



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

## Co-President's Message: *BOSTON STRONG*

I wanted to write this President's message right after the Boston Marathon, but I was too angry. Too angry because runners are known to be the most peaceful, granola eating folks on the planet. Why would someone target runners? It wasn't until later when I learned that the terrorists didn't target the runners, only looking for a crowd of people.



After I first heard the news from Boston, my anger quickly turned into concern. 'I know people that are running today!' Very lucky that everyone connected to the running club was safe, and news of their safety was communicated quickly through social media.

I find it very comforting that runners, and just about everyone, stood united. Imagine seeing BOSTON STRONG' at Yankee stadium! But runners have always stuck together. When it's ten degrees, or pouring rain, and you're wondering why the hell you are running, and you see another runner and they wave - and you wave back. Runners are united no matter why they run. **Keep running!**

*Co-President, Rick Chromik*



**INTERNATIONAL RACE RESULTS**

**SAINT GERMAIN EN LAYE 20K**  
Paris, France May 26, 2013

Andy Zyrek                      1:31:31

**TABLE OF CONTENTS**

- Club News & Events.....2
- Road Race Results .....3
- High School Track Season Results.....6
- Trail Race Results .....8
- Ultra/Marathon Results.....8
- Triathlon/Duathlon Results.....9
- Hoppin' Hodges Race Results ..... 10
- Bobby's Run Race Results & Photo Gallery . 11-12
- 8 County Challenge ..... 12
- Wickham Park XC Summer Series 2013 ..... 13
- Bolton XC Summer Series 2013 ..... 13
- More Summer Series & Fun Runs ..... 14
- Race Calendar ..... 15
- Silk City Event Calendar..... 16

## 2013 BOARD OF DIRECTORS

### Officers

**Co-President:** Mitch Bielenda (860) 644-4806  
**Co-President:** Rick Chromik (860) 871-6101  
**Vice President:** Heidi Chromik (860) 871-6101  
**Treasurer:** John Sloan (860) 643-6123  
**Secretary:** Mike Fromerth (860) 904-7779

Dani Kennedy (860) 670-6294  
 Cathy King (860) 916-6573  
 Sue Leslie (860) 644-1804  
 Karen Saunders (860) 643-9125  
 Barry Stoner, Ex-Officio (860) 647-9503  
 MaryLou White, Ex-Officio (860) 512-0007  
 Bekkie Wright (860) 461-1486

### Uniforms & T-Shirts

Sue Leslie (860) 644-1804

### WebMaster

Bill Schwarz (860) 643-4096

### Newsletter

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

## TRAINING RUNS

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

**Tuesday Evening Fun Runs - 6:00 pm**  
**Mt. Nebo Parking Lot - Spring Street**

**Wednesday Evening Fun Runs - 6:00 pm**  
**Mt. Nebo Parking Lot - Spring Street**

**(currently on hiatus ...  
 will resume August 14th)**

**Thursday Evening Trail Runs - 6:00 pm**  
**Case Mountain Trails – Spring Street lot**  
**(July & August only)**

## CLUB NEWS & EVENTS

### WELCOME NEW MEMBERS

Starrett Family  
 (Ron, Diane Ashley & Tommy) Vernon, CT

### CONGRATULATIONS

To **Michelle Sangster** and Michael Vincino who were married in June. We wish you much happiness.

## SILK CITY STRIDERS SUMMER PICNIC

**at Wickham Park**  
**Sunday, August 11th**  
**11:00 AM – 5:00 PM**

We have Beech Grove IV reserved ... it's the last site on the left before the volleyball court. A nice shady spot under the trees with plenty of picnic tables and charcoal grills. Parking is available in the lot near tennis courts. The \$5.00 park entrance fee will be reimbursed to Club Members by Treasurer, John Sloan.

Anyone interested in running a loop around the park should arrive close to 11:00 A.M. Soft drinks, hotdogs & burgers will be provided by the club. Please bring a side dish or dessert to share. Please note: Alcohol is permitted in the Picnic Area only.

We hope you'll join us to celebration 35 years of Silk City Striders in Manchester.

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

**facebook**

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

**YAHOO! GROUPS**

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

## 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.

### GREATER HARTFORD 1/4 MARATHON West Hartford, CT March 30, 2013

Laurie Brooks	<b>#2 F50-54</b>	54:29
Rachel Tambling		1:04:13

### EASTER ROAD RACE 5K Willimantic, CT March 30, 2013

Adam Roth	<b>#4M; #2 M30-39</b>	19:10
Ed Sweeney	<b>#10M; #2 M40-49</b>	20:34
Jay Hamilton		21:39
King Archibald		22:21
Molly Sweeney	<b>#3F; # 2F13-19</b>	23:28
Cheryl Sellers	<b>#2 F20-29</b>	23:43
Annette Hamilton	<b>#3 F40-49</b>	26:08

### BRADLEY INTERNATIONAL 5K & 10K Windsor Locks, CT March, 30, 2013

#### 5K

Melissa Stellato	<b>#1F; #5 Overall</b>	18:58
Adam Bulewich	<b>#5M; #2 M30-39</b>	18:58
Peter Devine	<b>#6M; #1 M40-49</b>	19:23
Tom Walsh		26:51

#### 10K

Art Byram	<b>#3 M40-49</b>	42:18
Steven Morse	<b>#1 M60+</b>	43:51
Cathy King	<b>#2 F50-59</b>	53:40
Joan Munroe		58:28
Zofia Turosz	<b>#2F 60+</b>	58:35

### BELLTOWN SPRING SPRINT 5K East Hampton, CT April 4, 2013

Janit Romayko	<b>#2 F60-69</b>	29:44
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### SPIRIT OF SPRING 5K Tolland, CT April 6, 2013

Hayley Collins	<b>#2F; 1 F1-14</b>	20:56
John Collins	<b>#1 M40-49</b>	20:57
Jeramie Perry		21:12
Debbie Livingston	<b>#3F; 1 F30-39</b>	21:36
Rick Chromik	<b>#3 M50-59</b>	25:21
Mindy Perry		30:59

### LIONS CLUB APRIL FOOLS 10.5M East Haddam, CT April 6, 2013

Mitch Bielenda		1:38:38
Cathy King	<b>#1 F50-59</b>	1:38:38

### RUN DIVA RUN 5K Glastonbury, CT April 7, 2013

Clint Driscoll		31:26
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### 5K FOR \$5K Portland, CT April 7, 2013

Adam Roth	<b>#2M</b>	18:48
Cheryl Sellers	<b>#4F</b>	24:06

### BAA 5K Boston, MA April 14, 2013

Andy Zyrek		19:45
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### HEBRON ROAD RACE 5K Hebron, CT April 14, 2013

Ed Sweeney	<b>#8M</b>	20:23
Jay Hamilton		25:44
Annette Hamilton	<b>#8F</b>	25:46

### SALEM ROAD RACE 5K Salem, CT April 13, 2013

#### Age Graded Results

Dani Kennedy	<b>#2</b>	80.72%	21:50
Ned Kennedy	<b>#5</b>	79.58%	19:08
		Age Grade %	Time

### 1040 EZ 5K Windsor, CT April 14, 2013

Steven Morse	<b>#4M; #1 M60-69</b>	20:43
Ken Larson	<b>#9M; #2 M60-69</b>	21:52
Kathy Manizza	<b>#3F; #1 F50-59</b>	22:29

### SPRING INTO SPRING 5K Middlefield, CT April 14, 2013

Tom Walsh		27:33
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### EARTH DAY 5K Watertown, CT April 20, 2013

Tom Walsh		34:51
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### RUNNING FOR LIFE 5K Danbury, CT April 27, 2013

Tom Walsh		26:01
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**GLASTONBURY RIVER RUN 5K**

Glastonbury, CT April 27, 2013

King Archibald	#2 M55-59	21:29
Jay Hamilton		21:59
Jennifer Lee	#4F; #1 F10-14	22:22
Mike Lee		22:43
Laurie Brooks	#1 F50-54	22:53
Bill Schwarz	#1 65-69	24:57
Annette Hamilton		25:32
Monica Lee		34:27

**FLANDERS 5K**

East Lyme, CT April 28, 2013

John Paggioli	#4M; #2 M40-49	19:46
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**CHESHIRE HALF MARATHON**

Cheshire, CT April 28, 2013

Matt Yoder		1:34:47
Jay Seney		1:35:19
Ed Sweeney		1:37:37
John Legier		1:41:35
David Leake		1:48:27
Erin Chiaputti		1:50:00
Scott Hollister		1:56:34
Tony Hollister		1:56:32
Barry Stoner	#2 M70-74	2:37:01

**BEARDLEY BEAST 5K**

Bridgeport, CT May 4, 2013

Alan McCall	#2M 60-69	26:49
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**CINCO K MAYO 5K**

Enfield, CT May 4, 2013

Peter Devine	#9M; #1 M4049	20:13
Steven Morse	#1 M60-69	20:40

**JOG WITH JUDY 5K**

Woodstock, CT May 4, 2013

Tom Walsh		26:14
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**BRIAN P. BORGHESI MEMORIAL 5K**

Wolcott, CT May 5, 2013

Tom Walsh	#3 M50-59	25:40
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**LIFELINX RACE FOR RECOVERY 5K**

Guilford, CT May 5, 2013

John Paggioli	#2M	19:56
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**NAVIGANT HALF MARATHON 2013**

Pawtucket, RI May 5, 2013

Keron Smith		1:37:50
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**REDDING ROAD RACES 1/2 Marathon & 7M**

"A Run for the Cows"

Redding, CT May 5, 2013

**Half Marathon**

Ken Larson	#2 M60-69	1:44:41
Kathy Manizza	#2 F50-59	1:47:54

**7M**

Cathy King	#2 F50-59	1:04:08
Mitch Bielenda	#3 M50-59	1:17:07

**CT RACE IN THE PARK 5K**

New Britain, CT May 11, 2013

Tom Walsh		25:37
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**BILL LANDERS****BUILDING BRIDGES MEMORIAL 5K**

Glastonbury, CT May 11, 2013

John Paggioli		20:04
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**MOTHERS DAY DASH 5K**

Vernon, CT May 12, 2013

Scott Livingston	#3M; #2 M40-49	18:06
Kevin Glenn	#1 M50-59	19:37
Steven Morse	#1 M60-69	20:35
Mike Bendzinski	#3 M60-69	21:39
King Archibald		22:10
Laurie Brooks	#3 F50-59	23:33
Tom Walsh		25:27
Linda Tomaszewski		27:44
Meg Bendzinski		28:42
Janit Romayko	#3 F60-69	29:38
Kristy LaPorte		31:22
Shepard Livingston		36:14
Debbie Livingston		36:20

**EAST GRANBY RIDGE RUN 5K**

East Granby, CT May 18, 2013

Janit Romayko	#2 F60-69	30:19
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**SHAD DERBY 5K**

Windsor, CT May 18, 2013

Melissa Stellato	#1F; #5 Overall	18:46
Andrew Zyrek	#6M; #1 M40-49; PR	19:16
Clinton Driscoll		32:04

**AVON PINE GROVE 5K**  
Avon, CT May 19, 2013

Deb Thurston	38:10
Lindsay Thurston	38:10

**DELANEY DASH 4M**  
Old Saybrook, CT May 25, 2013

Michael McCall	23:22
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**BRIDGEPORT HOSPITAL RUN TO HOME 5K**  
Bridgeport, CT May 26, 2013

Cathy King	25:55
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**RUN AROUND THE LAKE 5K**  
Marlborough CT May 26, 2013

Kevin Glenn	#6M; #2 M50-64	19:56
King Archibald		22:29
Laurie Brooks	#3F; #1 F50-64	23:32
Tom Walsh		25:52
Clint Driscoll		31:25

**EAST HARTFORD MEMORIAL MILE**  
East Hartford, CT May 27, 2013

Jason Earl	#1M	5:07
Ned Kennedy	#3M; #1 M50-59	5:22
Dani Kennedy	#2F	6:05
Tom Walsh		6:50
Caleb Earl	#3 M1-9	13:34

**WOODSTOCK MEMORIAL DAY 10K**  
Woodstock, CT May 27, 2013

Janit Romayko	#1 F60-69	1:05:13
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**MEMORIAL DAY 3M**  
Bloomfield, CT May 27, 2013

King Archibald	#2 M50-59	21:18
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**CHAPLIN COUNTRY 5K**  
Chaplin, CT May 31, 2013

Janit Romayko	#1 F60+	31:37
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**KOMEN RACE FOR THE CURE 5K**  
Hartford, CT June 1, 2013

Tony Bonanno	#5M; #1 M40-49	19:32
Melissa Stellato	#1F; #8 Overall	19:50
Kate Bonanno	#1 F0-12	23:50
Clinton Driscoll		31:26
Patricia Saimond		32:00
Cassandra Saimond		38:55

**IRON HORSE – 1/2 MARATHON, 10K & 5K**  
Simsbury, CT June 2, 2013

**Half Marathon**

Jeramie Perry		1:40:13
Russell Saucier		1:53:09
Carole Saucier		1:58:21
Lee Paquette		2:16:36
Rachel Tambling		2:30:43
Lori Riley		2:41:19
Mindy Perry		2:46:22

**10K**

Steve Sadler	#3 M40-44	42:01
Steven Morse	#2 M60-64	44:32
Amira Lerario	#5F; 1 F45-49	45:03
Tony Hollister	#1 M65-69	47:22
Rebecca Hartz		1:04:34
Wally Squier		1:06:16
Cathy Squier		1:06:17

**5K**

Dani Kennedy	#3F; #1 F50-54	21:33
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**BLUM SHAPIRO 5K FOR CAMP COURANT**  
Cromwell, CT June 8, 2013

Tom Walsh	25:18
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**CELEBRATE WEST HARTFORD 5K**  
West Hartford, CT June 9, 2013

Dani Kennedy	#10F; #1 F50-59	21:43
Lindsay Ramos		44:26
Jill Ramos		44:26
Rachel Tambling		46:11

**LIME ROCK PARK HALF MARATHON**  
Salisbury, CT June 9, 2013

Keron Smith	#3F	1:38:49
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**RUN FOR EMPOWERMENT 5K**  
Burlington, VT June 15, 2013

Monica Lee	34:32
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**LIFE WITHOUT LIMITS 5K**  
Manchester, CT June 15, 2013

Kevin Glenn	#1M	19:50
Laurie Brooks	#3F; #1 F 50-59	23:15

**MILES FOR MIRACLES 5K**  
Hartford, CT June 15, 2013

Ed Sweeney	#5M; #2 M40-49	19:55
Molly Sweeney	#5F; # 3 F13-19	21:13

**BRANFORD ROAD RACE 5M**  
**Branford, CT June 16, 2013**

Michael McCall		29:40
Steve Morse	<b>#3M 60-64</b>	34:27
Tony Hollister	<b>#2 M65-69</b>	36:24
Alan McCall		44:13

\*Not your usual "Father's Day" outing, but it works for the McCalls.

**XTREME SCRAMBLE 5K #1**  
**Hartford, CT June 20, 2013**

Andy Zyrek	<b>#5M; #1M45-49</b>	19:56
Scott Hollister	<b>#1 M35-39</b>	22:18
Tony Hollister	<b>#1 M65-69</b>	22:41
Dani Kennedy	<b>#8F; #1 F50-54</b>	23:25
Edward Yergeau	<b>#3 M60-64</b>	29:02
Rachel Tambling		32:12

**HTC SOLSTICE SPRINT 5K**  
**West Hartford, CT June 19, 2013**

King Archibald		22:56
Laurie Brooks	<b>#1 F50-59</b>	23:34
Kevin Glenn		23:34
Tom Walsh		25:34
Bill Schwarz	<b>#1 M60-69</b>	25:57
Deb Thurston		28:17
Janit Romayko	<b>#2 F60-69</b>	29:43

**MIDDLE SCHOOL TRACK REPORT**

John Collins reports:

Hayley had a great 8th grade year in Track.

5:48 in the 1600 meters

2:41 in the 800 meters

Lead Runner in the 4x800

Well done Hayley!

**2013 HIGH SCHOOL OUTDOOR TRACK & FIELD RESULTS**

[www.mysportsresults.com](http://www.mysportsresults.com) – Results by Meet

<http://www.athletic.net/TrackAndField/Division/Event.aspx?DivID=43908> – Results by School

**BOLTON HIGH SCHOOL** – Class "S" - Dani Kennedy, Coach

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=14710> – BHS School Results Link

**ELLINGTON HIGH SCHOOL** – Class "M"– Aaron Flamino, Coach

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=14745> – EHS School Results Link

**MANCHESTER HIGH SCHOOL** - Class "LL"– James Lee, Team Member

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=14788> – MHS School Results Link

Monica Lee reports: James had a PR at the Randy Smith Invite on May 18 in the 1600.

<http://www.athletic.net/TrackAndField/Athlete.aspx?AID=4966590> – Athlete Link for James L.

**RHAM HIGH SCHOOL** – Class "L" - Chrissy Bendzinski, Team Member

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=14773> – RHAMHS Results Link

<http://www.athletic.net/TrackAndField/Athlete.aspx?AID=2661299> – Athlete Link for Chrissy B.

**UNIVERSITY HIGH SCHOOL** - Class "S"– Mike Fromerth, Coach

<http://www.athletic.net/TrackAndField/School.aspx?SchoolID=30101> – UHS School Results Link

**Coach Mike Reports:** Although the **Girls** squad was in a rebuilding year, 4 School Records were broken. They finished in 6th place out of 15 teams at the Constitution State Conference (CSC) championship with 45 points, which was the most ever for the UHS girls team. The **Boys** had their strongest year ever. Eleven (11) School Records were broken, and they finished 2nd out of 18 teams at the CSC championship. At the CIAC 'Class S' Meet the boys finished in 7th place out of 36 teams with 33 points. Their performance was highlighted by the 4x100 meter relay squad (Kadeem Johnson, Johann Charles, Austin McIntosh, and Omar Sewell) taking First Place. Nine (9) athletes advanced to the CIAC State Open, competing in the 100m, 200m, 400m, 4x100m, and 4x800m races.

## TRAIL RACES – GRAND TREE SERIES & OTHERS

### MERRIMACK RIVER TRAIL RACE 10M

Andover, MA April 13, 2013

Tony Bonanno	1:14:24
MaryLou White	2:18:01

### 7 SISTERS TRAIL RACE (12 or 13M)

Amherst MA May 5, 2013

Tony Bonanno	2:20:25
Debbie Livingston #3F	2:30:36
MaryLou White	5:07:52

### SALMON RIVER RUN 5.41M (Trail)

Colchester/East Hampton, CT May 11, 2013

Ned Kennedy #6M; #1 M50-59	34:07
Adam Roth #8M; #3 M30-39	34:43
Cheryl Sellers	46:32
Alan McCall	50:22

### SOAPSTONE MOUNTAIN TRAIL RACES

#### 24K & 6K SAMPLER

Stafford Springs, CT May 19, 2013

#### 24K

Scott Livingston #9M	1:53:44
Tony Bonanno	2:00:01
Clinton Morse	2:36:13
Bill Metzger	2:56:11
Bekkie Wright	3:41:42
Joseph Poliquin	3:41:48
MaryLou White	3:46:19

#### Sampler 6K (Handicap)

Name	Total	RunTime	Handicap	Place
Tony Hollister	26:16	35:08	T	#3
David Laporte	27:38	29:58	F	#9
Kate Bonanno	27:56	34:56	P	
Robyn Hollister	43:17	47:01	I	
Scott Hollister	43:19	44:15	C	
Kristy Laporte	44:25	49:05	K	
Hayden Morse	45:24	48:40	H	
Jackson Morse	59:29	1:01:49	F	
Anna Morse	59:29	1:03:41	J	

### SUMMER SOLSTICE 5K & 5M TRAIL RUNS

Gay City State Park - Hebron, CT June 15, 2013

#### 5K (3.3M)

Steve Sadler #3M; #1 M40-44	23:41
Tom Walsh #2 M55-59	31:38
Cathy Squier #3 F50-54	38:33
Wally Squier	38:34

#### 5M (5.5M)

Adam Roth #3M; #1 M30-34	36:48
Michael Westfall #9M; #1 M40-44	39:40
Kevin Glenn #1 M55-59	40:56
David Laporte	42:19
King Archibald	48:27
Mickey Grabner	49:01
Laurie Brooks #1 F50-54	49:22

### MT. GREYLOCK HALF MARATHON & 5K

Adams, MA, June 16, 2013

#### Half Marathon

Drew Best #4M	1:44:18
Tony Bonanno	2:06:26
Scott Livingston	2:06:26
Debbie Livingston #2F	2:13:39
Bekkie Wright	3:43:20
Joseph Poliquin	3:43:22

#### 5K

Shepard Livingston	39:39
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### MOUNT WASHINGTON ROAD RACE 7.6M

**2012 U.S. Mountain Running Championship  
Pinkham Notch, Gorham, NH June 15, 2013**

Eric Blake #1M	59:57
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NOTE: Eric, co-Race Director of the Ray Crothers Memorial 2M XC Race, was the winner and new course record holder at this year's Bobby's Run 8M Road Race, which he used as a tune up for Mount Washington. Well run, Eric!

## SPRING MARATHON & ULTRA CORNER



### BOSTON MARATHON Hopkinton to Boston, MA April 15, 2013

Marty Keibel	3:07:10
John Paggioli	3:20:33
Neal Liebowitz	3:21:34
Amira Lerario	3:42:09
Jessica Doyle	3:45:25
Mitch Bielenda	3:50:22
Art Byram	3:52:55
Joe Kidder	3:54:38

Cathy King Reports: Andy, Shannon, and I staked our spot and watched from mile 26. Great to see many we knew finishing up their race. I worked my way to the finish to greet Mitch. It was impossible to cross streets due to the routine barricades and I lost Mitch in the crowd. Tried to work my way to our meeting spot on Boylston Street and heard the explosions. It was difficult to know what was going on and cell phones went down. I was able to make my way to hotel the HTC had arranged and learned the news there. Mitch was waiting for me there.

Also ... from a Hartford Courant Article: Robert "Bob" Niedbala, 65, of Norwich was running his 20th Boston Marathon, but for the first time, he was running unofficially because of a hamstring injury he suffered while training. The injury knocked him out of the race at mile 17, and he learned of the explosions on his car radio while driving home.

### HAMBURG MARATHON Hamburg, Germany April 21, 2013

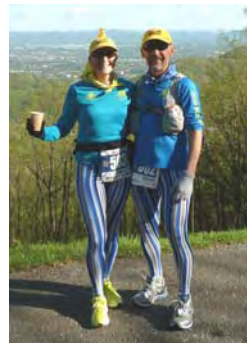
Andy Zyrek	3:24:54
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### MAINE COAST MARATHON Kittery/Biddeford, ME May 12, 2013

Bekkie Wright	#1 F50-54	3:44:24
Joe Poliquin		6:39:36

### PROVIDENCE MARATHON Providence, RI May 12, 2013

Andy Zyrek	3:20:31
Shannon Katzmayer	3:47:51



### BLUE RIDGE MARATHON Roanoke, VA April 20, 2013

Bekkie Wright	6:22:01
Joe Poliquin	6:22:16

Staying "Boston Strong" ... sporting the blue & gold.

### SHIRES OF VERMONT MARATHON Manchester/Bennington, VT May 19, 2013

John Collins	3:17:26
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### VERMONT CITY MARATHON Burlington, VT May 26, 2013

Jay Seney	3:31:04
Art Byram	3:45 Pace Group Leader 3:44:35

### DEADWOOD-MICKELSON TRAIL MARATHON Deadwood, SD June 2, 2013

Bekkie Wright	5:35:32
Joe Poliquin	(State #37) 5:35:38

### CAYUGA TRAILS 50M Ithaca, NY June 8, 2013

Debbie Livingston	9:53
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### SANDHILLS MARATHON Brownlee, NE June 8, 2013

Bekkie Wright	5:38:16
Joe Poliquin	#3M 60-69 (State #38) 5:38:26

### 1/2 SAUER 1/2 KRAUT MARATHON Philadelphia, PA June 15, 2013

Marty Keibel	#1 M60-64	3:23:10
Scott Freeman	#1 M50-54	3:29:10

### BAY OF FUNDY MARATHON Lubek, ME June 23, 2013

Brianna Carlson	3:58:50
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## TRIATHLON / DUATHLON RESULTS

### NEW ENGLAND FITATHLON CHALLENGE Rentschler Field, E. Hartford, CT April 13, 2013

Monica Lee competed in this new event which was billed as a "5K Obstacle Course." There was no timing. She competed in the Beginner level, and finished in just over an hour. Stations included a Tunnel Crawl, Balance Beam, Tire Flip, Chain Pull, Walls, Ropes & Cargo Nets. Sounds like quite an adventure!

### IRONMAN 70.3 (Half Ironman) St. George, UT May 4, 2013

Diana Cohen 7:24:50

### BRIAN'S BEACHSIDE BOOGIE DUATHLON Madison, CT April 14, 2013

#### 2M Run – 10M Bike - 2M Run Winter Duathlon - Fat Tires Only

Daria Vander Veer #3F 1:15:38  
Janit Romayko #1 F65-69 1:40:22

### ROCKBUSTER DUATHLON 2013 Ashland, MA April 21, 2013

#### 1.8 M Run – 5.5 M Bike – 1.8 M Run

Janit Romayko #1 F65-69 1:27:59

### THE "Y" TRI Woodriff YMCA, Milford, CT May 11, 2013

#### 300 Yd Pool Swim - 11M Bike - 2.5M Run

Janit Romayko #1 F65-69 1:16:56

### TEN PENNY ALE SHAMROCK DUATHLON & 3.3M RUN Glastonbury, CT May 19, 2013

#### 5K Run – 28 K Bike – 5K Run

##### Duathlon

Ned Kennedy #2 M55-59 1:28:50  
Mike Lee 1:44:21  
Monifer2\* #3 F-Team 1:52:24  
Ted's Girls\*\* #6 F-Team 1:57:42

\*Monica & Jennifer Lee (and Jen ran 22:12 on the 1st 5K which is her PR!)

\*\*Dani Kennedy and her son Ted's wife

##### 3.3M Run

Jimmy Morris 29:04

### TRIFITNESS SEASIDE SPRINT TRI Bridgeport, CT June 9, 2013

#### 1/2 M Swim - 10M Bike – 5K Run

Janit Romayko #1F 65-69 1:23:53

### MASS SR. GAMES TRI Springfield College, MA June 16, 2013

#### 400m Swim - 10M Bike – 5K Run

Janit Romayko #1F 65-69 1:18:57

### TEAM HOYT TRIATHLON Lake Siog, MA June 23, 2013

#### 1/2 M Swim - 12M Bike - 3M Run

Janit Romayko #2F 65-69 1:28:08

### MARLBOROUGH SPRINT TRI SERIES Lake Terramuggus, Marlborough, CT

#### 500 Yard Swim – 12 M Bike – 5K Run

##### Race #1 – June 6, 2013

Ned Kennedy #1 M50-59 1:06:01  
Kathy Manizza #3F; #1 F50-59 1:10:59  
Diana Cohen 1:21:29

##### Race #2 - June 20, 2013

Scott Livingston #5M; #2 M40-49 57:56  
Ned Kennedy #3 M50-59 1:03:41  
Kathy Manizza #1 F50-59 1:08:58  
Diana Cohen/Keith Sherman RELAY 1:12:07  
Kevin Looney 1:22:38

### WINDING TRAILS TRI SERIES

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

##### Race #1 - June 11, 2013

Scott Livingston #1M 50:12

##### Race #2 - June 18, 2013

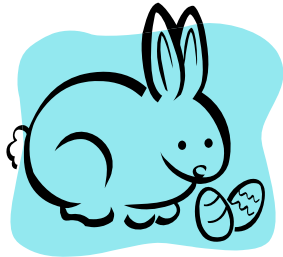
Scott Livingston #1M 52:32

### WINDING TRAILS - Tuesdays @ 6:15 PM July 2nd through August 13th

### CEDAR LAKE - Thursdays @ 6:15 PM July 11 & 25 and August 8

### MARLBOROUGH - Thursdays @ 6:15 PM July 18 and August 1

Also, NEW -- Lake T. Olympic Distance Tri  
1500 meter Swim - 25 M Bike- 10K Run  
Saturday, August 18, 2012



**2nd ANNUAL “HOPPIN’ HODGES” TRAIL RUN  
EASTER SUNDAY  
MARCH 31, 2013  
2.5 Miles on the Hop River Trail**

Bruce Christensen	15:35	Joe Poliquin	23:28
Debbie Livingston	17:09	Barbara Taylor	23:33
Kathy Manizza	17:17	Brian Czar	23:35
		Zofia Turosz	23:41
Steve Henry	17:27	Chester Lau	23:54
Ken Larson	17:57	Tom Walsh	23:58
Adam Osmond	19:08	Melinda Hedding	24:32
Jon Espeland	19:27	Scott Livingston	25:20
Mitch Bielenda	20:15	Richard Zbrozek	25:26
Art Byram	20:15	Vicki Quagliaroli	26:19
Brianna Carlson	20:17	Tatjana Homich	27:44
Bekkie Wright	20:17	Barry Stoner	27:48
Way Hedding	20:41	Linda Belanger	27:54
Myles Kessler	21:08	Izzy Munson	29:15
Brian Walker	21:35	Dara Munson	29:16
Cathy King	22:07	Edward Snyder	31:43
Alan McCall	22:08	Brett Capshaw	35:47
Steve Mele	22:23	Jessica DeBlois	40:14
Ann Etre	22:39	Brian DeBlois	40:16
Steve Tolman	23:15		
Ray Prest	23:27		

### MICHAEL LITWINKA MEMORIAL RUN

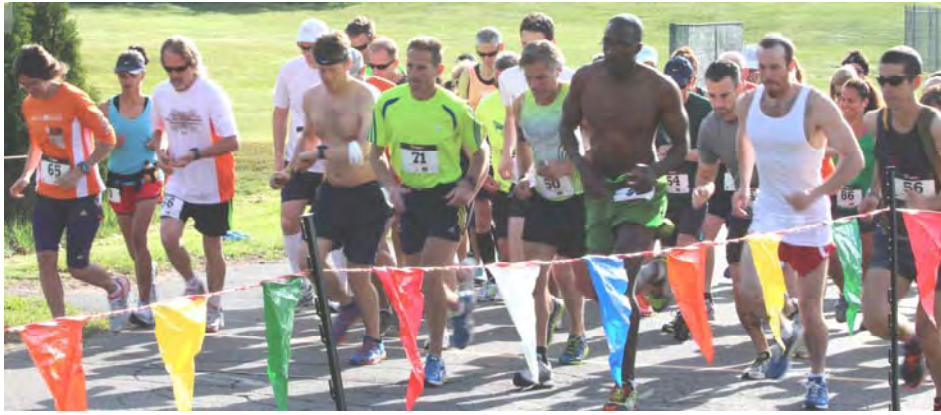
Event Rescheduled from May to September ... then cancelled.

Donations in Michael’s memory can be made to: American Lung Association  
<http://www.lung.org/donate/>



### **RED DRESS RUN to Support Women’s Heart Health**

The RED DRESS RUN FOR WOMEN 5K will be held on **July 6, 2013**. The “Red Dress” is the symbol of healthy heart awareness, so our team will be dressed in red, but costumes are not necessary. Online registration is still open – Please SELECT “Open Team” – RED DRESS RUNNERS to register. Volunteers are also needed. Please visit the Hartford Marathon Foundation website to sign up to volunteer. Carpooling will be available.



## 10th Annual Bobby's Run

Saturday, May 18, 2013 -- Northeast School, Vernon, CT

After previewing the course in 2012, Eric Blake (# 56 at the extreme right in the picture above) crushed the course record in 2013. And, as if to prove the Race Director wrong, when she said "This is not a PR course" ... many runners posted outstanding times, and a few even had PR's!

Thanks to everyone who participated in and volunteered at the 10th Annual Bobby's Run. Special thanks to Lisa Bonadies for supplying the Poland Springs Water, Joe Poliquin & Mitch Bielenda for course monitoring, Sue Leslie & Mitch Bielenda for staffing the Water Stops; Bill Metzger for Finish Line assistance, Joe Poliquin for course photography, and Sue Leslie for baking the cookies for the post-race party. Over \$550 was raised for the R.J. Bonadies Scholarship Fund at Rockville H.S.

<b>Eric</b>	<b>Blake</b>	<b>43:15</b>	Brad	Magyar	<b>1:10:14</b>
Walter	Schmidt	<b>50:51</b>	Bill	Schwarz	<b>1:10:33</b>
Jason	Earl	<b>52:45</b>	Michele	Meltzer	<b>1:11:24</b>
Brent	Noble	<b>53:57</b>	Steve	Bebrin	<b>1:11:58</b>
Jeramie	Perry	<b>54:29</b>	Elaine	Dill	<b>1:12:06</b>
Matt	Yoder	<b>54:44</b>	Cathy	King	<b>1:12:28</b>
David	Czarneski	<b>55:24</b>	Alan	McCall	<b>1:12:28</b>
William	Shaw	<b>56:07</b>	Sarah	Rossignol	<b>1:14:54</b>
Jay	Seney	<b>58:44</b>	Laura	Milliken	<b>1:15:41</b>
Steven	Morse	<b>59:26</b>	Joseph	Kevin	<b>1:16:40</b>
Scott	Freeman	<b>59:43</b>	Marisa	Boasa	<b>1:18:33</b>
John	Sloan	<b>1:00:14</b>	Brian	Mills	<b>1:18:37</b>
<u>Brianna</u>	<u>Carlson</u>	<b>1:02:50</b>	Frennie	Elderkin	<b>1:19:19</b>
Russell	Saucier	<b>1:03:39</b>	Liz	O'Donnell	<b>1:21:19</b>
Mark	Barile	<b>1:04:20</b>	Tom	Walsh	<b>1:24:53</b>
Gary	Rooke	<b>1:04:42</b>	Jennifer	Pelletier	<b>1:24:57</b>
Bill	McGugan	<b>1:04:42</b>	Mindy	Perry	<b>1:26:38</b>
Nithya	Kannan	<b>1:06:32</b>	Dianne	Bourgoin	<b>1:27:47</b>
Richard	Chromik	<b>1:07:00</b>	Diana	Boucher	<b>1:28:27</b>
Erin	Chiaputti	<b>1:07:48</b>	Barry	Stoner	<b>1:33:00</b>
Carole	Saucier	<b>1:07:53</b>	Jill	Tetrault	<b>1:33:11</b>
Jeri	Bebrin	<b>1:08:02</b>	Catherine	Nally	<b>1:33:11</b>
Shoushan	Clarke	<b>1:08:16</b>	Laura	Amaral	<b>1:33:14</b>
Bill	Bourgoin	<b>1:08:28</b>	Winter	Fontaine	<b>1:33:14</b>

See next page for more pictures



## SUMMER CROSS COUNTRY SERIES – MANCHESTER & BOLTON



### SUMMER GRAND PRIX CROSS COUNTRY RACE SERIES 2013

**Sponsored by:** Wickham Park,  
*The Journal Inquirer*, and the Silk City Striders

**Dates:** Mondays July 8 & 22  
Mondays, August 5, 12 & 19

**Location:** Wickham Park, Manchester, CT  
Meet at back parking lot where the  
State High School Races finish.

**Time and Distance**

**6:00 pm**, First 3 age groups  
1 Mile for ages 13 and under  
**6:30 pm**, Older age groups  
2.6 Miles for ages 14 and older

**Entry fees\*:** \$4.00 (13 and under) per race  
\$15.00 Series  
\$5.00 (14 and up) per race  
\$20.00 Series

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

**Age Groups:**

**Boys and Girls**

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

**Men and Women**

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

Age: Based on Age as of July 8, 2013

**For More Information contact:**

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

Link to Summer Grand Prix Series at Wickham Park application available under Upcoming Events on the Silk City Striders homepage.

**BOLTON SUMMER  
XC SERIES**



### BOLTON SUMMER XC SERIES 2013

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

**Dates:** Wednesdays, July 3, 10, 17 & 24, 31  
Wednesday, August 7

**Location:** Rose Farm (aka Bolton Heritage Farm)  
Bolton Center Road, Bolton, CT

**Time & Distance:**

**6:00 pm** Ages 4 & under – 100 meters  
**6:10 pm** Ages 13 & under – 1 mile  
**6:30 pm** All Ages Welcome – 2.6 miles  
All 3 races are entirely off-road.

**Entry fees:** Toddlers Race is FREE  
\$2 for Kids' 1 Mile Race  
\$3 for 2.6 Mile Race  
\$10 Max per Family

**Age Categories & Points System:**

1 Mile Race: 9 & under, 10-11, 12-13  
2.6 Mile Race: 15 & under, 16-18, 19-29, 30-39,  
40-49, 50-59, 60-69, 70+

Points will be awarded after each race in each Age Category: 5 points for 1st, 4 points for 2nd, 3 points for 3rd, 2 points for 4th, and 1 point for 5th.

**Awards:** Prizes will be presented to the top point scorers at the end of the Final Race of the Series (August 7). **You must complete at least 3 races to be eligible for a prize.**

**For More Information contact:**

Dani Kennedy  
860-643-4552 home; 860-670-6294 cell

Link to Bolton Summer XC Series application from the Silk City Striders homepage or at:  
<https://sites.google.com/site/boltonsummerxcseries>



**Thursday Nights Under the Lights Track Series  
Manchester High School**

**July 11, 18, 25 and August 1, 2013 (Rain Date is August 8)**

**Events begin at 6:00 PM**

**Track & Field Events are conducted simultaneously**

Great competition for all ages and abilities. Events include 100, 200, 400, 800, Mile, 2-Mile and 5k on the track. Shot Put, Discus, Javelin, Long, Triple and High Jumps. All ages and abilities welcome and encouraged; register for the entire series and receive a Brooks tech shirt.

<http://manchesterrunningcompany.com>

**EVENTS (in order):**

**July 11th**

TRACK – 5,000, 100, Mile, 200, 800, 400

FIELD – Discus, Shot Put, Long Jump\*,  
Triple Jump\*, High Jump

**July 18th**

TRACK – 110/100 Hurdles, 2-mile, 100,  
Mile, 200, 800, 400

FIELD – Discus, Shot Put, Long Jump\*,  
Triple Jump\*, High Jump\*

**July 25th**

TRACK – 5,000, 110-hurdles, 100, 1600,  
200, 800, 400

FIELD – Javelin, Shot Put, Long Jump\*,  
Triple Jump\*, High Jump\*

**August 1st**

TRACK – 2-mile, 100, 1600, 200, 800, 400

FIELD – Discus, Shot Put, Long Jump\*,  
Triple Jump\*, High Jump\*

**\*Jumping Events (all weeks)**

**6:00 pm** – Youth High Jump, Adult Long/Triple Jump

**6:45 pm** – Youth Long/Triple Jump, Adult High Jump

**GLASTONBURY PARKS & REC SUMMER FUN RUNS**

**Starting Tuesday, June 26 at 6:50 pm**

**Glastonbury High School**

Grab your sneakers and run some extra miles this summer. Children run for one mile around school grounds. Adult courses are 2.4 and 3.5 miles in length. Register at Glastonbury High School starting at 6:30 for the 6:50 start time. Divisions include Males and Females 35 & up, 19-34, 15-18, 13-14, 10-12, 7-9, and 6 & under.

**Tuesday evenings, July 2, 9, 16, 23, 30 and August 6. FREE!**

## RACE CALENDAR

Date	Time	Race	Place	Website (click on website for more info)
<b>JULY</b>				
Th Jul 4	9:00 AM	Four on the Forth 4M	Chester (Center)	<a href="http://www.chesterrotary.org">www.chesterrotary.org</a>
Sa Jul 6	6:00 PM	Twilight 5K	Enfield (town green)	<a href="http://www.enfieldcelebration.org/events/race.html">www.enfieldcelebration.org/events/race.html</a>
Sa Jul 6	8:30 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Jul 6	8:30 AM	E.H. Riverfest 5K	E. Hartford (Goodwin School)	<a href="http://www.ehparcs.org">www.ehparcs.org</a>
We Jul 10	6:30 PM	Citz. Bank 5K Summer Fun Run	Middletown (Main St.)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Th Jul 11	6:00 PM	The Rentschler Airfield 5K	East Hartford (Cabela's)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su Jul 14	9:00 AM	Petit Family Foundation 5K	Plainville	<a href="http://www.petitroadrace.com">www.petitroadrace.com</a>
Th Jul 18	6:00 PM	X-Treme Scramble 5K - #2	Hartford (Riverfront Plaza)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Jul 20	8:00 AM	Lime Rock Park 5K *NEW	Lakeville, CT (Lime Rock Park Racetrack)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
Fr Jul 26	6:45 PM	Sunset 5K	Trumbull (Twin Brooks Pk)	<a href="http://www.trumbullrotary.org/SunsetRun/sunsetrun.html">www.trumbullrotary.org/SunsetRun/sunsetrun.html</a>
Fr Jul 26	6:00 PM	Blessing of the Fleet 10M	Narragansett, RI	<a href="http://narragansettlionsclub.com/sub_category_list.asp?category=16">http://narragansettlionsclub.com/sub_category_list.asp?category=16</a>
Sa Jul 27	9:00 AM	Scottish Rite Freemasons 5K	Newington (LA-Z-BOY Furniture)	<a href="http://www.valleyofhartford.org/roadrace">www.valleyofhartford.org/roadrace</a>
Su Jul 28	9:00 AM	Soapstone Assault 5.5M	Somers	<a href="http://www.ShenipsitStriders.org">www.ShenipsitStriders.org</a>
<b>AUG</b>				
Sa Aug 3	9:00 AM	John & Jessie Kelly 11.6M	New London (Ocean Beach Park)	<a href="http://www.snerro.com">http://www.snerro.com</a>
Su Aug 4	8:00 AM	Sea Legs Shuffle 10M/5K	Guilford (Jacobs Beach)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Th Aug 8	6:25 PM	Corporate 5K	Hartford (Bushnell Park)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Sa Aug 10	9:00 AM	Bridge of Flowers 10K	Shelburne Falls, MA	<a href="http://www.bridgeofflowers10k.com">www.bridgeofflowers10k.com</a>
Sa Aug 10	9:00 AM	S&W Fire 7 Alarm Mutual Aid Run 7M	Stafford, CT to Wales, MA (Stafford Fire Dept.)	<b>Info:</b> <a href="https://www.facebook.com/StaffordWalesFire7AlarmMutualAidRun">https://www.facebook.com/StaffordWalesFire7AlarmMutualAidRun</a> <b>Register:</b> <a href="http://www.raceit.com/Register/?event=21973">www.raceit.com/Register/?event=21973</a>
Su Aug 18	8:30 AM	Lobster Loop 5K	Canton (Town Green)	<a href="http://www.plattsys.com">www.plattsys.com</a>
Th Aug 22	6:00 PM	X-Treme Scramble 5K - #3	Hartford (Riverfront Plaza)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su Aug 25	8:00 AM	Old Wethersfield 5K & 10K	Wethersfield	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
<b>SEPT</b>				
Mo Sep 2	8:40 AM	New Haven Road Race 20K & 5K	New Haven Town Green	<a href="http://www.newhavenroadrace.org">www.newhavenroadrace.org</a>
Su Sep 15	9:30 AM	CancerCare's Run For Hope	Fairfield (Jennings Beach)	<a href="http://community.cancercare.org/walkct">http://community.cancercare.org/walkct</a>
Su Sep 15	7:30 AM	Surftown Half Marathon	Westerly, RI (Misquamicut)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Sa Sep 21	9:30 AM	Mari's Miles of Smiles 10K	Cheshire (Norton School)	<a href="http://www.marihallowfoundation.org">www.marihallowfoundation.org</a>
Sa Sep 21	9:00 AM	Ray Crothers Memorial 2M XC Run	New Britain (Stanley Quarter Park)	<a href="http://www.thelastmileracing.com">www.thelastmileracing.com</a>
Sa Sep 28	8:00 AM	Hogs Back Half-Marathon	Colebrook (Goodwin Dam)	<a href="http://www.hartfordtrackclub.org">www.hartfordtrackclub.org</a>
Su Sep 29	7:00 AM	Rock & Roll Half Marathon	Providence, RI	<a href="http://runrocknroll.competitor.com/providence">http://runrocknroll.competitor.com/providence</a>
Su Sep 29	10:00 AM	Bigelow Tea 5K	Southport (Wakeman's Club)	<a href="http://www.bigelowtea.com/race.aspx">http://www.bigelowtea.com/race.aspx</a>

**Want to HIT THE TRAILS this year?** Check out the entire WMAC "Grand Tree" Series of Trail Races at [www.runwmac.com/gt2013/gt13-races.html](http://www.runwmac.com/gt2013/gt13-races.html) Or visit our neighbors, the [Shenipsit Striders](http://www.ShenipsitStriders.org), on one of their trail runs Saturdays at 8:00 AM in the Shenipsit State Forest at Soapstone Mountain [www.ShenipsitStriders.org](http://www.ShenipsitStriders.org).

Also, check out the race schedule and applications to selected local races at:

THE LAST MILE RACING [www.TheLastMileRacing.com](http://www.TheLastMileRacing.com)

and

THE HARTFORD MARATHON FOUNDATION [www.HartfordMarathon.com](http://www.HartfordMarathon.com)

also

RUNNING IN THE USA [www.runningintheusa.com](http://www.runningintheusa.com)

(including a neat tool that helps you track down a race in one of the 8 Counties in Connecticut)

**SEPTEMBER / OCTOBER MARATHON CALENDAR**

DATE	RACE	PLACE	Website (link)
Su Sep 8	7:00 AM VIA Marathon *NEW	Allentown, PA	<a href="http://www.viamarathon.org">www.viamarathon.org</a>
Sa Sep 14	9:00 AM A. Bikila Day Int'l Peace Marathon	Washington, DC *NEW	<a href="http://www.safetyandhealthfoundation.org/bikila">www.safetyandhealthfoundation.org/bikila</a>
Sa Sep 21	10:00 AM HSV Trail Marathon & 50M	Pittsfield, MA (Pittsfield State Forest)	<a href="http://hancockshakervillage.org/programs-events/hancock-shaker-village-50">http://hancockshakervillage.org/programs-events/hancock-shaker-village-50</a>
Su Sep 22	7:30 AM Rochester Marathon	Rochester, NY	<a href="http://www.rochestermarathon.com/default.asp">www.rochestermarathon.com/default.asp</a>
Su Sep 22	9:00 AM Adirondack Marathon	Schroon Lake, NY	<a href="http://www.adirondackmarathon.org">www.adirondackmarathon.org</a>
Sa Sep 28	8:00 AM Hamptons Marathon *SOLD OUT	East Hampton, NY	<a href="http://www.hamptonsmarathon.com">www.hamptonsmarathon.com</a>
Su Sep 29	8:00 AM Clarence DeMar Marathon	Gilsum, NH (Town Hall)	<a href="http://www.clarenceymarathon.com">www.clarenceymarathon.com</a>
Su Sep 29	8:00 AM Yonkers Marathon	Yonkers, NY	<a href="http://www.theyonkersmarathon.com">www.theyonkersmarathon.com</a>
Sa Oct 5	9:00 AM New Hampshire Marathon	Bristol, NH (Newfound Mid Sch)	<a href="http://www.nhmarathon.com">www.nhmarathon.com</a>
Su Oct 6	9:00 AM Wineglass Marathon *SOLD OUT	Corning, NY	<a href="http://www.wineglassmarathon.com">www.wineglassmarathon.com</a>
Su Oct 6	7:45 AM Maine Marathon	Portland, ME (U of So. ME)	<a href="http://www.mainemarathon.com">www.mainemarathon.com</a>
Su Oct 6	8:00 AM Smuttynose Marathon & Half	Hampton Beach, NH	<a href="http://www.hamptonrockfest.com">www.hamptonrockfest.com</a>
Su Oct 6	8:00 AM Nipmuck Trail Marathon	Ashford (Perry Hill Rd)	<a href="http://www.shenipsitstriders.org/nipmuck.html">www.shenipsitstriders.org/nipmuck.html</a>
Sa Oct 12	8:00 AM Baltimore Marathon	Baltimore, MD	<a href="http://www.thebaltimoremarathon.com">www.thebaltimoremarathon.com</a>
Sa Oct 12	8:00 AM Hartford Marathon, Half & 5K	Hartford, CT	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su Oct 13	8:30 AM Mohawk-Hudson River Marathon	Albany, NY	<a href="http://www.hmrrc.com">www.hmrrc.com</a>
Su Oct 13	8:00 AM Steamtown Marathon *SOLD OUT	Scranton, PA	<a href="http://www.SteamtownMarathon.com">www.SteamtownMarathon.com</a>
Su Oct 13	8:00 AM UHC (formerly Amica) Marathon	Newport, RI	<a href="http://http://uhcmarathon.com">http://uhcmarathon.com</a>
Su Oct 13	8:30 AM Green Mountain Marathon	South Hero, VT	<a href="http://www.gmaa.net/GMMInfo.html">www.gmaa.net/GMMInfo.html</a>
Su Oct 20	7:00 AM Mount Desert Island Marathon	Bar Harbor, ME	<a href="http://www.mdimarathon.org">www.mdimarathon.org</a>
Su Oct 20	7:30 AM Empire State Marathon	Syracuse, NY	<a href="http://www.empirestatemarathon.com">www.empirestatemarathon.com</a>
Su Oct 20	8:00 AM Bay State Marathon & Half	Lowell, MA	<a href="http://www.baystatemarathon.com">www.baystatemarathon.com</a>
Su Oct 27	8:30 AM Cape Cod Marathon	Falmouth, MA	<a href="http://www.capecodmarathon.com">www.capecodmarathon.com</a>
Su Oct 27	7:55 AM Marine Corps Marathon *SOLD OUT	Washington, DC	<a href="http://www.marinemarathon.com">www.marinemarathon.com</a>

**2013 EVENT CALENDAR**

- JULY**
  - Wickham Park Cross Country Series Monday Nights – July 8 & 22
  - Bolton XC Summer Series..... Wednesday Nights – July 3, 10, 17 & 24, 31
- AUGUST**
  - John & Jessie Kelley Ocean Beach Run & Picnic .....Saturday, August 3
  - Wickham Park Cross Country Series .....Monday Nights – August 5, 12 & 19
  - Bolton XC Summer Series..... Wednesday Night – August 7
  - 35th Anniversary Celebration & Summer Picnic.....Sunday, August 11
  - Parkade Cinemas Family Fun Run 5K..... Saturday, TBA
- SEPTEMBER**
  - Fred Brown Lake Winnepesaukee Relays..... Saturday, September 7
  - Ray Crothers Memorial XC Run ..... Saturday, September 21
  - Michael Litwinka Memorial Run.....**CANCELLED**
- OCTOBER**
  - Halloween Pot Luck Supper ..... TBA
- NOVEMBER**
  - Parker Holt Celebration Run 5K .....Sunday, November 10
  - Know Your Pace Race ..... Saturday, November 23
  - Manchester Road Race.....Thursday, November 28
- DECEMBER**
  - Hungry Tiger Toy Fun Run ..... TBA
  - Scrooge Scramble .....Tuesday, December 25