



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

PACING AT THE VERMONT CITY MARATHON – by Art Byram

I first ran the VCM in 2005 as a fun run with very little training, finishing with a 3:57. In 2006 I ran it as part of a 2 person relay team on a hot sunny day, struggling in the heat. In 2007, following a negative split 3:16 performance at Boston, I raced it and ran a 3:16:12 and lost a painful 6 minutes in the last 6 miles. I was really well trained and primed in 2008, but had a minor injury 3 days prior and decided to volunteer rather than run. In 2009 I was in great shape and led the 3:30 pace group. In 2010 I was in marginal shape and battled with every thing I had to lead the 3:30 pace group in on time. Much too close for comfort! Lesson learned.

Pacing is a great way to experience a race. Pace leaders are expected to run at a consistent pace, offer encouragement, and guide a group of runners through a race, finishing at a precise time. The predicted finishing time should be a very comfortable pace for the leader. Although the 3:30 time slot was mine for the last 2 years, following the 16th or 17th major snow storm last winter, I decided to back off a bit and lead the 3:45 group instead. Given the fact that I just turned in a 3:17 at Boston, I was really confident running at the 8:35 min per mile pace required to run the 3:45 goal. However, the hot and sticky weather this year made the run much more challenging than I would have liked. Light rain and high 60's at the start were replaced by high 70's with 90% humidity. This was especially difficult considering the cool spring we have had so far this year.

This is a very difficult race to pace for many reasons. Early downhill sections make the first miles naturally fast. Also, the majority of runners are part of 6 person and 2 person relay teams. We were constantly passing and being passed by these relay runners, who alternately impeded or threw off our efforts to remain steady. In addition there is a rather large hill at 15 miles that must be planned for - the "assault on Battery" hill. At the base of the hill there was a group of about 60 Japanese Taiko drummers which sound like the battle drums from "Lord of the Rings". Most of us just floated up the hill. After the hill, we were left with a lot of course to run, and rising temperatures. We had about 30 seconds in the bank and were moving along. However, the mileage and the heat started to pick away at our numbers as our pace pack crowd thinned. As we hit the 20 mile mark, only 3 other runners were with me and my co-leader Chuck Arnold. I was definitely feeling better than the year before, but as the race progressed, I had to concentrate to keep my pace and motivation. I guess I expected it to be a lot easier than Boston, but the distance is always a challenge. I just put my head down and ran. Gone was the carefree banter that marked the early parts of the run. Gallows humor ruled. The last 4.5 miles are on a downhill bike path along Lake Champlain. Chuck and I hit the line at 3:44:33 happy to have finished within the 30 second Pacers window.

SILK CITY STRIDERS BOARD OF DIRECTORS MEETING

**Sunday, June 26
2:00 PM**

**Hungry Tiger Restaurant
Manchester, CT**

TABLE OF CONTENTS

Club News & Events.....	2
Silk City Striders Summer Picnic.....	2
Summer XC Series.....	3
Bobby's Run Recap	4
Race Results	6
Spring Marathon & Ultra Results	9
Duathlon/Triathlon Results & Events.....	10
Maui the Superdog's blog	11
H.S. Outdoor Track & Field Highlights	12
Summer 2011 Track & Field Meets	17
Nutrition Nook.....	18
Race Calendar & Event Calendar	20

2011 BOARD OF DIRECTORS

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WebMaster

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Newsletter

Staff: Bekkie Wright – Editor
 Karen Saunders – Editor Emeritus
 Jim Best – Race Calendar
 Barry Stoner – Coach’s Corner
 Katie Jeffrey-Lunn – Nutrition Nook
 Art Byram – State-of-the-Art

TRAINING RUNS

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

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

Tuesday Evening Funs Runs - 6:00 pm

Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street

Thursday Evening Funs Runs - 6:00 pm

Case Mountain Trails – Spring Street lot

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Jimmy Morris

Amston

SCS SUMMER PICNIC

Sunday, July 31

1:00 PM – 5:00 PM

“The Kennedy Compound”

44 Stonehedge Lane, Bolton 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.

Activities:

- Trail Run - We'll mark a trail through the woods from the house which connects to the Hop River Rail Trail.
- Swimming - The pool and hot tub will be open. Please bring your own towel.
- Volleyball - We can set up the volleyball net if anyone is interested.

NOTE: Since we have 2 large dogs, we'd prefer to not have any more as guests.

Directions:

- Heading East on 44, Take a right onto South Road at the light on 44 where the boat launch for Bolton Lake is on your left.
- Take the first right onto Stonehedge Lane.
- We are #44. It is on the left with very tall pines along the top of the property.
- There is a sign on the mailbox that says "#44 - Kennedy"

There are several parking spots available down near the house, but if we bring too many cars “down the hill” it will be hard to turn around and no one wants to back up our driveway. You can easily park on the road and walk down.

Please call Dani Kennedy at 860-643-4552 home or 860-670-6294 cell if you have any questions about this year’s picnic.



**SUMMER GRAND PRIX
CROSS COUNTRY RACE SERIES 2011**

Sponsored by:

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

Dates: Tuesday, July 5
Mondays July 18, and
Mondays, August 1, 8 & 15

Location:

Wickham Park, Manchester, CT
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 13
 \$5.00 (14 and up)
 \$20.00 series Pre-Reg. by June 13

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 5, 2011

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:



BOLTON SUMMER XC SERIES

All proceeds benefit

Bolton High School Track & Field Program

Dates: **Wednesday, June 29**
Wednesdays, July 6, 13, 20 & 27
Wednesday, August 3, 10

Location:

Rose Farm (aka Bolton Heritage Farm)
Bolton Center Road, Bolton, CT

Time & Distance:

6:00 pm – Ages 4 & under – 100 meters
6:10 pm – Ages 13 & under – 1 mile
6:30 pm – All Ages Welcome – 2.6 miles
All 3 races are entirely off-road.

Entry fees: Toddlers Race is Free
 \$2 for Kids' 1 Mile Race
 \$3 for 2.6 Mile Race
 \$10 Max per Family

Age Categories & Points System:

1 Mile Race: 9 & under, 10-11, 12-13
2.6 Mile Race: 15 & under, 16-18, 19-29, 30-39,
40-49, 50-59, 60-69, 70+

Points will be awarded after each race in each Age Category. 10 points for 1st, 9 point for 2nd, etc.

Awards: Prizes will be presented to the top point scorers at the end of the final race of the series (August 10). **You must complete at least 3 races to be eligible for a prize.**

For More Information contact:

Dani Kennedy
860-643-4552 home; 860-670-6294 cell

Link to Bolton Summer XC Series information from the Silk City Striders homepage or at:
<https://sites.google.com/site/boltonsummerxcseries>



8th Annual Bobby's Run

Saturday, May 14, 2011 -- Northeast School, Vernon, CT

Thanks to everyone who participated in and volunteered at the 8th Annual Bobby's Run. Special thanks to Lisa Bonadies for supplying the Poland Springs Water, MaryLou White for Registration & Finish Line assistance, Rick Konon & Barry Stoner for course monitoring, Sue Leslie, Karen Saunders, and Randy Potterton for staffing the Water Stops; Joe Poliquin for course photography, and Cathy King and Mitch Bielenda for post-race clean-up.

Over \$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	Fname	Lname	City	State	Sex
1.	51:56	Pete	DellaBella	Natick	MA	M
2.	52:12	Ken	Clark	Somers	CT	M
3.	52:20	Kurt	Lenser	Suffield	CT	M
4.	53:57	Jeramie	Perry	Manchester	CT	M
5.	54:06	Russell	Blatt	Glastonbury	CT	M
6.	54:20	Scott	Freeman	Marlborough	CT	M
7.	55:09	David	Czarneski	Bristol	CT	M
8.	56:06	John	Paggioli	Marlborough	CT	M
9.	57:43	Dan	Dumais	Simsbury	CT	M
10.	59:59	Michael	Tirrell	Tolland	CT	M
11.	1:00:16	Andrew	Zyrek	Manchester	CT	M
12.	1:01:17	Mitch	Bielenda	S. Windsor	CT	M
13.	1:02:53	Kevin	Kearns	Windsor Locks	CT	M
14.	1:03:56	Richard	Chromik	Tolland	CT	M
15.	1:04:00	John	Sloan	Manchester	CT	M
16.	1:04:04	Bill	McGugan	Manchester	CT	M
17.	1:06:00	Brent	Stratton	Middletown	CT	M
18.	1:08:54	Ted	McCarthy	Tolland	CT	M
19.	1:10:02	Gaston	Persano	W. Hartford	CT	M
20.	1:10:10	Tom	Walsh	Wethersfield	CT	M

Place	Time	Fname	Lname	City	State	Sex
21.	1:10:13	Abby	Greenfield	Enfield	CT	F
22.	1:10:23	Bill	Bourgoin	Ellington	CT	M
23.	1:10:25	Chris	Wollenberg	Marlborough	CT	M
24.	1:10:27	Alan	McCall	Manchester	CT	M
25.	1:10:44	Bill	Schwarz	Manchester	CT	M
26.	1:11:35	Robert	Pezzulo	Plainville	CT	M
27.	1:13:01	Jonathan	Hale	Suffield	CT	M
28.	1:13:29	Stephanie	Badalucco	Glastonbury	CT	F
29.	1:13:29	Marissa	Moon	Berlin	CT	F
30.	1:13:34	Steve	Bebrin	Vernon	CT	M
31.	1:15:03	Heidi	Chromik	Tolland	CT	F
32.	1:15:04	Betty	Cannella	Ellington	CT	F
33.	1:18:53	Ray	Davis	Glastonbury	CT	M
34.	1:19:22	Greg	Bombassei	Avon	CT	M
35.	1:19:36	Cathy	King	Manchester	CT	F
36.	1:20:36	Frennie	Elderkin	Vernon	CT	F
37.	1:27:19	Elizabeth	O'Donnell	Vernon	CT	F
38.	1:27:48	Jessica	Johnson	Niantic	CT	F
39.	1:27:48	Chrystal	Hale	Suffield	CT	F
40.	1:40:49	Debra	St. Germain	Hartford	CT	F



Alan Scott Bill M. Bill S. John P. Mike John S.



Mitch Cathy Betty Heidi Rick Andy Tom

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.

EQUAL ACCESS CLINIC 5K Gainesville, FL April 9, 2011

Russell Saucier	#2 M50-59	24:10
Carol Saucier	#1 F40-49	26:22

1040 EZ 5K Road Race Windsor, CT April 16, 2011

Steven Morse	#8M	20:24
Ed Yergeau		24:29
Tom Butterfield		25:56

HEBRON 5K ROAD RACE Hebron, CT April 16, 2011

Tom Walsh		23:55
Alan McCall		24:39
Tom Phillips		35:27

B.A.A. 5K Boston, MA April 17, 2011

Andy Zyrek	PR	20:12
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EASTER ROAD RACE 5K Willimantic, CT April 23, 2011

Mark Turkington	#9M; #1 M60-69	22:58
Jay Hamilton	#10M	23:03
Annette Hamilton	#10F; #1 F40-49	25:26

BRADLEY INTERNATIONAL 10K Windsor Locks, CT April 23, 2011

Adam Bulewich	#4M; #1 M30-39	37:13
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EARTH DAY 5K Watertown, CT April 23, 2011

Norlean Litwinka	#7F	35:39
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GLASTONBURY RIVER RUN 5K Glastonbury, CT April 23, 2011

Tris Carta	#1 M55-59	20:42
King Archibald	#2 M50-54	21:47
Tom Walsh		23:10

KATE'S FUN RUN FOR ST. FRANCIS 5K West Hartford, CT April 27, 2011

Scott Hollister	#8M	20:03
Tony Hollister		21:10
Tom Walsh		22:14

GRANBY ROAD RACE 10K Granby, CT April 30, 2011

Steven Morse	#2 M50-59	44:15
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HCBA JOSEPH J. CASSIDY 5K West Hartford, CT April 30, 2011

Adam Bulewich	#1M	17:44
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SIMSBURY RIVER RUN 10K Simsbury, CT May 1, 2011

Jason Earl	#3M; #2 M30-39	40:02
Alan McCall		54:30

BROAD STREET RUN 10M Philadelphia, PA May 1, 2011

Marty Keibel	#2 M55-59	1:03:13
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STAR HILL DUATHLON 5K Tolland, CT May 1, 2011

Janit Romayko		27:45
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SEVEN SISTERS TRAIL RACE - 13 Miles Amherst, MA May 1, 2011

Scott Livingston		2:17:00
John Agosto		2:25:02
Debbie Livingston	#2F; #1 F30-39	2:25:28
David LaPorte		3:08:14
MaryLou White	#2F 50-59	5:06:18



CT RACE IN THE PARK 5K New Britain, CT May 7, 2011

Women's 5K

Bekkie Wright	#1 F40-49	21:36
Sue Leslie		27:16
Joyce Thorner	#18 Survivor	34:00
Pat DeSimone		36:57

Men's 5K

Ian Roberts		21:01
Joseph Poliquin		21:39
Tony Hollister	#1 M60-69	21:41
Tom Walsh		22:46

BARKHAMSTED RIVER RUN 5K

Barkhamsted, CT May 7, 2011

Russell Saucier	#3 M50-59	24:20
Carol Saucier		26:26

MILL POND 5K

Somers, CT May 7, 2011

John Paggioli	#3 M40-49	18:52
Matt Yoder		20:42
MaryLou White	#2 F50-59	29:46

SALMON RIVER TRAIL RUN 5.41

Colchester, CT May 7, 2011

Ned Kennedy	#6M; #2 M50-59	35:11
Ed Sweeney		39:05
Alan McCall	#2 M60-69	46:29
Diana Cohen		54:45

VERNON MOTHER'S DAY DASH 5K

Vernon, CT May 8, 2011

Steve Morse	#2 M50-59	19:58
Linda Yamamoto	#2F; #1 F30-39	20:03
Aaron Flamino		20:06
King Archibald		21:51
Mark Turkington	#3 M60-69	22:47
Ginny Welch		24:03
Tim Blinn		24:57
Sue Leslie	#1 F60-69	27:27
Nancy Gresh		27:57
Janit Romayko	#2 F60-69	28:48
Clint Driscoll		32:46
Prescille Yamamoto	#1 F70+	53:18

BISHOPS' 5K FOR KIDS

West Hartford, CT May 14, 2011

Ian Roberts		21:13
Janit Romayko	#2 F60-69	28:28
Tom Phillips	#1 M70-79	33:17

Janit Reports: It was nice to see Tom Phillips, one of the veteran members of the Silk City Striders. He and his wife have been active in the Grace Episcopal Church in Hartford for years and he was part of the running team from that church. There were over 20 parishes represented and over 350 runners who finished the race. Tom, who admitted to doing no training at all, was first in the 70-79 year old age group and did not even look winded!!

AVON PINE GROVE SCHOOL 5K

Avon, CT May 15, 2011

Deborah Thurston		30:27
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BILL LANDERS MEMORIAL 5K

Glastonbury, CT May 15, 2011

George Ripley	#1 M60+	25:02
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TRUE COLORS 5K

Manchester, CT May 15, 2011

Michael Westfall	#3M	20:23
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NEWINGTON LIBRARY 5K

Newington, CT May 15, 2011

Jason Earl	#2M; #1M30-39	18:55
Dean Bolt	#2 M50-59	21:56
Mark Turkington	#2 M60-69	22:36

SOAPSTONE MOUNTAIN TRAIL RACES

Somers, CT May 15, 2011

24K

Scott Livingston	#8M	1:55:36
John Agosto		2:01:58
Tony Bonanno		2:10:31
David LaPorte		2:30:18
MaryLou White		3:46:29

6K - Handicap Start*

Ned Kennedy	#2M	24:55	Group H
Dani Kennedy	#2F	29:57	Group Q
Janit Romayko		35:44	Group D
Keith Morgan		43:45	Group I

Janit Reports: We had quite a "romp in the rain." The classic shorter race was an age graded event with the older runners starting first and each subsequent age group starting at 4 minute intervals. A very interesting concept. The eventual "winner" was older than most of the "pack".

CARDINAL RUN 2.4M

Middletown, CT May 21, 2011

Janit Romayko		22:22
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CHERRY TREE RUNNING FESTIVAL**BLACKSTONE VALLEY HALF MARATHON**

Pawtucket, RI May 21, 2011

Keron Smith	#4F; PR	1:35:40
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NORTHFIELD MT. TRAIL RACE 10.3 K

Northfield, MA May 21, 2011

David LaPorte		51:55
Marylou White		1:16:41

SHAD DERBY ROAD RACE 5K

Windsor, CT May 21, 2011

Adam Bulewicz	#2M; #1 M30-39	17:15
Andy Zyrek	#3 M40-49	20:30
Kathy Manizza & Maui the Superdog		29:54

TIM PAIGE MEMORIAL 5K

Longmeadow, MA May 21, 2011

John Paggioli	#3M	18:52
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TEN PENNY ALE SHAMROCK 5K
Glastonbury, CT May 22, 2011

Dani Kennedy	#7 Overall; #1F	21:38
King Archibald	#8M; #1 M50-54	22:21
Tom Walsh	#1 M55-59	23:22

WILLINGTON PTA 5K
Willington, CT May 28, 2011

Jason Earl	#3M; #2 M30-39	18:28
Jay Hamilton		22:05
Janit Romayko	#2 F60-69	28:54

NORTH COUNTRY YMCA LILAC 5K
Lisbon, NH May 28, 2011

MaryLou White		30:23
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RUNNERS IN SUPPORT OF EDUCATION 5K
North Stonington, CT May 28, 2011

Bob Niedbala		29:07
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Bob reports: It was a beautiful morning for a race. The race starts and ends at the North Stonington Fair Grounds. After the race they have races for the little kids that they do in the horse rink. It is cute ... kids look like small horses running around the rink. And afterward there were hot dogs and hamburgers with all the fixings for all the runners.

OAK BLUFFS MEMORIAL DAY 5K
Martha's Vineyard, MA May 29, 2011

Carole Saucier	PR	25:24
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'ROUND THE LAKE 5K
Marlborough, CT May 29, 2011

John Paggioli	#4M	18:54
Peter Briggeman		22:15
Adam Paggioli		22:48
Russell Saucier		24:25
Sue Leslie		28:42

RACE AROUND THE LAKE 3.5M
New Hartford, CT May 29, 2011

Alan McCall		30:28
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BRIDGEPORT SEASIDE 5K
Bridgeport, CT May 29, 2011

Janit Romayko		27:44
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MEMORIAL MILE
East Hartford, CT May 30, 2011

Jason Earl	#1M	4:53
Bill McGugan	#3 M50-59	5:43
Tom Walsh		6:31
Randy Potterton		9:45

WOODSTOCK MEMORIAL DAY 10K
Woodstock, CT May 30, 2011

Mark Turkington		50:24
Janit Romayko	#2 F60-69	1:02:03
Barry Stoner		1:18:57

BLOOMFIELD MEMORIAL ROAD RACE 3M
Bloomfield, CT May 30, 2011

King Archibald	#4M; #5 Overall	21:58
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KOMEN CT RACE FOR THE CURE
5K Run & 4K Walk

Bushnell Park, Hartford, CT June 4, 2011

John Agosto*	#8M; #2 M40-49	18:58
Adam Bulewich		19:20
Linda Yamamoto*	#3F; 2 F30-39	19:31
Jay Hamilton		21:59
Joe Poliquin*		23:42
Bekkie Wright*		23:43
Annette Hamilton		24:23
Mike Fromerth*		24:29
Kate Bonanno*	#3 F0-12	28:26
Tony Bonanno*		28:26
Melissa Jolly		57:00

*Members of the Silk City Striders Team which placed #3 out of 44 teams. Adam Bulewich's team was #1, Jay & Annette Hamilton's team was #6, and Melissa Jolly's team was #44.

Survivors participating in the 5K:

Pat Saimond		32:27
Anne Forzley		32:28
Joyce Thorner*	(untimed)	~33:30

Other "untimed" participants in the 5K:

Jackie Cmero
Kathy Thornton
Joan Schwarz
Debbie Thurston

NOTE: The Silk City Striders team also included members participating in the 4K Walk, the Thurston Family, the Bonanno Family (Ellen Bonanno – Survivor), and the Flamino/Yamamoto family (Prescille Yamamoto – Survivor).

In addition, the Bonanno family raised over \$1,400 in donations for the Susan G. Komen Foundation.

TWILIGHT TRAIL RUNS 7.6M & 3.4M
Bluff Point State Park, Groton, CT June 3, 2011

	<u>3.6 M</u>	
MaryLou White	#2 F50-59	37:02
	<u>7.4 M</u>	
John Paggioli	#4 M40-49	48:45
Bob Niedbala	#2 M60-99	1:15:11

Bob reports: It was a beautiful night for a run...cool with a cloudless sky. The race starts at 6:00 pm, creating a lot of shadows under the leafy canopy, and the trail has plenty of rocks and roots with some single-track sections. There were many falls, but luckily no broken bones.

CHAPLIN COUNTRY 5K
Chaplin, CT June 4, 2011

Andy Zyrek	#7M; #3 40-49	20:50
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SUFFIELD FIREMAN'S 5K
Suffield, CT June 5, 2011

Steven Morse	#10M; #2 M50-59	20:00
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IRON HORSE HALF MARATHON/10K/5K
Simsbury, CT June 5, 2011

Half Marathon

Art Byram	PR	1:32:06
Matt Yoder		1:33:15
Mickey Grabner		1:37:45
James Janiak		1:42:34
Joan Munroe	#2 F55-59	1:58:42
Bill Schwarz	#2 M65-69	2:00:50
Alan McCall		2:05:38
Cathy King		2:12:08

10K

Michael McCall	#3M; #1 M25-29	37:36
Amira Lerario	#6F; #1 F40-44	43:45

5K

Dani Kennedy	#5F; #1 F50-54	21:49
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SPRING MARATHON & ULTRA CORNER

GANSETT MARATHON
Narragansett, RI April 16, 2011

Jay Seney	BQ	3:31:23
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BOSTON MARATHON
Hopkinton to Boston, MA April 18, 2011

Scott Freeman	BQ	3:07:18
John Paggioli	BQ	3:09:04
Marty Keibel	BQ	3:15:40
Tony Bonanno	BQ	3:16:51
Art Byram	BQ	3:17:58
Mike Tartar	BQ	3:19:58
Amira Lerario	BQ	3:32:10
David Leak		4:02:27
Ed Sweeney		4:05:49
Cassandra Webb-Monaco		4:17:58
Beth Wells-Mackay		4:40:42
Bob Niedbala		4:55:32

TRAPROCK 50K

Penwood St. Park, Bloomfield, CT April 16, 2011

Scott Livingston	#10M	4:51:22
Debbie Livingston	#1F	5:09:30
John Agosto		5:23:02
Bekkie Wright		7:32:45
Joe Poliquin		7:32:45

WALTER CHILDS MEMORIAL
RACE OF CHAMPIONS MARATHON
Holyoke, MA May 1, 2011

Adam Bulewich	#2M; #1 M30-39; BQ	2:46:04
Jay Seney	#2 M50-59; BQ	3:28:50

COX RHODE RACES MARATHON
Providence, RI May 1, 2011

John Collins	BQ	3:07:40
Mike Westfall		3:37:51

AVENUE OF THE GIANTS MARATHON
Humboldt Redwoods State Pk, CA May 1, 2011

Andy Zyrek	PR	3:40:02
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TNF ENDURANCE CHALLENGE 50M
Northeast Regional – Harriman State Park
Bear Mountain, NY May 7, 2011

Debbie Livingston	#4F	10:03:19
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SHIRES OF VERMONT MARATHON
Bennington to Manchester, VT May 15, 2011

Jay Seney	#1 M50-59; BQ	3:22:54
Bekkie Wright	BQ	3:56:31
Joe Poliquin		3:56:32
Jill Ramos		5:22:52

KEYBANK VERMONT CITY MARATHON
Burlington, VT May 29, 2011

Adam Bulewich	#3 M35-39; BQ	2:48:33
Jay Seney	BQ	3:21:22
Art Byram	3:45 Pace Leader	3:44:33
Bill Turney	#1 M65-69; BQ	3:56:06

ROCK 'N' ROLL SAN DIEGO MARATHON
San Diego, CA June 5, 2011

Marty Keibel	#1 M60-64	3:11:55
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DUATHLON & TRIATHLON RESULTS & SUMMER SERIES

WRENTHAM DUATHLON Wrentham, MA April 17, 2011

2M Run – 11M Bike – 2M Run

Janit Romayko	#1 F65-69	1:35:42
MaryLou White		1:46:31

ROCKBUSTER DUATHLON Ashland, MA April 23, 2011

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

Janit Romayko	#1 F65-69	1:21:08
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SHAMROCK DUATHLON Glastonbury, CT May 22, 2011

5K Run – 28 K Bike – 5K Run

Scott Livingston		1:30:24
Ned Kennedy		1:36:54
Ken Larson	#2 M55-59	1:38:11
Kathy Manizza	#5F; #1 F50-54	1:43:55
Dean Bolt		1:45:34
Bill Schwarz	#1 M65-69	1:54:36
Diana Cohen	#2 F30-34	2:00:21
Ed Yergeau		2:00:21
Carole Saucier	(Mountain Bike)	2:09:27
Clint Driscoll		2:39:40

LAKE TERRAMUGGUS SPRINT TRI #1 Marlborough, CT June 2, 2011

1100* Yard Swim – 12 M Bike – 5K Run

Ken Larson	#3 M50-59	1:08:51
Kathy Manizza	#3F; #1 F50-59	1:12:17
Janit Romayko	#1 F60++	1:27:07

*The swim was supposed to be 500 yards, but was actually more than twice that distance as measured for Race #1

QUASSY HALF REV Middlebury, CT June 4, 2011

1.2 M Swim – 56 M Bike – 13.1 M Run

Scott Livingston		4:56:28
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LUDLOW BOYS & GIRLS CLUB TRIATHLON Ludlow, MA June 5, 2011

1/2 M Swim – 14 M Bike – 4 M Run

Janit Romayko	#1 F65-69	1:44:08
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WINDING TRAILS SPRINT TRI SERIES

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

Dates: Tuesdays June 14th – August 16th

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 \$80.00/series

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

Teams: Members \$20 Non-Members \$40

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

Sponsored by Timex, Benidorm Bikes,
and Fleet Feet Sports.

TERRAMUGGUS SPRINT TRI SERIES

Thursday Nights

**June 2, 16 & 30; July 14 & 28;
and August 1**

Start Time: 6:15 PM

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

500 yard Swim, 12 mile Road Bike, 5K Run.
There will be 2 wave Starts of 100; race limit 200.

Contact: Bill Honeck Billy@pigironsports.com
or call Pig Iron Sports at 860-539-2369

CEDAR LAKE TRI SERIES

Thursday Nights

**June 9, 23 & 30; July 7 & 21;
August 18 & September 1**

Start Time: 6:10 PM

**Cedar Park
Chester, CT**

600 yd swim, 10.75 mile Bike, 3.1 mile run

Contact: J. Ingalls tri.ingalls@gmail.com
or call 860-388-7047; 860-388-7220

All races are chip timed by Platt Systems.
<http://www.plattsys.com>

Maui the Superdog

Maui, formerly known as Dyango, is a 9 month old rescued pitbull pup. This is the story of his new life in his "forever home". Read about all my adventures at <http://mauithesuperdog.blogspot.com/>

CANICROSS RACE AT PINELAND FARMS IN MAINE



Shortly before I arrived in Connecticut, my new mom (Kathy) found out about a sport called Canicross. It is a very popular sport in Europe, and just becoming known in the United States. Canicross involves one dog (that would be me) hitched up with a harness to one person (Kathy). You both run over a course of 5 kilometers to 5 miles. The dog's job is to pull and help their human run a little faster than normal. It's a lot of fun because there are lots of people and dogs running at the same time. I've only had 6 weeks to learn how to do this. Kathy and I have worked hard to get ready for my first race at Pineland Farms, Maine, and I love having my own job.

Saturday morning we got up very early, and drove to Pineland Farms. It was nice to be one of the first dogs there as I got to look around the course, I got very comfortable, and I met other dogs as they arrived. There were all sorts of dogs ... big ones, little ones, friendly ones, not so friendly ones Of course, my tail wagged non stop like always, so everyone knew I was friendly and pretty soon I had lots of new friends. I think 100 people must have petted me and told me what a beautiful, good boy I was. By the time the race started, I was ready for a nap and I laid down right on the starting line.



But when the bell rang, I was ready to "GO". I got a little confused at the start because there were dogs everywhere, and they were bumping into me and getting tangled up with our leashes, but after 4 or 5 minutes, I really got the hang of it and I LOVED it.

I ran so fast, and Kathy held on for dear life. We passed the snooty poodles who wouldn't play at the start, and we passed a bunch of other dogs too. We ran and ran, and pretty soon, just as I was getting tired, I heard cheering and bells. People were calling my name and saying "GO MAUI". So, I did! I just ran right to the finish and then Kathy picked me up and told me what a good boy I was.



All kinds of people came over to see me and tell me how good I was. I didn't even know it, but we won a prize! It is a nice wooden trophy- I took a bite to be sure that it is real wood.



We had some snacks, drank a lot of water, and then watched Ken run in a different race. I would have gone again, but I was pretty tired and there weren't any other dogs in this race so it didn't look as fun. All the people in his race were barefoot, and Ken is trying to learn to run barefoot too. That night we drove to another hotel, and I crashed out on one of the beds. Tomorrow is another big day- we are hiking Mount Washington.

Pineland Farms Trail Running Festival Results – May 28 & 29, 2011

Maui (& Kathy Manizza)	#3F Team	23:51	Canicross 5K
Ken Larson	#1 M50-59	23:46	Barefoot 5K
Bekkie Wright & Joe Poliquin		10:05:38	50M Trail Race

2011 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS

www.mysportsresults.com

Video from the State Open Meet, LL Championships, CCC North Conference Championships and Journal Inquirer Track & Field Meet @ www.CTtrackandfield.com

BOLTON HIGH SCHOOL – Dani Kennedy, Coach; Brendan Callahan, Team Member

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

UNIVERSITY HIGH SCHOOL – Mike Fromerth, Coach; Ben & Ryan VanDine, Team Members

CHENEY TECHNICAL HIGH SCHOOL – David Bendzinski, Team Member

RHAM HIGH SCHOOL – Mike Bendzinski, Girls’ Head Coach; Chrissy Bendzinski, Team Member

MANCHESTER HIGH SCHOOL –Top 5 finishes and relay results have also been provided for the “home team.”

CIAC STATE OPEN CHAMPIONSHIPS

Veteran’s Stadium, New Britain, CT June 6, 2011

MANCHESTER BOYS - #52 TEAM

4x100 Relay	#11 Team	44.03
4x400 Relay	#8 Team	3:25.87

MANCHESTER GIRLS - #8 TEAM

4x100 Relay	#5 Team	49.93
100M Hurdles	Arianna Rivera - #2	14.88
300M Hurdles	Arianna Rivera - #2	45.38

RHAM GIRLS - #18 TEAM

800M Run	Chrissy Bendzinski - #4	2:16.35
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CIAC CLASS “S” CHAMPIONSHIPS

Veteran’s Stadium, New Britain, CT June 2, 2011

BOLTON BOYS - #27 TEAM

4x400 Relay	#14 Team	3:50.62
4x800 Relay	#18 Team	9:18.29
800M Run	Evan Cleary #14	2:07.30
1600M Run	Adam Seften - #7	4:35.34
	Brendan Callahan - #9	4:41.73
3200M Run	Adam Seften - #6	10:04.88

BOLTON GIRLS - #32 TEAM

4x400 Relay	#16 Team	4:36.56
4x800 Relay	#9 Team	11:02.70
200M Dash	Hannah Bodner #17	27.65
400M Dash	Hannah Bodner #8	1:01.71
3200M Run	Rachel Chambers #23	12:56.82

UNIVERSITY BOYS - #30 TEAM

100M Dash	Chandler Davies - #8	11.78
200M Dash	Chandler Davies - #8	23.34
400M Dash	Chandler Davies - #15	56.89

4x100 Relay	#13 Team	47.70
4x800 Relay	#19 Team	9:19.80

Ben & Ryan VanDine, Team Members

CIAC CLASS “M” CHAMPIONSHIPS

Veteran’s Stadium, New Britain, CT June 1, 2011

ELLINGTON BOYS - #20 TEAM

4x100 Relay	#15 Team	47.21
4x400 Relay	#13 Team	3:38.92
4x800 Relay	#6 Team	8:26.64
200M Dash	Alex Oliwa - #4	23.31

ELLINGTON GIRLS - #13 TEAM

4x100 Relay	#18 Team	54.45
4x400 Relay	#7 Team	4:17.86
4x800 Relay	#7 Team	10:26.71
100M Dash	Claiborne Jones - #5	12.90
200M Dash	Claiborne Jones - #4	26.41
300M Hurdles	Alissa Rogers - #5	49.76

CIAC CLASS "LL" CHAMPIONSHIPS
Veteran's Stadium, New Britain, CT May 31, 2011

MANCHESTER BOYS - #1 TEAM

4x100 Relay	#3 Team	44.06
4x400 Relay	#3 Team	3:35.62
100M Dash	Algernon Johnson - #1	11.24
110M Hurdles	Kodjo Erasmus - #2	15.73
200M Dash	Shamar Smith - #5	23.15
300M Hurdles	Kodjo Erasmus - #3	40.76
	Brian Boudreau - #5	42.94
High Jump	Kweku Adioo - #3	6-00
Pole Vault	Chris Choiniere - #2	12-06
Triple Jump	Kweku Adioo - #3	43-04
Discus	Taylor Johnson - #4	127-07
Shot Put	Seth DeValve - #5	45-09

MANCHESTER GIRLS - #6 TEAM

4x100 Relay	#3 Team	49.72
4x800 Relay	#11 Team	10:39.99
100M Dash	Nicole Clemens - #2	13.06
100M Hurdles	Arianna Rivera - #1	15.30
300M Hurdles	Arianna Rivera - #1	46.59
1600M Run	Emily Anderson - #4	5:13.42

CIAC CLASS "MM" CHAMPIONSHIPS
Middletown High School May 31, 2011

RHAM GIRLS - #6 TEAM

4x400M Relay	#10 Team	4:19.38
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Chrissy Bendzinski, Team Member

800M Run Chrissy Bendzinski - #1 #2:16.31

#New Meet Record

CCC EAST CONFERENCE CHAMPIONSHIPS
Fermi High School May 25, 2011

RHAM GIRLS - #4 TEAM

4x400M Relay	#4 Team	4:27.33
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Chrissy Bendzinski, Team Member

1600M Run **Chrissy Bendzinski - #1 5:19.16**

NCCC OUTDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS
Stafford High School May 24, 2010

ELLINGTON BOYS - #4 TEAM

4x100 Relay	#5 Team	46.68
4x400 Relay	#6 Team	3:41.69
4x800 Relay	#2 Team	8:26.38
100M Dash	Alex Oliwa - #2	11.60
200M Dash	Alex Oliwa - #2	23.45
400M Dash	Alec Weiner - #3	53.23
800M Run	David Bergeron - #3	2:04.80
3200M Run	Alex Smith - #3	10:19.23
	Neil Hulstein - #5	10:27.60
Pole Vault	Nick Alcutt - #4	10-06
Javelin	Nick Alcutt - #2	144-04

BOLTON BOYS - #11 TEAM

4x100 Relay	#9 Team	51.10
4x400 Relay	#8 Team	3:43.50
	Brendan Callahan, Team Member	
4x800 Relay	#7 Team	9:17.47
1600M Run	Adam Seften - #1	4:29.29
3200M Run	Adam Seften - #1	10:17.35

ELLINGTON GIRLS - #2 TEAM

4x100 Relay	#4 Team	53.72
4x400 Relay	#2 Team	4:20.61
4x800 Relay	#7 Team	10:44.78
100M Dash	Claiborne Jones - #1	#12.47
100M H.Hurdles	Alissa Rogers - #5	18.00
200M Dash	Claiborne Jones - #1	#26.11
300M Hurdles	Alissa Rogers - #2	49.02
400M Run	Claiborne Jones - #1	59:73
	Laura Schneider - #5	1:03.66
3200M Run	Jennifer Hulstein - #2	12:26.01
	Leah Cawthorn - #3	12:32.84
	Rachel Blinn - #13	13:36.53

Long Jump	Sara Moore - #1	15-03
Pole Vault	Emily Barnhart - #2	9-00
Shot Put	Natalie Snow - #3	30-09.50
Discus	Patience Turkson - #4	87-04
	Natalie Snow - #5	83-10

#New Meet Record

BOLTON GIRLS - #10 TEAM

4x100 Relay	#11 Team	59.80
4x400 Relay	#6 Team	4:35.74
4x800 Relay	#5 Team	10:42.45

400M Dash Hannah Bodner #2 59.8

CCC NORTH OUTDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS
Wethersfield High School May 24, 2011

MANCHESTER BOYS - #2 TEAM

4x100 Relay	#4 Team	44.83
4x400 Relay	#4 Team	3:34.76
4x800 Relay	#4 Team	8:34.83
100M Dash	Algernon Johnson - #2	11.01
	Shamar Smith - #3	11.34
110M Hurdles	Kodjo Erasmus - #2	15.68
	Brian Boudreau - #3	15.73
300M Hurdles	Kodjo Erasmus - #2	40.41
	Brian Boudreau - #3	41.71
800M Run	David Alverado - #3	2:04.22
	Patrick Dibble - #5	2:06.39
3200M Run	Chris Parla - #2	10:21.20
High Jump	Kweku Adioo - #2	6-02
Triple Jump	Kweku Adioo - #2	41-01
	Christian Broome - #5	37-00
Pole Vault	Chris Choiniere - #2	12-00

MANCHESTER GIRLS - #5 TEAM

100M Dash	Nicole Clemons - #4	12.74
100M Hurdles	Arianna Rivera - #1	15.74
	Cynthia Tetteh - #4	16.94
	Sara Cinquemani - #5	17.43
300M Hurdles	Arianna Rivera - #1	45.91
	Cynthia Tetteh - #5	50.01
3200M Run	Emily Anderson - #3	12:06.66
Javelin	Chelsey Watson - #3	96-03
	Megan Cardarelli - #4	91-02

CSC OUTDOOR TRACK & FIELD CONFERENCE CHAMPIONSHIPS
Willow Brook Park, New Britain, CT May 24, 2011

UNIVERSITY BOYS - #8 TEAM

4x100 Relay	#6 Team	47.66
4x400 Relay	#8 Team	3:52.88
4x800 Relay	#8 Team	*9:10.36

Ben & Ryan VanDine, Team Members

100M Dash	Chandler Davies - #3	11.62
200M Dash	Chandler Davies - #2	23.45
400M Dash	Chandler Davies - #2	52.61
800M Run	Storm Butler - #4	2:12.35
1600M Run	Wolfgang Gassmann - #3	4:45.17
3200M Run	Ryan VanDine - #7	11:40.67

UNIVERSITY GIRLS - #10 TEAM

4x100 Relay	#4 Team	56.18
4x400 Relay	#4 Team	4:58.13
200M Dash	Tyler Fields - #5	29.42

*The University Boys' 4x800 Team set a school record, and qualified for the Class "S" Championship.

JOURNAL INQUIRER
GREATER MANCHESTER OUTDOOR TRACK & FIELD MEET
Manchester High School May 21, 2011

BOLTON BOYS - #17 TEAM
Small Schools - #3 TEAM

4x800 Relay	#6 Team	8:32.33
1600M Run	Adam Seften #3	4:38.23
	Brendan Callahan #11	4:49.71

BOLTON GIRLS - #15 TEAM
Small Schools - #2 TEAM

4x400 J.V. Relay	#9 Team	5:12.27
4x800 Relay	#5 Team	10:49.96
400M Dash	Hannah Bodner #3	59.71

ELLINGTON BOYS - #11 TEAM

4x100 Relay	#10 Team	46.60
4x400 J.V. Relay	#4 Team	4:07.77
4x400 Relay	#10 Team	3:51.97
4x800 Relay	#2 Team	8:24.99
Javelin	Nick Alcutt - #4	143-03

ELLINGTON GIRLS - #9 TEAM

4x100 Relay	#8 Team	54.59
4x400 J.V. Relay	#4 Team	4:48.74
4x400 Relay	#5 Team	4:27.95
4x800 Relay	#4 Team	10:49.96
1600M J.V.	Rachel Blinn - #5	6:00.14
3200M Run	Rachel Blinn - #13	13:02.21

Pole Vault Emily Barnhart #5 8-06

JI MEET RESULTS, Continued

MANCHESTER BOYS - #1 TEAM

4x100 Relay	#3 Team	44.32
4x400 J.V. Relay	#3 Team	3:59.77
4x400 Relay	#9 Team	3:46.03
4x800 Relay	#9 Team	8:52.35
100M Dash	Algernon Johnson - #1	11.11
	Shamar Smith - #3	11.31
110M Hurdles	Kodjo Erasmus - #2	15.84
	Brian Boudreau - #3	15.90
200M Dash	Algernon Johnson - #1	22.53
	Shamar Smith - #4	22.79
300M Hurdles	Kodjo Erasmus - #2	42.31
	Brian Boudreau - #4	42.54
400M Dash	Shamar Smith - #4	52.40
	Seth DeValve- #5	52.40
800M Run	Matthew Reichelt - #3	2:05.05
1600M Run	Patrick Dibble - #2	4:37.19
3200M Run	Patrick Dibble - #4	10:11.62
High Jump	Kweku Adioo - #1	6-02
	Ryan Dube - #5	5-10
Pole Vault	Chris Choiniere - #2	12-00
Triple Jump	Kweku Adioo - #4	42-00
Discus	Taylor Johnson - #4	120-04
Shot Put	Seth DeValve - #2	47-05

MANCHESTER GIRLS - #4 TEAM

4x100 Relay	#2 Team	50.61
4x400 J.V. Relay	#5 Team	4:52.06
4x400 Relay	#7 Team	4:38.51
100M Dash	Nicole Clemens - #2	12.83
100M Hurdles	Arianna Rivera - #1	15.11
200M Dash	Nicole Clemens - #5	27.29
300M Hurdles	Arianna Rivera - #1	45.44
Long Jump	Sara Moore - #5	15-05.25
High Jump	Cassandra Grimaldi - #4	4-08
Javelin	Chelsey Watson - #4	102-09

RHAM GIRLS - #5 TEAM**Medium Schools - #2 TEAM**

800M	Chrissy Bendzinski #3	2:19.15
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ALUMNI MILE**Women's Winner - Linda Yamamoto**

See the VIDEO at:

<http://www.cttrackandfield.com/coverage/238789-30th-Randy-Smith-Journal-Inquirer-Greater-Manchester-Invite/video/491335-Alumni-Mile>

CHENEY TECH BOYS - #7 TEAM**Medium Schools - #2 TEAM**

1600M Run	David Bendzinski - #21	5:19.32
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GREATER HARTFORD INVITATIONAL

Simsbury High School May 14, 2011

HARTFORD MAGNET CUP

May 10, 2011

UNIVERSITY BOYS - Team #8 - Small Schools

4x800 Relay	#13 Team	9:14.38
	Ben & Ryan Van Dine, Team Members	
3200M Run	Ryan VanDine #35	11:23.62
	Ben VanDine #37	11:31.29

UNIVERSITY BOYS

3200M Run	Ryan VanDine	11:34
	Ben VanDine	11:49

LINDY REMIGINO INVITATIONAL

Veteran's Stadium, New Britain, CT May 7, 2011

MANCHESTER BOYS - Highlights

4x100 Relay	Team #10	45.16
4x400 Relay	Team #10	3:37.18
100M Dash	Algernon Johnson #6	11.45
200M Dash	Algernon Johnson #6	22.80
400M Hurdles	Kodjo Erasmus #6	1:00.10
	Brian Boudreau #9	1:01.27
Triple Jump	Kweku Adior #4	43-05.25
Pole Vault	Chris Choiniere #6	11-06

MANCHESTER GIRLS - Highlights

4x100 Relay	Team #6	51.42
100M Dash	Nicole Clemons #7	13.22
100M Hurdles	Arianna Rivera #2	15.44
400M Hurdles	Arianna Rivera #1	1:06.52
2000M Steeple.	Carly Peruccio #8	8:29.31

MIDDLETOWN INVITATIONAL
Middletown High School May 6, 2011 (JV); May 7, 2011 (Varsity)

UNIVERSITY BOYS – Highlights (JV)

3200M Run	Ryan VanDine #15	11:37.93
	Ben VanDine #20	11:48.05

BOLTON BOYS – Highlights (Varsity)

1600M Run	Adam Seften #5	4:37.13
	Brendan Callahan #16	4:46:70
3200M Run	Adam Seften #5	9:56.56

CHENEY TECH BOYS – Highlights (Varsity)

4x800 Relay	Team #13	9:41.60
	David Bendzinski, Team Member	

RHAM GIRLS – Highlights (Varsity)

4x400 Relay	Team #9	4:34.22
	Chrissy Bendzinski, Team Member	

4x800 Relay	Team #6	11:12.98
	Chrissy Bendzinski, Team Member	

FERMI COED RELAYS
Fermi High School April 30, 2011

UNIVERSITY – MIXED TEAMS

4x100 Relay	#7 Team	0:56
4x200 Relay	#7 Team	1:50.0
4x100 Throwers Relay	#2 Team	1:01
4x400 Relay	#6 Team	4:22.6
4x800 Relay	#6 Team	10:26.6
4x1600 Relay	#9 Team	24:15.8
800M Sprint Medley	#7 Team	2:02.9
1600M Sprint Medley	#9 Team	5:00.2
Javelin Relay	#7 Team	259-07
Shot Put Relay	#8 Team	90-06

BOLTON – MIXED TEAMS

4x100 Relay	#7 Team - "A"	58.4
	#8 Team - "B"	58.4
4x200 Relay	#10 Team - "A"	1:57.8
	#12 Team - "B"	2:12.8
4x400 Relay	#2 Team - "A"	4:01.3
	#8 Team - "B"	4:43.9
4x800 Relay	#1 Team - "A"	#9:44.6
	#9 Team - "B"	11:17.3
4x1600 Relay	#6 Team - "A"	23:48.6
	#8 Team - "B"	24:14.8
800M Sprint Medley	#8 Team - "A"	2:04.7
	#11 Team - "B"	2:13.3
1600M Sprint Medley	#4 Team - "A"	4:25.6
	#10 Team - "B"	5:11.0

#New Meet Record

BELLRINGER INVITATIONAL
East Hampton, CT April 9, 2011

UNIVERSITY BOYS - Highlights

4x800 Relay	#8 Team	9:55.83	3200M Run	Ryan VanDine	12:26.41
	Ben & Ryan VanDine, Team Members			Ben VanDine	12:27.21

UNIVERSITY OF HARTFORD
TRACK & FIELD SEASON HIGHLIGHTS
Kathy Manizza, Coach

The University of Hartford Men won the New England Championships in the 4x100 relay! None of those kids were local, but Priscilla Appiaggi from South Windsor was 2nd in the 400M at "New Englands" with a time of 56.27.

Other top performances in 2011 included:

Andy Chalmers	5K	14:38.97	Akeme Brown	100M	10.84
Jonas Hampton	10K	31:45.65	Anderson Emerole	400M	47.75



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

Join us Tuesday evenings at 6:00PM at the EHHS track starting May 30th. Last year there were 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.

NOTE: This activity is listed on the E.H. Parks & Rec's Website under Youth Programs, and is primarily for school age children.

Activity # 54008

Location: East Hartford High School Track
Time: 6:00 PM
Fee: \$5 per night
 or \$15 for the entire series

Dates: Tuesdays, May 31st & June 14th
Events: 200 Meters, Mile, 400 Meters and 4x100 Meter Relay; and Long Jump

Dates: Tuesdays, June 7th & 21st
Events: 100 Meters, 800 Meters, Mile and 4x100 Meter Relay; and Shot Put (softball throw for young children)

On-site Race Day Registration is available.

For additional information, please call the East Hartford Parks & Recreation Department at 860-291-7100 or address an email to info@easthartfordct.gov.



www.nutmegstategames.org

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

Sunday, August 7, 2011

Field Events: 9:00 AM
Track Events: 10:30 AM

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 7, 2011.

REGISTER ONLINE BY JUNE 27:

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

ORDER OF TRACK EVENTS
Beginning at 10:30 AM

 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

NUTRITION NOOK – Spring Cleaning Your New Year’s Resolutions

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, and be sure to check out Katie’s blog at www.fitnutritionllc.wordpress.com

Katie is proud to announce that she has earned her Board Certification as a Specialist in Sports Dietetics. Call today to make an appointment and get an edge on your competition!

First appeared in *The Stonington Times* and *The Mystic Times* in March 2010.

Happy Spring! The warmer weather and blooming flowers gives us energy to do a bit of spring cleaning. However, I’m not talking about the traditional spring cleaning of your house or office; I am referring to re-evaluating the goals you set for yourself in January. Have you found yourself slipping back to old, less healthy habits? Has your enthusiasm and motivation to accomplish these goals waned with each passing month? If so, you’re not alone.

Each New Year brings with it hope, and numerous possibilities. What did you hope to accomplish in 2011? Do any of your goals involve health, nutrition or being more active? If so, keep reading.

One of my goals is to continue to help motivate others to make small, achievable lifestyle changes in 2011 and I feel that spring is the perfect time to dust off those New Year’s resolutions that you haven’t yet achieved and develop a plan to accomplish them before 2011.

Let’s get started ... First, think about what you want or wish for, but currently do not have. I say “wish” because sometimes we are too afraid or nervous to write down a particular desire when we feel it is inappropriate or we feel we don’t deserve it. I feel that calling this your “wish” list gives it a positive feeling and provides you with the courage to begin to take the steps necessary to achieve your wishes or goals. Use whichever word works the best for you.

Your goal can be anything like running two miles without stopping, preparing at least three healthy, balanced meals at home each week, eating one fresh fruit each day, or practicing yoga two mornings each week. Notice I did not mention losing weight as a goal. Losing weight is the **RESULT** of making positive lifestyle changes and should not be your wish. Adapting healthy lifestyle changes are the steps required to reach a weight loss or weight maintenance goal.

Grab a pen and paper and make your wish list by following these guidelines:

Your goals:

- Must be specific and positively stated. “I will eat 5 fruits and vegetables daily” verses “I will eat more fruits and vegetables daily.”
- Need to be important to *you*, the goal setter. “I need to do this or I want to do this” are better than “I should do this.”
- Must be under your control. **Losing weight is NOT a goal; it is a result.** Goals are the actions that you take to reach a result. Set short-term goals (about 2 – 6 weeks long). “I will eat until I am moderately full rather than overfull for two meals each day.”

Take some time to create your list. Make each wish as specific as possible and achievable as well as something that **YOU** want. In order to make your wish come true, the desire to achieve it has to come from **YOU** and not be the wish of someone else.

Have fun with this list. It will give you something to strive for, look forward to and a great reason to wake up and start each day!

Nutrition Tip: Breakfast is one of the most important meals of the day because your body has been fasting for more than 7 hours (hopefully). A balanced breakfast refuels your body and brain, giving you the energy and brain power required to begin the day. Typical nutritious breakfasts also provide essential nutrients that are necessary for health, such as vitamins C and D, calcium, fiber, and protein. To build a healthy and balanced breakfast, combine a fruit or vegetable with a whole grain such as 100% whole wheat bread, oatmeal, oat bran or bran flakes. Additionally, add a lean source of protein. Lean protein sources include low-fat or fat-free dairy products, eggs, or all natural meat or poultry sausage with 3 grams or less of total fat per ounce. To help keep you feeling fuller for longer, have a lean protein along with good sources of dietary fiber. Great sources of dietary fiber are whole grains, nuts, seeds, fruit and vegetables. Be creative by mixing and matching different foods to reduce breakfast boredom. Visit www.fitnutrition.net for a scrumptious muffin recipe.

Source: Craighead, L.W. (2006). *The Appetite awareness workbook: how to listen to your body & overcome bingeing, overeating, & obsession with food.* New Harbinger: Oakland, CA.

GLASTONBURY PARKS & REC SUMMER FUN RUNS

Starting Tuesday, June 28 - 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. 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 28, July 5, 12, 19 & 26; August 2 & 9. FREE**



RED DRESS RUNNERS NEEDED -- LADIES ONLY

The RED DRESS RUN FOR WOMEN 5K will be held on July 9, 2011. The “Red Dress” is the symbol of healthy heart awareness, so our team will be dressed in red, but costumes are not necessary. Team Applications for the ladies will be available soon 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 Sue at (860) 644-1804.

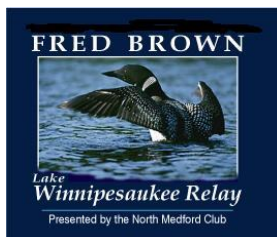
“Lake Winnepesaukee Relay” TEAMS FORMING NOW

Race Date: Saturday, September 10, 2011

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

All runners are welcome.

http://www.northmedfordclub.org/winni/2011_winni_home.htm



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

RACE CALENDAR

Date	Time	Race	Place	Weblink
Su Jun 12	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Town Hall Common)	www.celebratewesthartford.com
Su Jun 12	1:00 PM	Litchfield Hills Road Race 7.05M	Litchfield (Village Green)	www.lhrr.com
We Jun 15	6:30 PM	Solstice Sprint 5K	West Hartford (MDC Res.)	www.hartfordtrackclub.org
Su Jun 19	7:30 AM	Summer Solstice Trail 5M/5K *NEW	Hebron (Gay City State Park)	www.hartfordmarathon.com
Su Jun 19	10:00 AM	Greylock Gallop 3M & Half Marathon	N. Adams, MA	www.runwmac.com
Su Jun 19	8:30 AM	Ridgefield Father's Day 5K	Ridgefield (Ridgefield H.S.)	www.Troop431.net
Su Jun 19	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	www.branfordroadrace.net
Th Jun 23	6:00 PM	X-Treme Scramble Series 5K #1	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Su Jun 25	8:30 AM	Fairfield 5K	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffldhalf
Su Jun 26	8:30 AM	Fairfield Half Marathon (Reg. Closed)	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffldhalf
Su Jun 26	9:00 AM	Firecracker 5K	Glastonbury (Rotary Field)	www.thelastmileracing.com
Mo Jul 4	9:00 AM	Independence Day 5K	Springfield (B-Ball Hall of Fame)	www.harriers.org
Mo Jul 4	10:30 AM	Boombox Mile	Willimantic (Main St)	www.thelastmileracing.com
Mo Jul 5	10:00 AM	Four on the "Fifth" 4M	Chester (Center)	www.chesterrotary.org/fouronthefourth.html
Sa Jul 9	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	www.hartfordmarathon.com
Sa Jul 10	8:00 AM	Glastonbury Living Well 5K	Glastonbury (Smith Middle Sch)	www.glastonburychamber.org
Sa Jul 9	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School)	www.ci.east-hartford.ct.us
Sa Jul 9	9:00 AM	Summer Scorcher 5K	Beacon Falls (Pent Road P&R)	summerscorcher5k.com
Sa Jul 9	6:00 PM	Twilight 5K	Enfield (Town Green)	www.enfieldcelebration.org
Su Jul 17	9:00 AM	Montville Masters 10K	Oakdale (Camp Oakdale)	www.townofmontville.org ("Resources" Forms)
Su Jul 17	9:30 AM	GE Petit Family Foundation 5K	Plainville (GE - Woodford Ave)	www.PetitRoadRace.com
We Jul 20	6:30 PM	Citizens Bank 5K	Middletown (Main St.)	www.jbsports.com
Sa Jul 23	9:00 AM	Scottish Rite Freemasons 5K	Newington (207 Deming St.)	www.plattsys.com
Th Jul 28	6:00 PM	X-Treme Scramble Series 5K #2	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Fr Jul 29	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	www.narragansettri.com/lions
Fr Jul 29	6:45 PM	Trumbull Sunset 5K	Trumbull (Twin Brooks Park)	www.trumbullrotary.org
Su Jul 31	9:00 AM	Soapstone Assault 5.5M	Somers	www.ShenipsitStriders.org
Sa Aug 6	9:00 AM	John & Jessie Kelly 11.6M	New London (Ocean Bch Pk)	www.moheganstriders.org
Su Aug 7	8:00 AM	Sea Legs Shuffle 10M	Guilford (Jacobs Beach)	www.jbsports.com
Th Aug 11	6:25 PM	Corporate 5K for Special Olympics	Hartford (Bushnell Park)	www.jbsports.com
Sa Aug 13	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	www.bridgeofflowers10k.com
Th Aug 18	6:30 PM	E. Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial)	www.ci.east-hartford.ct.us
Su Aug 21	8:30 AM	Lobster Loop 5K	Canton (Town Green)	www.plattsys.com
Su Aug 21	9:00 AM	Austin Harlow Memorial 5K	Somers (Fair Grounds)	www.thelastmileracing.com
Su Aug 28	9:00 AM	Mt. Toby 14M Trail Race	Sunderland, MA (Town Park)	www.runwmac.com
Th Aug 25	6:00 PM	X-Treme Scramble Series 5K #3	Hartford (Riverfront Plaza)	www.hartfordmarathon.com

2011 EVENT CALENDAR

JUNE	- Bolton XC Summer Series (NEW Night*) Wednesday Night - June 29
JULY	- Wickham Park Cross Country Series Tues. Night - July 5 Mon. Night - July 18 Summer Picnic Sunday, July 31 Bolton XC Summer Series Wednesday Nights – July 6, 13, 20, 27
AUGUST	- John & Jessie Kelley Ocean Beach Run & PicnicSaturday, August 6 Wickham Park Cross Country SeriesMonday Nights – August 1, 8 & 15 Bolton XC Summer Series Wednesday Night – August 3 & 10
SEPTEMBER	- Nikki's Run Walk 'N' Roll (Cancelled) Fred Brown Lake Winnepesaukee Relays Saturday, September 10
OCTOBER	- Ray Crothers Memorial Run (Cancelled) Halloween Pot Luck Supper Saturday, October 29
NOVEMBER	- Parker Holt Celebration Run 5KSunday, November 6 Know Your Pace Race Saturday, November 19 Manchester Road RaceThursday, November 24
DECEMBER	- Hungry Tiger Toy Fun Run TBA Scrooge Scramble Sunday, December 25