



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

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

## Hartford Marathon & Team Relay, Half Marathon & 5K

**8:00 AM – Saturday, October 14, 2006**

**Bushnell Park, Hartford, CT**

Good luck runners, and thank you volunteers!

## PACE Race 5K in honor of Parker Holt

**1:00 PM – Sunday, November 12, 2005**

**Manchester Community College, Manchester, CT**

The PACE Race 5K Run / Walk Series was launched in 2002 as a method for the Prostate Cancer Education Council (PCEC) to increase national awareness of prostate cancer.

The PACE Race Series complements the PCEC's missions of offering free or low cost prostate cancer screenings across the nation as well as educating men, the women in their lives, and the medical community, about the prevalence of prostate cancer; the importance of early detection; and available treatment options.

## “Know Your Pace” Race

**8:00 AM – Saturday, November 18, 2006**

**Manchester Road Race Course**

**Manchester, CT**

Where the race is not to the swiftest finisher, but to the most accurate predictor of their time.

### ATTENTION:

The Silk City  
SATURDAY FUN RUN  
is moving to  
Manchester Road Race course  
on  
SATURDAY, OCTOBER 7, 2006

We will meet in the Parking Lot  
at the corner of Main & Forest  
across Forest from the Army-Navy Club,  
due to the construction  
at Bennet Middle School.

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## 2006 BOARD OF DIRECTORS

### Officers

CCO\*: Bekkie Wright (860) 533-1557  
 Vice President: Betty Cannella (860) 872-5903  
 Treasurer: Art Byram (860) 430-1072  
 Secretary: John Sloan (860) 643-6123  
 \* Chief Communications Officer

### Board Members

Sue Leslie (860) 644-1804  
 Andre Mesnil (860) 647-1574  
 Karen Saunders (860) 643-9125  
 Ed Steele (860) 649-1541  
 MaryLou White (860) 512-0007

### Uniforms & T-Shirts

Sue Leslie (860) 644-1804

### WebMaster

Bill Schwarz (860) 643-4096

### Newsletter

**Staff:** Bekkie Wright – Editor  
 Karen Saunders – Editor Emeritus  
 Jim Best – Race Calendar  
 Barry Stoner – Coach's Corner  
 Jamie McDermott – Nutrition Nook  
 Art Byram – State-of-the-Art

## TRAINING RUNS

**Saturday Morning Fun Runs - 8:30 am**

**\* NEW LOCATION**

**Manchester Road Race Course**

Meet at the Parking Lot  
 at the Corner of Forest & Main Streets.

**Wednesday Evening Funs Runs - 5:15 pm**

**Mt. Nebo Parking Lot - Spring Street**

Come join us for the Spring Street Loop.  
 Runs of 4 – 8 miles are available.

**Thursday Evening Funs Runs - 5:30 pm**

**\* NEW DAY**

**Martin Elementary School**

Casual 3-5 Mile Run.

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Suzanne Charlesworth	Enfield
Mike Dolen & Family	Ellington
Tyler Gauruder	Manchester
Laura Kingstorf	Vernon
Joe Poliquin	Manchester
Gary Sweet	Manchester

### BEST WISHES

To **Mike & Sarah Tartar** on the birth of their little runner on August 17, 2006. His name is Nathan Matthew. Everything is great with him and Mom is doing well too.

### CONDOLENCES

To **Joyce Thorner** whose mother passed away last month.



**HOST NEEDED  
 FOR THE SILK CITY  
 HALLOWEEN POTLUCK SUPPER  
 October 28, 2006 6:00 pm**

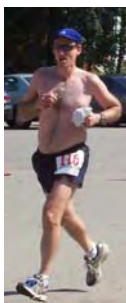
The frost is almost on the pumpkin! So, who would like to volunteer their house for our annual Silk City Striders Halloween Potluck Supper and Pumpkin Carving Contest!

Please let Bekkie know as soon as possible if you'd be interested in hosting the event this year. (860) 533-1557.

Pumpkins will be provided by the club.  
 Costumes are welcome.

**RACE RESULTS**

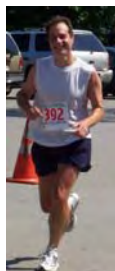
Please email your results to Bekkie at Webmaster@SilkCityStriders.org or call (860) 533-1557. Many results are online, but self-reporting either via E-mail or telephone will ensure that you don't get left out. Thank you.



**John**



**Keron**



**Rick**

**JOHN J. KELLEY ROAD RACE 11.6M**  
**Ocean Beach - New London, CT August 5, 2006**

Scott Freeman	1:15:03
Cristiano Gloria	1:17:20
Bill McGugan	1:27:26
John Sloan	1:34:37
Keron Smith	1:35:57
Bill Schwarz	1:52:37
Rick Chromik	1:55:34
Norlean Litwinka	1:57:09
Debbie Thurston	2:16:03

**PEOPLE'S FOREST TRAIL RUN 7M**  
**Barkhamsted, CT August 5, 2006**

Steve Henry	1:00:03
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**GLASTONBURY SCENIC RACING SERIES**  
**"King of Pain" 10M**  
**Glastonbury, CT August 5, 2006**

John Paggioli	<b>#5M ; #2 M40-49</b>	1:05:38
Art Byram		1:19:18
King Archibald		1:28:40
Mary Lou White	<b>#3 F50-59</b>	1:36:55
Joe Poliquin		1:43:27
Bekkie Wright	<b>#3 F40-49</b>	1:43:28

**GLASTONBURY SCENIC RACING SERIES**  
**OVERALL SERIES RESULTS**

John Paggioli	<b>#3M</b>
Mary Lou White	<b>#1 F50-59</b>
Bekkie Wright	<b>#3 F40-49</b>

**CORPORATE 5K**  
**TO BENEFIT SPECIAL OLYMPICS, CT**  
**Bushnell Park – Hartford, CT August 10, 2006**

Neal Leibowitz	18:05
Scott Wojnarowitz	18:25
John Paggioli	17:58
Ben Witkowski	18:38
Clint Driscoll	22:20
Ellie Lowell	<b>#3 F50-59</b> 24:11
Sue Leslie	26:13
Bekkie Wright	26:18

**Sue Leslie's Team from the CT Department of Labor**  
**1st Place Women's Team**

**BRIDGE OF FLOWERS CLASSIC 10K**  
**Shelburne Falls, MA August 12, 2006**

Andy Zyrek	59:25*
Bekkie Wright	59:40

\* 1st time under an hour on this challenging course

**EAST HARTFORD HIGH SCHOOL**  
**CROSS-COUNTRY CHALLENGE 5K**  
**East Hartford, CT August 18, 2005**

Awards for this unique and challenging cross-country race are based on the year you graduated from High School. There is also a Team Award based on the Top 3 Runners from any one High School.

Tony Hollister	<b>#1M 1960-69</b>	22:40
Keron Smith	<b>#1 F 1990-99</b>	24:01
Clinton Driscoll	<b>#3 M 1970-79</b>	24:19
Mary Lou White	<b>#1 F 1970-79</b>	26:50
Joan Munroe	<b>#2 F 1970-79</b>	27:29
Bekkie Wright	<b>#2 F 1980-89</b>	29:06
Janit Romayko*	<b>#1 F 1960-69</b>	27:29
Jill Ramos	<b>#3 F 1980-89</b>	30:14
John Salcius		31:01
Randy Potterton		34:26
Jim Hodges	<b>#1 M 1950-59</b>	41:01

**COMCAST SHORELINE 5-MILE ROAD RACE**  
Old Saybrook, CT August 16, 2006

John Paggioli #5M; #2 M40-49 30:35

**FALMOUTH ROAD RACE**  
Falmouth, MA August 13, 2006 -

Tyler Gauruder 42:11

**SUMMER TRACK CLASSIC 3200 M**  
Willimantic, CT August 23, 2006

Berangere Tharp #2 F30-39 16:04

**XTERRA SCRAMBLE 5K**  
Hartford, CT August 24, 2006

Mickey Grabner #2 M40-44 22:19  
Linda Kolbasovky #3 F25-29 22:42  
Keron Smith #1 F30-34 23:48  
Dani Kennedy #1 F45-49 24:43

**OLD WETHERSFIELD 5K**  
Wethersfield, CT August 27, 2006

Steve Morse #3 M50-59 19:01  
Keron Smith #3 F30-39 21:28  
Ginny Welch #3 F40-49, PR 21:24

**XTERRA SCRAMBLE 5K**  
Hartford, CT September 7, 2006

Ned Kennedy #4M; #1 M45-49 20:01  
Linda Kolbasovky #3 F25-29 23:33  
Keron Smith #1 F30-34 24:10  
Dani Kennedy #1 F45-49 25:27

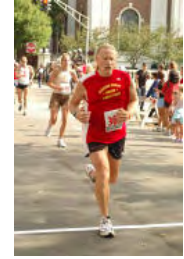
**NIKKI'S RUN, WALK 'N' ROLL 5K**  
MCC - Manchester, CT September 10, 2006

Ellie Lowell #2F; #1 Adult F 23:19  
Denise Toce 28:08  
Peg Byram PR 28:08  
Cathy Kapa 40:38

Thanks also to the Silk City team of volunteers: Art Byram, Jim Best, Bill Schwarz, Norlean Litwinka (and her friend Bob), and Nick & Jack Byram.



**Keron, Carmen, Art,  
Betty & Jill**



**Keith**

**NEW HAVEN ROAD RACE**  
**KIDS RUN, 5K & 20K**  
New Haven, CT September 3, 2006

**Kid's Run**

Michael Litwinka 4:39  
Cameron Litwinka 4:47

**5K**

Linda Yamamoto #2F 20-29 20:11  
Cindy Donch 37:21  
Eric Donch 37:21  
Gary Donch 37:36

**20K**

Aaron Flamino 1:12:22  
John Paggioli 1:18:46  
Scott Freeman 1:21:14  
Neal Liebowitz 1:22:59  
Dale Toce 1:24:33  
Ben Witkowski 1:25:56  
Joe Kidder 1:26:26  
Art Byram 1:28:04  
Tim Blinn 1:29:42  
Bill McGugan 1:30:18  
Ginny Welch 1:36:47  
Keron Smith 1:39:42  
Ed Steele 1:40:36  
Keith Morgan PR 1:46:51  
Joan Munroe 1:46:19  
Terry Voytek 1:51:24  
Carmen Herzog\* 1:54:19  
Bekkie Wright 1:56:09  
Betty Cannella\* 2:01:23  
Jill Ramos\* 2:04:02  
Norlean Litwinka 2:06:05  
Michelle Sawyer 2:11:38  
Debbie Thurston 2:11:58

\*Open Women's USATF Grand Prix Team Members, which placed 4th.

**SOUTH WINDSOR ROAD RACE 5M**  
**Rye Park – S. Windsor, CT September 9, 2006**

Mike Tartar	#3M; #2 M30-39	31:29
Tim Blinn	#5M; #2 M40-49	34:31
Joan Munroe	#5F; #1 F50-59	41:37
Mary Lou White	#7F; #2 F50-59	43:35
Sue Leslie	#9F; #3 F50-59	44:01
Jill Ramos	#1 F40-49	TNA
John Salcius	#2 M60-69	TNA

TNA = Time Not Available

**WALLINGFORD YMCA 10K**  
**Wallingford, CT September 16, 2006**

Keron Smith	#4F; #1 F30-39	47:53
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**SOMERS GREAT ESCAPE ROAD RACE**  
**Somers, CT September 16, 2006**

**5K**

Bill McGugan	#6M; #2 M50-59	19:18
Steve Morse	#9M; #3 M50-59	19:30

**5M**

Dale Toce		31:45
Mark Turkington	#2 M60-69	35:07

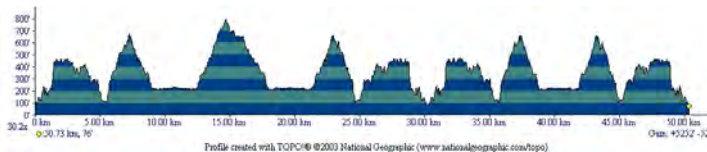
**SUFFIELD 10K ROAD RACE**  
**Suffield, CT September 9, 2006**

Dale Toce	#5M; #3 M40-49	40:35
Steve Morse	#8M; #1 M50-59	42:01

**FALL FROLIC 30K**  
**Fairfield, CT September 17, 2006**

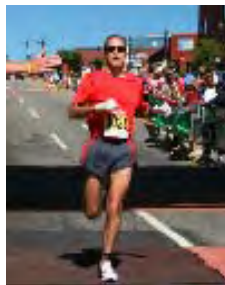
Art Byram		2:20:01
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**HALF MARATHON, MARATHON, ULTRA MARATHON RESULTS**



**SANTA CRUZ MOUNTAINS 50K**  
**Santa Cruz, CA July 30, 2006**

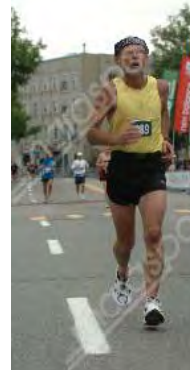
Bill Schwartz 7:54  
 ... with the accent on MOUNTAINS!



**MARATHON BY THE SEA**  
**Saint John, NB August 13, 2006**

Jay Seney #8M; #2 M40-49 3:14:07

**MARATHON DES DEUX RIVES**  
**Quebec City, QC August 27, 2006**



**New Member, Gary Sweet**

Gary Sweet		3:46:51
Bekkie Wright		4:27:04
Joe Poliquin		4:27:06

**CLARENCE DEMAR MARATHON**  
**Gilsum to Keene, NH September 24, 2006**

Scott Freeman 3:11

**THE LEAN HORSE 50K ULTRA-MARATHON**  
**Hot Springs, SD August 26, 2006**

Mary Lou White	#5F; #1 F50-59	5:47:12
	#13 Overall	
Rich White	#9M; #2 M 20-29	5:47:12
(MaryLou's Son)	#14 Overall	

**HOGS BACK HALF MARATHON**  
**Colebrook, CT September 30, 2006**

Cristiano Gloria		1:26:21
Mike Tartar		1:31:35
Art Byram		1:33:29
Mark Turkington		1:39:11
Mary Lou White		2:07:33
Betty Cannella		2:08:04
Barry Stoner		2:10:56

## DUATHLON / TRIATHLON / ADVENTURE RACE RESULTS

### RESULTS OMITTED FROM AUGUST NEWSLETTER

#### NIANTIC BAY TRIATHLON Niantic, CT July 23, 2006

1/2 M Swim – 12 M Bike – 3.5M Run

Peggy Byram 1:39:37

#### SANDY BEACH TRIATHLON

Bantam Lake, Morris, CT August 5, 2006

1/2 Mile Swim – 10 Mile Bike – 5K Run

Clint Driscoll 1:15:52

#### LITCHFIELD HILLS TRIATHLON

New Hartford, CT August 6, 2006

1 Mile Swim – 23.8 Mile Bike – 10K Run

Cristiano Gloria	#9M; #2 M25-29	2:25:44
Mike Tirrell	#1 M50-54	2:35:52
AnnMarie DeMonte	#1 F65-69	3:52:02

#### DASH & BASH TRIATHLON

Devens, MA August 12, 2006

1/2 Mile Swim – 12 Mile Bike – 3M Run

Peggy Byram 1:33:45

#### WILDMAN BIATHLON

Wildcat Mtn, NH August 12, 2006

10K Run – 22.3 M Bike – 3M Hill Climb

Mary Lou White 4:07:55



#### JOURNEY FOR SIGHT TRI Chicopee, MA August 27, 2006

1/2 M Swim – 17M Bike – 3.5 M Run

Clint Driscoll		1:43:53
Janit Romayko	#1 F60-64	1:48:19
Peggy Byram	#3 F45-49	1:54:05

#### TIMBERMAN TRIATHLON

Elacoya State Park, Gilford, NH August 20, 2006

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Cristiano Gloria 5:19:47



#### IRONMAN WISCONSIN Madison, WI September 9, 2006

2.4 M Swim – 112M Bike – 26.2 M Run

Mike Tirrell 13:37:49

See Page 14 for a Full Report from Mike.

#### MADISON TRIATHLON

Madison, CT September 9, 2006

1/2 M Swim – 13M Bike – 3 M Run

Dean Bolt	#1 M50-54	1:15:52
Janit Romayko	#1 F60-64	1:28:33

#### FIRMMAN HALF IRON TRIATHLON

Narragansett, RI September 10, 2006

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Cristiano Gloria		4:49:28
Joe Poliquin		6:11:25
Barry Stoner	#2 M65-69	6:23:09
Bekkie Wright		6:55:19

#### 5 STAR TRIATHLON

Douglas, MA September 16, 2006

1/4 M Swim – 11M Bike – 3 M Run

Peggy Byram #1 F45-49 1:19:42

#### HAMMERFEST SPRINT TRIATHLON

Branford, CT September 17, 2006

1/2 M Swim – 13.5M Bike – 4 M Run

Dean Bolt		1:23:46
Janit Romayko	#1 F60-64	1:41:02

A classic well run, organized race.  
Always a beautiful race day with gorgeous prizes.

**TERRAMUGGUS TRIATHLON SERIES**

1/4 M Swim – 12M Bike – 5K Run  
Marlborough, CT

**Race 5- August 10, 2006**

Cristiano Gloria	56:06
Jeff Thornton	1:07:06
Cathi Koehler	1:09:00
Janit Romayko	1:15:11
Beth Shluger	1:16:30

**Race 6- August 24, 2006**

Jeff Thornton	1:08:00
Janit Romayko	1:13:16

**DARIEN ITPMAN**

Weed Beach, Darien, CT September 30, 2006

1/2 M Swim – 15M Bike – 5 M Run

Janit Romayko	<b>#1 F60-64</b>	2:03:28
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Janit reports that this is the most beautiful course she's ever seen, but that timing and traffic control problems need to be ironed out for next year

**GENESIS ADVENTURE RACES  
EMS SPRINT SERIES**

Trail Run – Mountain Bike – Kayak  
+ Special Tests & Navigation - 25 Miles

**Race #5 - Pachaug State Forest, CT  
August 26, 2006**

**“Two Fools” 4:15**  
Ned Kennedy & John Whalen - #1 Masters Elite

**Race #6 - Douglas State Park, MA  
September 23, 2006**

**“Two Fools” 4:15**  
Ned Kennedy & John Whalen - #1 Masters Elite

**HARPOON BREWERY CHURN & BURN  
24-Hour MOUNTAIN BIKE RELAY RACE  
Brialee Campground, Ashford, CT  
September 16th & 17, 2006**

**PIG IRON 2 TEAM #2 5-Person Team - 31 Laps**  
Bill Honeck, Steve Cooper, Rob Sylvester,  
Paul Novatosky, and **Cristiano Gloria**

**2006 REACH THE BEACH RELAY -- 209.8 Miles  
Bretton Woods to Hampton Beach, NH September 15-16, 2006**

Complete results at: [http://www.rtbrelay.com/RTB2006\\_Final\\_Results.htm](http://www.rtbrelay.com/RTB2006_Final_Results.htm)

**Overall Team Results**

<b>John Paggioli's Team</b>	THE FREE RADICALS #4 Overall; #1 Men's Masters	23:41:00
<b>Steve Henry's Team</b>	UTC - THIS IS MOMENTUM #50 Overall; #19 Men's Open	27:55:00
<b>Bill &amp; Tammy Gaghan's Team</b>	THE RED EYE RUNNERS #67 Overall; #3 Men's Super	28:17:13
<b>Bekkie Wright &amp; Joe Poliquin's Team</b>	WHOSE TURN TO BURN #194 Overall; #72 Mixed Open	30:55:27*

\* Actually we should have been even slower because we were never charged our “Transition Shutdown” penalty of 2 Legs' time (about 2 hours) + another hour which would have put us at 35:00 hours.

**18TH ANNUAL LAKE WINNIPESAUKEE RELAY  
2006 FRED BROWN RELAY ROAD RACE  
65.7 Mi. Around Lake Winnepesaukee, NH September 23, 2006**



**Joe, Bill, John, Randy, Jay & Jim B.**  
Photo courtesy of Lynn Sloan

Complete Results and More Photos Available at:

[http://www.coolrunning.com/results/06/nh/Sep23\\_2006Fr\\_set1.shtml](http://www.coolrunning.com/results/06/nh/Sep23_2006Fr_set1.shtml)

There were two teams, a Men's and a Women's Master team, for the relays. The men's team, captained by Bill McGugan, was comprised of Bill, Jay Seney, Jim Best, Jim Tharp, John Sloan, Randy Potterton, and special guest Joe Poliquin. The Women's team, captained by Betty Cannella, was comprised of Betty, Sue Leslie, Berangere Tharp, Joyce Thorner, Bekkie Wright, and special guest Marie Slattery. (Complete results are shown below.) **Bill Gaghan** ran Leg 7 for his **Black Point Runners Men's Open Team** in **1:07:42**.

<u>LEG 1</u>	<u>LEG 2</u>	<u>LEG 3</u>	<u>LEG 4</u>	<u>LEG 5</u>	<u>LEG 6</u>	<u>LEG 7</u>	<u>LEG 8</u>	<u>TOTAL</u>
10.7	11.0	9.3	4.0	10.8	6.5	8.5	4.4	65.7
<b><u>MEN'S MASTERS</u></b>								
1:2:431	1:18:20	1:10:49	24:00	1:21:58	49:34	57:10	46:09	8:09:39
Jim T.	Bill	Joe	Jim T.	John	Jim B.	Jay	Randy	(7:28 Pace)
<b><u>WOMEN'S OPEN</u></b>								
1:40:45	1:36:37	1:29:28	39:15	1:45:22	56:02	1:21:34	37:29	10:05:29
Bekkie	Marie	Marie	Joyce	Betty	Sue	Bekkie	Berangere	(9:13 Pace)

Men's Team were listed as 11th in the Men's Open,  
but should have been 6th Men's 40+ – 38th Team Overall

Women's Team placed 16th in their Age Group – 94th Team Overall



## Silk City Striders 8 County Challenge

### At Least Three (3) Counties Completed as of 10/1/2006

To be part of the 8 County Challenge, please submit your results for races completed in Connecticut this year to [Webmaster@SilkCityStriders.org](mailto:Webmaster@SilkCityStriders.org). Each Challenger's progress will be reported on upon completion of a race in at least three (3) Counties. All successful **"8 County Challenge" Finishers** will be announced at the 2006 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In.

	Hartford	Fairfield	Tolland	New Haven	Windham	Middlesex	Litchfield	New London
Tim Blinn	X		X	X				
Art Byram		X		X			X	
Betty Cannella	X			X		X	X	
Rick Chromik	X	X						X
Clint Driscoll	X			X		X	X	X
Aaron Flamino	X		X	X				
Scott Freeman		X		X				X
Cristiano Gloria		X			X		X	X
Steve Henry	X	X	X	X		X	X	X
Sue Leslie	X	X	X	X				
Neal Liebowitz	X			X	X			
Norlean Litwinka	X		X	X				X
Ellie Lowell	X	X	X	X	X	X	X	
Bill McGugan	X		X	X				
Keith Morgan	X		X	X				
Steve Morse	X		X	X				
Joan Munroe	X			X		X		X
John Paggioli	X			X		X		
Jill Ramos	X		X	X				X
Janit Romayko	X	X		X	X	X		X
Bill Schwarz	X						X	X
Jay Seney	X		X	X				X
John Sloan	X	X				X		X
Ed Steele	X	X	X	X				
Jim Tharp	X	X	X		X	X		X
Debbie Thurston	X			X		X	X	X
Dale Toce	X		X		X			
Mark Turkington			X	X			X	
Ginny Welch	X	X	X	X				
<b>Mary Lou White</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Ben Witkowski	X		X	X	X	X		X
Bekkie Wright	X	X		X		X		



## WICKHAM PARK SUMMER CROSS COUNTRY SERIES

### WEEK 4 - August 7, 2006

#### ADULT RACE 2.6 miles

David Metzger	12:18
Aaron Flamino	13:22
Tyler Gauruder	14:16
Steve Henry	14:48
Neal Leibowitz	15:00
Michael Tartar	15:19
Jay Seney	15:20
Steve Morse	15:27
Tris Carta	16:06
Matt Butwill	16:11
Tim Blinn	16:26
David Bendzinski	16:48
Linda Yamamoto	16:50
Mike Dolen	17:06
Raymond Carta	17:12
Tony Hollister	17:17
King Archibald	17:37
Bill Metzger	18:12
Clint Driscoll	18:22
Dani Kennedy	19:42
Joan Munroe	20:31
Sue Leslie	21:31
Brian Seney	23:16
Jill Ramos	23:24
John Salcius	23:28
Bekkie Wright	23:51
Janit Romayko	24:23
Randy Potterton	28:28
Bill McGugan	28:28
Jim Hodges	30:10

#### YOUTH RACE - 1 mile

Chrissy Bendzinski	7:36
Emma Dolen	7:48
Rachel Blinn	7:59
Steven Ramos	11:36
Lindsay Ramos	11:46

### WEEK 5 - August 21, 2006

#### ADULT RACE 2.6 miles

Tyler Gauruder	13:41
Colby Welch	14:01
John Paggioli	14:47
Steve Henry	14:52
Steve Morse	15:37
Bill McGugan	15:39
Tris Carta	16:01
Matt Butwill	16:09
Tim Blinn	16:10
David Bendzinski	16:20
Raymond Carta	16:34
Mike Dolen	16:59
Tony Hollister	17:02
Linda Yamamoto	17:09
Bill Metzger	17:11
King Archibald	17:39
Dani Kennedy	19:59
MaryLou White	20:18
Keith Morgan	20:48
Bekkie Wright	22:25
John Salcius	22:37
Janit Romayko	22:58
Norlean Litwinka	23:11
Jill Ramos	23:12
Sean Briggeman	24:52
Randy Potterton	26:00
Jim Hodges	30:37

#### YOUTH RACE - 1 mile

Chrissy Bendzinski	7:39
Emma Dolen	7:55
Rachel Blinn	7:59
Steven Ramos	11:08
Lindsay Ramos	11:55

## WICKHAM PARK SUMMER CROSS COUNTRY SERIES FINAL AGE GROUP STANDINGS

FINAL AGE GROUP STANDINGS - Based on Best 4 Performances\*  
TOP 2 in each Age Group Received Trophies / All runners completing 4 Races received Medals.

<b><u>FEMALE 0-9</u></b>			<b><u>MALE 12-13</u></b>		
Emma Dolan	1st Place	32:32	Steven Ramos	Medalist	46:33
Lindsay Ramos	Medalist	50:47			
<b><u>FEMALE 10-11</u></b>			<b><u>MALE 14-15</u></b>		
Crissy Bendzinski	2nd Place	29:18	Tyler Gauruder	2nd Place	56:49
Rachel Blinn	Medalist	32:11			
<b><u>WOMEN 19-29</u></b>			<b><u>MALE 19-29</u></b>		
Linda Yamamoto	1st Place	1:09:14	David Metzger	2nd Place	51:17
			Steve Henry	Medalist	59:14
<b><u>FEMALE 30-39</u></b>			<b><u>MALE 30-39</u></b>		
Norlean Litwinka	1st Place	1:36:34	Matt Butwill	Medalist	1:05:48
<b><u>FEMALE 40-49</u></b>			<b><u>MALE 40-49</u></b>		
Bekkie Wright	Medalist	1:34:27	John Paggioli	2nd Place	59:51
Jill Ramos	Medalist	1:34:34	Jay Seney	Medalist	1:02:18
			Tim Blinn	Medalist	1:06:38
			King Archibald	Medalist	1:10:59
<b><u>FEMALE 50-59</u></b>			<b><u>MALE 50-59</u></b>		
MaryLou White	1st Place	1:21:41	Steve Morse	2nd Place	1:01:19
Joan Munroe	2nd Place	1:25:45	Tris Carta	Medalist	1:03:44
Sue Leslie	Medalist	1:28:22	Bill McGugan	Medalist	1:04:14
<b><u>FEMALE 60+</u></b>			<b><u>MALE 60+</u></b>		
Janit Romayko	1st Place	1:33:47	Mike Dolen	Medalist	1:08:55
			Tony Hollister	Medalist	1:09:17
			Bill Metzger	Medalist	1:10:23
			Clint Driscoll	Medalist	1:18:20
			Keith Morgan	Medalist	1:29:55
			John Salcius	Medalist	1:32:46
			Jim Hodges	Medalist	1:34:43

## NUTRITION NOOK – “Fuel Up...Not Out, For Your Next Big Race”

By Jamie McDermott, M.S., R.D., C.D.N.

With the Hartford Marathon and Half Marathon just around the corner, you may be faced with a multitude of options regarding what to eat as the “big day” nears. Some runners choose not to change anything about their diets, and just do what works for them in terms of nutrition. Others may prefer to follow a bit stricter routine of “carb-ing up” in the days before the race. It is interesting to note that studies looking at various degrees of carbohydrate loading have shown that a moderate approach works best. This is good news to many, as the extreme measures (a diet very low in carbohydrate while training followed by a diet very high in carbohydrate while tapering) that have been followed in the past are physically taxing and difficult to adhere to. A modified carbohydrate loading routine entails that the athlete consume approximately 50% of their calories from carbohydrate during a tapered exercise routine, followed by a shift to a high carbohydrate intake, about 70% of calories from carbohydrate and little or no exercise.

The guidelines listed below will help you to make the best carbohydrate choices for maximum performance. I have also included some guidelines for fluid consumption, as hydration plays an equally important role as proper nutrition.

1. **Fill'er up.** In the few days before a marathon or other endurance event (more than 90 minutes of continuous exercise), consume a generous amount of high carbohydrate foods (whole grains, fruits and juices, and vegetables), moderate amounts of lean proteins (low fat dairy, lean meat, fish, and poultry, and beans), and limited amounts of healthy fats (nuts, peanut butter, olive and canola oils, etc.). Your goal here is to allow your muscles to absorb and store ample amounts of carbohydrates, which will be used as fuel during your long run.
2. **Gain a little.** Your goal for pre-competition nutrition is to gain a little weight – water weight, that is. This is because in your muscles, each gram of carbohydrate stored also pulls in about 3 grams of water. This extra water will aid in hydration during the race. If you are properly tapering your exercise prior to the event, this is normal. Practicing common sense while eating – stopping when you are satisfied, not stuffed, will ensure that your extra weight is water only, not fat. On a scale of 1-10, 10 being Thanksgiving full, you should end your meals around a 6.5.
3. **A winning breakfast.** The day of the event, you might dawn a case of the jitters and think that you couldn't possibly eat breakfast. Not true! The meal you consume in the few hours before the event is critical to preventing a drop in blood sugar. Additionally, it will help you maintain good mental focus, another important component in staying on track and determined while running. 1-4 hours prior to the event (depending on your individual digestion), eat a familiar meal containing 400-800 calories. Examples include oatmeal, cereal, or yogurt and banana, or *whatever works for you*. This is NOT the time to try anything new!
4. **Hydrate properly.** Too often, the importance of hydration before, during and after the event is underestimated. Both endurance and overall performance have been directly linked to hydration status. As such, in the 2-3 days prior to the event, drink additional fluids until your urine is a pale yellow color. Limit alcoholic beverages during this time. The morning of the event, 2 or more hours before starting time, drink a minimum of 24 ounces of fluid (water, sports drink, or diluted juice). This will allow your body adequate digestion time. About 20 minutes before starting time, drink 8-16 ounces of water as tolerated.

5. **Keep it coming.** During the event, consume 8-10 ounces of fluid every 20 minutes. Try to include both sports drinks and water OR water and high carbohydrate foods (bars, banana, gels, etc.) to help you reach a goal of 240 calories of carbohydrate (that is about 80 grams) per hour. Know that you have probably had enough fluids if you can hear your stomach sloshing as you run. Finding out your *sweat rate*, or how much water weight you lose per hour of exercise, can be helpful in establishing a personalized guide for fluid consumption (1 lb. of fluid lost = 16 oz. of water). For a convenient sweat rate calculator, check out [www.powerbar.com/NutritionResource/ToolsArticles/Tools/HydrationCalculator.aspx](http://www.powerbar.com/NutritionResource/ToolsArticles/Tools/HydrationCalculator.aspx)
  
6. **Post event,** refuel with a meal and/or snacks containing both carbohydrate and protein. Studies have shown that muscles take up more energy when the post exercise meal contains approximately a 4:1 ratio of these two nutrients, respectively. Examples would be pasta (carbohydrate) topped with meat sauce (carbohydrate plus a little protein). Also try to include some salty foods to help replace sweat (sodium) losses, and drink ample amounts of fluids until your urine is pale to clear in color.

<b>Optimal (Carbohydrate) Choices for Endurance</b>	<b>Poorer (Other) Choices for Endurance</b>
Pasta dishes with tomato sauce	Pasta dishes with high fat meats/cheese
Pizza with part skim cheese & veggies	Stuffed or deep dish meat laden pizzas
Bean, split pea, lentil and vegetable soups	Cream soups
Potatoes, sweet potatoes, yams, brown rice	French fries, fried rice, buttery potatoes
Whole grain bagels, English muffins, & cereals	Scones, donuts, bagels w/ cream cheese
Jam, honey, jelly, maple syrups	Margarine w/ trans fats
Fruit – bananas, dried plums, apricots, etc.	Snack cakes, cookies, chips
Pancakes, French toast, waffles, bran muffins	Sausage, bacon, croissants, full fat muffins
Juices – apple, grape, cranberry, orange, etc.	Beer, wine, alcohol
Fat free/low fat milk, yogurt, yogurt smoothies	Whole milk, full fat yogurts/smoothies
Sherbet, sorbet, frozen yogurt, low fat ice cream	Gourmet ice cream, milk shakes, frappes

Want more nutrition expertise for hungry runners? Contact Jamie at (860) 648-9612, email her at [jamiemcdermottrd@msn.com](mailto:jamiemcdermottrd@msn.com), and be sure to visit her website at [www.therd4U.com](http://www.therd4U.com).

## IRONMAN Wisconsin 2006

by Michael Tirrell

I'm finally an IRONMAN!!! I feel a great sense of accomplishment, and with it I also feel an even greater sense of gratitude. First and foremost to my wife Janice who put up with, and even encouraged me throughout the training process. Then on race day she was out there cheering me on, moving around to the various spots where she could get a quick glimpse, and a chance to yell and ring her cow bell. I can't begin to explain the lift I got each time I saw her. She did this on a cold, rainy, and windy day, and never once did she let on how miserable those conditions must have been for her. Secondly, when I decided to do an IM event I went to Doug Cote` who for me was my go to guy. For those of you who know Doug, then you know what an upbeat kind of guy he is. I knew that I would need that kind of fortitude to help me get through my first IM. The two biggest pieces of advice Doug gave me were: 1. Stay upbeat, have fun, and remember it's about becoming an IRONMAN. 2. Eat a turkey sandwich with stuffing on the bike course to make you feel better (sorry Doug, I stuck with good old peanut butter and jelly sandwiches). Thirdly, I had an angel with me on my left shoulder (Linda) and a prayer on my right shoulder (Joe Damon – whose accident earlier this year almost took him away from us, but with great fortitude and perseverance, is making a truly inspirational recovery – GO JOE). Whenever a negative thought began to cross my mind I would think about Janice, Doug, Linda and Joe. That would always put things back in perspective. Others that also came to mind during the race (yes – there's lots of time to think out there) were my lunch time running mates (Mike, Tom, Carl, Bill and others), my Sat. morning riding buddies (Vinny et al from Granby), and remembering SLOWPOKE who was training for an IM earlier this year, only to fall victim to food poisoning.

Now let me tell you about the race. I guess the easiest way for me to explain what I was going through on race day would be to describe my body in corporate terms. The body's nervous system could be thought of as the board of directors. It was responsible for putting the lines of communications in place. The brain and vital organs are the corporate management, and the skeletal system is the union work force (the stomach and digestive track were demoted by management to union work as well). All the union heads have a direct line of communication to the head of management (the brain), and vice versa. The brain has a seat on the board and a year earlier sat in as the decision to do IMWI was made. Note that no union members were part of this decision, but with a year to prepare they put up little fuss, so it was all systems go.

**SWIM:** With race day finally here the first event is a 2.4 mile swim. With much trepidation I was faced with deciding on how to proceed with this mass start (largest ever for IMNA with 2500+ starters). After gleaning several thoughts on the matter I decided the best approach for me would be to hang back and swim wide. This would let me find open water to swim in while most of the other competitors hammered each other. Well that worked for about 100 meters. The problem I encountered was that with so many other swimmers in the water the open spots never materialized. I'm guessing that if I were to compare swim ability against the rest of the field that I would finish somewhere around the top 20 to 30 percent. By starting in the back I had to swim through large groups of slower swimmers who were hammering on each other. I was punched, kicked, groped, and violated on a regular basis during the swim, never really feeling like I could get into a regular rhythm or any open water. As I approached the finish I was expecting a pretty poor time (I had hoped to do a 1:20 swim) but was pleasantly surprised with a 1:18 and only a few nicks and a bloody lip to out of the ordeal. Immediately after exiting the water, management ordered the legs to start running. With this the legs just laughed and replied how about we just walk a little first, after all this is going to be a long day. Management relented and we were off to T1. So far management and labor are experiencing good relations.

T1: With advice from Cookie Monster I begin to look for a stripper to help me remove my wet suit. I make eye contact with a lovely lass and I point at her. She immediately responds by pushing my head down and grabbing the back of my wet suit shirt (I have a two piece) and begins to yank. In a flash the top is off and the next thing I know I'm lying on ground and the stripper has my bottoms pulled off in nothing flat (she was a pro). With a smile and a thank you high five I'm off to run (walk) the ramp up to the changing room. I grab my bag and put on my cycling gear (arm warmers first, followed by long sleeve shirt, then my HEAT cycling jersey – kudos to John Pugmire as the uniform got many compliments). I also put on my cycling sandals as these have SPD cleats I can run/walk in them without the cleat getting in the way. Now management insists on running to get my bike, and the legs oblige. After retrieving my bike from the bike handoff volunteer I begin to run to the mount area. As I'm moving away I hear her yell "hey you forgot your shoes". I respond that all is okay and continue on. Management is very happy, and all is good.

Bike: I'm exiting the downhill corkscrew out of the T1 and onto the bike course (112 miles). The pavement is still dry, but I'm feeling a rain drop here and there. Less than a mile into the bike course and it's now raining, with the pavement fully wet. The first couple of miles have some pretty good bumps, but volunteers are there to warn riders and they even have water bottle retrievers to pick up the occasional bottle ejection (I think Gabe experienced this but I'm not sure if the retrievers were in place for him). This part of the ride also had us riding along sections of urban bike trail and due to the slippery conditions this was mostly done single file. We eventually end up on the open road and the ride begins in earnest. It was about this time that my stomach sent a message to management requesting nourishment (after all it was approaching 9AM and I had breakfast around 3AM). After a few seconds of thought management agreed to send a GU down the hatch, and promised to follow that up with a PB&J sandwich later if all went well (this sequence would repeat itself throughout the bike segment). It wasn't long into the ride when others began to notice that I was wearing sandals. People wanted to know if they were custom made, or if my feet were cold. Of course they weren't custom made, and my feet weren't really cold. I think the rain water on the road actually warmed up due to latent heat on the road surface and it helped keep my feet warm. At any rate management never received a complaint from the feet during the bike leg, so I'm very sure they remained very happy. On the other hand, as I accumulated miles in my aero bars, the neck and shoulders began to whine. Management was too busy whistling a happy tune to take much notice so along we went. I'm very happy to report that I was able to ride aero for 85 to 90 percent of the time, and this could have been higher if the roads hadn't been wet. The sharpness of the turns required very deliberate riding or you risked going down in heap. I did see a few indications of trouble but for the most part others seemed to take it very cautious as well. The ride featured some really beautiful scenery and a couple significant assents. These were a real blast as crowds of people would line both sides of the road screaming, cheering, banging sticks, and making all kinds of noise to help motivate you to the top. The first lap around I danced up the hills (and I got a glimpse of Janice as I finished the first lap), the second lap was a little more difficult. I think part of problem was that the rain was coming down harder, and the wind was really beginning blow (also no Janice this time around and I was looking forward to seeing her). Never the less after 96 miles it was time to head back to T2. This initially made me very happy until I realized that this part of the ride was going to be done almost completely into the wind. At one point, while riding downhill I noticed that I had to peddle in order to keep going. There would be no resting in these last 16 miles, but at least management was able to assure all union reps that we would soon be off the bike and into a nice warm changing room. The bike ended by riding up the circular ramp we had departed from. The bike split was something like 6:50, a little slower than I had wanted but given the conditions I was happy with the result. I should note here that because of the weather my hydration plans were very easy to maintain. I ended up consuming only half of what I thought I would need. The tally was 48 oz. of water and 24 oz. of Gatorade.

T2: I hand off my bike to a volunteer and begin to stumble toward my running gear when I hear Janice yelling out and the cow bell ringing. I give her a quick wave and a smile then continue on my way (really lifted my spirits). After finding my bag and an empty chair I plop down to begin changing. But before this process can begin several union heads demand to be heard. After a few seconds for thought, management relents to help quell a rising rebellion. I consume a balance bar satisfy my stomach, rub my legs to warm them up and put on warm dry running socks and shoes. After a few minutes rest all union reps are back on board and are ready to begin the run.

Run: My first marathon!!! I can hardly wait and as I told others during training I hoped to achieve a 9 minute per mile pace (4 hour run). I was amazed at how easy the first few miles went by. Everything was feeling good except my neck could no longer hold by head up. I think Gabe noticed this as he was finishing his first lap as I headed out and he had to yell to me a few times before I looked up and found him. He looked great and my quick calculation put him at least 90 minutes in front of me. I was wondering if he would pass me before I finished my first lap (later I knew he wouldn't as I saw him heading out on lap 2 and I was heading in on lap 1). I was able to pass the first couple of aid stations without taking anything in, but by mile 3 I knew I was going to require additional nourishment. Management looked at all the options available at the aid stations and the only thing the stomach would allow down the hatch were grapes, chicken broth, an occasional banana and a sip of water. This method kept the union boys at bay for the remainder of the first lap, where I was able to retrieve my run special needs bag, gulp down a RED BULL and quaff a few CLIFF SHOTS. This gave me a much needed boost just before rounding the halfway mark where you can see the finish line but must turn your back and run away. This is most cruel, but with the union workers temporary satiated I was able to achieve this without much difficulty. Now during training my long runs consisted of runs up to 2.5 hours. This was about the time when things began to fall apart. Management was busy singing happy songs and thinking about becoming an IRONMAN and very reluctant to listen to the complaints coming in. Eventually, the complaints from calves, quads, and hip flexors won out and management was forced allow them the occasional walk. As the second lap progressed the run deteriorated to shuffling and walking. Management became quite adept at ignoring complaints and only thought about the eventual outcome (we going to be an IRONMAN – it might not be pretty but we're going to succeed). At long last (some 5 hours later) mile 26 approached and management knew only one final turn existed. With this in mind management pleaded with the union reps to give everything they had left. The union reluctantly agreed to this request and the last 2 tenths of a mile my old form returned. With this I was able to whoop it up and high five the finishing crowd. What an upper!!! They were there cheering for me as if I had just won the race. I can't describe the feeling to those who haven't experienced it, but it's truly amazing. The spectators at IMWI are really something else. After all who among us would sit out there all day in cold, rainy weather just to cheer on a bunch of triathletes (I think I would do it now, but I'm not sure I would have before). Just after crossing the finish line two volunteers grabbed me (one on each arm) to make sure I didn't fall over. After putting a space blanket over my shoulders they walked me around, put my finishers medal over my head and picked up my finishers jersey and hat. WOW!!! Management was very happy as the volunteers handed me over to my IRONMATE Janice.

Post race: Shortly after finishing the union reps held a secret session and decided to call for a general strike. It's been 3 days since the strike began and I'm happy to report that all sides are now at the negotiation table and the outlook for returning to action for ITPMAN on September 30<sup>th</sup> are looking good. I'd also like to congratulate Gabe and Lee (sorry I never did meet Lee although I did hear a "GO HEAT" on the run but couldn't figure out where it came from) on having great races. My final time was 13:37:40 and I managed to finish in the first half of the field. I had hoped to finish in under 13 hours but given the weather conditions I'm still pleased to have finished at all. A note to anyone reading this thinking about IMWI as a future race, don't let the hill profile of the bike course fool you into thinking it's going to be easy. It's not that the course is hard, but it is technical, and its open to the elements. If it's sunny you will have very little shade, and the wind will find you at every corner. There are also many turns and rolling hills that will demand your attention. The reward is the scenic nature of the ride itself and the spectators and volunteers that come out to watch this part of the race.



## RACE CALENDAR

	Date	Time	Race	Place	Website / Contact
Sa	Oct 7	10:30 AM	Cider Mill 5K	Tolland (Crandall Park)	www.cidermillrace.org
Sa	Oct 7	9:30 AM	Run for Habitat 5K	Bridgeport	jwolson@snet.net
Su	Oct 8	11:00 AM	Stenger Farm XC 5K	Waterford (Stenger Farm Park)	www.stengerfarmxc.com
Su	Oct 8	10:00 AM	Autumn on the Sound 5K	W.Haven (Savin Rock Cvt Ctr)	wssac-ct@juno.com
Su	Oct 8	9:30 AM	Run w/ Hawks for Cystic Fibrosis 5K	W.Hartford (Webster Elem)	860-768-4653
Mo	Oct 9	Noon	30th Tufts 10K for Women	Boston (Boston Common)	www.tuftshealthplan.com
Su	Oct 15	10:30 AM	Run For The Cove 5K	Madison (Hammonasset)	www.covect.org
Su	Oct 15	10:00 AM	Branford Shores Fall Classic 4M	Branford (Lenny's)	www.active.com
Su	Oct 15	11:00 AM	5K Run for Breast Cancer Awareness	New Haven (Yale Cross campus)	www.kc101.com
Sa	Oct 21	10:00 AM	Hall of Fame 5K	W.Hartford (MDC Reserv.)	860-233-0406
Sa	Oct 21	10:30 AM	25th Woodbridge 5K	Woodbridge (Town Center)	woodrunco@aol.com
Su	Oct 22	8:00 AM	37th Mum Festival 5M	Bristol (Chippens Hill Sch)	lmannarino@bristolhospital.org
Su	Oct 22	10:00 AM	16th Great Pumpkin 4M	Trumbull (Trumbull H.S.)	www.hitekracing.com
Su	Oct 22	10:30 AM	ACT Scholarship 5K	Willimantic (ACT Magnet Sch)	act5krun@yahoo.com
Sa	Nov 4	10:00 AM	MxCC Scholarship 5K	Middletown (MxCC)	www.mxcc.commnet.edu/mxhome/Runwalk2005.pdf
Su	Nov 5	1:00 PM	Veterans Memorial Greenway 5K	Willimantic	www.thelastmileracing.com
Su	Nov 5	1:30 PM	31st Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	pchristina@wpymca.org
Sa	Nov 11	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Pk)	www.EBAC.us
Su	Nov 12	1:00 PM	PACE Race 5K	West Hartford Reservoir#4	www.hartfordmarathon.com
Su	Nov 12	10:00 AM	19th MADD Dash 8K	New Haven (Edgewood Park)	www.hitekracing.com
Sa	Nov 18	10:00 AM	Cheshire Canal 5K	Cheshire (Norton School)	www.jbsports.com
Su	Nov 19	11:00 AM	Run for the Turkeys 5K	New Fairfield	203-312-5635
Su	Nov 19	9:00 AM	32nd Fischang-Cicchetti 5M	Waterbury (YMCA)	www.fischang-cicchetti.com
Th	Nov 23	10:00 AM	70th Manchester Turkey Day 4.75M	Manchester	www.manchesterroadrace.com
Th	Nov 23	10:00 AM	28th Madison Turkey Trot 5M	Madison (Hammonasset)	www.force5sports.com
Th	Nov 23	8:15 AM	29th Pequot Thanksgiving 5M	Southport	203-256-8314
Sa	Nov 25	9:30 AM	11th Cow Chip 4M XC	Trumbull HS	www.clubct.org/Races/CowChip.html
Sa	Dec 16	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall)	www.greystonercing.net

## FALL 2006 MARATHON CALENDAR

	Date	Time	Race	Place	Website
Su	Oct 8	8:30 AM	24th Mohawk-Hudson Marathon	Albany, NY	www.hmrc.com
Su	Oct 8	8:00 AM	11th Steamtown Marathon	Scranton, PA	www.steamtownmarathon.com
Sa	Oct 14	8:00 AM	13th Hartford Marathon, 1/2 Mar., 5K	Hartford (Bushnell Park)	www.hartfordmarathon.com
Su	Oct 15	8:00 AM	Mt Desert Island Marathon	Bar Harbor, ME	www.mdimarathon.org
Su	Oct 15	8:00 AM	17th Baystate Marathon	Tyngsboro, MA	www.baystatemarathon.com
Sa	Oct 21	10:00 AM	Breakers Marathon/50M	Middletown, RI	www.breakersmarathon.org
Sa	Oct 21	8:30 AM	36th Green Mountain Marathon	S.Hero, VT (Folsom School)	www.gmaa.net/gmminfo.html
Su	Oct 22	10:00 AM	Mystic Places Marathon & 10M	E. Lyme (Rocky Neck)	www.mysticplacesmarathon.com
Su	Oct 29	8:30 AM	29th Cape Cod Marathon	Falmouth, MA (Village Green)	www.capecodmarathon.com
Su	Nov 5	10:52 AM	37th New York Marathon	New York	www.nyrrc.org
Su	Nov 19	8:00 AM	13th Philadelphia Marathon	Philadelphia	www.philadelphiamarathon.com
Su	Dec 10	6:00 AM	41st Las Vegas Marathon	Las Vegas, NV	www.lvmarathon.com