVEMBER** - Parker Holt Celebration Run 5KSunday, November 9
Know Your Pace Race Saturday, November 22
Manchester Road RaceThursday, November 27
- DECEMBER** - Scrooge's Scramble Thursday, 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/>