



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

Co-Presidents' Message: Another summer has come and gone.

This time of year brings many opportunities to become involved. In keeping up with technology, we encourage members to visit the Silk City Striders Facebook page for invitations to a variety of club events, informal training runs, scheduled club runs and races, fun runs, social gatherings, and links to other run-related organizations. Of course, for those of you who prefer hard copy communication; an outline of these events will be covered in our traditional newsletter.

If you're interested in hosting a club event, like the Halloween Potluck Supper, or our New Year's Day Champagne Run & Brunch please let any of the board members know of your interest via email to Webmaster@SilkCityStriders.org or post a message on Facebook.

Some upcoming club-hosted events are the 11th annual Parker Holt Celebration 5K (a World Run Day event) held on campus at MCC. This is a good opportunity to qualify for a Manchester Road Race seed card. Another MRR seeding qualifier is the "Know Your Pace Race". For those of you who have not participated, the goal of this race is to predict your finish time without using any timekeeping device. This race is not won by the swiftest runner but by the runner who most accurately predicts their pace. The race is limited to 100 participants so arrive early.

We hope to see both new and long time club members at these events and others. If you can't run, please consider volunteering ...we can always use your help.

Co-Presidents

Rick Chromik
Mitch Bielenda



CONGRATULATIONS to the Gaghan Family

Kauai Marathon on September 2, 2012

Bill completed his 50th State,
Tammy completed her 33rd State
and their daughter,
Carissa scored an Age Group Win
in her first marathon ever!

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2012 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

**“Rails to Trails” – Hop River Trail
 through September 29**

Meet at the Manchester Trailhead

**“Manchester Road Race Course”
 from October 6 – December 31**

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

Tuesday Evening Funs Runs - 6:00 pm

Wednesday Evening Funs Runs - 6:00 pm

Mt. Nebo Parking Lot - Spring Street

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Traci Grillo

Vernon

CONGRATULATIONS

Best wishes and congratulations to Linda Yamamoto and Aaron Flamino on the birth of their daughter, Leah on August 16th.

Parker Holt Celebration Run 5K

a World Run Day event

Sunday, November 11, 2012

11:00 AM

**Manchester Community College,
 Manchester, CT**

Come celebrate with us at our
 11th Annual Run/Walk event either as a
 participant or as a volunteer.

“Know Your Pace” Race

Saturday, November 17, 2012

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.

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.

XTREME SCRAMBLE 5K SERIES		
Hartford, CT		
#1 - June 21, 2012		
Matt Yoder	#10M; #2 M35-39	25:09
Scott Hollister	#3 M35-39	27:44
Andy Zyrek		27:55
Tony Hollister	#1 M65-69	29:15
Ed Yergeau		38:41
Clint Driscoll		40:06
#2 - August 9, 2012		
Andy Zyrek		22:06
Tony Hollister	#1 M65-69	23:10
Ed Yergeau		29:41

CONNECTICUT IRISH FESTIVAL 5K
North Haven, CT June 23, 2012

Wally Squier 26:42

FAIRFIELD HALF MARATHON
Fairfield, CT June 24, 2012

David Leak 1:48:15

FIRECRACKER 5K ROAD RACE
Glastonbury, CT July 1, 2012

Neal Leibowitz	#10M	18:19
Ned Kennedy	#1 M50-59	18:40
Marin Witkowski		49:16
Ben Witkowski		49:17

CHESTER "4 on the 4th" ROAD RACE
Chester, CT July 4, 2012

Peter Devine	28:02
Debbie Livingston	28:37
Alan McCall	35:00
Tony Bonanno	36:56
Kate Bonanno	36:56

RIVERFEST 5K
East Hartford, CT July 7, 2012

Jay Hamilton	#3 M40-49	22:13
Tom Walsh		24:30
Annette Hamilton	#5F; #1 F40-49	25:16
Zofia Turosz	#8F; #1 F70-79	27:34
Janit Romayko	#10F; #1 F60-69	28:04
Randy Potterton		36:32



"Red Dress Runners" Team



RED DRESS
RUN FOR WOMEN 5K
West Hartford, CT
July 7, 2012

Dani Kennedy (C)	#1 F50-54	21:47
Bekkie Wright (R)	#1 F45-49	22:05
Jessica Doyle (R)	#2 F45-49	22:30
Laurie Brooks (C)	#2 F50-54	22:46
Shannon Katzmayer	#3 F25-29	22:59
Jennifer Lee (R)	#1 F10-14	23:11
Danielle McGearry		24:00
Cathy King (R)		26:23
Karen Saunders (R)		26:50
Sue Leslie (R)	#1 F60-64	28:25
Rachel Tambling (C)		28:34
Lori Riley		30:54
Monica Lee (R)		38:01

OPEN TEAM RESULTS:
#1 Team Crazylegs (C)
#2 Red Dress Runners (R)



"Team Crazylegs"

MAD MARATHON
Mad River Glen, VT July 8, 2012

Jay Seney **#1 M50-54** 3:31:59

SAILFEST 5K
New London, CT July 8, 2012

Kate Bonanno	#1 F0-12	26:13
Tony Bonanno		26:20

RENTSCHLER AIRFIELD 5K
East Hartford, CT July 12, 2012

Mike Tartar	#3M; #1 M40-44	18:33
Jay Hamilton		22:45
Mike Lee		24:03
Jennifer Lee	#1 F10-14	24:32
Annette Hamilton		25:47
James Lee	#1 M10-14	27:40
Clint Driscoll		28:08
Ed Yergeau		29:48
Monica Lee		38:15

CITIZENS BANK NOT YOUR TYPICAL 5K
Middletown, CT July 18, 2012

Tom Geer		18:54
Mitch Bielenda		21:41
Wally Squier		27:48
Cathy King		28:09
Clint Driscoll		30:46

SCOTTISH RITE FREEMASONS 5K
Newington, CT July 28, 2012

Matt Yoder	#7M; #2 M30-39	20:16
Amanda Argazzi	#3F; #2 F30-39	23:58
Tom Walsh	#3 M50-59	25:04

LIVING WELL IN GLASTONBURY 5K
Glastonbury, CT August 4, 2012

Tom Walsh		24:34
George Ripley	#3 M60+	27:46
Jack Byram		32:03
Art Byram		32:04
Lynn Damon	#1 F50-59	32:19

BOLTON CROSS COUNTRY CLASSIC 5K
Bolton, CT August 11, 2012

Brendan Callahan	#1M	17:56
Kevin Glenn	#9M	21:31
Thomas Paquette		21:51
John Paggioli		23:00
Laurie Brooks	#3F	25:34
Lee Paquette		30:01
Rachel Tambling	#9F	31:56
Dorothy Paquette	#10F	32:01
Randy Potterton		39:34

JOHN & JESSIE KELLEY OCEAN BEACH
11.6 MILE ROAD RACE
New London, CT August 4, 2012

Mike Tartar		1:16:22
Adam Bulewich		1:19:08
Scott Freeman	#1 M50-59	1:21:06
Andy Zyrek	PR	1:26:44
Mitch Bielenda		1:28:51
Keron Smith*		1:30:51
John Sloan		1:34:09
Amanda Argazzi*		1:34:16
Shannon Katzmayr*		1:34:26
Brianna Carlson		1:37:37
Bekkie Wright		1:41:35
Joseph Poliquin		1:41:36
Richard Chromik		1:42:35
Danielle McGeary		1:44:54
Mike Fromerth		1:47:36
Stephanie Settevendemie		1:47:44
Cathy King		1:55:00
Marc Shok		1:56:38
Barry Stoner	#3 M70-79	2:35:44

*Scored as #1 Female Team

Thanks to our Men's & Womens's Team Captains:
Mitch Bielenda & Cathy King

CORPORATE 5K
Hartford, CT August 9, 2012

Tom Geer	#1 M30-39	18:05
Neal Leibowitz	#1 M40-49	18:50
Adam Bulewich	#2 M30-39	19:04
Mitch Bielenda		20:42
Phil Forzley		21:14
King Archibald		22:08
Tom Walsh		23:47
Russell Saucier		23:57
Carole Saucier		24:15
Danielle McGeary		25:25

TEAM RESULTS

MEN'S MASTERS

- #3 - Hartford Hospital - Mitch Bielenda
- #5 - The Hartford - Neal Leibowitz

WOMEN'S OPEN

- #1 - Hartford Hospital - Danielle McGeary
- #5 - Barnes Aero - Carole Saucier

DEARY MEMORIAL 5M
Putnam, CT August 11, 2012

Alan McCall	43:57
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BRIDGE OF FLOWERS 10K
 Shelburne Falls, MA August 11, 2012

Drew Best	#6M	34:35
Jay Seney	#1 M50-54	43:22
Andy Zyrek	PCR	45:59
Brian Seney		55:23

*PCR = Personal Course Record

STRATFORD BEACH RUN 5K
 Short Beach, Stratford, CT August 11, 2012

Tom Walsh	#2 M50-59	23:57
Kate Bonanno	#1F0-12	26:22
Tony Bonanno	#3 M40-49	26:22

E. HARTFORD ALUMNI XC CHALLENGE 5K
 East Hartford, CT August 16, 2012

Kevin Glenn	#2M	21:19
Mike Fromerth	#8M	24:31
John Sloan	#10M	24:46
Bekkie Wright	#1F	25:09
Joseph Poliquin		25:14
Clint Driscoll		31:22
Janit Romayko	#2F	31:54

#1 Team – EHHS 1:14:02 – Mike Fromerth

**ODDFELLOWS PLAYHOUSE
 RUBBER CHICKEN RUN 5K**
 Middletown, CT August 16, 2012

Rachel Tambling	28:56
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SUNSET RUN FOR THE WARRIORS 10K
 Shelton, CT August 19 2012

Andy Zyrek	#3 M40-44; PR	42:01
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BROOKLYN FAIR 5K
 Brooklyn, CT August 28, 2012

Andy Zyrek	#9M; #2 M40-49; PR	19:43
Mike Lee	#2 M50-59; PR	21:57
Jennifer Lee	#5F; #1 F0-12; PR	22:11
James Lee		23:19
Monica Lee	PR	32:52

OLDE WETHERSFIELD 10K & 5K
 Wethersfield, CT August 26, 2012

5K

Dani Kennedy	#2F; #1 F50-59	21:28
Danielle McGearly		25:16
Lee Paquette		26:23

10K

Art Byram	43:58
Shannon Katzmayr	48:19

GSH SUMMER SIZZLER 5K
 Forest Park, Springfield, MA August 29, 2012

Clinton Morse	#1 M50-59	21:44
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BRIDGE TO BRIDGE 5K
 Portland, CT August 31, 2012

Janit Romayko	#2 F60-69	29:32
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Janit Reports: Uphill start & finish with no place to rest.

LIFE WITHOUT LIMITS 5K
 Manchester, CT September 1, 2012

Lori Riley	28:59
Randy Potterton	34:30

“VIC” MARATHON

Paul Smith’s College, NY September 2, 2012

Bekkie Wright	#2F	5:54:00
Joe Poliquin	#4M	5:54:02

NEW HAVEN ROAD RACE 20K
 New Haven, CT September 3, 2012

Adam Bulewich		1:22:17
Marty Keibel	#1 M60-64	1:22:42
Scott Freeman		1:24:31
Mitch Bielenda		1:32:14
Andy Zyrek	PR	1:33:29
Joe Kidder		1:37:39
Shannon Katzmayr		1:40:27
Cassandra Webb-Monaco		1:52:02
Cathy King		1:55:41
Meg Bendzinski		2:00:17
Annmarie Demonte	#2 F70-74	2:21:33

SUFFIELD ROAD RACES 5K & 10K
 Suffield, CT September 8, 2012

5K

Mike Tartar	#2M; #1 M40-49	19:20
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10K

Mike Tartar	#3M; #1 M40-49	40:17
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SOUTH WINDSOR ROAD RACE 5M
 South Windsor, CT September 9, 2012

Adam Bulewich	#2M; #2M 30-39	30:38
Kevin Glenn	#4M; #1 M50-59	32:33
Marty Keibel	#5M; #1 M60-69	32:44
Michael Westfall	#6M; #2 M40-49	33:17
Jay Seney	#7M; #2 M50-59	33:32
Tim Blinn	#3 M50-59	35:17
Bekkie Wright	#1F	36:01
Joseph Poliquin	#2 M60-69	38:21
Karen Saunders	#1 F50-59	43:30
Joan Munroe	#2 F50-59	47:51

PRATT & WHITNEY RUNWAY 5K
E. Hartford, CT September 12, 2012

Kevin Glenn	#6M; #1 M50-59	19:06
Laurie Brooks	#3F; #1 F50-59	23:44
Cathy Squier		35:29
Wally Squier		35:29

#1 Team - PW Harriers 53:53 - Kevin Glenn

SOMERS GREAT ESCAPE ROAD RACES
Somers, CT September 15, 2012

5K		
Steven Morse	#3 M50-59	21:16
5M		
Adam Bulewich	#8M; #2 M30-39	29:05
Andy Zyrek	#2 M40-49; PR	33:44

GULF BEACH HALF MARATHON
Milford, CT September 15, 2012

Ken Pacileo	#6M; #2 M50-59	1:28:20
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UNION STREET TAVERN TROT 3.5M
Windsor, CT September 16, 2012

Andy Zyrek	PR	23:03
Dani Kennedy	#1F	24:00

NOW 3.5M

Dayville, CT September 16, 2012

Kate Bonanno	#1 F0-10	31:58
Tony Bonanno	#3 M45-49	31:58

TRAIL RACES & ORIENTEERING

C.N.Y ORIENTEERING -- ROGAINE XXII
Pharsalia Wildlife Management Area
Pharsalia, NY July 21-22, 2012

Clinton Morse	3rd place	1644 pts.
	24 hour Veterans	(21:48)

SOAPSTONE ASSAULT (~5.5. miles)
Somers, CT July 29, 2012

Clinton Morse	#8M	1:00:58*
Kate Bonanno	#2F	1:08:26*

*Final time is elapsed time from final "A" group start. Actual running time equals Finish time PLUS 28 seconds for each letter group as handicapped by age and gender.

PEOPLE'S FOREST TRAIL RACE 7M
Barkhamsted, CT August 4, 2012

Clinton Morse	#3 M50-59	1:16:14
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TRACK & FIELD RESULTS



Nutmeg State Games
Track & Field Meet

Veteran's Memorial Stadium
New Britain, CT

July 21, 2012

Women's Mile Run

Dani Kennedy	#1 F50-54	6:07.99
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Women's 2 Mile Run

Dani Kennedy	#1 F50-54	13:26.97
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Track Meets presented by TICKET NETWORK,
 and directed by the Manchester Running Company

#1 - July 5, 2012

Jennifer Lee	100M	16.35
Jennifer Lee	1 Mile	6:26.4
James Lee	200M	27.45

#2 - July 12, 2012

Jason Earl	100M	12.46
Jason Earl	800M	2:21.97
Jason Earl	1 Mile	5:22.50
Dani Kennedy	1 Mile	6:20.58

#3 - July 19, 2012

Caleb Earl	100M	14.85
Caleb Earl	200M	49.73
Caleb Earl	400M	2:20.23
Jason Earl	400M	59.81
Jason Earl	800M	5:15.82
Jason Earl	1 Mile	5:20.21

#5- August 2, 2012

Kate Bonanno	1 Mile	7:20 PR
Tony Bonanno	1 Mile	5:44.82
Jason Earl	1 Mile	5:39.42

#6- August 9, 2012

Caleb Earl	100M	21.49
Caleb Earl	200M	50.98
Jason Earl	100M.	12.76
Jason Earl	200M	25.91
Jason Earl	1 Mile	5:19.70



Photo courtesy of Lori Riley

**FRED BROWN
LAKE WINNIPESAUKEE RELAY
65.7 Miles around
Lake Winnepesaukee, NH
September 8, 2012**



Mike Cathy Rick Heidi

Photos courtesy of Andy Zyrek

Men's Open team: Bill McGugan (Captain), Jim Best, Mitch Bielenda, Rick Chromik, Mike Fromerth, John Sloan, and Andy Zyrek, and special guest star Aaron Brown. **11th Men's Open– 23rd 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
1:30:38	1:29:16	1:35:59	31:31	1:28:02	50:42	1:01:07	32:18	8:59:33
Mike	Rick	Jim	Bill	John	Aaron	Andy	Mitch	

Women's Open Team: Betty Cannella (Captain), Heidi Chromik, Jackie Cmero, Nithya Kannan Cathy King, and special guest stars Amy Daniels (Sue Leslie's niece), and Lori Riley (*Hartford Courant* Sports Writer.) **7th Women's Open – 68th 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
1:40:24	1:53:08	1:40:14	37:39	1:33:20	51:21	1:35:33	42:26	10:34:05
Cathy	Heidi	Jackie	Sue	Amy	Nithya	Lori	Betty	



C2C (Coast to Coast) Crazies
Laurie Brooks, Kevin Glenn & Rachel Tambling
HOOD TO COAST RELAY - August 24-25, 2012
#833 Overall – #251 Mixed Open Team
31:38:11



Red Eye Runners
Bill Gaghan (front & center)
REACH THE BEACH RELAY – Sept. 14-15, 2012
#201 Overall – #8 Men Super Team
20:06:51

BIATHLON, DUATHLON & TRIATHLON RACE RESULTS



**WINDING TRAILS SPRINT TRIATHLONS
Farmington, CT**

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

<u>#3 - June 26, 2012</u>		
Scott Livingston	#2M	49:18
<u>#4 - July 3, 2012</u>		
Scott Livingston	#3M	49:28
<u>#5 – July 10, 2012</u>		
Scott Livingston		53:22
<u>#6 - July 17, 2012</u>		
Scott Livingston	#3M	50:03
<u>#7 – July 24, 2012</u>		
Scott Livingston	#2M	48:12
<u>#8 - July 31, 2012</u>		
Scott Livingston	#3M	50:00
<u>#9 – August 7, 2012</u>		
Scott Livingston	#2M	48:35
<u>#10 – August 14, 2012</u>		
Scott Livingston	#2M	49:29
LEE Family Relay (Monica, James & Jennifer)		1:06:04



**CEDAR LAKE TRI SERIES
Cedar Lake, Chester, CT**

1/3 M Swim – 10 M Bike – 3.2 M Run

<u>#3 - June 21, 2012</u>		
Janit Romayko	#1 F60-69	1:22:52
<u>#4 - July 5, 2012</u>		
Janit Romayko	#1 F60-69	1:19:10
Clint Driscoll		1:28:27
<u>#6 - August 2, 2012</u>		
Ned Kennedy	#1 M50-59	56:56
Monica Lee		1:29:45



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

500 Yard Swim – 12 M Bike – 5K Run

<u>#3 - June 28, 2012</u>		
Scott Livingston	#3M; #1 M30-39	58:27
Diana Cohen		1:17:43
Janit Romayko	#2 F60-69	1:24:37
Clint Driscoll		1:33:48
Monica Lee		1:39:00
<u>#4 - July 12, 2012</u>		
Diana Cohen		1:17:57
Janit Romayko	#1 F60-69	1:24:37
<u>#5 - July 26, 2012</u>		
Mark Turkington	#2 M60-69	1:14:25
Team Driscoll RELAY		1:25:42
<u>#6 - August 9, 2012</u>		
Ned Kennedy	#1 M50-59	1:02:16
Mark Turkington	#3 M60-69	1:14:12
Cathi Koehler	#2 F50-59	1:14:28
Clint Driscoll		1:27:55

**TOLLAND SUMMER SOLSTICE
SPRINT TRIATHLON**

Crandall Pond, Tolland, CT June 16, 2012

1/4 M Swim - 12 M Bike - 5K Run

Ned Kennedy	#3M; #1 M50-59	1:03:52
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**LITCHFIELD HILLS OLYMPIC DU/TRI
Brodie Park - New Hartford, CT June 24, 2012**

5K Run – 40K Bike – 10K Run – DU

1.5K Swim – 40K Bike – 10K Run – TRI

Scott Livingston	#9M; #2 M40-44 - TRI	2:15:45
Mitch Bielenda	#9M - DU	2:37:55

**WEBSTER LAKE TRIATHLON
Webster, MA June 24, 2012**

1/2 M Swim – 12 M Bike – 3M Run

Janit Romayko	#1 F65-69	1:31:10
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**AMICA IRONMAN 70.3
Providence, RI July 8, 2012**

1.2 M Swim – 56 M Bike – 13.1 M Run

Diana Cohen		6:46:33
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AMICA 19.7 OCEAN BEACH TRIATHLON
New London, CT July 15, 2012

1/2 M Swim – 16.1 M Bike – 5K Run

Scott Livingston	#5M; #2 M40-44	1:17:56
Ken Larson	#4 SEEDED	1:27:28
Kathy Manizza	#5 SEEDED	1:34:37
Cathi Koehler		1:45:42
Janit Romayko	#2 F F65-69	1:52:40

NIANTIC BAY TRIATHLON
McCook Beach Park, Niantic, CT August 5, 2012

.5 M Swim – 12 M Bike – 3.5 M Run

Scott Livingston	#2M; #1 M40-44	1:03:04
Ken Larson	#1M 60-64	1:12:31
Michael Tirrell	#3M 55-59	1:14:59
Kathy Manizza	#2 F50-54	1:16:06
Cathi Koehler	#2 F55-59	1:22:54
Clint Driscoll		1:41:57

PORT JEFFERSON BIATHLON
Long Island, NY August 11, 2012

1/3 M Swim – 3.5 M Run

Janit Romayko	#1 F60-69	45:26
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Janit Reports: Tried for years to break the 45 minute barrier, but with the 1/2 mile beach sand run, it's tough to get your footing.

SHEROX SPRINT TRIATHLON FOR WOMEN
Devens, MA August 19, 2012

1/2 M Swim – 15 M Bike – 5K Run

Janit Romayko	#1 F65-69	1:22.44
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Janit Reports: Women's only triathlons are like a "love fest in pink". All the women support each other, cheer, clap, cry and sing for and with each other. Girl Scout camp all over again but this time the bikes are carbon fiber and women wear pink compression sox.

KIDS WHO TRI SUCCEED
Mansfield, CT, August 25, 2012

Shepard Livingston	#5M 4-6	8:08
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TRIFITNESS WOMEN'S TRIATHLON
Norwalk, CT August 26, 2012

1/2 M Swim – 10 M Bike – 5K Run

Janit Romayko	#1 F65-69	1:16.02
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Janit Reports: 400 women triathletes, some of whom were doing their first triathlon EVER. Wonderful venue at Calf Pasture Beach, beautiful bike, and gorgeous 5K on Long Island Sound. Catered brunch with pink bagels, pink flamingo mile markers and pink carnations for all.

DAVE PARCELLS
MADISON SPRINT TRIATHLON
(DUATHLON)

Madison, CT September 8, 2012

1.25 M Run – 13 M Bike – 5K Run

Mark Turkington	#1 M65-69	1:21:36
Janit Romayko	#1 F65-69	1:28:44

Janit Reports: Turned into a Duathlon at the very last minute as the waves were enormous and for safety sake, the swim was cancelled. Over 500 participants. Always a grand race with great food and wonderful prizes. Well worth the \$55 registration fee as the course is flat to rolling with tons of high school sport team volunteers screaming at you to give "it" your best, beautiful beach and splendid 5K run with scenery of Long Island Sound.

WOMEN'S TRIATHLON
Winding Trails, Farmington, CT
September 9, 2012

1/2 M Swim – 12 M Bike – 5K Run

Nancy Gresh		1:42:03
Debbie Thurston		1:43:03
Monica Lee	PR	1:44:10

SHORELINE BIATHLON
Westerly, RI September 9, 2012

5 M Run – 16 M Bike

Janit Romayko	#1 F60-69	1:43:12
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Janit Reports: Benefit for Westerly, Charlestown and Weekapaug Animal Shelter. This is the 19th year of this race which keeps its price low, spirits high and prizes and T-shirts in the animal and paw print themes:

HAMMERFEST SPRINT TRIATHLON
Branford, CT September 16, 2012

1/2 M Swim – 15M Bike – 4 M Run

Cathi Koehler	#1 F55-59	1:30:30
Janit Romayko	#2 F65-69	1:37:40

Janit Reports: Held overlooking Long Island Sound, at the Osowegno Club in Branford, this is a breathtaking venue for both triathletes & spectators. Barbeque for all after with plentiful food, T-shirts are always classics, along with prizes of beach towels & wine. Not to be missed for the newbie triathletes or seasoned vets.

CT SPRINT TRIATHLON CHAMPIONSHIPS
Cedar Lake, Chester, CT September 15, 2012

500 Yd Swim – 10.75 M Bike – 3.1 M Run

Ned Kennedy	#10M; #2 M50-59	56:21
Mark Turkington	#1 M60+	1:05:28
Janit Romayko	#1F60+	1:18:14
Ed Yergeau		1:20:18



TRIATHLON ESPRIT DE MONTREAL
Montreal, QC September 8, 2012

“IRON” DISTANCE
2.4 M Swim – 112 M Bike – 26.2 M Run

Race Report & Picture by Kathy Thornton

On September 8, 2012 Jeff and Kyle Thornton checked one off of the bucket list....to complete an Ironman together. The venue, Montreal's Olympic Park. The swim was to begin at 7:00 a.m., but there were storms in the early morning, and the lightening threatened to postpone the start. Luckily things quieted by 6:30 and the race began on time. 82 people began the race.

Of the finishers, Jeff was 9th out of the water and Kyle was 14th. They met up in the transition area and began the bike together. (The bike was on the old formula one race track which is about 3 miles long, so they did 41 laps on the track) The first hour was rather uneventful and then the winds picked up as the front started coming in.

For the next 6 hours there were sustained winds of 25-30 mph with periodic gusts. The wind was obviously at their back for about half the track, and then they had to turn into a strong head wind for the other half. For two guys who don't like to bike, this was quite a strain on the legs. They were happy with their just under 7 hour finish, and then came the run around the rowing pool – 9 laps.

By now there were white caps on the rowing pool and a fierce head wind up one side. When they completed their first lap and began their second, the skies turned black, the winds picked up to the point the water stations were blown over and the rain came pouring "down" but was really horizontal!!! Luckily it ended 10-15 minutes later, but during the storm they didn't know when it was going to end. The wind stayed strong all night, but they did finish . . . **14 hours 21 minutes**. 6 people dropped out during the bike, and 6 more dropped out of the run.

Jeff did his first Ironman when he was 25 and Kyle completed his first (and only) at 25 with a little help from dad!

Place	Name	Bib #	Time	Category	Cat. Place	Gender Place	3.8 Km Nage	180 km Velo	42.2 km Course	Penalty	T1	T2
62	Jeffrey THORNTON	5	14:21:12.6	M50-54	7/10	52/66	1:08:26	6:51:50	6:02:02		11:03	7:55
63	Kyle THORNTON	4	14:21:12.6	M25-29	5/7	53/66	1:11:52	6:51:50	6:02:01		7:36	7:56



In case you can't read the wrist bands
 The Message is
“FE” “MEN

“FE” is the chemical abbreviation
 for IRON
 in the Periodic Table of the Elements



Manchester Parkade Cinemas Family Fun Run 5K Saturday, August 25, 2012

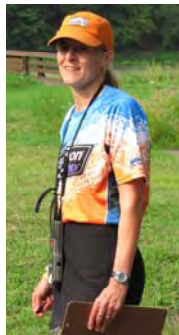


Overall Results

Place	Time	Name	Sex	Age	Age Group	Bib
1	17:42	Surge Davis	M	22	M15-29	78
2	20:16	Mike Westfall	M	42	M30+	75
3	21:58	Ian Roberts	M	53	M30+	74
4	22:31	Ali Davis	M	48	M30+	77
5	22:59	Deon Davis	M	17	M15-29	81
6	24:27	Noah Nash	M	12	M0-14	71
7	24:28	Dean Nash	M	42	M30+	70
8	24:49	Richard Chromik	M	54	M30+	89
9	24:57	Sydney Nash	F	12	F0-14	73
10	25:12	Samuel Nash	M	12	M0-14	72
11	25:32	Jenna Borrman	F	20	F15-29	67
12	25:41	Reginald Isaac	M	44	M30+	69
13	26:24	Melissa Emmerich	F	40	F30+	85
14	28:43	Lydell Anderson	M	28	M15-29	84
15	29:11	April Isaac	F	45	F30+	68
16	30:13	Wayne Smith	M	46	M30+	87
17	30:52	Heidi Chromik	F	47	F30+	88
18	31:52	Christine Hayden	F	24	F15-29	90
19	33:19	Matthew Coulombe	M	51	M30+	86
20	35:19	Jayson Hodge	M	35	M30+	83
21	36:08	Randy Potterton	M	53	M30+	92
22	37:57	Roger Petersen	M	59	M30+	76
23	38:42	Denise Davis	F	43	F30+	79
24	39:46	Serena Davis	F	14	F0-14	80
25	40:04	Diamitris Davis	M	11	M0-14	82
26	~40:00*	Patrick Harris	M	44	M30+	XX

*Started late; Finish time estimated.

**Manchester Parkade Cinemas Family Fun Run 5K
AGE GROUP RESULTS**



Bekkie

F0-14					
1	39:46	Serena	Davis	F	14

M0-14					
1	24:27	Noah	Nash	M	12
2	25:12	Samuel	Nash	M	12
3	40:04	Diamitris	Davis	M	11

F15-29					
1	25:32	Jenna	Borrman	F	20
2	31:52	Christine	Hayden	F	24

M15-29					
1	22:59	Deon	Davis	M	17
2	28:43	Lydell	Anderson	M	28

F30+					
1	26:24	Melissa	Emmerich	F	40
2	29:11	April	Isaac	F	45
3	30:52	Heidi	Chromik	F	47

M30+					
1	20:16	Mike	Westfall	M	42
2	21:58	Ian	Roberts	M	53
3	22:31	Ali	Davis	M	48

All race photos courtesy of Joe Poliquin



On behalf of the Davis Family and the Manchester Parkade Cinemas, thanks to everyone who came out to support the 2nd Annual MPC Family Fun Run 5K. Special thanks to the volunteers Rick & Heidi - who did double duty by helping out with T-shirt distribution at Registration in addition to running the race. Also, to Joe Poliquin for Course set-up, clean-up and Photography.

– Bekkie Wright, Race Director



Mike



Ian



Rick



Jenna



Heidi



Randy



Roger



Silk City Striders 8 County Challenge At Least Five (4) Counties Completed as of 9/16/2012

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

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
Mitch Bielenda		X	X	X	X	X	X	
Kate Bonanno	X	X		X		X	X	
Tony Bonanno	X	X		X		X	X	
Adam Bulewich		X			X	X	X	
Clint Driscoll		X		X	X	X	X	
Ned Kennedy		X		X		X	X	
Cathy King		X	X	X	X	X	X	
Cathi Koehler		X			X	X	X	
Scott Livingston		X	X		X	X	X	X
Alan McCall	X	X	X	X	X	X	X	X
Clinton Morse		X	X	X	X	X	X	
John Paggioli	X	X	X				X	
Joe Poliquin		X	X		X	X	X	
Janit Romayko	X	X	X	X	X	X	X	X
Barry Stoner					X	X	X	X
Rachel Tambling		X		X		X	X	
Mike Tartar		X			X	X	X	
Zofia Turosz		X	X	X	X		X	
Tom Walsh	X	X		X		X	X	
Michael Westfall		X			X	X	X	
Bekkie Wright		X	X		X	X	X	
Andy Zyrek	X	X			X	X	X	X



The Silk City 700 (and Junior 350) is a personal challenge to accumulate 700 miles of running or walking within the 2012 calendar year (or 350 if you are High School age or younger). Below is the self-reported list of Silk City Striders who have achieved the 350 or 700 Mile Mark as of September 16, 2012.

MEN		WOMEN	
John Agosto	Scott Livingston	Rachel Blinn (Junior 350)	
Tim Blinn	Alan McCall	Haley Collins (Junior 350)	
Tony Bonanno	Clinton Morse	Diana Cohen	Janit Romayko
Aaron Flamino	Lee Paquette	Dani Kennedy	Carole Saucier
Scott Freeman	Joe Poliquin	Amira Lerario	Bekkie Wright
Marty Keibel	Jay Seney	Debbie Livingston	Linda Yamamoto
Ned Kennedy	Mike Tartar	Kathy Manizza	
Joe Kidder	Mike Westfall		
Ken Larson	Matt Yoder		

NEW MEMBER PROFILE - Stephanie Settevendemie

Stephanie Reports: I'm currently training for the Hartford Marathon, my first marathon in 8 years! I'm a mom of a 1 & 3 year old, and a psychiatric nurse practitioner. I live in Broad Brook with my husband, kids and dog, and can frequently be found pushing my double stroller around town.



**JOURNAL INQUIRER
SUMMER GRAND PRIX
CROSS COUNTRY SERIES
AT WICKHAM PARK**

WEEK 1 - July 9, 2012

ADULT RACE -2.5 miles

Brendan Callahan	13:36
Aaron Flamino	13:46
Tom Geer	14:49
Kevin Glenn	15:28
Tony Bonanno	16:06
Scott Hollister	16:41
Jackie Ofria	16:57
Mitch Bielenda	17:00
Tim Blinn	17:27
Rachel Blinn	17:34
Brian Seney	17:34
King Archibald	17:40
Tony Hollister	17:48
Chrissy Bendzinski	17:58
Hayley Collins	18:10
John Collins	18:10
Ian Roberts	18:14
Bekkie Wright	18:23
Joe Poliquin	18:23
Ray Carta	18:30
Tris Carta	18:31
Mike Fromerth	19:08
Michael Lee	19:39
Kathy Thornton	20:32
Cathy King	22:00
Lee Paquette	22:12
Zofia Turosz	22:17
James Lee	23:26
Sue Leslie	23:58
Dorothy Paquette	24:40
Clint Driscoll	24:52
Jill Ramos	26:10
Randy Potterton	30:26
Janit Romayko	31:07
Sherri Craver	33:07

YOUTH RACE - 1 mile

Marin Witkowski	15:37
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WEEK 2 - July 23, 2012

ADULT RACE -2.5 miles

Aaron Flamino	13:40
Tom Geer	14:38
Neal Leibowitz	14:52
Kevin Glenn	15:30
Jay Seney	16:39
Scott Hollister	16:48
Tony Bonanno	16:55
Mitch Bielenda	16:56
Tris Carta	17:10
Brian Seney	17:24
Ian Roberts	17:26
Tim Blinn	17:29
Rachel Blinn	17:33
Tony Hollister	17:42
John Sloan	17:49
King Archibald	17:53
Bekkie Wright	18:20
Mike Fromerth	18:23
Joe Poliquin	18:39
Laurie Brooks	18:43
Hayley Collins	18:48
Ray Carta	18:50
Mike Lee	19:00
Kathy Thornton	19:52
James Lee	21:10
Cathy King	22:09
Sue Leslie	23:18
Clint Driscoll	24:50
Janit Romayko	25:16
Randy Potterton	29:09
Sherri Craver	32:28

YOUTH RACE - 1 mile

Hannah Liebowitz	9:48
Sage Hollister	14:38

WICKHAM PARK SUMMER CROSS COUNTRY SERIES

WEEK 3 - August 6, 2012

ADULT RACE - 2.5 miles

Brendan Callahan	13:17
Aaron Flamino	13:55
Tom Geer	14:22
Neal Leibowitz	14:41
Kevin Glenn	15:22
Adam Bulewich	15:35
Tony Bonanno	16:08
Ian Roberts	16:54
Tim Blinn	17:21
John Sloan	17:51
King Archibald	17:58
Rachel Blinn	18:06
Bekkie Wright	18:38
Joe Poliquin	18:39
Ray Carta	18:43
Tom Walsh	18:50
Laurie Brooks	19:30
Kathy Thornton	19:52
Lee Paquette	21:51
Cathy King	22:29
Mitch Bielenda	22:29
Sue Leslie	23:09
Dorothy Paquette	24:24
Janit Romayko	24:44
Clint Driscoll	25:05
Jill Ramos	26:20
Randy Potterton	28:38
Sherri Craver	31:06

YOUTH RACE - 1 mile

Hannah Leibowitz	9:33
Sage Hollister	14:05
Shepard Livingston	14:56

SPECIAL THANKS to the Manchester High School Boys & Girls Team who staffed the Registration Table and Finish Line, and assisted in compiling the weekly results.

The JI Summer Grand Prix XC Series is a benefit for these M.H.S. runners, and your continued support is much appreciated.

*- Mike Bendzinski, Race Director
& Bekkie Wright, Race Assistant*

WEEK 4- August 13, 2012

ADULT RACE - 2.5 miles

Brendan Callahan	13:42
Scott Livingston	14:39
Neal Leibowitz	14:40
Adam Bulewich	14:58
Matt Yoder	15:15
Kevin Glenn	15:36
Chrissy Bendzinski	16:08
Mitch Bielenda	16:52
Tim Blinn	17:12
Brian Seney	17:14
Jay Seney	17:18
Ian Roberts	17:26
John Sloan	17:43
Ray Carta	17:48
Mike Fromerth	17:49
Tony Hollister	17:55
King Archibald	18:10
Rachael Blinn	18:41
Bekkie Wright	18:48
Joe Poliquin	18:48
Jennifer Lee	19:08
Hayley Collins	19:26
Erin Chiaputti	20:00
Kathy Thornton	20:24
James Lee	21:38
Cathy King	21:55
Kate Bonanno	22:18
Tony Bonanno	22:24
Sue Leslie	23:20
Jill Ramos	24:16
Janit Romayko	24:19
Dorothy Paquette	24:41
Ed Yergeau	26:05
Robyn Hollister	26:12
Randy Potterton	28:01
Monica Lee	29:01
Sherri Craver	33:02

YOUTH RACE - 1 mile

Sage Hollister	14:05
Shepard Livingston	14:56

**See next page for Week 5 Results
&
Final Age Group Standings**

WEEK 5 – August 20, 2012

ADULT RACE -2.5 miles

Brendan Callahan	13:14
Aaron Flamino	13:20
Tom Geer	14:06
Adam Bulewicz	14:19
Scott Livingston	14:20
Jason Earle	14:30
Matt Yoder	14:33
Neal Leibowitz	14:49
Chrissy Bendzinski	15:20
Kevin Glenn	15:38
Clinton Morse	16:23
Jay Seney	16:27
Ian Roberts	16:41
Brian Seney	16:41
Tim Blinn	16:55
Mitch Bielenda	17:10
Tris Carta	17:15
Ray Carta	17:16
Tony Hollister	17:27
John Sloan	17:39
Rachel Blinn	17:50
King Archibald	18:04
Jennifer Lee	18:13
Mike Lee	18:27
Joe Poliquin	18:41
Hayley Collins	18:51
Tom Walsh	19:05
Robyn Hollister	19:44
James Lee	19:46
Kathy Thornton	19:46
Scott Hollister	19:58
Lee Paquette	21:39
Clint Driscoll	22:32
Sue Leslie	22:52
Mike Fromerth	22:57
Dorothy Paquette	23:25
Janit Romayko	23:42
Jill Ramos	24:27
Randy Potterton	27:46
Monica Lee	28:31
Sherri Craver	30:08

YOUTH RACE - 1 mile

Hannah Leibowitz	11:08
Shepard Livingston	13:08
Sage Hollister	14:24

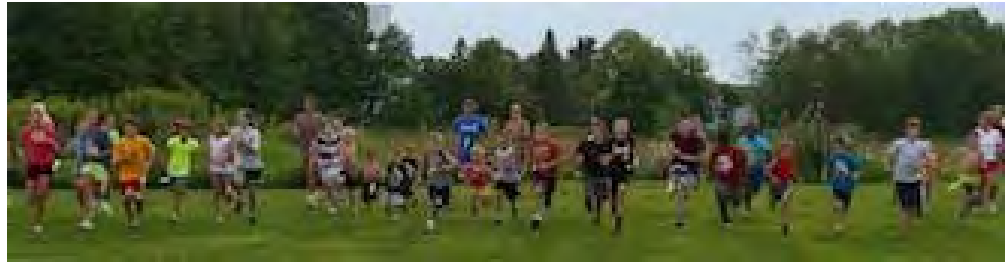
FINAL AGE GROUP STANDINGS – 1 MILE

<u>Female 12-13</u>		
Hannah Liebowitz	Medalist	40:12

FINAL AGE GROUP STANDINGS – 2.5 M

After Race #5 -- Based on Best 4 Performances
Top 2, plus medalists finishing at least 4 races.

<u>Female 14-15</u>		
Hayley Collins	Medalist	1:15:15
<u>Female 16-18</u>		
Rachel Blinn	2nd Place	1:11:03
<u>Female 30-39</u>		
Sherri Craver	Medalist	2:06:44
<u>Female 40-49</u>		
Bekkie Wright	1st Place	1:14:09
Jill Ramos	Medalist	1:41:13
<u>Female 50-59</u>		
Kathy Thornton	1st Place	1:19:54
Cathy King	2nd Place	1:28:33
Dorothy Paquette	Medalist	1:37:10
<u>Female 60-69</u>		
Sue Leslie	1st Place	1:32:39
Janit Romayko	2nd Place	1:38:01
<u>Male 14-15</u>		
James Lee	Medalist	1:26:00
<u>Male 16-18</u>		
Brendan Callahan	1st Place	53:49
<u>Male 19-29</u>		
Tom Geer	Medalist	57:55
Brian Seney	Medalist	1:08:53
Ray Carta	Medalist	1:12:17
<u>Male 30-39</u>		
Aaron Flamino	1st Place	54:41
<u>Male 40-49</u>		
Neal Leibowitz	2nd Place	59:02
Tony Bonanno	Medalist	1:11:33
Mike Fromerth	Medalist	1:18:17
<u>Male 50-59</u>		
Kevin Glenn	1st Place	1:01:56
Mitch Bielenda	Medalist	1:07:58
Ian Roberts	Medalist	1:08:27
Tim Blinn	Medalist	1:08:55
John Sloan	Medalist	1:11:02
King Archibald	Medalist	1:11:35
Joe Poliquin	Medalist	1:14:22
Clint Driscoll	Medalist	1:37:19
Randy Potterton	Medalist	1:53:34
<u>Male 60-69</u>		
Tony Hollister	1st Place	1:10:52
Lee Paquette	Medalist	1:28:17



Photos courtesy of Scott Livingston

SUMMER CROSS COUNTRY SERIES AT BOLTON HERITAGE FARM

Week 1 – June 20, 2012

ADULT RACE – 2.3 miles

Aaron Flamino	14:30.6
Kevin Glenn	15:44.6
Ryan VanDine	16:22.6
Clinton Morse	16:27.2
Benjamin VanDine	17:02.3
King Archibald	19:14.6
Jonathan VanDine	19:47.0
Bekkie Wright	20:12.8
Joseph Poliquin	20:14.0
Laurie Brooks	20:42.0
Mike Fromerth	21:07.2
Kathy Thornton	21:30.1
Scott Livingston	23:04.9
Cathy King	23:56.2
Lee Paquette	25:01.9
Rachel Tambling	25:38.5
Sylvia Ounpoo	26:13.4
Janit Romayko	26:15.0
Dorothy Paquette	27:53.5
Randy Potterton	37:50.6

YOUTH RACE - 1 mile

Hayden Morse	7:22
Shepard Livingston	10:55

Week 2 – June 27, 2012

ADULT RACE – 2.3 miles

Debbie Livingston	17:01.7
King Archibald	18:47.8
Tony Hollister	19:04.3
Bekkie Wright	19:19.0
Joseph Poliquin	19:19.8
James Lee	19:23.3
Mike Fromerth	19:29.7
Laurie Brooks	19:31.0
Jennifer Lee	20:30.7
Kathy Thornton	21:21.8
Alan McCall	21:31.8
Cathy King	22:42.7
Rachel Tambling	23:46.1
Zofia Turosz	23:59.1
Ian Roberts	24:28.2
Janit Romayko	26:56.6
Dorothy Paquette	27:24.3
Jill Ramos	27:43.2
Monica Lee	31:10.0
Randy Potterton	33:54.9

YOUTH RACE - 1 mile

Shepard Livingston	9:48
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For more pictures and complete race results please visit: <https://sites.google.com/site/boltonsummerxcseries/>

Week 3 - July 11, 2012

ADULT RACE - 2.3miles

Kevin Glenn	15:24.9
Debbie Livingston	16:57.2
Scott Hollister	17:14.2
Clinton Morse	17:23.7
King Archibald	18:30.1
Tony Hollister	18:32.5
Mike Fromerth	18:47.7
Ian Roberts	18:54.6
Laurie Brooks	19:59.2
Kathy Thornton	20:15.4
Bekkie Wright	21:09.6
Joseph Poliquin	21:11.3
Cathy King	22:34.1
Tom Walsh	23:35.2
Lee Paquette	23:35.6
Dorothy Paquette	25:30.8
Jill Ramos	26:48.5
Randy Potterton	32:30.8

YOUTH RACE - 1 mile

Hayden Morse	7:20
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Week 4 - July 18, 2012

ADULT RACE - 2.3miles

Kevin Glenn	15:31.5
Clinton Morse	17:17.6
Scott Hollister	17:29.5
Tony Hollister	18:33.4
King Archibald	18:53.5
Ian Roberts	19:04.8
Laurie Brooks	20:03.9
Bekkie Wright	21:09.1
Joseph Poliquin	21:10.2
Alan McCall	21:20.6
Kate Bonanno	22:59.4
Tony Bonanno	22:59.8
Rachel Tambling	23:50.9
Lee Paquette	24:00.1
Dorothy Paquette	25:59.1
Jill Ramos	26:07.3
Janit Romayko	27:57.8
Randy Potterton	32:12.4

YOUTH RACE - 1 mile

Nicholas VanDine	5:35
Shepard Livingston	10:01
Hayden Morse	13:38



Week 5 - July 25, 2012

ADULT RACE - 2.3miles

Kevin Glenn	15:19.3
Jason Earl	15:24.6
Ryan VanDine	17:20.3
Scott Hollister	17:27.9
Mike Fromerth	18:20.8
Tony Hollister	18:22.8
King Archibald	18:24.7
John Sloan	18:28.2
Laurie Brooks	19:18.0
Zoe Ounpuu-Adams	19:26.9
Scott Livingston	19:53.8
James Lee	19:59.1
Jennifer Lee	20:12.5
Bekkie Wright	20:19.0
Joseph Poliquin	20:20.0
Tom Walsh	20:22.7
Alan McCall	20:53.5
Kathy Thornton	20:57.6
Cathy King	21:56.5
Ray Prest	21:57.1
Rachel Tambling	23:26.6
Jill Ramos	26:12.1
Janit Romayko	26:54.9
Kristopher Jackson	27:25.8
Monica Lee	29:33.7
Randy Potterton	31:05.0

YOUTH RACE - 1 mile

Shepard Livingston	11:27
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Week 6 - August 1, 2012

ADULT RACE - 2.3miles

Kevin Glenn	15:15.5
Jason Earl	15:28.0
Scott Hollister	17:04.8
John Sloan	18:11.8
Tony Hollister	18:14.3
King Archibald	18:41.8
Bekkie Wright	19:19.1
Joseph Poliquin	19:19.7
Laurie Brooks	19:24.0
Stephen Tolman	19:42.8
Jay Hamilton	19:47.4
Kathy Thornton	20:44.5
Tom Walsh	20:44.8
Cathy King	22:08.1
Rachel Tambling	22:13.8
Lee Paquette	23:25.3
Janit Romayko	25:15.4
Dorothy Paquette	25:26.3
Robyn Hollister	26:55.4
Jill Ramos	28:21.8
Randy Potterton	30:44.3

YOUTH RACE - 1 mile

Shepard Livingston	10:50
Caleb Earl	12:16

Week 7 – August 8, 2012

Kevin Glenn	15:10.0
Jason Earl	15:21.0
Debbie Livingston	17:24.3
Mike Fromerth	18:11.6
King Archibald	18:46.8
Laurie Brooks	19:17.5
Kathy Thornton	20:05.9
Tom Walsh	20:08.2
Kristopher Jackson	20:13.6
Bekkie Wright	20:54.0
Joseph Poliquin	20:55.2
Cathy King	21:59.9
Tony Hollister	22:10.7
Rachel Tambling	22:17.5
Lee Paquette	23:29.7
Dorothy Paquette	25:26.8
Jill Ramos	26:02.0
Janit Romayko	26:24.4
Roger Petersen	29:04.5
Randy Potterton	29:18.7

YOUTH RACE - 1 mile

Caleb Earl	9:57
Shepard Livingston	10:32

**FINAL AGE GROUP STANDINGS
(Top 2 based on points*)**

*Out of a possible 35 Points
for 1st Place at all 7 Events

		<u>Age Group</u>	
#1	Rachel Tambling	F30-39	22 pts.
#2	Debbie Livingston	F30-39	15 pts.
#1	Bekkie Wright	F40-49	34 pts.
#2	Jill Ramos	F40-49	12 pts.
#1	Laurie Brooks	F50-59	35 pts.
#2	Kathy Thornton	F50-59	24 pts.
#1	Janit Romayko	F60-69	30 pts.
#1	Scott Hollister	M30-39	15 pts.
#2	Jason Earl	M30-39	13 pts.
#1	Kevin Glenn	M50-59	35 pts.
#1	Tony Hollister	M60-69	29 pts.

**COACH’S CORNER – “The 30-Somethings”
a continuing series on aging by Barry Stoner**

Turning thirty probably is your first realization that you are not a kid anymore. Of course, you did not think of yourself as a kid in your twenties but you were still wet behind the ears and did not know it.

Often “30-somethings” are very distracted from their fitness and running because they are deeply involved with their families, their job, home ownership and career development. All of this might leave little time for running. Unfortunately the vast majority of our population in their thirties starts to become overweight, tired and no longer exercises. This is sad because in your 30’s you are generally healthy, strong and capable of many things; but often you are overwhelmed with life and become distracted from good health practices.

On the other hand, for those who continue with their running and fitness, in spite of the pressures from living life, the rewards are many. You now have vast experience; you can be at your peak in fitness, albeit maybe not with the same maximum speed as in your youth, but with the capacity for great endurance. The pack you run with is very competitive and generally faster than the older crowd – but there are still some very fast older guys out there who can beat you.

So becoming 30 is not such a bad thing as a runner. You run in the front of the pack, you win races or place often. Or possible you are not a fast runner but take pride in maintaining a high level of personal fitness, an admirable trait. Life is good because you are healthy.

Returning to my premise that many in their 30’s are distracted from running and fitness, I need to point out that there are always exceptions. You have seen them and know who they are. They persist juggling family, the job, career, pursuing further education and other activities. They are woefully in the minority when it comes to all their achievements; and they should be held in high regard because they are very special to our society. We all would like to be like them, but we may not have the motivation or energy to “be like Mike or Michelle.” So you must do your own thing without ignoring your health and fitness.

The worst thing is to become so distracted that you ignore you health, which is what so many in their 30’s do. All is not lost, however, because some do recover with a new beginning when they turn 40 or 50.

“It ain’t over ‘till it’s over.”

RACE CALENDAR

Date	Time	Race	Place	Website / Email Contact
Sa Sep 22	9:30 AM	Mari's Miles of Smiles 10K	Cheshire (Norton School)	www.marihalfoundation.org
Sa Sep 22	8:00 AM	Hogs Back Half-Marathon	Colebrook (Goodwin Dam)	www.hartfordtrackclub.org
Sa Sep 22	9:00 AM	Ray Crothers Memorial 2M XC Run	New Britain (Stanley Quarter Park)	www.thelastmileracing.com
Su Sep 23	10:00 AM	Keney Park 5K	Hartford (Keney Park)	www.active.com/running/hartford-ct/keney-park-5k-2011
Su Sep 23	10:00 AM	Niantic Bay Half Marathon & 5K	E. Lyme (Rocky Neck)	www.nianticbayhalfmarathon.com
Sa Sep 29	10:30 AM	Cider Mill 5K	Tolland (CRandy Park)	www.cidermillroadrace.org
Su Sep 30	10:00 AM	Bigelow Tea 5K	Southport (Wakeman's Club)	http://www.bigelowtea.com/race.aspx
Su Oct 7	8:30 AM	Ridgefield Half-Marathon	Ridgefield(Old Ridge.H.S.)	www.wolfpitrunningclub.org
Mo Oct 8	Noon	Tufts 10K for Women	Boston (Boston Common)	www.tuftshealthplan.com
Su Oct 28	1:00 PM	Pumpkin Run 5M	Higganum Center (Firehouse)	www.hartfordmarathon.com

2012 "LOCAL" EARLY FALL MARATHON CALENDAR

9/23/12	Adirondack Marathon , Schroon Lake, NY	www.adirondackmarathon.org
9/29/12	New Hampshire Marathon , Bristol, NH	www.nhmarathon.com
9/30/12	Clarence Demar Marathon , Keene, NH	www.clarencedemar.com
9/30/12	Maine Marathon , Portland, MEM	www.mainemarathon.com
9/30/12	Smuttynose Marathon , Hampton Beach, NH	www.hamptonrockfest.com
9/30/12	Nipmuck Trail Marathon , Ashford, CT (Registration Closed)	www.shenipsitstriders.org/nipmuck.html
9/30/12	Wineglass Marathon , Corning, NY (Registration Closed)	www.wineglassmarathon.com
10/7/12	Mohawk-Hudson River Marathon , Albany, NY	www.hmrrc.com
10/7/12	Steamtown Marathon , Scranton, PA (Registration Closed)	www.SteamtownMarathon.com
10/13/12	Hartford Marathon, Half & 5K , Hartford, CT	www.hartfordmarathon.com
10/13/12	Baltimore Marathon , Baltimore, MD	www.thebaltimoremarathon.com
10/14/12	Amica Marathon , Newport, RI	www.amicamarathon.com
10/14/12	Green Mountain Marathon , South Hero, VT	www.gmaa.net/GMMinfo.html
10/14/12	Mount Desert Island Marathon , Bar Harbor, ME (Charity Registrants Only)	www.mdimarathon.org
10/21/12	Empire State Marathon , Syracuse, NY	www.empirestatemarathon.com
10/21/12	Bay State Marathon & Half , Lowell, MA (Only 50 spots left)	www.baystatemarathon.com
10/28/12	Cape Cod Marathon , Falmouth, MA	www.capecodmarathon.com
10/28/12	Marine Corps Marathon , Washington, DC (Registration Closed)	www.marinemarathon.com
11/3/12	New York City Marathon , New York, NY (Registration Closed)	www.ingnycmarathon.org
11/3/12	Stone Cat 26.2 & 50M Trail Race , Ipswich, MA (Reg.Closed)	www.gaconline.net/StoneCatApp.html
11/4/12	Manchester City Marathon , Manchester, NH	www.cityofmanchestermarathon.com
11/11/12	Harrisburg Marathon , Harrisburg, PA	www.HarrisburgMarathon.com
11/18/12	Philadelphia Marathon , Philadelphia, PA	www.philadelphiamarathon.com
11/24/12	BRRC North Central Trail Marathon , Sparks, MD	www.brrc.com

2012 EVENT CALENDAR

OCTOBER	- Halloween Pot Luck Supper.....TBA
NOVEMBER	- Parker Holt Celebration Run 5KSunday, November 11
	Know Your Pace Race..... Saturday, November 17
	Manchester Road RaceThursday, November 22
DECEMBER	- Hungry Tiger Toy Fun Run.....TBA
	Scrooge Scramble.....Tuesday, December 25