



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

MANCHESTER ROAD RACE 2010

www.ManchesterRoadRace.com

Changes for 2010:
New Age Groups, New Seed Card Qualifying Times, B-Tag Timing, 15,000 Runner Limit

Divisions (Male & Female):

13 and under	40 – 44	45 - 49
14 - 18	50 – 54	55 - 59
19 - 29 (Open)	60 – 64	65 - 69
30 - 39	70 – 74	75 - 79
	80 – 84	85 - 89
	90+	New in 2010

Seed Card Qualifying Times:

The table at right shows the time you must break for a given certified race distance to qualify for a Seed Card.

Distance	Under 30:00	Under 35:00	Under 40:00
3K	n/a	n/a	14:11
2 Mile	n/a	n/a	15:54
4K	n/a	n/a	19:21
2.6 WPXC Series	15:49	18:27	21:05
3 Mile	18:25	21:30	24:34
5K	19:05	22:16	25:26
3.5 Mile	21:43	25:20	28:57
4 Mile	25:01	29:11	33:21
MRR (Past Year)	30:00	35:00	40:00
8K	30:20	35:24	40:27
5 Mile	31:41	36:27	42:14
10K	39:45	46:23	53:00
10 Mile	1:06:00	1:17:00	1:28:00
20K	1:20:00	1:34:00	1:47:00
1/2 Marathon	1:28:00	1:43:00	1:57:00
Marathon	3:07:00	3:38:00	4:09:00



SILK CITY STRIDERS
now has a Group
on FACEBOOK

www.facebook.com/group.php?gid=326196353838

Our Yahoo Sports Group is still alive and well, but for those of you who like to share pictures, Facebook is a great place to post both photos and race recaps. Or why not host a group training run, and invite your "Friends."

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2010 BOARD OF DIRECTORS

Officers

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

Mitch Bielenda (860) 644-4806
 Dani Kennedy (860) 670-6294
 Cathy King (860) 289-6340
 Sue Leslie (860) 644-1804
 Karen Saunders (860) 643-9125
 Keron Smith (860) 644-0597
 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
 Katie Jeffrey-Lunn – Nutrition Nook
 Art Byram – State-of-the-Art

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am Manchester Community College

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

Tuesday Evening Funs Runs - 6:00 pm Martin Elementary School – Dartmouth Street

Wednesday Evening Funs Runs - 5:15 pm Mt. Nebo Parking Lot - Spring Street

Thursday Evening Funs Runs - 5:45 pm Bolton High School – JUNE ONLY

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Rebecca Flanagan Coventry

CONGRATULATIONS

The ranks of the “junior” Silk City Striders continue to grow. Jonathan Henry Fromerth, was born on April 27 to Mike Fromerth and his wife, Tineeka Compton. Looks like we’re going to have to add a stroller division for our Fall races.

BOLTON SUMMER XC SERIES



Thursday Nights

June 24, July 1, 8, 15, 22, 29, and August 5

6:00 pm – Toddlers Dash

6:10 pm – Kids Mile

6:30 pm – Big Kids & Adults 2.5 M

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. Points will be awarded in Age Group categories with prizes at the end of the Series for high scorers in each Age Group.

Series Pre-Registration Form is now available on the Silk City Striders website. Come to one; come to all, but come ready to have fun!

Series Application is available under Upcoming Events on the Silk City Striders homepage:
<http://www.silkcitystriders.org/BHSXC%20Series%20Application%202010.pdf>



SILK CITY STRIDERS' SUMMER PICNIC

Sunday, July 25 1:00 PM – 5:00 PM

Stonewood Acres

Ellie's Lowell's House @ 34 Eldredge Road, Willington, CT

Bring your lawn chair, 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.

Run/Bike: Lots to do out here and plenty of country roads to do it on. There will be 5K, 5 Mile and 10K route for runners and a 16 mile bike ride if you want to bring your bicycle.

Other Fun: Lawn Games: Volleyball, badminton, croquet, bocci, or softball. There is also a small pond for those who would like to swim.

Directions from Manchester via Rt. 44:

Rt. 44 East to Rt. 195.

Turn Left at intersection of Rt. 44 and Rt. 195. Travel ~400 feet and take a right at the traffic light onto Rt. 320 North (also called Willington Hill Road). This road only goes right, it is not a true 4-way intersection.

1.8 miles up Rt. 320 take a right onto Eldredge Road. As you turn onto the street, you should see a white Cape Cod house with blue trim on the right and a white Ranch house on your left.

.35 miles down Eldredge, on the right, is #34 ... big numbers on the mailbox. It's the 4th house on the right, but sits 400' back, so you will not see the house from the road. Across from the driveway is a neighbor's red barn with horses in the corral. It's a good landmark, as is the number on the mailbox.

Directions from Hartford via I-84:

I-84 East to Exit 69.

At the end of the ramp turn Right onto RT. 74 East

The road curves, and in .5 miles you will cross RR tracks, bear left, headed toward the first traffic light.

The traffic light is .7 miles from the exit ramp and is at the intersection of Rt. 74 & Rt. 32. Stay straight, on Rt. 74.

You climb the hill ... you go down the hill ... at about the bottom of the hill you will come to a blinking yellow traffic light ... you will have traveled about 1.7 miles at this point.

Climb another hill ... at 2.2 miles you should see Willington Hill Package Store and a cemetery on your left.

At the top of next hill you should see a sign that indicates Rt 320 Junction ... 320 North is on your left ... do not take 320 North, do not turn left onto Rt. 320 north, do not pass go...do not collect \$200.

About 100' beyond Rt. 320 North, on your right is Rt. 320 South. Turn right onto Rt. 320 South ... the sign is hidden behind a pine tree and you will be on it in a blink ... a traffic light is about 50' beyond your right hand turn ... so, if you go too far, just turn left at the traffic light, go around the town green and back onto Rt. 74 and hang the right onto Rt. 320.

1.8 miles down Rt. 320 take a left onto Eldredge Road. You should see a white Cape Cod house with blue trim at the corner (on your right) and a white Ranch house on your left.

.35 miles down Eldredge, on the right, is #34 ... big numbers on the mailbox. It's the 4th house on the right, but sits 400' back, so you will not see the house from the road. Across from the driveway is a neighbor's red barn with horses in the corral. It's a good landmark, as is the number on the mailbox.



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 5 & 19
August 2, 9 & 16

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 14
 \$5.00 (14 and up)
 \$20.00 series Pre-Reg. by June 14

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 or 860-335-3545

Series Application is available under Upcoming
Events on the Silk City Striders homepage:
<http://www.silkcitystriders.org/jigranprixapp2010.pdf>

MIDDLE SCHOOL TRACK & FIELD CHAMPIONSHIP June 5, 2010 Manchester High School

The MHS Tech Ed Dept. in conjunction with the
Manchester Boys XC Booster Club and MHS Boys
XC Alumni are planning the 3rd Annual Middle
School Track & Field Championship to be held at
Manchester High School on June 5, 2010. Over
1,000 Middle School athletes will be participating.

Volunteers are needed to help with Finish Line,
Results, Officiating Field Events, and Seeding &
Reseeding the Short Events. We would like to have
as many volunteers as possible to ensure a quality
meet. Free food, T-Shirts and refreshments will be
available throughout the day. Please contact **Mike
Bendzinski** if you are interested in volunteering --
860-335-3545 Cell or mmdcbend@comcast.net.

WHOLE RUNNING WORKSHOPS June 12&13 – Yoga & Trail Running

Jean Skeels is yoga teacher at Sacred Rivers in
Glastonbury CT, and cofounder for a program called
Whole Running. Her partner in Whole Running is
Jill Perry a world class ultramarathoner.

Whole Running is a unique synthesis of running and
yoga. We teach running form based on biomechanics
and movement principles, use breathwork as a
foundation for both running and yoga practices, teach
varied running techniques and workouts to promote
consistency and progress, and use yoga as a way to
be mindful and balanced, reducing injury and
burnout.

Saturday, June 12th will be a running and yoga
intensive workshop appropriate for beginning and
experienced runners. It will be held at Sacred Rivers
Yoga in Glastonbury CT from 8:00 am - 4:30 pm.
The cost is \$125 (lunch not provided).

Sunday, June 13th will be an endurance trail run on
the Case Mountain trails from 6:30-9:00 am hosted
by Jill Perry of the Montrail Ultramarathon team.
This is for experienced runners who can currently run
10 miles. The cost is \$30.

Information is posted at www.wholerunning.com, or
email Sacred Rivers at info@sacredriversyoga.com
or call Jean at 860-781-6460 for more information.



7th Annual Bobby's Run Saturday, May 15, 2010 -- Northeast School, Vernon, CT

Thanks to everyone who participated in and volunteered at the 7th Annual Bobby's Run. The sun shone and the sky was blue, but the wind was gusting this year. The Livingston Family finished strong, with Scott taking the overall win, while pushing Shep & Dalia in their "Chariot." Debbie was the first woman across the finish line. She promptly filled up her water bottle, and headed out for another loop to get in some extra training mileage for her next big race, the Nipmuck Trail Marathon in June. It was a Silk City Striders sweep for the Top 3 Men, with new member Matt Yoder taking 2nd, and Art Byram taking 3rd. On the ladies side, newcomer Rebecca Kalagher finished 2nd, with last year's #4F, LeeAnn Cerpovicz moving up to 3rd place this year.

Thanks to Lisa Bonadies for supplying the Poland Springs Water, Ellie Lowell for Registration, Rich White, Roger Petersen and Ellie Lowell for course monitoring, Keron Smith, Sue Leslie and MaryLou White for Finish Line assistance; Karen Saunders, Joyce Thorner, Betty Cannella & Randy Potterton for staffing the 2 Water Stops; Joe Poliquin for course photography, and Roger Petersen, Bill McGugan, and Matt Yoder for pre-race set-up and clean-up. Thanks also to MaryLou, Sue, Karen & Keron for the baked goods, and to Art Byram and Joyce Thorner for the fruit.

Almost \$500 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	Name		City	State	M/F
1.	53:30	Scott	Livingston	Bolton	CT	M
2.	53:51	Matt	Yoder	Manchester	CT	M
3.	55:51	Art	Byram	Glastonbury	CT	M
4.	56:20	Jason	Earl	E. Hartford	CT	M
5.	57:19	Scott	Freeman	Marlborough	CT	M
6.	1:00:13	Debbie	Livingston	Bolton	CT	F
7.	1:01:10	John	Sloan	Manchester	CT	M
8.	1:02:41	Chris	Wollenberg	Marlborough	CT	M
9.	1:02:45	Ted	McCarthy	Tolland	CT	M
10.	1:04:18	Rebecca	Kalagher	Vernon	CT	F
11.	1:06:32	Brent	Stratton	Middletown	CT	M
12.	1:06:50	Jason	Isenberg	Manchester	CT	M
13.	1:07:53	Chris	Marquette	Hartford	CT	M
14.	1:08:50	LeeAnn	Cerpovicz	W. Springfield	MA	F
15.	1:09:10	Steven	Lee	East Hampton	CT	M
16.	1:09:12	Ian	Earley	Cromwell	CT	M

Place	Time	Name		City	State	M/F
17.	1:11:21	Jill	Bonnett	Waterbury	CT	F
18.	1:12:51	Richard	Chromik	Tolland	CT	M
19.	1:12:52	Heidi	Chromik	Tolland	CT	F
20.	1:15:27	Tom	Walsh	Wethersfield	CT	M
21.	1:17:13	Sai	Subramanian	Rocky Hill	CT	M
22.	1:17:30	Cathy	King	S. Windsor	CT	F
23.	1:17:32	Maura	Shea	Tolland	CT	F
24.	1:17:35	Kristin	Babiec	Tolland	CT	F
25.	1:17:38	Lisa	Dutton	Tolland	CT	F
26.	1:17:38	Randall	Dutton	Tolland	CT	M
27.	1:17:55	Ray	Davis	Glastonbury	CT	M
28.	1:18:36	Frennie	Elderkin	Vernon	CT	F
29.	1:18:48	Liz	O'Donnell	Vernon	CT	F
30.	1:20:24	John	Bornhorst	Colchester	CT	M
31.	1:20:34	Megan	Sobeck	Hartford	CT	F
32.	1:20:53	Jeanette	Hickey	Norwich	CT	F
33.	1:22:22	Mark	Thompson	Tolland	CT	M
34.	1:22:55	Shawn	Temple	Hamden	CT	M
35.	1:28:26	Jennie	Scott	Newington	CT	F
36.	1:31:15	Maggie	Rose	Hartford	CT	F
37.	1:31:15	Barry	Stoner	Glastonbury	CT	M



Scott L. (Shep & Dalia)



Matt



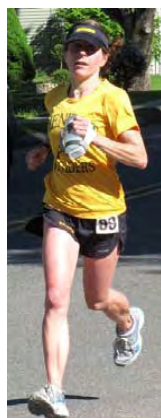
Art



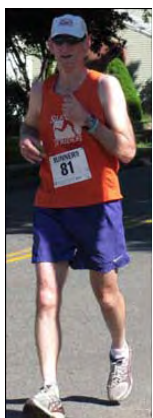
Jason



Scott F.



Debbie



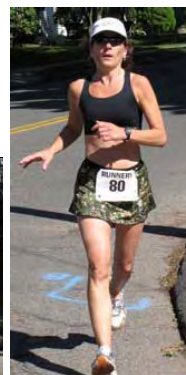
John



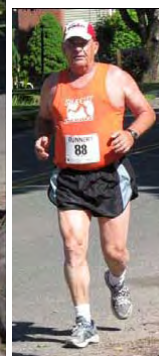
Rick & Heidi



Tom



Cathy



Barry

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.



**WORLD MASTERS
ATHLETICS CHAMPIONSHIPS
Kamloops, BC March 1-6, 2010**

8K Cross Country

Zofia Turosz #1 F70-79 44:07

Half Marathon

Zofia Turosz #1 F70-79 1:59:34

**MERRIMACK RIVER TRAIL RACE 10M
Andover, MA April 10, 2010**

Mary Lou White 2:00:14

**SALEM 5K ROAD RACE
Salem, CT April 10, 2010**

Adam Bulewich #4M; #2 M30-39 18:15
Mark Turkington #2 M60-69 22:25

**ECOHUSKY 5000 ROAD RACE
Storrs, CT April 11, 2010**

Ned Kennedy 3M; #1 M50-59 19:05
Dani Kennedy #4F; #1 F50-59 22:45

**DANBURY HALF MARATHON
Danbury, CT April 11, 2010**

Adam Bulewich #4M 1:20:58
Keron Smith 1:37:05
Jill Ramos 2:37:17

**1040 EZ 5K Road Race
Windsor, CT April 17, 2010**

Ed Yergeau #3 M50-59 24:54
Tom Butterfield #3 M70-79 26:48
Susan Riley #1 F60-69 30:03

**HEBRON 5K ROAD RACE
Hebron, CT April 17, 2010**

Alan McCall #1 M60+ 25:25

**B.A.A. 5K
Boston, MA April 18, 2010**

Andy Zyrek PR 20:36

**MUD, MUCK & MOOSE TRAIL RUN 5M
Bartlett, NH April 25, 2010**

Marylou White 1/7;25

**SIMSBURY RIVER RUN 5K & 10K
Simsbury, CT April 25, 2010**

5K

Angelee Carta 32:45

10K

John Sloan 43:44
Tris Carta 1:03:29

**GLASTONBURY RIVER RUN 5K
Glastonbury, CT April 25, 2010**

Ned Kennedy #6M; #1 M50-54 18:06
Dani Kennedy #3F; #1 F50-54 21:10
King Archibald #3 M50-54 21:17
Mark Turkington #2 M65-69 21:30
George Ripley #1 M60-64 24:59

**HCBA JOSEPH J. CASSIDY 5K
West Hartford, CT May 1, 2010**

Adam Bulewich #1 Overall 19:40
Linda Romejko 39:01
Brian Millett 39:01

**SEVEN SISTERS TRAIL RACE - 13 Miles
Amherst, MA May 2, 2010**

Scott Livingston 2:21:02
Debbie Livingston #2F 2:23:37
Tony Bonanno 2:46:15
David LaPorte 3:46:52
MaryLou White 4:56:53

**BAJA 5000
Glastonbury, CT May 2, 2010**

Mike Westfall #3 M30-39 20:05
Andy Zyrek #1 Clyde 21:38
Tom Walsh 25:09
Randy Potterton 31:47

KATES FUN RUN FOR ST. FRANCIS 5K
West Hartford, CT May 5, 2010

Adam Bulewich	#2M	17:34
Michael Westfall	#6M	19:05
Mitch Bielenda		20:16
Scott Hollister		20:59
Cathy King		26:25



CT RACE IN THE PARK 5K
New Britain, CT May 8, 2010

Women's 5K

Joyce Thorner	#11 Survivor	33:00
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Men's 5K

Tony Hollister	#2 M60-69	21:52
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SALMON RIVER TRAIL RUN 5.41
Colchester, CT May 8, 2010

Matt Yoder	#6M	35:26
Jay Hamilton		40:09
Randy Potterton		53:46
Marylou White		55:36



Linda Romejko & Sons Brian & Stephen

VERNON MOTHER'S DAY DASH 5K
Vernon, CT May 9, 2010

King Archibald		21:30
Mark Turkington	#3 M60-69	22:00
Debbie Livingston		23:08
Tom Walsh		24:35
Ginny Welch		25:54
Susan Leslie	#1 F60-69	27:00
Brian Millett*		28:10
Stephen Millett*		28:32
Janit Romayko	#3 F60-69	28:37
Jill Ramos		31:03
Linda Romejko*		35:07
James Hodges	#3 M70++	39:33
Lindsay Ramos		48:56

* Mother/Sons Team

BOLTON ROAD RACE 5M
Bolton, CT May 15, 2010

Brendan Callahan	#3M; #1 M0-17	30:48
Jay Hamilton	#3 M30-39	37:43
Myles Kessler		44:45
Randy Potterton		48:53

PONTBRIANT MEMORIAL RUN 5K
Norwich, CT May 15, 2010

Bob Niedbala	28:05
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Bob Reports:

This race is special because it honors a young man, Larry Pontbriant, who died during a Summer Rec. Dept. run in Mohegan Park. Larry was running the Thursday evening 3 mile "Fun Run" when he went into ventricular fibrillation. One of my students was first to Larry and tried mouth to mouth resuscitation ... but to no avail. Larry's parents were at the finish line waiting for him. He was their only child. If an electric defibrillator had been available he probably would have survived. His parents have now started a mission to get portable defibrillators (AED's) at all road races and in public buildings. Two bills regarding these units have passed the CT Legislature.

SHAD DERBY ROAD RACE 5K
Windsor, CT May 15, 2010

Adam Bulewich	#3M	18:32
Andy Zyrek		21:28

SOAPSTONE MOUNTAIN TRAIL RACES
Somers, CT May 16, 2010

24K

John Agosto		2:01:08
Tony Bonanno		2:12:30
Tim Blinn		2:29:52
Bill Metzger		2:33:18
Marylou White	#2F 50-59	3:34:55

6K - Handicap Start

			<u>O.T.</u>	<u>R.T.</u>
Tony Hollister	#6	"Q"	27:21	27:21
Scott Hollister		"B"	31:32	32:00
Janit Romayko		"R"	36:20	44:14
Keith Morgan		"I"	48:04	51:48

O.T. - Official time: net time from Start of final 'A' Group

R.T. - Running Time: actual running time - equal to net time plus handicap (28 sec per start letter: B=28s, C=56s, etc.)

Race recap from Jim Johnson with links to 2 photo galleries:
<http://doublejrunning.blogspot.com/2010/05/soapstone-mountain-24k-trail-race.html>

NEWINGTON LIBRARY 5K
Newington, CT May 16, 2010

Keron Smith	#3F; #1F 30-39	20:41
Dani Kennedy	#4F; #1 F50-59	21:10
Mark Turkington	#1 M60-69	22:21
Alan McCall		24:14
Joan Munroe	#2 F50-59	26:04

RIDGE RUN 5K
East Granby, CT May 22, 2010

Tom Butterfield #2 M60+ 27:06

NORTHFIELD MT. TRAIL RACE 10.3 K
Northfield, MA May 22, 2010

David LaPorte 48:02

CARDINAL RUN 2.4M
Middletown, CT May 22, 2010

Janit Romayko 22:21

CT SENIOR GAMES
Manchester, CT May 23, 2010

1500 Meter Run

Dani Kennedy F 50-55 Silver Medal 5:52
All-America Qualifier

DELANEY DASH 4M
Old Saybrook, CT May 29, 2010

Bekkie Wright 28:37
Joe Poliquin 28:38
Mark Turkington 32:24

WILLINGTON PTA 5K
Willington, CT May 29, 2010

Conor Hackett #2M 17:25
Jason Earl #5M; #1 M30-39 19:28
Jay Hamilton #2 M30-39 21:42
Annette Hamilton #4F; #1 F40-49 23:20
Lori Riley 27:48

DAVE YURGAITIS MEMORIAL 5K
Lake Compounce - Bristol, CT May 30, 2010

Tom Walsh 24:05

'ROUND THE LAKE 5K
Marlborough, CT May 30, 2010

John Paggioli 19:55
Joan Munroe #2 F50+ 26:49
Susan Leslie #3 F50+ 27:13

RACE AROUND THE LAKE 3.5M
New Hartford, CT May 30, 2010

Marylou White 36:38

BLOOMFIELD MEMORIAL ROAD RACE 5K
Bloomfield, CT May 31, 2010

Steve Morse #3M; #1 M50-59 20:10
Keron Smith #1F; #4 Overall 20:24
King Archibald #4M; #5 Overall 20:45
Tom Butterfield #1 M70-79 25:08

MEMORIAL MILE
East Hartford, CT May 31, 2010

Jason Earl #2M; #1 M30-39 5:06
Bekkie Wright #5F; #1 F40-49 6:14
Joseph Poliquin 6:14
Tom Walsh 6:28
Randy Potterton 8:03

WOODSTOCK MEMORIAL DAY 10K
Woodstock, CT May 10, 2010

Marylou White 1:02:48
Janit Romayko 1:04:08
Jim Hodges #3 M70-79 1:27:57

RACE REPORT FROM JIM THARP
SCS - Texas Chapter

February

3 Race Trail Series
5th Overall Male - 2nd Master Male

March

Green River Rat 5K - 20:24
6th Male - 1st Master Male

April

SARL Mile - 6:01 - Winner!

May

O.C. Fisher Mile - 6:06 - Winner!



REPORT FROM PAUL BENNETT
On Patrol in Iraq

It's very hot here, but things are pretty quiet at the moment. No shooting. just some IED's and rocket attack. I am doing some 5K's on base every month they have one.

DUATHLON, TRIATHLON & BIKING

WRENTHAM DUATHLON Wrentham, MA April 18, 2010

2M Run – 11M Bike – 2M Run

John Salcius	#2 M65-69	1:13:49
Janit Romayko	#1 F65-69	1:26:32

ROCKBUSTER DUATHLON Ashland, MA April 25, 2010

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

Janit Romayko	#1 F65-69	1:36:26
John Salcius	#2 M65-69	1:45:01

SHAMROCK DUATHLON Glastonbury, CT May 23, 2010

5K Run – 28 M Bike – 5K Run

Ned Kennedy	#3 M50-54	1:32:31
Ed Yergeau		1:57:23



2.4 M Swim – 112 M Bike – 26.2 M Run

Scott Livingston	PR	9:58:53
	#5 Executive Challenge	

Scott improved his Ironman time by over 45 minutes, and qualified for the World Championships in Kona in October.

TERRAMUGGUS TRIATHLON SERIES Thursday Nights June 3 & 17 - July 1, 15 & 29 – Aug. 12 Start Time: 6:15 PM

Blish Park - Lake Terramuggus Marlborough, CT

<http://www.plattsys.com/waspeview.asp?eventid=634>

500 yard Swim, 12 mile Road Bike, 5K Run. The entry fee is \$25 per race for individuals; \$40 for a 2 or 3 person relay team. You must have a valid USA Triathlon membership to compete. All races are chip timed by Platt Systems. Register online at: www.imathlete.com/events/TheMarlboroughLakeTerramuggusTriSeries1?z=1270656082948

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. There is a new "flatter" 2-loop bike course this year. Races are limited to 200 participants.

For more information, please call Cycling Concepts - 860-633-3444



BIAC Bike-A-Thon Raised \$8,000

For over 30 years, Joe Damon of South Glastonbury was an avid cyclist and marathon runner. In a moment, that changed forever. In 2006 Damon was involved in a devastating motor vehicle accident that left him with a traumatic brain injury (TBI). Damon is a TBI survivor who organized and participated in the 2010 Brain Injury Association of CT (BIAC) Bike-A-Thon. He completed the metric century distance (62 Miles).

Saturday, May 15th was a beautiful but windy day for the inaugural BIAC Bike-A-Thon. BIAC cleared over \$8000. Those funds will go towards brain injury awareness and prevention and services for individuals and their families who have been impacted by brain injury. The BIAC Bike-A-Thon was a scenic tour of the shoreline from Avery Point, Groton, CT to Watch Hill, RI that passed many of New England's famous landmark lighthouses.

The Law Offices of Tony Sheffy have committed to return as the named sponsor. The 2011 BIAC Bike-A-Thon will be held on May 14th. Please join us!



WINDING TRAILS SPRINT TRI SERIES

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

Dates: Tuesdays June 15th – August 17th

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 \$50

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

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



BOSTON MARATHON
April 19, 2010

Silk City Striders
RESULTS



Zofia

<u>NAME</u>		<u>TIME</u>
Neil Leibowitz	PR	2:58:29
Marty Keibel		3:08:05
Tony Bonanno	PR	3:15:59
Mike Tirrell	1st Boston	3:31:24
John Paggioli		3:32:10
Joe Kidder		3:41:41
Art Byram		3:43:37
David Leak		3:49:52
Zofia Turosz	#2 F70-74	4:26:19
Joan Munroe		4:26:39
Mickey & Minnie Marathon Maniacs		4:30:33
Bob Niedbala		4:38:45



Neil



Marty



Tony



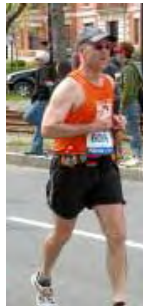
Mike



John



Joe K.



Art



David



Joan



Mickey & Minnie
(Joe P. & Bekkie)



Bob

SPRING MARATHON & ULTRA CORNER

TRAP ROCK 17K & 50K
Penwood State Park
Bloomfield, CT April 17, 2010

	<u>50K</u>	
Debbie Livingston	#1 F	5:17:01
	#5 Overall	
	<u>17K</u>	
Barry Stoner	#1 M70+	3:51:39

Barry Reports: I missed a turn and ran a few extra K's, but enjoyed the challenging course.



BIG SUR MARATHON

Big Sur to Carmel, CA April 25, 2010

Matt Yoder	3:29:46
Bekkie Wright	4:14:46
Joe Poliquin	4:14:46
Tim Brennan	4:42:39

WALTER CHILDS MEMORIAL
RACE OF CHAMPIONS MARATHON
Holyoke, MA May 2, 2010

Adam Bulewicz	#4M; #1 M30-39	3:00:20
Jay Seney	#10M; #2 M50-59	3:25:20

GLASTONBURY PARKS & REC
SUMMER FUN RUNS
Starting Tuesday, June 22 - 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 22, June 29, July 6, 13, 20 & 27; August 3 & 10. FREE**

COX RHODE RACES
MARATHON & HALF MARATHON
Providence, RI May 2, 2010

	<u>Marathon</u>	
David Welch		4:11:53
	<u>Half Marathon</u>	
Diana Cohen		2:17:50
Barry Stoner		2:18:49

TNF ENDURANCE CHALLENGE 50M
Northeast Regional – Harriman State Park
Bear Mountain, NY May 8, 2010

Bekkie Wright	#2F 40-49	13:34:50
Joe Poliquin		13:34:50

COLFAX MARATHON
Denver, CO May 16, 2010

Mike Tartar	PR	3:11:37
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Mike Reports:

Even though the altitude was 5280 ft, and I ran a Boston Qualifier, and new PR by about 42 seconds, finishing in 25th place overall.

KEYBANK VERMONT CITY MARATHON
Burlington, VT May 30, 2010

Jay Seney		3:16:06
Art Byram	3:30 Pace Leader	3:29:24
Andy Zyrek		4:10:47
Ed Steele		4:27:24



The Glastonbury Summer Racing Series sponsored by the Chamber of Commerce returns for 2010 with **5K, 4.5M & 10K** to be held on **Saturday, July 10, 17 & 24**. The start time is 8:00 am for all races.

Additional Information and application link: www.glastonburychamber.net/wcevents/eventdetail.aspx?EventID=31 or attached to this newsletter for those who don't have web access.

For question, please contact the Race Director, Pamela Crouch at 860-633-4762 or pam@letstalkeventplanning.com

2010 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS

<http://www.mysportsresults.com>

CHENEY TECHNICAL HIGH SCHOOL – David Bendzinski, Team Member

EAST CATHOLIC HIGH SCHOOL – Kara Miffitt, Team Member

ELLINGTON HIGH SCHOOL -- Aaron Flamino, Coach; Rachel Blinn, Team Member

BOLTON HIGH SCHOOL – Dani Kennedy, Coach

UNIVERSITY HIGH SCHOOL – Mike Fromerth, Coach

MANCHESTER HIGH SCHOOL – Selected Top 10 finishes have also been provided for the “home team.”

CSC OUTDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS

Manchester, CT May 25, 2010

UNIVERSITY BOYS - #10 TEAM

100M Dash	Chandler Davies - #5	11.87
200M Dash	Chandler Davies - #5	24.01
400M Run	Chandler Davies - #5	54.26
1600M Run	Stom Butler - #4	4:57.10

UNIVERSITY GIRLS - #10 TEAM

800M Run	Shaneka Campbell - #7	2:51.69
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CHENEY TECH BOYS - #7 TEAM

4x800 Relay	#6 Team	9.47.83
(David Bendzinski – Team Member)		

NCCC OUTDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS

Enfield, CT May 25, 2010

ELLINGTON BOYS - #2 TEAM

4x100 Relay	#7 Team	49.46
4x400 Relay	#2 Team	3:40.88
4x800 Relay	#1 Team	8:29.75
100M H.Hurdles	Matt Stephan - #3	16.74
300M Hurdles	Matt Stephan - #2	42.54
400M Run	Dan O'Donnell - #2	53.01
800M Run	David Bergeron - #7	2:09.32
	Brian Kelleher - #8	2:10.70
1600M Run	Stephen Crouse - #2	4:25.49
	Alex Smith - #5	4:42.71
3200M Run	Stephen Crouse - #3	10:21.64
	Matt Lebel - #7	10:36.23
	Alex Smith - #10	11:03.09
Triple Jump	Gary Feldman - #5	38-04.5
Pole Vault	Matt Stephan - #1	13-05
	Nick Alcutt - #8	10-00
Shot Put	Gary Feldman - #1	46-09
Discus	Gary Feldman - #1	129-07
Javelin	Nick Alcutt - #8	131-08

ELLINGTON GIRLS - #4 TEAM

4x100 Relay	#6 Team	53.77
4x400 Relay	#3 Team	4:23.43
4x800 Relay	#4 Team	10:46.50
100M Dash	Claiborne Jones - #1	12.85
100M H.Hurdles	Laura Fetko - #3	18.20
200M Dash	Claiborne Jones - #1	26.87
	Emily Parker - #5	28.00
300M Hurdles	Kelsey Janssen - #5	52.95
400M Run	Claiborne Jones - #3	1:01:63
	Heather Hulstein - #8	1:06.79
800M Run	Meghan Rose Costello - #7	2:40.58
1600M Run	Jennifer Hulstein - #2	5:25.92
	Rachel Blinn - #16	6:17.26
3200M Run	Jennifer Hutstein - #3	12:32.25
	Kayla Sgarlata - #8	13:36.97
	Rachel Blinn - #19	14:02.01
High Jump	Sara Moore - #4	4-06
	Meghan Rose Costello - #7	4-06
Long Jump	Sara Moore - #5	14-05
Triple Jump	Emily Barnhart - #8	30-02
Shot Put	Natalie Snow - #3	29-08
	Christina Martin - #6	27-11
Discus	Amanda Schroth - #3	83-05
	Christina Martin - #7	75-09
	Patience Turkson - #10	68-05
Javelin	Natalie Snow - #3	79-01

See Next Page For
NCCC Conference Championship Results
for
BOLTON BOYS & GIRLS

BOLTON BOYS - #13 TEAM

4x400 Relay	#10 Team	3:55.66
4x800 Relay	#8 Team	9:17.97
400M Run	Adam Seften - #4	53.56
	Even Cleary - #9	56.13
3200M Run	Adam Seften - #5	10:32.34

BOLTON GIRLS - #13 TEAM

4x400 Relay	#11 Team	5:16.94
4x800 Relay	#6 Team	11:35.41

**CCC NORTH OUTDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS
Manchester, CT May 25, 2010**

MANCHESTER BOYS - #5 TEAM

4x100 Relay	#3 Team	44.18
100M Dash	Algernon Johnson - #1	11.58
110M Hurdles	Dan Wilson - #4	15.74
	Brian Boudreau - #5	15.90
300M Hurdles	Josh Wilson - #2	40.38
	Brian Boudreau - #5	42.63
800M Run	Justis Lopez - #6	2:07.00
1600M Run	Dan Arias - #3	4:32.25
	Patrick Dibble - #5	4:41.93
3200M Run	Tim Nohelty - #3	10:04.58
High Jump	Seth DeValve - #4	5-08
Triple Jump	Josh Wilson - #4	41-07
Pole Vault	Jake Nearine - #5	10-06
	Chris Choiniere - #8	10-00
Discus	Josh Nichols - #2	123-07
	Santiago Perrelo - #4	108-08
Javelin	Sam Darby - #8	126-00

MANCHESTER GIRLS - #4 TEAM

4x100 Relay	#8 Team	55.53
4x400 Relay	#5 Team	4:14.83
4x800 Relay	#2 Team	10:03.32
100M Hurdles	Arianna Rivera - #4	15.74
	Sara Cinquemani - #7	17.77
300M Hurdles	Arianna Rivera - #4	45.77
800M Run	Kayla Boucher - #7	2:31.66
1600M Run	Elizabeth Moran - #6	5:35:80
	Kylie McCartney - #7	5:40.11
3200M Run	Emily Anderson - #4	11:53.36
	Jackie Ofria - #7	13:27.94
Long Jump	Sarah Sawwab - #8	13-04.5
Triple Jump	Talia Gabriel - #4	30-05
Discus	Kassandia Holder - #3	87-02
	Briana Gauvin - #6	72-09
Shot Put	Kassandia Holder - #4	29-09
Javelin	Megan Cardarelli - #2	96-03
	Chelsey Watson - #4	94-10

EAST CATHOLIC GIRLS - #8 TEAM

4x400 Relay	#7 Team	4:29.56
4x800 Relay	#4 Team	10:27.49
300M Hurdles	Kara Miffitt - #8	50.59

FERMI COED RELAYS

Fermi High School April 24, 2010

UNIVERSITY – MIXED TEAMS

4x100 Relay	#7 Team	0:56
4x100 Throwers Relay	#2 Team	1:01
4x400 Relay	#5 Team	4:10
4x800 Relay	#8 Team	11:14
4x1600 Relay	#6 Team	24:42
Javelin Relay	#7 Team	224-06
Shot Put Relay	#7 Team	88-05

BOLTON – MIXED TEAMS

4x100 Relay	#6 Team	1:04
4x400 Relay	#10 Team	4:52
4x800 Relay	#11 Team	12:28
4x1600 Relay	#7 Team	24:50
800M Sprint Medley	#7 Team	2:15
1600M Sprint Medley	#5 Team	4:34

GREATER HARTFORD OUTDOOR TRACK & FIELD MEET

Simsbury High School May 1, 2010

ELLINGTON GIRLS - Highlights

4x400 Relay	#10 Team	4:24
3200M Run	Rachel Blinn - #25	13:59

MANCHESTER BOYS - Highlights

Shot Put	Gary Feldman - #2	44-03
Discus	Gary Feldman - #2	127-06
Pole Vault	Matthew Stephan - #1	13-07

GREATER MANCHESTER TRACK & FIELD INVITATIONAL
Manchester High School May 15, 2010

ELLINGTON BOYS - #7 TEAM

4x100 Relay	#5 Team	45.97
4x200 Relay	#6 Team	1:42.91
4x400 J.V. Relay	#9 Team	4:14.19
4x400 Relay	#11 Team	3:44.75
4x800 Relay	#6 Team	8:32.74
300M Hurdles	Matthew Stephan - #6	43.03
1600M J.V.	Neal Hulstein - #6	5:05.58
1600M Varsity	Alex Smith - #8	4:44.04
3200M Run	Stephan Crouse - #5	10:14.63
Shot Put	Gary Feldman - #1	49-01
Pole Vault	Matthew Stephan - #1	12-06
Discus	Gary Feldman - #2	136-01

ELLINGTON GIRLS - #6 TEAM

4x100 Relay	#8 Team	54.10
4x200 Relay	#6 Team	1:42.91
4x400 J.V. Relay	#7 Team	4:52.17
4x400 Relay	#6 Team	4:22.73
4x800 Relay	#11 Team	11:06.38
1600 Sprint Medley	#5 Team	4:12.22
100M Dash	Claiborne Jones - #1	12.36
200M Dash	Claiborne Jones - #1	25.91
400M Dash	Emily Parker - #9	1:04.74
1600M J.V.	Kayla Sgarlata - #4	6:02.72
	Rachel Blinn - #14	6:20.38
1600M Varsity	Jennifer Hulstein - #6	5:25.85
3200M Run	Jennifer Hulstein - #6	12:31.68
	Rachel Blinn - #10	13:24.07
Long Jump	Sara Moore - #6	15-00
Discus	Amanda Schroth - #4	85-10

MANCHESTER BOYS - #1 TEAM

4x100 Relay	#2 Team	45.06
4x200 Relay	#6 Team	1:42.91
4x400 J.V. Relay	#1 Team	3:50.55
4x400 Relay	#3 Team	3:34.66
4x800 Relay	#1 Team	8:22.57
100M Dash	Algernon Johnson - #3	11.25
110M Hurdles	Dan Wilson - #2	15.28
	Brian Boudreau - #3	15.45
	Josh Wilson - #8	15.88
200M Dash	Algernon Johnson - #2	22.83
	Shamar Smith - #5	23.34
	Dan Wilson - #6	23.47
300M Hurdles	Josh Wilson - #2	41.17
	Brian Boudreau - #5	42.59
400M Dash	Larry Peterson - #10	53.16
1600M Varsity	Dan Arias - #4	4:34.29
	Patrick Dibble - #7	4:43.98
3200M Run	Tim Nohelty - #6	10:16.46
High Jump	Seth DeValve - #2	5-10
	Devon Farquarson - #6	5-06
Triple Jump	Josh Wilson - #2	41-02

MANCHESTER GIRLS - #4 TEAM

4x100 Relay	#7 Team	53.69
4x200 Relay	#6 Team	1:42.91
4x400 J.V. Relay	#4 Team	4:46.62
4x400 Relay	#4 Team	4:17.94
4x800 Relay	#5 Team	10:15.81
100M Dash	Nicole Clemens - #7	13.05
100M Hurdles	Arianna Rivera - #1	14.95
	Sarah Cinquemani - #6	16.80
200M Dash	Nicole Clemens - #7	27.41
300M Hurdles	Arianna Rivera - #2	45.64
400M Dash	Jessica Matulaitis - #4	1:02.31
1600M J.V.	Kylie McCartney - #2	5:53.65
	Carly Peruccio - #6	6:03.80
	Jackie Ofria - #10	6:12.07
1600M Varsity	Emily Anderson - #6	5:19.06
3200M Run	Emily Anderson - #2	11:53.39
Shot Put	Kassandria Holder - #7	29-07
Javelin	Megan Cardarelli - #6	93-10
	Chelsey Watson - #7	91-01

BOLTON BOYS

4x400 J.V. Relay	#13 Team	4:40.95
4x800 Relay	#12 Team	9:31.57

BOLTON GIRLS

4x400 J.V. Relay	#13 Team	5:13.68
4x800 Relay	#15 Team	12:37.56

CHENEY TECH BOYS - #13 TEAM

4x400 Relay	#13 Team	3:54.51
4x800 Relay	#13 Team	9:44.57
800M Run	David Bendzinski - #28	2:22.90

EAST CATHOLIC GIRLS

4x400 Relay	#8 Team	4:25.69
4x800 Relay	#6 Team	10:27.72
300M Hurdles	Kara Miffitt - #951.21	



EAST HARTFORD PARKS & REC Developmental Track & Field Meets *for ages Preschool - Adult*

Join us Tuesday evenings at 6:00PM at the EHHS track starting June 1. The 4-week program will have seven (7) Age Groups from pre-school to over 30 years of age. Award ribbons will be distributed at each meet to top three overall Age Group places with trophies awarded at the completion of the program to those who score the most points in their respective age-groups.

Activity # 54008

Location: East Hartford High School Track

Time: 6:00 PM

Fee: \$5 per night

or **\$15 for the entire series**

Dates: Tuesdays, June 1st and 15th

Events: 200 Meters, Mile, 400 Meters and 4x100 Meter Relay; and Long Jump,

Dates: Tuesdays, June 8th & 22nd

Events: 100 Meters, 800 Meters, Mile and 4x100 Meter Relay; and Shot Put (softball throw for young children)

NOTE: The Meet schedule for June 1 was Rained out, so one additional date will be added. At press time the make-up date was not yet confirmed, but may be either June 29 or July 6.

On-site Race Day Registration is available.

Registration Form can also be downloaded from the Silk City Striders homepage:
<http://www.silkcitystriders.org/EH-Parks-Track-Series-Info+App-2010.pdf>



www.nutmegstategames.org

Track & Field Meet Veteran's Memorial Stadium, New Britain

Sunday, August 1, 2010

Field Events: 1:30 PM

Track Events: 2:30 PM

ENTRY FEES:

\$30.00 will allow participants to compete in up to two (2) events. Each additional event will cost \$5.00. Participants will not be allowed to compete in more than five (5) events. Your Age Group will be determined as of August 1st, 2010.

REGISTER ONLINE BY JUNE 28:

<http://208.106.191.140/html/nutmeg/registrationStep0.asp?action=&sportID=1> **No Onsite Registration!**

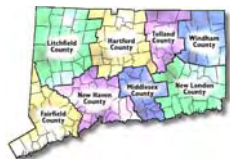
ORDER OF TRACK EVENTS

Beginning at 2:30 PM

1 Mile Race Walk
4x100 Meter Relay
High Hurdles (100/110 Meters)
1 Mile Run
400 Meters
Steeple Chase (2,000 Meters)
100 Meters
800 Meters
200 Meters
2 Mile Run
4x400 Relay

ADMISSION FOR SPECTATORS:

\$5.00 Adults
\$3.00 Child/Senior



Silk City Striders 8 County Challenge At Least Three (3) Counties Completed as of 6/1/2010

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald		X		X			X	
Mitch Bielenda		X	X	X			X	
Tony Bonanno		X				X	X	
Jim Hodges		X			X		X	X
Tony Hollister		X			X		X	
Dani Kennedy	X	X					X	
Ned Kennedy	X	X			X		X	
Cathy King		X	X	X			X	
Debbie Livingston		X				X	X	
Scott Livingston		X			X	X	X	
Alan McCall		X	X	X		X	X	X
Joe Poliquin		X	X	X			X	
Randy Potterton		X			X	X	X	
Jill Ramos	X	X	X				X	
Janit Romayko		X		X	X		X	X
John Sloan		X				X	X	
Keron Smith	X	X				X	X	
Mark Turkington	X	X		X	X	X	X	X
Zofia Turosz		X		X	X		X	
MaryLou White			X	X	X		X	X
Bekkie Wright		X	X	X			X	
Andy Zyrek		X	X			X		X



The Silk City 700 is a personal challenge to accumulate 700 miles of running within the 2010 calendar year. Below is the self-reported list of Silk City Striders who have achieved the 700 Mile Mark as of June 1, 2010. If you are not on the list below, but have been tracking your mileage “offline” please let us know what your approximate total mileage is so we can report it in the August Newsletter. Thanks.

MEN		WOMEN	
John Agosto	Bill Gaghan	Dani Kennedy	Janit Romayko
Tony Bonanno	Scott Livingston	Debbie Livingston	Keron Smith
Art Byram	Mike Tartar		
Aaron Flamino	Mike Westfall		

COACH'S CORNER

by Barry Stoner

The Physics of Water Running

Water running is a good training method when you are confined indoors; it is also a useful training technique when you need to reduce the pounding to your body from the roads. Water running is used to compensate when you are rehabilitating from an injury. Many of you may remember that Joan Benoit resorted to this technique often during her heyday. Simply, water running is when you use the same running motion while you are suspended in deep water; for most people this is done using a personal flotation device, or a PFD*. Water running can be accomplished without the PFD, but it is more difficult and requires that you know how to swim or stay upright in the water. (*PFD's include life vests as well as the AquaJogger belt, a product specifically marketed for water running.)

As a reminder for some of you, physics is the study of how and why things work the way they do. Everybody knows that our bodies have weight; weight is a force that points down toward the center of the earth. When you walk into the water your body experiences a buoyant force, which points up. For most people their weight slightly exceeds the buoyant force from water and therefore they will sink unless they do something to counteract the net force that causes sinking. It only takes a small effort to provide the additional upward force needed to keep your head above water and be able to breathe normally. I call this upward force lift. So in summary, two forces point up (the buoyant force and the lift force) and one force points down (your weight.)

Therefore, unless you always want to wear a PFD, you need to learn how to create the lift force necessary to keep your head above water. In my opinion the easiest way to do this is to learn how to scull with your hands. You can supplement this motion by using your legs to kick. Together or separately it is possible to achieve the lift force needed to swim or "tread water."

Sculling is accomplished by continuously moving your hands left and right in the water turning your palm toward the direction that you are moving your hand. Kicking can be added to this motion for stability and to gain additional lift. There are several ways to kick, but in general it only takes minor kicking to stay upright if you learn an effective sculling technique.

Applying sculling to water running takes a very aggressive sculling technique if you want to do this without the PFD. For me, I get a more effective cardio vascular work out, when water running without he PFD, by using sculling. On the other hand, while sculling is not an effective competitive swimming stroke, it does provide an easy method to learn how to swim or stay upright without excessive effort.

NEW MEMBER PROFILE: Rebecca Flanagan

I am a long-time runner who moved back to Connecticut in the Summer of 2009 after 5 years bouncing across the country for law school and work (NC, CA, AZ, NH, VT.) I moved back to the area to work at UConn (my alma mater for my BA & MA) as the Director of the Pre-Law Center. I have been running since I was 14, and I completed 1 marathon, and more Half-Marathons, 10K's, and 5K's than I can count. During college and graduate school at UConn, I ran with the Warren Street team preparing for the Fairfield Half Marathon, but never completed the Half because I always had other plans. Although I am a long-time runner, I am just getting back into longer distances after law school and illnesses which sidelined me for a couple of years. I am hoping to train for a Fall Half Marathon, but haven't decided if it will be Ridgefield, Hartford, or Newport. If I can complete a Half Marathon at or under 11 minute pace, I will be thrilled.

NUTRITION NOOK – ‘Tis the Season for Antioxidant-rich Berries

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* on June 26, 2008

Warmer weather is here, the flowers are blooming, and it's berry season. In Connecticut, strawberries are in season from late May to early June while mid-July through August is raspberry, blueberry and blackberry picking time. Berries are sweet, juicy and satisfying. They are high in vitamins and minerals, such as vitamin C and potassium, good sources of fiber, and low in calories with $\frac{3}{4}$ of a cup supplying approximately 60 calories. Berries are also rich in antioxidants.

Antioxidants are natural defenders present in the body and in certain foods, especially fruits and vegetables. A number of different vitamins, minerals, and other natural chemical compounds present in food are antioxidants. For instance, the vitamins A, C and E are all antioxidants. Antioxidants help protect the body by preventing or repairing damage to cells, tissues and DNA (the blueprint for cell production) caused by harmful unstable molecules called free radicals. Free radicals are produced when oxygen is utilized by cells to complete normal processes such as when the body converts food to energy or during exercise. Pollution, cigarette smoke, pesticides, and ultraviolet light from the sun also produce these harmful substances. Free radicals can lead to a variety of diseases such as cancer, heart disease, stroke, cataracts, lowered immune function, and neurodegenerative diseases like Alzheimer's and Parkinson's. The damage created by free radicals can be prevented or decreased by antioxidants. The body's ability to fight free radicals can be strengthened by consuming antioxidant-rich foods like berries.

The health-promoting benefits of foods presumably come from various antioxidants rather than a single antioxidant nutrient or food substance. The ORAC (oxygen radical absorbency capacity) score is a scientific method used to approximate the overall antioxidant potential of fruits and vegetables. The higher the ORAC score, the greater the food's antioxidant potential. The foods with the highest ORAC scores in descending order are: dried plums, blueberries, blackberries, strawberries, raisins, and raspberries. So, it is assumed that a fruit or vegetable with a high antioxidant potential provides more health benefits than a fruit with a lower ORAC score. Consuming adequate amounts of fruits and vegetables is important for optimal nutrition due to the antioxidant potential and fiber content in these foods.

Fresh berries can be purchased from local grocery stores or farmer's markets. To reduce your exposure to pesticides, choose organically grown fruit or grow your own organic berries. Also, visiting farmer's markets helps support local farmers and the community. Reap the benefits of starting a garden. Gardening is good exercise, lets you enjoy nature, the fresh air and sunlight. It is also relaxing and rewarding. You'll soon taste the delicious "fruits" of your labor! Gardening is also a great family activity. It teaches children about responsibility as they help care for the garden, it introduces them to the wonders of nature and the origins of fruits and vegetables, and demonstrates the work required to grow food they may take for granted.

You can enjoy antioxidant-rich, fresh berries this summer by eating them plain, with low-fat yogurt or cottage cheese, on cereal, or in muffins, pancakes, waffles, cakes and fruit crisps. Or, freezing berries allows you to enjoy them all year. Either purchase your favorite berries or pick your own at one of the many farms throughout New England. Wash the berries thoroughly by placing them in a large bowl of cool water. Remove them with a slotted spoon and carefully place in a colander. Rinse with cool water. Place berries on dry towels and let dry (a fan will reduce drying time). As berries dry, remove under ripe or berries of poor quality. Once dry, gently place berries in re-sealable freezer bags. Remove all air before closing bags and storing in the freezer. Frozen berries are also wonderful in yogurt, cereal and baked goods. Enjoy these tasty, refreshing fruits throughout the year to increase your intake of antioxidants, potassium, and fiber and optimize your health.



Banana Blueberry Muffins

(created by Katie Jeffrey-Lunn, MS, RD, LD-N, CD-N)

Ingredients:

- 1 cup Bananas, ripe and mashed (about 3 large bananas)
- 2 Tbsp. Canola oil
- 2 large Eggs
- 1 tsp Vanilla extract
- 1/4 cup Reduced Fat Buttermilk
- 1 cup All-Purpose flour
- 1 cup Whole Wheat Pastry flour or White Whole Wheat flour
- 1 tsp. Baking Soda
- 1/4 tsp Cinnamon, ground
- 1/2 tsp Salt
- 1/2 cup Light Brown Sugar, packed
- 1 1/2 cups Blueberries

1. Preheat oven to 400°F. Coat two 12-cup muffin pan with cooking spray or line with paper and aluminum muffin cups.
2. In a medium bowl, sift together the flours, baking soda, salt and cinnamon. Mix well with a wire whisk or fork. Set aside.
3. In a large bowl, mash the bananas. Add one egg at a time, whisking after each addition. Add the oil, vanilla extract, and sugar and whisk well. Whisk in the buttermilk.
4. Stir in half of the flour mixture at a time. After each flour addition, mix until just combined.
5. Pour batter into prepared muffin pan, filling each tin almost to the top. Bake for approximately 20-minutes or until a toothpick inserted in the center of one of the muffins comes out clean.
6. Let cool on a wire rack for 10 minutes. Carefully remove muffins from pan. If used cooking spray, run a knife around the muffins to loosen and remove them.
7. Enjoy warm or allow to completely cool before storing in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months.

Recipe Facts:

Serves: 15.0

Serving Description: 1 muffin

Preparation Time: 30 minute(s)

Cooking Time: 20 minute(s)

Nutrition Facts per Serving:

Calories: 141.2

Total Fat 3.1g

Saturated Fat 0.6g

Cholesterol 29.2mg

Sodium 185.1mg

Total Carbohydrate 25.7g

Dietary Fiber 2.1g

Sugars 11.3g

Protein 3.6g



RACE CALENDAR

Date	Time	Race	Place	Weblink
Fr Jun 4	6:00 PM	Twilight Trail 7.4M/3.6M	Groton (Bluff Point St Park)	www.twilighttrailrun.com
Fr Jun 4	8:00 PM	Moonlight Run 5K	New Milford (Young's Field Rd)	www.roadtracksports.com
Sa Jun 5	9:30 AM	Angus Wooten Memorial 5K	Storrs (EO Smith High School)	http://www.silkcitystriders.org/Angus%20Wooten%20Registration%202010.pdf
Sa Jun 5	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	www.komenct.org
Su Jun 6	8:00 AM	Iron Horse Half-Mar, 5K & 10K	Simsbury (Iron Horse Blvd)	www.hartfordmarathon.com
Su Jun 6	8:00 AM	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	http://www.marathonguide.com/sites/nipmucktrail
Fri Jun 11	6:00 PM	Pride in Manchester 5K *New	Manchester (Globe Hollow)	www.manchesterrunningcompany.com
Sa Jun 12	8:30 AM	Blum Shapiro 5K	Cromwell (TPC River Highlands)	www.hartfordmarathon.com
Su Jun 13	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	www.celebratewesthartford.com
Su Jun 13	1:00 PM	Litchfield Hills Road Race 7.05M	Litchfield (Village Green)	www.lhrr.com
We Jun 16	6:30 PM	Solstice Sprint 5K	West Hartford (MDC Res.)	www.hartfordtrackclub.org
Th Jun 17	6:00 PM	X-Treme Scramble Series 5K #1	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Su Jun 20	8:00 AM	Miles for Multiple Myeloma 5K & 10K	Bristol (Lake Compounce)	www.trisportmedia.com/events.html
Su Jun 20	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	www.branfordroadrace.net
Su Jun 27	8:30 AM	Fairfield Half Marathon & 5K	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffidhalf
Su Jul 4	9:00 AM	Independence Day 5000	Milford (Foran H.S.)	www.hitekracing.com/indy5000
Su Jul 4	9:00 AM	Independence Day 5K	Springfield (B-Ball Hall of Fame)	www.harriers.org
Su Jul 4	10:30 AM	Boombox Mile	Willimantic (Main St)	www.thelastmileracing.com
Mo Jul 5	9:00 AM	John DeMille Firecracker 8K	Bethel (P.T. Barnum Square)	www.roadtracksports.com
Mo Jul 5	10:00 AM	Four on the "Fifth" 4M	Chester (Center)	www.chesterrotary.org/fouronthefourth.html
Sa Jul 10	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	www.hartfordmarathon.com
Sa Jul 10	8:00 AM *	Glastonbury SRS #1 - 5K	Glastonbury (Smith Middle Sch)	www.glastonburychamber.org
Sa Jul 10	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	www.ci.east-hartford.ct.us
Sa Jul 10	6:00 PM	Twilight 5K	Enfield (Town Green)	www.enfieldcelebration.org
Th Jul 15	6:00 PM	X-Treme Scramble Series 5K #2	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
We Jul 15	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main St.)	www.jbsports.com
Sa Jul 17	8:00 AM *	Glastonbury SRS #2 - 4.5M-	Glastonbury (Addison Park)	www.glastonburychamber.org
Su Jul 18	9:30 AM	GE Petit Family Foundation 5K	Plainville (GE - Woodford Ave)	www.PetitRoadRace.com
Su Jul 18	9:00 AM	Soapstone Assault 5.5M	Somers	www.ShenipsitStriders.org
Fr Jul 23	6:45 PM	Trumbull Sunset 5K	Trumbull (Twin Brooks Park)	www.trumbullrotary.org
Fr Jul 23	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	www.narragansettri.com/lions
Sa Jul 24	8:00 AM *	Glastonbury SRS #3 - 10K-	Glastonbury (Nayaug School)	www.glastonburychamber.org
Sa Jul 24	9:00 AM	Scottish Rite Freemasons 5K	Newington (207 Deming St.)	www.plattsys.com
Sa Aug 7	9:00 AM	John & Jessie Kelly 11.6M	New London (Ocean Bch Pk)	www.moheganstriders.org
Th Aug 12	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Th Aug 12	6:25 PM	Corporate 5K for Special Olympics	Hartford (Bushnell Park)	www.jbsports.com
Th Aug 12	6:30 PM	E. Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	www.ci.east-hartford.ct.us
Sa Aug 14	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	www.bridgeofflowers10k.com
Su Aug 15	10:00 AM	Keney Park 5K	Hartford (Keney Park - Greenfield St. Entrance)	http://www.silkcitystriders.org/Keney-Park-5K-App-2010.pdf
Su Aug 22	8:30 AM	Lobster Loop 5K	Canton (Town Green)	www.plattsys.com
Su Aug 22	9:00 AM	Austin Harlow Memorial 5K	Somers (Fair Grounds)	www.thelastmileracing.com
Su Aug 22	9:00 AM	Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	www.runwmac.com
Mo Sep 6	8:30 AM	New Haven Road Race 20K & 5K	New Haven Town Green	www.newhavenroadrace.org
Sa Sep 25	8:00 AM	Winnepesaukee 66M Relay	Weirs Beach, NH (Funspot)	www.northmedfordclub.org

* "Living Well" in Glastonbury - Summer Racing Series (SRS) -- <http://www.glastonburychamber.net/wcevents/eventdetail.aspx?EventID=31>
Application Available at: <http://ctelderlawblog.typepad.com/files/application.pdf>

SILK CITY STRIDERS 2010 Event Calendar

- JUNE** - Bolton XC Summer Series.....Thursday Night - June 24
Lake Terramuggus Triathlon Series Thursday Nights, June 3 & 17
- JULY** - Wickham Park Cross Country SeriesMonday Nights – July 5 & 19
Summer Picnic @ Stonewood Acres.....Sunday, July 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 SeriesMonday 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' Roll..... Sunday, September 12
Fred Brown Lake Winnepesaukee Relays..... Saturday, September 25
- OCTOBER** - Ray Crothers Memorial Run.....Sunday, October 24
Halloween Pot Luck Supper Saturday, October 30
- NOVEMBER** - Parker Holt Celebration Run 5KSunday, November 7
Know Your Pace Race Saturday, November 20
Manchester Road RaceThursday, November 25
- DECEMBER** - Scrooge ScrambleSaturday, December 25



RED DRESS RUNNERS NEEDED -- LADIES ONLY

The RED DRESS RUN FOR WOMEN 5K will be held on July 10, 2010. 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 for the ladies are available on the Silk City website. 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.

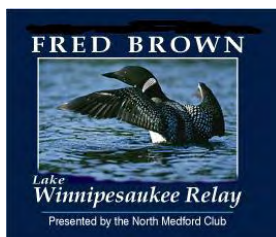
“Lake Winnepesaukee Relay” TEAMS FORMING NOW

Race Date: Saturday, September 25, 2010

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

All runners are welcome.

http://www.northmedfordclub.org/2010_winni_home.htm



Men’s Team Captain - Bill McGugan 860-649-9072
Women’s Team Captain – Betty Cannella 860-872-5903