



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

[www.SilkCityStriders.org](http://www.SilkCityStriders.org)

## Co-Presidents' Message:

So far it's been a mild Winter, which makes up for the cold and snowy one we had last year. 2012 began with our annual New Year's Day Champagne Run/Party held at Cathy King's condo. This is the second consecutive year Cathy has held this event and we would like to thank her for opening up her home again. The temperature on the New Year's Day run was mild, just as most of the Winter has been. We would like to thank our new Club Officers for stepping up to volunteer and thank all out-going Officers for their time and services.

For the second consecutive year the presidency will be a shared commitment. If you want to know more about one half of the presidency, you can go back to the Newsletter Archives and read the New Member Bio in the February 2009 newsletter for Mitch Bielenda. The other half of the presidency, Rick Chromik, has been a member for ten years. We'll see if two heads are better than one. If anyone has any ideas that they would like to share or things they would like the club to participate in please email us or give us a phone call. Our phone numbers are listed in the Board of Directors member directory on the next page.

Our next official Silk City Striders event is the Bolton Road Race on Sunday, March 18. We look forward to seeing old and new club members at upcoming races and at the group runs this Spring.



*Co-Presidents, Mitch Bielenda and Rick Chromik*



### "SPIRIT OF MULTISPORT AWARD"

This award recognizes individuals who illustrate the principles of the positive spirit of the sport as displayed through acts of sportsmanship and leadership in multisport.

**Winner: Janit Romayko**

*Congratulations, Janit!*

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**2012 BOARD OF DIRECTORS****Officers**

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

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

**Uniforms & T-Shirts**

Sue Leslie (860) 644-1804

**WebMaster**

Bill Schwarz (860) 643-4096

**Newsletter**

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

**Can't wait for the next Newsletter to share your news?** The Silk City Striders also communicate on Facebook and Yahoo Groups.



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



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

**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**  
**Wednesday Evening Funs Runs - 6:00 pm**  
**Mt. Nebo Parking Lot - Spring Street**

**CLUB NEWS & EVENTS****NEW YEAR'S DAY  
CHAMPAGNE RUN & BRUNCH**

Thanks to **Cathy King & Mitch Bielenda** for hosting the Run, Brunch & Awards Ceremony.

**Rookie of the Year** went to **Hayley Collins**.  
**Most Improved Female** was **Heidi Chromik**,  
**Most Improved Male** was **Marty Kiebel**. The  
**Best Comeback Award** went to **Ginny Welch**.  
 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.



**3rd Annual  
B.I.A.C.  
TOUR OF  
LIGHTS  
Bike-A-Thon**

**Saturday, May 5, 2012  
9:00 a.m.**

**Rain or Shine**

Take the road with fellow cyclists in the Brain Injury Alliance of Connecticut's "Tour of Lights" Bike-A-Thon, and experience spectacular views of the 6 historic lighthouses set between Eastern Point Beach, Groton, CT and Westerly, RI.

**REGISTRATION FEES:****62 mile ride:**

\$75 or \$50 with \$150 fundraising commitment

**25 mile / Modified ride\*:**

\$35 or \$25 with \$100 fundraising commitment

\*New! Modified route for adaptive riders & families

All participants will receive a Bike-A-Thon t-shirt, as well as the gratification of knowing that 100% of everything raised will go directly to support BIAAC services.

**To register or pledge online, please visit**  
<http://www.firstgiving.com/BIAAC/bike-a-thon-2012>

For more information go to [www.biact.org](http://www.biact.org),  
 call 860-219-0291 x309

or email Joy Morse at [jmorse@biact.org](mailto:jmorse@biact.org)

## 2011 SILK CITY STRIDERS AWARDS

### ROOKIE OF THE YEAR

#### **Hayley Collins**

**Hayley** really decided to concentrate on her running in 2011, and it really paid off with a PR at the Manchester Road Race, and an outstanding year representing the Tolland Middle School Cross Country team, including running in the “A” group in the Middle School State Championships. Well done, Hayley!

**Honorable Mention:** Shep Livingston

### BEST COMEBACK

#### **Ginny Welch**

**Ginny** had knee surgery last year, but rehabbed her way back to both distance and speed. She was back up to the Half Marathon distance in the Fall, and placed 1st in her Age Group at the Parker Holt 5K. She also joined us for some bike rides this summer along the Manchester Rails to Trails. She will be having surgery on her other knee this year ... so she might end up Most Improved for two years in a row!

**Honorable Mention:** Diana Cohen

### MOST IMPROVED MALE

#### **Marty Kiebel**

**Marty** was already a “Faster Master” when he was 59, but he really took it to the streets in the Fall of 2011 winning top honors in the Men’s 60-64 Age Group at the Chicago Marathon. He continued his winning streak this Winter as #3 M60-64 at the Disney Marathon (as part of Goofy’s Challenge), and as #2 M50-99 at the Hudson Mohawk Winter Marathon in February.

**Honorable Mentions:** Andy Zyrek

### MOST IMPROVED FEMALE

#### **Heidi Chromik**

**Heidi** had a year full of PR’s from 5K up to the Half Marathon. She seems to really like the hills, and was a natural for the super-hilly double loop, part-XC course at the inaugural Manchester Parkade Cinemas 5K. So, far 2012 looks like another great year for Heidi, starting off with a new Half Marathon PR at Colchester. Looks like there’s no where to go but UP!

**Honorable Mention:** Carole Saucier

### MANCHESTER ROAD RACE FIRST SILK CITY STRIDERS

#### **Thomas Paquette & Linda Yamamoto**

**Thomas** led a strong Silk City Men’s field again in 2011 with a 24:51, after wrapping up his junior college cross country season. A couple of our high school guys broke 30 minutes this year, so look for even stiffer competition in 2012.

**Linda Yamamoto** led the way for the ladies in 30:21. Motherhood doesn’t seem to be slowing her down at all! In fact, motherhood seems to agree with our members, as the #2 Silk City lady was Debbie Livingston.

It was beautiful day, and many Striders turned in outstanding performances, including:

Ned Kennedy	<b>#2 M50-54</b>	28:43	Zofia Turossz	<b>#2 F70-74</b>	41:02
MartyKeibel	<b>#2 M60-64</b>	29:02	Tom Butterfield	<b>#2 M75-79</b>	41:58

Congratulations to all our 2011 Silk City Striders Award Winners!

### 2011 Silk City Striders 8 County Challenge – Finishers

KING ARCHIBALD	<u>FAIRFIELD</u> Boston Build-Up 10K	<u>HARTFORD</u> Cedar Hill Cemetery 4M Run	<u>LITCHFIELD</u> People's Forest 8.55 Mile Run	<u>MIDDLESEX</u> Lion's Club 10.5M
	<u>NEW HAVEN</u> Bernie Jurale Tradition Run	<u>NEW LONDON</u> Bacon Academy Resolution Run	<u>TOLLAND</u> King Archibald's Winter Trail Run	<u>WINDHAM</u> DEBTiConn Eastford Fun Run
ALAN MCCALL	<u>FAIRFIELD</u> Danbury Running For Life 5K	<u>HARTFORD</u> Finally Spring Trail Race	<u>LITCHFIELD</u> Race Around The Lake 3.5M	<u>MIDDLESEX</u> Lion's Club 10.5M
	<u>NEW HAVEN</u> Guilford Rotary Frosty 5K	<u>NEW LONDON</u> Salmon River Trail Run	<u>TOLLAND</u> Bobby's Run	<u>WINDHAM</u> Deary Memorial 5M
JANIT ROMAYKO	<u>FAIRFIELD</u> Seaside 5K	<u>HARTFORD</u> Cedar Hills Cemetery 4M Run	<u>LITCHFIELD</u> Age Before Beauty XC 5K	<u>MIDDLESEX</u> Cedar Lake Tri
	<u>NEW HAVEN</u> Hammerfest Tri	<u>NEW LONDON</u> Ocean Beach Tri	<u>TOLLAND</u> King Archibald's Winter Trail Run	<u>WINDHAM</u> Wilmington PTA 5K
TOM WALSH	<u>FAIRFIELD</u> Boston Build-Up 10K	<u>HARTFORD</u> Cedar Hill Cemetery 4M Run	<u>LITCHFIELD</u> People's Forest 8.55 Mile Run	<u>MIDDLESEX</u> Lion's Club 10.5M
	<u>NEW HAVEN</u> Bernie Jurale Tradition Run	<u>NEW LONDON</u> Bacon Academy Resolution Run	<u>TOLLAND</u> King Archibald's Winter Trail Run	<u>WINDHAM</u> DEBTiConn Eastford Fun Run
ANDY ZYREK	<u>FAIRFIELD</u> Newtown 5K	<u>HARTFORD</u> Shad Derby 5K	<u>LITCHFIELD</u> Hog's Back Half Marathon	<u>MIDDLESEX</u> Deep River 5K
	<u>NEW HAVEN</u> New Haven Road Race 20K	<u>NEW LONDON</u> Colchester Half Marathon	<u>TOLLAND</u> Summer Solstice Trail Run	<u>WINDHAM</u> Chaplin Country 5K



The list below includes Silk City Striders who reported achieving the 700 Mile Mark in 2011. The SILK CITY 700 Challenge is on again for 2012. Anyone who wishes to be acknowledged for their achievement should report their monthly mileage to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org).

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

## 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.

### SCROOGE SCRAMBLE 5K Vernon, CT December 25, 2011

Over 100 participants, some in costume, several doggies, and a few stroller – benefit for the Cornerstone Shelter.

Mike McCall	#1M	18:21
Ed Sweeney	#9M	19:52
Jay Seney	#10M; #2 M50-59	20:07
Clinton Morse		21:02
Debbie Livingston	#1F	21:27
John Sloan		21:34
King Archibald		22:17
Tony Hollister	#1M 60-69	22:34
Molly Sweeney	#3F; #1 F10-19	22:36
Andrew Zyrek		22:37
Mark Turkington	#3M 60-69	24:04
Alan McCall		25:08
Myles Kessler		25:37
Maui the Wonder Dog	#1 Dog	25:47
Cathi Koehler	#2 F50-59	25:48
Bekkie Wright	#2 F40-49	25:51
Joe Poliquin		25:52
Scott Livingston	#3 M30-39	25:59
(w/Shep & Dahlia in the Chariot)		
Mitch Bielenda		26:38
Cathy King	#3F 50-59	26:38
Zachary Kessler		26:55
Dylan Kessler		28:09
Rachel Tambling	#3 F30-39	28:12
Clinton Driscoll		28:54
Karen Saunders		29:35
Keith Morgan		33:31
Sue Leslie	#1 F60-69	41:02

Ed Yergeau also generously gave although he was unable to attend on race day.

### GUILFORD ROTARY FROSTY 5K Guilford, CT January 1, 2012

Michael Westfall	#2 M40-49	19:22
Alan McCall		24:32
Clinton Driscoll		28:19

### BACON ACADEMY RESOLUTION RUN 5K Colchester, CT January 1, 2012

King Archibald	21:15
Peter Devine	21:34
Tom Walsh	23:37

### KING ARCHIBALD'S WINTER TRAIL RUN Bolton, CT January 7, 2012

Some of the participants were: The King himself, Clinton Morse, Ned Kennedy, Cathy King, Debbie Livingston, Janit Romayko and MaryLou White.

### WALT DISNEY WORLD HALF MARATHON & MARATHON Orlando, FL January 7 & 8, 2012

#### Half Marathon

Marty Keibel*	#4 M60-64	1:34:18
Diana Cohen*		2:26:06

#### Marathon

Marty Keibel*	#2 M60-64	3:28:14
Diana Cohen*	PR	4:34:09
Barry Stoner	#9 M70-74	5:31:57

\*Goofy Challenge participants ran the Half Marathon on Saturday and the Marathon on Sunday.

### ASELTON MEMORIAL SNOW DASH 5K East Hartford, CT January 8, 2012

Adam Bulewich	#3M; #1 M30-39	17:04
Melissa Stellato	#5 Overall; #1F	18:15
John Paggioli	#9M; #3 M40-49	18:33
Dale Toce		21:38
Tony Hollister	#2 M60-69	21:53
Jennifer Lee		24:20
James Lee		24:30
Nancy Gresh		26:52
Karen Saunders		28:39
Jill Ramos		30:35
David Cass		31:33
Monica Lee		37:01

### HTC WINTER SERIES PEOPLE'S FOREST RUNS Barkhamsted, CT January 15, 2012

#### 8.55 M

Mitch Bielenda	#9M	1:06:33
Alan McCall	#2 M60-69	1:14:31
Cathy King	#7F; #2 F50-59	1:23:02
Janit Romayko	#1 F60-69	1:24:17
Norlean Litwinka	#2 F40-49	1:36:27

#### 17.1 M

Scott Freeman	#6M	2:00:02
John Paggioli	#10M	2:06:19
Bekkie Wright	#3F	2:37:53
Joseph Poliquin		2:37:53

**HOUSTON MARATHON**

Houston, TX January 15, 2012

Andy Zyrek 3:41:21

**MERCEDES MARATHON**

Birmingham, AL February 12, 2012

Andy Zyrek 3:53:28

**BOSTON PREP 16M**

Derry, NH January 22, 2012

Bob Niedbala 2:38:01

**MARTHA'S VINEYARD 20 Miler**

Vineyard Haven, MA February 18, 2012

Bekkie Wright 2:56:16

Joe Poliquin 2:56:17

Bob Reports: Roads were covered with slush and some black ice ... and it was COLD!! But it is NH and it is winter.

**CAPE COD F.F.A. 25K & 50K**

W. Barnstable, MA January 28, 2012

Clinton Morse 25K  
#9M 2:36

Bekkie Wright 50K  
#4F 6:29  
Joe Poliquin 6:29

**HUDSON MOHAWK MARATHON**

Albany, NY February 19, 2012

Marty Keibel #3 M50-99 3:16:36

**HYANNIS HALF MARATHON**

Hyannis, MA February 26, 2012

Bob Niedbala 2:00:17

Bob Reports: It was a beautiful, sunny day on the Cape ... but the winds were gusting up to 40 mph by the ocean.

**MERIDEN TRADITION RUN 5K**

Meriden, CT January 29, 2012

Janit Romayko Up 36:07 -- Down 29:51

**GSH SNOWSTORM CLASSIC SERIES 5K & 10K**

Forest Park - Springfield, MA

**10K – December 24, 2011**

Clinton Morse 41:35

**5K – January 28, 2012**King Archibald 21:59  
Tom Walsh 23:39**5K – December 31, 2011**

Clinton Morse #3 M40-49 19:44

**February 4, 2012 – 10K**Clinton Morse #1 M40-49 41:40  
King Archibald 47:31  
Tom Walsh 50:40**5K – January 14, 2012**John Agosto #2 M40-49 19:22  
Clinton Morse #3 M40-49 19:39  
King Archibald 23:14  
Tom Walsh 23:54**February 11, 2012 – 5K**Clinton Morse #2 M40-49 + PR 19:28  
King Archibald 22:21  
Tom Walsh 25:27**10K – January 21, 2012**

Tom Walsh 59:36

**February 18, 2012 – 10K**

Tom Walsh 52:24

**50 States + DC Marathon Wrap-Up**

**Bekkie Wright** completed her quest to run a marathon in all 50 States + the District of Columbia and **Bill & Tammy Gaghan**, and **Joe Poliquin** continued their quests to run a marathon in all 50 States + the District of Columbia.

**TOTALS as of 12/31/2011:**

<b>Bekkie Wright</b>	50 States + DC	<b>Bill Gaghan</b>	46 States + DC
<b>Joe Poliquin</b>	30 States + DC	<b>Tammy Gaghan</b>	29 States + DC

**INDOOR TRIATHLON RESULTS**

**STAR HILL FAMILY ATHLETIC CENTER  
PROGRESSIVE INDOOR TRI SERIES  
Tolland, CT**

**January 8, 2012**

**500 yard Swim - 22 mile Bike – 5 mile Run**

**Janit Romayko** 1:55:32

**February 5, 2012**

**800 yard Swim - 24 mile Bike – 6 mile Run**

**Janit Romayko** 2:05:21

Upcoming Series dates & distances:

**April 15:** 700yd swim, 26 mile bike, 6 mile run

**May 6:** 800yd swim, 28 mile bike, 7 mile run

For more information:

<http://www.starhillsports.com/aquatics-center/triathlons>

**JOHNS HOPKINS TRI  
FOR PEDIATRIC EPILEPSY  
HEALTHTRAX, Enfield, CT January 14, 2012**

**10 min Swim - 30 min Bike – 20 min Run**

**Janit Romayko** placed 5th of 47 Participants.

Total Distance: S: 28 lengths of 25 meter pool, B: 8.12 mi., R: 2.2mi.

**NATIONAL WOMEN IN SPORTS DAY TRI  
ST. JOSEPH'S COLLEGE  
West Hartford, CT February 12, 2012**

**20 min Swim - 20 min Bike – 20 min Run**

**Janit Romayko** - 13th of 107 Participants, #1 F65-69

Total Distance: S: 1100 yards, B: 7.1 mi., R: 2.25mi.

**MIDDLESEX Y.M.C.A. INDOOR TRI  
Middletown, CT February 24, 2012**

**500 Yard Swim - 15 mile Bike – 5K Run**

**Janit Romayko** S: 8:37, 32:04, R:29:45

**Do Every Blessed Town in CONNecticut (DEBTiCONN) Runs**

This is the group of runners who are running a race in each and everyone of the 169 towns in CT. If there is not an official race in a town, the group runs together in an "official" 5K and that "rule" and the presence of other runners makes it official. Come join this dedicated bunch of runners in their quest of the "Society of 169."  
- Janit Romayko

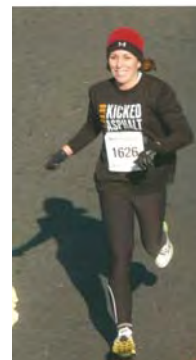
Voluntown, CT (4 miles from the RI border!!)	5K	January 16	32:00
Union, CT (by far the hilliest course so far!!)	5K	February 18	32:23
Lyme, CT (by far the most gorgeous course)	5K	February 19	32:16
Coventry, CT (the flattest course so far!!)	5K	February 20	31:54
Ashford, CT (Bob Davis completed his 169th town)		February 26	34:16

**NEW MEMBER PROFILE**

**Jessica Doyle**

**Jessica Reports:** I'm a fairly new marathon runner, ran my first in 2008 in Philadelphia. I'm also a mom of two children, Manchester resident, and school social worker, and besides running, I love to hike with my husband and 2 dogs.

**Editor's Note:** Jessica ran a 3:48:39 at the ING Greater Hartford Marathon last Fall, and joined us shortly after running the Know Your Pace Race. We think she makes a great addition to the team.

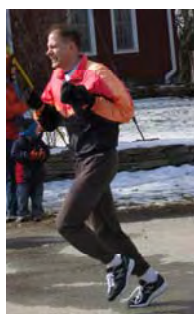


**COLCHESTER HALF MARATHON**  
Colchester, CT February 25, 2012

Martin Keibel	<b>#1 M60-64</b>	1:30:33	Andrew Zyrek	1:48:11
Matt Yoder		1:31:09	John Sloan	1:49:40
Tom Geer		1:31:56	Marc Shok	1:54:42
Michael Westfall	<b>PR</b>	1:33:43	Bill Metzger	1:54:52
Jay Seney		1:37:05	Kathy Thornton	2:05:42
Kristen Metzger		1:36:58	Molly Sweeney	<b>1st Half Marathon</b> 2:09:19
Edward Sweeney		1:40:43	Cathi Koehler	2:11:28
Tony Bonanno		1:41:52	Heidi Chromik	<b>PR</b> 2:14:51
Tim Blinn		1:41:49	Richard Chromik	2:14:52
John Collins		1:42:33	Cathy King	2:16:16
Jeff Thornton		1:42:31	Rachel Tambling	2:34:04
Mitch Bielenda		1:44:52	Barry Stoner	<b>#1 M70+</b> 2:41:25



Marty



Jay



Barry

Photos at left courtesy of Joe Poliquin

For additional photos please visit:  
**J. Macht Photography**

[http://www.jmachtphotography.com/Sports/2012-Running/2012-Colchester-Half-Marathon/21618754\\_PZLg33#%21i=1725034813&k=JGtXLz7](http://www.jmachtphotography.com/Sports/2012-Running/2012-Colchester-Half-Marathon/21618754_PZLg33#%21i=1725034813&k=JGtXLz7)



**Sunday, March 18, 2012 marks the 34th running of the Bolton 5 Mile Road Race.** This is the first race of the season on the Silk City Striders schedule, so please come out and run or volunteer. We'll be scheduling a few training runs on the course prior to the event, so stayed tuned to the Yahoo Sports Group and Facebook page for further information.

While we added a 5K option last year, we still consider the 5 mile race **THE BOLTON ROAD RACE**. Those of you who have run it before know that the hill at the 4.5 mile mark will test your will, your heart and your quads, but will also start your race season off right - with a race that gives you bragging rights for the rest of the year. You raced "the hill" (unless you run the 5k which avoids the hill). Extra kudos if you can pass someone at that point, but you had better make it count because once you get up and over, it's downhill to the finish! Whether you are averaging 4:30's or 12's, making it up that hill means you made it up that hill.

Both races will go off at 1:00 PM. The starts and finishes are at Bolton High School (72 Brandy Street, Bolton) which provides ample parking, indoor rest rooms and a warm place to change. The roads will be closed and the views spectacular. Since both courses are loops, keep in mind that every foot of elevation gain means there is a downhill to match. This is a race for runners. It's a great pre-Boston workout. Barring a catastrophe, we will start on time, have accurate mile markers, post results the same day and have water for you at the finish line (and food!). For the 5 Miler, prizes will go 3 deep in age categories, and wait until you see the trophy for the 1st Bolton finisher. It's the size of the Stanley Cup! We engrave the winner's name on it and keep it at the town library. Come out on March 18th and have some fun at a true runners' race.

Additional information can be found at <https://sites.google.com/site/boltonroadrace/> . or from the link on the SCS web site.



## Bolton XC Summer Series –Wednesday Nights @ Rose Farm



Come join us at Rose Farm in Bolton this summer for our 7 race Cross Country series on Wednesday Nights. The 2012 series will be held on: June 20 & 27; July 11, 18 & 25, and August 1 & 8.

NOTE: There will be no race on Wednesday, July 4th.

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 in the 1 Mile Race & \$3 for Kids & Adults in the 2.5 Mile Race. (\$10 maximum charge per family.)

All races will be run off road on the Rose Farm 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. You must compete in at least 3 of the 7 races in the series to be eligible for Age Group prizes. *Come to one, come to them all, but come ready to have fun!*

## RACE CALENDAR

Date	Time	Race	Place	Website (click on website for more info)
Su Mar 4	9:00 AM	Shamrock and Roll 5K	New Haven	<a href="http://www.jbsports.com">www.jbsports.com</a>
Su Mar 4	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School)	<a href="http://www.clubct.org/Buildup/BosBuild.html">www.clubct.org/Buildup/BosBuild.html</a>
Sa Mar 3	10:00 AM	Fairfield Univ. Stags 5K *NEW	Fairfield (Lessing Field)	<a href="http://www.fairfieldstags.com/news/2012/1/12/MXC_0112124021.aspx">www.fairfieldstags.com/news/2012/1/12/MXC_0112124021.aspx</a>
Su Mar 4	11:00 AM	33rd Stu's 30K	Clinton, MA (Clinton M.S.)	<a href="http://www.cmsrun.org">www.cmsrun.org</a>
Su Mar 4	1:00 PM	Hare Hop 5K	Mystic (Kelly's Pace)	<a href="http://www.camires.com">www.camires.com</a>
Su Mar 11	1:00 PM	O'Putnam 5K *NEW	Putnam	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Mar 17	9:45 AM	O'Niantic 5K	Niantic (Methodist Street)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Mar 17	1:00 PM	St. Patrick's 10K	Holyoke, MA (City Hall)	<a href="http://www.runholyoke.com">www.runholyoke.com</a>
Su Mar 18	10:00 AM	Run to the Beach 30K	N.Andover, MA (VFW)	<a href="http://xenia.unh.edu/wpdev/?page_id=304">http://xenia.unh.edu/wpdev/?page_id=304</a>
Su Mar 18	11:00 AM	Leprechaun 5M	Madison (Surf Club)	<a href="http://www.madisonexchange.org/leprechaun-run">www.madisonexchange.org/leprechaun-run</a>
Su Mar 18	11:00 AM	Warren St. Patrick's 4M	Fairfield (Jennings Beach)	<a href="http://www.hitekracing.com/wssac/">www.hitekracing.com/wssac/</a>
Su Mar 18	11:00 AM	New Bedford Half-Marathon	New Bedford, MA (Elm St.)	<a href="http://www.newbedfordhalfmarathon.com">www.newbedfordhalfmarathon.com</a>
<b>Su Mar 18</b>	<b>1:00 PM</b>	<b>Bolton Road Race 5M &amp; 5K</b>	<b>Bolton (Bolton H.S.)</b>	<b><a href="https://sites.google.com/site/boltonroadrace/">https://sites.google.com/site/boltonroadrace/</a></b>
Su Mar 18	1:00 PM	O'Hartford 5K	Hartford (Asylum & Trumble)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Mar 24	9:30 AM	Shamrock Road Race 5M	Bristol (Chippens Hill Sch)	<a href="http://www.bristolct.net/roadraces/shamrockrun.asp">www.bristolct.net/roadraces/shamrockrun.asp</a>
Su Mar 25	7:30 AM	Boston Blowout 30K	Fairfield	<a href="http://www.clubct.org/Races/30k/Blowout.html">www.clubct.org/Races/30k/Blowout.html</a>
Sa Mar 24	10:00 AM	3.1 Miles of Memories	Terryville (Lake Winfield)	<a href="http://www.eteamz.com/3point1milesOfMemories/">www.eteamz.com/3point1milesOfMemories/</a>
Sa Mar 24	10:00 AM	Finally Spring 5K Trail Race	Manchester (Ferguson St)	<a href="http://www.manchesterrunningcompany.com">www.manchesterrunningcompany.com</a>
Su Mar 25	10:00 AM	Run for Veterans 5K	Guilford (Fireman's Field)	<a href="http://www.guilfordvfw.com">www.guilfordvfw.com</a>
Su Mar 25	11:00 AM	Eastern States 20M, Half-marathon	Kittery, ME to Salisbury, MA	<a href="http://www.easternstates20mile.com">www.easternstates20mile.com</a>
Sa Mar 31	8:30 AM	April Fools 5K & Backward Mile	Essex (Town Hall)	<a href="http://vsliteracy.org">http://vsliteracy.org</a>
Sa Mar 31	9:30 AM	19th St. Joseph's 3M	Baltic	<a href="http://www.runningintheusa.com/stjosephschoolrace">www.runningintheusa.com/stjosephschoolrace</a>
Sa Mar 31	10:00 AM	HTC Quarter Marathon	W.Hartford (MDC Reservoir)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>

See next page for Races in April & May and links to THE LAST MILE RACING Calendar, and the W.M.A.C. GRAND TREE TRAIL RACE SERIES.

**RACE CALENDAR, continued**

Su	Apr 1	10:20 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Su	Apr 1	11:00 AM	Spring Half-Marathon	Westfield, MA(Boys/girls club) <a href="http://www.bgcwestfield.org/index.php?page=oleksak-half-marathon-5k">www.bgcwestfield.org/index.php?page=oleksak-half-marathon-5k</a>	
Sa	Apr 7	10:00 AM	Spirit of Spring 5K	Tolland (Town Green)	<a href="http://www.spiritofspring5k.org">www.spiritofspring5k.org</a>
Sa	Apr 7	10:00 AM	Lions Club April Fools 10.5M & 5K	Moodus (Nathan Hale-Ray HS)	<a href="http://easthaddamcommunitylions.com">http://easthaddamcommunitylions.com</a>
Sa	Apr 14	10:00 AM	Earth Day 3M Trail Race	Mansfield (Mansfield Hollow)	<a href="http://www.snerro.com">www.snerro.com</a>
Sa	Apr 14	10:00 AM	19th Salem 3M	Salem (Salem Sch - Rt 85)	<a href="http://www.salemctroadrace.org">www.salemctroadrace.org</a>
Su	Apr 15	10:00 AM	Sunshine Kids Sun Fun 5K	Middletown (Xavier High School) <a href="http://raceit.com/search/event.aspx?event=5aaed8f3-0ba2-4e54-89e4-ec447bad977d.aspx">http://raceit.com/search/event.aspx?event=5aaed8f3-0ba2-4e54-89e4-ec447bad977d.aspx</a>	
Su	Apr 15	9:00 AM	Run Diva Run 5K	Glastonbury (Riverfront Park)	<a href="http://www.GlastonburyRiverRunners.com">www.GlastonburyRiverRunners.com</a>
Su	Apr 22	8:00 AM	Enough! A Race to End Violence 5K	New Britain (CCSU)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Apr 22	9:00 AM	Leatherman's Loop 10K Trail (Closed)	Cross River, NY (Ward Pound Res)	<a href="http://www.leathermansloop.org">www.leathermansloop.org</a>
Su	Apr 22	9:30 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch)	<a href="http://www.hitekracing.com">www.hitekracing.com</a>
Su	Apr 22	10:00 AM	Daffodil Festival 5K	Meriden (Hubbard Park)	<a href="http://www.meridenrotary.org">www.meridenrotary.org</a>
Sa	Apr 28	10:00 AM	River Run 5K	Glastonbury (High St)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su	Apr 29	8:30 AM	Cheshire Half Marathon and 5K *NEW	Cheshire (Cheshire High)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Su	Apr 29	8:30 AM	Minuteman 10K/5K	Westport (Compo Beach)	<a href="http://www.wywl.com">www.wywl.com</a>
Su	Apr 29	11:00 AM	James Joyce Ramble 10K	Dedham, MA (Endicott Estate)	<a href="http://www.ramble.org">www.ramble.org</a>
Su	May 6	8:30 AM	Redding Half Marathon, 10K & 5K "A Run for the Cows" (Wait List only)	West Redding (New Pond Farm)	<a href="http://www.reddingroadrace.com/">www.reddingroadrace.com/</a>
Su	May 6	10:00 AM	True Colors 5K XC	Manchester (Wickham Park)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>

**Want to HIT THE TRAILS this year?**

Check out the entire WMAC "Grand Tree" Series of Trail Races at [www.runwmac.com/gt2012/gt12-races.html](http://www.runwmac.com/gt2012/gt12-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](http://www.ShenipsitStriders.org).

Also, check out the race schedule and applications to selected local races at:

**THE LAST MILE RACING** [www.TheLastMileRacing.com](http://www.TheLastMileRacing.com)

Sat. March 17th – St. Patty's Blarney Stone Dash – Willimantic, CT

Sat. March 31st – Easter Road Race 5K - Willimantic, CT

Sat. April 1st- Bradley 5K/10K - Windsor Locks, CT

Sun. April 1st - EcoHusky 5000 - Storrs, CT

Sat. April 14th - Hebron Road Race 5K - Hebron, CT

Sat. April 14th – 1040EZ 5K Road Race – Windsor, CT

Sun. April 21st - Bell Town Spring Sprint 5K - East Hampton, CT

Sat. May 5th – Jog with Judy 5K - Woodstock, CT

**SPRING 2012 LOCAL MARATHON CALENDAR**

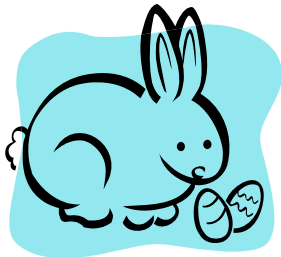
DATE	RACE	PLACE	Website (link)
March 18, 2012	Shamrock Sportsfest Marathon	Virginia Beach, VA	<a href="http://www.shamrockmarathon.com">www.shamrockmarathon.com</a>
March 25, 2012	Ocean Drive Marathon	Cape May County, NJ	<a href="http://www.odmarathon.org">www.odmarathon.org</a>
April 14, 2012	Gansett Marathon (Qualifiers Only)	Naragansett, RI	<a href="http://www.gansettmarathon.com">www.gansettmarathon.com</a>
April 16, 2012	Boston Marathon (SOLD OUT)	Boston, MA	<a href="http://www.baa.org">www.baa.org</a>
May 6, 2012	Long Island Marathon	East Meadow, NY	<a href="http://www.thelimarathon.com">www.thelimarathon.com</a>
May 6, 2012	New Jersey Marathon	Long Branch, NJ	<a href="http://www.njmarathon.org">www.njmarathon.org</a>
May 6, 2012	Providence Marathon	Providence, RI	<a href="http://www.rhoderaces.com">www.rhoderaces.com</a>
May 6, 2012	Race of Champions Marathon	Holyoke, MA	<a href="http://www.harriers.org/marathon">www.harriers.org/marathon</a>
May 13, 2012	Delaware Marathon	Wilmington, DE	<a href="http://www.delawaremarathon.org">www.delawaremarathon.org</a>
May 20, 2012	Run for the Red Marathon	Pocono Mountains, PA	<a href="http://www.poconomarathon.org">www.poconomarathon.org</a>
May 20, 2012	Shires of Vermont Marathon	Bennington, VT	<a href="http://www.shiresofvermontmarathon.com">www.shiresofvermontmarathon.com</a>
May 20, 2012	Sugarloaf Marathon	Eustis, ME	<a href="http://www.sugarloaf.com/EventsActivities/index.html">www.sugarloaf.com/EventsActivities/index.html</a>
May 27, 2012	Memorial Day Marathon	Lenox, MA	<a href="http://www.memorialdaymarathon.com">www.memorialdaymarathon.com</a>
May 27, 2012	Vermont City Marathon	Burlington, VT	<a href="http://www.runvermont.org">www.runvermont.org</a>
June 10, 2012	Lake Placid Marathon	Lake Placid, NY	<a href="http://www.LakePlacidMarathon.com">www.LakePlacidMarathon.com</a>

<b>2012 EVENT CALENDAR</b>
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- MARCH** - Bolton Road Race.....Sunday, March 18
- APRIL** - “Hoppin’ Hodges” Trail 5K .....Sunday, April 8
- MAY** - Bobby’s Run.....Saturday, May 19  
Michael Litwinka Memorial Run (NEW\*) .....Sunday, May 20
- JUNE** - Bolton XC Summer Series ..... Wednesday Nights - June 20 & 27
- JULY** - Wickham Park Cross Country Series                      Monday Nights – July 9 & 23  
Summer Picnic ..... Sunday, July 22  
Bolton XC Summer Series ..... Wednesday Nights – July 11, 18 & 25
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic ..... Saturday, August 4  
Wickham Park Cross Country Series .... Monday Nights – August 6, 13 & 20  
Bolton XC Summer Series ..... Wednesday Night – August 1 & 8  
Parkade Cinemas Family Fun Run 5K .....Sunday, August, 26
- SEPTEMBER** - Fred Brown Lake Winnepesaukee Relays .....Saturday, September 8  
Ray Crothers Memorial XC Run..... TBA
- OCTOBER** - Halloween Pot Luck Supper..... TBA
- NOVEMBER** - Parker Holt Celebration Run 5K ..... Sunday, November 11  
Know Your Pace Race ..... Saturday, November 17  
Manchester Road Race..... Thursday, November 22
- DECEMBER** - Hungry Tiger Toy Fun Run..... TBA  
Scrooge Scramble..... Tuesday, December 25

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## THE FIRST ANNUAL “HOPPIN’ HODGES” TRAIL 5K



### EASTER SUNDAY -- APRIL 8, 2012

7:30 am Registration      **8:00 am Start**

The 5K will be in memory of Jim Hodges  
and will benefit “Friends of Valley Falls”  
In Vernon, CT where Jim often ran and hiked.

The 5K will start just East of the Church Street parking lot on the Hop River “Rails to Trails” in Vernon up to Valley Falls and return. To reach the Church Street lot, take I-84 **East** to exit 65, bear right onto Hartford Tpke, right onto Dobson Road, left onto Church Street and left into the parking lot as marked.

Donation of **\$8 cash or checks** can be made out to the “Friends of Valley Falls.”

Costumes, Easter fashions, doggies and mountain bikes are welcome.

Stay for refreshments after the 5K. This is a rain or shine event.

This is a “self timed” event so wear a watch if you want your time.

This is a no budget, no chip/bib no tech run with all proceeds going to the “FOVFS.”

Questions/Comments: [jpromayko@sbcglobal.net](mailto:jpromayko@sbcglobal.net) or 860-569-1978 if no answer, leave message.

**34th ANNUAL BOLTON ROAD RACE**  
**SPONSORED BY HIGHLAND PARK MARKET and SIMONIZ, USA**

All Proceeds benefit the Bolton Boosters Club which supports athletics in Bolton.

**Date:** Sunday, March 18, 2012

**Time:** Both Races will be run at 1PM

**Venue:** Bolton High School, 72 Brandy Street, Bolton, CT - facilities, parking, registration, start and finish all at BHS.

**Courses:** Two Options: 5Miler and 5K

**Entry Fees:** \$20 - children under 12 may participate for free, but must still register

**T-Shirts:** to the first 100 pre-registered runners

**Awards:** First male/female overall for 5K and in various age groups for 5M.

**More Information, Links to on-line Registration, course maps, etc. may be found at:** <https://sites.google.com/site/boltonroadrace/home>

**Mail in Registration:** Please make checks payable to Bolton Boosters and mail to Bolton Road Race, 6 Birch Mountain Rd, Bolton, CT 06043

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street: \_\_\_\_\_ Town: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ 5Miler: \_\_\_\_\_ 5K: \_\_\_\_\_ Age on 3/18/12: \_\_\_\_\_

T-Shirt Size: S M L XL E-mail Address: \_\_\_\_\_

I am not able to attend the race but would like to make a donation in the amount of \$\_\_\_\_\_ to the Bolton Booster Club to help support sports in Bolton.

I, \_\_\_\_\_, the undersigned by registering in the Bolton Road Race, understand the nature and risks associated with participation in this activity. I am aware that participation is at one's own risk. I acknowledge that the activity, equipment and facilities may pose significant risk of personal injury. I am also aware that each participant is responsible for his or her own safety. I hereby grant for myself, my heirs, executors, or administrators, waive and release any and all claims of damage we ever had or now have, against the Town of Bolton, its successors and assigns, employees, agents and representatives, US Track & Field, Silk City Striders, Bolton Boosters, all sponsors, volunteers and providers of services to the race for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by myself, while participating in this activity. I understand that the Town of Bolton is not responsible for medical, hospital, emergency room or transportation expenses for any incidental illness or injury to the above named participant. I also grant permission for the use of any photographs, motion pictures, videos, recordings, or any other record of my participation in this race for any legitimate purpose. I certify that the information contained on this form is accurate and complete.

Signature \_\_\_\_\_