



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

PRESIDENT’S MESSAGE:

Welcome fall – this is our busiest season for club-related races and events, and there are many opportunities to become involved. **Sunday, October 30th - Halloween Potluck supper.** Come in costume and carve a silly pumpkin. **Sunday, November 6th - 10th annual Parker Holt Celebration Run 5K** (a World Run Day event) on the campus of Manchester Community College. This is a good opportunity to qualify for a Manchester Road Race seed card. **Saturday, November 19th - “Know Your Pace Race”** on the Manchester Road Race course. For those of you who have not participated in the past ... the goal is to run as close as possible to your predicted finish time without using any timekeeping device. This race is limited to 100 participants. I hope to see both new and long time club member at these events. If you can’t run, please consider volunteering ... we can always use your help. **Thanksgiving - 75th anniversary of the Manchester Road Race.** We are also looking for a host for our **New Year’s Day Champagne Run & Brunch on January 1, 2012.** Please send an email to Webmaster@SilkCityStriders.org if you are interested in hosting this event.

I would be remiss if I did not mention that our newsletter editor and race director, **Bekkie Wright**, will be completing her quest to run a marathon (or longer) in each of the 50 States, plus DC on Sunday, October 30. She will run the Atlanta (GA) Marathon in costume, of course. Accompanying her will be a Silk City Strider support staff of “superheroes” including **Joe Poliquin, Barry Stoner** and **Andy Zyrek**. Good luck, Bekkie, this is quite an accomplishment.

- Sue Leslie, Co-President

HAYLEY COLLINS
 is a member of the
 Tolland Middle School
 Cross Country Team
 and has been in the top 5
 for the team in races so far.

**Middle School Invitational
 Medal Winner at 28th place**

Way to go, Hayley!

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2011 BOARD OF DIRECTORS

Officers

Co-President:	Sue Leslie	(860) 644-1804
Co-President:	MaryLou White	(860) 512-0007
Vice-President:	Rick Chromik	(860) 871-6101
Treasurer:	John Sloan	(860) 643-6123
Secretary:	Mike Fromerth	(860) 904-7779
	Mitch Bielenda	(860) 644-4806
	Dani Kennedy	(860) 670-6294
	Cathy King	(860) 916-6573
	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

Elections will be held for Officers and Board of Directors Members at the New Years Day Champagne Run & Brunch, January 1, 2012. 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.

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.

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

CLUB NEWS & EVENTS

Halloween Potluck Supper Saturday, October 30, 2011

6:00 pm

Laurie Brooks' house
Bolton, CT

See Page 14 for Directions

Parker Holt Celebration Run 5K

a World Run Day event

Sunday, November 6, 2011

11:00 AM

Manchester Community College,
Manchester, CT

Come celebrate with us at our
10th Annual Run/Walk event either as a
participant or as a volunteer.

NOTE: "Fall back" clock change at
2 AM on Sunday, November 6th

"Know Your Pace" Race

Saturday, November 19, 2011

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.

DEARY MEMORIAL 5M Putnam, CT August 13, 2011

Alan McCall	#5 60-69	41:35
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ODDFELLOWS PLAYHOUSE RUBBER CHICKEN RUN 5K Middletown, CT August 18, 2011

Cathy King	#1 F50-59	27:59
Wally Squier		29:39

E. HARTFORD ALUMNI XC CHALLENGE 5K E Hartford, CT August 18, 2011

Bekkie Wright		24:09
Joseph Poliquin		24:10
Michael Fromerth	EHHS	24:46
Zofia Turosz		28:38
Lee Paquette	EHHS	30:36
Mary Lou White		32:27
Jill Ramos	EHHS	32:30

*EHHS = E. Hartford High School Alumni #1 Team

AUSTIN HARLOW MEMORIAL 5K Somers, CT August 21, 2011

Cathy King	#1 F50-59	26:21
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CANTON LOBSTER LOOP 5K Canton, CT August 21, 2011

Andy Zyrek		20:18
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XTREME SCRAMBLE 5K Hartford, CT August 25, 2011

Matt Yoder	#9M; #2 M25-39	21:23
Andy Zyrek	#1 Clyde	22:31
Scott Hollister		23:49
Tony Hollister		24:45
Jackie Cmero		28:34
Rachel Tambling		36:53

LIFE WITHOUT LIMITS 5K Manchester, CT September 3, 2011

Michael Westfall	#4M; #1 M40-49	19:42
Kathy Manizza	#4F; #1 F50-59	22:33
Carole Saucier	#2 F40-49	24:02
Tom Walsh	#2 M50-59	24:27

HADDAM NECK FAIR 5K Haddam Neck, CT September 4, 2011

Molly Sweeney		23:14
Ed Sweeney		23:14

NEW HAVEN ROAD RACE New Haven, CT September 5, 2011

5K

Tris Carta	#1 M55-59	18:51
Bill McGugan	#2 M55-59	20:47
Raymond Carta		22:25
Tom Butterfield	#2 M75-79	26:29
Angelee Carta		36:23

20K

Aaron Flamino		1:20:24
Linda Yamamoto		1:28:34
Mitch Bielenda		1:33:11
Andrew Zyrek	#4 Clyde	1:36:48
Joe Kidder		1:40:04
Keron Smith		1:42:08
Cassandra Webb	#1 Athena	1:48:52
Robert Niedbala		2:00:34
Zofia Turosz	#1 F70-74	2:01:51
Cathy King		2:02:45
Joan Munroe		2:03:11
Jill Ramos		2:16:15

SOUTH WINDSOR ROAD RACE 5M South Windsor, CT September 11, 2011

Adam Bulewich	#1M	28:38
Melissa Stellato	#1F	30:58
Martin Keibel	#3M; #1 M60-69	31:29
Matt Yoder	#4M; #3 M30-39	31:29
John Paggioli	#5M; #1 M40-49	31:50
Tim Blinn	#3 M50-59	35:22
Steven Morse		35:30
Tom Walsh		40:32
Alan McCall	#2 M60-69	41:54
Joan Munroe	#1 F50-59	45:06

CURLY'S TRAIL HALF-MARATHON Pittsfield MA September 11, 2011

MaryLou White		3:56:44
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PRATT & WHITNEY RUNWAY 5K
E. Hartford, CT September 14, 2011

Tony Hollister	#2 M60-69	21:53
Tom Walsh		23:51
Wally Squier		27:48

SOMERS GREAT ESCAPE 5M ROAD RACE
Somers, CT September 17, 2011

Adam Bulewich	#6M; #3 M30-39	28:01
Nancy Gresh		41:44

UNION STREET TAVERN TROT 3.6M
Windsor, CT September 18, 2011

Ned Kennedy	#7M; #3 M50-59	21:04
Andy Zyrek		23:21
Steven Morse		24:23
Dani Kennedy	#3F; #1 F50-59	24:53
Peter Devine		26:10
Kevin Looney		27:50
Tom Butterfield	#1 M70+	29:15

HUGS FROM HAYLEY 5K
Saco, ME September 24, 2011

Laurie Brooks	#1F	22:46
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RAY CROTHERS MEMORIAL XC RUN - 2M
New Britain, CT September 24, 2011

Tom Walsh	#3 M50-59	15:13
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HOGS BACK HALF MARATHON
Colebrook, CT September 24, 2011

Andy Zyrek		1:43:16
Russell Saucier	1st Half Marathon	2:03:08
Carole Saucier	1st Half Marathon	2:18:00
Barry Stoner		2:51:39
Diana Cohen		2:54:07

NIANTIC BAY HALF MARATHON
East Lyme, CT September 25, 2011

Adam Bulewich	#5M; #2 M30-39	1:19:22
David Leak		1:43:41

SOUTHINGTON APPLE FESTIVAL 5M
Southington, CT October 1, 2011

Mike Tartar	#3M; #2 M40-49	19:35
Steven Morse	#1 M50-59	21:23

DISNEY WINE & DINE HALF MARATHON
Orlando, FL October 1, 2011 -- 10:00 PM

Ellie Lowell	#3 F60-64	2:15:54
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CIDER MILL 5K & FAMILY FUN RUN
Tolland, CT October 1, 2011

Adam Bulewich	#2M; #1 M30-39	17:12
Melissa Stellato	#1F	18:33
Hayley Collins		23:25
John Collins		23:27
Rick Chromik		23:36
Tom Walsh		23:41
Heidi Chromik		27:51

NOTE: Jessica Collins participated in the 1 Mile.

RUN TO READ 5K
Bolton, CT October 1, 2011

Ned Kennedy*	#1M	18:45
Debbie Livingston	#1F	20:58
Dani Kennedy	#3F	21:53
Laurie Brooks	#5F	22:51
Lee Paquette		26:06
Sylvia Ounpoo		26:24
Randy Potterton		34:40

*New Course Record

STRIDES ROAD RACE 10K
Waterford, CT October 2, 2011

Bob Niedbala		52:33
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UCONN FARMINGTON 5K
Farmington, CT October 2, 2011

Janit Romayko	#3 F56-80	28:08
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How's that for a really weird Age Group?!

HILLS & HOPS 5K
Bartlett, NH October 8, 2011

Laurie Brooks	#2 F40-49	31:40
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UCONN HUSKY 3.4M
Storrs, CT October 13, 2011

Janit Romayko		28:59
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APPLE HARVEST 5K ROAD RACE
Glastonbury, CT October 16, 2011

John Paggioli	#2M; #1 M40-49	18:19
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MIKEY'S PLACE 5K
Wethersfield, CT October 16, 2011

Mike Tartar	#8M; #1 M40-49	18:43
King Archibald		22:07
Tom Walsh		24:12
MaryLou White	#3 F50-59	29:34

**Manchester Parkade Cinemas
Family Fun Run 5K
Saturday, September 24, 2011**



Overall Results

<u>Place</u>	<u>Time</u>	<u>Lname</u>	<u>Fname</u>	<u>Sex</u>	<u>Age</u>	<u>Age Group</u>	<u>Bib</u>
1.	19:32	Davis	Surge	M	21	M15-29	926
2.	19:40	Westfall	Mike	M	41	M30+	934
3.	20:03	Christensen	Bruce	M	43	M30+	935
4.	20:45	Taylor	David	M	27	M15-29	921
5.	23:27	Davis	Ahmad "Ali"	M	47	M30+	928
6.	24:54	Chromik	Richard	M	53	M30+	923
7.	26:14	Davis	Deonte	M	16	M15-29	925
8.	28:25	Tew	Russ	M	68	M30+	932
9.	28:38	Chromik	Heidi	F	46	F30+	924
10.	29:07	Best	Jim	M	68	M30+	931
12.	29:27	Rood	Michael	M	59	M30+	933
13.	30:44	Bonanno	Kate	F	9	F0-14	917
14.	30:45	Bonanno	Tony	M	46	M30+	918
15.	31:16	Ramos	Jill	F	45	F30+	920
16.	37:44	Davis	Diamitris	M	10	M0-14	939
17.	44:26	Davis	Serena	F	13	F0-14	930
18.	44:23	Davis	Denise	F	42	F30+	927



Surge



Mike W.



Bruce



David



Ali



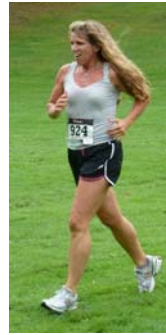
Rick



Deonte



Russ



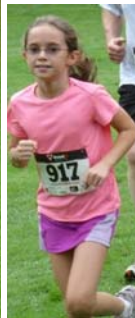
Heidi



Jim



Michael R.



Kate



Tony



Jill

Age Group Results

<u>Place</u>	<u>Time</u>	<u>Lname</u>	<u>Fname</u>	<u>Sex</u>	<u>Age</u>	<u>Age Group</u>	<u>Bib</u>
1.	30:44	Bonanno	Kate	F	9	F0-14	917
2.	44:26	Davis	Serena	F	13	F0-14	930
						No Finishers	
						F15-29	
1.	31:16	Ramos	Jill	F	45	F30+	920
2.	44:23	Davis	Denise	F	42	F30+	927
1.	37:44	Davis	Diamitris	M	10	M0-14	939
1.	20:45	Taylor	David	M	27	M15-29	921
2.	26:14	Davis	Deonte	M	16	M15-29	925
1.	19:40	Westfall	Mike	M	41	M30+	934
2.	20:03	Christensen	Bruce	M	43	M30+	935
3.	23:27	Davis	Ahmad "Ali"	M	47	M30+	928

On behalf of the Davis Family and the Manchester Parkade Cinemas, thanks to everyone who came out to support the 1st Annual MPC Family Fun Run 5K. Special thanks to the volunteers - Kate & Tony and Rick & Heidi - who did double duty by helping out in addition to running the race. Also, to Sue Leslie for Registration, Lindsay Ramos for staffing the Water Stop, and Joe Poliquin for Course set-up, Photography and Finish Line assistance.

- Bekkie Wright, Race Director

MARATHON & ULTRA RACE RESULTS
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**BIG WILDLIFE RUNS
MARATHON & HALF MARATHON
Anchorage, AK August 21 2011**

<u>Marathon</u>		
Bill Gaghan		4:08:25
Tammy Gaghan		5:25:42
<u>Half Marathon</u>		
Carissa Gaghan		3:03:40
Billy Gaghan		3:29:31
Kelley Gaghan		3:29:47

**POCATELLO MARATHON
Pocatello, ID September 3, 2011**

Bill Gaghan		3:59:10
Tammy Gaghan		5:26:52

**PISGAH MT. TRAIL 50K
Chesterfield NH September 18, 2011**

MaryLou White		8:29:39
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**VERMONT 50M - MOUNTAIN BIKE RACE
Ascutney, VT September 25, 2011**

Scott Livingston	Cat. Expert	5:53
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**ADIRONDACK MARATHON & HALF
Schroon Lake, NY September 25, 2011**

<u>Marathon</u>		
Bekkie Wright	#3 F45-49	3:59:44
Joe Poliquin	#3 M55-59	3:59:44
Mitch Bielenda	Pace Group Leader	4:13:44
Team McCall	#1 Men's Relay	3:26:42
*Alan & Mike McCall		

<u>Half Marathon</u>		
Cathy King		2:25:44

**NIPMUCK TRAIL MARATHON
Ashford, CT October 2, 2011**

Scott Livingston	#4M	3:54:46
John Agosto		4:30:52
Bekkie Wright		5:47:54
Joseph Poliquin		5:47:56
Mary Lou White		7:19:59

**SMUTTYNOSE MARATHON & HALF
Hampton Beach, NH October 2 2011**

<u>Marathon</u>		
David Welch		4:42:47
<u>Half Marathon</u>		
Ginny Welch		1:50:16

Ginny Reports: Loved the course - truly flat and fast ... but hated the weather - rainy & windy. What an awful day to be at the beach!

**ING HARTFORD MARATHON
Hartford, CT October 15, 2011**

<u>5K</u>		
Melissa Stellato	#2F; #1 F25-29	18:08
Ned Kennedy	#1 M50-54	18:36
Jimmy Morris	#2 M45-49	20:36
Dani Kennedy	#1 F50-54	21:02
Tony Hollister	#2 M60-64	21:35
Laurie Brooks	#1 F45-49	22:01
Norlean Litwinka		55:26

<u>Half Marathon</u>		
Drew Best	#2 M25-29	1:13:02
"New England's Finest" Elite Athlete		
Keron Smith		1:40:28
John Sloan		1:40:32
Amy Daniels		1:48:55
Tom Walsh		1:55:01
Lee Paquette		2:03:54
Zofia Turosz	#1 F70-74	2:04:22
Paula Dombek		2:05:15
Joan Munroe		2:06:10
Cathy King		2:08:36
Annmarie Demonte	#2 F70-74	2:26:27
Rachel Tambling		2:28:14

<u>Marathon</u>		
Adam Bulewich		3:01:34
Michael McCall	1st Marathon	3:15:21
Neal Leibowitz	Pace Group Leader	3:29:27
Mitch Bielenda		3:36:52
David Leak Jr		3:39:29
Noe Vasquez		4:12:36
Scott Hollister	1st Marathon	4:37:02
Alan McCall	1st Marathon	4:40:15

CHICAGO MARATHON
Chicago, IL October 9, 2011

Marty Keibel	#1 M60-64	3:03:11
John Collins		3:32:43
Scott Freeman		3:12:02

John Reports: The heat beat me up bad. I was under 1:31 at the half and was tired already, and then it all went downhill. After I finished had to spend 1.5 hours in the med tent. Glad I ran the race, but next time if it's hot I will take it easy. Hey, it was Chicago and since it's flat, I HAD to at least try for a PR.

GRAND RAPIDS MARATHON
Grand Rapids, MI October 16, 2011

Bill Gaghan		4:08:46
Tammy Gaghan		5:41:39

BAYSTATE MARATHON
Lowell, MA October 16, 2011

Michael Westfall		3:27:12
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MOUNT DESERT ISLAND MARATHON
Bar Harbor, ME October 16, 2011

Bekkie Wright	#3 F45-49	3:57:03
Joe Poliquin		3:57:04

GRINDSTONE 100 TRAIL RACE
Shenandoah Mountains - Swoope, VA
October 7-8, 2011

Deb Livingston	#1F; #12 Overall	24:58:59
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http://www.fitinspiration.com/Site/Blog/Entries/2011/10/13_Grindstone_100.html Deb's Blog

<http://scottlivingston.wordpress.com/2011/10/10/2011-grindstone-100-part-2-full-report/> Scott's Blog

DUATHLON / TRIATHLON RESULTS

TRI RESULTS

OMITTED FROM JULY NEWSLETTER:

OLD COLONY YMCA TRIATHLON
Middleboro, MA July 13, 2011

1 M Swim – 25M Bike – 10K Run
International Distance

Jeff Thornton		2:32:36
Kathy Thornton	#2 F50-54	2:47:51

HOCKOMOCK AREA YMCA TRIATHLON
Wrentham, MA July 24, 2011

1/4 M Swim – 9 M Bike – 5K Run

Jeff Thornton		1:03:47
Kathy Thornton	#1 F50-54	1:10:02

CEDAR LAKE TRI SERIES
Cedar Lake, Chester, CT

500 Yard Swim – 10M Bike – 5K Run

Race #6 - August 18, 2011

Janit Romayko	#1 F60-69	1:18:39
Clinton Driscoll		1:29:41

Janit Reports: Next year this series will alternate with the Lake Terramuggus series on Thursday nights.

USAT Olympic Distance
AG National Champs

Burlington, VT August 20, 2011

1,500 M Swim – 40K Bike – 10K Run

Scott Livingston		2:13:09
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LITCHFIELD HILLS INT'L TRIATHLON
New Hartford, CT August 21, 2011

.9 M Swim – 24.8M Bike – 10K Run

Jeff Thornton		2:40:11
Ryan Bielenda		2:55:21
Bill Schwarz	#1 M65-69	3:09:47



Shep Livingston

KID'S WHO SUCCEED TRI

More Pictures on Scott's Facebook Page:
<https://www.facebook.com/media/set/?set=a.1785014240138.74626.1682981766&type=1&l=9bbadd069e>

**PARK CITY OLYMPIC DISTANCE
MOSSMAN TRIATHLON
Bridgeport, CT August 21, 2011**

1.5K Swim – 40K Bike – 10K Run

Janit Romayko #1 F65-69 2:56:06

**DAY KIMBALL HEALTHCARE
GIVE IT A TRI
Plainfield, CT August 27, 2011**

1/2 M Swim – 12M Bike – 5K Run

Janit Romayko #1 F65-69 1:27:53

**MONTREAL ESPRIT DEMI (Half Iron) TRI
Montreal, QC September 10, 2011**

1.2 M Swim – 56 M Bike – 13.1 M Run

Jeff Thornton 5:30:40

Kathy Thornton 6:08:06

**DAVE PARCELLS
MADISON SPRINT TRIATHLON
Madison, CT September 10, 2011**

1/2 M Swim – 13M Bike – 3 M Run

Bill Schwarz #2 M65-69 1:33:54

Ed Yergeau 1:35:55

Janit Romayko #1 F65-69 1:37:16

Janit Reports: Glorious day, but some damage on the 5K course due to Hurricane Irene. Ed had a fabulous 5K to finish, clocking in at 25:42.

**WOMEN'S TRIATHLON
Farmington, CT September 11, 2011**

1/2 M Swim – 12 M Bike – 5K Run

Nancy Gresh 1:35:56

Norlean Litwinka 1:44:03

Debbie Thurston 1:44:32

Monica Lee 1:49:10

**HAMMERFEST SPRINT TRIATHLON
Branford, CT September 19, 2011**

1/2 M Swim – 13.5M Bike – 4 M Run

Ed Yergeau 1:37:49

Janit Romayko #1 F65-69 1:41:22

Clint Driscoll 2:03:20

Janit Reports: Another sunny day, but a windy start, which made the bike a bit of a challenge. There was considerable damage on the course from Hurricane Irene so it was shortened to a 3.6 mile run. Clint, Ed & I racked out bikes together to huddle from the cold!

**TDD TRIATHLON
Douglas, MA September 17, 2011**

1/4 M Swim – 11 M Bike – 3 M Run

Ryan Bielenda #3 M20-24 1:08:09

**CT SPRINT TRIATHLON CHAMPIONSHIPS
Cedar Lake - Chester, CT September 24, 2011**

500 Yard Swim – 10 M Bike – 5K Run

Ned Kennedy #3 M50-59 1:01:19

Ken Larson #4 M50-59 1:02:10

Janit Romayko #1 F60-69 1:16:05

Ed Yergeau 1:23:10

**SHEROX TRIATHLON
Webster, MA September 25, 2011**

1/2 M Swim – 12M Bike – 2.9 M Run

Kathy Manizza #2 F 50-54 1:14:59

Janit Romayko #1 F 65-69 1:27:12

Janit Reports: Quite a different feeling with 1,000 women. Very supportive and enthusiastic crowd.

**OCEAN COMMUNITY YMCA TRIATHLON
Westerly, RI September 25, 2011**

1/2 M Swim – 16M Bike – 3 M Run

Mark Turkington #1 M65-69 1:33:44

Clint Driscoll 2:07:18

**PORTLAND DUATHLON
Portland, CT October 2, 2011**

2M XC Run– 6M Mtn Bike – 2M XC Run

Janit Romayko 1:25:14

Janit Reports: Sounds easy, but it was challenging ... especially the bike!! Clint was a very good sport as he came along with me.

**TOY TOWN DUATHLON
Winchendon, MA October 15, 2011**

2M Run– 9M Bike – 1M Run

Janit Romayko #1 F60-69 1:01:12

Janit Reports: First year for this duathlon, but with a well intentioned Race Director. Very well organized and nice run course, as well as hilly bike in the wind.

**STAR HILL INDOOR PROGRESSIVE TRI
Tolland, CT October 16, 2011**

400 Yard Swim – 16M Bike – 4M Run

Janit Romayko 1:21:01

FIRMMAN TRIATHLON

Narragansett, RI September 11, 2011

1.2 M Swim – 56 M Bike – 13.1 M Run

Ken Larson	#5 M55-59	5:11:48
Kathy Manizza	#1 F 50-54	5:23:54

**“TO PLAN OR NOT TO PLAN”.....****By Kathy Manizza**

I am a planner. I like to enter races months in advance, and then I spend hours planning my workouts, taper, and rest. Knowing this, it is surprising that only 3 weeks in advance Ken talked me into entering FIRMMan half iron distance triathlon. Ken (who does not plan his workouts but patiently puts up with me and does what I tell him) figured we were in reasonably good shape and that it would be a nice way to end the summer. The fact that 3 of our friends from Lake Terramuggus tri series were also doing it helped convince me to hit “submit” on the on-line application.

Three weeks is barely enough for a proper taper! I didn’t have enough bike miles so we planned one long brick for August 28. Well, Hurricane Irene put an end to those plans so now I panicked. I finally had to settle on a new attitude, “what happens... happens”.

Univ. of Hartford’s first cross country meet of the year was September 10. This is also Jim Henry’s, (my brother in law who passed away this summer), birthday. I told my team about Jim and how proud he would be. They ran amazing and both men and women won the Trinity Invitational. Following the awards, Ken and I drove straight from Wickham to Narragansett Beach. After checking in and picking up our “swag”, we joined our friends Kari and Nichole for a swim and body surfing session. We all went out for Mexican food that night, went to bed early, and were up at 4:30 for the 7am start.

The weather was absolutely perfect. I kept thinking about Jimmy, and knew he would help me through the bike. We set up our transition areas, got our numbers marked on, and walked a mile down the beach to the swim start. Ken was in the first wave, Kari and Nichole and I were 5 minutes later, and Nichole’s husband Matt was another 5 minutes behind us.

Swimming is my weakness, and there were a lot of waves, but I was psyched to stumble to the beach and see 35 minutes on the clock. I knew everyone but Matt was ahead of me, but looked forward to seeing them on the out and back course. Jim sat on my shoulder and kept whispering to me, “come on Slug, you can do it”. Considering my lack of training, I was happy with the 19.7mph average and heading into T-2, I knew that I had stayed well hydrated and fueled, and I hoped for a good run. We ran a course that included 2 out & backs which was great - I high fived Nichole, Kari, Ken, and Matt (who had passed me on the bike). The volunteers were some of the best I’ve seen at any race, and the organization was superb. I was having a blast, although also very glad to turn off the road and onto the beach for the last half mile. Ken had come back to cheer me on, and the others were all waiting at the finish. I was thrilled to see 5:23 on the clock. a masters PR of 20 minutes! Kari was the 2nd woman overall, and first amateur. Nichole totally rocked her first half IM race, Matt almost met his goal of beating Kari (they tied for time) and Ken also ran a new personal best by 20 min. The luau and party afterwards was a lot of fun. We had all placed or won our age groups, and they had a great table of prizes to choose from.

Maybe planning is not all it’s cracked up to be, but half the deal was that we would now enter Puerto Rico Ironman 70.3 on March 18. I’ve got our workouts mapped out for the next 5 months! Hopefully it will go just as smoothly as FIRM!!

FRED BROWN LAKE WINNIPESAUKEE RELAY
65.7 Mi. Around Lake Winnepesaukee, NH September 10, 2011

Men's Masters team: Bill McGugan (Captain), Jim Best, Mitch Bielenda, Rick Chromik, Mike Fromerth, Randy Potterton, John Sloan, and Andy Zyrek. **3rd Men's Open – 28th Team Overall**

<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
1:18:40	1:29:10	1:11:27	45:37	1:23:24	57:32	1:07:22	32:33	8:44:51
Andy	Rick	Mitch	Randy	John	Jim	Mike	Bill	

Women's Open Team: Betty Cannella (Captain), Laurie Brooks, Heidi Chromik, Jackie Cmero, Cathy King, and Jill Ramos, with special guest stars Amy Daniels (Sue Leslie's niece), and Lori Riley (*Hartford Courant* Sports Writer.) **6th Women's Open – 71st Team Overall**

<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
1:45:29	1:57:42	1:31:30	36:49	1:29:34	52:16	1:11:58	47:20	10:12:36
Betty	Jill	Cathy	Heidi	Amy	Laurie	Jackie	Lori	

Mixed Masters Team: Bekkie Wright & Joe Poliquin. **5th Mixed Masters – 55th Team Overall**

<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
1:27:46	1:28:38	1:22:28	34:12	1:38:35	1:02:52	1:18:39	43:29	9:36:39
Bekkie	Joe	Bekkie	Bekkie	Joe	Joe	Bekkie	Joe	

BLACK POINT RUNNERS

Bill Gaghan ran Leg 3 in 1:23:34

Ed Sweeney ran Leg 5 in 1:26:34

(Total Time 9:15:58 - #5 Men's Masters, #47 Team Overall)



Andy



Bekkie



Joe



Betty

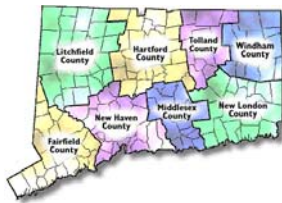


Mike



Bill

For more event photos see: <http://rogerperhampictures.shutterfly.com/pictures>



Silk City Striders 8 County Challenge
At Least Five (5) Counties Completed as of 10/15/2011
 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	
Adam Bulewich		X	X	X	X	X	X	
Clint Driscoll		X		X	X	X	X	
Dani Kennedy		X		X		X	X	X
Cathy King		X	X	X	X	X	X	
Scott Livingston		X		X	X	X	X	X
Alan McCall	X	X	X	X	X	X	X	X
John Paggioli		X	X	X		X	X	
Joe Poliquin	X	X	X			X	X	X
Janit Romayko	X	X		X	X	X	X	X
Bill Schwarz		X		X	X		X	
Barry Stoner	X	X	X			X		X
Mark Turkington	X	X			X	X	X	X
Tom Walsh	X	X	X	X	X	X	X	X
MaryLou White		X	X			X	X	X
Bekkie Wright	X	X	X			X	X	X
Ed Yergeau		X		X	X	X	X	
Andy Zyrek	X	X	X	X	X	X	X	X



The Silk City 700 is a personal challenge to accumulate 700 miles of running within the 2011 calendar year. Below is the self-reported list of Silk City Striders who have achieved the 700 Mile Mark as of October 15, 2011. 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	
John Agosto	Scott Livingston	Betty Cannella	Carole Saucier
King Archibald	Alan McCall	Tammy Gaghan	Keron Smith
Tony Bonanno	Bill Metzger	Dani Kennedy	Ginny Welch
Art Byram	John Paggioli	Amira Lerario	Bekkie Wright
John Collins	Joe Poliquin	Debbie Livingston	Linda Yamamoto
Scott Freeman	Mike Tirrell	Janit Romayko	
Bill Gaghan	Mike Westfall		
Marty Keibel	Matt Yoder		
David Leak	Andy Zyrek		

COLD WEATHER RUNNING

By Paul Johnson, Founder and Editor of the Running in Cold Weather blog

www.runningincoldweather.com

Colder weather is already setting in across Connecticut, and that means it is time for runners to make the switch from summer running habits to a winter running approach. Running in the winter can be every bit as rewarding as warmer-weather runs, but it takes a little more investment and planning to do well. Here are a few tips on winter running techniques and cold weather running gear that will help you get through another Northeast winter in the best shape of your life.

Don't Skimp on Clothing. We all try to find ways to save a few bucks, especially when it comes to gear layers that nobody will ever really see. Not investing in the right winter running gear, though, can leave you uncomfortable in the cold and with less motivation to keep up your workouts through the winter.

There are two overarching rules when it comes to cold weather running gear: Avoid cotton, and use layers. Cotton not only is a poor insulator, but when it gets wet (and it will) it loses much of its ability to keep an athlete warm at all. It actually can make things worse by adding a damp chill to the runner. Using layers is common sense, but worth repeating. By using layers, you can match your clothing to the exact conditions and take advantage of the newest running gear technology.

From head to toe, we recommend a lightweight synthetic running hat, a wool or synthetic base upper layer with a windbreaking jacket, and form fitting gloves that will stop the wind. On colder days, two base layers or a mid-layer may be warranted. Below the waist, we are big fans of compression running tights which nowadays come in many lengths and weights, and performance wool or synthetic socks. A good pair of tights or leggings will not only keep you warm, but will also stabilize your muscles which could be shocked by the colder temps. While some winter running shoes are on the market, most runners on cleared trails will do just fine with their normal shoe. People with knee problems may also want to consider knee warmers, worn against the skin, under tights.

Shift into Winter Running Gear. Running in the winter not only requires different gear, but a different running style as well. Once you have stretched well (remember that the cold will bring out any old injuries you have), be sure to choose trails that will be winter-friendly. They very well may be different than your normal summer trails. The best cold weather trails are either black paved trails which allow snow and ice to melt quickly, or well-groomed running paths that avoid any buildup of icy patches. Avoid trails with snow buildup or pooling water, as both are likely to create fall hazards on days when the temp drops and snow and ice harden.

As for your running style, remember to take shorter strides than normal and keep your center of balance firmly beneath you. Most winter running injuries occur from just a momentarily lapse of attention, overextending your balance and then overcorrecting and falling. In addition to running style, plan your workouts accordingly. Winter runs can be good times to do long, slow distance. Fast runs in the winter can present a fall hazard, and most physicians recommend not exerting your lungs with cold air on days when it is very cold (under 20 degrees).

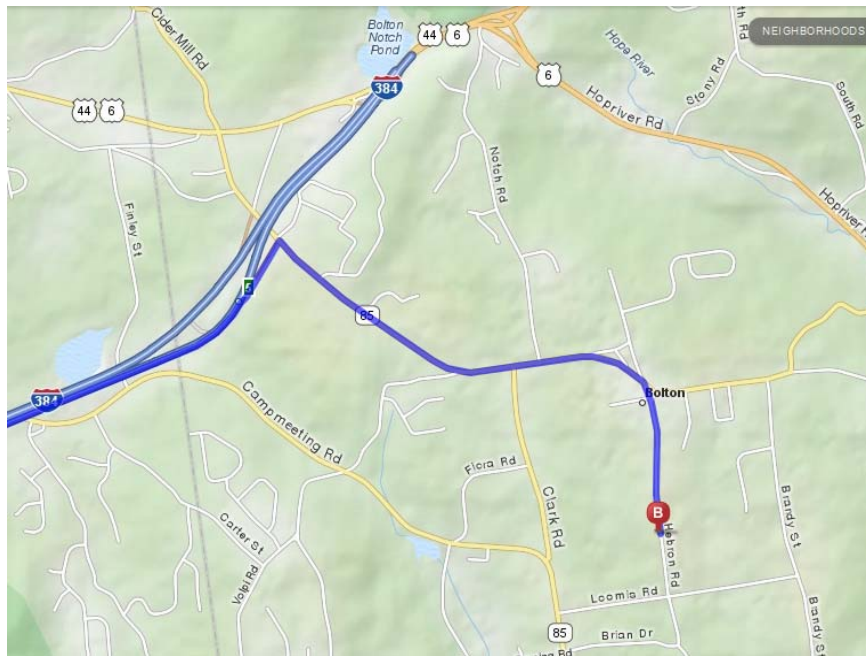
If done right, winter can be a time when you get in great shape while others are taking time off. Winter runs can be invigorating, but are best enjoyed when you have the right gear and prepare smartly.

RACE CALENDAR

Date	Time	Race	Place	Website / Contact
Sa Oct 29	10:00 AM	MxCC Scholarship 5K	Middletown (Middlesex CC)	www.hartfordtrackclub.org (Oct. News.)
Su Oct 30	10:00 AM	Wicked Good 5K	New Haven (Lighthouse Park)	www.jbsports.com
Su Oct 30	Noon	Kent Pumpkin Run 5M	Kent (Town Hall)	www.kentct.com
Su Oct 30	1:00 PM	Pumpkin Run 5K	Higganum	www.hartfordmarathon.com
Sa Nov 5	9:00 AM	Air Line Trail Ghost Run 13.1M	Hebron (Hebron ES)	www.hebronct.com/pdfs/parksandrec/Community_Events.pdf
Sa Nov 5	10:00 AM	Pilgrim's Pace Road Race 5K	Middlebury (Village Green)	www.middleburyucc.org
Su Nov 6	11:00 AM	Jamie's Run 5K	Old Wethersfield (Cove Park)	www.jbsports.com
Su Nov 6	1:30 PM	Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	www.plattsys.com
Su Nov 6	11:00 AM	Parker Holt Celebration Run 5K	Manchester (MCC)	www.silkcitystriders.org
Sa Nov 12	10:00 AM	Frostbite 5K	Enfield (Enfield Street School)	www.active.com/running/enfield-ct/5k-frostbite-run-and-walk-2011
Sa Nov 12	10:00 AM	EBAC Fall Challenge 5M	New London (Ocean Beach Park)	www.ebac.us
Su Nov 13	Noon	Monson Classic Half-Marathon	Monson, MA	www.MonsonMemorialClassic.com
Su Nov 13	9:00 AM	Race to Fill the Pantry 5K	Glastonbury (Riverfront Park)	www.glastonburyriverrunners.com
Su Nov 13	10:05 AM	Cross Country Turkey Trot 5K	Thompson (W. Thompson Lake Picnic Shelter)	scottct26@charter.net
Sa Nov 19	8:00 AM	Know Your Pace 4.748M	Manchester (Bennet School)	www.silkcitystriders.org
Sa Nov 19	10:00 AM	XC Challenge 8K	W.Hartford (Farm. Ave MDC Res.)	www.hartfordtrackclub.org
Sa Nov 19	10:00 AM	Hot COCO 5K	Cheshire (Norton School)	www.jbsports.com
Su Nov 20	9:00 AM	Fischang-Cicchetti 5M	Waterbury (YMCA)	www.fischang-cicchetti.com
Th Nov 24	10:00 AM	Madison Turkey Trot 5M	Madison (Hammonasset)	www.madisonjc.com/reg_forms/2011TrotApp.pdf
Th Nov 24	8:15 AM	Pequot Thanksgiving 5M	Southport	www.pequotrunners.org
Th Nov 24	10:00 AM	Manchester Road Race 4.748M	Manchester	www.manchesterroadrace.com
Sa Nov 26	9:30 AM	Cow Chip 3.7M XC	Trumbull HS	www.clubct.org/Races/CowChip.html
Su Dec 4	1:00 PM	Pearl Harbor Masters 5.1M	Waterford (VFW)	www.hitekacing.com
Su Dec 4	10:30 AM	Blue Back Square Holiday 5K Run	West Hartford	www.hartfordmarathon.com
Su Dec 4	Noon	Santa's Run 3.5M	Glastonbury H.S.	www.glasct.org/index.aspx?page=1272

2011 "LOCAL" MARATHON CALENDAR

10/30/11	Cape Cod Marathon , Falmouth, MA	www.capecodmarathon.com
10/30/11	Marine Corps Marathon , Washington, DC (Registration Closed)	www.marinemarathon.com
11/5/11	Stone Cat 26.2 & 50M Trail Race , Ipswich, MA (Reg. Closed)	www.gaonline.net/StoneCatApp.html
11/6/11	Manchester City Marathon , Manchester, NH	www.cityofmanchestermarathon.com
11/6/11	New York City Marathon , New York, NY (Registration Closed)	www.ingnycmarathon.org
11/13/11	Harrisburg Marathon , Harrisburg, PA	www.HarrisburgMarathon.com
11/20/11	Philadelphia Marathon , Philadelphia, PA (Registration Closed)	www.philadelphiamarathon.com
11/26/11	BRRC North Central Trail Marathon , Sparks, MD	www.brcc.com
12/10/11	Roxbury Marathon , Roxbury, CT	www.southernct.edu/~sandifer/Ed/Roxbury/Running.htm



HALLOWEEN POTLUCK SUPPER
Sunday, October 30, 2011 6:00 pm

Our annual Silk City Striders Halloween Potluck Supper and Pumpkin Carving Contest will be held at the home of Laurie Brooks at 55 Hebron Road, Bolton, CT. Pumpkins will be provided by the club. Costumes are welcome.

From Manchester:

Take Rt. 44 East to Rt. 85 (Bolton Center Road), or Take I-384 to Exit 5.
 Right onto Bolton Center Road, stay straight on Bolton Center Road (as Rt. 85 turns right.)
 Right onto Hebron Road at the Stop Sign just before you get to the church at the town green.
 55 Hebron Road is on the right side of the road (farm fields are on the left).

Park in the driveway located between a stone wall and white posts, if you pass the farm tractor sign, you have gone too far.

SILK CITY STRIDERS
2011 Event Calendar

- OCTOBER** - Halloween Pot Luck SupperSunday, October 30
- NOVEMBER** - Parker Holt Celebration Run 5KSunday, November 6
 Know Your Pace Race Saturday, November 19
 Manchester Road RaceThursday, November 24
- DECEMBER** - Hungry Tiger Toy Fun RunTBA
 Scrooge Scramble Sunday, December 25

JAMES L. HODGES
October 31, 1939 – October 20, 2011

A life filled with dignity, respect for others and passion for detail, ended with the death of James L. Hodges, of Vernon, CT on October 20, 2011. James died peacefully with his devoted family by his side just eleven days short of his 72nd Halloween birthday. James was born on October 31, 1939 in New York, NY. He is survived by his remarkable wife of 36 years, Janit Romayko.

James excelled in the sciences yet pursued the classics, and embraced the arts. He pursued his undergraduate degree and then worked for the Boeing Company and later for Grumman Aircraft Engineering Corporation where he was involved in the analysis of the reaction control system for the Lunar Module. James then graduated with his Ph.D. in 1970 from Stevens Institute of Technology, Hoboken, NJ.

James was a faculty member of Rensselaer Polytechnic Institute's Department of Engineering, Troy, New York and Hartford, CT, from 1970 to 2006 and served as the Chair of Engineering for nearly 20 years. He specialized in the areas of thermodynamics, heat transfer and combustion and served as a consultant to Combustion Engineering/ABB, United Technologies Corporation and Hamilton Standard. In the late 70s, he participated in the Summer Faculty Program at Exxon Mobil Research and Bell Labs developing a method for temperature profile prediction in pressurized fluid bed combustors. He was Visiting Associate Professor at M.I.T. and worked on the mathematical modeling of atmospheric fluidized bed combustors with the National Science Foundation Industry-Technology Program. James also taught at Trinity College in the joint Rensselaer-Trinity Biomedical Engineering Program. James was a student and patron of the performing arts at Trinity College, Real Art Ways, and Wesleyan University. James was an active member of the American Society of Mechanical Engineers and the Society of Automotive Engineers., the Hartford Track Club and the Silk City Striders. He was also a proud member of the Manchester Community Response Team and served at the Emergency Operation Center with the HAM radio team. Most often, though, he was skilled sailor on the waters of Long Island Sound and Fisher's Island/Flat Hammock on his Pearson 30' "Runaway III." James also raced Solings, Melges, MIT Tech Dinghys, flew Cessna 150s and 180s and restored a 1937 MG D Type Roadster, 1961 MGA, and a 1954MGTD. James was a member of the New England TD Register having won "Best New Restoration" in 2010 at Mystic, CT.

A visitation will be held on Saturday, October 29, 2011 beginning at 9:00am at the John Tierney Funeral Home, 219 West Center Street, Manchester, CT 06040 followed by a service of remembrance at the Gilead Congregational Church, Route 85 and Meeting House Road, Hebron, CT 06248 at 10:30am. Rev. Edmund Meincke will preside. Burial will follow immediately after at the Sterling Cemetery, Greenport, NY. A celebration reception of James' life and birthday will be held on Monday, October 31, 2011, from 5:00 pm to 8:00 pm at the Mystic Shipyard's Mystic River Yachting Center. Please RSVP by October 28, 2011 with a call to the John Tierney Funeral Home with your name/s to 860-643-1222.

In lieu of flowers, memorial donations can be made to the Friends of Valley Falls, PO Box 2008, Vernon, CT. 06066-1408. To extend online expressions of sympathy, please visit: www.tierneyfuneralhome.com.

MICHAEL PETER LITWINKA, IV
October 4, 1997 – September 21, 2011

Michael Peter Litwinka, IV, age 13, of Naugatuck, passed away of a severe asthma attack on Wednesday (September 21, 2011) at St. Mary's Hospital. Michael was born in Manchester, CT on October 4, 1997, son of Michael P. Litwinka, III of Vernon and **Norlean (Douglas) Litwinka** of Naugatuck. He moved to Naugatuck in 2009 and had lived most of his life in Vernon. He was an eighth grade student at City Hill Middle School, a Boy Scout in Troop 138 in Naugatuck, and a camouflage belt at Sokols Karate School.

Michael was a sweet, kind boy whose ambition was to be a lawyer. He enjoyed family trips, animals, nature, and playing the trumpet. Michael collected Lionel trains, and he was a communicant of St. Francis Church of Assisi Church. Besides his parents, he leaves a brother Cameron Litwinka of Naugatuck; half-brothers Jelani Litwinka, Giomani Deleon and a half-sister, Gianna Litwinka

A Mass of Christian Burial was celebrated on Monday September 26, 2011 at St. Francis of Assisi Church, Naugatuck. Memorial contributions may be made to Boy Scouts of America Troop 138, 210 Church Street, Naugatuck, CT 06770, or to the Michael P. Litwinka Road Race, c/o Waterbury YMCA, 136 West Main Street, Waterbury, CT 06702. To send an on-line condolence, please visit www.naugatuckvalleymemorial.com.

Michael was a member of the Silk City Striders until 2009, and participated in the Kids' Fun Runs at Race for the Cure and the New Haven Road Race. Many of you will also remember meeting Michael at the Summer Picnic at Lake Terramuggus a few years back.

Michael's mother, Norlean, is working with the Naugatuck YMCA and American Lung Association to hold a Road Race next spring that will promote health and fitness, gather communities together, and support asthma awareness and asthma research. The likely date would be the afternoon of May 20th, and would include both a 5K and a shorter Kid's Fun Run. The event will be held in the town of Naugatuck.

In her own words:

"To have the Scouts of America, and students from the Naugatuck Schools, inspires youth participation within their community. Having such great support from everyone involved, brings tears of pride to my eyes. I know that Michael must be honored by his fellow friends and neighbors within and outside of Naugatuck. I believe that this race will be a big event based on the strong foundation and scaffolding led by our team."

The next organization meeting will be held on November 4th at 10:00 at the Naugatuck YMCA. The Silk City Striders will be actively promoting this event once all the details have been set.