



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

“RUN FOR PRESIDENT”

The incumbent is retiring and the field is wide open. We are looking for a candidate who can represent the runners, joggers to mega-marathoners, of Silk City and its environs. The Club will support the candidate who promises free running shoes, no hills, and PR's to all members in the upcoming year. The Club President will be expected to pontificate at Board meetings and rally the troops for Club runs, races, and events. The ability to take innovative approaches to encourage new membership and/or events, e.g., backwards races, night time trail running, barefoot snow racing, 197 country challenges, etc. will capture votes. Candidates must be capable of occasionally pinning on a race number, but are not required to finish in the top 95% of the field. Exaggerating your running accomplishments and/or PR times is expected and actually appreciated when totally outlandish. If you have even a passing interest in this rewarding and well remunerated position don't hesitate to throw an old running shoe into the ring.

The Silk City Striders approve this message.

Elections will be held for Officers and Board of Directors Members at the New Years Day Champagne Run & Brunch, January 1, 2011. If you are interested in putting your name on the ballot, please announce your candidacy to any of the current Officers or Board Members at one of the Saturday Fun Runs before the end of December.

PREVIOUSLY OMITTED SPRING MARATHON RESULTS



EDINBURGH MARATHON

Edinburgh, Scotland
May 23, 2010

Martin Keibel **PR** 3:04:18

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2010 BOARD OF DIRECTORS

Officers

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

Mitch Bielenda (860) 644-4806
 Dani Kennedy (860) 670-6294
 Cathy King (860) 289-6340
 Sue Leslie (860) 644-1804
 Karen Saunders (860) 643-9125
 Keron Smith (860) 644-0597
 Bekkie Wright (860) 461-1486

Uniforms & T-Shirts

Sue Leslie (860) 644-1804

WebMaster

Bill Schwarz (860) 643-4096

Newsletter

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

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am

Manchester Road Race Course

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

Tuesday Evening Funs Runs - 6:00 pm

Mt. Nebo Parking Lot - Spring Street

Wednesday Evening Funs Runs - 5:15 pm

Mt. Nebo Parking Lot - Spring Street.

In the event of snow,
 Tuesday & Wednesday Fun Run parking
 will be across the street at Globe Hollow.

It’s already getting dark earlier,
 so make sure to bring your headlamps and
 reflective gear!

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Laura Giambrone Northford

Halloween Potluck Supper Saturday, October 30, 2010

6:00 pm

Mike & Tineeka’s House
 East Hartford, CT

See Page 14 for Directions

Parker Holt Celebration Run 5K

a World Run Day event

Sunday, November 7, 2010

11:00 AM

Manchester Community College,
 Manchester, CT

Come celebrate with us at our
 9th Annual Run/Walk event either as a
 participant or as a volunteer.

NOTE: “Fall back” clock change at
 2 AM on Sunday, November 7th

“Know Your Pace” Race Saturday, November 20, 2010

8:00 AM

Manchester Road Race Course,
 Manchester, CT

Where the race winner is not the
 swiftest finisher, but the runner who most
 accurately predicts his/her 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.

XTREME SCRAMBLE 5K SERIES

Hartford, CT

Race 3 - August 12, 2010

Scott Wojnarowicz	#4M; #1 M30-34	18:26
Matt Yoder	#1 M35-39	19:46
Mike Westfall	#3 M35-39	20:02
Michael Tirrell	#1 M55-59	20:57
Scott Hollister	#5 M35-39	21:27
Tony Hollister	#1 M60-64	22:03
Mickey Grabner	#3 M45-49	22:21
Andy Zyrek	#2 Clydesdale	22:23

BRIDGE OF FLOWERS CLASSIC 10K

Shelburne Falls, MA August 14, 2010

Andrew Zyrek	48:15
Cathy King	58:55

DEARY MEMORIAL 5M

Putnam, CT August 14, 2010

Alan McCall	41:22
Michael McCall	41:23

ANGUS WOOTTEN MEMORIAL XC 5K

Willimantic, CT August 14, 2010

Jay Hamilton	#2 M30-39	22:01
King Archibald	#1 M50-59	23:41
Annette Hamilton	#1 F40-49	25:30

BOLTON XC CLASSIC 5K

Bolton, CT August 14, 2010

Thomas Paquette	#1M	16:51
Conor Hackett	#2M	17:41
Brendan Callahan	#4M; #2 M13-19	18:07
John Paggioli	#9M; #1 40-49	19:52
Randy Potterton	#2 M50-59	30:12
Dorothy Paquette	#1 F50-59	30:22
Lee Paquette	#2 M60-69	30:22

KENEY PARK 5K

Hartford, CT August 15, 2010

Ned Kennedy	#1M	18:53
Dani Kennedy	#1F	21:40
Bekkie Wright	#2F	21:56
Joe Poliquin	#4M	21:57

CORPORATE 5K

Bushnell Park – Hartford, CT August 12, 2010

Adam Bulewich	#7M; #1 M30-39	17:41
Neal Leibowitz	#8M; #3 M40-49	17:50
Tom Geer	#10M; #3 M20-29	18:14
Russell Blatt	#1 M50-59	18:27
Matt Estes	#3 M30-39	19:11
John Paggioli		19:21
Mitch Bielenda		19:54
Phil Forzley		21:17
Bekkie Wright	#7F; #2 F40-49	21:48
Joe Poliquin		21:48
King Archibald		22:03
Russell Saucier		23:58
Tom Walsh		24:33
Amy Estes		24:55
Tom Butterfield	#1 M70-79	25:56

Men's Masters Team Results:

1. The Hartford (Neal Leibowitz, John Paggioli)
2. Travelers (Russell Blatt)
3. Hart Hospital (Mitch Bielenda)
5. Fuss & O'Neill (Phil Forzley)

JAYCEE JOG 5K

Windsor, CT August 15, 2010

Adam Bulewich	#1M	19:27
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BLUE FISH FESTIVAL 5K

Clinton, CT August 21, 2010

John Paggioli		19:17
Tony Hollister	#2 M60-69	21:23

AUSTIN HARLOW MEMORIAL 5K

Somers, CT August 22, 2010

Cathy King	#5F; #1 F50-59	25:21
Carole Phelan	#6F; #2 F40-49	26:43

BROOKLYN FAIR 5K

Brooklyn, CT August 29, 2010

James Lee	#2 M0-12	24:39
Michael Lee		24:42
Jennifer Lee	#1 F0-12	30:34
Monica Lee		36:35

WMAC GRAND TREE SERIES RESULTS**OXFORD DAM TRAIL 10.5M**
Oxford, MA August 7, 2010

John Agosto	#8M; #3M40-49	1:24:15
MaryLou White		2:24:15

SAVOY MT. TRAIL 11 M
Savoy & Florida MA August 15, 2010

John Agosto	#5M; #2M40-49	1:37:52
MaryLou White		2:41:20

MT. TOBY TRAIL 14M
Sunderland MA August 22, 2010

MaryLou White		2:51:26
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CURLY'S TRAIL HALF-MARATHON
Pittsfield MA September 12, 2010

John Agosto	#10M; #3 M40-49	2:05:52
Deb Livingston	#2F	2:11:08
MaryLou White		3:33:25

OLD WETHERSFIELD 5K & 10K
Wethersfield, CT August 29, 2010**5K**

John Paggioli	#6M; #2 M40-44	18:55
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10K

Mike Quick	#2M	34:19
Adam Bulewich	#5M; #1 M30-34	37:58
Michael McCall		41:58
Andy Zyrek	#1 Clydesdale, PR	43:27
Alan McCall	#2 M60-64	52:04
Cassandra Webb	#3 Athena	53:04
Jill Ramos		58:56

NEWTOWN 5K**Newtown, CT September 4, 2010**

Andy Zyrek		20:59
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SUFFIELD 5K**Suffield, CT September 11, 2010**

Steve Morse	#3 M50-59	21:24
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NEW HAVEN ROAD RACE
New Haven, CT September 7, 2010**5K**

Ned Kennedy	#1 M50-54	18:32
Steve Gates	#2 M55-59	20:32
Dani Kennedy	#3 F50-54	21:48
Tom Walsh		23:47
Ellie Lowell	#1 F60-64	25:17
Randy Potterton		~30:00
Evelyn Leak		35:23

20K

Scott Freeman		1:22:54
John Paggioli		1:23:14
Linda Yamamoto		1:26:02
Mitch Bielenda		1:29:41
Keron Smith		1:30:44
Joe Kidder		1:32:15
David Leak		1:33:58
Bill Gaghan		1:35:02
Andy Zyrek	PR	1:35:11
Amy Estes		1:43:34
Ginny Welch		1:47:40
Bob Niedbala		1:56:52
Joan Munroe		1:57:19
Cathy King		2:00:01
Jill Ramos		2:01:27

SOUTH WINDSOR ROAD RACE 5M
South Windsor, CT September 12, 2010

Adam Bulewich	#3M; #2 M30-39	30:17
Michael Tartar	#5M; #3 M30-39	31:32
Matt Yoder		33:44
Tim Blinn	#3 M50-59	34:54
Cathy King	#1 F50-59	41:40
Tom Walsh		42:22
Joan Munroe	#2 F50-59	43:02
Susan Leslie	#1 F60-69	44:17
Jill Ramos		46:26

JOSH BILLINGS RUNAGROUND - Lenox, MA September 12, 2010**27M Bike - 5M Canoe/Kayak - 6M Run**

FUNCTIONAL FITNESS 2:37:24 1:10:37 48:10 1:58:47 38:37 #1 - 2M-2F Canoe Division
B: Skip Kuzel C: Pam Fitzgerald / Vicki Cummings R: **Ned Kennedy**

GIRLS WITH GUSTO 2:38:40 1:07:16 46:58 1:54:14 44:26 #1 - All Female Canoe Division
B: Jenny Ives C: Patty Spector / Gloria Wesley R: **Dani Kennedy**

I AIN'T NO CHEETAH 2:55:58 1:15:03 52:50 2:07:53 48:05 #1 - Kayak 2 Person Mixed Div.
B: **Kathy Manizza** C: **Ken Larson** R: ---

Kathy Reports: There's a cute blog a friend of mine posted on Thread City Cyclers page- <http://threadcitycyclers.blogspot.com>

**TRAVELERS 5K
TO BENEFIT UNITED WAY
Hartford, CT September 16, 2010**

Russell Blatt	#3M; #1 M50-54	20:40
Michael Tirrell	#5M; #1M M55-59	21:17
Tom Walsh		25:18
John Legier		25:41
Janice Tirrell	#3 F55-59	32:01

Janice Reports: It was a beautiful day for an afternoon race and a good cause. We ran the Scramble course with up & down stairs and rocky terrain. Mike and his HEAT friends did well, and we enjoyed our visit to City Steam after.

**WARRIOR DASH - 3.23 Hellish Miles
Windham, NY September 18, 2010**

Mike Westfall	#2 M40-44	28:17
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Mike Reports: I finished 35th overall out of 6183 who ran that day. Of course many of them were drunk, high, and/or really out of shape but loving mud and fire.

**DEEP RIVER 5K
Deep River, CT September 18, 2010**

Andy Zyrek		20:56
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**UNION STREET TAVERN TROT 3.6M
Windsor, CT September 19, 2010**

Ned Kennedy	#8M; #2 M50-59	21:43
Scott Hollister	#3M 30-39	24:13
Steve Morse		23:34
Andy Zyrek	PR	23:43
Dani Kennedy	#4F; #1 F50-59	25:02
Tom Walsh		27:31
Tom Butterfield	#1 M70-79	29:20
Lee Paquette	#3 M60-69	31:28
Dorothy Paquette		32:33
Clint Driscoll		44:05

**PRATT & WHITNEY RUNWAY 5K
East Hartford, CT September 22, 2010**

John Agosto*	#2 40-49	19:19
Tom Walsh		24:20

*Member of #3 Team - "Run M.E. Run"

**DIXVILLE NOTCH HALF MARATHON
Dixville Notch, NH September 25, 2010**

MaryLou White		2:11:15
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**HOOF IT FOR HAITI 5K
Rocky Hill, CT September 25, 2010**

Tom Walsh	#1 M50-59	24:24
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**HOGS BACK HALF MARATHON
Colebrook, CT September 25, 2010**

Barry Stoner	#1 M70+	2:30:26
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**NIANTIC BAY HALF MARATHON & 5K
East Lyme, CT September 26, 2010**

5K

Jill Ramos		27:05
Beth Shluger		30:15

Half Marathon

Keron Smith		1:37:30
David Laporte		1:37:56
David Leak Jr		1:39:17
Bekkie Wright		1:46:44
Joe Poliquin		1:46:44
Diana Cohen		2:09:44

**RUN FOR NANCY'S KIDS 5K
West Hartford, CT September 26, 2010**

Andrew Cannella	#6M	20:29
Dale Toce	#8M; #2 M40-49	21:00

**CIDER MILL 5K
Tolland, CT October 2, 2010**

Adam Bulewich	#3 M30-39	18:08
Steve Morse		20:46
Rick Chromik		23:25
Hayley Collins	#3 F11-14	23:48
John Collins		23:49
Heidi Chromik		27:02
Tony Bonanno		30:02
Kate Bonanno		30:02

**RUN TO READ
Bolton, CT October 2, 2010**

Ned Kennedy	#3M; #1 M50-59	18:25
Mitch Bielenda	#6M; #3 M50-59	19:16
Dani Kennedy	#2F	20:26
Deb Livingston	#5F; #1 F30-39	22:43
Tom Walsh		23:07
Cathy King	#7F; #2 F50-59	23:53
Lee Paquette	#1 M60-99	24:50
MaryLou White		26:43
Dorothy Paquette		26:58
Randy Potterton		28:05

**SOUTHINGTON APPLE FESTIVAL 5M
Southington, CT October 3, 2010**

Michael Tartar	#10M; #1 M40-49	30:32
Alan McCall	#3 M60-69	41:49

DUATHLON / TRIATHLON RESULTS

LAKE TERRAMUGGUS TRIATHLON SERIES

500 Yard Swim – 12M Bike – 3.2M Run

Race #6 – August 12 2010

Ken Larson	#1 M50-59	1:05:10
Kathy Manizza	#4F; #1 F50-59	1:07:06
Cathi Koehler	#2 F50-59	1:11:59
Kathy Thornton	#3 F50-59	1:18:10
Janit Romayko	#1 F60-69	1:20:46
Barry Stoner	#1 M70-79	1:30:18

WINDING TRAILS SPRINT TRIATHLONS

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

Race #9 – August 12, 2010

Debbie Thurston	1:22:16
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NIANTIC BAY TRIATHLON

Niantic, CT August 8, 2010

1/2 M Swim – 12 M Bike – 3.5 M Run

Scott Livingston	#6M; #1 M35-39	1:02:56
Dean Bolt	#1 F55-59	1:15:32
Janit Romayko	#1 F65-69	1:31:53

WESTBOROUGH TRIATHLON

Westborough, MA August 15, 2010

1/4 M Swim – 14 M Bike – 2.9 M Run

Janit Romayko	#1 F65-69	1:29:01
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LITCHFIELD HILLS INT'L TRIATHLON

New Hartford, CT August 22, 2010

.9 M Swim – 24.8M Bike – 10K Run

Kathy Manizza	#1 AquaBike Div.	1:37:48
Ken Larson	#1 M55-59	2:26:00
Hartford Hospital*	#1 M-Team	2:38:45
Bill Schwarz	#1 M65-69	3:04:29
AnnMarie DeMonte	#1 F70-74	3:23:20
Barry Stoner	#1 M70-74	3:24:30

*Team Members: Mitch B. (Bike) & King A. (Run)

TIMBERMAN TRIATHLON

Gilford, NH August 22, 2010

1.2 M Swim – 56 M Bike – 13.1 M Run

Scott Livingston		4:37:35
Michael Tirrell		5:42:18
Jeff Thornton		6:23:57
Kyle Thornton		6:24:09
Diana Cohen		7:41:29

EMBRACE THE RACE TRIATHLON

Narragansett, RI August 22, 2010

1/4 M Swim – 9 M Bike – 3 M Run (Ladies Only)

Janit Romayko	#1 F65-69	1:04:57
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Witnesses reported that our own Ron Schauster was body marking and wetsuit stripping at the Narragansett Ladies Only Tri and did a great job on each of his job functions!! He has been designated as Team Captain for both of these functions for 2011.

JOURNEY FOR SIGHT TRIATHLON

Chicopee, MA August 29, 2010

1/2 M Swim – 17 M Bike – 3.5 M Run

Janit Romayko	#1 F65-69	1:50:09
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MADISON SPRINT TRIATHLON

Madison, CT September 11, 2010

1/2 M Swim – 13M Bike – 3 M Run

Janit Romayko	#1 F65-69	1:35:16
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FIRMMAN TRIATHLON

Narragansett, RI September 12, 2010

1.2 M Swim – 56 M Bike – 13.1 M Run

Cristiano Gloria	#4 M30-34	4:55:51
Barry Stoner	#2 M70-74	6:51:55

WOMEN'S TRIATHLON

Farmington, CT September 12, 2010

1/2 M Swim – 12 M Bike – 5K Run

Carolyn Carta		1:38:48
Debbie Thurston		1:45:44
Monica Lee		1:46:20

TDD TRIATHLON

Douglas, MA September 18, 2010

1/4 M Swim – 11 M Bike – 3 M Run

Janit Romayko	#1 F65-69	1:22:06
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HAMMERFEST SPRINT TRIATHLON

Branford, CT September 19, 2010

1/2 M Swim – 13.5M Bike – 4 M Run

Janit Romayko	#1 F65-69	1:39:55
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MUD SWEAT & GEARS DUATHLON
Ashland, MA October 4, 2010

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

MaryLou White	#2 F55-59	1:20:39
Janit Romayko	#1 F65-69	1:20:43

Janit Reports: Marylou White and Janit Romayko travelled up to Ashland, MA for the late season duathlon put on by FIRM. They have been participating in this race for several years trying to break the 1:21 mark. They pushed each other over hills and through mud, twigs, bark, leaves, pine needles and more mud. They came across the finish line in 1:20.39 and 1:20.43 respectively. Now the pressure will be on to break the 1:20 barrier in the spring of 2011.

OCEAN COMMUNITY YMCA TRIATHLON
Westerly, RI September 26, 2010

1/2 M Swim – 16M Bike – 3 M Run

Mark Turkington	#1 M65-69	1:32:13
Janit Romayko	#1 F65-69	1:39:55

CEDAR BEACH TRIATHLON
Miller Place, NY October 9, 2010

1/2 M Swim – 15 M Bike – 5K Run

Janit Romayko	#1 F65-69	1:57:35
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FRED BROWN LAKE WINNIPESAUKEE RELAY
65.7 Mi. Around Lake Winnepesaukee, NH September 25, 2010

Men's Open team: Bill McGugan (Captain), 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
1:27:20	1:24:56	1:15:43	29:25	1:27:18	49:01	1:08:32	46:21	8:48:36
Joe	Mitch	Andy	Bill	John	Mitch	Mike	Randy	

The Silk City Striders Men's Open Team were 8th Men's Open – 25th Team Overall

Women's Open Team, Betty Cannella (Captain), Missy Cannella, Amy Daniels, Cathy King, Sue Leslie, Ellie Lowell, Bekkie Wright, and special guest, Kim Chapman, recruited by Betty from her extensive workplace running connections. Betty's daughter-in-law and Sue's niece helped fill out the ladies team.

<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
1:27:20	1:55:47	*	36:08	*	57:35	1:13:38	51:51	10:59:17
Bekkie	Kim	Cathy	Ellie	Betty	Sue	Amy	Missy	

* Time not listed on the CoolRunning "Leg Splits" results.

The Silk City Striders Women's Open Team were 7th Women's Open – 72th Team Overall

Bill Gaghan ran Leg 4 for the Black Point Runners Team in 35:20 (Total Time 8:24:26 - #3 Mixed Masters, #40 Team Overall)

NOTE: Bill & Tammy Gaghan were running the Clarence DeMar Marathon on Sunday, so Bill was glad to take a short leg on a very hot day



MARATHON & ULTRA RACE RESULTS

MARATHON DE MONTREAL

Montreal, Quebec September 5, 2010

Bekkie Wright	BQ	3:51:09
Joe Poliquin		3:51:09



ROCHESTER MARATHON

Rochester, NY September 12, 2010

Mike Westfall	1st Marathon	3:22:55
*Mike only missed his BQ by 2 minutes in a great first effort.		

PISGAH MT. TRAIL 50K

Chesterfield NH September 19, 2010

MaryLou White		8:06:38
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ADIRONDACK MARATHON

Schroon Lake, NY September 26, 2010

Team McCall	#2 Men's Relay	3:22:03
*Alan & Mike McCall		

CLARENCE DEMAR MARATHON

Keene, NH September 26, 2010

Bill Gaghan		3:52:43
Ed Steele		4:38:14
Michelle Sawyer		4:59:40
Tammy Gaghan		5:34:26

SMUTTYNOSE MARATHON

Hampton Beach, NH October 3, 2010

John Collins	BQ	3:10:48
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TWIN CITIES MARATHON

Minneapolis-St. Paul, MN October 3, 2010

Michael Tirrell	BQ	3:40:44
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WINEGLASS MARATHON

Corning, NY October 3, 2010

Joe Poliquin	BQ	3:39:19
Bekkie Wright	BQ	3:39:19



David L.



Andy Z.



Mike F.

ING HARTFORD MARATHON EVENTS

Hartford, CT October 9, 2010

5K

Steve Gates	#3 M55-59	19:01
Bill McGugan		20:07
Dani Kennedy	#4F; #1 F50-55	21:08
Mark Turkington	#2 M65-59	22:35
Carol Line Hazel		28:54
Roland Roy		36:11

Half Marathon

Tom Geer		1:27:09
Linda Yamamoto		1:28:38
Mike Bendzinski		1:32:55
Mitch Bielenda		1:33:05
Keron Smith		1:35:58
Andrew Cannella		1:40:55
Ginny Welch		1:48:50
John Sloan		1:41:20
Alan McCall		1:58:56
George Ripley		2:01:25
Cathy King		2:01:34
Tom Walsh		2:09:59
Joan Munroe		2:09:33
Nancy Gresh		2:18:48

Marathon

Mike Quick	#3 M20-24; 1st Mar., BQ	2:49:46
Scott Freeman	BQ	3:06:44
David Leak	BQ	3:39:41
Neal Leibowitz	BQ	3:39:58
Amira Lerario	BQ	3:43:42
Andy Zyrek	PR	3:50:30
Matt & Amy Estes		4:09:46
Mike Fromerth	1st Marathon	4:15:24
Diana Cohen		5:09:14

MOHAWK HUDSON RIVER MARATHON

Schenectady to Albany, NY October 10, 2010

Barry Stoner	#1 M70-79	5:20:37
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STEAMTOWN MARATHON

Scranton, PA October 10, 2010

Joe Poliquin	BQ	3:38:56
Bekkie Wright	BQ	3:38:57



VERMONT 50K & 50M Trail Run
 Ascutney Mtn, VT September 29, 2010

	<u>50K Run</u>	
Debbie Livingston	#2 F30-49	5:01:06
	<u>50M Run</u>	
Tony Bonanno	1st 50 Miler	8:48:06



IRONMAN WORLD CHAMPIONSHIP
 Kona, HI October 9, 2010

Scott Livingston	10:27:31
Scott's blog: http://scottlivingston.wordpress.com	

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 4 – August 9, 2010

ADULT RACE 2.6 miles

Adam Bulewich	14:19
Neal Leibowitz	14:33
John Agosto	15:10
Mitch Bielenda	16:30
Dale Toce	16:37
Chrissy Bendzinski	16:40
Aaron Flamino	16:42
Deborah Livingston	16:46
Linda Yamamoto	16:49
Scott Hollister	16:49
Tim Blinn	17:16
Tony Hollister	17:28
King Archibald	18:12
Bekkie Wright	18:38
Joe Poliquin	18:38
Michael Fromerth	18:50
Kara Miffitt	18:56
Rachel Blinn	19:47
Mike Lee	20:05
Kathy Thornton	20:23
Scott Livingston	21:28
Susan Leslie	21:52
Tom Butterfield	22:06
Cathy King	22:07
Lee Paquette	23:04
Meg Bendzinski	23:12
Jill Ramos	23:20
Randall Potterton	23:46
Dorothy Paquette	24:32
Janit Romayko	25:29
James Hodges	31:40

WEEK 5 – August 16, 2010

ADULT RACE 2.6 miles

Connor Hackett	13:31
Brendan Callahan	14:02
Scott Livingston	14:25
Chrissy Bendzinski	16:22
Deborah Livingston	16:26
Linda Yamamoto	16:34
Mitch Bielenda	16:55
Scott Hollister	17:08
Tony Hollister	17:16
Tim Blinn	17:27
Ken Larson	17:54
Joe Poliquin	18:00
King Archibald	18:06
Michael Fromerth	18:25
Rachel Blinn	18:38
Tom Walsh	19:46
Kathy Thornton	20:01
Susan Leslie	21:28
Tom Butterfield	21:35
Lee Paquette	21:43
Cathy King	21:55
Meg Bendzinski	22:24
Jill Ramos	23:23
Randall Potterton	23:31
Dorothy Paquette	23:41



O.C.A.O.
STRIDES FOR HOPE 5K
 Westerville, OH 9/12/2010

Joe Poliquin	PR	20:22
Bekkie Wright	#1F	20:22



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.

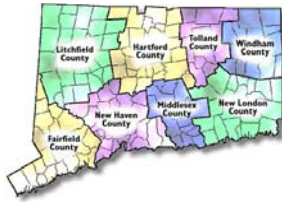
<p><u>FEMALE 14-15</u> Rachel Blinn Medalist 1:17:26</p>	<p><u>MALE 19-29</u> Conor Hackett 2nd Place 55:01</p>
<p><u>FEMALE 16-18</u> Kara Miffitt 1st Place 1:17:13</p>	<p><u>MALE 30-39</u> Scott Livingston 2nd Place 1:05:51 Scott Hollister Medalist 1:08:18</p>
<p><u>FEMALE 30-39</u> Deborah Livingston 1st Place 1:07:14 Linda Yamamoto 2nd Place 1:07:55</p>	<p><u>MALE 40-49</u> John Agosto 2nd Place 1:00:16 Dale Toce Medalist 1:07:06</p>
<p><u>FEMALE 40-49</u> Bekkie Wright 1st Place 1:15:06 Meg Benzinski Medalist 1:31:43 Jill Ramos Medalist 1:33:14</p>	<p><u>MALE 50-59</u> Mitch Bielenda Medalist 1:05:31 Tim Blinn Medalist 1:09:15 Joe Poliquin Medalist 1:13:36 King Archibald Medalist 1:13:58 Randy Potterton Medalist 1:34:50</p>
<p><u>FEMALE 50-59</u> Kathy Thornton 1st Place 1:20:56 Cathy King 2nd Place 1:27:16 Dorothy Paquette Medalist 1:36:33</p>	<p><u>MALE 60-69</u> Tony Hollister Medalist 1:09:46 Lee Paquette Medalist 1:29:53</p>
<p><u>FEMALE 60-69</u> Sue Leslie 1st Place 1:27:01 Janit Romayko 2nd Place 1:39:51</p>	<p><u>MALE 70-79</u> Tom Butterfield 2nd Place 1:26:55 Jim Hodges Medalist 2:15:24</p>



RUGGED MANIACS 5K - Extreme Race Southwick, MA October 2, 2010

As the "Holy Grailers" we won the costume division and finished in 38:02! We clomped our coconuts throughout the entire race - quoted Monty Python, etc.

Pictured at Left: Kathy Thornton, Jeff Thornton, Kyle Thornton, Jennifer Norton (Kyle's fiancé), Jeremy Thornton, and Emily Lopuch (Jeremy's wife)



Silk City Striders 8 County Challenge
At Least Five (5) Counties Completed as of 10/1/2010
 Please report your progress to Webmaster@SilkCityStrider.org. Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
King Archibald	X	X	X	X	X		X	X
Mitch Bielenda	X	X	X	X	X	X	X	
Dani Kennedy	X	X		X	X		X	
Ned Kennedy	X	X		X	X		X	
Cathy King	X	X	X	X	X	X	X	
Debbie Livingston		X	X	X		X	X	X
Scott Livingston		X		X	X	X	X	
Alan McCall	X	X	X	X	X	X	X	X
John Paggioli		X	X	X	X	X	X	
Joe Poliquin		X	X	X	X	X	X	
Randy Potterton		X		X	X	X	X	
Jill Ramos	X	X	X		X	X	X	X
Janit Romayko	X	X	X	X	X	X	X	X
Keron Smith	X	X		X	X	X	X	
Barry Stoner		X	X	X	X	X	X	X
Mark Turkington	X	X		X	X	X	X	X
Zofia Turosz		X	X	X	X		X	
MaryLou White		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



MRC Running Company #2 Team 22:07:52
 SCS Team Members - **Mike & Alan McCall**

Fist Full of Gu 29:49:59
 SCS Team Member – **Matt Yoder**

New Haven, CT to Foxboro, MA - 191.3 Miles
 May 21-22, 2010 - 12 person teams

NUTRITION NOOK – An Amazing Little Fruit

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

What is small, dark red, and makes you pucker?

The amazing tart and tangy cranberry!

Cranberries are rich in vitamin C, manganese, and fiber, and a good source of vitamin K. One cup of fresh whole cranberries provides 46 calories, 22% of your daily requirement for vitamin C, 18% of your daily needs for fiber and manganese as well as 6% of your daily value of vitamin K.



Cranberries are loaded with antioxidant phytonutrients, which are plant-based chemicals that fight against disease and insects and help protect your body's cells against damage. Cranberries boast an average ORAC (Oxygen Radical Absorbance Capacity) score of 9,584 while that of blueberries is approximately 6,552. ORAC is a test used to measure a food's antioxidant levels. The higher the ORAC score, the better.

According to a study published in the *Journal of Agriculture and Food Chemistry*, cranberries contain a greater amount of antioxidant phenols than 19 commonly eaten fruits. These compounds are able to fight an array of harmful bacteria and viruses in your body. Additionally, these antioxidant phytonutrients may protect against oxidative stress-related diseases like diabetes, heart disease, arthritis, and cognitive disorders. Research has also shown that they have the ability to protect cells from certain cancers such as breast, skin, colon, prostate, lung, brain and oral.

Cranberries may also prevent the formation of kidney stones, promote gastrointestinal and oral health, lower LDL and raise HDL (good) cholesterol, and aid in stroke recovery, according to recent scientific research.

Fresh and frozen cranberries contain the greatest quantities of antioxidants compared to their dried, juiced and canned cousins. Most cranberries are harvested between September and October and, therefore, fresh cranberries can only be found in stores from October through December. Fortunately, fresh cranberries store well when packaged in an air-tight container or freezer storage bags. Store them in the refrigerator for several months or the in freezer for several years.

Cranberries add color and taste to a variety of foods and pair well with cinnamon, nutmeg, oranges, orange juice, orange zest, pears, apples, walnuts and pecans. Sprinkle dried cranberries in yogurt, hot or cold cereal, or salads and add them to baked goods. Make your own cranberry sauce this holiday season and reap the health benefits of this amazing crimson fruit! Check out www.fitnutrition.net for tasty and healthy cranberry recipes.

Source:

The World's Healthiest Foods. 2010. Cranberries. Retrieved from <http://www.whfoods.com/genpage.php?tname=foodspice&dbid=145#nutritionalprofile> on June 26, 2010.

The Cranberry Institute. 2010. Retrieved from <http://www.cranberryinstitute.org/> on June 26, 2010.

Select References:

Krueger, C.G., Porter, M.L., Weibe, D.A., Cunningham, D.G., and Reed, J.D. Potential of cranberry flavonoids in the prevention of copper-induced LDL oxidation. *Polyphenols Communications*, 2000. Freising-Weihenstephan (Germany). **2**: 447-448.

Reed, J. Cranberry flavonoids, atherosclerosis and cardiovascular health. *Critical Reviews in Food Science & Nutrition*, 2002. **42**(Suppl.): 301-316.

Wilson, T., Porcari, J.P. and Harbin, D. Cranberry extract inhibits low density lipoprotein oxidation. *Life Sciences*, 1998. **62**(24): 381-386.

RACE CALENDAR

Date	Time	Race	Place	Website / Contact
Sa Oct 16	9:00 AM	Penguin Run, Walk (or Waddle!)	Mystic (Aquarium)	www.mysticaquarium.org
Su Oct 17	10:30 AM	Run For The Cove 5K	Madison (Hammonasset)	www.covect.org
Su Oct 17	9:00 AM	Run for Walton Pond 5M Trail / 5K	Farmington (Winding Trails)	www.windingtrails.org
Su Oct 17	10:00 AM	Law Enforcement Officers Mem. 5K	Tolland (Tolland HS)	www.ctleomr.org
Su Oct 17	10:00 AM	Great Pumpkin 4M	Trumbull (Trumbull H.S.)	www.greatpumpkinclassic.com
Sa Oct 23	8:30 AM	Vie For The Kids 5K Trail Run	Simsbury (Ethel Walker Woods)	www.connecticutchildrensevents.org
Su Oct 24	10:00 AM	Ray Crothers 5K Road Race	New Britain (CCSU)	www.silkcitystriders.org
Su Oct 24	1:00 PM	Pumpkin Run 5K	Higganum,	www.hartfordmarathon.com
Sa Oct 30	10:00 AM	MxCC Scholarship 5K	Middletown (Middlesex CC)	www.hartfordtrackclub.org (Oct. News.)
Su Oct 31	Noon	Kent Pumpkin Run 5M	Kent (Town Hall)	www.kentct.com
Sa Nov 6	9:00 AM	Air Line Trail Ghost Run 13.1M	Hebron (Hebron ES)	www.hebronct.com/pdfs/parksandrec/Community_Events.pdf
Sa Nov 6	10:00 AM	Pilgrim's Pace Road Race 5K	Middlebury (Village Green)	www.middleburyucc.org
Su Nov 7	1:30 PM	Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	pchristina@wpymca.org
Su Nov 7	11:00 AM	Parker Holt Celebration Run 5K	Manchester (MCC)	www.silkcitystriders.org
Su Nov 7	9:30 AM	MADD Dash 8K	New Haven (Edgewook Park)	www.hitekracing.com
Sa Nov 13	10:00 AM	Frostbite 5K	Enfield (Enfield Street School)	www.chrhealth.org
Sa Nov 13	10:00 AM	EBAC Fall Challenge 5M	New London (Ocean Beach Park)	www.snerro.com
Su Nov 14	Noon	Monson Classic Half-Marathon	Monson, MA	www.MonsonMemorialClassic.com
Su Nov 14	9:00 AM	Race to Fill the Pantry 5K	Glastonbury (Riverfront Park)	www.glastonburyriverrunners.com
Su Nov 14	10:05 AM	Cross Country Turkey Trot 5K	Thompson (W. Thompson Lake Picnic Shelter)	scottct26@charter.net
Sa Nov 20	8:00 AM	Know Your Pace 4.758M	Manchester (Bennet School)	www.silkcitystriders.org
Sa Nov 20	10:00 AM	XC Challenge 8K	W.Hartford (Farm. Ave MDC Res.)	www.hartfordtrackclub.org
Sa Nov 20	10:00 AM	Hot COCO 5K (fka Cheshire Canal 5K)	Cheshire (Norton School)	www.jbsports.com
Su Nov 21	9:00 AM	Fischang-Cicchetti 5M	Waterbury (YMCA)	www.fischang-cicchetti.com
Th Nov 25	10:00 AM	Madison Turkey Trot 5M	Madison (Hammonasset)	www.madisonjc.com/reg_forms/2010TrotApp.pdf
Th Nov 25	8:15 AM	Pequot Thanksgiving 5M	Southport	www.pequotrunners.org
Th Nov 25	10:00 AM	Manchester Turkey Day 4.748M	Manchester	www.manchesterroadrace.com
Su Dec 5	1:00 PM	Pearl Harbor Masters 5.1M	Waterford (VFW)	www.hitekracing.com
Su Dec 5	10:30 AM	Blue Back Square Holiday 5K Run	West Hartford	www.hartfordmarathon.com
Su Dec 5	Noon	Santa's Run 3.5M	Glastonbury H.S.	www.glasct.org/index.aspx?page=1272

2010 "LOCAL" MARATHON CALENDAR

10/16/10	Baltimore Marathon , Baltimore, MD	www.thebaltimoremarathon.com
10/17/10	Green Mountain Marathon , South Hero, VT	www.gmaa.net/GMMinfo.html
10/17/10	Amica Marathon , Newport, RI	www.amicamarathon.com
10/17/10	Bay State Marathon & Half , Lowell, MA	www.baystatemarathon.com
10/17/10	Mount Desert Island Marathon , Bar Harbor, ME	www.mdimarathon.org
10/31/10	Cape Cod Marathon , Falmouth, MA	www.capecodmarathon.com
10/31/10	Marine Corps Marathon , Washington, DC	www.marinemarathon.com
11/6/10	Stone Cat 26.2 & 50M Trail Race , Ipswich, MA	www.gaconline.net/StoneCatApp.html
11/7/10	Manchester City Marathon , Manchester, NH	www.cityofmanchestermarathon.com
11/7/10	New York City Marathon , New York, NY	www.ingnycmarathon.org
11/14/10	Harrisburg Marathon , Harrisburg, PA	www.HarrisburgMarathon.com
11/21/10	Philadelphia Marathon , Philadelphia, PA	www.philadelphiamarathon.com
11/27/10	BRRC North Central Trail Marathon , Sparks, MD	www.brrc.com
12/13/10	Roxbury Marathon , Roxbury, CT	www.southernct.edu/~sandifer/Ed/Roxbury/Running.htm



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

MEN		WOMEN	
John Agosto	Alan McCall	Dani Kennedy	Keron Smith
Tony Bonanno	Bill Metzger	Debbie Livingston	Bekkie Wright
Art Byram	Joe Poliquin	Janit Romayko	
John Collins	Mike Tartar		
Aaron Flamino	Mike Westfall		
Bill Gaghan	Andy Zyrek		
Scott Livingston			



HALLOWEEN POTLUCK SUPPER

October 30, 2010 6:00 pm

Our annual Silk City Striders Halloween Potluck Supper and Pumpkin Carving Contest will be held at the home of Mike Fromerth & Tineeka Compton at 45 Northfield Drive in East Hartford. Pumpkins will be provided by the club. Costumes are welcome. From Manchester (or Exit 1 off I-384), take Silver Lane towards East Hartford. Left onto Oak Street at the traffic light just past Anna’s Restaurant. Right at the 2nd Stop Sign onto Forest Street. Right onto Timrod Trail, Left onto Anita, and Right onto Northfield. #45 is on the Left.

Early arrivals can park in the driveway ... others please park on the same side of the street as the house.

SILK CITY STRIDERS - 2010 EVENT CALENDAR

- OCTOBER**
 - Ray Crothers Memorial Run.....Sunday, October 24
 - Halloween Pot Luck Supper Saturday, October 30
- NOVEMBER**
 - Parker Holt Celebration Run 5KSunday, November 7
 - Know Your Pace Race Saturday, November 20
 - Manchester Road RaceThursday, November 25
- DECEMBER**
 - Toy Fun Run *NEWFriday, December 3
 - Scrooge ScrambleSaturday, December 25

*Janit Romayko is organizing a run to benefit the Manchester Human Services Department. In lieu of an entry fee, runners will be asked to donate a new toy. The run will take place in the evening and on the trail behind Charter Oak Park. More details to come.

TUFTS 10K FOR WOMEN Boston, MA October 11, 2010

Zofia Turosz #1 F70-79 53:19

Zofia Reports: Over 8,000 women ran the course along the Charles River over to Cambridge and back to Boston.