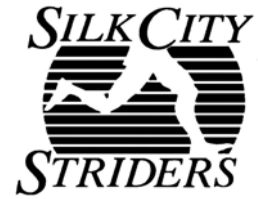




INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

Co-Presidents' Message:

Arriving with a vengeance, summer is officially here, ask anyone who ran the first Bolton XC race coincidentally on the first day of summer! Despite the heat and humidity, the Striders were well represented, which brings us to the topic of club participation. Friendships, camaraderie, friendly competitions, sharing of anecdotes, informal coaching/advice, and team spirit among members are some of the many benefits of being a Silk City Strider.

Starting off in July, the Kennedy family is opening up their home for the club picnic. Anyone who attended last year knows of their gracious hospitality and what a good time was had. So, please join us on July 22nd.

In August the Striders typically put teams together for the John & Jessie Kelley 11.6 mile road race in New London. There are 3 teams; male, female, and co-ed. If you plan on being there August 4th and would like to be on a team, please contact team captains, Mitch Bielenda bielenda@sbcglobal.net and Cathy King kingcathrynn@yahoo.com.

Keeping with tradition, in September the Striders are putting two teams together (male & female) for the Fred Brown Lake Winnepesaukee Relay in New Hampshire. The men's team has been filled; however, there are still relay legs available for the women's team. If you're interested in joining this event on September 8, please contact Betty Cannella at rubbleorboop@yahoo.com

In the meantime, don't forget the Wickham XC series and the Bolton XC series. These are well attended and organized events that not only appeal to the adult competitor, but also embrace youth participation.

Happy running! - **Mitch and Rick**

Laurel Highlands Ultra 70.5M*
Ohiopyle, PA June 9, 2012

Debbie Livingston
#1F; #4 Overall
13:34:12
New Course Record

Congratulations ... well done!

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*Deb's Race Report: http://www.fitinspiration.com/Site/Blog/Entries/2012/6/13_Laurel_Highlands_70.5_m.html

*Scott's Race Report: <http://scottlivingston.wordpress.com/2012/06/10/2012-laurel-highlands-ultra/>

2012 BOARD OF DIRECTORS

Officers

Co-President:	Mitch Bielenda (860) 644-4806
Co-President:	Rick Chromik (860) 871-6101
Vice President:	Heidi Chromik (860) 871-6101
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Sue Leslie	(860) 644-1804
Karen Saunders	(860) 643-9125
Barry Stoner, Ex-Officio	(860) 647-9503
MaryLou White, Ex-Officio	(860) 512-0007
Bekkie Wright	(860) 461-1486

Uniforms & T-Shirts

Sue Leslie	(860) 644-1804
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WebMaster

Bill Schwarz	(860) 643-4096
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Newsletter

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

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



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



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

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Manchester “Rails to Trails” –
Trailhead at corner of Parker & Colonial

Tuesday Evening Funs Runs - 6:00 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

Christopher Connelly	Hebron
Christopher Kerr	Manchester
Stephanie Settevendemie	Broad Brook

SCS SUMMER PICNIC

Sunday, July 22

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 IS CLOSED for repairs, however, the 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 2012**

Sponsored by:

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

Dates: Mondays July 9 & 23
Mondays, August 6, 13 & 20

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 15
\$5.00 (14 and up)
\$20.00 series Pre-Reg. by June 15

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

Age Groups:**Boys and Girls**

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

Men and Women

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

Age: Based on Age as of July 9, 2012

For More Information contact:

Mike Bendzinski
860-649-6426 home or 860-335-3545 cell

Application available under Upcoming Events
on the Silk City Striders homepage:



BOLTON SUMMER XC SERIES 2012

**All proceeds benefit
Bolton High School Track & Field Program**

Dates: Wednesday, June 20 & 27
Wednesdays, July 11, 18 & 25
Wednesday, August 1 & 8

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: 5 points for 1st, 4 points for 2nd,
3 points for 3rd, 2 points for 4th, and 1 point for 5th.

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>



9th Annual Bobby's Run

Saturday, May 19, 2012 -- Northeast School, Vernon, CT

Thanks to everyone who participated in and volunteered at the 9th Annual Bobby's Run. Special thanks to Lisa Bonadies for supplying the Poland Springs Water, Joe Poliquin & Roger Petersen for course monitoring, Bill McGugan, Karen Saunders, Joyce Thorner for staffing the Water Stops; Valerie Kerr & Linda Bradley for Finish Line assistance, Joe Poliquin for course photography, Sue Leslie & Karen Saunders for baking the cookies for the post-race party, Cathy King and Mitch Bielenda for post-race clean-up.

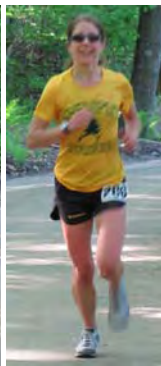
Over \$500 was raised for the R.J. Bonadies Scholarship Fund at Rockville High School. The Silk City Striders are pleased to continue our support of the scholarship fund through the annual proceeds of Bobby's Run.

Place	Time	Fname	Lname	Gender	City	State
1.	48:12	Eric	Blake	M	New Britain	CT
2.	50:32	Nicholas	Ferron	M	Storrs	CT
3.	52:49	Ken	Clark	M	Somers	CT
4.	54:16	Jay	Seney	M	Vernon	CT
5.	55:13	David	Czarneski	M	Bristol	CT
6.	58:19	Debbie	Livingston	F	Bolton	CT
7.	1:00:34	Mitch	Bielenda	M	S. Windsor	CT
8.	1:00:45	John	Sloan	M	Manchester	CT
9.	1:01:15	Christopher	Kerr	M	Manchester	CT
10.	1:01:23	Paul	Baldini	M	North Haven	CT
11.	1:03:17	Mark	Barile	M	Windsor Locks	CT
12.	1:08:03	Leeann	Cerpovicz	F	W. Springfield	CT
13.	1:09:02	Michael	Taricani	M	Burlington	CT
14.	1:09:10	Nithya	Kannan	F	Manchester	CT
15.	1:09:16	Bill	Bourgoin	M	Ellington	CT
16.	1:09:30	Danielle	McGeary	F	New Britain	CT
17.	1:10:13	Steve	Bebrin	M	Vernon	CT
18.	1:10:44	John	Farrell	M	Hartford	CT

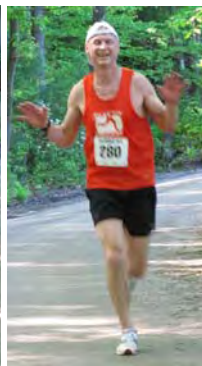
Place	Time	Fname	Lname	Gender	City	State
19.	1:11:07	Kate	Durant	F	Wallingford	CT
20.	1:11:13	Brian	Foley	M	Tolland	CT
21.	1:13:18	Tom	Walsh	M	Wethersfield	CT
22.	1:13:53	Cathy	King	F	Manchester	CT
23.	1:14:08	Lee	Bradley	M	Newington	CT
24.	1:14:09	Tracy	Vroeginday	F	Plantsville	CT
25.	1:14:10	Chris	Wollenberg	M	Marlborough	CT
26.	1:14:29	Betty	Cannella	F	Ellington	CT
27.	1:14:30	Brad	Magyar	M	Enfield	CT
28.	1:15:00	Charlie	Chatteron	M	Vernon	CT
29.	1:16:41	Jennie	Scott	F	Berlin	CT
30.	1:19:08	Steve	Mele	M	North Haven	CT
31.	1:22:04	Frennie	Elderkin	F	Vernon	CT
32.	1:25:52	Elizabeth	O'Donnell	F	Vernon	CT
33.	1:25:54	Cathi	Koehler	F	Manchester	CT
34.	1:35:11	Dianne	Bourgoin	F	Ellington	CT
35.	1:35:42	Jill	Tetrault	F	Natick	MA
36.	1:35:42	Catherine	Nally	F	Granby	MA
37.	1:35:44	Laura	Amaral	F	Chicopee	MA
38.	1:41:52	Barry	Stoner	M	Glastonbury	CT



Jay



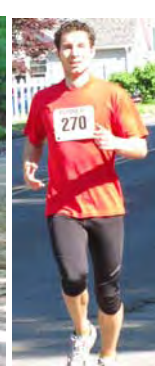
Debbie



Mitch



John



Chris



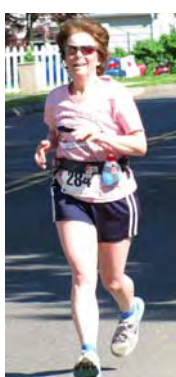
Nithya



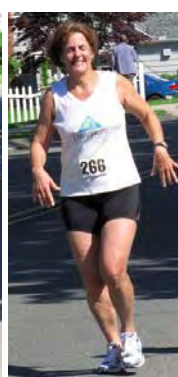
Tom



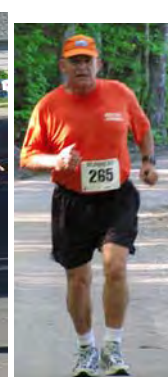
Cathy



Betty



Cathi



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.

KATE'S FUN RUN FOR SAINT FRANCIS 5K West Hartford, CT May 3, 2012

Tom Walsh 22:56

RUN MS, A CINCO DE MAYO 5K East Hartford, CT May 5, 2012

Ed Sweeney #5M; #2 M40-49 19:12
Zofia Turosz #1 F60+ 26:33

BAILEY'S GARDEN 5K Lebanon, CT May 6, 2012

Alan McCall #2 M60+ 24:23

MILL POND 5K Somers, CT May 12, 2012

Jay Hamilton #3 M40-49 22:28



CT RACE IN THE PARK 5K New Britain, CT May 12, 2012

Women's 5K

Bekkie Wright #7F; #2 F40-49 22:18
Karen Saunders 27:43
Sue Leslie 30:46

Silk City Striders were the #8 Women's Team

Men's 5K

Tony Hollister #1 M60-69 22:19
Joe Poliquin 22:52
Tom Walsh 23:30

MICHAEL LITWINKA MEMORIAL RUN 5K Naugatuck, CT May 17, 2012

Bekkie Wright #5F; #3 F40-49 23:13
Joseph Poliquin #1 M50-59 23:22
Cameron Litwinka (Walk) 44:30
Norlean Litwinka (Walk) 53:03

VERNON MOTHER'S DAY DASH 5K Vernon, CT May 13, 2012

Aaron Flamino #3M; #1 M30-39 17:36
Mike Bendzinski #2 M50-59 21:10
Linda Yamamoto #2F; #1 F30-39 21:34
King Archibald 22:08
Tom Walsh 24:08
Cathi Koehler 26:26
Zofia Turosz #1 F70-79 27:27
Meg Bendzinski 27:43
Clint Driscoll 28:34
Janit Romayko #2 F60-69 29:13
MaryLou White 32:31
Prescille Yamamoto #3 F70-79 50:48

SHAD DERBY ROAD RACE 5K Windsor, CT May 19, 2012

Adam Bulewich #2M; #1 M30-39 17:34
Melissa Stellato #1F 18:26
Andy Zyrek 21:10
Zofia Turosz #1 F60+ 27:21
Janit Romayko #2 F60+ 29:35

TEN PENNY ALE SHAMROCK 5K Glastonbury, CT May 20, 2012

Dani Kennedy #2F; #1 F50-54 21:40



COLOR ME RAD 5K East Hartford, CT May 26, 2012

Christopher Kerr (Untimed)

CARDINAL RUNS 2.4M & 3.5M Middletown, CT May 26, 2012

2.4M
Janit Romayko 23:12
3.5M
Zofia Turosz 30:14

**WILLINGTON PTA 5K
RUN FOR HEALTH, FITNESS & RECREATION
Willington, CT May 26, 2012**

Jay Hamilton	#2 M40-49	22:56
Annette Hamilton	#2 F40-49	25:23
Lori Riley	#3 F40-49	27:59

**OAK BLUFFS
MEMORIAL DAY 5K
Martha's Vineyard, MA May 27, 2012**

Carole Saucier	PR	23:55
Russ Saucier		23:08

**RACE AROUND THE LAKE 3.5M
New Hartford, CT May 27, 2012**

Zofia Turosz	#1 F60+	32:32
Janit Romayko	#2 F60+	37:08

**LIONS CLUB
'ROUND THE LAKE 5K
Marlborough, CT May 27, 2012**

King Archibald		22:01
Alan McCall		26:33
Clint Driscoll		29:09

**BLOOMFIELD
MEMORIAL ROAD RACE 3M
Bloomfield, CT May 28, 2012**

King Archibald	#8M; #2 M50-59	21:50
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**EAST HARTFORD PARKS & REC
MEMORIAL MILE
East Hartford, CT May 28, 2012**

Jason Earl	#4M; #1 M30-39	5:09
Ned Kennedy	#6M; #1 M50-59	5:19
Dani Kennedy	#3F; #1 F50-59	6:06
Tom Walsh		6:30
Molly Sweeney	#2 F14-18	6:39
Lori Riley	#2 F40-49	7:36
Zofia Turosz	#1 F70-79	7:46
Clinton Driscoll		8:11
Caleb Earl		12:20

**WOODSTOCK MEMORIAL DAY 10K
Woodstock, CT May 28, 2012**

Janit Romayko	#3 F60-69	1:04:12
Barry Stoner		1:13:10



**KOMEN CT RACE FOR THE CURE 5K
Bushnell Park, Hartford, CT June 2, 2012**

Jay Hamilton**		21:52
James Lee*	#3 M13-19	22:57
Jennifer Lee*	#1 F0-12	23:21
Annette Hamilton**		24:58
Kate Bonanno	#3 F0-12	26:14
Tony Bonanno (C)		26:15
Debbie Thurston		30:00
Anne Forzley	Survivor #12	30:08
Patricia Saimond	Survivor #13	30:09
Monica Lee	(Self-Timed)	36:49

*Team #6 - Two Rivers Running Club - 1:34:04.00 including James & Jennifer Lee

**Team #10 - Positively Pink - 1:42:22.13 including Jay & Annette Hamilton

(C) - Special thanks to **Tony Bonanno**, our Silk City Striders Team Captain. Unfortunately this race requires four (4) team member to score, and we were just short.

**IRON HORSE HALF MARATHON/10K/5K
Simsbury, CT June 5, 2011**

Half Marathon

Matt Yoder		1:29:13
Mitch Bielenda		1:39:38
Art Byram		1:58:03
Lee Paquette		2:06:56
Cathy King		2:08:34
Michelle Sawyer		2:32:21

10K

Adam Bulewich	#5M; #1 M35-39	36:04
Michael McCall		38:51
Amira Lerario	#2 F45-49	43:40
Kara Miffitt		57:37

5K

Dani Kennedy	#2 F; #1 F50-54	21:23
Alan McCall	#3 M60-64	25:16



WARRIOR DASH NEW ENGLAND
Thompson, CT June 9, 2012

Carole Saucier	36:06
Russ Saucier	36:08

Carole Reports: This "race" was a riot! We ran it together but somehow went over the finish line 2 seconds apart.

CELEBRATE WEST HARTFORD 5K
West Hartford, CT June 10, 2012

Michael Tartar	#3 M40-49	18:03
Neal Leibowitz		18:47
Marty Keibel	#1 M60-69	20:27
Dani Kennedy	#4F; #1 F50-59	21:42
Jill Ramos		31:06
Deb Thurston		42:49
Lindsay Ramos		43:11

HARTFORD SOLSTICE SPRINT 5K
West Hartford, CT June 13, 2012

Peter Devine	#8M	21:12
Ian Roberts		22:46
Laurie Brooks	#7F; #1 F50-59	23:11
Molly Sweeney	#1 F14-18	24:10

TRAIL RACES – GRAND TREE SERIES & OTHERS

SEVEN SISTERS TRAIL RACE 13M
Amherst, MA May 6, 2012

Debbie Livingston	#2F	2:26:45
John Agosto		2:32:16
Tony Bonanno		2:35:43

SALMON RIVER RUN 5.41M
Colchester, CT May 12, 2012

Michael McCall	#4M; #2 M19-29	32:09
Ed Sweeney		39:02
Alan McCall		47:07

SOAPSTONE MOUNTAIN
24K TRAIL RACE & 6K SAMPLER
Stafford Springs, CT, May 20, 2012

24K

Scott Livingston	2:01:05
John Agosto	2:06:21
Tony Bonanno	2:13:20
David LaPorte	2:26:49
Bill Metzger	2:42:04
Tim Blinn	2:51:01

6K Sampler

Clinton Morse	#1 Overall
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JENKINS MT. SCRAMBLE
HALF MARATHON

The VIC, Paul Smith's College, NY May 26,
2012

Bekkie Wright	3:10:50
Joe Poliquin	3:10:51

TWILIGHT TRAILS 3.5M & 7.4M
Bluff Point (Groton), CT June 1, 2012

3.5M

Janit Romayko	#2 F60+	37:03
MaryLou White		42:37

7.4M

Bob Niedbala	#1 M60+	1:10:20
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SUMMER SOLSTICE 5K & 5M TRAIL RUN
Hebron, CT June 17, 2012

5K

Zofia Turosz	#1 F70-74	32:44
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5M

Clinton Morse	#1 M50-54	38:52
Matt Yoder		44:25
King Archibald		46:59
Alan McCall	#3 M60-64	53:32
Jill Ramos		1:14:08

GREYLOCK TRAIL HALF MARATHON
Adams, MA June 17, 2012

Scott Livingston		1:59:36
Debbie Livingston	#3F	2:09:55
Tony Bonanno		2:19:11

MOUNT WASHINGTON ROAD RACE 7.6M
2012 U.S. Mountain Running Championship
Pinkham Notch, Gorham, NH June 16, 2012

Eric Blake	#3M	1:00:54
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NOTE: Eric, co-Race Director of the Ray Crothers Memorial 2M XC Race, was the winner of this year's Bobby's Run 8M Road Race, which he used as a tune up for Mount Washington. "Only one hill!"

SPRING MARATHON & ULTRA CORNER

OBX ULTRAMARATHON 50K

Kills Devil Hills, NC May 5, 2012

Bekkie Wright	#10 Overall; #2F	6:14:21
Joe Poliquin	#9M	6:14:22

RACE OF CHAMPIONS MARATHON

Holyoke, MA May 6, 2012

Drew Best	#9M	3:11:04
Jay Seney	#2 M50-59	3:25:15

COX RHODE RACES MARATHON & HALF

Providence, RI May 6, 2012

Half Marathon

Jessica Doyle		1:45:49
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Marathon

Matt Estes		3:08:59
Neal Leibowitz		3:06:07

SHIRES OF VERMONT MARATHON

Bennington to Manchester, VT May 20, 2012

Michael Westfall		3:59:33
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KEYBANK VERMONT CITY MARATHON

Burlington, VT May 27, 2012

Jay Seney		3:59:10
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TIMBERLINE MARATHON

Timothy Lake, OR June 2, 2012

Bekkie Wright		5:28:03
Joe Poliquin	#2 M50-59	5:28:05

STEAMBOAT MARATHON

Steamboat Springs, CO June 3, 2012

Bill Gaghan	5:24:32
Tammy Gaghan	5:52:36

EDGE2EDGE MARATHON

Tofino to Ucluelet, BC June 10, 2012

Bekkie Wright	4:24:50
Joe Poliquin	4:24:51

DUATHLON & TRIATHLON RESULTS

MEMORIAL HERMANN IRONMAN TEXAS

The Woodlands, TX May 19, 2012

2.4 M Swim – 112 M Bike – 26.2 M Run

Diana Cohen	16:38:41
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SHAMROCK DUATHLON

Glastonbury, CT May 20, 2012

5K Run – 28 K Bike – 5K Run

Ned Kennedy	#4 M50-54	1:29:25
Ken Larson	#1 M60-64	1:39:23
Dean Bolt	#4 M55-59	1:41:49
Kathy Manizza	#3 F50-54	1:43:43
Carole Saucier	(Mountain Bike)	1:56:15
Russell Saucier*	(Mountain Bike)	2:04:41

*Russell's first duathlon or any bike event for that matter!

LUDLOW BOYS & GIRLS CLUB SPRINT TRI

Ludlow, MA June 3, 2012

1/2 M Swim – 14 M Bike – 4 M Run

Janit Romayko	#1 F65-69	1:52:36
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MYSTIC RIVER VALLEY YMCA SPRINT TRI

Mystic, CT June 3, 2012

1/2 M Swim – 14.4 M Bike – 3 M Run

Cathi Koehler	#2 F50-59	1:39:03
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QUASSY HALF REV

Lk. Quassapaug – Middlebury, CT June 3, 2012

1.2 M Swim – 56 M Bike – 13.1 M Run

Scott Livingston	4:55:50
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WESTFIELD WAVE SPRINT TRI

Hampton Ponds State Park – Westfield, MA

June 10, 2012

1/3 M Swim – 10 M Bike – 5K Run

Janit Romayko	1:28:18
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PATRIOT HALF IRONMAN

Cathedral Camp – E. Freetown, MA

June 16, 2012

1.2 M Swim – 56 M Bike – 13.1 M Run

Barry Stoner	#1 M70-74	7:36:46
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Barry Reports: Once again I was the oldest competitor in the race and the only competitor in my age group. What did I win? Nothing but pride. I thoroughly enjoyed the day yesterday and felt good throughout. It ain't over 'til it's over. But I know being fast was a thing of the past. (See Coach's Corner on Page 16.)

PAT GRISKUS OLYMPIC TRIATHLON

Lk. Quassapaug – Middlebury, CT June 16, 2012

Daria Vander Veer	2:49:37
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SUMMER TRIATHLON SERIES – Results & Race Dates

CEDAR LAKE TRI SERIES

Race #1 - May 24, 2012

1/3 M Swim – 10 M Bike – 3.2 M Run

Janit Romayko	#1 F60-69	1:23:16
Clinton Driscoll	#2 M60-69	1:24:58

Race #2 - June 7, 2012

1/4 M Swim – 10 M Bike – 3.2 M Run

Janit Romayko	#1 F60-69	1:16:54
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MARLBOROUGH SPRINT TRI SERIES

500 Yard Swim – 12 M Bike – 5K Run

Race #1 – May 31, 2012

Scott Livingston	#4M; #1 M30-39	1:02:29
Clinton Driscoll		1:33:58

Race #2 - June 14, 2012

Cathi Koehler	#2 F50-59	1:17:39
Janit Romayko	#1 F60-69	1:24:31

WINDING TRAILS TRI SERIES

1/4 M Swim – 5 M Mtn Bike – 5K Trail Run

Race #1 - June 12, 2012

Scott Livingston	#2M	50:16
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Race #2 - June 19, 2012

Scott Livingston	#3M	49:09
Deb Thurston		1:27:36

UPCOMING RACE DATES:

WINDING TRAILS - Tuesdays @ 6:15 PM
June 26th – August 14th

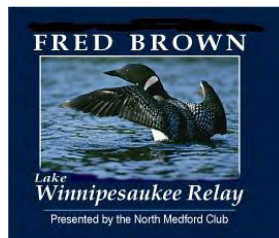
CEDAR LAKE -Thursdays @ 6:10 PM
June 21, July 5 & 19, and August 2

MARLBOROUGH -Thursdays @ 6:15 PM
June 28, July 12 & 26, and August 9



RED DRESS RUNNERS NEEDED -- LADIES ONLY

The RED DRESS RUN FOR WOMEN 5K will be held on July 7, 2012. 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 are available from Team Captain, Bekkie Wright. The Silk City guys traditionally work the Water Stop. If you are interested in joining the team or volunteering please call Bekkie at (860) 461-1486.



Lake Winnepesaukee Relay Teams Race Date: Saturday, September 8, 2012

The Men’s Team currently has a full roster, but the Women’s Team still needs a few runners. We hope you will join the Silk City Striders in New Hampshire for this annual tradition.

http://www.northmedfordclub.org/winni/2012_winni_home.htm

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

2012 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS

www.mysportsresults.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

RHAM HIGH SCHOOL – Chrissy Bendzinski, Team Member

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

NEW ENGLAND INTERSCHOLASTIC TRACK OUTDOOR CHAMPIONSHIPS

Thornton Academy, Saco, ME June 9, 2012

GIRLS 1600 METER RUN

Chrissy Bendzinski **#4** 4:59.82

NOTE: In this race, Chrissy was over 10 seconds faster than Sarah Gillespie, of Northwest Catholic, who went on to compete in the New Balance Outdoor Nationals.

CIAC STATE OPEN CHAMPIONSHIPS

Veteran's Stadium, New Britain, CT June 4, 2012

MANCHESTER BOYS - #32 TEAM

100M Dash Shamar Smith - #4 11.05
110M Hurdles Kodjo Erasmus - #6 15.11
200M Dash Shamar Smith - #4 22.42
300M Hurdles Kodjo Erasmus - #3 39.68

MANCHESTER GIRLS - #19 TEAM

100M Hurdles Arianna Rivera - #1 15.10

ELLINGTON BOYS

4x800 Relay **#14 Team** 8:17.25

RHAM GIRLS - #3 TEAM

1600M Run **Chrissy Bendzinski - #5** 5:03.56

CIAC CLASS “S” CHAMPIONSHIPS

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

BOLTON BOYS - #32 TEAM

800M Run **Brendan Callahan - #9** 2:04.23

BOLTON GIRLS - #20 TEAM

4x100 Relay **#25 Team** 56.85
4x800 Relay **#6 Team** 10:22.69
1600M Run Hannah Bodner #4 5:20.58

UNIVERSITY BOYS - #20 TEAM

1600M Run **Ryan VanDine - #12** 4:49.78
4x100 Relay **#4 Team** 45.31
4x800 Relay* **#6 Team** 8:42.66

UNIVERSITY GIRLS - #27 TEAM

4x100 Relay **#12 Team** 53.61
Discus Tiffany Estwick - #5 89-02

***Ben & Ryan VanDine, Team Members**

CIAC CLASS “M” CHAMPIONSHIPS

Veteran's Stadium, New Britain, CT May 31, 2012

ELLINGTON BOYS - #19 TEAM

4x100 Relay **#17 Team** 48.11
4x400 Relay **#15 Team** 3:40.58
4x800 Relay **#3 Team** 8:20.43

ELLINGTON GIRLS - #24 TEAM

4x100 Relay **#19 Team** 54.17
4x400 Relay **#12 Team** 4:22.43
4x800 Relay **#9 Team** 10:36.52
100M Hurdles Alissa Rogers - #5 16.98
1600M Run **Rachel Blinn - #17** 5:55.20
3200M Run **Rachel Blinn - #20** 13:00.67

CIAC CLASS "LL" CHAMPIONSHIPS
Manchester High School May 30, 2012

MANCHESTER BOYS - #4 TEAM

4x400 Relay	#14 Team	3:38.75
4x800 Relay	#13 Team	8:34.14
100M Dash	Shamar Smith - #1	11.15
110M Hurdles	Kodjo Erasmus - #2	14.96
200M Dash	Shamar Smith - #1	21.24
300M Hurdles	Kodjo Erasmus - #2	39.75
High Jump	Kweku Adioo - #5	6-00
Long Jump	Quan Soyini - #3	20-06.25

MANCHESTER GIRLS - #14 TEAM

4x100 Relay	#14 Team	52.26
4x800 Relay	#11 Team	9:59.65
100M Dash	Nicole Clemens - #4	12.84
100M Hurdles	Arianna Rivera - #1	15.42
1600M Run	Kayla Boucher - #4	5:17.90

CIAC CLASS "MM" CHAMPIONSHIPS
Veteran's Stadium, New Britain May 31, 2012

RHAM GIRLS - #3 TEAM

800M Run	Chrissy Bendzinski - #5	2:24.15
4x400M Relay*	#6 Team	4:12.75
	*Chrissy Bendzinski - Team Member	

CCC EAST
CONFERENCE CHAMPIONSHIPS
Fermi High School May 22, 2012

RHAM GIRLS - #4 TEAM

4x400M Relay*	#4 Team	4:12.48
	*Chrissy Bendzinski, Team Member	
800M Run	Chrissy Bendzinski - #2	2:20.32
1600M Run	Chrissy Bendzinski - #1	5:04.09

NCCC CONFERENCE CHAMPIONSHIPS
Suffield High School May 22, 2012

ELLINGTON BOYS - #4 TEAM

4x100 Relay	#7 Team	47.01
4x800 Relay	#1 Team	8:16.10
100M Dash	Alex Oliwa - #1	11.46
200M Dash	Alex Oliwa - #2	23.71
300M Hurdles	Ben Friedman - #5	44.06
800M Run	David Bergeron - #5	2:03.23
1600M Run	Neil Hulstein - #3	4:30.11
	Alex Smith - #4	4:30.12
3200M Run	Alex Smith - #3	10:19.23
	Neil Hulstein - #5	10:27.60

ELLINGTON GIRLS - #4 TEAM

4x100 Relay	#7 Team	53.96
4x400 Relay	#3 Team	4:16.85
4x800 Relay	#3 Team	10:28.70
300M Hurdles	Alissa Rogers - #2	49.54
400M Run	Nicole Paparian - #3	1:01.93
3200M Run	Kayla Sgarlata - #4	12:04.76
	Rachel Blinn - #8	12:33.87
Long Jump	Sara Moore - #2	15-03
High Jump	Alyssa Rogers - #4	4-10
Triple Jump	Kelsey Sgarlata - #2	32-05.25
Shot Put	Patience Turkson - #1	30-09

BOLTON BOYS - #8 TEAM

4x100 Relay	#11 Team	51.41
4x400 Relay*	#4 Team	3:41.90
4x800 Relay*	#5 Team	8:45.53
	*Brendan Callahan, Team Member	
800M Run	Brendan Callahan - #6	2:04.03

BOLTON GIRLS - #13 TEAM

4x100 Relay	#11 Team	56.19
4x400 Relay	#8 Team	4:43.98
4x800 Relay	#3 Team	10:28.70
800M Run	Hannah Bodner #1	2:24.91
1600M Run	Hannah Bodner - #1	5:19.37
	Samantha Nyser - #4	5:23.36
3200M Run	Samantha Nyser - #5	12:14.27

**CCC NORTH
CONFERENCE CHAMPIONSHIPS
Wethersfield High School May 22, 2012**

MANCHESTER BOYS - #2 TEAM

4x400 Relay	#5 Team	3:39.14
4x800 Relay	#1 Team	8:17.07
100M Dash	Shamar Smith - #2	11.11
110M Hurdles	Kodjo Erasmus - #1	15.20
100M Dash	Shamar Smith - #2	22.27
300M Hurdles	Kodjo Erasmus - #1	39.85
800M Run	Matt Reichelt - #5	2:04.68
1600M Run	Chris Parla - #2	4:42.16
3200M Run	M. Patrick Dibble - #1	10:05.74
High Jump	Jayson Mathews - #4	5-08
	Devin Johnson - #5	5-06
Triple Jump	Kweku Adioo - #1	43-01.50
Pole Vault	Jeff Choiniere - #3	12-00
Discus	Jacob Reiser - #4	120-10
Javelin	Richard Caldwell - #4	140-09

MANCHESTER GIRLS - #6 TEAM

100M Dash	Nicole Clemons - #4	13.29
1600M Run	Kayla Boucher - #4	5:22.17
	Kylie McCartney - #5	5:28.26
High Jump	Leah Watson - #3	4-10

**CSC CONFERENCE CHAMPIONSHIPS
Wesleyan University May 22, 2012**

UNIVERSITY BOYS - #3 TEAM

4x100 Relay	#3 Team	45.74
4x400 Relay	#4 Team	3:48.46
4x800 Relay*	#2 Team	**9:05.43
*Ben & Ryan VanDine, Team Members		
100M Dash	Omar Sewell - #2	11.60
	Kadeem Johnson - #3	11.82
200M Dash	Omar Sewell - #3	23.77
400M Dash	Marlon Jegelley - #5	54.28
800M Run	Marquez Johnson - #3	2:09.73
1600M Run	Ryan VanDine - #4	4:47.43
3200M Run	Marquez Johnson - #4	10:45.34
	Ben VanDine - #17	11:31.12
	Ryan VanDine - #18	11:48.85

UNIVERSITY GIRLS - #8 TEAM

4x100 Relay	#2 Team	55.20
4x400 Relay	#5 Team	4:56.58
4x800 Relay	#5 Team	11:43.90
800M Run	Liz Doerfler - #5	2:52.23
Discus	Tiffany Estwick - #4	82-01

**The University Boys' 4x800 Team beat the school record they set last year, and qualified for the Class "S" Championship. They went on to smash that 4x800 record at the Class "S" Meet on June 2!

**GREATER HARTFORD INVITATIONAL
Simsbury High School May 12, 2012**

ELLINGTON BOYS

4x100 Relay	#16 Team	47.07
4x800 Relay	#5 Team	8:28.39
1600M	Neal Hulstein - #5	4:30.84

ELLINGTON GIRLS

4x100 Relay	#16 Team	54.86
4x400 Relay	#7 Team	4:27.13
4x800 Relay	#6 Team	10:35.79
300M Hurdles	Alissa Rogers - #5	49.90
1600M Run	Rachel Blinn - #35	6:13.02
3200M Run	Rachel Blinn - #20	12:29.67
Long Jump	Sara Moore - #5	15-08

UNIVERSITY BOYS

4x800 Relay*	#12 Team	8:47.51
*Ben & Ryan Van Dine, Team Members		
1600M Run	Ryan VanDine - #45	5:02.00
	Ben VanDine - #51	5:07.31

RHAM GIRLS

800M Run	Chrissy Bendzinski - #1	2:17.73
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JOURNAL INQUIRER
GREATER MANCHESTER OUTDOOR TRACK & FIELD MEET
Manchester High School May 19, 2012

BOLTON BOYS – #15 TEAM

4x100 Relay	#10 Team	51.77
4x400 J.V. Relay	#9 Team	4:30.04
4x400 Relay*	#10 Team	3:53.16
4x800 Relay*	#7 Team	8:37.66
* Brendan Callahan, Team Member		
800M Run	Brendan Callahan - #5	2:02.00

BOLTON GIRLS - #18 TEAM

4x100 Relay	#11 Team	57.79
4x400 J.V. Relay	#6 Team	5:11.64
4x400 Relay	#11 Team	4:47.21
4x800 Relay	#9 Team	10:58.30
1600M J.V.	Zoe Ounpuu-Adams - #4	6:01.28
1600M	Hannah Bodner - #4	5:17.17

ELLINGTON BOYS - #11 TEAM

4x100 Relay	#8 Team	46.86
4x400 J.V. Relay	#3 Team	3:58.64
4x400 Relay	#9 Team	3:49.04
4x800 Relay	#1 Team	8:15.60
1600M J.V.	Jordan Dixon - #1	4:49.96
	Tim Daigle - #5	4:57.03
1600M	Alex Smith - #4	4:34.67
3200M	Neal Hulstein - #2	9:51.56

ELLINGTON GIRLS - #10 TEAM

4x100 Relay	#9 Team	54.39
4x400 Relay	#8 Team	4:25.21
4x800 Relay	#11 Team	11:09.91
200M Dash	Nicole Paparian - #r	27.35
3200M Run	Rachel Blinn - #8	12:36.87
Shot Put	Patience Turkson - #3	30-09.5

MANCHESTER BOYS - #2 TEAM

4x100 Relay	#2 Team	43.66
4x400 J.V. Relay	#1 Team	3:52.34
4x400 Relay	#4 Team	3:38.17
4x800 Relay	#5 Team	8:26.71
100M Dash	Shamar Smith - #2	11.05
110M Hurdles	Kodjo Erasmus - #1	15.32
200M Dash	Shamar Smith - #2	22.48
300M Hurdles	Kodjo Erasmus - #1	40.04
400M Dash	Ernest Archeampong - #4	51.80
1600M Run	M. Patrick Dibble - #2	4:28.13
3200M Run	M. Patrick Dibble - #3	10:01.36
High Jump	Kweku Adioo - #3	6-00
	Devin Johnson - #4	6-00
Triple Jump	Kweku Adioo - #3	42-06
Discus	Jacob Reiser - #5	119-07
Javelin	Richard Caldwell - #4	161-00

MANCHESTER GIRLS - #4 TEAM

4x100 Relay	#4 Team	52.25
4x400 J.V. Relay	#4 Team	4:44.94
4x400 Relay	#4 Team	4:13.07
4x800 Relay	#16 Team	10:05.78
100M Dash	Nicole Clemens - #3	12.90
100M Hurdles	Arianna Rivera - #1	15.10
300M Hurdles	Arianna Rivera - #2	45.06
1600M J.V.	Vanessa Corrao - #3	6:00.26
1600M	Kayla Boucher - #5	5:17.30

RHAM GIRLS – #5 TEAM

4x800 Relay*	#2 Team	9:35.69
* Chrissy Bendzinski, Team Member		
800M	Chrissy Bendzinski #4	2:21.53

CONNECTICUT MIDDLE SCHOOL CHAMPIONSHIPS
Manchester High School June 2, 2012

	<u>Girls 4x800 Meter Relay - B Div</u>	
Tolland	#1 Team	12:34
	* Hayley Collins, Team Member	

	<u>Girls 1600 Meter Run - A Div</u>	
Hayley Collins	#20	6:06



Presented by the Ticket Network and
the Manchester Running Company

Thursday Night Under the Lights Track Meets at Manchester H.S.

<http://manchesterrunningcompany.com/events/tnul/>

THURSDAYS:

July 5, 12, 19 & 26;
August 2 & 9, 2012

TRACK Events starting at 6:00 PM (in order):

- July 5** - 5K, 100, 1-Mile, 200, 800, 400,
4x400 Relay
- July 12** - 2-Mile, 110-hurdles, 100,
1-Mile, 200, 800, 400
- July 19** - 5K, 110-hurdles, 100, 1600,
200, 800, 400
- July 26** - 2-Mile, 110-hurdles, 100, 1600,
200, 800, 400

August 2 - -- Relay Night – FREE

4x100, 4x800, 1-Mile relay* (see rules),
Sprint Medley (400, 200, 200, 800), 4x400,
Distance Medley (1200, 400, 800, 1600)

*1-Mile Relay Rules: 4 people cover a 1 Mile
distance, in any order, as many exchanges of
the baton as wanted/needed. Each runner
must cover at least 100 meters.

August 9 – 5K, 100, 1600, 200, 800, 400

Entry fees (per week):

Manchester Res.* – \$5.00 unlimited events
Non-Resident – \$10.00 unlimited events
All Youth – \$4.00 unlimited events

*Please bring current ID for proof of residency

Divisions: Youth Boys (12 & under),
Youth Girls (12 & under); Open Men, and
Open Women

PRE-REGISTER FOR THE FULL SERIES:

<http://www.shop.manchesterrunningcompany.com/Thursday-Nights-Under-the-Lights-Registration-tnul2012.htm>



www.nutmegstategames.org

Track & Field Meet

Veteran's Memorial Stadium, New Britain

Sunday, July 21, 2012

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

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

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 July 21, 2012.

REGISTER ONLINE BY JUNE 29:

<http://208.106.191.140/html/nutmeg/registrationStep1.asp?action=&sportID=1&axy=pt10>

No Onsite Registration!

ADMISSION FOR SPECTATORS:

\$5.00 Adults
\$3.00 Child/Senior

COACH'S CORNER By Barry Stoner

Let me begin by saying that you will never be as fast as you were in your teens and twenties; and that you probably didn't know it then. Whether you trained or just showed up for an event, unless it was a major endurance event, it did not get any better than this age period for personal speed.

On the other hand, an athlete who trains with purpose and possibly with a coach can extend this natural speed beyond their twenties. Except for a very few people, you had your best running days as a kid – best being defined as fastest speed. Of course many people PR way past their twenties. That is because they most likely did not pursue their best performances for some race distances as a youth. It may not have been their quest at the time, or they were preoccupied with other things. Think back ... was running track or running road races the main purpose in your life when you were a kid? Running may have been on your To Do list, but I would bet you were into many other things.

How could you have known, back then, that you were at your fastest? You didn't, but you most likely have some reference points. If you ran track, I am sure you remember some of your best times for various events. When I was in high school we did not have a cross-country team, but we did have a track team in the "50's." Wow, that was a long time ago ... just before the initiation of Rock & Roll music, before the Beatnik era, and before the Hippie era. The only track shoes we had also had spikes. There were no running shoes as we know them today. We wore Converse basketball shoes to run and they were terrible for running on the track. Hardly anyone ever ran on the roads.

Well, since then I have paid attention to what high school runners and others have worn and done on the track and as the road race craze began in the early 70's. Track is still track, albeit the competitors are faster. Women now run road races; thanks to a few pioneers like Julia Brand and Katherine Switzer. The rest is history.

I could tell you my times as a teen on the track, but I won't. Each of you, who ran track, remembers your own story. At my school the coach required each of us to participate in all events, both track and field; and we completed what he called a Track Test. We did this once at the beginning of the season and again upon completion of the season. I recorded scores for four years in all track and field events. You could see your improvement as you got better and stronger as the years went by; this was fun. I earned the Most Improved medal twice. I will tell you one final result ... I could High Jump higher than I could Pole Vault ... in other words, I never got the hang of Pole Vaulting.

Oh, to be a kid again and know what I do now.

**GLASTONBURY PARKS & REC
SUMMER FUN RUNS
Starting Tuesday, June 26 at 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 Males and Females 35 & up, 19-34, 15-18, 13-14, 10-12, 7-9, and 6 & under.

Tuesday evenings, June 26; July 3, 10, 17, 24, 31 and August 7. FREE!

ORIENTEERING – The Billygoat – April 28, 2012 By Clinton Morse

The Billygoat - perhaps the most prestigious orienteering race in North America - no championship status, but anyone serious about orienteering aims to run 'the goat'. Differing from regular interval start orienteering races, a goat features a mass start with following implicitly allowed and runners may skip any one control of their choosing. This years Billygoat was advertised as 12.4km long and included 600m of climb - but the straight line is rarely the optimal route in orienteering.

The Billygoat visits a different venue in the northeast each year, and the RD (head goat) changes with it. This year EMPO's Glen Tryson put on a very fine Billygoat at Moreau Lake SP about a half hour north of Albany. This map was first used for the 2010 US Championships and received rave reviews of its intricate terrain. I missed the champs that year, so was really excited to check it out. I knew that the really sweet runnable terrain was up on a plateau at the top of the mountain, so it was a pretty good guess that the first leg of the race would be long, start up-hill and be very technical to spread out the field. The RD started the race and we all turned our maps over simultaneously - yup, just as I thought. This first leg makes the 7-Sisters look tame (see map snippet above - triangle to #1) Plan B was to stick with Greg Balter, a top navigator from NYC, for the first couple legs to get up top, then start to do my own navigating. Plan worked well as Greg is a great navigator, but not a great climber so I and about a dozen others were able to stay with him without getting dropped. Greg chose a wide, safe route to the R avoiding the steepest of the climb and nastiest of the cliffs in exchange for some added distance, a wise choice and we nailed the control after about 15 minutes of uphill running.

After #2 I decided to slow it down and do my own navigating. The plateau, where 75% of the race took place, was a wonderful playground of rolling knolls, small marshes and plenty of glacial erratica. You could choose to stay in good contact with the map, or pick up a train and stay in good contact with them and hope the guy in front didn't make any mistakes. At various times during the race I ran with a variety of different folks, sometimes for safety, other times just because we were all going the same way. I won't bore you with the minutiae of race details, but after dropping many contours to the #17 aid station and faced with climbing back up to #18, the group of three I was with all decided to make #18 our skip and bailed out the road and ran downhill before cutting in across some very open runnable woods to #19. A short loop around a series of ponds completed the course with gentler terrain more akin to a sprint race. I had been running in close contact with a good friend, Nadim Ahmed, for most of the race and although he had a few steps on me as we approached the finish chute, he politely waited so that we could punch the finish control box simultaneously to tie for first masters in a time of 2:01:06 (winners time was about 89 minutes). Also running the goat this year (most years for that matter) were local ultra-running legends Fred Pilon & Peter Gagarin, incidentally also the organizers of the first Billygoat held at Mt Tom in MA back in 1979.

If you enjoy running in the woods and also like the mental challenge of a good puzzle, orienteering may be something you ought to try. It bears absolutely no resemblance to the boring bearing and pace counting exercises you may have learned in scouts or the military. Rather it is a high paced, exciting running sport that requires constant mental focus along with the stamina to run over a variety of terrain.

If any Striders would like to give it a try, I'm more than happy to connect for an 'O' run on a nearby map (Gay City is probably the closest) so you can experience it for yourself. Local orienteering clubs host low-key local meets on most weekends during spring and fall, offer free beginner instruction just for the asking and have courses for all ages. My 11 year old son Hayden won silver in the middle distance and bronze in the sprint at the recent US Individual Championships in Georgia in mid April. Anyone can do it - you can too.

RACE CALENDAR

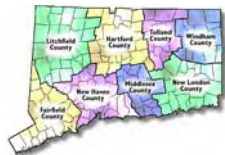
Date	Time	Race	Place	Website / Contact
Su Jul 1	9:00 AM	Firecracker 5K	Glastonbury (Rotary Field) www.glastonburyriverrunners.com/club-races-events/firecracker-5k-2012	
We Jul 4	9:00 AM	Four on the Forth 4M	Chester (Center)	www.chesterrotary.org
Sa Jul 7	8:30 AM	Riverfest 5K	E. Hartford (Goodwin School) http://easthartfordct.gov/Public_Documents/EastHartfordCT_Parks/Special%20Events	
Sa Jul 7	6:00 PM	Twilight 5K	Enfield (Town Green)	www.enfieldcelebration.org/events/race.html
Sa Jul 7	9:00 AM	Summer Scorcher 5K	Beacon Falls	www.summerscorcher5k.com
Sa Jul 7	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	www.hartfordmarathon.com
Th Jul 12	6:00 PM	The Rentschler Airfield 5K	East Hartford (Cabela's)	www.hartfordmarathon.com
Su Jul 15	9:00 AM	Petit Family Foundation 5K	Plainville	www.petitroadrace.com
We Jul 18	6:30 PM	Citizens Bank Not Your Typical 5K	Middletown (Main St.)	www.jbsports.com
Th Jul 26	6:00 PM	X-Treme Scramble 5K - #2	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Fr Jul 27	6:45 PM	Sunset 5K	Trumbull (Twin Brooks Pk)	www.trumbullrotary.org/SunsetRun/sunsetrun.html
Fr Jul 27	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	www.narragansettri.com/lions
Sa Jul 28	9:00 AM	Scottish Rite Freemasons 5K	Newington (LA-Z-BOY Furniture)	www.valleyofhartford.org/roadrace
Su Jul 29	9:00 AM	Soapstone Assault 5.5M	Somers	www.ShenipsitStriders.org
Sa Aug 4	8:00 AM	Glastonbury Living Well 5K	Glastonbury (Smith Middle Sch) http://www.glastonburychamber.net/wcevents/eventdetail.aspx?EventID=925	
Sa Aug 4	9:00 AM	John & Jessie Kelly 11.6M	New London (Ocean Beach Park)	www.moheganstriders.org
Su Aug 5	8:00 AM	Sea Legs Shuffle 10M/5K	Gulford (Jacobs Beach)	www.jbsports.com
Th Aug 9	6:25 PM	Corporate 5K for Special Olympics	Hartford (Bushnell Park)	www.jbsports.com
Sa Aug 11	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	www.bridgeofflowers10k.com
Th Aug 11	6:30 PM	E. Hartford H.S. Alumni XC 5K	E. Hartford (Veteran's Memorial) http://easthartfordct.gov/Public_Documents/EastHartfordCT_Parks/Special%20Events	
Su Aug 12	10:00 AM	Donors Week 5M	Torrington (Coe Park)	www.torringtonrace.com
Th Aug 16	6:30 PM	Run From The Sun 5K	Danbury (Rogers Park)	www.jbsports.com
Su Aug 19	7:00 AM	Rock & Roll Half Marathon	Providence, RI	www.runrocknroll.competitor.com/providence
Su Aug 19	9:00 AM	Austin Harlow Memorial 5K	Somers (Fair Grounds)	http://www.hartfordcounty4-h.uconn.edu
Su Aug 19	8:30 AM	Lobster Loop 5K	Canton (Town Green)	www.plattsys.com
Th Aug 23	6:00 PM	X-Treme Scramble 5K - #3	Hartford (Riverfront Plaza)	www.hartfordmarathon.com
Su Aug 26	9:00 AM	Marshfield 20K	Marshfield, MA (High School)	www.marshfield.net/roadrunners
Su Aug 26	8:00 AM	Old Wethersfield 5K & 10K	Wethersfield	www.hartfordmarathon.com
Mo Sep 3	8:40 AM	New Haven Road Race 20K & 5K	New Haven Town Green	www.newhavenroadrace.org
Su Sep 9	9:30 AM	CancerCare's Run For Hope	Fairfield (Jennings Beach)	http://community.cancercare.org/walkct
Su Sep 16	7:30 AM	Surftown Half Marathon	Westerly, RI (Misquamicut)	www.hartfordmarathon.com

EARLY FALL MARATHON CALENDAR

Su Sep 16	7:30 AM	Yonkers Marathon	Yonkers, NY	www.theyonkersmarathon.com
Su Sep 23	9:00 AM	Adirondack Marathon	Schroon Lake, NY	www.adirondackmarathon.org
Sa Sep 29	9:00 AM	New Hampshire Marathon	Bristol, NH (Newfound Mid Sch)	www.nhmarathon.com
Su Sep 30	8:00 AM	Clarence DeMar Marathon	Gilsum, NH (Town Hall)	www.clarendemar.com
Su Sep 30	9:00 AM	Wineglass Marathon	Corning, NY	www.wineglassmarathon.com
Su Sep 30	7:45 AM	Maine Marathon	Portland, ME (U of So. ME)	www.mainemarathon.com
Su Sep 30	9:00 AM	Smuttynose Marathon & Half	Hampton Beach, NH	www.hamptonrockfest.com
Su Sep 30	8:00 AM	Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	www.shenipsitstriders.org/nipmuck.html

2012 EVENT CALENDAR

- JUNE** - Bolton XC Summer Series Wednesday Nights - June 20 & 27
- JULY** - Wickham Park Cross Country Series Monday Nights – July 9 & 23
 Summer Picnic Sunday, July 22
 Bolton XC Summer Series Wednesday Nights – July 11, 18 & 25
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic..... Saturday, August 4
 Wickham Park Cross Country Series Monday Nights – August 6, 13 & 20
 Bolton XC Summer Series Wednesday Night – August 1 & 8
 Parkade Cinemas Family Fun Run 5K Sunday, August, 26
- SEPTEMBER** - Fred Brown Lake Winnepesaukee Relays Saturday, September 8
 Ray Crothers Memorial XC Run Saturday, September 22
- OCTOBER** - Halloween Pot Luck Supper TBA
- NOVEMBER** - Parker Holt Celebration Run 5K Sunday, November 11
 Know Your Pace Race Saturday, November 17
 Manchester Road Race Thursday, November 22
- DECEMBER** - Hungry Tiger Toy Fun Run TBA
 Scrooge Scramble Tuesday, December 25



Silk City Striders 8 County Challenge
at least 4 Counties completed as of June 20, 2012.

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
Mitch Bielenda		X	X			X	X	
Clinton Morse		X		X	X	X	X	
Cathy King		X	X			X	X	X
Alan McCall	X	X	X		X	X	X	
Joe Poliquin		X	X		X		X	
Janit Romayko		X	X	X	X	X	X	X
Barry Stoner					X	X	X	X
Zofia Turosz		X	X	X	X		X	
Tom Walsh		X		X		X	X	
Michael Westfall		X			X	X	X	
Bekkie Wright		X	X		X		X	



The Silk City 700 (and Junior 350) is a personal challenge to accumulate 700 miles of running or walking within the 2012 calendar year (or 350 if you are High School age or younger). Below is the self-reported list of Silk City Striders who have achieved the 700 Mile Mark as of June 20, 2012.

MEN		WOMEN	
John Agosto	Clinton Morse	Dani Kennedy	Carole Saucier
Tony Bonanno	Lee Paquette	Debbie Livingston	Bekkie Wright
Aaron Flamino	Joe Poliquin	Janit Romayko	Linda Yamamoto
Scott Livingston	Mike Westfall		

RED DRESS RUN FOR WOMEN 5K
Saturday, July 7 - 8:30 AM
Elizabeth Park - West Hartford, CT



EVENT ENTRY FORM 2012
 Silk City Striders - Red Dress Runners TEAM

Official Use Only

Bib: _____

Div: _____

Date: _____

Cash: _____ CC: _____ Check: _____

YOUR INFORMATION (please print)

Full Name: Last _____ First _____ MI _____

Address: _____

City: _____ State: _____ Zip Code: _____

Day Phone: (____) _____ Age: _____ Gender: M F

Email: _____

Birth Date: (MM/DD/YY)(req'd for div. place) _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Shirt Size: (adult): XS S M L XL XXL



SELECT CATEGORY

Individual Age Group

Team Entries: (Each member must complete a form and all must be submitted together)

Team Name: Red Dress Runners Team Captain: Bekkie Wright

Red Dress Run: Mother/Daughter Team Open Team

PAYMENT SUMMARY

Entry Fee (\$30.00): \$ _____

Dri Release Shirt Upgrade (\$20.00): \$ _____

TOTAL \$ _____

	SS=Short Sleeve	Race Date	Upgrade Shirt Order ↓
Red Dress Run for Women		7/7	SS-\$20

WAIVER MUST BE SIGNED



RUNNING EVENT WAIVER FORM

This form is only for HMF running events.

Triathlons and duathlons use USA Triathlon waiver which is distributed at event packet pickup. USAT waiver must be signed in person by participating athlete at packet pickup. No substitution.

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I hereby certify that I am in good health and I have trained to run the distance of the race, which I am entering. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry into this running race, I, for myself and anyone entitled to act on my behalf, waive and release the Hartford Marathon Foundation, Inc., its officers, directors, agents, volunteers and employees, all states, cities, counties, the Metropolitan District Commission or other governmental bodies or locations in which events or segments of events are held, all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. *I understand that bicycles, skateboards, roller skates or inline skates and animals are not allowed in the event and I will abide by this policy. I also understand that baby joggers are discouraged for the safety of all participants.* I am aware that the Foundation strongly discourages the use of personal audio devices (iPods and MP3 headsets).

I authorize any healthcare provider to release any and all information pertaining to my healthcare, medical condition and medical treatment as a result of my participation in this Hartford Marathon Foundation, Inc. event to the Hartford Marathon Foundation, Inc. and its staff.

Print Name _____

Date _____

Signature (Parent or Guardian if under 18) _____