



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message: "Resolutions"

First and foremost, I'd like to thank the Board of Directors for their dedication and hard work over the past year. The club would not have had the number of activities that it had in the past year without their support, diligence and creative ideas. 2008 marked the 30th anniversary of the Silk City Striders and many festivities were planned around the anniversary, including a picnic at Wickham Park. Some ran distances ranging from 3 – 30 miles on the Rail Trail starting in Manchester and ending in Andover while others biked the 30 miles on the trails.

We started 2009 off strong with the annual Champagne Run held on New Years Day at the Byram's in Glastonbury. It was cold and the roads were snowpacked but that didn't stop people from running or walking and enjoying the camaraderie of fellow members.

As we look ahead to the next 30 years for the Silk City Striders, let's focus on what our club is all about. Our club has many members with vast amounts of knowledge about running and fitness in general. We have 5K runners, speed walkers, marathoners, long distance trail runners, triathletes, skiers, snowshoers and bicyclists. Tap into fellow members for their knowledge about a sport that you might want to try or one that you have limited information about. You just might find a new activity that you enjoy and are good at.

I'm sure you've all set goals or resolutions that you have for the upcoming year. Even if these goals are not verbalized to others and they stay within yourself, these goals are what will get you motivated this winter. Make a commitment to yourself to stay active this winter.

In closing, I would like to extend my appreciation to all who attended the New Years Brunch for their vote of confidence in my new role as President of the Striders. Barry Stoner has worked hard over the past two years for the good of the Club and his sneakers will be tough ones to fill! I hope to meet up with more club members at different races in the upcoming year. If anyone has ideas or suggestions for activities please email me at mlouwhite@comcast.net and I will bring your ideas before the board. I have set my running goals high for the year 2009 as I hope you do, as well!!

Happy and Safe running,
Mary Lou White

SILK CITY STRIDERS'
Board of Directors Meeting

Monday, April 6, 2009
7:00 PM

President,
Mary Lou White's House
87 Volpi Road, Bolton, CT

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2009 BOARD OF DIRECTORS

Officers

President: MaryLou White (860) 512-0007
Vice President: Art Byram (860) 430-1072
Treasurer: John Sloan (860) 643-6123
Secretary: Deb Livingston (860) 512-0125

Mitch Bielenda (860) 644-4806
 Dani Kennedy (860) 670-6294
 Sue Leslie (860) 644-1804
 Karen Saunders (860) 643-9125
 Keron Smith (860) 644-0597
 Bekkie Wright (860) 533-1557

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
 Katie Jeffrey-Lunn – Nutrition Nook
 Art Byram – State-of-the-Art

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am

Manchester Community College

We will continue to meet in Lot C,
 near the Great Path entrance.

Tuesday Evening Funs Runs - 6:00 pm

Martin Elementary School – Dartmouth Street

Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street

Thursday Evening Funs Runs - 5:45 pm

Bolton High School

Daylight Saving Time begins
 on Sunday, March 8th,
 so we’re bringing back the Thursday Night Run
 starting on March 12th.

CLUB NEWS & EVENTS

WELCOME BACK

David LaPorte

Tolland

NEW YEAR’S DAY CHAMPAGNE RUN & BRUNCH

There was a chill in the air, but many intrepid Silk City Striders elected to run anyway. Thanks to **Art & Peggy Byram** for hosting the Run, Brunch & Awards Ceremony.

Rookie of the Year went to **Mike Fromerth**.
Most Improved Female was **Dani Kennedy**,
Most Improved Male was **Andy Zyrek (again!)**,
 the **Best Comeback Award** went to **Carol-Line Hazel**. See next page for more details on the winners and other Honorable Mentions.

We would like to wish all our members, past & present ... a very happy & healthy New Year.

Middle School Track & Field Championship May 30, 2009

Manchester High School

The MHS Tech Ed Dept. in conjunction with the Manchester Boys XC Booster Club and MHS Boys XC Alumni are planning the 2nd Annual Middle School Track & Field Championship to be held at Manchester High School on May 30, 2009. Over 1,000 Middle School athletes will be participating.

Volunteers are needed to help with Finish Line, Results, Officiating Field Events, and Seeding & Reseeding the Short Events. We would like to have as many volunteers as possible to ensure a quality meet. Free food, T-Shirts and refreshments will be available throughout the day. Please contact **Mike Bendzinski** if you are interested in volunteering -- mmdcbend@comcast.net.

Corporate Sponsors are also needed. For a \$500 donation, the company logo will be screened on the meet T-shirts, an ad will appear in the official program, and an event will be named after the company. In addition a 3x6 foot company banner will be displayed on the press box or fence surrounding the track. For \$250, the company logo will be screened on to the meet T-shirts, and an ad will appear in the official program.

For more information on corporate sponsorships, please contact **Carol Boles** at 860-290-8609 or via email at eventsbycab@cox.net.

THE NEW ADMINISTRATION**By Art Byram**

...there is nothing so satisfying to the spirit, so defining of our character, than giving our all to a difficult task.
– President Barack Obama

Things have been difficult lately. Some of us can do little more than stare out the window and get depressed. Nevertheless, do not be discouraged, the storm that is upon us is certain to pass in time, and the sun will come out again. These are the times we must remain disciplined, and strong.

The words of our new President have never seemed more inspiring, and in the inaugural speech, we heard some great ideas. Obviously, the new administration is open to the ideas of others. We are all confident that with a solid team in place our new President can do a great job, just like our last President. We have even heard tales of moonlight runs! Did you miss that one? If you did, you must not have been at our New Years Champaign run. Besides dealing with nasty running weather, things have never looked better for the Silk City Striders.

Our former President, Barry Stoner, has finished a very successful term that included the introduction of new classic orange singlets, and the celebration of the club's 30th year, AKA the Big 3-0. He literally led us in the celebration by completing a 30-mile run on the Hop River Trail.

Barry "Hillman" Stoner brought his years of eclectic experience to all of us "Bozo's" in the club. I have tried to get a handle on all of the things he excels at, but it is difficult, as there are many. He is the ultimate all terrain vehicle, conquering land, sea, and air, off road, on road, hills, hot, cold, on foot, wheels and skis, often at altitude, sometimes all at once. He has completed events such as Iron Man Lake Placid, and Escape from Alcatraz. He has served as an EMT, Life Guard and FAA Flight Instructor. He has biked up Wolf Creek Pass, and built and flew his own airplane across the country. Moreover, like a great President he has inspired and supported many of us in our pursuit of happiness. Thanks "Hillman" for a job well done!

Fortunately, the Striders' new President, MaryLou White, finds herself coming into office at a time of relative stability. It is great to have another real athlete leading the club. Mary Lou and her son Rich, and dog Toby have run a few ultras together in Washington State -- Capitol Peaks 50K most recently. MaryLou is a Duathlon/Triathlon participant, including some real winter adventure Tri's with Janit Romayko. She also has an impressive record of completing the Silk City Striders' 8 County Challenge every year since its inception. I am very excited to see her at the helm! Thank you for stepping up.

Our "other" new President's words can easily be related to running and our club. A clear call to action has been raised by both our Presidents, asking us to get more involved as there are undoubtedly some exciting times ahead of us. Our Board of Directors, like the new administration, will be considering bold new proposals that could dramatically change our club, and could even change our image within the community. We are blessed to have a full compliment of board members, but are always open to new members and their ideas.

So feel free to bring them on, and join us! Now if we could just do something about this tough winter weather!

2008 Silk City Striders 8 County Challenge

FINISHERS

KING ARCHIBALD	<u>FAIRFIELD</u> Fairfield Half - Fairfield	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Litchfield Hills Road Race	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Traditional Run - Meriden	<u>NEW LONDON</u> Sailfest 5K – New London	<u>TOLLAND</u> Mother's Day Dash – Vernon	<u>WINDHAM</u> EB Four Bridges 4K - Willimantic
JIM HODGES (Winner of The Run-In Gift Certificate)	<u>FAIRFIELD</u> Cow Chip XC - Trumbull	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Roxbury Races – Roxbury	<u>MIDDLESEX</u> NEAC Indoor Tri - Cromwell
	<u>NEW HAVEN</u> Chris Martin's 5K - New Haven	<u>NEW LONDON</u> Sr Olympics 10K - Niantic	<u>TOLLAND</u> Scrooge's Scramble - Vernon	<u>WINDHAM</u> Easter 5K - Willimantic
JOE POLIQUIN	<u>FAIRFIELD</u> Boston Buildup 20K - Southport	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> People's Forest - Barkhamstead	<u>MIDDLESEX</u> Belltown Sprint - East Hampton
	<u>NEW HAVEN</u> Branford Road Race - New Haven	<u>NEW LONDON</u> PH Masters 5M - Waterford	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Thompson XC 5K - Thompson
JANIT ROMAYKO	<u>FAIRFIELD</u> Great Pumpkin 4M - Trumbull	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Age Before Beauty 5K - Litchfield	<u>MIDDLESEX</u> NEAC Indoor Tri - Cromwell
	<u>NEW HAVEN</u> Beachside Boogie Du - Madison	<u>NEW LONDON</u> Niantic Bay Tri - Niantic	<u>TOLLAND</u> Earth Day Trail - Mansfield	<u>WINDHAM</u> Easter 5K - Willimantic
MARY LOU WHITE	<u>FAIRFIELD</u> St. Pat's 4M - Fairfield	<u>HARTFORD</u> Shamrock Du - Glastonbury	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Lions 10.5 – East Haddam
	<u>NEW HAVEN</u> Beachside Boogie Du - Madison	<u>NEW LONDON</u> St. Joe's 3M - Baltic	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Easter 5K – Willimantic
BEKKIE WRIGHT	<u>FAIRFIELD</u> Boston Buildup 20K - Southport	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> People's Forest - Barkhamstead	<u>MIDDLESEX</u> Belltown Sprint - East Hampton
	<u>NEW HAVEN</u> Branford Road Race - New Haven	<u>NEW LONDON</u> PH Masters 5M - Waterford	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Thompson XC 5K - Thompson
ANDY ZYREK	<u>FAIRFIELD</u> Fairfield Half - Fairfield	<u>HARTFORD</u> Race in the Park – New Britain	<u>LITCHFIELD</u> Litchfield RR - Litchfield	<u>MIDDLESEX</u> Citizen's Bank 5K - Middletown
	<u>NEW HAVEN</u> New Haven 20K – New Haven	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Columbia Autumn Classic - Columbia	<u>WINDHAM</u> Easter 5K – Willimantic

HONORABLE MENTION

RANDY POTTERTON (7)	<u>FAIRFIELD</u> Fairfield Half – Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u>	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Branford Road Race - New Haven	<u>NEW LONDON</u> J & J Kelley – New London	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> Chaplin Country 5K - Chaplin

2008 SILK CITY STRIDERS AWARDS**ROOKIE OF THE YEAR****Mike Fromerth**

Mike was not a “Road Racer” prior to joining the Silk City Striders last year. That didn’t stop him from running in both the Xtreme Scramble Series and the Wickham Park Cross Country Series, where he lowered his times with each successive race. He ran a stellar 29:43 for his 4-Mile Leg on the Lake Wini Relay Team, and capped off the year with 37:38 at the Know Your Pace Race, followed by 35:31 at the Manchester Road Race.

Honorable Mentions:**Brendan Callahan, Cathy King and Brandon Shore****BEST COMEBACK****Carol-Line Hazel**

Carol-Line was voted 2007 “Rookie of the Year”, but in 2008 she had to take some time off from road racing after the birth of her daughter, Chloe. She was back at the races by November, and we’re sure to see even more of Carol-Line out on the roads this Spring & Summer pushing her jogging stroller.

Honorable Mention:**Ellie Lowell****MOST IMPROVED - MALE****Male – Andy Zyrek**

Andy continued to PR at distances from 5K to the Marathon. He started his streak in April at the Paris Marathon, and continued it in May with a 23:14 at the CT Race in the Park 5K, as a member of our Silk City Striders Men’s Team. He ran the Litchfield Road Race for the first time in July in 1:10:43; continued to knock down his 10K PR at the Bridge of Flowers in August with a 52:50; dropped his 20K PR to 1:47:09 at the New Haven Road Race in September; and, capped the year off with a 35:51 PR at the Manchester Road Race.

Honorable Mentions:**Art Byram and Randy Potterton****MOST IMPROVED - FEMALE**

Dani had an amazing year at the 5K distance in 2009, including a few wins as Overall Female, and many more as Overall Masters Female. Those twice daily runs over the Summer paid off with several Fall PR’s, including 20:51 at the Freedom Run 5K, and 34:16 at the Manchester Road Race in November.

Honorable Mentions:**Keron Smith & Rachel Blinn****MANCHESTER ROAD RACE – First Silk City Striders****Colby Welch & Deborah Livingston**

Colby tied for First Male Silk City Striders in 2007, but in 2008 he was alone in the top spot.

Debbie came back strong after her 100 Mile Race in Arizona to take the top spot for the women this year.

It was a perfect day, and many Striders turned in PR performances

Congratulations everyone!

RACE RESULTS

Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 533-1557. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.

SANTA'S RUN 3.5 Miles		Glastonbury, CT		December 7, 2008	
Scott Livingston	#3 M30-39	20:37	Zofia Turosz	#1 F70-99	30:02
Adam Bulewich		20:56	Cathy King		30:58
John Agosto		21:13	Mark Turkington		31:07
John Paggioli		21:17	Jill Ramos		32:04
Art Byram		21:58	Clint Driscoll		32:53
David Bendzinski		22:59	Susan Leslie		34:07
Tris Carta		23:06	Mike Saimond		34:28
Mitch Bielenda		23:34	MaryLou White		34:28
Dean Bolt		23:56	Randy Potterton		34:59
John Sloan		24:37	Angelee Carta		37:01
Ian Roberts		24:38	Meg Bendzinski		37:40
Tony Hollister	#2 M60-69	24:58	Carissa Gaghan		38:00
Bill Gaghan		25:22	Kelley Gaghan		38:40
King Archibald		25:47	Tammy Gaghan		38:49
George Ripley		26:20	Janit Romayko		44:57
Alan McCall		27:36	Jim Hodges		44:58
Chrissy Bendzinski		27:49	Samantha Freeman		53:25
Andy Zyrek		27:54	Peggy (& Izzy) Byram		59:28
Mike Bendzinski		28:26			

BRIGHT NIGHTS 5K ROAD RACE

Forest Park, Springfield, MA December 2, 2008

Jaclyn Cmero	#1 F20-29, PR	21:57
Diane Edwards		33:56

MAYOR HIGGINS'**HOT CHOCOLATE RUN 5K
TO BENEFIT SAFE PASSAGE**

Northampton, MA December 6, 2008

Jaclyn Cmero		22:35
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PEARL HARBOR MASTERS 5.2 MILE RACE

Waterford, CT December 7, 2008

Bekkie Wright	#1F	36:55
Joseph Poliquin	#3 M55-59	36:56
Bob Niedbala	#2 M60-64	42:23

LAS VEGAS HALF MARATHON

Las Vegas, NV December 7, 2008

Keron Smith		1:38:24
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ROXBURY MARATHON

Roxbury, CT December 13, 2008

Bekkie Wright	#2F	4:12:33
Joe Poliquin	#10M	4:12:33

WESLEYAN DEV. INDOOR MEET #2

Middletown, CT December 13, 2008

Boys 1600 Meter Run

Tris Carta	#1 Non-HS	5:38
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CHRISTOPHER MARTIN'S 5K Road Race

New Haven, CT December 14, 2008

Mitch Bielenda		19:59
Michael Tirrell		20:02
King Archibald		21:46
Mark Turkington		22:17
John Legier		24:05
Jane Zoufaly		24:35
Zofia Turosz	#1 F70-79	25:13
Sue Legier		26:12
Cathy King		26:51
Janit Romayko		39:18
Jim Hodges		39:18

BACON ACADEMY RESOLUTION RUN 5K

Colchester, CT December 27, 2008

Zofia Turosz	#1 F70-99	26:04
MaryLou White		29:40

GUILFORD ROTARY FROSTY 5k

Guilford, CT January 1, 2009

Alan McCall		26:35
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**SCROOGE SCRAMBLE 3.01M & 5M
Vernon, CT - December 25, 2008**

Report from Race Director, Janit Romayko:

"The race went well and we raised \$1,532 for the Cornerstone shelter. We had 7 costumed runners, one Santa, 4 dogs, three 5-milers, ALL PRICELESS!!"

3.01 Milers

Mike McCall	#6M	19:03
Debbie Livingston	#1F	20:33
Scott Livingston	#7M; #1 M30-39	20:34
Steven Morse	#10M; #1 M50-59	21:23
John Sloan	#2 M50-59	21:25
Mark Turkington	#1 M60-69	21:40
Joe Poliquin		22:17
Bekkie Wright	#4F	22:17
King Archibald		22:34
Andy Zyrek		23:10
Alan McCall		24:56
Zofia Turosz	#8F; #1 F70-79	25:38
Cathi Koehler & Candy Cane		26:01
Mitch & Ryan Bielenda		27:00
Cathy King		27:00
Clint Driscoll		29:18
Pat DeSimone		32:32
James Hodges		40:00
Jim Cunningham		TNA
Sue Leslie		45:00

Five Milers

Ed Yergeau	#1M	37:50
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**JOE VAILONIS 10K
West Hartford, CT January 1, 2009**

Steve Morse	#1 M50-59	48:09
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**FROG LEAP 2 MILER
Willimantic, CT January 1, 2009**

Jay Hamilton	#2M	13:52
King Archibald	#10M; #2 M50-59	14:48

**NORFOLK PUB 10-MILE ROAD RACE
Norfolk, CT January 3, 2009**

Adam Bulewich	#3M; #1 M30-39	1:05:54
Zofia Turosz	#1 F70-79	1:35:51
MaryLou White		1:53:04

**PHOENIX ROCK N ROLL HALF MARATHON
Phoenix, AZ January 18, 2009**

Keron Smith		1:38:26
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**BRIAN ASELTON MEM. SNOW DASH 5K
East Hartford, CT January 4, 2009**

Mike McCall	#3M; #1 M18-29	18:16
Scott Livingston	#4M; #1 M30-39	18:34
Deb Livingston	#2F; #2F30-39	21:01
Mitch Bielenda		21:15
Keron Smith	#5F; #3 F30-39	21:22
Tony Hollister	#1 M60-69	21:35
David Laporte		21:52
Bill McGugan		22:09
Mark Turkington	#3 M60-69	22:12
Bekkie Wright	#6F; #1F40-49	22:13
Joe Poliquin		22:14
King Archibald		22:33
Andy Zyrek		23:29
Alan McCall		25:25
Zofia Turosz	#1 F70-79	26:30
Tom Butterfield	#1 M70-79	26:39
Ed Yergeau		27:03
Cathy King		27:25
Clint Driscoll		28:24
Janit Romayko	#2 F60-69	28:40
Matth Wynne		28:58
MaryLou White		29:08
Sue Leslie		29:48
Jill Ramos		30:13
Randy Potterton		31:20
Michael & Dale Toce		32:46
Jim Hodges		36:09

**TRI FOR KIDS
Enfield, CT January 17, 2009**

10 min Swim - 30 min Bike - 20 min Run

This indoor tri was held at Enfield Healthtrax to benefit the Pediatric Epilepsy Unit at John Hopkins Medical Center. There were 53 participants.

Janit Romayko placed 10th in the Women's Division with a composite score of 212.69 points: Total Distance: S: 650 meters, B: 9.64 miles, R: 2.15miles. This is the first of the indoor season with more events to follow in February and March.

**PEOPLE'S FOREST 8.57 M / 17.13M
Barkhamsted, CT January 18, 2009**

8.57 M

Alan McCall	#3 M50-59	1:19:22
King Archibald		1:19:59

17.13 M

John Paggioli	#4M; #2 M40-49	2:12:50
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REPORTS FROM THE YAKTRAX TRIO

(MaryLou, Janit & Zofia)

**King Archibald's Bolton Trail Run
Bolton, CT January 11, 2009**

MaryLou White & Janit Romayko 2:03

Editor's Note: King Archibald also ran this race, and served as Race Director.**MERIDEN TRADITION RUN
Castle Craig – Meriden, CT January 18, 2009**

The intrepid "Yaktrax" trio of **Zofia Turosz**, **MaryLou White** and **Janit Romayko** ventured forth on a snowy Sunday for the 40th Anniversary of the Meriden Tradition Run (aka Bernie Jurale Memorial Run) held up Castle Craig in Meriden, CT.

Zofia led with the blazing pace of 32:31 for the uphill 5K and then ran down the same course in 6" of the white fluff in 23:50. MaryLou followed with her doggie Toby in 39:20 along with Janit in 40:53. They then zipped down the 5K course in 33 minutes.

There were well over 200 runners for the 40th Annual Run celebrated in the town of Meriden's Public Works Garage. Definitely worth the effort as the camaraderie and scenery are spectacular. The view from the top of the Castle includes Long Island, New York State and Connecticut.

The trio suggests that you try this one next year. The best part is that there is NO entry fee!!

Editor's Note: King Archibald also ran this one.**WMAC SNOWSHOE SERIES RESULTS**www.runwmac.com/snowshoes/default.html

Editors Note: There are some excellent pictures from the Curly's Snowshoe Race on the WMAC Website. Checkout page 16 (pics 542-548 for Ed), and page 18 (pics 621-628 for MaryLou & her dog Toby).

I LOVE WOODFORD 3.3M

Woodford, VT December 28, 2008

Ed Steele 41:20

TURNER TRAIL 4.3M

Pittsfield, MA January 10, 2009

MaryLou White #3 F50-59 1:24:39

GREYLOCK GLEN 3.9M

Pittsfield, MA January 17, 2009

MaryLou White #2 F50-59 1:02:35

CURLY'S 4M

Pittsfield, MA January 25, 2009

Ed Steele 57:28

MaryLou White #3 F50-59 1:11:05

NORTHFIELD MOUNTAIN 3.8M

Northfield, MA January 31, 2009

MaryLou White #3 F50-59 1:11:51

GSH SNOWSTORM CLASSIC SERIES 5K & 10K**Forest Park - Springfield, MA****10K – December 6, 2008**

John Collins #5M 39:02

5K - December 27, 2008

Adam Bulewich #6M; #1 M30-39 18:19

King Archibald 22:30

Cathy King 28:07

10K – January 3, 2009

King Archibald 51:49

5K - January 10, 2009

Adam Bulewich #1M 18:47

10K – January 17, 2009

Adam Bulewich #5M; #2 M30-39 41:32

5K - January 24, 2009

Adam Bulewich #2M; 1 M30-39 18:46

Mitch Bielenda 22:16

King Archibald 22:56

Zofia Turosz #1 F 70-99 *26:17

Janit Romayko #3 F 60-69 30:07

*New Age Group Record F70+

10K - January 31, 2009

Adam Bulewich #3M; #2 M 30-39 39:13

5K - February 7, 2009

Adam Bulewich #2M; 1 M30-39 18:47

Mitch Bielenda 22:17

King Archibald 24:09

Cathy King 28:39

WINTER RACE SERIES SCHEDULES

(Click on Links below for more info)

HARTFORD TRACK CLUB**Winter Series**

www.hartfordtrackclub.org/htc_winterseries.shtml

Upcoming HTC Winter Series Races

Sun, February 15 – Chris Sheehan 10K
Sat, February 28 - Colchester Half Marathon –
13.1M
Sun, March 8 - Collinsville Bake-Off – 5.5/11M
Sun, March 22 - Asta Memorial Challenge - 19.6M

CLUB CONNECTICUT**Boston Buildup (& Blowout) Series**

www.clubct.org/Buildup/BosBuild.html

Upcoming Boston Buildup Series Races

Sun, March 1 - 25K - Silvermine School, Norwalk
Sun, March 30 - 30K - Scandinavian Club, Fairfield

GREATER SPRINGFIELD HARRIERS**Snowstorm Classic Series**

www.harriers.org/SnowStorm/index.html

Forest Park, Springfield, MA

Upcoming GSH Series Races

Sat, February 14 - 10K – Valentine Couple's Run
Sat, February 21 - 5K – Springfield Symphony Run
Sat, February 28 - 10K – Season Finale!

ROXBURY RACE SERIES

www.roxburyraces.com

The Roxbury Race Series is a weekly year-round series which begins in February. Races are usually held on Saturdays. Visit their website for future races dates.

NEW MEMBER PROFILES**Mitch Bielenda**

I recently turned 52 years old and am entering my thirteenth year of running. Prior to running, I raced bicycles. Even though I enjoyed cycling, running races were more enjoyable as they welcomed men, women, and children of all ages and abilities to participate together.

My first race was the South Windsor 5K Hog Jog in 1996. I was 39 years old and finished second in my division. Naively thinking that I would do better the following year, being the youngest in a new age division, competition was tougher than I thought as I finished third. I learned to balance humility, competition, and enjoyment. Since then, The Manchester Road Race has become one of my favorite races, often running with my now 19 year old son, Ryan. I've also completed three marathons; Hartford (2004), Boston (2006), and New York City (2008), as well as, numerous 5K's, several half marathons and New Haven 20K's. In most of 2008, my enthusiasm for running has been reinvigorated by mentoring my partner Cathy King since she started running last May. I enjoy her progress even more than my own.

Running goals for 2009 include finishing The Hartford Marathon in 3:20 or better and getting back under 30:00 in The Manchester Road Race - whether or not I reach those goals, I'll definitely have fun trying.

I've been employed at Hartford Hospital for twenty-one years as a biomedical engineering technician. Other varied interests include, motorcycling, skiing, snowboarding, playing chess, and I continue to cycle.

Having recently attended the Silk City Striders New Year's Day Champagne Run and Brunch, which I enjoyed very much, I'm looking forward to running with my fellow club members.

Cathy King

As a teacher and a mother of three daughters, all of whom played various sports through elementary, middle, and high school, I've been intrigued by an inherent confidence they seemed to possess related to their ability to perform a sport. Prior to teaching, I worked in international business with a gentleman who was an avid runner. I was impressed by the holistic aspect of running and wondered - what do people get out of it?

I've been blessed with good genes and never had to give much thought to my physical fitness. In recent years, however, I experienced difficulty with sciatica and my physician, a runner and cyclist at Hartford Hospital, suggested Pilates. While this form of exercise did alleviate much of my discomfort - I simply didn't enjoy it.

At the encouragement of my partner, Mitch Bielenda, I began running at the age of 48 in the Spring of 2008. This was an eye opening experience. Despite my reasonably good physical fitness, running pushed my body in ways I had not experienced. Mitch spent many evenings mentoring me along the local high school track as my legs, heart, lungs, and mind, sought to work together. I began to understand what people get out of it ... accessibility and simplicity; the simple act of pushing your body forward, one step at a time.

During the summer, Mitch and I ran several of the Glastonbury Living Well Summer Series. Through this series, I was introduced to a supportive and generous group of people - the Silk City Striders. I've since run several 5K's, Glastonbury's Santa's Run, as well as the Manchester Road Race. New goals for 2009 include running with increased speed and longer distances. Ideally, I'd like to run the New Haven 20K and the Hartford Half-Marathon.

One of the greatest and surprising rewards of this whole process has been watching my daughters watch me. At first they thought I was crazy. Then, they thought it was pretty cool. All three girls came to The Manchester Road Race to watch me run. My twenty-year old daughter was moved to tears watching the first finishers of the race. She was amazed at their resolve and accomplishment. The girls were also impressed with their mom - "Mom, you can move!"

HOW LONG WAS THAT MARATHON?

from **Marathon Maniacs #244 & #381**

MAUI OCEANFRONT MARATHON ~27.17 Miles
Wailea to Laihana, Maui, HI January 24, 2008

Bekkie Wright	#4F, #2 F-Master	3:56:27
Joe Poliquin	#7 M-Master	4:02:18

Yes, I know a marathon is 26.2 miles ... but when some careless driver crashes into a utility pole about 2 hours before race time (5:45 AM) in a small island community, with a limited number of possibilities to complete a point-to-point course ... sometimes that marathon becomes something like 27.17 miles. I was returning to Hawaii to avenge my 4:11 marathon in Honolulu back in 1999, and was determined to finish in 3:59:59 or less. The extra mile, 77 degree temperatures, humidity and headwind all conspired to make it a challenge. In addition, Joe had developed a pinched nerve in his foot that had kept him from training for almost 3 weeks. We ran together until the 23 Mile Marker (which was actually 24 Miles into the course. He told me if I really wanted sub-4 I was going to have to "go on ahead." So, I picked up the pace, and even managed to pick off a few more ladies on the way to the finish. Mission accomplished. Next up, a do-over for Washington, DC ... where I've run 4:08 twice already at the Marine Corps & National Marathons.

RACE CALENDAR

Date	Time	Race (#USATF Grand Prix)	Place	Website (click on website for more info)
Su Feb 22	1:00 PM	D.H.Jones 10M	Amherst, MA (Regional Jr H.S.)	www.sugarloafmac.org
Su Feb 22	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	www.roadtracksports.com
Sa Feb 28	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy)	www.thelastmileracing.com
Su Mar 1	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org
Su Mar 1	11:00 AM	Stu's 30K	Clinton, MA (Clinton Middle School)	www.cmsrun.org
Su Mar 15	1:00 PM	O'Hartford 5K for the Arts	Hartford (Asylum & Main)	www.hartfordmarathon.com
Su Mar 15	11:00 AM	New Bedford Half-Marathon	New Bedford, MA (Elm St.)	www.newbedfordhalfmarathon.com
Su Mar 15	11:00 AM	Warren St. Patrick's 4M	Fairfield (Jennings Beach)	www.hitekracing.com/wssac
Sa Mar 21	10:00 AM	Finally Spring 5K *NEW	Manchester (Ferguson St)	www.manchesterrunningcompany.com
Sa Mar 21	1:00 PM	St. Patrick's 10K	Holyoke, MA (City Hall)	www.holyokestpatricksrace.com
Sa Mar 21	9:30 AM	Shamrock Road Race 5M	Bristol (Chippens Hill Sch)	www.bristolct.net/roadraces/shamrockrun.asp
Sa Mar 28	9:30 AM	St. Joseph's 3M	Baltic	www.glicr.org
Su Mar 29	10:00 AM	Run for Veterans 5K	Guilford (Fireman's Field)	www.guilfordvfw.com/race_flier.jpg
Su Mar 29	11:00 AM	Eastern States 20M & Half Marathon	Kittery, ME to Salisbury, MA	www.easternstates20mile.com
Su Mar 29	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org/Races/30k/Blowout.html
Sa Apr 4	9:30 AM	Easter Road Race 5K	Willimantic (Jillson Sq.)	www.thelastmileracing.com
Sa Apr 4	10:00 AM	Greater Hlfd 1/4 Marathon#	West Hartford (MDC Reservoir)	www.hartfordtrackclub.org
Sa Apr 4	10:00 AM	Spirit of Spring 5.1M	Tolland (Tolland HS)	www.thccfoundation.org/kimsfunrun/registration.pdf
Su Apr 5	9:00 AM	Ten Penny 10M, Penny Wise 5K *NEW	East Hartford (E.H. Golf Course)	www.hartfordmarathon.com
Su Apr 5	11:00 AM	Spring Half-Marathon	Westfield, MA (Boys/Girls Club)	www.boysandgirlsclubofwestfield.org
Su Apr 5	10:00 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park)	www.jbsports.com
Sa Apr 11	8:30 AM	Bradley Airport 5K/10K	Windsor Locks	www.bradleyroadrace.net
Sa Apr 11	9:00 AM	Merrimack River Trail 10M	Andover, MA	www.runwmac.com/gt2009/gt09-races.html
Sa Apr 11	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow Hollow)	www.runwmac.com/gt2009/gt09-races.html
Sa Apr 18	9:00 AM	Hebron Road Race 5K	Hebron (RHAM H.S.)	www.thelastmileracing.com
Su Apr 19	10:00 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch)	mrunningproductions@yahoo.com
Su Apr 26	9:00 AM	Leatherman's Loop 10K Trail	Cross River, NY (Ward Pnd Res)	www.leathermansloop.org
Su Apr 26	Noon	Simsbury River Run 5K/10K	Simsbury (Drake Hill Mall)	www.simsburyrotary.org
Su Apr 26	1:00 PM	Glastonbury River Run 5K	Glastonbury (Old Maid Lane)	www.hartfordmarathon.com
Sa May 2	9:00 AM	Tour de Noank 5M + 2.5M Fun Run	Noank, CT (Cutler Middle School)	www.grotonrec.com
Su May 3	1:00 PM	Granby 10K	Granby (Memorial H.S.)	danhausmann920@hotmail.com
Su May 3	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Vis. Center)	www.7sisterstrailrace.com
Sa May 9	8:30 AM	CT Race in the Park 5K	New Britain (Walnut Hill Park)	www.ctraceinthepark.org
Su May 10	10:00 AM	Mothers Day Dash 5K	Vernon (Henry Park)	Vernon Parks & Rec 860-870-3520
Sa May 16	8:00 AM	Bobby's Run 8M	Vernon (Northeast School)	www.silkcitystriders.org
Sa May 16	9:30 AM	Bishop's 5K for Kids	West Hartford	www.bishops5kforkids.org
Su May 17	9:00 AM	Soapstone Mt. Trail 14.5/3.9M	Stafford Springs (Hendel Rd)	www.shenipsitstriders.org
Su May 24	8:00 AM	Dave Yurgaitis Memorial 5K/10K#	Bristol (Lake Compounce)	www.trisportmedia.com

Want to HIT THE TRAILS this year?

Check out the entire WMAC "Grand Tree" Series of Trail Races at www.runwmac.com/gt2009/gt09-races.html

Or visit our neighbors, the [Shenipsit Striders](http://www.ShenipsitStriders.org), on one of their trail runs Saturdays at 8:00 AM in the Shenipsit State Forest at Soapstone Mountain www.ShenipsitStriders.org.

Also, check out the race schedule and applications to selected local races at www.TheLastMileRacing.com

Sat. March 14th - Bulldog Cross Country Classic - Lebanon, CT
 Sat. April 4th - Easter Road Race 5K - Willimantic, CT
 Sat. April 11th - Salem Road Race 5K - Salem, CT
 Sat. April 18th - Hebron Road Race 5K - Hebron, CT
 Sat. April 25th - Seaside Shuffle 5 Mile - Old Saybrook, CT

Sat. March 28th - Pharmacy RxUN 4Komen 4k - Storrs, CT
 Sun. April 5th - EcoHusky 5000 - Storrs, CT
 Sat. April 11th - Bradley 5K/10K - Windsor Locks, CT
 Sat. April 25th - Ellis Tech Road Race - Danielson, CT
 Sun. April 26th - Bell Town Spring Sprint 5K - East Hampton, CT

SPRING 2009 MARATHON CALENDAR

DATE	RACE	PLACE	Website (link)
March 21, 2009	National Marathon	Washington, DC	http://www.nationalmarathon.com
March 22, 2009	Shamrock Sportsfest Marathon	Virginia Beach, VA	http://www.shamrockmarathon.com
March 29, 2009	Ocean Drive Marathon	Cape May County, NJ	http://www.odmarathon.org
April 20, 2009	Boston Marathon (Registration Closed)	Boston, MA	http://www.bostonmarathon.org
April 26, 2009	More Marathon - Ladies Age 40+	New York, NY	http://nyrr.org/races/2009/more/index.asp
May 3, 2009	Providence Marathon (New Course)	Providence, RI	http://www.rhoderaces.com
May 3, 2009	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org
May 3, 2009	Long Island Marathon	East Meadow, NY	http://www.thelmarathon.com
May 3, 2009	Race of Champions Marathon	Holyoke, MA	http://www.harriers.org/marathon
May 17, 2009	Delaware Marathon (New Course)	Wilmington, DE	http://www.races2run.com/marathon
May 17, 2009	Run for the Red Marathon	Pocono Mountains, PA	http://www.poconomarathon.org
May 17, 2009	Sugarloaf Marathon	Eustis, ME (Cathedral Pines Camp.)	http://www.sugarloafmarathon.com
May 24, 2009	Vermont City Marathon	Burlington, VT	http://www.runvermont.org
June 7, 2009	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	www.marathonguide.com/sites/nipmucktrail
June 14, 2009	Lake Placid Marathon	Lake Placid, NY	http://www.LakePlacidMarathon.com

50 States + DC Marathon Wrap-Up

Bill & Tammy Gaghan, Bekkie Wright and Joe Poliquin

continued their quests to run a marathon in all 50 States + the District of Columbia.

TOTALS as of 12/31/2008 are:

Bekkie Wright	46 States + DC	Bill Gaghan	29 States + DC
Joe Poliquin	21 States + DC	Tammy Gaghan	16 States + DC

NUTRITION NOOK - Vitamin A for the New Year

First published in *The Mystic Times* and *The Stonington Times*, January 2009.

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic, CT

For more information, call 860-536-3610 or go online to www.fitnutrition.net

Happy New Year!

For many, 2009 brings with it New Year's resolutions of losing weight, eating healthier, and exercising more. These are all great ideas and wonderful for increasing your overall health and well-being. However, many individuals set unrealistic objectives.



If you have made eating healthier a New Year's resolution, set yourself up for success by not biting off more than you can chew (pun intended!) Change only one eating habit every 3 weeks. It typically takes about 21 days for a new eating behavior to become habit. For example, aim to eat one more fruit or vegetable each day. Once you have accomplished your first goal, move onto the next. The key to achieving your final objective (eating healthy, exercising more or losing weight) is to make a list of smaller "mini-goals" that you feel you can achieve each month and will eventually lead to your final objective. Write down your goals and display them in a place where you can review them each day. Cross out, highlight or check off each goal as you accomplish it. This will give you a feeling of accomplishment and allow you to see your progress towards your ultimate objective. Remind yourself that small changes in your lifestyle habits and behaviors will build up over time to create a HUGE impact on your health.

Since it is a New Year, I thought it would be fun to encourage you to eat healthier by discussing the benefits of certain vitamins, starting with the beginning of the alphabet to symbolize the start of the New Year and a new eating lifestyle.

Let's start with vitamin A, a fat-soluble vitamin. Like the other fat-soluble vitamins (D, E and K), vitamin A dissolves in fat. Fat soluble vitamins are carried throughout your body attached to fat, which is why daily, moderate fat consumption is important. Fat soluble vitamins are stored in body fat and is the reason why vitamin over consumption (typically through over-supplementation) should be avoided. If the recommended intake is exceeded daily over an extended period of time, these vitamins can accumulate to unsafe levels in body tissues¹

Vitamin A plays a number of important roles as seen below:

1. Support of normal vision and helping your eyes adjust well to the dark.
2. Promotion of the growth and health of cells and tissues throughout your body.
3. Protection from infections because it keeps your skin and tissues in your mouth, stomach, intestines, and respiratory, genital, and urinary tracts healthy. (Duyff, R.L. (2006). Complete food and nutrition guide. 3rd ed. Wiley: ADA.)
4. Helps prevent illness by regulating your immune system.
5. The precursors of vitamin A, carotenoids, act as antioxidants. Your body is able to convert carotenoids found in fruits and vegetables to vitamin A.

Good sources of carotenoids are red, yellow, and orange fruits and vegetables such as carrots, pumpkin, squash, bell peppers, tomatoes, peaches and grapefruit, and many dark-green, leafy vegetables such as spinach, kale, and collard greens. Vitamin A, which is not converted by your body because it is completely formed, is found in liver, fish oil, eggs, milk fortified with vitamin A, and other vitamin A-fortified foods.¹

The recommended intake of vitamin A for individuals 14 years and older is 3,000 IU for males and 2,333 IU for females. If you take a multivitamin, check to make sure that it does not supply more than 3,000 IU of vitamin A. Too much can be harmful since it can accumulate in your body.

To ensure that you are receiving adequate amounts of vitamin A, strive to consume a variety of red, yellow, orange and dark green, leafy vegetables each week. During the winter months, add red peppers, carrots, sweet potatoes, winter squash, spinach, and green beans to soups or stews. Try adding a small amount of olive oil to red or yellow pepper slices and roasting them in the oven for a delicious side dish. If you are pressed for time, buy frozen spinach or mixed vegetables. Make pumpkin muffins, bread or waffles for a delicious snack or part of a brunch. During the summer months, make colorful salads with spinach, carrots, and red and yellow peppers.

Recipe Suggestion:

Try homemade sweet potato fries, a personal favorite. Preheat oven to 400°F. Line a baking dish or cookie sheet with parchment paper or coat with non-stick spray. Wash and cut 2 large sweet potatoes into 1 ½ inch cubes (leave the skin on). Place potatoes in a medium bowl and drizzle 1-2 Tbsp. of olive oil over potatoes and mix well so that potatoes are evenly covered with oil. Measure 1/2 tsp each of garlic powder and dried crushed rosemary. Sprinkle both over potatoes, mixing well. Add 1/4 tsp of salt and mix well. Pour mixture into baking dish and spread into one layer.

Place the dish in the oven uncovered and stir the potatoes after 20 minutes. Bake for a total of 30-45 minutes or until a fork easily pierces potatoes and they are golden brown and slightly crispy. Remove from oven and serve warm as a side dish either plain or with ketchup. They go great with hamburgers or turkey burgers, chicken, or a large salad. This recipe makes approximately four 1/2 cup servings.

Vitamin A is important for your health and can be easily included into a variety of dishes. Make it a goal to eat red, yellow, orange and dark-green, leafy vegetables each week in 2009 to help you increase your vitamin A and vegetable intake and to eat healthier.

NEW EVENTS FOR 2009 & 2010

**The New England Limited Marathon – Air Line Trail, Colchester, CT
Coming Spring 2010**

Course Description: The course starts in Colchester, just off Exit 16 of Route 2, where the Air Line Trail crosses Old Hartford Road. The course heads East for about 3.5 miles and turns South for an out-and-back on Colchester Spur for another 3.5 miles. Upon returning North to the main Air Line Trail, the course goes East for about 2 miles before turning around and heading straight back to the Start. At this point the Air Line Trail continues West across a small bridge. Rt 149 connects the trail under Rt. 2, and through the Commuter Parking Lot. The marathon course continues West for 4.5 miles to a turn-around, and returns East to the Finish just before reaching the Commuter Lot again. <http://www.gmap-pedometer.com/?r=2476313>

In preparation for the inaugural event in the Spring of 2010, the Silk City Striders will be hosting a Fun Run on the proposed course on Saturday, April 4th at 8:00 AM. Meet in the Commuter Parking Lot on Rt. 149, just off Exit 16 of Route 2. Water will be provided along the course, but in all other respects this will be an unsupported run. Come join us to run all or part of the course.

**Announcing the Inaugural Season of the
Bolton XC Summer Series 2009**

Come join us at Bolton High School this summer for a series of Cross Country races to be held on Thursday Nights -- July 2, 9, 16, 23, 30, and August 6 & 13. Bring the whole family. We'll be keeping the price very low. There will be a toddler 100 Meter race, a kids' mile race and an all-comers' 2.5 mile race. All races will be run off road on the Bolton XC course. Points will be awarded in age group categories with prizes at the end of the series for high scorers in each age group. Come to one; come to all, but come ready to have fun! Mark those dates on your race calendar now, additional details will follow.

**“Rattlesnake Ridge” 9M Trail Run**

Stay tuned to the Upcoming Events on the Silk City Striders' Home Page for more information and applications as details are finalized.

SILK CITY STRIDERS -- 2009 EVENT CALENDAR
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- MAY** - Bobby's Run.....Saturday, May 16
- JUNE** - "Rattlesnake Ridge" Trail Run..... TBA
- JULY** - Wickham Park Cross Country Series Monday Nights – July 6, 13 & 20
 Summer Picnic (Blish Park, Lake Terramuggus)..... Sat or Sun., July 26 or 27
 Bolton XC Summer Series Thursday Nights - July 2, 9, 16, 23 & 30
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic Saturday, August 1
 Wickham Park Cross Country Series Monday Nights - August 3 & 17
 Bolton XC Summer SeriesThursday Nights – August 6 & 13
- SEPTEMBER** - Nikki's Run Walk 'N' Roll.....Sunday, September 5 or 12
 Fred Brown Lake Winnepesaukee RelaysSaturday, September 19
 Celebration Run for Len Underwood..... Sunday, September 20
- OCTOBER** - Halloween Pot Luck Supper..... TBA
- NOVEMBER** - Parker Holt 5K Sunday, November 8
 Know Your Pace Race Saturday, November 21
 Manchester Road Race..... Thursday, November 26
- DECEMBER** - Scrooge's Scramble..... Friday, December 25

TIME TO RENEW YOUR MEMBERSHIP

It's time to renew your Silk City Striders Membership for 2009. Dues are still only \$12.00 for a single membership, and \$15.00 for a family membership. In addition, if you would like to receive a paper copy of the newsletter, please add an extra \$3.00 to cover postage. The 2009 Membership Application can be downloaded from the Silk City Striders website, or online at Sign-Me Up Sports.

NOTE: We still have a few Silk City orange fleece winter hats available for \$12. Our order of Silk City Caps and Visors has also arrived, and sweatshirts (hooded & crew-neck) are currently at the silk screener, and will be available soon. We've got an order in for more singlets, and are working on finalizing details for some new warm up jackets and wind pants as well. The roads should be a blaze of orange this Spring!



Reminder -- Starting on January 1, 2009, The Silk City Striders started our **SILK CITY 700** Challenge. Mileage can be entered online at www.running2win.com within the "Silk City Striders" Group. Anyone tracking their mileage manually, or via another electronic logging system should report their monthly mileage directly to Art Byram, who will be administrating this Challenge. If you need any help setting up an account on Running2Win, or joining the "Group," please contact Art via email Art.Byram@kone.com.