



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

RAY CROTHERS MEMORIAL ROAD RACE 5K

Wickham Park - Manchester, CT October 25, 2009

Results for Silk City Striders Past & Present

Drew Best	#1M	15:59	Ed Yergeau	24:05
Tom Geer		18:30	George Ripley	25:00
Ned Kennedy	#2 M50-59	18:54	Steve Gates	25:27
Mitch Bielenda		20:59	Ken Balette	25:31
Tony Hollister	#3 M60-99	21:53	Susan Leslie	#1 F60-99 27:40
Ken Larson		21:55	Lori Riley	29:09
Dani Kennedy	#2F; #1 F50-59	22:27	Randy Potterton	31:54
Anne Leonard	#3F; #2 F19-29	22:41	Jackie Lancaster	35:41
Debbie Livingston	#4F; #1 F30-39	22:46	Jeff Lancaster	35:41
King Archibald		23:05	James Hodges	46:07

Thanks to everyone who volunteered or ran in the inaugural Ray Crothers Memorial Road Race. Special thanks to Janit Romayko who coordinated the volunteers and pre-registrations, and served as liaison with Race Director, Mike Bendzinski and the CCSU staff. It was a beautiful day, and was well attended by runners from both the Silk City Striders and the Hartford Track Club. We look forward to seeing you all again next year.

Lori Riley's blog: <http://blogs.courant.com/running/2009/10/ray-crothers-run-at-wickham-pa.html#more>

Scott Livingston's pics: http://www.printroom.com/studio_homepage.asp?domain_name=scottlivingston



Lynn, Jim, Randy, Bill, Mike, Mitch, John, Rick & Andy

**Members of the
Fred Brown Lake Winnepesaukee Relay
Men's Team & Support Staff**

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2009 BOARD OF DIRECTORS

Officers

President:	MaryLou White	(860) 512-0007
Vice President:	Art Byram	(860) 430-1072
Treasurer:	John Sloan	(860) 643-6123
Secretary:	Deb Livingston	(860) 512-0125
	Mitch Bielenda	(860) 644-4806
	Dani Kennedy	(860) 670-6294
	Cathy King	(860) 289-6340
	Sue Leslie	(860) 644-1804
	Karen Saunders	(860) 643-9125
	Keron Smith	(860) 644-0597
	Bekkie Wright	(860) 461-1486

Uniforms & T-Shirts

Sue Leslie (860) 644-1804

WebMaster

Bill Schwarz (860) 643-4096

Newsletter

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

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am Manchester Road Race Course

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

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

Wednesday Evening Funs Runs - 5:15 pm Mt. Nebo Parking Lot - Spring Street Come join us for the Spring Street Loop.

The clocks are changing on November 1st,
 so make sure to bring your reflective gear!

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Sherry Faircloth	Moodus
Kara Miffitt	Manchester
Roland Roy	Glastonbury
Kathy Manizza & Ken Larson	Bolton
(& Greg Manizza)	

CONGRATULATIONS



Congratulations to **Debbie & Scott Livingston** on the birth of their daughter, Dahlia Brook Livingston, on September 19th. (Pictured above is big brother, Shep, holding his little sister.)

Also, congratulations to **Wally Squier** who got married on October 10, 2009.

Parker Holt Celebration Run 5K Sunday, November 8, 2009 11:00 AM* NEW TIME Manchester Community College, Manchester, CT

Come celebrate with us at our
 8th Annual Run/Walk event either as a
 participant or as a volunteer.

"Know Your Pace" Race Saturday, November 21, 2009 8:00 AM Manchester Road Race Course, Manchester, CT

Where the race winner is not the
 swiftest finisher, but to runner who most
 accurately predicts their finishing time.
 Course Monitors, Registration & Finish
 Line Volunteers are needed as well as
 Club Members to staff our booth at the
 MRR Sports & Fitness Expo
 at Bennet School from 8:30am - Noon.

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.

SEA LEGS SHUFFLE 10 MILER Guilford, CT August 2, 2009

Joe Kidder	1:13:25
Bekkie Wright	1:18:59
Joe Poliquin	1:19:00
Ginny Welch	1:21:48



Joe, Bekkie & Andy

BRIDGE OF FLOWERS CLASSIC 10K Shelburne Falls, MA August 8, 2009

Yolanda Flamino	#1F	38:02
Bekkie Wright		47:54
Joseph Poliquin		47:55
Andy Zyrek		48:30

DEARY MEMORIAL 5M Putnam, CT August 8, 2009

Alan McCall	41:07
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ANGUS WOOTTEN MEMORIAL XC 5K Willimantic, CT August 8, 2009

Dean Bolt	#2 M50-59	21:28
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CORPORATE 5K

Bushnell Park – Hartford, CT August 13, 2009

Matthew Estes	#2 M30-39	18:14
Neal Leibowitz		18:25
Benjamin Witkowski		19:53
Mitch Bielenda		20:40
Bekkie Wright	#3F; #1 F40-49	20:55
Joseph Poliquin		21:47
King Archibald		21:55
Wally Squier		25:19

Men's Open Teams

#2 - The Hartford - **Neal Leibowitz** (+Matt Estes)

Men's Masters Teams

#1 - Hartford Hospital - **Mitch Bielenda**

#11 - The Systems Group - **Bekkie Wright**

BLUE FISH FESTIVAL 5K Clinton, CT August 15, 2009

Mike Tartar	#2 M30-39	18:16
Tony Hollister	#3 M60-69	21:23
Alan McCall		25:23

BOLTON ALUMNI XC 5K Bolton, CT August 15, 2009

Scott Livingston	#4M; #1 M30-39	19:19
Brendan Callahan	#7M	19:53
Ned Kennedy	#8M; #1 M50-59	19:58
Dani Kennedy	#4F; #1 F50-59	25:00
Marylou White	#8F; #2 F50-59	31:26
Randy Potterton		38:02

EAST HARTFORD HIGH SCHOOL CROSS-COUNTRY CHALLENGE 5K East Hartford, CT August 13, 2009

Keron Smith	#1F	24:29
Sue Leslie	#2F; #1 F1960-69	28:48
Joan Munroe	#3F; #1 F1970-79	29:09
Jill Ramos*	#4F; #1 F1980-89	30:28
Janit Romayko*	#5F; #2 F1960-69	33:19
James Hodges	#1 M1950-59	45:25

KENEY PARK 5K Hartford, CT August 23, 2009

Ned Kennedy	#1M	18:45
Bekkie Wright	#1F	21:41
Joseph Poliquin	#3M	21:42
Dani Kennedy	#2F	22:07
Matthew Wynne	#10M	27:26

OLD WETHERSFIELD 5K & 10K Wethersfield, CT August 30, 2009

<u>5K</u>		
Keron Smith	#4 F; #1 F30-34	21:54

<u>10K</u>		
Amy Daniels		44:21
Ginny Welch	#3 F45-49	45:59
Art Byram	#1 M45-49	45:59
Jill Ramos		55:37

Ginny reports: Art paced me to a 3 minute PR.

Art reports: In pacing Ginny to PR, the running gods rewarded me with a 1st in my Age Group.

**WESTERN MASS ATHLETIC CLUB
GRAND TREE SERIES RESULTS**

**OXFORD DAM TRAIL 10.5M
Oxford, MA August 8, 2009**

MaryLou White (+ Tobey)
2:16:44

**SAVOY MT. TRAIL 11 M
Savoy & Florida MA, August 16, 2009**

Bekkie Wright 2:42:41
Joseph Poliquin 2:42:45
MaryLou White 2:58:57

**MT. TOBY TRAIL 14M
Sunderland MA August 23, 2009**

John Agosto 1:51:37

**WAPACK TRAIL 17.5M
New Ipswich NH September 6, 2009**

Scott Livingston 3:13:26
MaryLou White 5:05:06

**PISGAH MT. TRAIL 23K
Chesterfield NH September 13, 2009**

John Agosto #9M 1:54:20

**CURLY'S TRAIL HALF-MARATHON
Pittsfield MA September 20, 2009**

MaryLou White 2:56:14

**BREAKNECK TRAIL 20K
Union CT October 4, 2009**

Scott Livingston #2M 1:47:51
John Agosto #5M 1:54:50
MaryLou White 3:19:41

**MONROE DUNBAR BROOK TRAIL 10.5M
Monroe MA October 11, 2009**

Scott Livingston #4M 1:25:08
John Agosto #10M 1:32:31

**HAIRY GORILLA TRAIL HALF MARATHON
Albany NY October 25, 2009**

John Agosto 1:34:19

**NEW HAVEN ROAD RACE
5K & 20K**

New Haven, CT Sept. 1, 2009

5K

Dave Metzger 17:56
Sue Leslie #2 F60-64 25:28
Joyce Thorner 29:25
Randy Potterton 30:45

20K

Aaron Flamino 1:11:53
Adam Bulewich 1:14:52
Matt Estes 1:19:37
Mike Tartar 1:20:21
Jay Seney 1:24:08
Mitch Bielenda 1:27:32
Joe Kidder 1:29:27
Mike Bendzinski 1:31:10
David Leak 1:32:02
John Paggioli 1:32:34
Keron Smith 1:34:16
Linda Yamamoto 1:36:28
Bill Metzger 1:36:06
Andy Zyrek* PR 1:37:27
Ginny Welch* 1:39:46
Amy Estes 1:44:58
George Ripley 1:46:17
Joan Munroe 1:53:06
Cathy King 1:54:59
Jill Ramos 1:59:09
Ed Steele 2:06:19

*Both Andy & Ginny reported having excellent races, and achieving Negative Splits (running the 2nd half of the course faster than the first half).

**XTREME SCRAMBLE 5K SERIES
Hartford, CT**

Race 3 - August 27, 2009

Michael Tirrell #1 M50-54 21:22
Michael Westfall 22:49
Keron Smith #6F; #3 F30-34 23:24
Tony Hollister #2 M60-64 23:27
Jackie Cmero #7F; #1 F25-29 23:32
Michael Fromerth 23:48
Andy Zyrek 24:02
Scott Hollister 24:43
Scott Wojnarowicz 25:23
Ed Yergeau 26:41

**MARATHON DES DEUX RIVES
Demi-Marathon (Half Marathon)
Quebec, PQ August 30, 2009**

Barry Stoner 2:11:12

**HADDAM NECK FAIR 5K
Haddam Neck, CT September 6, 2009**

Ned Kennedy #7M; #1 M50-59 18:31
Dani Kennedy #1 F50-59 22:37

**RIVERGLEN CHALLENGE 5M
Littleton, NH September 12, 2009**

MaryLou White #2 F50-59 53:56

**CHIPS AND SALSA HALF MARATHON
Albuquerque, NM September 13, 2009**

Keron Smith #4 F30-34 1:44:37

**SOUTH WINDSOR ROAD RACE 5M
South Windsor, CT September 13, 2009**

Adam Bulewich #1 M30-39 30:09
Tim Blinn 37:54
Joan Munroe 10F; #2 F50-59 44:15
Jill Ramos 46:12
Randall Potterton 53:20

**KEY HUMAN SERVICES 5K*
(*Est at 2.7 Miles)
Manchester, CT September 19, 2009**

Jason Earl #2M 15:40
Bill McGugan #9M 17:35
Randy Potterton 27:36

**FALL FROLIC 30K
Stratford, CT September 20, 2009**

Aaron Flamino #4M; #3 OpenM 1:54:49

**MAUI HALF MARATHON
Maui, HI September 19, 2009**

Keron Smith #3 F30-34 1:39:31

**UNION STREET TAVERN TROT 3.6M
Windsor, CT September 20, 2009**

Ned Kennedy #3M; #1 M50-59 21:15
Andy Zyrek PR 24:50
Steven Morse 25:12
Dani Kennedy #2F; #1 F50-59 25:28
Peter Devine 26:11

**HOGS BACK HALF MARATHON
Colebrook, CT September 26, 2009**

Norlean Litwinka 2:33:49

**NIANTIC BAY HALF MARATHON & 5K
East Lyme, CT September 27, 2009**

5K
Tony Hollister #2 M60-69 21:52
Half Marathon
David Leak 1:38:58
Bekkie Wright 1:52:02
Joseph Poliquin 1:52:03
Dean Bolt 1:54:07
Bob Niedbala 2:04:29

**CIDER MILL 5K & Kid's Fun Run
Tolland, CT September 27, 2009**

Jason Earl #7M; #2 M30-39 18:37
Rick Chromik 23:45
Hayley Collins #2 F0-10 27:34
John Collins 27:34

John Collins Reports: Dawn and Jessica (Age 7) completed the one mile run. Hayley & I did the 5K.

**PRATT & WHITNEY RUNWAY 5K
East Hartford, CT October 1, 2009**

Michael Fromerth 21:21
Wally Squier 23:41

**5K FOR WOUNDED WARRIORS
Woodstock, CT October 3, 2009**

Andy Zyrek #2 M40-49 22:19

RUN TO READ
Bolton, CT October 3, 2009

Ned Kennedy	#1M	18:45
Dani Kennedy	2F; #1 F50-59	21:50
Myles Kessler		24:36
MaryLou White	#2 F50-59	28:19
Randy Potterton		29:21
Eddie Steele		37:44
Ed Steele		38:27
Katie Steele		41:16

SOUTHINGTON APPLE FESTIVAL 5M
Southington, CT October 4, 2009

Mike Tartar	#9M, #2 M30-39	30:20
Alan McCall		40:17

DOGTOBERFEST ROAD RACE
Enfield, CT October 4, 2009

Steve Morse	#5M	21:29
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RUN FOR THE PENGUINS 5K
Mystic, CT October 17, 2009

Vanessa Schumacher	#7F; #2 F20-29	25:53
Janit Romayko		30:18

Vanessa reports: There was one big hill, and some parts through the woods, but it was a really fun race with neat prizes and great catered food afterward. I recommend it!

BRANFORD SHORES FALL CLASSIC 4M
Branford, CT October 18, 2009

Alan McCall		32:23
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MIKEY'S PLACE 5K ROAD RACE
Wethersfield, CT October 18, 2009

Mike Tartar	#4M; #3 M30-39	18:55
Dean Bolt		21:34
Zofia Turosz	#7F; #1 F60-99	26:27
MaryLou White	#8F; #1 F50-59	27:23

APPLE HARVEST FEST ROAD RACE 5K
Glastonbury, CT October 18, 2009

John Paggioli		20:17
Tony Hollister	#1 M60-99	21:33
Mark Turkington		24:41

Welcome Back, John!

ACT SCHOLARSHIP FUND 5K
Willimantic, CT October 24, 2009

Mark Turkington	#1 M60-69	24:02
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HOG JOG 5K
S Windsor, CT October 24, 2009

Steven Morse		21:06
Tim Blinn		21:11
King Archibald		22:07
Peter Devine	#3 M30-39	22:16
Ed Yergeau		23:03
Kyle Toce		26:01
Cathy King	#3 F40-49	26:08
Sue Leslie	#2 F60-69	26:47
Michael Toce		31:09
Dale Toce		31:13

COLUMBIA AUTUMN CLASSIC 5K
Columbia, CT October 25, 2009

John Sloan	#9M; #1M50-59	21:12
Mike Fromerth		23:02

Bolton Summer XC Series
Adult Race 2.7 Miles

Week 6 – August 6, 2009

Jason Earl	16:46
John Sloan	19:34
King Archibald	20:18
Michael Fromerth	20:41
Joseph Poliquin	21:17
Debbie Livingston	23:39
Jill Ramos	25:56
Randy Potterton	32:38

Week 7 – August 13, 2009

Jason Earl	16:23
John Sloan	19:42
Michael Fromerth	20:14
Randy Potterton	32:18

FINAL AGE GROUP STANDINGS

Debbie Livingston	#2 F30-39
Jill Ramos	#2 F40-49
Michael Fromerth	#2 M30-39
John Sloan	#3 M50-59

DUATHLON / TRIATHLON RACE RESULTS

LAKE TERRAMUGGUS TRIATHLON SERIES Marlborough, CT

500 Yard Swim – 10M Bike – 5K Run

Race #5 – August 6, 2009

Ken Larson	#2 M50-59	1:12:25
Kathy Manizza	#1F	1:17:02

Race #6 – August 20, 2009

Ken Larson	#9M; #1 M50-59	1:11:37
Kathy Manizza	#2F; #1 F50-59	1:13:56
Relay -- Wynne, Clinton Driscoll		1:38:48

WINDING TRAILS SPRINT TRIATHLON Farmington, CT

1/4 M Swim – 8K Mtn Bike – 5K Trail Run

Race #9 – August 11, 2009

Bill Schwarz	#2 M65-69	1:33:45
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NIANTIC BAY TRIATHLON Niantic, CT August 9, 2009

1/2 M Swim – 12 M Bike – 3.5 M Run

Mike Tirrell		1:09:58
Cathi Koehler	#1 F50-54	1:18:58
Ed Yergeau		1:27:27

LITCHFIELD HILLS INT'L TRIATHLON New Hartford, CT August 23, 2009

1M Swim – 23.8M Bike – 10K Run

Ed Yergeau		3:04:22
Barry Stoner	#3 M65-69	3:123:02

BOLTON SUNSET CANOE & KAYAK RACE Bolton, CT August 21, 2009 - 4 Miles

Scott Livingston	#1 Sea Kayak	39:30
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TIMBERMAN TRIATHLON Gilford, NH August 23, 2009

1.2 M Swim – 56 M Bike – 13.1 M Run

Ken Pacileo	#2 M45-49	4:46:00
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FIRMMAN TRIATHLON Narragansett, RI September 7, 2009

1.2 M Swim – 56 M Bike – 13.1 M Run

Barry Stoner	#2 M65-69	6:48:41
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MADISON SPRINT TRIATHLON Madison, CT September 12, 2009

1/2 M Swim – 13M Bike – 3 M Run

Dean Bolt	#2 M55-59	1:21:20
Ed Yergeau		1:32:11

KIWANIS MINUTEMAN TRIATHLON Westport, CT September 13, 2009

1/2 M Swim – 5.5 M Bike – 2.2 M Run

Janit Romayko	#1 F60-64	58:09
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JOSH BILLINGS RUNAGROUND Lenox, MA September 13, 2009

27M Bike – 5M Kayak – 6M Run

Scott Livingston	#1 Ironman	2:42:16
	Kayak Div Course Record	

IRONMAN WISCONSIN Madison, WI September 13, 2009

2.4M Swim – 112M Bike – 26.2M Run

Diana Cohen		16:42:00
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TDD

Douglas, MA September 19, 2009

1/3 M Swim – 11 M Bike – 5K Run

Janit Romayko	# 2 F60-64	1:25:38
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HAMMERFEST SPRINT TRIATHLON Branford, CT September 20, 2009

1/2 M Swim – 13.5M Bike – 4 M Run

Dean Bolt	#3 M55-59	1:27:11
Ed Yergeau		1:35:44
Janit Romayko	#1 F60-64	1:56:16

BUZZARD'S BAY TRIATHLON Dartmouth, MA September 20, 2009

1/3 M Swim – 14.7 M Bike – 3.1 M Run

Aces High*	#2 Mixed Team	1:20:07
*Vanessa Schumacher & her husband, Daniel		

MUD SWEAT & GEARS DUATHLON Ashland, MA October 4, 2009

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

Janit Romayko	#1 F60-64	1:26:55
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MARATHON & ULTRA RACE RESULTS

HEART OF AMERICA MARATHON
Columbia, MO September 7, 2009

Bekkie Wright	3:51:38
Joe Poliquin	3:51:39

ADIRONDACK MARATHON
Schroon Lake, NY September 20, 2009

Jay Seney	#3 M45-49	3:17:58
Team McCall	#2 Men's Relay	3:30:24
*Alan & Mike McCall		

NEW HAMPSHIRE MARATHON
Bristol, NH October 3, 2009

Bekkie Wright	3:41:36
Joe Poliquin	3:41:37

MAINE MARATHON
Portland, ME October 4, 2009

Ginny Welch	3:46:04
Bekkie Wright	4:09:05
Joe Poliquin	4:09:06

MOHAWK HUDSON RIVER MARATHON
Schenectady to Albany, NY October 11, 2009

Bekkie Wright	4:07:25
Joe Poliquin	4:07:25

GREEN MOUNTAIN MARATHON
South Hero, VT October 17, 2009

Bekkie Wright	3:56:01
Joe Poliquin	3:56:01

**AMICA MARATHON &
 UNITED HEALTHCARE HALF MARATHON**
Newport, RI October 18, 2009
Half Marathon

Ken Larson	1:45:14
Kathy Manizza	#3 F50-59 1:45:50

Marathon

Bill Gaghan	4:07:32
Joe Poliquin	4:38:23
Bekkie Wright	4:38:24
Tammy Gaghan	5:46:39

Read more about Women's Winner Liz Foster of Ellington at:
http://hartfordhawks.com/news/2009/10/23/GEN_1023093149.aspx

CAPE COD MARATHON
Falmouth, MA October 25, 2009

Bentley Has-Beens	#1 Mixed Open	2:48:41
Bekkie Wright		4:00:19
Joe Poliquin		4:00:21
*Mike McCall & Friends		

MARINE CORPS MARATHON
Washington, DC October 25, 2009

Marty Keibel	3:07:23
Adam Bulewich	3:08:40
Barry Stoner	4:59:25
Pat Desimone	6:05:39

**HARTFORD MARATHON,
 HALF MARATHON & 5K**
Hartford, CT October 10, 2009
5K

Tom Geer	#8M; #2 M25-29	18:13
Jaclyn Cmero	#9F; #4 F25-29	21:26
Dani Kennedy	#10F; #1 F50-54	21:51
Peter Devine		22:32
Mark Turkington	#2 M65-69	23:47
Zofia Turosz	#1 F70-74	26:21
Janice Tirrell		30:16
Roland Roy		35:32

Half Marathon

Dave Metzger	#9M	1:12:46
Michael McCall		1:24:18
Keron Smith		1:39:45
John Sloan		1:40:12
James Janiak		1:45:43
Michael Fromerth		1:46:59
Alan McCall		1:59:42
Joan Munroe	#3 F55-59	2:00:38
Nancy Gresh		2:01:40
Michael Westfall		2:04:22
Cathy King		2:08:25

Marathon

Adam Bulewich		2:59:35
Matthew Estes		3:02:35
Neal Leibowitz		3:04:37
David Leak Jr		3:30:36
Michael Tirrell		3:34:03
John Collins	3:35 Pace Leader	3:34:04
Amy Daniels		3:53:10
Andy Zyrek		3:55:08
Bekkie Wright		4:15:50
Joseph Poliquin		4:15:51
Mitch Bielenda	"unofficial"	4:15:50
George Ripley III		4:20:43
Barry Stoner		5:05:35
Diana Cohen		5:20:19

Marathon Relay

Silk City Skirts	#7 F-Open Team	4:13:05
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Team Members: Bekkie Wright, Santina Scalia,
 Michelle Sangster, Jill Ramos & Karina Lora



**VERMONT 50K & 50M Trail Run
September 30, 2009 Ascutney Mtn, VT**

	<u>50K Run</u>		<u>50M Run</u>	
Scott Livingston	4:44:07	Art Byram	10:44:06	

See Art's Story on Page 13; link to Scott's blog at <http://scottlivingston.wordpress.com/2009/09/27/2009-vermont-50-mile-ride-run>

**FRED BROWN LAKE WINNIPESAUKEE RELAY
65.7 Mi. Around Lake Winnepesaukee, NH September 26, 2009**

Men's Open team: Bill McGugan (Captain), Jim Best, Mitch Bielenda, Mike Fromerth, Joe Poliquin, Randy Potterton, John Sloan, and Andy Zyrek.

<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
1:22:51	1:21:36	1:16:06	25:42	1:18:42	47:22	1:08:59	47:06	8:28:24
Joe	Andy	Mike	Mitch	John	Bill	Jim	Randy	

The Silk City Striders Men's Open Team were 15th Men's Open – 38th Team Overall

Women's Open Team, Betty Cannella (Captain), Jackie Cmero, Cathy King, Sue Leslie, Ellie Lowell, Bekkie Wright, and special guest, Lori Riley.

<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
1:22:49	1:23:56	1:29:55	33:55	1:41:56	57:17	1:08:27	44:48	9:23:03
Bekkie	Jackie	Cathy	Ellie	Betty	Sue	Bekkie	Lori	

The Silk City Striders Women's Open Team were 6th Women's Open – 78th Team Overall

Ned Kennedy ran Leg 7 for the **HFC Old Men of the Mountains Team in 54:58**
(Total Time 6:45:21 - #2 Men's Masters, #3 Team Overall)

Bill Gaghan ran Leg 5 for the **Black Point Runners Team in 1:35:57**
(Total Time 8:46:59 - #8 Men's Masters, #54 Team Overall)

Read Lori Riley's Blog at: <http://blogs.courant.com/running/2009/09/lake-winnepesaukee-fred-brown.html>

Links to Kodak Photoshare and Snapfish Photo Galleries available on the Yahoo Sports Group.

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 4 – August 3, 2009

ADULT RACE 2.6 miles

David Metzger	12:30
Aaron Flamino	13:18
Adam Bulewich	14:03
Neal Leibowitz	14:34
Michael Tartar	14:40
Jason Earl	14:44
Yolanda Flamino	14:46
John Agosto	15:02
Matthew Estes	15:06
Bill McGugan	16:04
Dale Toce	16:05
Doug Flamino	16:48
Mike Dolen	17:04
Linda Yamamoto	17:12
Tim Blinn	17:18
Michael Westfall	17:20
Tony Hollister	17:22
Bill Metzger	17:33
King Archibald	17:48
Bekkie Wright	18:11
Joe Poliquin	18:12
Rachel Blinn	18:19
Scott Hollister	18:32
Michael Fromerth	18:52
Jim Best	19:22
Kathy Thornton	19:48
Deborah Livingston	20:36
Scott Livingston	20:37
Ed Yergeau	21:37
Susan Leslie	21:48
Joan Munroe	23:36
John Salcius	26:11
Randall Potterton	27:54
James Hodges	33:30

YOUTH RACE – 1 mile

Chrissy Bendzinski	6:54
Emma Dolen	7:09
Greta Westfall	12:31

WEEK 5 – August 17, 2009

ADULT RACE 2.6 miles

David Metzger	12:19
Aaron Flamino	12:58
Lance Flamino	14:01
Adam Bulewich	14:04
Scott Livingston	14:17
Matthew Estes	14:22
Neal Leibowitz	14:41
Yolanda Flamino	14:45
Michael Tartar	15:14
Bill McGugan	16:10
Dale Toce	16:26
Michael Westfall	17:02
Doug Flamino	17:05
Tony Hollister	17:13
Jaclyn Cmero	17:35
Tim Blinn	17:38
King Archibald	17:44
Bill Metzger	17:47
John Sloan	17:59
Linda Yamamoto	18:07
Rachel Blinn	18:12
Michael Fromerth	18:34
Dani Kennedy	18:39
Ed Yergeau	21:16
Susan Leslie	22:21
Matthew Wynne	23:36
Jill Ramos	24:15
John Salcius	27:25
Janit Romayko	27:40
Randall Potterton	28:04
James Hodges	34:08

YOUTH RACE – 1 mile

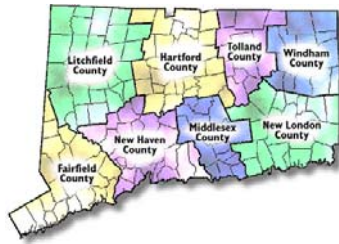
Emma Dolen	7:21
Chrissy Bendzinski	7:26
Greta Westfall	11:18



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.

<u>FEMALE 0-9</u>			<u>MALE 19-29</u>		
Greta Westfall	Medalist	49:43	David Metzger	1 st Place	50:36
<u>FEMALE 10-11</u>			<u>MALE 30-39</u>		
Emma Dolan	1 st Place	28:28	Aaron Flamino	1 st Place	52:33
			Adam Bulewich	Medalist	56:26
			Michael Tartar	Medalist	59:29
			Matt Estes	Medalist	58:41
			Michael Westfall	Medalist	1:08:22
			Michael Fromerth	Medalist	1:13:31
			Scott Livingston	Medalist	1:15:50
<u>FEMALE 12-13</u>			<u>MALE 40-49</u>		
Chrissy Benzinski	2 nd Place	28:11	Neal Leibowitz	2 nd Place	58:09
			John Agosto	Medalist	1:00:05
			Dale Toce	Medalist	1:03:34
			Tim Blinn	Medalist	1:09:33
<u>FEMALE 14-15</u>			<u>MALE 50-59</u>		
Rachel Blinn	Medalist	1:12:35	Bill McGugan	Medalist	1:03:32
			Michael Dolen	Medalist	1:08:59
			King Archibald	Medalist	1:10:49
			Joe Poliquin	Medalist	1:12:20
			Ed Yergeau	Medalist	1:26:32
			Randy Potterton	Medalist	1:54:15
<u>FEMALE 19-29</u>			<u>MALE 60-69</u>		
Jackie Cmero	Medalist	1:11:06	Tony Hollister	1 st Place	1:09:18
			Jim Best	Medalist	1:18:52
			John Salcius	Medalist	1:46:31
			Jim Hodges	Medalist	2:13:34
<u>FEMALE 30-39</u>					
Linda Yamamoto	1 st Place	1:09:56			
Deborah Livingston	2 nd Place	1:21:48			
<u>FEMALE 40-49</u>					
Bekkie Wright	1 st Place	1:12:17			
Jill Ramos	Medalist	1:35:02			
<u>FEMALE 50-59</u>					
Dani Kennedy	1 st Place	1:12:44			
Kathy Thornton	2 nd Place	1:20:51			
<u>FEMALE 60-69</u>					
Sue Leslie	1 st Place	1:28:52			



Silk City Striders 8 County Challenge

At Least Five (5) Counties Completed as of 10/31/2009

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald	X	X	X	X	X	X	X	X
Mitch Bielenda	X	X	X	X	X	X	X	X
Adam Bulewich	X	X	X	X	X	X		
Cathy King	X	X	X	X	X	X	X	
Debbie Livingston		X	X	X	X		X	
Scot Livingston		X		X	X		X	X
Alan McCall	X	X	X	X	X	X	X	X
Joe Poliquin		X	X	X	X	X	X	
Jill Ramos	X	X			X	X	X	
Janit Romayko	X	X	X	X	X	X	X	X
Keron Smith	X	X		X	X	X		
Barry Stoner	X	X	X			X		X
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright		X	X	X	X	X	X	
Andy Zyrek	X	X	X	X	X	X	X	X

Silk City Striders' Texas Chapter Race Results

Race For The Cure 5K – San Angelo, TX

Jim Tharp – 19:27 – 2nd overall, 1st Master ~500 participants

1st mile 5:59 87; 2nd mile 6:24 32; 3rd mile 6:22 57; 1/10th: 40 75

I had a cold, sore throat, fever the last three days almost didn't go. My sickness just made me unable to respond when the winner passed me, he didn't pass me until 2/10 left, I didn't have a kick so had to settle for 2nd. That's my headed in the right direction report.

SILK CITY 700 MILE CLUB

The Striders are striding and the miles are a building! The Silk City 700 is a personal challenge to accumulate 700 miles of running within a timeframe of ones own choosing. Silk City Striders who have achieved the 700 Mile Mark, or were closing in on it as of October 31, 2009. If you are not on the list below, but have been tracking your mileage "offline" please let us know what your approximate total mileage is so we can report it in the December Newsletter. Thanks.

MEN		WOMEN	
Aaron Flamino	3,000+ Miles	Ginny Welch	1,600+ Miles
John Agosto	2,000+ Miles	Linda Yamamoto	1,600+ Miles
Art Byram	1,800+ Miles	Dani Kennedy	1,500+ Miles
Jim Best	1,300+ Miles	Bekkie Wright	1,100+ Miles
Joe Poliquin	1,100+ Miles	Betty Cannella	700+ Miles
Alan McCall	900+ Miles	Janit Romayko	700+ Miles
King Archibald	700+ Miles	Jackie Cmero	Almost 700 Miles
John Collins	700+ Miles		
Ken Pacileo	700+ Miles		
Barry Stoner	700+ Miles		
Andy Zyrek	Almost 700 Mile		

Vermont 50 Mile Race Report 2009 Mud Brothers

By Art Byram

**We few, we happy few, we band of brothers;
 For he to-day that stomps in Mud with me
 Shall be my brother; be he ne'er so clean,
 This day shall gentle his condition;
 And athletes in New England now-a-bed
 Shall think themselves accurs'd they were not here,
 And hold their manhoods cheap whiles any speaks
 That ran and biked with us upon Mt. Ascutney this day.**

Despite the written warnings and advice to hang it up, I remained committed to starting and finishing this race. My family Stayed at the Burton Family lodge, a nice bed and breakfast that was conveniently located 4 miles uphill from the race start. After a somewhat fitful night of sleep I woke up before my alarm at 4:00 AM., packed up and headed out the door of the Burton Family lodge...into the pouring rain and got on Peggy's old mountain bike. Note that the grips had been removed, and given the fact that I have almost never ridden at night, and have not really touched a bike in a year or so, I was rather concerned for my safety. I decided to "exercise" the demons out of my DNF New Haven 20K shirt, by wearing the cursed item for this race. Some might have thought that it was just bad karma to wear a tainted garment, but I had sacrificed my NHRR for this day, so I thought it only fitting to purify the jersey in this way.

I arrived at the base lodge of Mt. Ascutney rather wet and with strange fatigue from my ride to the start. I was also soaked and kind of cold. I sat around a bit nervously waiting for the start, and talked with a few others there, but was kind of tense. I felt much better after I stripped down to my short shorts and jersey, and donned my trusty muddy gators. Although it was raining and windy, the thermometer said 50. I always trust the thermometer, so I sneered at the masses with their multiple layers, jackets, and gained a bit of confidence. We lined up outside and before I knew it we headed out the Mt. Ascutney resort entrance and logged a nice easy downhill mile at 8:22. Rain was steady, and everyone was really chatty. The 600 mountain bikers had headed out 15 min before us so we just followed their tracks as we ran along a stone dust road. We then hooked a left turn straight uphill, onto our first trail. The ground at this point was all torn up. It was like running in a freshly roto-tilled garden. The bikes tore it up, and we patted it back down. Knee was a little tight at this time, but I just kept a really easy pace walking anything that resembled a hill. Goal was to finish, and I could tell early on that it was going to take a lot.

After around 5 miles we caught our first mountain bikers. They were worthy prey. Their tires were completely caked up till the wheels would not spin, and their gears were jammed with huge globs of gunk. Not only could they not easily pedal through the mud, but they had to perfectly balance their weight to keep any traction, then drag their bikes up hill. The hills were towering and relentless. I got in the positive zone and started hammering the downhills and whooping at the end in celebration of survival. The ground was spongy and I just flew. I did take one minor spill as I went down quickly as I stopped short. I took the muddy hand I had used to steady myself with and impressed a brown war-paint symbol of resolve on my white shirt over my heart.

As we went on, at about 15 miles or so, the rain picked up and the trails got a lot worse. Instead of a garden type of soil the trail turned to a liquid goo. Getting up the trails was now a matter of hiking up the sides of the trails wherever possible, and using the trail-side trees. At around mile 20 I started running with this guy Dan, from the Navy. It was his first 50 mile run too. He was faster up hills, I was faster down, so we started motivating each other. From my training, I was not intimidated by anything under 35 miles, so making it to the 50K point was key. Then we just went station to station. But the trail got even sicker as there were huge falls off of the narrow trail. We reached a point where even the flat section of the trail was not runnable. When it was at its worst, I was using more of a XC ski stride. Goal was to finish. I figured that if I was dead, I could not finish. To keep positive I started taunting the course, looking for even worse conditions. The course did not disappoint and I took another minor spill.

At around mile 40 or so, time began to stand still. There were several miles that seemed to go on forever. The only real pain was in my hips from all of the sliding. We came out of the trail and hit a gravel road, and a guy with a big pack passed us. I was really hurting at the time, but this really got me focused, and I smoothed my breathing, and got back on track, and re-passed. From about 30 miles on we were only passed by two people, and were able to hold somewhat steady. As we exited a field and hit the final ski slope, I slipped off the trail and rolled twice. Since it did not hurt it was rather funny, Dan waited as I scraped myself up and headed for the finish. Peg called out as I traversed the slope, and it was all over. Mission accomplished. This race has redefined my concept of distance running. I am certain now that I can go longer, and that I can go faster.

The trail held me with her vampire like trance and seduced me, till I had no choice but to blissfully and completely surrender to her beauty, even as she sought to destroy me. Late at night, my heart beats strong with her blood in my veins. Even now I await her tapping at my window beckoning me to again take it to the edge. When she calls, I will not deny her.

New Member Profile - Vanessa Schumacher

Vanessa Reports:

I began running in March 2009 as a way to get back into shape after my baby was born (I had gained 60 pounds!). As a way to motivate myself, I entered my first 5K, the Glastonbury River Run. I had a great time, and have been entering a 5K each month since then! I enjoy running because it gives my daughter and me together time outside of the house- she gets to see the sights or take a nap, while I can clear my head from the worries of the day. It's also a nice way to run errands like going to the drugstore or returning books to the library. Next year, I plan on entering my first half-marathon, and depending on how that goes, I may try a marathon. I will definitely run the MRR this year; it goes right past my home!

I am a 2003 grad of University of Connecticut, and a 2007 graduate of Cornell University's College of Veterinary Medicine. My husband and I moved to Manchester last year for my job. I currently work at the University of Connecticut as a veterinary pathologist, while being enrolled in the graduate school. Although my family and job keep me quite busy, I also enjoy fencing, computer games and reading.

I have already enjoyed meeting members of the club on the weekly runs, and I look forward to meeting more of you. It will be nice to see familiar faces at races, and to get to know more people in the community.

5K Race Results:

Glastonbury River Run31:23
CT Race for Rescue26:33

CT Race in the Park 27:40
Red Dress Run 23:36

NUTRITION NOOK – A for Autumn and Apples

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic, CT
For more information, call 860-536-3610 or go online to www.fitnutrition.net

Will an Apple a Day Keep the Doctor Away?

Have you ever wondered whether the saying, “an apple a day keeps the doctor away,” is true? Growing up I often pondered this statement because I was rarely sick and loved apples (and still do!). Because September marks the beginning of apple season in New England, I thought it would be the perfect time to see if there is any truth behind this saying. Can an apple a day *really* keep the doctor away?

Before delving into the health benefits of apples, here are some fun apple facts. There are approximately **2,500** known varieties of apples grown in the United States with more than **7,500** different apple varieties grown worldwide!¹ In 2002, the typical U.S. consumer ate approximately 42.2 pounds of fresh apples and processed apple products.² Many people enjoy picking apples at a local orchard. In my opinion, the taste of a locally grown and newly picked apple is wonderful and can't be beat. Apple varieties vary in size from slightly larger than a cherry to the size of a grapefruit. And, each apple variety has its own unique characteristics. Apples can have an aftertaste of citrus, pears, cinnamon, strawberries, coconut, cloves, pineapple or grapes.³ They may be sweet, tart, crisp, mealy, juicy, or dry. Apple varieties also differ in shape and color ranging from round to elongated and from bright red to lime green. I prefer sweet, crisp and juicy apples with a hint of tartness. My favorites are Braeburn, McIntosh, and Cortland.

Apples have many health benefits. They are nutrient-rich, sodium-free and contain no heart unhealthy (saturated) fat or cholesterol. They contain a variety of vitamins and minerals that work to keep you healthy. Of the vitamins that apples contain, vitamins A and C, beta carotene (the precursor for vitamin A), lutein and zeaxanthin are present in the greatest amounts with small amounts of folate and the B vitamins (excluding vitamin B12).⁵ Vitamin A, beta carotene, lutein and zeaxanthin are essential for eye health. Vitamin C plays a host of important roles in your body, such as: 1) aiding in the production of collagen, a connective tissue that holds muscles, bones, and other tissues together; 2) enhancing your body's ability to absorb iron and folate from plant sources of food; 3) helping to maintain healthy gums; 4) healing cuts and wounds; and, 5) helping to boost your immunity by protecting your body from infection.⁵ Potassium is the most abundant mineral found in apples. Potassium plays a role in: 1) fluid and mineral balance in and out of body cells; 2) maintaining your normal blood pressure by reducing the effects of sodium; 3) transmitting nerve signals, and 4) helping your muscles contract.⁵ Apples, like all fruits and vegetables, contain vitamins and minerals that help to maintain your health. Eating one each day will certainly help to reduce your visits to the doctor.

Apples make a great snack since they contain complex carbohydrates which provide you with “a more sustained energy boost”³ than highly processed or high sugary foods. They add wonderful flavor and a variety of nutrients, such as fiber, to any recipe from salads to main courses to desserts. A large apple (with skin) contains approximately 1 gram of soluble fiber and 3 grams of insoluble fiber. This is almost equivalent to the amount of fiber in a bowl of bran flakes!

Adults should aim to consume 20–38 grams of total fiber daily.⁵ Women up to 50 years of age should aim to consume 25 grams of fiber daily and men that age should strive for 38 grams per day. This recommendation decreases slightly for women and men over 50 years of age to 21 grams and 30 grams, respectively. Foods rich in fiber help to keep you fuller for longer than highly processed foods containing little to no fiber due to the added bulk from the fiber. Therefore, fiber promotes weight loss and control because not only does it keep you feeling full for a longer period of time, foods high in fiber are often lower in calories, fat, and added sugars. Insoluble fiber enhances good digestion and elimination by acting as a natural laxative to reduce constipation and promote regular elimination.

It also decreases the risk of colon cancer and possibly other cancers. Soluble fiber, on the other hand, reduces your “bad” or LDL cholesterol level by “picking up” LDL cholesterol and bringing it to your liver to be disposed.⁵ According to current research, individuals consuming diets consisting of 30–50 grams of fiber daily from whole foods consistently produce lower blood sugar levels than those consuming a low-fiber diet.⁶ So, enjoy your favorite apple variety today to increase your fiber intake, improve your cholesterol level, help control your blood sugar level and assist with weight loss and maintenance.

Apples as well as other fruits, vegetables and grains are rich sources of antioxidants. Antioxidants are chemicals that reduce or prevent free radicals in the body, thereby preventing cell and tissue damage.⁵ In addition antioxidants, apples also contain phytonutrients, which are substances that plants produce naturally to protect themselves and provide the plant’s color, aroma, texture, and flavor.⁵ According to research, phytonutrients may help slow the aging process and reduce the risk of many diseases, including cancer, heart disease, stroke, high blood pressure, cataracts, osteoporosis, and urinary tract infections.⁵ Specifically, apples contain flavanols and quercetin, both members of a subclass of phytonutrients called flavonoids. Flavanols may help to protect you from heart disease and quercetin neutralizes free radicals that may harm cells and it also strengthens a cell’s antioxidant defenses.⁵

So, based on the above information, I feel that there is some truth to the saying, “An apple a day keeps the doctor away.” Not only do apples contain various health promoting nutrients but because there are many different varieties almost everyone should be able to find one they like. Be adventurous this fall and try a new variety. I encourage you to enjoy locally grown apples this fall when they are at their peak and the least expensive. Enjoy them as a snack with peanut butter, sliced with cinnamon or nutmeg, as an add-in to pancakes or muffins, or use them in salads and main dishes. For a delicious apple recipe, visit my website at www.fit.nutrition.net.

Take advantage of a warm, sunny autumn afternoon and visit your local apple orchard. It’s a great family outing and a fun way to celebrate the fall season outdoors and help keep the doctor away!

References:

1. Retrieved from http://www.fruitsandveggiesmorematters.org/?page_id=167 on Aug. 28, 2009.
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5. Duyff R.L. (3rd ed). (2006). *Complete food and nutrition guide*. Hoboken, NJ: American Dietetic Association.
6. American Dietetic Association Position Paper: Health implications of dietary fiber. (2008). *J Am Dietetic Assoc.* 108:1716-1731. Retrieved from <http://www.eatright.org/ada/files/Fibernp.pdf> on Sept. 10, 2009.

Apple Spice Bread

1 1/4 cups	Whole wheat pastry flour or White whole wheat flour	1/4 tsp.	Baking soda
		1/4 cup	All-natural Peanut butter or Canola oil
1 1/4 cups	Unbleached all-purpose flour	1 2/3 cups	Applesauce
2/3 cup	Oatmeal	2/3 cups	Light Brown Sugar, lightly packed
1/4 cup	Wheat germ	2	Eggs
1 1/2 tsp.	Salt	1/2 cup	Raisins (optional)
3/4 tsp.	Cinnamon	3/4 cup	Walnuts or pecans, chopped (optional)
1/2 tsp.	Ground cloves	2 cups	Apples, peeled and chopped
1/2 tsp.	Ground Allspice		
1/4 tsp.	Baking powder		



Preheat oven to 350 degrees. Spray two 13x9x2 bread pans with nonfat cooking spray & coat with whole wheat flour. Sift flour and dry ingredients into small bowl. Mix peanut butter or oil and brown sugar together in large bowl. Add eggs and applesauce. Using electric mixer beat on low speed for 2 minutes, scraping bowl. Add dry ingredients and beat on high speed for 4 minutes. Fold in oatmeal, apple slices and nuts and/or raisins, if desired. Pour half of the batter into each bread pans. Bake for 40–45 minutes or until toothpick comes out clean and top is golden brown. Enjoy!

RACE CALENDAR

Date	Time	Race	Place	Website / Contact
Su Nov 1	1:30 PM	Tarzan Brown Mystic River Run 5.5M	Mystic (Pearl St.)	www.oceancommunitymca.org/mystic/files/tarzan.pdf
Sa Nov 7	9:00 AM	Air Line Trail Ghost Run 13.1M	Hebron (Hebron ES Rt 85)	www.colchesterct.gov/Pages/ColchesterCT_Dept/PR/programs/events#ghost
Sa Nov 7	10:00 AM	Veterans Day 5K	E.Windsor (Town Hall)	www.eastwindsor-ct.gov
Sa Nov 7	10:00 AM	EBAC Fall Challenge 4.75M	New London (Ocean Beach Pk)	www.EBAC.us
Su Nov 8	11:00 AM	Parker Holt Celebration Run 5K	Manchester (MCC)	www.silkcitystriders.org
Su Nov 8	9:30 AM	MADD Dash 8K	New Haven (Edgewood Park)	www.hitekacing.com
Su Nov 8	Noon	Monson Classic Half-Marathon	Monson, MA	www.MonsonMemorialClassic.com
Sa Nov 14	9:00 AM	Freedom Run 5K	Hartford (State Armory)	www.hartfordmarathon.com
Sa Nov 14	11:00 AM	Frostbite 5K	Enfield (Enfield Street School)	www.chrhealth.org
Su Nov 15	9:00 AM	Race to Fill the Panty 5K	Glastonbury (Riverfront Pk)	www.glastonburyriverrunners.com
Su Nov 15	11:05 AM	5K Cross Country Turkey Trot 5K	Thompson (W. Thompson Lake Picnic Shelter)	scottct26@charter.net
Sa Nov 21	8:00 AM	Know Your Pace 4.758M	Manchester (Bennet School)	www.silkcitystriders.org
Sa Nov 21	10:00 AM	Hot COCO 5K (fka Cheshire Canal 5K)	Cheshire (Norton School)	www.jbsports.com
Sa Nov 21	10:00 AM	XC Challenge 8K	W.Hartford (Farm.Ave MDC Res)	www.hartfordtrackclub.org
Su Nov 22	9:00 AM	Fischang-Cicchetti 5M	Waterbury (YMCA)	www.fischang-cicchetti.com
Th Nov 26	8:15 AM	Pequot Thanksgiving 5M	Southport	www.pequotrunners.org
Th Nov 26	10:00 AM	Manchester Road Race 4.748M	Manchester	www.manchesterroadrace.com
Th Nov 26	10:00 AM	Madison Turkey Trot 5M	Madison (Hammonasset)	www.soundrunner.net
Sa Nov 28	9:30 AM	Cow Chip 4M XC	Trumbull HS	www.clubct.org/Races/CowChip.html
Su Dec 6	Noon	Santa's Run 3.5M	Glastonbury H.S	http://www.glasct.org/index.aspx?page=1272
Su Dec 6	1:00 PM	Pearl Harbor Masters 5.1M	Waterford (VFW)	www.hitekacing.com
Su Dec 6	10:30 AM	Blue Back Square Holiday 5K Run	West Hartford	www.hartfordmarathon.com

2009 “LOCAL” MARATHON CALENDAR

11/1/09	Manchester City Marathon , Manchester, NH	www.cityofmanchestermarathon.com
11/1/09	New York City Marathon , New York, NY (Registration Closed)	www.ingnycmarathon.org
11/7/09	Stone Cat 26.2 & 50M Trail Race , Ipswich, MA	www.gaconline.net/StoneCatApp.html
11/8/09	Harrisburg Marathon , Harrisburg, PA	www.HarrisburgMarathon.com
11/22/09	Philadelphia Marathon , Philadelphia, PA	www.philadelphiamarathon.com
11/28/09	BRRC North Central Trail Marathon , Sparks, MD	www.brrc.com
12/12/09	Roxbury Marathon , Roxbury, CT	www.southernct.edu/~sandifer/Ed/Roxbury/Running.htm

SILK CITY STRIDERS
2009 Event Calendar

- NOVEMBER** - Parker Holt 5K.....Sunday, November 8
 Know Your Pace Race Saturday, November 21
 Manchester Road RaceThursday, November 26
- DECEMBER** - Scrooge’s ScrambleFriday, December 25