



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message:

What better way to start out the New Year but with a run and a huge brunch with a group of your best running friends. It was great to see so many Striders at the New Years Day Brunch at Sue and Dave's home in South Windsor. Many thanks to both of them for their hospitality and great running routes.

For those of you who are hoping to put Winter behind you and are planning your Spring Race Calendar, think about coming out during the week or on a Saturday to run with others on one of our regular group runs. Running together is a great way to get to know others and to improve your running times. Winter is a tough time to stay active, but if we help each other everyone benefits.



As you can see from the enclosed race results, our club members are always striving to improve. Enjoy this edition and start planning for your next race.

Happy running,
Mary Lou

CONGRATULATIONS

Zofia Turosz

New England Runner Magazine
Connecticut Runner of the Year
Women 70+

Good luck at the Masters
Indoor Track Championships!

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2010 BOARD OF DIRECTORS

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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

(Globe Hollow Parking Lot
 across the street if the snow is too deep
 at Mt. Nebo)

CLUB NEWS & EVENTS

NEW MEMBERS

Tony Bonnano Ellington
 Linda Romejko & Family Vernon

WELCOME BACK

Miriam DeGrandi Manchester

GET WELL SOON

Winter can be a treacherous season, and unfortunately two of our members have already succumbed to winter woes.

Jim Best slipped and fell on Case Mountain just after New Years, and recently underwent surgery to reattach a tendon between his upper leg and knee. It’s going to be a long, slow trip back, but we know how strong Jim is, and wish him all the best during his rehab.

MaryLou had a little snowmobiling accident recently, and sustained a back injury. While her injury is not as serious as Jim’s it will take quite a bite out of her winter ski & snowshoe season.

NEW YEAR’S DAY CHAMPAGNE RUN & BRUNCH

There weather was cool and there was a little snow on the roads, as the Silk City Striders started out their New Year with a run of 3-10 miles. Thanks to **Sue Leslie & David Peck** for hosting the Run, Brunch & Awards Ceremony.

Rookie of the Year went to **Vanessa Schumacher**. **Most Improved Female** was **Cathy King**, **Most Improved Male** was a tie between **Andy Zyrek (a 3-peat)** and **Ned Kennedy**. The **Best Comeback Award** went to **Janit Romayko**. 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.

2009 SILK CITY STRIDERS AWARDS**ROOKIE OF THE YEAR****Vanessa Schumacher**

Vanessa joined the Striders earlier this year when she took up running after the birth of her daughter. She really jumped in with both feet, competing in several 5K's and a Sprint Triathlon Relay Race with her husband. Vanessa capped off the year with solid sub-40 minute performances at the Know Your Pace Race & Manchester Road Race, and looks forward to more running and racing in 2010.

Honorable Mention: Jack Byram

MOST IMPROVED MALE**Andy Zyrek & Ned Kennedy (tie)**

Andy continued to PR at distances from 5K to the Marathon. April was a banner month as Andy PRed at 5K (21:53), 5M (37:03) & 10K (48:08). He continued to notch a few more sub-22-minute 5K's in May. He also PRed at the New Haven Road Race 20K (1:37:27) on Labor Day, and blazed 11M Leg 2 of the Lake Winnepesaukee Relay in 1:21:36. His ING Greater Hartford Marathon PR is perhaps the most notable, as he went out hard from the gun at sub-8-minute pace, and cut almost an hour off his previous PR to finish in 3:55:08.

Ned blazed into the 50-59 Age Group. He won his Age Group in races from 5K to 5.5 Miles (Trail), as well as at several Sprint Distance Triathlons. He crushed the competition at the Glastonbury Summer Racing Series, winning all 3 races (5K 4.5M & 10K) in the M50-59 division. He won 2 5K's outright with a time of 18:45 (Keney Park & the Bolton Run to Read), and capped off the season with a 27:58 at the Manchester Road Race, placing him as #3 M50-59 in a very deep field.

Honorable Mentions: Dale Toce, Art Byram

BEST COMEBACK**Janit Romayko**

Janit missed most of the Summer Cross Country season at Wickham Park this year after undergoing knee surgery, but was back in action by the final race in mid-August. She continued her strong return in the Fall posting Top 3 Age Group results in 5K's, Duathlons and Sprint Triathlons throughout New England.

Honorable Mention: John Paggioli

MOST IMPROVED FEMALE**Cathy King**

Cathy started 2009 with her first 10K at the Chris Sheehan Memorial Run, and quickly upped her longest racing distance by running the 7.6 Mile Polar Bear Run around Lake Waramaug on a day in which the weather went from cold rain to wet snow. She kept steadily building her mileage throughout the summer, running the JJK Ocean Beach 11.6M in August, and the New Haven Road Race 20K in September. She also ran the super-hilly Leg 3 (9.3 Miles) on the Lake Winnepesaukee Relay team, and capped off the year with 13.1 Miles at the Hartford Half Marathon in October.

Honorable Mention: Jill Ramos

**MANCHESTER ROAD RACE
FIRST SILK CITY STRIDERS****Scott Livingston & Kathy Manizza**

Scott lead the way for the men this year in 27:00, capping off an excellent running and triathlon season.

Kathy nipped Keron Smith by about 10 seconds to lead the way for the ladies in 34:13.

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

2009 SILK CITY STRIDERS AWARDS, continued**Jim DeWitt Service Award****Dani Kennedy**

In addition to serving on the Silk City Striders Board of Directors, and volunteering at several key Silk City events, in 2009 Dani Kennedy became the Race Director and driving force behind the new Bolton Summer Cross Country Series. As anyone who has ever coordinated a single race can attest, this takes a lot of hard work and perseverance. Coordinating this 7 race series required generating publicity to attract runners, training volunteers, and working at both the Registration table and the Finish Line to ensure that all the results were accurate and posted promptly online. In recognition of this extraordinary effort to promote the Silk City Striders in the community by making the Bolton XC Series a well respected and enjoyable family event, Dani was awarded the 2009 Jim Dewitt Service Award. Thank you from all of us!

Congratulations to all our 2009 Silk City Striders Award Winners!

SILK CITY STRIDERS - SPECIAL EVENTS FOR 2010**Sunrise 5K to Benefit the Cornerstone Shelter**

New in 2010 is an early morning 5K on Easter Sunday. Same course as December's Scrooge Scramble in Vernon, but with a twist ... this one starts at 6 AM. Bunnies, chicks and fancy Easter Bonnets welcomed. Registration is by donation only, and all proceeds will benefit the Cornerstone Shelter in Rockville, CT.

Bolton XC Summer Series - Thursday Nights

Come join us at Bolton High School this summer for a series of Cross Country races to be held on Thursday Nights – June 24; July 1, 8, 15, 22, 29; and August 5.

Bring the whole family. There will be a toddler 100 Meter race, a kids' mile race and an all-comers' 2.5 mile race. Toddlers run the 100 meter race for free, and the cost is only \$2 for Kids & Adults in the 1 Mile and 2.5 Mile Races.

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!

2009 Silk City Striders 8 County Challenge - Finishers

KING ARCHIBALD	<u>FAIRFIELD</u> Sweetheart Run - Stratford	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Lions Club 10M - East Haddam
	<u>NEW HAVEN</u> Chris. Martin - New Haven	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Bolton Trail Run - Bolton	<u>WINDHAM</u> Frog Leap 2M - Willimantic
MITCH BIELEND	<u>FAIRFIELD</u> Sweetheart Run - Stratford	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> NYT 5K - Middletown
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Bobby's Run - Vernon	<u>WINDHAM</u> Boombbox Mile - Willimantic
CATHY KING	<u>FAIRFIELD</u> Sweetheart Run - Stratford	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> NYT 5K - Middletown
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Bobby's Run - Vernon	<u>WINDHAM</u> XC Turkey Trot - Thompson
ALAN MCCALL	<u>FAIRFIELD</u> Sweetheart Run - Stratford	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> People's Forest 8.5M - Barkhamstead	<u>MIDDLESEX</u> Lions Club 10M - East Haddam
	<u>NEW HAVEN</u> Guilford Frosty - Guilford	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Bobby's Run - Vernon	<u>WINDHAM</u> XC Turkey Trot - Thompson
JOE POLIQUIN	<u>FAIRFIELD</u> Run for the Turkeys - New Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Branford RR - Branford	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> XC Turkey Trot - Thompson
JANIT ROMAYKO	<u>FAIRFIELD</u> Minuteman Tri - Westport	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Roxbury Races - Roxbury	<u>MIDDLESEX</u> MxCC 5K - Middletown
	<u>NEW HAVEN</u> Hammerfest Tri - Branford	<u>NEW LONDON</u> Tommy Toy Fun Run - Norwich	<u>TOLLAND</u> Bolton Trail Run - Bolton	<u>WINDHAM</u> Memorial Day 10K - Woodstock
MARYLOU WHITE	<u>FAIRFIELD</u> St. Pat's 4M - Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> P. Forest Trail Run - Barkhamsted	<u>MIDDLESEX</u> MxCC 5K - Middletown
	<u>NEW HAVEN</u> BB Boogie Du - Madison	<u>NEW LONDON</u> Salem 5K - Salem	<u>TOLLAND</u> Bolton Trail Run - Bolton	<u>WINDHAM</u> Easter 5K - Willimantic
BEKKIE WRIGHT	<u>FAIRFIELD</u> Run for the Turkeys - New Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Branford RR - Branford	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Mother's Day Dash - Vernon	<u>WINDHAM</u> XC Turkey Trot - Thompson
ANDY ZYREK*	<u>FAIRFIELD</u> Danbury Half - Danbury	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Seaside Shuffle - Old Saybrook
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Bolton XC Series - Bolton	<u>WINDHAM</u> W. Warriors 5K - Woodstock

*Winner of the Run-In Gift Certificate

2009 Silk City Striders 8 County Challenge – Honorable Mention

KERON SMITH (7)	<u>FAIRFIELD</u> Danbury Half - Danbury	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Roxbury Half - Roxbury	<u>MIDDLESEX</u> Blum Shapiro 5K - Cromwell
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Ghost Run - Hebron to E. Hampton**	<u>WINDHAM</u>

**Can count as one of three Counties: Tolland (Hebron), Hartford (Marlborough), or Middlesex (East Hampton).

SILK CITY 700 MILE CLUB

The list below includes Silk City Striders who achieved the 700 Mile Mark in 2009.

(I'm sure there are several others who ran the mileage: e.g., Ned Kennedy, Bill Metzger and Scott Livingston, but this summary only includes those who tracked their mileage on Running2Win or self-reported.)

MEN		WOMEN	
Aaron Flamino	3,622 Miles	Linda Yamamoto	1,853 Miles
John Agosto	2,232 Miles	Dani Kennedy	1,803 Miles
Art Byram	2,145 Miles	Ginny Welch	1,775 Miles
John Collins	1,873 Miles	Keron Smith	1,615 Miles
Jim Best	1,647 Miles	Janit Romayko	1400+ Miles
King Archibald	1400+ Miles	Bekkie Wright	1,326 Miles
Joe Poliquin	1,326 Miles	Jackie Cmero	715 Miles
Alan McCall	1,151 Miles	Betty Cannella	700+ Miles
Andy Zyrek	751 Miles		
Mitch Bielenda	700+ Miles		
Ken Pacileo	700+ Miles		
Barry Stoner	700+ Miles		

Reminder -- The SILK CITY 700 Challenge is on again for 2010. 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.

STATE OF THE ART: Shenipsit Trail: Dawn to Dusk, Beginning to End
By Art Byram

The blue blazed Shenipsit Trail winds through Somers, Stafford, Ellington, Tolland, Rockville, Vernon, Bolton, Manchester, Glastonbury, Portland, and East Hampton.

5:15 AM 11/28/09 -- I had not done a run over 12 miles since the VT 50 Mile Run in late September. I have never had to set up a really long-distance self-supported run either. Therefore, when I had a chance to run halfway across the State on a self-supported trail on a less than one week notice, with three people that I had never met, I figured, how could I say "No". What could possibly go wrong?

On the Saturday after Thanksgiving I joined up with three members of the Shenipsit Striders: Bruce Giguere, Mark Buongiorno and Scott Turco. These guys are all experienced 100 mile ultra running veterans, so I was in very good company.

I met Bruce in East Hampton/Cobalt and followed him to a point below the end of the Shenipsit trailhead at Great Hill. We left his car there, and then drove for about an hour to the other end of the trail, making a quick stop at the Bolton Notch parking lot and picked up Scott and Mark. We then proceeded to the beginning of the Shenipsit trail about three miles from the Massachusetts border in Somers.

The weather at this point was a bit scary. Due to the high wind, there were huge whitecaps on the Shenipsit Lake and tree limbs and branches were falling.

We went under I-84 in Rockville by the McDonalds, and into Valley Falls Park. I had never been there, but enjoyed the trails. After an eternity, we climbed a steep hill and I suddenly found myself transported to the Hop River Trail. I felt energized as we reached Bolton Notch. At this point Scott set us up with some oranges and water, and as planned, he called it a day.

Bruce, Mark and I ran onto Finley Street and into Case Mountain, Gay City, and across Hebron Ave in Glastonbury. We then worked our way out to Diamond Lake in Glastonbury. It was at that point that we became quite aware that this run was going to turn into a race against the sunset. None of us had brought a headlamp as we were confident that we would finish before dark. However the distance was a bit longer than advertised.

We were elated as we crossed Route 2 with relative ease, although my quad did cramp a bit as I stepped over the guardrail. At this point we had run over 37 miles. I was out of water, energy gel, and electrolyte tablets, and it was getting cold and windy, and was going to be dark in an hour. However, we were now in the Meshomasic State Forest (The Mesh), my home turf. Unfortunately with a few miles to go the sun was setting and all we had was the temporary glow of the horizon. We pressed on and I ran when I could, and walked when I had to, but we got to the end.

We paused for a moment on top of the Rocky overlook, with the wind roaring, and admired the lights of Middletown and Great Hill Pond twinkling below us. Under the washed out glow of the moonlight, we found our way down the steep trail to our car.

My GPS read about 46 miles for the day. We had run from dawn to dusk and from the beginning, to the end of the Shenipsit Trail. What better way to spend a day. (Thank you to Bekkie for letting me know about this run.)

Next up: A through run of both the Airline Trail and the Hop River Trail.
What could possibly go wrong?

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.

WESLEYAN DEV. INDOOR MEET #2 Middletown, CT December 12, 2009

Girls 1600 Meter Run

Rachel Blinn 7:20

NORFOLK PUB 10-MILE ROAD RACE Norfolk, CT December 19, 2009

Alan McCall 1:30:32

SCROOGE SCRAMBLE 5K Vernon, CT - December 25, 2009

Report from Race Director, Janit Romayko:

We raised \$3101.20 and had 4 Santas, 3 Hula Ladies, one runner age 77 and another age 2 months in a baby carriage, 3 doggies and tons of fun all for the Cornerstone Shelter in Rockville, CT

Dave Metzger	18:14
Scott Livingston	19:34
Jay Seney	19:39
Steve Morse	20:40
John Sloan	20:52
Andrew Cannella	20:57
Mitch Bielenda	21:30
Keron Smith	21:42
King Archibald	21:58
Debbie Livingston	22:09
Andy Zyrek	22:28
Steve Gates	22:29
Bryce Metzger	22:58
Bill Metzger	23:30
Michael McCall	24:05
Alan McCall	24:05
Kristen Metzger	24:20
Doug Flamino	24:28
Yolanda Flamino	24:30
Betty Cannella	25:41
Ellie Lowell	26:33
Cathi Koehler	26:56
Sue Leslie	27:17
Cathy King	28:10
Jim Hodges	35:47

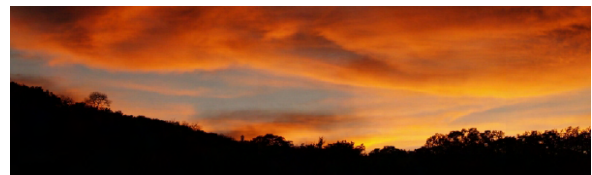
GUILFORD ROTARY FROSTY 5K Guilford, CT January 1, 2010

Alan McCall 26:36

BRIAN ASELTON MEM. SNOW DASH 5K East Hartford, CT January 10, 2010

Conor Hackett	#10M; #3 M18-29	19:19
John Paggioli		19:47
Steve Morse	#3 M50-59	20:40
Bill McGugan		20:42
John Sloan		20:55
Mitch Bielenda		21:19
Keron Smith	#1F	21:23
King Archibald		21:32
Deb Livingston	#3F; #2 F30-39	21:34
Steve Gates		21:36
Tony Hollister	#2 M60-69	21:48
Jason Earl		22:00
Bekkie Wright	#4F #1 F40-49	22:15
Joe Poliquin		22:15
Mark Turkington	#3 M60-69	22:23
David Leak		22:31
Mike Fromerth		23:10
Ed Yergeau		24:26
Alan McCall		24:34
Scott Hollister		24:41
Wally Squier		25:45
Tom Walsh		26:15
Zofia Turosz	#1 F70-79	26:20
Susan Leslie	#1 F60-69	26:40
Cathy King		27:01
Janit Romayko	#2 F60-69	28:48
Jill Ramos		29:04
Randy Potterton		30:41
Clint Driscoll		33:14
Jim Hodges	#3 M70-79	36:45

Bandera 100K



Bandera, TX January 9, 2010

Rich White 13:19:01
MaryLou White 22:28:01

BACON ACADEMY RESOLUTION RUN 5K Colchester, CT December 27, 2009

John Paggioli #7M; #2 M40-49 19:37

SMAC ALL COMERS TRACK MEETS

Northampton, MA

January 10, 2010

Aaron Flamino	1 Mile	4:40
Aaron Flamino	3,000 Meters	9:37

January 17, 2010

Aaron Flamino	800 Meters	2:07
Aaron Flamino	1 Mile	4:36
Aaron Flamino	3,000 Meters	10:17

TRI FOR KIDS

Enfield, CT January 16, 2009

**20 min Swim - 20 min Bike – 20 min Run
(25M Pool - Spin Bike – Treadmill)**

This indoor tri was held at Enfield Healthtrax to benefit the Pediatric Epilepsy Unit at John Hopkins Medical Center. There were 56 individual participants and one Relay Team.

Janit Romayko placed 13th in the Women's Division with a composite score of 241.06 points. Total Distance: S: 1300 meters, B: 7.57 mi., R: 1.98mi.

BERNIE JURALE MEMORIAL**MERIDEN TRADITION RUN**

Hubbard Park to Castle Craig – Uphill 5K

Meriden, CT January 17, 2010

Zofia Turosz	32:40
MaryLou White	38:34
Janit Romayko	38:38
Barry O'Grady	TNA

TNA = Time not available

P.F. CHANG'S**ROCK 'N' ROLL ARIZONA MARATHON**

Phoenix, Scottsdale & Tempe, AZ

January 17, 2010

Bill Gaghan	3:51:32
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WINTER WONDERLAND 5M

Milford, CT January 24, 2010

Mark Turkington	#2 M60-69	37:09
Zofia Turosz	#1 F70+	42:29
Janit Romayko	#2 F60-69	48:33

HTC WINTER SERIES RESULTS**KING ARCHIBALD'S BOLTON TRAIL RUN**

Bolton, CT January 9, 2010

John Agosto	TNA
Mitch Bielenda	35:15
Deb Livingston	35:15
Zofia Turosz	36:04
Janit Romayko	48:17
King Archibald	<u>Race Director</u> 48:17

TNA = Time not available

PEOPLE'S FOREST 8.57 M / 17.13M

Barkhamsted, CT January 17, 2010

8.567 M

Mitch Bielenda	#8M	1:03:51
Michael Tirrell		1:04:23
Alan McCall		1:13:19
Cathy King		1:21:12
Jill Ramos		1:33:25

17.134 M

John Paggioli	#7M; #1 M40-49	2:07:33
Bekkie Wright	#1F	2:31:07
Joseph Poliquin		2:31:07
Andrew Zyrek		2:37:51

WMAC / DION**SNOWSHOE SERIES RESULTS**

www.runwmac.com/snowshoes/default.html

GREYLOCK GLEN 3.9M

Pittsfield, MA January 16, 2010

Zofia Turosz*	#1 F70+	46:46
MaryLou White		1:02:21

BRAVE THE BLIZZARD 3.7M

Guilderland, NY January 17, 2010

John Agosto	#6M	27:49
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HOOT TOOT & WHISTLE 3.3M

Readsboro, VT January 23, 2010

John Agosto	#6M; #3 M40-49	26:54
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CURLY'S RECORD RUN 4M

Pittsfield, MA January 24, 2010

Bekkie Wright*	#3 F40-49	53:24
Joe Poliquin*		53:25

* First Snow Shoe Race

Photo Gallery's of many Snowshoe Races at:

<http://berkshiresports.fotki.com/>

GSH SNOWSTORM CLASSIC SERIES 5K & 10K

Forest Park - Springfield, MA

<u>10K – December 12, 2009</u>			<u>10K – January 9, 2010</u>		
Mary Lou White		1:05:20	Adam Bulewich	#2M	40:26
<u>5K - December 19, 2009</u>			<u>5K - January 30, 2010</u>		
John Agosto	#5M	18:45	Zofia Turosz*	#1 F60-99	27:09
John Paggioli		20:03	Janit Romayko	#2 F60-99	30:48
Tom Walsh		24:53	*New Age Group Record (semi-icy course, 4 degrees)		

WINTER RACE SERIES SCHEDULES

(Click on Links below for more info)

CLUB CONNECTICUT

Boston Buildup (& Blowout) Series

www.clubct.org/Buildup/BosBuild.html

Upcoming Boston Buildup Series Races

Sun, Feb. 7 - 20K – Railroad Station, Southport
 Sun, Feb. 28 - 25K - Silvermine School, Norwalk
 Sun, March 29 - 30K - Scandinavian Club, Fairfield

HARTFORD TRACK CLUB

Winter Series

www.hartfordtrackclub.org/htc_winterseries.shtml

Upcoming HTC Winter Series Races

Sat, February 7 – “Gideon Wells” Cedar Hill 4M
 Sun, February 14 – Chris Sheehan Memorial 10K
 Sat, February 27 - Colchester Half Mar. – 13.1M
 Sun, February 28 – Run to Remember Ray – 3.1 M
 Sun, March 14 - Collinsville Dam – 5.5/11M
 Sun, March 28 - Asta Memorial Challenge - 19.6M

GREATER SPRINGFIELD HARRIERS

Snowstorm Classic Series

www.harriers.org/SnowStorm/index.html

Forest Park, Springfield, MA

Upcoming GSH Series Races

Sat, February 6 - 5K – Majestic Theater Run
 Sat, February 13 - 10K – Valentine Couple’s Run
 Sat, February 20 - 5K – Springfield Symphony Run
 Sat, February 27 - 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.

HTC WINTER SERIES RACES – FEATURED RACES

(Race Directors for these 2 Races hold “dual citizenship” in HTC and SCS)

Sunday , February 14, 10:00 AM, “2nd Annual Chris Sheehan Memorial 10K Run”

Start and finish at the Rocky Hill Ferry Landing. The race course is similar to the Asta Run only shorter in distance. The race will be run in honor of Chris Sheehan who grew up in Rocky Hill and taught physical education at Griswold Jr. High School in Rocky Hill for 32 years. He was inducted into the Rocky Hill Athletic Hall of Fame in June of 2007 for coaching and athletic excellence. The race will mark the two year anniversary of his passing and his courageous 2 year battle with brain cancer.

Directions: Take I-91 to Exit 24 toward Rocky Hill, merge onto CT-99, turn left at CT-160/Elm St, turn Left at CT-160/Meadow Rd, and follow to Rocky Hill Ferry Landing.

Race Director is King Archibald. Phone: 860-647-7657 E-mail: KingArchibaldVII@aol.com
 (The vertical lines in the Roman Numerals are lower case L’s (ells), not capital i’s (eyes))

Sunday, February 28th 10:00 AM "Run to Remember Ray" 3.1 Mile Trail Run – NEW*

Location: Route 44 Commuter Lot in Bolton. Race will start on the trail of Frejas Park in Bolton and hook onto the Rail Trail. We will run down to the Ray Crothers’s Memorial Bench on the rail trail, and pass the bench to a turnaround point and come back up the trail to finish. The route will be hilly, rocky and roots will be involved. The trail will be marked and will be held snow, rain or shine. Race Directors: MaryLou White 860-512-0007 mlouwhite@comcast.net & Janit Romayko 860-569-1978 jpromayko@sbcglobal.net.

RACE CALENDAR

Date	Time	Race (#USATF Grand Prix)	Place	Website (click on website for more info)
Su Feb 7	9:00 AM	Boston Buildup Series 20K	Southport (RR Station)	www.clubct.org/Buildup/BosBuild.html
Sa Feb 13	10:00 AM	YMCA Sweetheart 4M	Stratford (Boothe Park)	www.hitekracing.com/sweetheart/
Sa Feb 13	11:00 AM	Bob Andrulis Mem. Sweetheart 5M	Litchfield (Community Center)	www.thecommunitycenter.org/id70.htm
Su Feb 14	10:00 AM	C. Sheehan Memorial 10K	Rocky Hill (Ferry Landing)	www.hartfordtrackclub.org
Su Feb 21	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug)	www.roadntracksports.com
Sa Feb 27	10:00 AM	HTC Colchester Half-Marathon	Colchester (Bacon Academy)	www.hartfordtrackclub.org
Su Feb 28	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	www.clubct.org/Buildup/BosBuild.html
Su Feb 28	10:00 AM	Run to Remember Ray 5K Trail	Bolton (Rt. 44 Comm. Lot)	www.hartfordtrackclub.org
Su Feb 28	1:00 PM	D.H. Jones 10M	Amherst, MA (Regional Jr H.S.)	www.sugarloafmac.org
Sa Mar 6	9:00 AM	Shamrock & Roll 5K#	New Haven (Toad's Place)	www.jbsports.com
Sa Mar 6	1:00 PM	Kelley's Pace Hare Hop	Mystic	860-536-8175
Su Mar 7	11:00 AM	Stu's 30K	Clinton, MA (Clinton M.S.)	www.cmsrun.org
Sa Mar 12	9:30 AM	O'Niantic 5K	Niantic (Niantic Bay Bicycle)	www.hartfordmarathon.com
Su Mar 14	11:00 AM	Leprechaun 5M	Madison (Surf Club)	www.madisonexchange.org/leprechaun-run
Su Mar 14	11:00 AM	Warren Street St. Patrick's 4M	Fairfield (Jennings Beach)	www.hitekracing.com/wssac/
Su Mar 14	1:00 PM	O'Hartford 5K	Hartford (Asylum & Main)	www.hartfordmarathon.com
Sa Mar 20	9:30 AM	Shamrock Road Race 5M & 2M	Bristol (Chippens Hill Sch)	www.bristolct.net/roadraces/shamrockrun.asp
Sa Mar 20	10:00 AM	Finally Spring 5K Trail Run	Manchester (Ferguson St)	www.manchesterrunningcompany.com
Sa Mar 20	1:00 PM	Holyoke St. Patrick's 10K	Holyoke, MA (City Hall)	www.holyokestpatricksparade.com
Su Mar 21	11:00 AM	New Bedford Half-Marathon	New Bedford, MA (Elm St.)	www.newbedfordhalfmarathon.com
Sa Mar 27	9:30 AM	St. Joseph's 3M	Baltic	www.runningintheusa.com/stjosephschoolrace
Sa Mar 27	10:00 AM	E.H. Lions April Fools 10.5M & 5K	Moodus (N.Hale-Ray HS)	www.easthaddamcommunitylions.com
Su Mar 28	7:30 AM	Boston Blowout 30K	Fairfield	www.clubct.org/Races/30k/Blowout.html
Su Mar 28	11:00 AM	Spring Half Marathon & 5K	Westfield, MA (Boys & Girls Club)	www.bgctestfield.org/uploads/halfmarathon10registration[1].pdf
Su Mar 28	11:00 AM	Eastern States 20M, Half-marathon	Kittery, ME to Salisbury, MA	www.easternstates20mile.com
Sa Apr 3	9:30 AM	Easter Road Race 5K	Willimantic (Jillson Sq.)	www.thelastmileracing.com
Sa Apr 3	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow Hollow)	www.runwmac.com/gt2010/gt10-races.html
Sa Apr 3	10:00 AM	Spirit of Spring 5K & Kim's Fun Run	Tolland (Tolland H.S.)	www.SpiritofSpring5K.org
Sa Apr 3	10:00 AM	HTC Quarter Marathon#	West Harford (MDC Reservoir)	www.HartfordTrackClub.org
Sa Apr 10	8:30 AM	April Fools 5K & Backward Mile	Essex (Town Hall)	http://vsliteracy.org
Sa Apr 10	9:00 AM	Merrimack River Trail 10M	Andover, MA	www.runwmac.com/gt2010/gt10-races.html
Sa Apr 10	10:00 AM	Earth Day 3M Trail Race	Mansfield (Mansfield Hollow)	www.SNERRO.com
Su Apr 11	10:00 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park)	www.jbsports.com

Want to HIT THE TRAILS this year?

Check out the entire WMAC "Grand Tree" Series of Trail Races at www.runwmac.com/gt2010/gt10-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:

THE LAST MILE RACING www.TheLastMileRacing.com

Sat. March 27th – St. Patty's Blarney Stone Dash – Willimantic, CT
 Sat. April 3rd - Easter Road Race 5K - Willimantic, CT
 Sat. April 3rd- Bradley 5K/10K - Windsor Locks, CT
 Sat. April 17th - Hebron Road Race 5K - Hebron, CT
 Sat. April 24th - Seaside Shuffle 5 Mile - Old Saybrook, CT

Sat. March 27th - Pharmacy RxUN 4Komen 4K - Storrs, CT
 Sun. April 11th - EcoHusky 5000 - Storrs, CT
 Sat. April 10th - Salem Road Race 5K - Salem, CT
 Sat. April 17th – 1040EZ 5K Road Race – Windsor, CT
 Sun. April 25th - Bell Town Spring Race 5K - East Hampton, CT

SPRING 2010 MARATHON CALENDAR

DATE	RACE	PLACE	Website (link)
March 20, 2010	National Marathon	Washington, DC	www.nationalmarathon.com
March 21, 2010	Shamrock Sportsfest Marathon	Virginia Beach, VA	www.shamrockmarathon.com
March 28, 2010	Ocean Drive Marathon	Cape May County, NJ	www.odmarathon.org
April 19, 2010	Boston Marathon (Registration Closed)	Boston, MA	www.bostonmarathon.org
May 2, 2010	Providence Marathon	Providence, RI	www.rhoderaces.com
May 2, 2010	New Jersey Marathon	Long Branch, NJ	www.njmarathon.org
May 2, 2010	Long Island Marathon	East Meadow, NY	www.thelimarathon.com
May 2, 2010	Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 16, 2010	Delaware Marathon	Wilmington, DE	www.delawaremarathon.org/
May 16, 2010	Run for the Red Marathon	Pocono Mountains, PA	www.poconomarathon.org
May 16, 2010	TransCanada Sugarloaf Marathon	Eustis, ME (Cathedral Pines Camp.)	www.sugarloaf.com/VacationPlanning/marathon.html
May 30, 2010	Vermont City Marathon	Burlington, VT	www.runvermont.org
June 6, 2010	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	www.marathonguide.com/sites/nipmucktrail
June 13, 2010	Lake Placid Marathon	Lake Placid, NY	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 12/31/2009 are:

Bekkie Wright	48 States + DC	Bill Gaghan	34 States + DC
Joe Poliquin	26 States + DC	Tammy Gaghan	20 States + DC

NEW MEMBER PROFILES

Linda Romejko & Family

My name is Linda Romejko and I live in Vernon with my husband, Mike, our two teenage sons, Brian and Stephen (Millett) who also joined the club with me, and our two big dogs. I work in Hartford as a legal secretary and have been in this profession for most of my adult life.

I have never been a runner but last year at age 43 after losing nearly 40 pounds I decided it was time to step up the fitness level. Running seemed to be something that I could do anywhere, but especially outdoors, so last July I bought a pair of good running shoes and hit the rail trail in Vernon, where I mostly run now. I started out slow with the "Couch to 5K" Beginner's program, and once I completed the program I thought that the Manchester Road Race would be a good place to start. Probably a bad idea because it was **HARD** for my first race, but I finished in 62 minutes which is better than I thought I would do! I became immediately hooked on running.

I joined the club to meet people who share my newfound zest for running, and for the learning experiences and motivation to keep on getting faster and more fit. I have been enjoying the Saturday morning Fun Runs and am looking forward to meeting more of you and hopefully joining some of you at the races.

NUTRITION NOOK - Start the New Year and Day Right with Breakfast

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

Is breakfast really the most important meal of the day? Should I eat right when I wake up even if I'm not hungry? What should I eat for breakfast? These are a few of the questions I have received from clients.

It's a new year *and* decade (which I can't believe) and time again for New Year's resolutions! Many of you have most likely promised yourself to work towards optimizing your health and fitness in 2010. Whether you have decided to eat healthier, lose a few pounds, exercise more or increase your strength, breakfast is an essential component of reaching your goal. Not only is breakfast key but the types of foods you eat at breakfast are also of the utmost importance.

According to more than 40 years of research, eating breakfast is beneficial for a variety of health and performance reasons. These are:

- 1) **Why is breakfast important?** After fasting during the night for 8 to 12 hours, you need to refuel your body by eating. The brain requires a constant supply of energy since it does not store energy like your muscles or liver. The stored energy in your liver, which is converted to glucose or useable energy while you're sleeping, is nearly depleted by morning. If you do not refuel within a few hours of waking, you will feel the effects because both your brain and body require a constant supply of energy to function properly.
- 2) **What are the consequences of skipping breakfast?** Research has shown that individuals who skip breakfast often feel tired, irritable, or restless in the morning. On a positive note, breakfast eaters have better attitudes toward work or school, display higher productivity and are more capable of handling tasks that rely on memory. Additionally, those who enjoy breakfast usually have more strength and endurance as well as better concentration and problem-solving ability.
- 3) **Does eating breakfast increase your nutrient intake?** Yes. Skipping meals often results in missed nutrients essential for health. Breakfast eaters typically have a higher total nutrient intake than non-breakfast eaters. This is particularly true for women and children. For many, breakfast often supplies a significant amount of vitamin C (citrus fruit or 100% juice), calcium (milk, enriched soy milk, and yogurt), B vitamins (whole grains) and fiber (fruit and whole grains) among other nutrients and antioxidants.
- 4) **Is there a connection between breakfast and learning?** Children and teens who eat breakfast are more likely to attend school and are better prepared to meet the challenges of learning because food provides the fuel their brains and bodies require to concentrate, problem-solve, and have muscle coordination (think fine-motor skills such as writing). Children who routinely begin the school day hungry are unable to achieve their learning potential day after day. This pattern can potentially diminish a child's academic success.
- 5) **Can breakfast enhance health?** Research has shown that individuals who enjoy a nutritious breakfast are more likely to be a healthy weight and have a reduced risk for heart disease. Data from the National Heart, Lung, and Blood Institute Growth and Health Study as well as other studies found that consuming ready-to-eat breakfast cereal is associated with a greater intake of vitamins, minerals, fiber and carbohydrates and less total fat, saturated fat, and cholesterol and fewer calories during the day. Additionally, individuals who enjoy breakfast also tend to engage in greater physical activity. Making time for breakfast also helps you to eat the recommended servings of fruits, vegetables, and whole grains each day which are important for optimizing your health.

- 6) **Does it matter what I eat for breakfast?** Yes. Eating mostly sugary foods in the morning will cause your blood sugar, and therefore, your energy level, to rise sharply and then drop quickly in about a hour resulting in hunger and the subsequent symptoms of hunger: irritability, reduced concentration and memory, fatigue, headache and stomachache. Start your day off right with a well-balanced, low sugar breakfast consisting of whole grains, lean protein, and heart healthy fat. For example, prepare a 1/2 cup of uncooked old fashioned or quick cooking oats with ½ cup of skim or 1% milk in the microwave or on the stove. Add 1 tablespoon of walnuts or other nuts plus ¼ tsp. of vanilla extract and ground cinnamon. After it is finished cooking, pour ½ cup of milk over the oatmeal and top with blueberries or raspberries and/or banana slices. However, you do not have to eat traditional breakfast foods in the morning. Some individuals prefer leftovers or lunch or dinner foods for breakfast. Select foods you like and build a balanced meal consisting of at least three of the five food groups (fruits, vegetables, meat/fish/poultry/eggs/soy/beans, whole grains, and dairy). Combining different food groups provides your body with sustained energy and also has the added benefit of helping you get in all of the nutrients your body requires each day for optimal health.
- 7) **When should I eat breakfast?** Strive to eat something within one to two hours of waking. If you are not that hungry for breakfast, begin your day with a snack rather than a meal. Try a glass of milk with fruit or yogurt with wheat germ to refuel your body. Then enjoy another snack or a meal a few hours later when you are hungry again.
- 8) **What are some tasty and easy breakfast options?** With a little bit of planning you can enjoy breakfast everyday. Here are a few suggestions:
- Ready-to-eat breakfast cereal with milk and fruit. Look for cereals that contain 3 or more grams of fiber per serving and 5 grams or less of sugar per serving.
 - Fruit and hot cereal prepared with milk. Try oatmeal or oat bran.
 - 100% whole grain toast, English muffin or mini bagel with milk or low-fat yogurt and fruit. Try something different on your toast such as low-fat cottage cheese with jam or nut butter with jam or Laughing Cow wedges with jam.
 - All natural nonfat or low yogurt or Greek yogurt with wheat germ or milled flax seed and fruit.
 - Low-fat cottage cheese with berries and sliced banana. Top with cinnamon.
 - Homemade GORP mix: your favorite dry cereal plus dried fruit and nuts. Prepare the mix the night before so you can grab it on the way out the door. For a more complete breakfast enjoy with a glass of milk or all natural yogurt.
 - Omelet or scrambled eggs prepared with low-fat cheese and vegetables.
 - Breakfast burrito with vegetables served in corn or wheat tortilla shell.
 - Peanut butter and jelly sandwich on 100% whole wheat bread with a glass of milk or all natural yogurt.
 - Frozen whole grain waffle topped with low-fat yogurt, berries and/or sliced banana.
 - Frozen whole grain waffle topped with peanut butter and honey/maple syrup/jam.
 - Leftover vegetable pizza or pasta, dinner leftovers or sandwich with milk.

Now, there are no excuses to miss this extremely important and versatile meal of the day!

Happy breakfast and New Year to all!

References:

[Albertson AM](#), [Thompson D](#), [Franko DL](#), [Kleinman RE](#), [Barton BA](#), and [Crockett SJ](#). (2008). Consumption of breakfast cereal is associated with positive health outcomes: evidence from the National Heart, Lung, and Blood Institute Growth and Health Study. *Nutr Res*. Nov;28(11):744-52.

Duyff R.L. (3rd ed). (2006). *Complete food and nutrition guide*. Hoboken, NJ: American Dietetic Association.

SILK CITY STRIDERS -- 2010 EVENT CALENDAR
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- APRIL** - Sunrise 5K – New*Sunday, April 4
- MAY** - Bobby’s Run.....Saturday, May 15
- JUNE** - “Rattlesnake Ridge” Trail Run..... TBA
Bolton XC Summer Series Thursday Night - June 24
Lake Terramuggus Triathlon Series Thursday Nights, June 3 & 17
- JULY** - Wickham Park Cross Country Series Monday Nights – July 5 & 19
Summer Picnic Sat or Sun., July 24 or 25
Bolton XC Summer Series Thursday Nights - July 1, 8, 15, 22 & 29
Lake Terramuggus Triathlon Series Thursday Nights, July 1, 15 & 29
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic Saturday, August 7
Wickham Park Cross Country Series Monday Nights – August 2, 9 & 16
Bolton XC Summer Series Thursday Night – August 5
Lake Terramuggus Triathlon Series Thursday Nights, August 12
- SEPTEMBER** - Nikki’s Run Walk ‘N’ RollSunday, September 5 or 12
Fred Brown Lake Winnepesaukee RelaysSaturday, September 25
- OCTOBER** - Ray Crothers Memorial Run Sunday, October 24
Halloween Pot Luck Supper..... Saturday, October 30
- NOVEMBER** - Parker Holt Celebration Run 5K Sunday, November 7
Know Your Pace Race Saturday, November 20
Manchester Road Race..... Thursday, November 25
- DECEMBER** - Scrooge Scramble..... Saturday, December 25

TIME TO RENEW YOUR MEMBERSHIP

It’s time to renew your Silk City Striders Membership for 2010. Dues are still only \$12.00 for a single membership, and \$15.00 for a family membership. In addition, if you would like to receive a paper copy of the newsletter, please add an extra \$3.00 to cover postage. The 2010 Membership Application can be downloaded from the Silk City Striders website, or online at Sign-Me Up Sports.



RRCA Coaching Certification

Energy Fitness Annex, 438 Lake Ave, Saint James, NY 11780

Date: June 19 & 20, 2010

Phone for Info: 503-692-5126, (1-5 pm PST); **Email:** coaching@rrca.org

Online Registration: http://www.active.com/framed/event_detail.cfm?event_id=1832038

To sign up for the certification use the online Registration Link above.

Registration deadline is June 5 or when filled, (limited to 30).

This weekend 2-day program includes 16 hours of coursework and an online multiple-choice exam with immediate results.

Day 1 -- The Basis of Training. The curriculum will include the Fundamentals of Coaching, Rules of Training, Physiology, Psychology, Injury Prevention and Nutrition.

Day 2 – The Techniques of Training. It will cover developing training plans, cycles, and progressions, speed work and other related topics. Group exercises will teach how to apply the topics covered.

Cost for the 2-day certification class is \$250. You must register for the certification class at least 2 weeks prior to attending or before it is filled, (limited to 30). Classes tend to fill early, so register as soon as possible. [Click here for additional information and to register.](#)

The certification will be taught by **Janet Hamilton and Mike Broderick**, both RRCA certified coaches.

Janet is an Exercise Physiologist who specializes in biomechanics, gait analysis, and exercise program design. She is a certified strength and conditioning specialist who has been working with athletes of all ages for over 18 years. Janet is an avid runner and marathoner. She provides wellness programs, rehab coaching and injury prevention programs through Running Strong (Atlanta, GA).

Mike is a Road Runners Club of America (RRCA) certified running coach and is one of the four course instructors for the RRCA Coaching Certification program, which trains and certifies adult distance running coaches nationwide. He is certified as a personal trainer by the American College of Sports Medicine (ACSM), National Strength & Conditioning Association (NSCA) and National Strength Professionals Association (NSPA). Mike has run 15 marathons and over 30 ultra marathons from 50K to 100 miles. He offers individual coaching for runners from beginners to ultra marathoners and directs two separate group marathon training programs, the Experienced Marathoner's Program for the Montgomery County Road Runners Club and the Boston Bound Marathon Program. Mike also provides personal fitness training for a wide variety of individuals from athletes to physically challenged adults and is an instructor for group aquatic exercise programs for strength and conditioning.

Continuing Education Credits

The American College of Sports Medicine's Professional Education Committee certifies that this offering meets the criteria for 16.0 credit hours of ACSM Continuing Education Credit.