



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

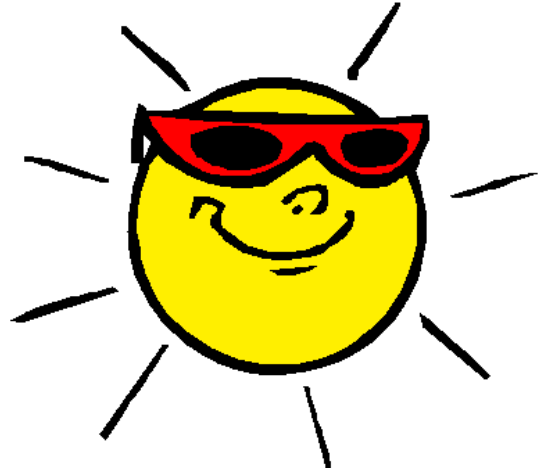
President's Message: SUMMER FUN

I'm excited about the upcoming summer months and all the events/runs that are planned to fill up our race calendars. I think that you will find this edition of the newsletter jam packed with results that are amazing. We have members of our club that are participating in a lot of events, traveling to far off locations, and making a name for the Silk City Striders.

Silk City is hoping to put together a team for August 1st at the John & Jessie Kelley 11.6 mile race in New London. A team would consist of 3 runners (male, female, or co-ed) so if you plan on being there on August 1st please contact Mitch Bielenda, team captain (bielenda@sbcglobal.net or 860-644-4806).

Our summer picnic is being held on Sunday, July 26 at Blish Park in Marlborough. Come out with the family for an afternoon of fun, swimming, boating, and picnicking on the waters of Lake Terramuggus. Hope to see you there.

Happy and safe running,
Mary Lou



COX SPORTS PROVIDENCE MARATHON Providence, RI May 3, 2009

Drew Best	#1M	*2:35:19
Marty Keibel	#2 M50-59	3:11:02

*New Course Record

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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

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Keron Smith (860) 644-0597

Bekkie Wright (860) 533-1557

Uniforms & T-Shirts

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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****Parking 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 – JUNE ONLY****CLUB NEWS & EVENTS****WELCOME NEW MEMBERS**Tracey & Scott Reed Marlborough
& Evan Bromley

Christa Sterling Windsor

Scott Templeton Manchester

**ECHN Bike Connect
Sunday, June 14 – 8:15 AM**

The Eastern Connecticut Health Care Bike Ride and/or Walk is scheduled for Sunday June 14. Currently there are nine Silk City Striders signed on to participate. The rides are 23 & 43 miles, your choice; and the walk is six miles through Vernon. This is a fund raiser to benefit nursing scholarships for employees of ECHN. Individual Registration is \$30. Registration and Start/Finish is at Visiting Nurse & Health Services of CT-8 Keynote Drive, Vernon. If you would like to participate, check out www.echn.org/giving for more information.

**Tour de "Ice Cream"
July 5, 2009 - 1:00 PM**

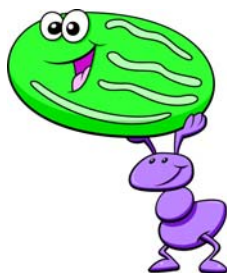
Bike Ride to the UConn Dairy.

Meet at Rick Parr's house**26 Satari Drive - Coventry**

Ride to the UConn campus in Storrs for some awesome ice cream. Round trip mileage is ~20-25 miles. There might be some hills.

**Bolton XC Summer Series
Thursday Nights****6:00 (Kids), 6:10 (Mile) & 6:30 (Adults)****July 2, 9, 16, 23, 30, and August 6 & 13**

Bring the whole family. 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!



SILK CITY STRIDERS' SUMMER PICNIC

**BLISH PARK - LAKE TERRAMUGGUS
Marlborough, CT**

**Sunday Afternoon, July 26
1:00 PM – 5:00 PM**

Bring your bathing suit, kayak or canoe and your favorite side dish or dessert. The Club will provide hotdogs & hamburgers as well as beverages, and condiments. Vegetarians and Vegans should bring a grill item of their choice.

Park in the grass lot on Park Road on the right side of the gate as you enter Bliss Park. If you bring your kayak or canoe, you'll want to drop it off at the Boat Launch at the end of Lake Road.

Directions to Blish Park – Lake Terramuggus **From North**

Take Route 2 East to Exit 12 (West Road).

To get to Blish Park,

Go South on N. Main Street (towards Marlborough Country Barn). The second street on your left will be Park Road. Turn Left onto Park Road, and the entrance to Blish Park is on your Right about 100 yards up the hill.

To get to the Boat Launch Parking,

Go South on N. Main Street for 2 blocks. The second street is Park Road, the third is Lake Road. Turn left onto Lake Road, the Boat Launch Parking Lot is on your Right about 50 yards up the road.



WICKHAM PARK SUMMER CROSS COUNTRY SERIES

Sponsored by:

The Journal Inquirer Wickham Park
The Silk City Striders The Outback Steakhouse

**Dates: Mondays Nights at Wickham Park
July 6, 13 & 20
August 3 & 17**

Meet at back parking lot where the
State High School Races finish.

Time and Distance

6:00 pm, First 3 age groups
1 Mile for ages 13 and under
6:30 pm, Older age groups
2.6 Miles for ages 14 and older

Entry fees: \$4.00 (13 and under)
 \$15.00 series Pre-Reg. by June 15
 \$5.00 (14 and up)
 \$20.00 series Pre-Reg. by June 15

To be eligible for an award you must run in 4 out of 5 races during the summer. Trophies will be presented to the top 2 finishers in each age group and medals to any other runner completing the series.

Age Groups:

Boys and Girls

1 Mile Race – 9 and under, 10-11, 12-13

Men and Women

2.6 Mile Race - 14-15, 16-18, 19-29, 30-39,
40-49, 50-59, 60 and older

Age: Based on Age as of July 6, 2009

For More Information contact:

Mike Bendzinski (860) 649-6426

**Pre-Registration Application is available on
the Silk City Striders "Upcoming Events".**



John & David



Yolanda



Debbie

6th Annual Bobby's Run

Saturday, May 16, 2009 -- Northeast School, Vernon, CT

Thanks to everyone who participated in and volunteered at the 6th Annual Bobby's Run. The sun shone again this year, and the sky was blue. Thanks to Lisa Bonadies for supplying the Poland Springs Water, Joe Poliquin and MaryLou White for course monitoring, Keron Smith and John Sloan for Finish Line assistance; Karen Saunders, Joyce Thorner, Sue Leslie & Randy Potterton for staffing the 2 Water Stops; and Roger Petersen for pre-race set-up. Thanks also to MaryLou, Sue and Karen for baking those delicious cookies.

Over \$600 was raised for the R.J. Bonadies Scholarship Funds at Rockville High School and St. James School. The Silk City Striders are pleased to continue our support of these two scholarship funds through the annual proceeds of Bobby's Run.

Place	Time	Fname	Lname	Bib	City	State	Sex
1	47:32	John	Babcock	64	Niantic	CT	M
2	47:35	David	Metzger	86	Ellington	CT	M
3	51:30	Evan	Barry	73	Willington	CT	M
4	51:35	Pete	DellaBella	57	Natick	MA	M
5	52:51	Randy	Foster	80	Natick	MA	M
6	55:12	Yolanda	Flamino	88	Vernon	CT	F
7	57:44	Tony	Bonanno	56	Ellington	CT	M
8	59:03	Brent	Stratton	63	Middletown	CT	M
9	59:54	Mitch	Bielenda	69	S. Windsor	CT	M
10	1:00:10	Bob	Tumiski	76	Wallingford	CT	M
11	1:00:33	Bill	McGugan	67	Manchester	CT	M
12	1:01:05	John	Sloan	62	Manchester	CT	M
13	1:01:06	Dale	Toce*	92	S. Windsor	CT	M
14	1:03:05	Gregory	Belous	83	Vernon	CT	M
15	1:03:36	John	Bartolomei	72	Woodstock	CT	M
16	1:04:03	Debbie	Livingston	91	Bolton	CT	F
17	1:05:15	Sarah	GhazanFari	77	Broad Brook	CT	F
18	1:05:24	LeeAnn	Cerpovicz	75	W. Springfield	MA	F
19	1:06:50	Attila	Kelemen	59	Darien	CT	M
20	1:06:58	Norm	Cormier	78	Ellington	CT	M
21	1:06:58	Bill	Metzger	85	Ellington	CT	M

Place	Time	Fname	Lname	Bib	City	State	Sex
22	1:07:04	Ted	McCarthy	79	Tolland	CT	M
23	1:08:32	Terry	Moylan	71	Woodstock	CT	F
24	1:08:59	Alan	McCall	74	Manchester	CT	M
25	1:09:23	Peter	Briggeman	87	Manchester	CT	M
26	1:09:36	Dave	Webber	84	Ellington	CT	M
27	1:09:48	Richard	Chromik	89	Tolland	CT	M
28	1:16:55	Thomas	Collaro	66	Windsor	CT	M
29	1:17:05	Eddie	Gorecki	70	Farmington	CT	M
30	1:17:25	Cathy	King	68	S. Windsor	CT	F
31	1:19:14	Chanda	Roberts	61	Farmington	CT	F
32	1:22:51	Frennie	Elderkin	58	Vernon	CT	F
33	1:23:39	Liz	O'Donnell	60	Vernon	CT	F
34	1:23:40	Mario	Anorga	55	Vernon	CT	M
35	1:26:07	Roger	Petersen	65	Broad Brook	CT	M
36	1:27:21	Jennie	Scott	81	Newington	CT	F
37	1:30:46	Debra	St. Germain**	90	Hartford	CT	F

*Started 3 minutes late

** #1 Race Walker

NOTE: Wally Squier (and Kaya) also ran ~6 Miles



Mitch

John

Bill



King A

Rick

Cathy

Roger

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.

NORTHERN NIPMUCK 16M TRAIL RACE

Bigelow Hollow - Union, CT April 11, 2009

Scott Livingston	#8M	2:22:39
John Agosto		2:38:48
Deborah Livingston	#4F	2:53:29
Bill Metger		3:09:38
Tim Blinn		3:16:07
Norm Cormier		3:29:04
Bekkie Wright		3:39:14
Joe Poliquin		3:39:16

BRADLEY AIRPORT 5K & 10K

Windsor Locks, CT April 11, 2009

5K

Peter Devine		25:17
Norlean Litwinka		31:06
Sue Riley		31:30

10K

Jason Earl	#7M	41:04
Brad Shoenfelt*		44:52
Keron Smith	#4F; #2 F30-39	45:36
Andy Zyrek	PR	48:08
Joan Munroe	#1 F50-59	53:04
Roger Petersen		58:21

*Sue Riley's son

EARTH DAY 3-MILE TRAIL RACE

Mansfield, CT April 11, 2009

Alan McCall		24:08
Jim Hodges		40:52

SALEM 5K ROAD RACE

Salem, CT April 11, 2009

Adam Bulewich	#3M; #1 M30-39	17:58
Steve Morse		20:54
MaryLou White & Tobey		27:17

SEASIDE SHUFFLE 5M

Old Saybrook, CT April 18, 2009

Adam Bulewich	#4M; #2 M30-39	28:34
Andy Zyrek	PR	37:03
Mary-Lou White	#1 F50-59	45:03

B.A.A. 5K

Boston, MA April 19, 2009

Andy Zyrek	PR	21:53
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RUN FOR RESCUE - 2 Mile with Dog

Middlebury, CT April 25, 2009

Wally Squier & Kaya		19:37
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SIMSBURY RIVER RUN 10K

Simsbury, CT April 26, 2009

Michael Tartar	#4M; #2 M30-39	41:00
Keron Smith	#4F; #3F30-39	47:17
John Sloan		50:09
Michelle Sangster		59:46

GLASTONBURY RIVER RUN 5K

Glastonbury, CT April 26, 2009

Ned Kennedy	#4M; #1 M50-54	19:08
Dani Kennedy	#2F; #1 F50-54	22:23
Carol-Line Hazel		26:15

HEBRON 5K ROAD RACE

Hebron, CT April 28, 2009

Clint Driscoll		30:20
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HCBA JOSEPH CASSIDY 5K

West Hartford, CT May 2, 2009

Adam Bulewich	#1M	17:58
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HOTEL CALIFORNIA BAJA 5000

Glastonbury, CT May 3, 2009

Aaron Flamino	#1M; 1 M30-34	15:30
David Metzger	#2M; #1 M20-24	15:30
Steve Morse	#1 M55-59	19:33
Linda Yamamoto	#2F; #1 F30-34	19:41
Andy Zyrek	#1 Clyde - PR	21:05

CINCO DE MAYO HALF MARATHON

Irvine, CA May 4, 2009

Keron Smith	#6F; #1 F30-34	1:39:12
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SALMON RIVER RUN 5.5 M
Colchester, CT May 9, 2009

Ned Kennedy	#4; #1 M50-59	34:42
Marc Muldoon*		36:49
Becky Muldoon*	#2 F30-39	44:22
Alan McCall		45:25
Marylou White	#2 F50-59	49:59
Rich White		1:10:26

*Former Members of the Silk City Striders

SEVEN SISTERS TRAIL RACE - 12 Miles
Amherst, MA May 3, 2009

Scott Livingston	2:07:37
John Agosto	2:25:40
Debbie Livingston	2:41:49
MaryLou White	4:24:46

BOLTON ROAD RACE 5M
Bolton, CT May 17, 2009

Steve Henry	#1M	31:55
Myles Kessler		42:54



CT RACE IN THE PARK 5K
New Britain, CT May 9, 2009

Women's 5K

Bekkie Wright	#8F; #1 F40-49	21:47
Susan Leslie		28:18
Joyce Thorner	#9 Survivor	31:42
Patricia Desimone		36:23

Men's 5K

Ian Roberts	21:09
Joe Poliquin	21:16
Roger Petersen	29:17
Wally Squier	25:59

NOTE: It rained heavily for the Men's 5K, but the skies cleared up for the Women's Race.

VERNON MOTHER'S DAY DASH 5K
Vernon, CT May 10, 2009

David Metzger	#1M	15:57
Aaron Flamino	#3M; #2 M30-39	16:01
Scott Livingston	#2 M30-39	*17:47
Steve Morse	#2 M50-59	20:25
Linda Yamamoto	#2F; #1 F30-39	20:39
Jay Seney		21:40
Rachel Blinn	#1 F0-14	21:59
Bekkie Wright	#2 F40-49	22:04
Joe Poliquin		22:04
Mark Turkington	#3 M60-69	22:21
King Archibald		22:26
Deborah Livingston	#2 F30-39	*22:50
Ginny Welch		23:30
Tim Blinn		25:14
Cathy King		27:27
Sue Leslie		28:15
Clinton Driscoll		28:28
Jill Ramos		29:40
Prescille Yamamoto		48:51

* Debbie & Scott missed the official start of the run, having biked over from Bolton.

Congratulations everyone!

SHAD DERBY ROAD RACE 5K
Windsor, CT May 16, 2009

Steve Morse		20:47
David Leak		21:13
Andy Zyrek	PR	21:41

SOAPSTONE MOUNTAIN TRAIL RACES
Somers, CT May 17, 2009

24K

Aaron Flamino		1:54:25
John Agosto		1:59:30
Linda Yamamoto	#5F	2:15:37
Bill Metzger		2:27:20
Tim Blinn		2:28:02
David LaPorte		2:37:03
Bekkie Wright		2:42:20
Joseph Poliquin		2:42:21
Norm Cormier		2:42:48
Marylou White		3:18:25

6K – Age/Gender Graded Results

Lori Riley	38:15
Stanley Livingston	55:18

NEWINGTON LIBRARY 5K
Newington, CT May 17, 2009

Keron Smith	#4F; #1 F30-39	21:30
Dani Kennedy	#5F; #1 F50-59	21:48
Mark Turkington	#2 M60-69	22:06
Joan Munroe	#3 F50-59	24:55

WILLINGTON PTA 5K
Willington, CT May 23, 2009

Jay Hamilton	#9M; #2 M30-39	20:38
Annette Hamilton	#9F	24:24

DAVE YURGAITIS MEMORIAL 5K & 10K
Lake Compounce - Bristol, CT May 24, 2009

5K

Mike Tirrell	#6M; #1 M50-59	19:43
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10K

Bekkie Wright	#7F; #2 F40-49	44:37
Joe Poliquin		44:37

'ROUND THE LAKE 5K
Marlborough, CT May 24, 2009

Ned Kennedy	#3M; #1 M50-59	18:51
David Leak		21:44
King Archibald		22:21
Dani Kennedy	#4F; #1 F50-59	22:32
Joan Munroe	#2 F50-59	26:16
Susan Leslie	#3 F50-59	27:39

SLICKER N' HOG SNOT TRAIL RACE 5M
Southbridge, MA May 24, 2009

David LaPorte	#8M	38:04
MaryLou White	#4F; #2 F40-59	49:29

BLOOMFIELD MEMORIAL ROAD RACE 5K
Bloomfield, CT May 25, 2009

Keron Smith	#2F; #1 F30-39	21:04
King Archibald	#7M; #1 M50-59	21:35

MEMORIAL MILE
East Hartford, CT May 25, 2009

Tom Geer	#2M; #2 M20-29	5:00
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WOODSTOCK MEMORIAL DAY 10K
Woodstock, CT May 25, 2009

Marylou White	#3 F50-59	57:11
Barry Stoner		1:03:51
Janit Romayko	#2 F60-69	1:06:13
John Salcius		1:08:57
James Hodges		1:26:30

TWILIGHT TRAIL RUN 7.4M
Bluff Point, CT May 29, 2009

MaryLou White		TNA
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THE RICHARD M. KEANE FOUNDATION'S
5K RUN & WALK
Wethersfield, CT May 31, 2009

Dani Kennedy	#3F; #1 F50-59	21:45
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"ED BURNHAM" FOUR BRIDGES 4K
Willimantic, CT May 31, 2009

Mark Turkington	#5M; #1 M60-69	17:25
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5,000 FATHOMS ROAD RACE (5.68 M)
Groton, CT May 31, 2009

Michelle Sangster	#2 F30-39	51:39
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IRON HORSE HALF MARATHON & 10K
Simsbury, CT May 31, 2009

10K

Cathy King		58:19
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Half Marathon

Mike Tartar	#10M	1:24:43
Scott Freeman		1:28:32
Michael McCall		1:33:37
Art Byram		1:36:31
Keron Smith		1:38:29
David Leak		1:40:02
Mitch Bielenda		1:41:02
Mickey Grabner		1:43:55
John Sloan		1:44:53
Marty & Lauren Keibel		1:47:54
Michael Westfall		1:51:18
George Ripley	#1 M60-64	1:57:23
Alan McCall		2:01:56

SPRING DUATHLON, TRIATHLON & BIKING RESULTS

BRIAN'S BEACHSIDE BOOGIE DUATHLON

Madison, CT April 5, 2009

2M Run, 12M Mountain Bike, 2M Run

Dean Bolt	#2 M55-59	1:08:41
John Salcius	#1 M65-69	1:26:22
Peggy Byram		1:29:28
Janit Romayko	#2 F60-64	1:32:17
MaryLou White		1:33:16
Clint Driscoll		1:35:26

NE XC RACE SERIES - FAT TIRE CLASSIC

Winding Trails - Farmington, CT April 26, 2009

20M Mountain Bike – Cat #1 Race

Scott Livingston	#11M	1:44:47
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ROCKBUSTER DUATHLON

Ashland, MA April 26, 2009

1.8M XC Run – 5.5M Mtn Bike – 1.8M XC Run

Peggy Byram	#1 F50-64	1:28:03
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HARRYMAN HALF TRIATHLON DUATHLON

Harriman State Park, NY May 16, 2009

1.5M Run – 56 M Bike – 13.1 M Run

Scott Livingston	#4M; #1 M35-39	4:39:15
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Scott Reports: The fog never lifted, and so the 1.2 Mile swim was replaced with a 1.5 Mile Run and the Triathlon became a Duathlon.

SHAMROCK DUATHLON

Glastonbury, CT May 17, 2009

5K Run – 28 M Bike – 5K Run

Ned Kennedy		1:35:04
Ian Roberts		1:48:43
Edward Yergeau		2:05:15

US COAST GUARD MWR DUATHLON

Bourne, MA May 23, 2009

2M Run – 12M Bike – 2M Run

John Salcius	#1 M65-69	1:26:37
MaryLou White	#1 F50-54	1:28:50
Janit Romayko	#2 F60-64	1:31:24

LUDLOW BOYS & GIRLS CLUB TRIATHLON

Ludlow, MA May 31, 2009

1/2M Swim – 14 M Bike – 4M Run

Clint Driscoll		1:54:13
Janit Romayko	#1 F60-64	1:57:20



<http://www.plattsys.com/waspeview.asp?eventid=504>

Thursday Nights

June 11 & 25 - July 9 & 23 – Aug. 6 & 20

Start Time: 6:15 PM

**Blish Park - Lake Terramuggus
Marlborough, CT**

600 yard Swim, 10 mile Road Bike, 5K Run.

The entry fee is \$25 per race. You must have a valid USA Triathlon membership to compete. All races are chip timed by Platt Systems.

There will be 2 Wave Starts for the Swim, and there will also be a cutoff after the first bike loop at the Race Director's discretion. Races are limited to 200 participants.

For more information, please call Cycling Concepts (formerly Pig Iron Bicycle Works) - 860-633-3444 or email Bill@cyclingconcepts.com.



WINDING TRAILS SPRINT TRI SERIES

<http://65.75.50.50/index.php?id=315>

<http://www.windingtrails.org/pdf/TriWavierRegForm.pdf>

Dates: Tuesdays June 16th – August 18th

Time: 6:15 PM

Location: Winding Trails, Farmington, CT

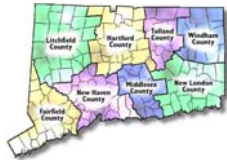
1/4-mile swim in Dunning Lake, a 5 mile trail ride (hybrid or mountain bikes only), and a 5k trail run through the woods.

WT Members: \$10.00/race or \$75.00/series

Non-Members: \$20.00/race or \$175.00/series

Teams: Members \$25 Non-Members \$45

Sponsored by Timex, Benidorm Bikes, Fleet Feet Sports, and the Manchester Running Company



Silk City Striders 8 County Challenge

At Least Three (3) Counties Completed as of 6/1/2009

Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
John Agosto		X			X		X	
King Archibald	X	X	X	X	X	X	X	X
Mitch Bielenda	X	X	X	X		X	X	
Adam Bulewich	X	X	X	X		X		
Jim Hodges		X					X	X
Cathy King	X	X	X	X			X	
Debbie Livingston		X			X		X	
Scot Livingston		X			X		X	
Alan McCall	X	X	X	X	X	X	X	
Steve Morse		X				X	X	
Joe Poliquin		X	X				X	
Janit Romayko		X		X	X		X	X
Jay Seney	X					X	X	
John Sloan		X				X	X	
Keron Smith	X	X				X		
Mark Turkington		X					X	X
Zofia Turossz	X	X			X			
Ginny Welch	X	X					X	
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright		X	X				X	
Andy Zyrek	X	X	X	X		X		

ROAD RUNNERS CLUB OF AMERICA - COACHING CERTIFICATION COURSE

Our new RRCA Rep (and Silk City Strider, VP) Art Byram has been working with Stephanie Blozy from **Fleet Feet** in West Hartford to hold a coaching certification class the weekend of September 12-13. The class will be limited to 30 participants. Feel free to contact Art with any questions regarding this program. Curriculum includes: Day 1: Basis of Coaching and Training: coaching fundamentals and philosophies, laws of training, exercise physiology and energy systems, sports nutrition, sports psychology, and injury prevention and treatment; Day 2: Techniques of Training: training cycles, training progressions, race planning and recovery, effort based and heart rate training, individualization of coaching, and developing training and racing plans. Class cost is \$250. Here is a link with more details: <http://www.rrca.org/programs/coaching/> -- **For more information contact: Art Byram, Connecticut State Representative, Road Runners Club of America 860-250-2785 Art.Byram@KONE.com**

**GLASTONBURY PARKS & REC
SUMMER FUN RUNS
Starting Tuesday, June 23 - 6:50 pm
Glastonbury High School**

Grab your sneakers and run some extra miles this summer. Children run for one mile around school grounds. Adult courses are 2.4 and 3.5 miles in length. This year the Glastonbury River Runners will provide volunteer support for the program.

Register at Glastonbury High School starting at 6:30 for the 6:50 start time. Divisions include male and females 35 & up, 19-34, 15-18, 13-14, 10-12, 7-9, 6 & under. **Tuesday evenings, June 23, June 30, July 7, 14, 21 & 28; August 4 & 11. FREE**



The **Glastonbury Summer Racing Series** sponsored by the Chamber of Commerce returns for 2009 with a **5K, 4.5M & 10K Series of Races to be held on Saturday, July 18, July 25, & August 1.**

Additional Information and application link: http://ctelderlawblog.typepad.com/2009_glastonbury_summer_r/, or attached to this newsletter for those who don't have web access.



**BOSTON MARATHON
April 20, 2009**

**Silk City Striders
RESULTS**



Zofia

<u>NAME</u>		<u>TIME</u>
Adam Bulewich		2:47:38
Marty Keibel		3:11:37
Art Byram	PR	3:11:49
Joe Kidder		3:28:09
David Leak		3:46:15
Mike Munroe		3:55:13
Bob Niedbala		4:19:39
Zofia Turosz	#1 F 70-74	4:19:49



Adam



Marty



Art



Joe



David



Mike



Bob

SPRING MARATHON & ULTRA CORNER


MT SI ULTRA 50M
Snoqualmie, WA April 19, 2009

MaryLou White	#2F 50-59	10:27:29
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LAKE WARAMAUG ULTRA 50K
New Preston, CT April 26, 2009

Dale Toce	#6 Overall	4:30:51
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Dale Reports: This is a beautiful course! A loop around a nice lake on paved roads with slight rolling segments and some nice soft grass/dirt to run on if the road gets too tough. I loved the design and would recommend the course to anyone considering an ultra in the NE area. They offer 50K, 50M and 100K. They advertise the Jack Bristol Lake Waramaug Ultra as the 'oldest 100K' in the nation, which is cool. My son loaned me his ipod, with a special playlist of over 50 songs to help motivate me. 50K was a new distance for me, therefore an automatic PR!

For the full story and more pictures, please go to:
<http://www.kickrunners.com/forum/showthread.php?t=50616>


SHIPROCK MARATHON
Shiprock, NM* May 2, 2009

Bekkie Wright	#3F; #1 F40-49	3:44:52
Joseph Poliquin		4:00:07

WALTER CHILDS MEMORIAL
RACE OF CHAMPIONS MARATHON
Holyoke, MA May 3, 2009

Adam Bulewicz	#7M; #3 M30-39	2:55:14
Jay Seney		3:12:35
Ginny Welch		3:58:43
Jill Ramos		6:32:29


FARGO MARATHON
Fargo, ND* May 9, 2009

Bill Gaghan		3:46:12
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*Marathon State #30


KEYBANK VERMONT CITY MARATHON
Burlington, VT May 24, 2009

Adam Bulewicz		2:50:06
Jay Seney		3:10:55
Art Byram	3:30 Pace Leader	3:29:32


ROCK 'N' ROLL MARATHON
San Diego, CA May 31, 2009

Jackie Cmero		3:58:32
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NUTRITION NOOK –**Is organic food more nutritious than conventionally grown food?**

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

First appeared in *The Stonington Times* and *The Mystic Times* in July 2008

The USDA does not claim that organic foods are safer or more nutritious than those produced conventionally (Mayo Clinic, 2008), yet many people who produce, purchase and eat organic foods feel they are safer than, have higher nutritional quality than, and taste superior to conventionally grown food. Others purchase organic foods for environmental reasons, contending that organically grown foods reduce the negative impact on the environment (Bourn & Prescott, 2002).



Little research has been done on the pesticide residue content of organic versus conventional foods. Therefore, it is difficult to make a definite conclusion. Yet, due to the committed avoidance of synthetic chemicals as pesticides on certified organic crops and the documented residue concentrations in conventional foods, it is highly likely that certified organically grown food contains less residue levels than conventionally grown foods (Bourn and Prescott, 2002).

In the scientific community there is increased concern over the adverse effects of ingestion of small doses of pesticides and other chemicals, especially among vulnerable populations such as pregnant women and infants (Environmental Working Group, 2008). Because the consequences of pesticide exposure are troublesome, not well understood, or in a few cases not yet researched, experts recommend that individuals try to minimize their exposure to pesticides as much as possible. According to the Environmental Working Group (EWG), a research and advocacy organization in Washington, DC, individuals can greatly reduce their exposure to pesticides by avoiding the 12 most contaminated fruits and vegetables and purchasing their organically-grown counterparts. Because 51,000 tests on crops conducted by the U.S. Department of Agriculture and the U.S. Drug Administration between 2000 and 2005 (EWG, 2008) showed the highest levels of pesticides in these fruits and vegetables: **peaches, apples, sweet bell peppers, celery, nectarines, strawberries, cherries, lettuce, grapes (imported), pears, spinach, and potatoes**, it may be worthwhile for the consumer to consider purchasing the organically-grown option.

Individuals may also decide to purchase organic foods because they believe them to be more nutritious than conventionally grown foods. Numerous studies have attempted to compare the nutrient compositions of organically- and conventionally-grown foods. However, results are confounding because there are so many factors that can affect the nutritive composition of crops (Bourne & Prescott, 2002). Just a sampling of influences on crop nutritive value include the type of crop and plant species; soil type and composition; climate such as light, temperature, rainfall, and humidity; microorganisms present in soil; management practices such as crop rotation, pesticide use, and irrigation; harvest time or crop maturity; handling and storage; and, processing techniques and conditions (Bourn & Prescott, 2002).

Research has shown that species variety and geographical variations such as soil composition, type of fertilizer, and climate are of equal or of more importance when determining the nutritive quality of foods than whether the crop is grown organically or conventionally (Worthington, 1998). For instance, the results from studies comparing the vitamin C levels of different fruits and vegetables grown organically and conventionally are inconsistent (Bourn and Prescott 2002; Magkos, Arvaniti & Zampelas, 2003). The variation in results can be partially explained because vitamin C content is easily affected by maturity at harvest, storage conditions such as temperature and humidity, surface bruises, and presence of oxygen. This is also true for other nutrients such as beta-carotene, iron and manganese, whose nutritive value in foods are not only affected by farming techniques (organic vs. conventional) but are also influenced by various other factors (e.g. soil and fertilizer type, maturity at harvest, climate, crop variety and species, handling, processing and storage) that either cannot be controlled or are more difficult to control.

Of interest is also the phytonutrient composition of organically and conventionally grown crops. Phytonutrients are substances that plants produce naturally to protect themselves and provide the plant's color, aroma, texture, and flavor. Most fruits and vegetables contain phytonutrients, and this chemical family has demonstrated nutritive health benefits. For instance, lutein, which is present in green vegetables such as kale, spinach, and broccoli, may aid in maintaining healthy vision. One finding that appears to be consistent among studies is that organic foods tend to have lower levels of *nitrates*, which is a nitrogen-containing compound. Research has demonstrated that greater applications of nitrogen (in commercial fertilizer) may reduce the phytonutrient composition in crops. Thus, some organically grown crops may have greater levels of phytonutrients than the same crop grown conventionally in the same area (Bourne & Prescott, 2002).

Due to mixed results from research studies and the various factors that affect the nutritional quality of grains, fruits and vegetables, there is no simple answer for the consumer asking "Is organic produce healthier than conventional produce?" Additional research is needed to explore the myriad variables that can affect the nutritive value of produce. However, whether you purchase organically or conventionally grown foods, it is well documented that a diet providing a wide variety of whole grains, fruits and vegetables has immediate health benefits.

References:

- Bourne, D. & Prescott, J. (2002). A comparison of the nutritional value, sensory qualities, and food safety of organically and conventionally produced foods. *Critical Reviews in Food Science and Nutrition*. 42(1):1-34. Environmental Working Group. *Shopper's Guide*. Retrieved July 1, 2008 from <http://www.foodnews.org/>.
- Magkos, F., Arvaniti, F., & Zampelas, A. (2003). Organic food: nutritious food or food for thought? A review of the evidence. 54(4):357-371.
- Mayo Clinic Staff. (2006). Organic foods: Are they safer? More nutritious? Retrieved July 1, 2008 from <http://www.mayoclinic.com/health/organic-food/NU00255>.
- Worthington, V. (1998). Effect of agricultural methods on nutritional quality: a comparison of organic with conventional crops. *Altern Ther Health med*. 4(1):58-69.

TOUR OF THE BATTENKILL – 100K Bike Race



Excerpt from Scott Livingston's Blog of April 18, 2009

<http://scottlivingston.wordpress.com/2009> - visit the blog for the full story with pictures

I rode America's "Queen of the Classics" today. It was my second time finishing the Tour of the Battenkill, which is the most unique road cycling event currently promoted in the Northeast. This race is all about the course. It seems like 15 years ago, you could find a great road race somewhere in New England or New York, at least once a month. Nowadays, the great road races are few and far between.

The 100km course in the Battenkill Region of Eastern New York State is just fabulous. It is hilly and it has seven major sections of dirt road that test your skills. This is unconventional and scares away some of the less confident roadies. The course is very scenic with views of beautiful farms, covered bridges, and pretty countryside. The competition is fierce and the waiting lists for multiple full fields prove that the race format is wildly popular. It is one tough race for April. I rode the Masters 30+ race, and finished in under three hours, (2:59:02) which was nice.

The Tour of the Battenkills is a wonderful race. This year, they upped the ante and made an entire race weekend. We only went up for the day, but tomorrow, there is a two lap (that's right!) Pro race and a bicycle tour for non-racers. I think this is a great addition. The race volunteers were awesome and they provided excellent course directions and traffic management. We rode through several picturesque villages and the spectators cheered loudly. As long as this race is held, I'll be riding it.

RACE CALENDAR

	Date	Time	Race	Place	Weblink
Fr	Jun 5	8:00 PM	Moonlight Run 5K	New Milford (Young's Field Rd)	www.roadntracksports.com
Sa	Jun 6	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	www.komenct.org
Su	Jun 7	9:00 AM	Fireman's 5K	West Suffield (W.Suff.Center)	Michael Thibedeau 860-668-3888
Su	Jun 7	9:00 AM	Heatwave 5K	Enfield (Fermi HS))	Jack Mancuso 860-989-1191
Su	Jun 7	8:00 AM	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	http://www.marathonguide.com/sites/nipmucktrail
Fr	Jun 12	6:00 PM	Niantic Bay 10K	Niantic (McCook Point Park)	Cathie Robbins 860-444-6957
Sa	Jun 13	8:30 AM	Blum Shapiro 5K	Cromwell (TPC River Highlands)	www.hartfordmarathon.com
Su	Jun 14	9:00 AM	DCF Community Awareness 5K	Waterbury (Library Park)	www.jbsports.com/DCF5k.htm
Su	Jun 14	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	www.celebratewesthartford.com
Su	Jun 14	1:00 PM	Litchfield Hills Road Race 7.05M	Litchfield (Village Green)	www.lhrr.com
We	Jun 17	6:30 PM	Solstice Sprint 5K	West Hartford (MDC Res.)	www.hartfordtrackclub.org
Sa	Jun 20	9:00 AM	Tour De Noank 2.5M/5M	Groton (Cutler Middle School)	Cheryl Hancin 860-536-5687
Su	Jun 21	8:00 AM	Tri Sports 5K & 10K	Bristol (Lake Compounce)	www.trisportmedia.com/events.html
Su	Jun 21	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	www.branfordroadrace.net
Th	Jun 25	6:00 PM	X-Treme Scramble Series 5K #1	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Su	Jun 28	8:30 AM	Fairfield Half Marathon & 5K	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffldhalf
Sa	Jul 4	9:00 AM	Independence Day 5000	Milford (Foran H.S.)	www.hitekcracing.com/indy5000/
Sa	Jul 4	9:00 AM	Independence Day 5K	Springfield (B-Ball Hall of Fame)	www.harriers.org
Sa	Jul 4	9:00 AM	John DeMille Firecracker 8K	Bethel (1 School St.)	www.roadntracksports.com/2009_Firecracker/index.html
Sa	Jul 4	10:00 AM	Four on the Fourth 4M	Chester (Center)	www.chesterrotary.org/fouronthefourth.html
Sa	Jul 4	10:30 AM	Boombox Mile	Willimantic (Main St)	www.thelastmileracing.com
Sa	Jul 11	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	www.ci.east-hartford.ct.us
Sa	Jul 11	6:00 PM	Twilight 5K	Enfield (Town Green)	www.enfieldcelebration.org/
Sa	Jul 11	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	www.hartfordmarathon.com
We	Jul 15	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main St.)	www.jbsports.com
Fr	Jul 17	6:45 PM	Sunset 5K	Trumbull (Twin Brooks Park)	www.hitekcracing.com
Sa	Jul 18	8:00 AM	* Glastonbury SRS #1 - 5K	Glastonbury (Smith Middle Sch)	www.glastonburychamber.org
Su	Jul 19	9:00 AM	Montville Masters 10K	Oakdale	Jim Butler 860-848-0277
Su	Jul 19	9:30 AM	GE 5K Road Race	Plainville (GE - Woodford Ave)	www.PetitRoadRace.com
Su	Jul 19	9:00 AM	Soapstone Assault 5.5M	Somers	www.ShenipsitStriders.org
Fr	Jul 24	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	www.narragansettri.com/lions
Sa	Jul 25	9:00 AM	New Milford 8M	New Milford (Town Green)	www.newmilford.org
Sa	Jul 25	9:00 AM	Scottish Rite Freemasons 5K	Newington (207 Deming St.)	www.plattsys.com
Sa	Jul 25	8:00 AM	* Glastonbury SRS #2 - 4.5M-	Glastonbury (Addison Park)	www.glastonburychamber.org
Th	Jul 30	6:00 PM	X-Treme Scramble Series 5K #2	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Sa	Aug 1	9:00 AM	John & Jessie Kelly 11.6M	New London (Ocean Bch Pk)	www.moheganstriders.org
Sa	Aug 1	8:00 AM	* Glastonbury SRS #3 - 10K-	Glastonbury (Nayaug School)	www.glastonburychamber.org
Sa	Aug 8	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	www.bridgeofflowers10k.com
Th	Aug 13	6:25 PM	Corporate 5K for Special Olympics	Hartford (Bushnell Park)	www.jbsports.com
Su	Aug 16	8:30 AM	Lobster Loop 5K	Canton (Town Green)	www.plattsys.com
Th	Aug 20	6:30 PM	E. Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	www.ci.east-hartford.ct.us
Th	Aug 27	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Mo	Sep 7	8:30 AM	New Haven Road Race 20K & 5K	New Haven Town Green	www.newhavenroadrace.org
Sa	Sep 12	1:30 PM	Run Around the Block 15K	Block Island, RI	www.blockislandchamber.com
Sa	Sep 26	8:00 AM	Winnepesaukee 66M Relay	Weirs Beach, NH (Funspot)	www.northmedfordclub.org

* "Living Well" in Glastonbury - Summer Racing Series (SRS) -- <http://ctelderlawblog.typepad.com/files/srs-2009-application.pdf>

SILK CITY STRIDERS 2009 Event Calendar

- JUNE** - "Rattlesnake Ridge" Trail Fun RunSaturday, June 13
- JULY** - Wickham Park Cross Country SeriesMonday Nights – July 6, 13 & 20
Summer Picnic (Blish Park, Lake Terramuggus)Sunday, July 26
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 Series..... Thursday Nights – August 6 & 13
- SEPTEMBER** - Nikki's Run Walk 'N' Roll..... Sunday, September 13
Fred Brown Lake Winnepesaukee Relays..... Saturday, September 26
Celebration Run for Len Underwood Sunday, September 20
- OCTOBER** - Halloween Pot Luck SupperTBA
- NOVEMBER** - Parker Holt 5KSunday, November 8
Know Your Pace Race Saturday, November 21
Manchester Road RaceThursday, November 26
Ray Crothers Memorial Run (NEW*) Saturday, November 28
- DECEMBER** - Scrooge's ScrambleFriday, December 25



RED DRESS RUNNERS NEEDED -- LADIES ONLY

The RED DRESS RUN FOR WOMEN 5K is coming up on July 11, 2009. The "Red Dress" is the symbol of healthy heart awareness, so I'll be wearing my red dress, but costumes are not necessary. Team Applications are available on the Silk City website. Please return your completed application to Bekkie by June 16.

The Silk City guys traditionally work the water stop. If you are interested in joining the team or volunteering please call Bekkie or Joe at (860) 461-1486.

"Lake Winnepesaukee Relay" TEAMS FORMING NOW

Race Date: Saturday, September 26, 2009

We hope you will join the Silk City Striders
in New Hampshire for this annual tradition.
All runners are welcome.

http://www.northmedfordclub.org/2009_winni_home.htm

Team Captain - Bill McGugan 860-649-9072

