



# INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

[www.SilkCityStriders.org](http://www.SilkCityStriders.org)

## Co-Presidents' Message: Join the Club!

Last night we witnessed baseball history. The first time since 1918 the Red Sox won a World Series at Fenway Park. This eclectic club of ball players formed a team chemistry that was second to none. Their love of the game runs deep.

While watching this final game with a few fellow Silk City Striders, I couldn't help but think that their love of the game and their team spirit were not unlike the love and spirit of a running club.

As a member of the Silk City Men's Masters Team at the Fred Brown Lake Winnepesaukee Relay, a similar camaraderie was experienced supporting teammates and other runners during each leg of the race. Beyond the race, our Men's & Women's team shared a pre-race dinner, breakfast, after-race dinner, and bicycle rides or hiking the day after the race.

I was also reminded of club spirit while staffing the Silk City Striders' Club tent on Runners' Row at the ING Hartford Marathon. Club members were able to comfortably congregate, store their belongings, use a private port-a-potty and receive massages. While there were many challenges from non-club runners to use these services, most seemed to respect the concept of belonging to a club. However, while there was some belligerence, it provided me with an opportunity to explain the benefits of joining a running club.

In the spirit of club participation there are many more upcoming opportunities to join us either on a run at Mt. Nebo, a Saturday morning run on the Manchester Road Race course, or other club-sponsored races and events. Please join us and encourage others to come along.

Co-President: Mitch Bielenda

### CONGRATULATIONS TO JANIT ROMAYKO

Recipient of the  
**2013 Marcy MacDonald /  
Title IX Award**  
and  
Inductee into the  
**Manchester Sports Hall of Fame**



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**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**

**“Manchester Road Race Course”  
 from October 5 – 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**

***For Weeknight Fun Runs:***  
**Remember to wear your reflective gear.**  
**Headlamps are also recommended.**

**CLUB NEWS & EVENTS**

**WELCOME NEW MEMBERS**

Brianna Carlson South Windsor  
 Crombie Family Coventry  
 (Julie, Jim, Shannon & Mallory)

**Parker Holt Celebration Run 5K**

*a World Run Day event*

**Sunday, November 10, 2013**

**11:00 AM**

**Manchester Community College,  
 Manchester, CT**

Come celebrate with us at our  
 12th Annual Run/Walk event either as a  
 participant or as a volunteer.

**“Know Your Pace” Race**

**Saturday, November 23, 2013**

**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 9:00am - Noon.

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



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



<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.



**#2 - July 18, 2013 - 2M\***

Andy Zyrek	<b>#3M; #1 M45-59; PR</b>	12:09
Scott Hollister	<b>#1 M35-39</b>	13:10
Tony Hollister	<b>#1 M65-69</b>	14:01
Ed Yergeau	<b>#2 M60-64</b>	17:30
Robyn Hollister		20:34

**Andy Reports:** Race shortened due to extreme heat

**#3 - August 22, 2013 - 5K\***

Jason Earl		23:02
Andy Zyrek		24:10
Ed Yergeau	<b>#2 M60-64</b>	25:14

**Andy Reports:** 20 runners missed a right turn on the trail and ran long; actual distance 3.6 miles.

**NORTHWEST CATHOLIC  
SCHOLARSHIP SCAMPER 5K  
West Hartford, CT June 22, 2013**

David Laporte	<b>#1 M40-49</b>	21:12
Tom Walsh		24:49

**LEGENDS RUN XC 4M  
Middletown, CT June 30, 2013**

Donn Cabral	<b>#1M</b>	19:28
Tris Carta	<b>#3 M55-59</b>	28:12
Dani Kennedy*	<b>#1 F50-54</b>	29:11
Amby Burfoot	<b>W-L</b>	31:51
Bill Rogers	<b>W-L</b>	31:51
John Fixx	<b>W-L</b>	31:52
Angelee Carta		47:21

#1 Open-F Team - Fleet Feet Sports

\*Dani Kennedy - Team Member

**W-L** = Wesleyan Legends / Alumni  
(John Fixx is the son of author & runner Jim Fixx.)  
Donn Cabral was also celebrated as a LEGEND  
(even though he graduated from Princeton).

**CHESTER "4 on the 4th" ROAD RACE  
Chester, CT July 4, 2013**

Andy Zyrek	<b>PR</b>	25:44
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**BOOM BOX MILE  
Willimantic, CT July 4, 2013**

Jay Hamilton		6:05
Dani Kennedy	<b>#6F; #2 F50-59</b>	6:07
Annette Hamilton	<b>#2 F40-49</b>	7:15
Rachel Tambling		7:25

**TWILIGHT 5K  
Enfield, CT July 6, 2013**

Melissa Stellato	<b>#1F; #8 Overall</b>	18:49
Adam Bulewich	<b>#9M; #10 Overall</b>	19:13
Steve Morse	<b>#1 M60-69</b>	21:32



"Red Dress Runners" Team



**RED DRESS  
RUN FOR WOMEN 5K  
West Hartford, CT  
July 6, 2013**

Jennifer Lee (R)	<b>#1 F10-14</b>	22:36
Bekkie Wrigh (R)	<b>#2 F50-54</b>	23:08
Laurie Brooks (C)		24:25
Susan Leslie (R)	<b>#1 F60-64</b>	27:17
Rachel Tambling (C)		30:07
Lori Riley		31:47
Monica Lee (R)		38:01

OPEN TEAM RESULTS:

#2 Team Crazyleggs (C)

#3 Red Dress Runners (R)

Thanks also to our volunteers: Andy Zyrek, Mike & James Lee, and Brad Magyar.

**RIVERFEST 5K**  
East Hartford, CT July 6, 2013

Jason Earl	#2M; #1 M30-39	18:56
Jay Hamilton	#9M - #3 M40-49	22:39
King Archibald	#10M - #3 M50-59	23:01
Tom Walsh		26:39
Annette Hamilton	#3F; #2 F40-49	26:53

**RENTSCHLER AIRFIELD 5K**  
East Hartford, CT July 11, 2013

Jennifer Lee	#5F; #2 F10-14	21:56
Mike Lee		21:59
James Lee	#2 M15-19	22:43
Ed Yergeau		27:27
Ellie Lowell	#1 F65-69	27:28
Monica Lee		34:26

**GLORIOUS GALLOP 5K**  
East Hampton, CT July 23, 2013

Adam Roth	#7M; #3 M30-39	17:26
Cheryl Sellers	#3 F20-29	23:01
Wally Squier		23:35
Cathy Squier		29:58

**JOHN & JESSIE KELLEY OCEAN BEACH**  
**11.6 MILE ROAD RACE**  
New London, CT August 3, 2013

Andy Zyrek	PR	1:17:53
Michael Westfall		1:18:35
John Collins		1:21:15
John Paggioli		1:25:00
Scott Freeman		1:25:09
Mitch Bielenda		1:26:14
Keron Smith*		1:26:47
Bill McGugan		1:29:38
Amira Lerario*		1:31:00
John Sloan		1:31:11
Marc Shok		1:33:19
Michael Fromerth		1:34:59
Bekkie Wright*	#2 F50-59	1:35:17
Wally Squier		1:47:49
Joe Poliquin		1:50:35
Cathy King*		1:58:35
Deb Chessari		2:01:19
Barry Stoner		2:11:19

\*Members of Silk City Striders' #1 Female Team

**ST. JAMES BAZAAR BLASTOFF 3.4M**  
Danielson, CT August 3, 2013

Alan McCall	#1 M60+	27:50
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**SEALEGS SHUFFLE 5K & 10M**  
Guilford, CT August 4, 2013

	<u>5K</u>	
Ginny Welch	#3 F50-59	26:20
	<u>10M</u>	
Joe Kidder		1:18:00

**CORPORATE 5K**  
Hartford, CT August 8, 2013

Tom Geer	#8M; #2 M30-39	18:08
Matt Estes	#9M; #1 M40-49	18:29
Melissa Stellato	#1F; #10 Overall	18:48
Neal Leibowitz	#2 M40-49	19:08
Mitch Bielenda		21:12
King Archibald		22:16
Russ Saucier		24:02
Deb Chessari	#1 F60-69	28:46
Carole Saucier		37:12

#2 Men's 40+ Team – The Hartford - Neal L.  
#4 Men's 40+ Team – Hartford Hospital – Mitch B.

**DEARY MEMORIAL 5M**  
Putnam, CT August 10, 2013

Jay Hamilton	37:40
Annette Hamilton	43:48

**BOLTON CROSS COUNTRY CLASSIC 5K**  
Bolton, CT August 10, 2013

Brendan Callahan	#1M	18:16
Kevin Glenn	#1 M50-59	20:51
John Paggioli	#3 M40-49	21:42
Rachel Tambling	#7F; #1 F30-39	31:08
Lee Paquette	#1 M60+	31:59
Dorothy Paquette	#10F; #1 F50-59	32:54

**7 ALARM MUTUAL AID RUN 7 M**  
Stafford, CT to Wales, MA August 10, 2013

John Sloan	#3M; #1 M50-59	55:03
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**BRIDGE OF FLOWERS 10K**  
Shelburne Falls, MA August 10, 2013

Drew Best**	#5M	35:11
Andy Zyrek	PCR	42:24
Jay Seney		45:24
James Lee*		48:53
Jennifer Lee*	#1 F0-13	48:59
Mike Lee*		49:43
Brian Seney		50:24
Cathy King		1:01:41
Monica Lee*		1:17:26

\*1st official 10K Race

\*\*Member of #1 Men's Open Team –S.M.A.C.

PCR = Personal Course Record

<b>ANDOVER 5K</b>		
<b>Andover CT August 11, 2013</b>		
Andy Zyrek		20:16
Janit Romayko	#1 F60-69	29:22
<p><b>Janit Reports:</b> New race this season. Portions on single track trail and somewhat tricky on the return about mile 2.5 as runners coming back were sharing trail with those going out. This race will grow in popularity as it is a small hometown gem.</p>		

<b>ODDFELLOWS PLAYHOUSE</b>	
<b>RUBBER CHICKEN RUN 5K</b>	
<b>Middletown, CT August 15, 2013</b>	
Rachel Tambling*	28:27
*Member of #2 Mixed Team - Pratt & Whitney	

<b>AUSTIN HARLOW MEMORIAL 5K</b>	
<b>Somers, CT August 18, 2013</b>	
Brad Magyar	24:46

<b>CLINTON BLUE FISH 5K</b>	
<b>Clinton, CT August 27, 2013</b>	
Alan McCall	25:34
Cathy Squier	33:05
Wally Squier	33:05

<b>BROOKLYN FAIR 5K</b>	
<b>Brooklyn, CT August 25, 2013</b>	
Mike Lee	#3 M50-59 20:43
Jennifer Lee	#8F 21:22
Rachel Tambling	25:52
Monica Lee	32:09

<b>OLDE WETHERSFIELD 10K &amp; 5K</b>	
<b>Wethersfield, CT August 25, 2013</b>	
<u>5K</u>	
Dani Kennedy	#2F; #1 F50-54 20:59
Alan McCall	#3 M60-64 24:44

<u>10K</u>	
King Archibald	49:14
Brad Magyar	51:38
Cathy King	#3 F50-54 53:59
Karen Saunders	#1 F60-64 54:46
Denise Cassella	1:36:31

<b>NEW HAVEN ROAD RACE 5K &amp; 20K</b>	
<b>New Haven, CT September 2, 2013</b>	
<u>20K</u>	
Dave Metzger	1:13:33
Adam Bulewich	1:19:22
Jason Earl	1:25:54
Linda Yamamoto	1:28:07
Andy Zyrek	<b>PR</b> 1:30:29
Steve Morse	<b>#3 M60-64</b> 1:35:24
Scott Freeman	1:36:31
Mitch Bielenda	1:40:42
Joe Kidder	1:42:58
Sandy Webb-Monaco	1:53:06
Bill Metzger	1:52:27
George Ripley III	2:04:56
Deb Chessari	2:11:30
<u>5K</u>	
Tris Carta	<b>#1 M55-59</b> 19:26
Dean Bolt	22:54
Ginny Welch	26:14
Steve Gates	28:31
Angelee Carta	39:32

<b>HOLE IN THE WALL GANG 5K</b>	
<b>Ashford, CT September 7, 2013</b>	
Brad Magyar	<b>#10M; #1 M40-49</b> 24:02
Tom Walsh	<b>#1 M50-59</b> 25:02

<b>SOUTH WINDSOR ROAD RACE 5M</b>	
<b>South Windsor, CT September 8, 2013</b>	
Adam Bulewich	<b>#2M; #1 M30-39</b> 30:12
Melissa Stellato	<b>#1F; #4 Overall</b> 31:19
Matt Yoder	<b>#6M; #2M 30-39</b> 35:27
Steve Morse	<b>#7M; #1 M60-69</b> 35:45
Mike Bendzinski	<b>#10M; #2 M50-59</b> 36:24
Erin Chiaputti	<b>#7F; #1 F19-29</b> 40:58
George Ripley	44:04

<b>PRATT &amp; WHITNEY RUNWAY 5K</b>	
<b>E. Hartford, CT September 11, 2013</b>	
Kevin Glenn	<b>#8M - #2 M50-59</b> 20:07

<b>SOMERS GREAT ESCAPE ROAD RACES</b>	
<b>Somers, CT September 14, 2013</b>	
<u>5K</u>	
Melissa Stellato	<b>#2F; #1 F30-39</b> 18:21
<u>5M</u>	
Adam Bulewich	<b>#6M; #9 Overall</b> 29:53
Brad Magyar	41:38

**THE GREAT KILLINGLY  
TOMATO FESTIVAL 5K  
Killingly, CT September 14, 2013**

Rachel Tambling 26:46

**GULF BEACH HALF MARATHON  
Milford, CT September 14, 2013**

Wally Squier #3 M55-59 1:55:58

**NEVER STOP FIGHTING 5K  
Eastford, CT September 14, 2013**

Tom Walsh #2 M55-59 27:26

**UNION STREET TAVERN TROT 3.5M  
Windsor, CT September 15, 2013**

Andy Zyrek PR 21:27  
Steve Morse #1 M60-69 23:53  
Brad Magyar 28:31  
George Ripley 29:36  
Lee Paquette #2 M70+ 31:47  
Dorothy Paquette #2 F60-69 32:13

**SURFTOWN HALF MARATHON  
Westerly, RI September 15, 2013**

Jessica Doyle 1:46:29  
Tom Walsh 1:56:54  
Amira Lerario 2:08:30

**DEEP RIVER 5K  
Deep River, CT September 21, 2013**

Janit Romayko #1 F60-69 27:54

**RAY CROTHERS MEMORIAL XC 2M  
New Britain, CT September 21, 2013**

King Archibald 14:59  
Tom Walsh 16:11  
Karen Saunders #10F; #1 F60-69 17:21  
Lee Paquette #1 M70+ 18:08  
Susan Leslie #2 F60-69 18:09  
Dorothy Paquette 20:13

**STRATFORD FALL FESTIVAL 30K  
Stratford, CT September 22, 2013**

Andy Zyrek #3 M40-49; PR 2:18:14

**HOGSBACK HALF MARATHON  
Colebrook, CT September 28, 2013**

Andy Zyrek #2 M45-49 (PR) 1:29:12  
Jeramie Perry 1:36:21  
John Sloan 1:48:31  
Russell Saucier 1:50:23  
Carole Saucier 1:56:10  
Cathi Koehler #2 F55-59 2:00:21  
Lee Paquette #1 M70-74 2:10:37  
Dorothy Paquette #3 F60-64 2:13:07  
Barry Stoner #3 M70-74 2:38:28  
Mindy Perry 2:39:54

**TRAIL RACES**

**NIPMUCK SOUTH TRAIL HALF MARATHON  
Mansfield, CT June 30, 2013**

Ned Kennedy #1M 1:56:31  
Jeramie Perry 2:10:20

**SOAPSTONE ASSAULT (~5.5. miles)  
Somers, CT July 28, 2013**

Scott Livingston #6M 59:15  
Ron Starrett #8M 1:01:00  
Kate Bonanno #2F 1:04:41  
Ashley Starrett #8F 1:31:12

\*Time equals elapsed time from final "A" group start. 28 seconds is added to the Start Time for each letter group as handicapped by Age and Gender.

**PEOPLE'S FOREST TRAIL RACE 7M  
Barkhamsted, CT August 3, 2013**

Bill Metzger 1:17:35  
Kate Bonanno 1:28:40  
Tony Bonanno 1:28:40

**SAVOY MOUNTAIN TRAIL RACES 15.7M  
Savoy Mt. State Forest, MA August 18, 2013**

Tony Bonanno #5M 2:26:40

**WAPACK TRAIL RACE 18M  
New Ipswich NH September 1, 2013**

Tony Bonanno #8M 3:12:10

**TRAILS TO A CURE 8M  
Chester, CT September 15, 2013**

Debbie Livingston #1F; #10 Overall 1:03:10

**WOLF DEN TRAIL RACE 4M  
Pomfret, CT September 29, 2013**

Andy Zyrek #2 M40-49 36:18  
Trail PR

**TRACK & FIELD RESULTS**



Track Meets presented by TICKET NETWORK,  
and directed by the  
MANCHESTER RUNNING COMPANY

**#1 - July 11, 2013**

**Long Jump - Youth Boys**  
Hayden Morse #2 12-6

**Shot Put - Youth Boys**  
Caleb Earl #2 17-6

**100 Meters - Youth Boys**  
Caleb Earl #12 20.42

**100 Meters - Men**  
Jason Earl #6 12.25

**Mile - Women**  
Linda Yamamoto #1 5:55.36  
Dani Kennedy #3 6:20.50

**Mile - Men**  
Jason Earl #4 5:20.00\*

\* There was a slight clock malfunction during the Men's Mile - times may be off by a second or two

**200 Meters - Youth Boys**  
Hayden Morse #2 35.84  
Caleb Earl #11 51.44

**200 Meters - Men**  
Jason Earl #5 25.43

**800 Meters - Women**  
Linda Yamamoto #1 3:01.86

**800 Meters - Men**  
Jason Earl #3 2:34.00

**400 Meters - Youth Boys**  
Hayden Morse #3 1:31.52  
Caleb Earl #10 3:07.85

**400 Meters - Women**  
Linda Yamamoto #3 1:22.11

**400 Meters - Men**  
Jason Earl #6 1:00.86

**#2 - July 18, 2013**

**100 Meters - Men**  
Jason Earl #6 12.34

**Mile - Men**  
Jason Earl #5 5:31.58

**200 Meters - Men**  
Jason Earl #4 25.72

**400 Meters - Men**  
Jason Earl #2 58.96

**#3 - July 25, 2013**

**Mile - Women**  
Linda Yamamoto #1 5:57.55  
Dani Kennedy #2 6:24.68

**800 Meters - Women**  
Linda Yamamoto #2 3:00.98

**400 Meters - Women**  
Linda Yamamoto #3 1:23.90

**#4 - August 1, 2013**

**Mile - Women**  
Dani Kennedy #2 6:18.67

**Nutmeg State Games  
Track & Field Meet**

Veteran's Memorial Stadium  
New Britain, CT  
July 20, 2013



**Women's 800 M Run**  
Dani Kennedy #1 F50-54 2:56.86

**Women's 1 Mile Run**  
Dani Kennedy #1 F50-54 6:17.42





**FRED BROWN  
LAKE WINNIPESAUKEE RELAY  
65.7 Miles around  
Lake Winnepesaukee, NH  
September 7, 2013**

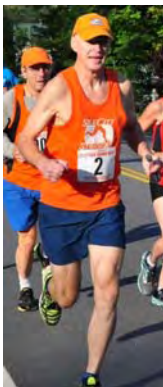
**Photo at Left:** Lori Riley brings it home for the Women’s Team as the Men’s Team Cheers!

**Men’s Open team:** Bill McGugan (Captain), Jim Best, Mitch Bielenda, Rick Chromik, Mike Fromerth, John Sloan, and Andy Zyrek. **4th Men’s 40+ – 34th 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
<b>1:27:06</b>	<b>1:30:21</b>	<b>1:19:15</b>	<b>25:05</b>	<b>1:38:45</b>	<b>58:00</b>	<b>1:07:41</b>	<b>31:28</b>	<b>8:57:42</b>
Mitch	Rick	Mike	Andy	Bill	Jim	John	Andy	

**Women’s Open Team:** Betty Cannella (Captain), Brianna Carlson, Jackie Cmero, Cathy King, and special guest stars Missy Cannella (Betty’s daughter-in-law), and Lori Riley (*Hartford Courant* Sports Writer.) **8th Women’s Open – 76th 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
<b>1:38:13</b>	<b>2:01:07</b>	<b>1:26:36</b>	<b>34:08</b>	<b>1:39:41</b>	<b>58:22</b>	<b>1:17:24</b>	<b>44:16</b>	<b>10:19:47</b>
Cathy	Missy	Brianna	Jackie	Betty	Sue	Jackie	Lori	



Mitch



Cathy



Rick



Andy & Mike



Bill



Jim


Photos courtesy of Mary & Ted Tyler –

<http://jimrhoades.com/13/winnie/> and <http://jimrhoades.com/13/winnie2/>

<p><b>“Start Off Slow, Then Ease Up”</b> Rachel Tambling’s Willimantic Athletic Club Team</p> <p><b>#81 Team Overall - #15 Mixed Open Team</b> 10:51:21</p>	<p><b>“Black Point Runners”</b> Bill Gaghan’s Team</p> <p><b>#45 Team Overall - #6 Men’s 40+ Team</b> 9:20:53</p>
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**BIATHLON, DUATHLON & TRIATHLON & SWIM RACE RESULTS**



**CEDAR LAKE TRI SERIES**  
**Cedar Lake, Chester, CT**  
**600-1,000 Yd Swim\* – 10 M Bike – 3.2 M Run**

**#1 – May 30, 2013**

Ken Larson	1:04:46
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**#3 - June 27, 2013**

Adam Roth	1:01:54
Cheryl Sellers	1:12:58
Janit Romayko	1:20:42

**#4 - July 11, 2013**

Adam Roth	1:00:24
Cheryl Sellers	1:13:15
Janit Romayko	1:20:42

**\*Janit Reports:** Swim is either 600 or 1000 yd, but it is always fun to compare bike and run times. The 5K is a flat and on a scenic stretch of road that runs parallel to the lake. You are always in sight of water and the road is shaded. J.D. Ingalls is a friendly Race Director and several time Ironman.)

**#5 – July 25, 2013**

Adam Roth	59:33
Cheryl Sellers	1:13:41
Ed Yergeau	1:20:12

**Janit Reports:** No Bike for me this evening as it was pouring rain and the course consists of rides on portions of Rts. 148, 80 & 145 ... so I was cautious. Did the 1000 Yd swim and 5K Run in 43:16.42

**LAKE TERRAMUGGUS SWIMFEST**  
**Marlborough, CT July 13, 2013**

**1 Mile**

Ken Larson	<b>#3 M51+ (Wetsuit)</b>	25:04
Cathi Koehler	<b>#1 F51+ (Wetsuit)</b>	26:24
Dean Bolt	<b>#6 M51+ (Wetsuit)</b>	28:36
Kathy Manizza	<b>#2 F51+ (Wetsuit)</b>	28:45
Janit Romayko	<b>#3 F51+ (Wetsuit)</b>	31:04

**2 Mile**

Cathi Koehler	<b>#1 F51+ (Wetsuit)</b>	57:02.67
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**CT SPRINT TRIATHLON CHAMPIONSHIPS**  
**Lake Terramuggus, Marlborough, CT**  
**September 14, 2013**  
**500 Yard Swim – 12 M Bike – 5K Run**

Ken Pacilio	<b>#1 M50-59</b>	1:09:17
Barry Stoner	<b>#1 M60+</b>	1:51:01

**#6 - August 8, 2013**

Adam Roth	1:01:53
Cheryl Sellers	1:18:57
Ed Yergeau	1:20:37
Janit Romayko	1:21:16

**#7 - August 22, 2013**

Adam Roth	1:00:20
Cheryl Sellers	1:10:08
Janit Romayko	1:18:35

**#8 - September 22, 2013**

Janit Romayko	1:19:39
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**Janit Reports:** Makeup for #2 race cancelled due to rain and thunder: Last race of the season with wet bike course so I took it easy on the bike but sprinted the Swim and 5K for a finish of 1:19.34. Interesting doing two 5Ks one day apart as this one was 27:57 which was 7 sec slower than previous day.



**WINDING TRAILS**  
**SPRINT TRIATHLONS**  
**Farmington, CT**  
**1/4 M Swim – 8K Mtn Bike – 5K Trail Run**

**#4 - July 2, 2013**

Scott Livingston	<b>#2M</b>	50:04
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**#5 – July 9, 2013**

Brad Magyar		1:19:30
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**#8 - July 30, 2013**

Scott Livingston	<b>#1M</b>	48:40
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**#9 – August 6, 2013**

Scott Livingston	<b>#1M</b>	48:44
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**MARLBOROUGH  
SPRINT TRI SERIES  
Lake Terramuggus, Marlborough, CT  
500 Yard Swim – 12 M Bike – 5K Run**

**#3 – July 18, 2013**

Adam Roth		1:12:28
Ken Larson	<b>#1 M60-69</b>	1:18:43
Steve Sadler		1:18:55
Dale Toce		1:19:32
Michael Tirell		1:21:58
Cathi Koehler	<b>#2 F50-59</b>	1:29:41
Cheryl Sellers		1:30:02
Janit Romayko	<b>#1 F60-69</b>	1:41:21

Janit Reports: New bike course this particular evening and the courses seem to change week to week making it harder to gauge times from previous weeks. Nonetheless, it is a spectacular series that starts in late May and winds down in late August.

**#4 – August 1, 2013**

Adam Roth	<b>#3 M30-39</b>	1:06:31
Cheryl Sellers		1:20:30
Ed Yergeau	<b>#3 M60-69</b>	1:27:54
Kevin Looney		1:28:36
Clinton Driscoll		1:32:43
Janit Romayko	<b>#1 F60-69</b>	1:34:21

**#5 – August 15, 2013**

Adam Bulewich		1:11:04
Ed Yergeau	<b>#2 M60-69</b>	1:27:06
Janit Romayko	<b>#1 F60-69</b>	1:37:53

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**LAKE TERRAMUGGUS  
OLYMPIC TRIATHLON  
Marlborough, CT August 10, 2013  
1 M Swim - 25 M Bike - 10 K Run**

Dale Toce		2:39:45
Kathy Manizza	<b>#1 F50-59</b>	2:42:01
Michael Tirrell		2:48:34
Kevin Looney		3:21:10
Neil Altieri		3:21:11

**WHATELY POLICE TRI (SPRINT)  
Whatley, MA June 29, 2013**

**1/2 M Swim – 14 M Bike – 3 M Run**

Janit Romayko	<b>#1 F65-69</b>	1:31:10
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Janit Reports: A true 1/2m Swim, scenic and stately 16M Bike and a flat 5K Run with a spirited crowd, great support from police, beautiful venue and short ride from Connecticut.

**ELLINGTON SPRINT TRIATHLON  
Crystal Lake - Ellington, CT  
July 14, 2013**

**437.45 Yd Swim – 12 M Bike – 3.4 M Run**

David LaPorte		1:14:21
Wally Squier		1:27:30

**IRONGIRL SPRINT TRIATHLON  
Webster, MA July 21, 2013**

**1/2 M Swim – 12 M Bike – 3 M Run**

Janit Romayko	<b>#1 F65-69</b>	1:36.50
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Janit Reports: This was a women only Sprint Tri that catered to first timers and seasoned triathletes. 1000 women is certainly a spectacular sight and very colorful venue with all shapes and sizes of athletes. Note: I have done this course several times and the bike course is one of the most difficult 15 milers with abundant hills and a very technical ride. Not for beginning triathletes but somehow everyone finishes because of the crowds and support. No injuries or accidents on this course which starts in Mass, dips into RI and then in and out of CT and back to Mass.

**NIANTIC BAY TRIATHLON  
McCook Beach Park - Niantic, CT  
August 4, 2013**

**.5 M Swim – 12 M Bike – 3.5 M Run**

Scott Livingston	<b>#8M; #2 M40-44</b>	1:01:25
Ed Yergeau		1:26:37
Janit Romayko	<b>#1 F65-69</b>	1:29.34


Janit Reports: Have done this tri several times and fun to compare splits but it seems that the swim got shortened and the run grew in difficulty due to storm damage changes. The beach sand finish was truly difficult for me as it was about 200 yds longer than previous years.

**CHARLES ISLAND Y-TRI**  
Milford, CT August 17, 2013

1/2 M Swim – 12 M Bike – 3 M Run

Janit Romayko #1 F65-69 1:27:35

Janit Reports: A new race for the FIRM Group out of Massachusetts. Swim was in a protected cove on the south side of Charles Island and the run was the most gorgeous 5K I have ever run. It was all on the new boardwalk of the town of Milford with views of Long Island Sound. Very quiet and serene.



**MONT-TREMBLANT QUÉBEC**

**IRONMAN MONT-TREMBLANT**  
Quebec, Canada August 17, 2013

2.4 M Swim – 112 M Bike – 26.2 M Run

Scott Livingston 10:54:45

Scott Reports: It was a hard race. It was my 4th full Ironman. It was my slowest yet. [Blog Link: http://scottlivingston.wordpress.com/2013/08/23/2013-ironman-mont-tremblant/](http://scottlivingston.wordpress.com/2013/08/23/2013-ironman-mont-tremblant/)

**KIDS WHO TRI SUCCEED**  
Mansfield Hollow - Mansfield, CT  
August 24, 2013

Shepard Livingston Boys 7-8 15:37

**QSC OPEN WATER SWIM FESTIVAL**  
Lake Quassapaug - Middlebury, CT  
August 31, 2013

	<u>1/2 Mile</u>	
Janit Romayko	#2 F35+	18:01
	<u>5 Mile</u>	
Cathi Koehler	#2 F50-59	2:48:15
Mark Turkington	#2 M60+	3:34:14

**DAVE PARCELLS**  
**MADISON SPRINT TRIATHLON**  
Surf Club - Madison, CT September 7, 2013

1.25 M Run – 13 M Bike – 5K Run

Daria Vander Veer 1:32:58  
Janit Romayko #1 F65-69 1:46:42

Janit Reports: Another classic race with mostly flat bike and 5K. Chop on the swim and breezy on the bike. 5K ran along the waterfront.



**PUMPKINMAN HALF IRONMAN**  
South Berwick, ME September 7, 2013

1.2 M Swim – 56 M Bike – 13.1 M Run


Michael Tirrell #2 M55-59 5:37:18

**DOGGIE DUATHLON**  
Bloomfield, CT September 8, 2013

1.5 M Run – Doggie Plunge

Janit Romayko 16:34

Janit Reports: Doggie and I dressed up as triathletes for the costume contest and we won First Prize much to my delight but not the doggie's!



**SURVIVAL OF THE SHAWANGUNKS**  
New Paltz, NY September 8, 2013

30 M Road Bike - 4.5 M Trail Run - 1.1 M Swim -  
5.5 M Trail Run - .5 M Swim –  
8 M Trail Run - .5 Swim - .7 M Trail Run

Scott Livingston 5:37:02

Scott's Blog:  
<http://scottlivingston.wordpress.com/2013/09/13/2013-survival-of-the-shawangunks-triathlon/>

**WOMEN'S TRIATHLON**  
Winding Trails, Farmington, CT  
September 8, 2013

1/2 M Swim – 12 M Bike – 5K Run

Cathi Koehler #1 F55-59 1:25:35  
Nancy Gresh 1:41:39  
Monica Lee 1:45:01

**JOSH BILLINGS RUNAGROUND**

Tanglewood in Lenox, MA September 15, 2013

27 M Bike, 5 M Canoe/Kayak, 6 M Run

<b><u>IronMan (Solo) Canoe - 60 &amp; over</u></b>		
Ken Larson	#1	2:58:28
<b><u>IronMan (Solo) Kayak - 50 &amp; over</u></b>		
Ned Kennedy	#4	2:59:41
<b><u>IronWoman (Solo) Kayak</u></b>		
Kathy Manizza	#1	3:01:35

**HAMMERFEST SPRINT TRIATHLON**

Branford, CT September 15, 2013

1/2 M Swim – 15M Bike – 4 M Run

Cathi Koehler	#2 F55-59	1:29:39
Janit Romayko	#1 F65-69	1:41:04
<u>Janit Reports:</u> Another well attended race as it has a superior reputation for measured swim, scenic bike course and spectacular run course. The venue is breathtaking and the food, prizes and T-shirts, goodie bags are fun.		

**MARATHON & ULTRA RESULTS**

**MISSOULA MARATHON**  
Missoula, MT July 14, 2013

Erin Chiaputti	4:13:09
Matt Yoder	4:13:09

**BEAR BROOK TRAIL MARATHON (26.7 M)**  
Bear Brook State Park, NH July 27, 2013

Bekkie Wright	7:43:19
Joe Poliquin	#3 M60-69 7:43:20

**LEADING LADIES MARATHON**  
Spearfish, SD August 18, 2013

Brianna Carlson	#2 F20-24; BQ; PR 3:30:30
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**GRAND TETON TRAIL MARATHON**  
Alta, WY August 31, 2013

Bekkie Wright	9:09:42
Joe Poliquin	#1 M60-69 9:09:50

**VIA MARATHON**  
Bethlehem, PA September 8, 2013

Art Byram	3:26:12
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**ADIRONDACK MARATHON**  
Schroon Lake, NY September 22, 2013

Brianna Carlson	4:15 Pace Leader	4:14:02
Team McCall	#6 Men's Relay	5:49:47

**BERLIN MARATHON**  
Berlin, Germany September 29, 2013

Amira Lerario	PR	3:24:57
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**VERMONT 50K & 50M Mtn Bike Races**  
Brownsville, VT September 29, 2013

<b><u>50M Mtn Bike</u></b>		
Scott Livingston	#8 Single-Speed	4:52:46
<b><u>50K Run</u></b>		
Debbie Livingston	#5 F30-39	5:38:46

**CLARENCE DEMAR MARATHON**  
Keene, NH September 29, 2013

Scott Freeman	#3 M50-59	3:12:03
Joe Kidder		4:04:38

**“BORN TO RUN”**

**A Short Book Review – by Barry Stoner**

The subject book is “Born to Run” written by Christopher McDougall. If you think of yourself as a runner, then this book should be on your reading list. It is about “A Hidden Tribe, Super Athletes, and the Greatest Race the World Has Never Seen.” You may have heard about the Tarahumara, the Indian tribe from Mexico that has excellent endurance and running speed. The story centers around the mystery of this tribe and a few wannabes, including the author who delves into the mystery. The wannabes, also superstars, have some amazing credentials of their own; as well as various habits that some of us, as runners, share. Along with the story line, just about every running topic is investigated. Shoes, no shoes, what to eat, what not to eat, and so on. There are many funny lines and interesting characters like Caballo Blanco or Micah True, none of which are his given name. I enjoyed the read immensely and I think you would too. I can’t say that I agreed with everything said, but then who does? It was a fun read and educational as well as seemingly fictional, but it was not. The book’s title has an interesting explanation too.

**Editor’s Note:** This book really kickstarted the minimalist footwear craze. Sadly, Micah True died in 2012 while on a trail run in one of his favorite wilderness areas. There was a story about him in the New York Times that is also an interesting read - [www.nytimes.com/.../caballo-blancos-last-run-the-micah-true-story.html](http://www.nytimes.com/.../caballo-blancos-last-run-the-micah-true-story.html), as well as an article in *Runner’s World* - <http://www.runnersworld.com/running-tips/did-running-cause-micah-trues-death>.



## Silk City Striders 8 County Challenge

### At Least Five (5) Counties Completed as of 9/30/2013

Please report your progress to [Webmaster@SilkCityStrider.org](mailto:Webmaster@SilkCityStrider.org). Thank You.

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
<b>King Archibald</b> (5)		X	X			X	X	X
<b>Mitch Bielenda</b> (7)	X	X	X	X	X	X	X	
<b>Kevin Glenn</b> (5)		X	X			X	X	X
<b>Cathy King</b> (6)	X	X	X	X		X	X	
<b>Ken Larson</b> (5)	X	X		X		X	X	
<b>Alan McCall</b>	X	X	X	X	X	X	X	X
<b>John Paggioli</b> (5)		X	X		X	X		
<b>Janit Romayko</b>	X	X	X	X	X	X	X	X
<b>Adam Roth</b> (5)		X		X		X	X	X
<b>Wally Squier</b> (5)		X		X	X	X	X	
<b>Ed Sweeney</b> (5)		X			X	X	X	X
<b>Zofia Turosz</b> (5)	X	X			X		X	X
<b>Tom Walsh</b>	X	X	X	X	X	X	X	X
<b>Andy Zyrek</b>	X	X	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 2013 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 700 Mile Mark as of September 30, 2013.

MEN		WOMEN	
Tony Bonanno	Lee Paquette	Betty Cannella	Janit Romayko
Art Byram	Joe Poliquin	Diana Cohen	Carole Saucier
Scott Freeman	Jay Seney	Dani Kennedy	Keron Smith
Marty Kiebel	Barry Stoner	Cathy King	Linda Yamamoto
Ned Kennedy	Mike Westfall	Amira Lerario	Ginny Welch
Ken Larson	Matt Yoder	Debbie Livingston	Bekkie Wright
Scott Livingston	Andy Zyrek	Kathy Manizza	
Alan McCall			





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

**Week 1 - July 8, 2013**

**ADULT RACE -2.5 miles**

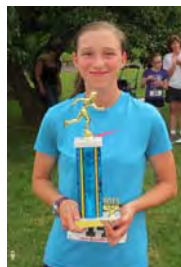
Adam Roth	14:40
Jason Earl	15:06
Neal Leibowitz	15:09
Matt Estes	15:16
Mike Tartar	15:21
Kevin Glenn	16:02
Linda Yamamoto	16:41
Tris Carta	17:20
Scott Hollister	17:41
Steve Morse	17:46
Mitch Bielenda	17:52
Emma Dolen	17:58
Chrissy Bendzinski	18:02
Tony Hollister	18:10
Jennifer Lee	18:20
Jackie Ofria	18:33
Mike Lee	18:35
John Sloan	18:44
Bekkie Wright	19:26
King Archibald	19:30
Douglas Flamino	19:36
Jenna Borrman	20:54
Joe Poliquin	20:55
Susan Leslie	22:38
Ed Yergeau	23:26
Kathy Thornton	23:35
Janit Romayko	26:31
Robyn Hollister	27:38
Monica Lee	28:57

**YOUTH RACE - 1 mile**

Hannah Leibowitz	9:02
Noah Leibowitz	9:48
Caleb Earl	18:46
Grace Flamino	19:06



Grace



Kate

**Week 2 - July 22, 2013**

**ADULT RACE -2.5 miles**

Adam Roth	14:25
Jason Earl	14:41
Tom Geer	14:54
Matt Estes	15:07
Neal Leibowitz	15:31
John Collins	15:41
Linda Yamamoto	16:13
Matt Yoder	16:16
Aaron Flamino	16:34
Tris Carta	16:54
Mitch Bielenda	16:59
Scott Hollister	17:00
Steve Morse	17:23
Chrissy Bendzinski	17:25
David LaPorte	17:44
Jackie Ofria	17:56
Mike Lee	18:01
John Sloan	18:12
Tony Hollister	18:13
Jennifer Lee	18:28
King Archibald	18:31
Ian Roberts	18:36
Bekkie Wright	18:43
Douglas Flamino	18:53
Cheryl Sellers	19:24
Bill Metzger	20:04
Joe Poliquin	20:40
Kathy Thornton	21:27
Ed Yergeau	22:20
Susan Leslie	22:52
Kristy LaPorte	23:49
Robyn Hollister	24:48
Dorothy Paquette	25:19
Janit Romayko	25:50
Lori Riley	25:58
Monica Lee	29:07

**YOUTH RACE - 1 mile**

Jennifer Lee	6:54
Noah Leibowitz	8:17
Kate Barry	8:42
Hannah Leibowitz	8:53
Grace Flamino	19:39



**Week 3 - August 5, 2013**

**ADULT RACE - 2.5 miles**

Adam Roth	14:08
Tom Geer	14:19
Matt Estes	14:29
Neal Leibowitz	15:21
Kevin Glenn	15:31
Tris Carta	16:22
Scott Hollister	16:52
Mitch Bielenda	17:06
Ian Roberts	17:25
Mike Lee	17:28
Jennifer Lee	17:45
Jay Hamilton	17:53
John Sloan	18:04
King Archibald	18:59
Bekkie Wright	19:04
Bill Metzger	19:09
Tom Walsh	19:23
Cheryl Sellers	19:25
Joe Poliquin	20:20
Annette Hamilton	21:26
Kristy LaPorte	22:06
Susan Leslie	22:18
Lori Riley	24:00
Janit Romayko	26:50
Monica Lee	27:28

**YOUTH RACE - 1 mile**

Noah Leibowitz	7:59
Kate Barry	8:47
Hannah Leibowitz	9:10
Sage Hollister	12:49

**Awards Night Photos courtesy of Bekkie Wright**



Mike B. Adam Tom Matt Steve M. Joe Ed



Cheryl Jenna Linda Robyn Bekkie Sue Janit

**Week 4- August 13, 2013**

**ADULT RACE - 2.5 miles**

Adam Roth	14:16
Tom Geer	14:21
Jason Earl	14:29
Neal Leibowitz	14:52
Linda Yamamoto	16:11
Steve Sadler	16:48
Steve Morse	17:07
Ian Roberts	17:09
Mitch Bielenda	17:29
Douglas Flamino	18:18
King Archibald	18:29
Bill Metzger	19:10
Cheryl Sellers	19:28
Bekkie Wright	19:32
Joe Poliquin	20:16
Robyn Hollister	20:37
Jenna Borrmann	20:40
Susan Leslie	22:21
Kristy LaPorte	22:25
Rebecca Hartz	22:35
Lee Paquette	22:50
Lori Riley	23:17
Scott Hollister	24:00
Dorothy Paquette	24:47
Vicki Quagliaroli	24:54
Janit Romayko	25:00
Ed Yergeau	25:03

**YOUTH RACE - 1 mile**

Noah Leibowitz	8:06
Kate Barry	8:53
Hannah Leibowitz	9:08
Caleb Earl	14:37
Sage Hollister	14:51
Grace Flamino	18:09

**Week 5 – August 19, 2013**

**ADULT RACE -2.5 miles**

Tom Geer	13:55
Jason Earl	14:08
Adam Roth	14:19
Matt Estes	14:43
Chrissy Bendzinski	14:52
Aaron Flamino	14:54
Linda Yamamoto	15:51
Tris Carta	15:58
Ian Roberts	16:33
Mitch Bielenda	16:44
Scott Hollister	17:01
Jackie Ofria	17:12
Steve Morse	17:13
Mike Lee	17:23
Jay Hamilton	17:29
Douglas Flamino	17:45
John Sloan	17:54
King Archibald	18:24
Bill Metzger	18:46
Joe Poliquin	19:44
Kate Bonanno	19:56
Cheryl Sellers	19:57
Jenna Borrmann	19:58
Tony Bonanno	19:58
Tom Walsh	20:02
Jonathan Van Dine	20:18
Annette Hamilton	21:33
Susan Leslie	21:36
Kristy LaPorte	21:39
Ed Yergeau	22:10
Lee Paquette	22:25
Robyn Hollister	23:11
Dorothy Paquette	24:24
Janit Romayko	24:39

**YOUTH RACE - 1 mile**

Kate Barry	8:42
Sage Hollister	12:32
Grace Flamino	17:35
Caleb Earl	18:14

**FINAL AGE GROUP STANDINGS – 1 Mile**

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

**Male 10-11**

Noah Leibowitz	2nd Place	34:10
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**Female 12-13**

Kate Barry*	1st Place	35:04
Hannah Leibowitz	2nd Place	36:13

\*Lori Riley's daughter

**FINAL AGE GROUP STANDINGS – 2.5 M**

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

**Female 19-29**

Cheryl Sellers	#1 F19-29	1:18:14
Jenna Borrmann	2nd Place	1:23:20

**Female 30-39**

Linda Yamamoto	1st Place	1:04:56
Robyn Hollister	2nd Place	1:36:14

**Female 40-49**

Kristy LaPorte	1st Place	1:29:48
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**Female 50-59**

Bekkie Wright	1st Place	1:16:45
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**Female 60-69**

Susan Leslie	1st Place	1:28:56
Janit Romayko	Medalist	1:42:00

**Male 30-39**

Adam Roth	1st Place	57:08
Tom Geer	2nd Place	57:29
Jason Earl	Medalist	58:24
Scott Hollister	Medalist	1:08:34

**Male 40-49**

Matt Estes	1st Place	59:35
Neal Leibowitz	2nd Place	1:00:53

**Male 50-59**

Tris Carta	1st Place	1:06:34
Mitch Bielenda	Medalist	1:08:18
Ian Roberts	Medalist	1:09:43
Mike Lee	Medalist	1:11:27
John Sloan	Medalist	1:12:54
King Archibald	Medalist	1:14:23
Douglas Flamino	Medalist	1:14:32
Bill Metzger	Medalist	1:17:09

**Male 60-69**

Steve Morse	1st Place	1:09:29
Joe Poliquin	Medalist	1:21:00
Ed Yergeau	Medalist	1:32:59



**Medalists – Men 50-59**  
(incl. Doug, Bill, Mike, Mitch, Ian & John)



**SUMMER CROSS COUNTRY SERIES AT BOLTON HERITAGE “ROSE” FARM**

**Week 1 – June 26, 2013**

**ADULT RACE – 2.4 miles**

Adam Roth	14:57
Kevin Glenn	15:56
Steve Sadler	17:43
Debbie Livingston	17:47
Jackie Ofria	17:58
David LaPorte	18:05
James Lee	19:01
Scott Hollister	19:20
Mitch Bielenda	19:26
Mike Lee	19:34
King Archibald	19:35
John Sloan	19:39
Tony Hollister	19:42
Kate Bonanno	20:22
Tony Bonanno	20:22
Laurie Brooks	20:30
Kevin Looney	20:43
Cheryl Sellers	20:54
Bekkie Wright	21:07
Joe Poliquin	21:49
Ashley Starrett	22:51
Diana Cohen	23:54
Lee Paquette	24:15
Rachel Tambling	24:36
Cathy King	24:57
Shepard Livingston	25:09
Robyn Hollister	26:19
Dorothy Paquette	27:06
Kristy LaPorte	27:40
Janit Romayko	28:08
Roger Petersen	28:32
Barry Stoner	29:53
Monica Lee	31:38

**YOUTH RACE - 1 mile**

Alec Agosto	8:21.23
Nick Agosto	8:34.62
Tommy Starrett	8:43.13
Andrea Agosto	8:45.13

**Week 2 – July 3, 2013**

**ADULT RACE – 2.4 miles**

Adam Roth	14:49
Jason Earl	15:41
Kevin Glenn	16:01
Scott Livingston	16:01
Debbie Livingston	17:27
Steve Sadler	17:56
David LaPorte	18:20
Mike Lee	19:10
Jennifer Lee	19:21
Tony Hollister	19:22
King Archibald	19:42
Cheryl Sellers	20:20
Bekkie Wright	20:24
John Sloan	20:28
Laurie Brooks	20:46
Ashley Starrett	22:24
Joe Poliquin	22:28
Diana Cohen	24:16
Lee Paquette	24:18
Rebecca Hartz	25:00
Cathy King	25:44
Kristy LaPorte	26:10
Roger Petersen	26:12
Dorothy Paquette	27:11
Barry Stoner	28:15
Robyn Hollister	28:23
Shepard Livingston	28:40
Janit Romayko	29:25
Monica Lee	29:48
Randall Potterton	42:21

**YOUTH RACE - 1 mile**

Tommy Starrett	5:46
Caleb Earl	12:23
Dahlia Livingston	14:31

Follow the  
**BOLTON SUMMER XC SERIES**  
 on Facebook:  
<https://www.facebook.com/BoltonSummerXcSeries>

**Week 3 - July 10, 2013**

**ADULT RACE - 2.4 miles**

Adam Roth	14:34
Jason Earl	15:40
Kevin Glenn	16:04
Debbie Livingston	17:14
David LaPorte	17:54
Cheryl Sellers	19:48
Tony Hollister	19:54
King Archibald	19:58
Kate Bonanno	20:20
Tony Bonanno	20:20
John Sloan	20:38
Bekkie Wright	21:04
Joe Poliquin	22:02
Sylvia Ounpuu	23:58
Rachel Tambling	23:59
Kristy LaPorte	25:02
Shepard Livingston	27:19
Janit Romayko	29:28
Barry Stoner	29:57

**YOUTH RACE - 1 mile**

None

**Week 4 - July 17, 2013**

**ADULT RACE - 2.4 miles**

Adam Roth	14:37
Jason Earl	15:16
Kevin Glenn	16:04
Mike Lee	18:41
Jennifer Lee	19:02
John Sloan	19:10
Tony Hollister	19:36
King Archibald	19:52
Laurie Brooks	20:06
Cheryl Sellers	20:16
Kate Bonanno	20:20
Tony Bonanno	20:20
Bekkie Wright	21:28
Joe Poliquin	21:38
Kathy Thornton	22:28
Tom Walsh	25:19
Rebecca Hartz	25:59
Kristy LaPorte	26:01
Barry Stoner	26:40
Dorothy Paquette	27:06
Lee Paquette	27:06
Janit Romayko	27:17

**YOUTH RACE - 1 mile**

None

**Week 5 - July 24, 2013**

**ADULT RACE - 2.4 miles**

Adam Roth	14:11
Jason Earl	15:01
Scott Livingston	15:02
Debbie Livingston*	16:55
Jennifer Lee	17:57
Mike Lee	18:10
Ian Roberts	18:21
Alison Caruso	18:23
Jay Hamilton	18:37
John Sloan	18:53
Cheryl Sellers	18:59
Tony Hollister	19:08
King Archibald	19:11
Kate Bonanno	20:22
Tony Bonanno	20:23
Tom Walsh	20:58
Bekkie Wright	21:46
Joe Poliquin	21:47
Sylvia Ounpuu	23:08
Lee Paquette	23:19
Rachel Tambling	23:34
Kristy LaPorte	23:45
Robyn Hollister	24:17
Scott Hollister	24:18
Dorothy Paquette	26:05
Roger Petersen	26:34
Shepard Livingston	27:41
Janit Romayko	29:48
Barry Stoner	29:50

\* Fastest Time on the course for 2013 - Women

**YOUTH RACE - 1 mile**

Andrea Agosto	8:45
Alec Agosto	8:46
Nick Agosto	8:53
Sage Hollister	9:38



Kate & Tony B.



Shep

Rachel

Photos courtesy of Scott Livingston



**Week 6 – July 31, 2013**

**ADULT RACE - 2.4 miles**

Adam Roth	14:08
Kevin Glenn	15:25
Debbie Livingston	16:41
Steve Sadler	17:05
Scott Hollister	17:30
Mike Lee	17:49
David LaPorte	18:03
Ian Roberts	18:20
Jay Hamilton	18:23
Tris Carta	18:41
King Archibald	18:53
John Sloan	18:59
Cheryl Sellers	19:23
Tony Hollister	19:25
Kate Bonanno	20:18
Tony Bonanno	20:18
Tom Walsh	20:28
Scott Livingston	21:27
Sylvia Ounpuu	22:06
Rachel Tambling	22:28
Bekkie Wright	22:32
Joe Poliquin	22:33
Kristy LaPorte	23:08
Rebecca Hartz	23:20
Roger Petersen	25:10
Robyn Hollister	25:36
Shepard Livingston	26:44
Janit Romayko	26:47
Barry Stoner	26:57
Monica Lee	28:25

**YOUTH RACE - 1 mile**

Andrea Agosto	8:46
Nick Agosto	8:54
Alec Agosto	9:07
Sage Hollister	9:57

**Week 7 – August 8, 2013**

**ADULT RACE - 2.4 miles**

Adam Roth	14:03
Jason Earl	14:42
Kevin Glenn	15:23
James Lee	16:43
Steve Sadler	16:47
Debbie Livingston	16:48
Mike Lee	17:32
Ian Roberts	17:50
Jennifer Lee	18:14
Clinton Morse	18:41
Cheryl Sellers	19:03
John Sloan	19:09
King Archibald	19:11
Kate Bonanno	20:10
Tony Bonanno	20:11
Scott Livingston	21:23
Bekkie Wright	21:35
Joe Poliquin	21:36
Rachel Tambling	22:08
Kristy LaPorte	22:41
Rebecca Hartz	22:53
Robyn Hollister	24:15
Scott Hollister	24:15
Tony Hollister	24:16
Roger Petersen	24:55
Barry Stoner	26:42
Shepard Livingston	26:46
Janit Romayko	27:09
Monica Lee	27:32

**YOUTH RACE - 1 mile**

Nick Agosto	8:24
Andrea Agosto	8:34
Alec Agosto	8:40
Sage Hollister	9:30
Caleb Earl	10:23

**FINAL AGE GROUP STANDINGS (Top 3 based on points\*)**

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

<u>Age Group</u>			<u>Age Group</u>				
#3	Andrea Agosto	F12-13	15 pts.	#1	Adam Roth	M30-39	35 pts.
#2	Jennifer Lee	F0-15	16 pts.	#2	Jason Earl	M30-39	19 pts.
#1	Cheryl Sellers	F19-29	24 pts.	#1	Kevin Glenn	M50-59	30 pts.
#1	Debbie Livingston	F30-39	30 pts.	#3	Mike Lee	M50-59	12 pts.
#2	Rachel Tambling	F30-39	14 pts.	#1	Tony Hollister	M60-69	33 pts.
#3	Kristy LaPorte	F40-49	18 pts.	#3	Joe Poliquin	M60-69	20 pts.
#1	Bekkie Wright	F50-59	30 pts.	#1	Barry Stoner	M70-99	26 pts.
#2	Laurie Brooks	F50-59	14 pts.				
#3	Sylvia Ounpuu	F50-59	12 pts.				
#2	Janit Romayko	F60-69	28 pts.				

**RACE CALENDAR**

Date	Time	Race	Place	Website / Email Contact
Sa Nov 2	9:00 AM	Air Line Trail Ghost Run 13.1M	Hebron (Hebron Elem Rt 85)	<a href="http://www.hebronct.com/uploads/documents/pdfs/parksandrec/special_events/Ghost%20Run.pdf">www.hebronct.com/uploads/documents/pdfs/parksandrec/special_events/Ghost%20Run.pdf</a>
Su Nov 3	1:30 PM	Tarzan Mystic River Run 5.5M	Mystic (Pearl St.)	<a href="http://www.oceancommunitymca.org">www.oceancommunitymca.org</a>
Su Nov 3	11:00 AM	Jamie's Run 5K	Old Wethersfield (Standish Park)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Sa Nov 9	10:00 AM	EBAC Fall Challenge 5M	New London (Ocean Beach Park)	<a href="http://www.ebac.us">www.ebac.us</a>
Sa Nov 9	10:00 AM	Veterans Day 5K	E.Windsor (Town Hall)	<a href="http://www.eastwindsor-ct.gov">www.eastwindsor-ct.gov</a>
Sa Nov 9	10:00 AM	Pilgrim's Pace Road Race 5K	Middlebury (Village Green)	<a href="http://www.middleburyucc.org">www.middleburyucc.org</a>
Su Nov 10	9:00 AM	Race to Fill the Pantry 5K	Glastonbury (Riverfront Pk)	<a href="http://www.glastonburyriverrunners.com">www.glastonburyriverrunners.com</a>
Su Nov 10	10:00 AM	Freedom Run 5K	Hartford (Riverside Park)	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su Nov 10	11:00 AM	Parker Holt Celebration Run 5K	Manchester (MCC)	<a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a>
Su Nov 10	10:00 AM	Cross Country Turkey Trot 5K	Thompson (W. Thompson Lake Picnic Shelter)	<a href="http://www.thompsonrec.org">www.thompsonrec.org</a>
Su Nov 10	Noon	Monson Classic Half-Marathon	Monson, MA	<a href="http://www.MonsonMemorialClassic.com">www.MonsonMemorialClassic.com</a>
Sa Nov 16	10:00 AM	Frostbite 5K	Enfield (Enfield Street School)	<a href="http://www.chrhealth.org">www.chrhealth.org</a>
Sa Nov 23	10:00 AM	Hot COCO 5K (fka Cheshire Canal 5K)	Cheshire (Norton School)	<a href="http://www.jbsports.com">www.jbsports.com</a>
Sa Nov 23	8:00 AM	Know Your Pace Race	Manchester (Bennet Academy)	<a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a>
Su Nov 24	9:00 AM	Fischang-Cicchetti 5M	Waterbury (YMCA)	<a href="http://www.fischang-cicchetti.com">www.fischang-cicchetti.com</a>
Th Nov 28	8:00 AM	Commodore Hull Thanksgiving 5K	Shelton	<a href="http://www.electronicvalley.org/derby/hullrace/index.htm">www.electronicvalley.org/derby/hullrace/index.htm</a>
Th Nov 28	7:30 AM	Run Turkey Run! 5K & 10K	Hamden	<a href="http://www.teammossmann.com/events_rtr">www.teammossmann.com/events_rtr</a>
Th Nov 28	8:15 AM	Pequot Thanksgiving 5M	Southport	<a href="http://www.pequotrunners.org">www.pequotrunners.org</a>
Th Nov 28	9:00 AM	Rotary Y 5K	Branford	<a href="http://www.jbsports.com">www.jbsports.com</a>
Th Nov 28	10:00 AM	Manchester Road Race	Manchester	<a href="http://www.manchesterroadrace.com">www.manchesterroadrace.com</a>
Fr Dec 6	7:00 PM	Tommy Toy FUN RUN	Norwich (Billy Wilson's)	<a href="http://www.moheganstriders.org/TommyToyFunRun13.pdf">www.moheganstriders.org/TommyToyFunRun13.pdf</a>
Sa Dec 7	9:30 AM	Jingle Bell Run 5K	Trumbull (Nichols Green)	<a href="http://www.niajinglebellrun.com">www.niajinglebellrun.com</a>
Su Dec 8	Noon	Santa's Run 3.5M	Glastonbury H.S	<a href="http://www.glastonbury-ct.gov/index.aspx?page=1272">www.glastonbury-ct.gov/index.aspx?page=1272</a>
Su Dec 8	1:00 PM	Pearl Harbor Masters 5.1M	Waterford (VFW)	<a href="http://www.hitekracing.com">www.hitekracing.com</a>
Su Dec 8	10:30 AM	Blue Back Square Mitten Run 5K	West Hartford	<a href="http://www.hartfordmarathon.com">www.hartfordmarathon.com</a>
Su Dec 8	10:20 AM	Christmas Run for Children 5K	New Haven	<a href="http://www.jbsports.com">www.jbsports.com</a>
We Dec 25	10:30 AM	Scrooge Scramble 5K	Rockville (Cornerstone)	<a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a>
Tu Dec 31	10:00 AM	WMS Wildcat 5K	North Windham	<a href="http://www.lightboxreg.com/wms-wildcat-5k">www.lightboxreg.com/wms-wildcat-5k</a>
We Jan 1	10:30 AM	Frosty 5K	Guilford (Guilford Green)	<a href="http://www.guilfordctRotary.org">www.guilfordctRotary.org</a>
We Jan 1	10:00 AM	Silk City Striders Champagne Run	Location T.B.A.	<a href="http://www.silkcitystriders.org">www.silkcitystriders.org</a>
Su Jan 5	1:30 PM	22nd Snow Dash 5K	E. Hartford (Langford School)	<a href="http://www.ci.east-hartford.ct.us/Public_Documents/EastHartfordCT_Parks/WinterIndex/SnowDash">www.ci.east-hartford.ct.us/Public_Documents/EastHartfordCT_Parks/WinterIndex/SnowDash</a>

**MARATHONS**

Su Nov 3	10:52 AM	New York Marathon (Sold Out)	New York	<a href="http://www.ingnycmarathon.org/">www.ingnycmarathon.org/</a>
Su Nov 3	8:50 AM	Manchester City Marathon & Half	Manchester, NH	<a href="http://www.cityofmanchestermarathon.com/">www.cityofmanchestermarathon.com/</a>
Sa Dec 14	8:30 AM	Roxbury Marathon	Roxbury	<a href="http://www.roxburyraces.net/marathon">www.roxburyraces.net/marathon</a>
Su Feb 23	10:00 AM	Hyannis Marathon/Half-Marathon	Hyannis, MA (Barnstable HS)	<a href="http://www.hyannismarathon.com">www.hyannismarathon.com</a>

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

**THE LAST MILE RACING** [www.TheLastMileRacing.com](http://www.TheLastMileRacing.com)  
**THE HARTFORD MARATHON FOUNDATION** [www.HartfordMarathon.com](http://www.HartfordMarathon.com) and  
**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)

**2013 EVENT CALENDAR**

- NOVEMBER** - Parker Holt Celebration Run 5K .....**Sunday, November 10**  
 Know Your Pace Race..... **Saturday, November 16**  
 Manchester Road Race .....**Thursday, November 28**
- DECEMBER** - Hungry Tiger Toy Fun Run.....**TBA**  
 Scrooge Scramble..... **Wednesday, December 25**