



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org



HPHC MIDDLETOWN HALF MARATHON – Sunday, April 6

Several members of the Silk City Striders (and some special guests) served as **Pace Group Leaders for the Half Marathon**

- | | |
|---|--|
| 1:30 - Kevin Brendan (1:29:29) | 2:15 - Bekkie Wright & Joe Poliquin (2:17:50) |
| 1:45 - Mitch Bielenda & Alison Caruso (1:43:21) | 2:30 - Rachel Tambling (2:27:53) |
| 2:00 - Bri Carlson (1:57:39) | 2:45 - Amira Lerario (2:45:16) |
| 2:10 - Kathy Manizza & Nicole Donzella (2:08:17) | 3:00 - Scott & Robyn Hollister (3:00:13) |

Thanks to Dani Kennedy for serving as liaison with the Hartford Marathon Foundation to recruit and organize pacers for this inaugural event.

It was a beautiful day and a challenging course.
Kevin & Kathy even placed 3rd in their respective Age Groups.
Great job Silk City Striders pacers!

Full results and video available on the HMF website -- <http://www.hartfordmarathon.com>

RUN FOR THE ROSES 5K*
Raleigh, NC February 9, 2014

Bekkie Wright	#3F-Master	23:21
Joe Poliquin	#3 M60-69	25:37

#1 Co-ed Team
Combined Age 110-119

*One of the oldest 5K's in the "Triangle" raising money to benefit Canines for Service and Team RWB.

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2014 BOARD OF DIRECTORS

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 Bekkie Wright (860) 461-1486

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Newsletter

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

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/>

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Manchester Community College

We will continue to meet in the West Parking Lot, near the Great Path entrance.

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

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Hollister Family Glastonbury, CT
 Scott, Robyn, Sage & Skylar

Steve Tolman Vernon, CT

CONGRATULATIONS

Best wishes to **Michelle Sangster Vicino** and her husband, **Michael**, on the birth of their son, **Boden Jessup** on March 28, 2014.

NEW YEAR'S DAY CHAMPAGNE RUN & BRUNCH

Thanks to **The Lee Family** for hosting the Run, Brunch & Awards Ceremony.

The **Most Improved Female** was **Cathy King** and **Most Improved Male** was **Mike Lee**. See next page for more details on the winners.

It was a lovely chilly day for a run around the Ferguson Reservoir, and the pot lunch brunch was fabulous as always!

East Coast



Greenway

EARTH DAY Manchester Greenway Beautification Project April 26, 2014

For the past few years, in celebration of Earth Day, members of the Silk City Striders have spent time after our Saturday Fun Run to do some "clean up" on the Bike Path from Manchester Community College to just past Silver Lane along I-384.

Earth Day falls on Tuesday, April 22, so we would like to celebrate a little late by spending a little time **after the Fun Run on Saturday, April 26, 2014** to beautify the East Coast Greenway.

The club will provide trash bags, but you might want to bring some work gloves. Join us in helping to make the Manchester Bike Trail a little nicer for everyone.

2013 SILK CITY STRIDERS AWARDS

MOST IMPROVED MALE

Mike Lee

Mike made great strides in 2013, beginning with his first continuous run of over 5 Miles, and jumping quickly to running his very first 10K race at the Bridge of Flowers in Shelburne Falls, MA in the Summer. This course has a killer hill that scares away a lot of runners. Mike ran a PR of 20:45 at the Brooklyn Fair 5K, and followed that up with a 3:49:42 in his inaugural marathon in Hartford. Can't wait to see what he'll do in 2014!

MOST IMPROVED FEMALE

Cathy King

Cathy ran more miles in 2013 than any other year of her life - and it showed. A sub-2:00 Half Marathon had become an elusive goal. After working with personal trainer Amira Lerario, she ran a 1:58:30 Hartford Half Marathon. She also achieved back-to-back PRs in November at Jamie's Run (24:21) and the WMS Wildcat 5K (23:20), as well as running a 3 minute PR at the Manchester Road Race, finishing in 37:37. Well run Cathy!

MANCHESTER ROAD RACE FIRST SILK CITY STRIDERS

Aaron Flamino & Linda Yamamoto

Aaron returned to the top spot now that Thomas Paquette has graduated from college, and is no longer a Connecticut resident. **Linda** returned to top spot for the ladies. The "Flamamoto Family" is running strong! It was beautiful day, and many Striders turned in outstanding performances, including:

Ned Kennedy	#1 M55-59	28:30	Jennifer Lee	#2 F1-13	34:30
Amira Lerario	#1 F45-49	32:29	Bill Schwarz	#4 M70-74	40:01
Dani Kennedy	#2 F50-54	32:48	Karen Saunders	#2 F60-64	40:52
Kathy Manizza	#2 F55-59	34:10	Susan Leslie	#4 F60-64	43:12

Congratulations to all our 2013 Silk City Striders Award Winners!

50 States / Marathon Maniacs Wrap-Up

Tammy Gaghan and Joe Poliquin (MM#381)

continued their quests to run a marathon in all 50 States + the District of Columbia.

Brianna Carlson and Diana Cohen have joined the Marathon Maniacs and have begun their quests to run a marathon in all 50 States.

NOTE: Diana has been doing some of them "the hard way" as the last leg of an Ironman!

TOTALS as of 4/1/2014:

Joe Poliquin	40 States + DC	Tammy Gaghan	33 States + DC
Brianna Carlson (MM #7942)	7 States	Diana Cohen (MM #8543)	7 States

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.

GUILFORD ROTARY FROSTY 5K

Guilford, CT January 1, 2014

Alan McCall 25:52

BACON ACADEMY RESOLUTION RUN 5K

Colchester, CT January 1, 2014

King Archibald 21:48
Tom Walsh 23:49
George Ripley #3 M60-69 25:17

CLUB CONNECTICUT BOSTON BUILDUP SERIES

10K - Rowayton, CT January 5, 2014

Tom Walsh 1:00:47

KING ARCHIBALD'S WINTER TRAIL RUN

Bolton, CT January 11, 2014

The King, Tom Walsh, Janit Romayko & others.

Janit Reports: Tom and I took the "alternative" route as the classic up and over the radio tower was somewhat muddy/crusty. (Self-timed in 42:40). The King's Bolton Trail Run is part of the HTC Winter Series, and is a "no frills" race with great humor provided for by Peter Briggeman. It is always well marked and supervised with valet parking at the old Drive-In Theater on the trail. Not to be missed in 2015!!

ASELTON MEMORIAL SNOW DASH 5K

East Hartford, CT January 5, 2014

Adam Bulewich	#1M	17:39
Melissa Stellato	#1F; #3 Overall	18:27
Kevin Glenn	#5M; #2 M50-59	19:15
Jason Earl	#8M; #3 M30-39	19:32
Steve Morse	#1 M60-69	20:46
King Archibald		22:00
Tony Hollister	#3 M60-69	23:54
Stephen Tolman		24:42
Bill Schwartz	#1 M70+	25:39
Betty Cannella	#2 F50-59	25:47
Susan Leslie	#1 F60-69	25:58
Lee Paquette	#3 M70+	26:50
Joan Munroe		27:38
Janit Romayko	#2 F60-69	33:11
Diane Stuart	#1 F70+	52:04

HTC PEOPLE'S FOREST RUNS

Barkhamsted, CT January 19, 2014

	<u>8.55 M</u>	
Steven Morse	#7M	1:09:53
Tom Walsh		1:23:22
Deborah Chessari	#3F	1:35:41
	<u>17.1 M</u>	
Tony Bonanno	#5M	2:05:21
Andy Zyrek		2:42:12
Bekkie Wright	#5F	2:56:09
Joe Poliquin		2:56:09



5K & HALF MARATHONS XL Center Concourse, Hartford, CT January 25, 2014

5K

Denise Cassella 44:32

Half Marathon – 9:00 AM*

Nithya Kannan #4F; #2F 30-39 2:13:12

*There were 2 separate Half Marathons – 9:00 AM and 11:15 AM versions. You've gotta love the course map!

www.sneaa.org/wp-content/uploads/2013/08/Event-Map2.png

MERIDEN TRADITION RUN 5K

Meriden, CT January 26, 2014

Janit Romayko Up 44:42 -- Down 35:40

Janit Reports: This is a non-traditional race with quirky registration in the town of Meriden's public works garage. Very earthy and no frills, no cost and plenty of oranges, coffee and Birthday cake after the last finisher shows up. This is a FREE race up Castle Craig, that tower you can see in the distance on I-691.

The race starts at the bottom of the 3.2 Mile road, and while it is rolling up the first 1.5 miles, it presents runners with a 6% grade for the remainder of the race to the top. Conversely, the run down is somewhat easier depending on the ice/snow on the road. No traffic and quiet/serene as all you can hear are the moans of runners. At the top we could see Long Island Sound to the South and Springfield to the North.

Can't beat this race ... no cost & no frills and tons of fun.

WINTER WONDERLAND 5-MILE
Milford, CT January 26, 2014

Steve Morse		37:15
Alan McCall		46:36
Deborah Chessari		50:02

GLASTONBURY RIVER RUNNERS
KING OF PAIN 10M
Glastonbury, CT February 18, 2014

Mitch Bielenda	#7M; 9 Overall	1:17:42
Brianna Carlson	#3F	1:25:09
Art Byram	(Ran 2 loops)	1:28:38
Diana Cohen	#9F	1:39:53

SCALE 360 STATE STREET (Stair Climb)
New Haven, CT February 8, 2014

American Lung Association of The Northeast



Michael Litwinka IV's Legacy - #8 Team 32:37

Team Members:

Diane Lux	#1 F40-49	4:59
Cameron Litwinka	#2 M0-18	5:03
Christopher Dobrynski		5:08
Norlean Litwinka		8:16
Lisa Watson		9:09

HTC WINTER SERIES
CEDAR HILLS 4M

Hartford, CT February 9, 2014

John Paggioli	#2M	27:51
Steven Morse	#4M	30:14
King Archibald	#5M	30:31
Tom Walsh		35:04
Janit Romayko	#5F	46:36

CUPID MADE ME DO IT! 2M
Willimantic, CT February 15, 2014

Jay Hamilton		15:19
Annette Hamilton	#8F; #1 F40-49	17:52

MARTHA'S VINEYARD 20M
Vineyard Haven, Edgartown & Oak Bluffs, MA
February 15, 2015

Andy Zyrek		3:27:26
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FLEET FEET Raffle Run
West Hartford, CT February 15, 2014

Janit Romayko Reports: Very novel and creative way to have a fun race. You donate a food item and the Run Course was around West Hartford Center. Each time you passed the entrance to the Fleet Feet store, you received a raffle ticket. The time limit was 40 minutes and the raffle Numbers were then drawn and everyone went home with a food item and some of the raffles from the store. Great attendance and a safe run albeit sidewalk ice and road ruts.

COLCHESTER HALF MARATHON
Colchester, CT February 22, 2014

Melissa Stellato	#3F; #2 F30-39	1:25:08
Michael McCall		1:32:36
Jay Seney		1:36:32
Michael Westfall		1:37:37
Tony Bonanno		1:37:42
Keron Smith		1:42:26
Ed Sweeney		1:44:36
Andrew Zyrek		1:44:49
Mitch Bielenda		1:49:26
Art Byram	(Ran 2 loops)	1:51:11
Mike Lee		1:52:24
Amira Lerario		1:53:13
Richard Chromik		1:59:01
Bekkie Wright		2:07:07
Joseph Poliquin		2:07:08
Joan Munroe		2:11:11
Deborah Chessari		2:28:01

Photo Gallery Courtesy of Jeremiah Macht Photography:
<http://www.jmachtphotography.com/Sports/2013-Running/2013-Colchester-Half-Marathon/i-3KjGQX2>

HYANNIS MARATHON & HALF MARATHON
Hyannis, MA February 23, 2014

Marathon

Matt Estes	#3 Overall	2:40
John Paggioli		3:17
Zoe Ounpuu-Adams	#1 F17 & under*	4:26

1st Marathon

Half Marathon

Kevin Looney	PR	1:48
Sylvia Ounpuu		2:07

*2 Loop course allowed Sylvia to accompany her daughter, Zoe, well past the Half Marathon mark.

JONES GROUP 10M
Amherst, MA February 23, 2014

Eric Blake		52:46
Dave Metzger	GBTC*	55:47
Adam Bulewich		58:36

*#3 Men's Open Team

All sub-6 pace on a super hilly tough course!

STU'S 30K

Clinton, MA March 2, 2014

Neal Leibowitz 2:09:28

**ROCK 'N' ROLL USA HALF MARATHON
Washington, DC March 15, 2014**

Diana Cohen 1:56:47

**ST PATTY'S BLARNEY STONE DASH 5K
Willimantic, CT March 15, 2014**

Jay Hamilton 22:23
 Molly Sweeney #4F; #1 F13-19 24:23
 Annette Hamilton #7F; #2 F40-49 25:44

**MAX'S O'HARTFORD 5K
Hartford, CT March 16, 2014**

Tom Geer #7M; #3 M30-34 18:12
 Steve Sadler 19:54
 Mitch Bielenda #2 M55-59 21:19
 Scott Hollister 21:47
 Dani Kennedy #1 F50-54 22:30
 Daria Vander Veer #3 F45-49 24:05
 Brianna Carlson 24:39
 Tom Walsh 24:52
 Cathi Koehler #2 F55-59 25:50
 Brad Magyar 26:54
 Robyn Hollister 30:18
 Cathy Squier 33:57
 Wally Squier 33:58

FEET BEATS 5K

Washington Depot, CT March 22, 2014

Janit Romayko #2 F60-69 31:13

Janit Reports: This was a 5k on the back roads of Litchfield county. It was a Senior Project of a high school gal whose brother had had open heart surgery when he was one day old. There were about 70 participants, cute T-shirts and plenty of home baked goodies. I chose this race due to my membership in the "Run 169 Towns" group and there are not many races in this particular town. Scenic course with fast high school runners in the lead and the remainder of the field following their lead. Supportive State Police escort to and fro.

**SAVIN ROCK HALF MARATHON
West Haven, CT March 22, 2014**

Keron Smith 1:38:51
 Mickey Grabner 1:44:42

**ST. PAT'S HOLYOKE 10K
Holyoke, MA March 22, 2014**

Kevin Looney 48:10

LEPRECHAUN 5M

Madison, CT March 23, 2014

King Archibald 37:33
 Janit Romayko 52:52

Janit Reports: A classic race with a talented 39 yr old female Irish Olympian as the winner. Course was cold as it parallels Long Island Sound but gorgeous real estate and scenery. Mostly a flat course with a wonderful awards ceremony and plentiful bagels, yogurt, fruit and cider. Nice cotton T-shirt!

**FINALLY SPRING 5K* (Trail)
Manchester, CT March 22, 2014**

Kevin Glenn #2 M50-59 19:32
 Michael Westfall #3 M40-49 20:21
 Mitch Bielenda 21:14
 King Archibald 22:53
 Laurie Brooks #1 F50-59 24:03
 Kate & Tony Bonanno 24:31
 Michael McCall 25:28
 Alan McCall 25:57

**GREATER SPRINGFIELD HARRIERS
SNOWSTORM CLASSICS
Forest Park, Springfield, MA****January 4, 2014 – Week #5 – 5K**

Clinton Morse #2M; #1 M50-59 20:44

January 11, 2014 - Week 6 -- 10k

Clinton Morse 48:49

January 18, 2014 - Week #7 – 5K

Clinton Morse #6M; #1 M50-59 19:42
 King Archibald 22:49
 Tom Walsh 25:08

January 25, 2014 - Week #8 – 10K

Clinton Morse #8M; #2 M50-59 42:03

February 1, 2014 - Week #9 – 5K

Clinton Morse #7M; #3 M50-59 19:26
 King Archibald 22:14
 Tom Walsh 24:33

February 8, 2014 - Week #10 – 10K

Clinton Morse #5M; #2 M50-59 42:52

February 15, 2014 - Week #11 – 5K

Clinton Morse #6M; #2 M50-59 20:50

February 22, 2014 - Week #12 -- 10K

Clinton Morse #3M; #1 M5059 43:09
 King Archibald 53:31
 Tom Walsh 58:03

INDOOR TRIATHLON RESULTS

HEALTHTRAX INDOOR TRI Enfield, CT January 18, 2014

**10 min Pool Swim - 30 min Spin Bike –
20 min Treadmill Run**

Janit Romayko.

Distance: S: 26 lengths, B: 9.95 mi., R: 1.98 mi.

Janit Reports: This is the 9th year of this event and a wonderful way to start off your New Year. Great support although the pool could use some more lane lines. Lots of maneuvering in the transitions from the pool up to the locker room and then down to the bikes and then across the facility to the “dreamills” but great support, nice tech shirts and homemade baked goods.

ECSU Indoor Triathlon February 9, 2014 - CANCELLED

Janit Romayko Reports: Unfortunately this event was cancelled due to lack of pre registrations. **Please consider coming out and supporting the event in 2015!** The efforts of Kathy Manizza and Ken Larson for the benefit of the Eastern Connecticut State University Track Team do not go unnoticed!! They are an enthusiastic group.

ELLINGTON YMCA INDOOR TRIATHLON Ellington, CT March 2, 2014

20 min Swim - 20 min Bike – 20 min Run

Janit Romayko – 13th of 96 Participants - #1 F60-69

Distance: S: 1100 yards, B: 11.7 mi., R: 2.43 mi.

Kate Bonanno – 49th of 96 Participants

Distance: S: 650 yards, B: 8.6 mi., R: 2.08 mi.

COMMENT ON INDOOR TRIATHLONS – Janit Romayko

I have participated in several Indoor Tris in the past years. Most are well guided and most of the facilities have equipment of varying conditions. Some of the pools do not have lane lines and some do. Often you swim 2 to a Lane. Some have a “snake swim” which means that you start at one end of Lane 1 swim to the other end of Lane 1 and flip turn down to Lane 2 etc., and so on and on and on to Lane 6. Not to be discouraging, but this manner works with those who can do flip turns properly and directionalize themselves along the way!! Great for mix-ups as snake swimming is on the honor system!! Spin bikes are also subject to differences depending on the model. I have done 20 minutes on one type of bike or another with a difference of 2 to 3 miles between the models. And the “dreamills” of course do not lie but if the TV and/or music is on, you can usually push yourself a bit harder. Runners beware though as iPods, etc. are not allowed in USAT sanctioned Outdoor Triathlons so when the outdoor season starts, cease and desist as electronic gadgets are a NO-NO and subject you to either a DQ or a 2-4 minute penalty if you are caught.

MARATHON & ULTRA RESULTS

WALT DISNEY WORLD “GOOFY RACE & A HALF CHALLENGE” HALF MARATHON & MARATHON Orlando, FL January 11-12, 2014

	<u>Half Marathon</u>	<u>Marathon</u>
Brianna Carlson	2:13:07	4:07:26
Rachel Tambling	2:38:26	5:57:50

AUSTIN MARATHON & HALF MARATHON Austin, TX February 16, 2014

	<u>Half Marathon</u>	
Cathy King		2:00:13
	<u>Marathon</u>	
Mitch Bielenda		4:20:07

Mitch Reports: I ran the first 20 miles of the marathon as a Training Run in 3:10:06 ... and then shut it down and jogged in the last 10K

FIVE POINTS OF LIFE MARATHON Gainesville, FL February 16, 2014

Diana Cohen 4:20:57

HMRRC WINTER MARATHON Albany, NY February 16, 2014

Scott Freeman **#6M; #1 M50-59** 3:25:34
Martin Keibel **#1 M60-69** 3:43:30

THE WOODLANDS MARATHON The Woodlands, TX March 1, 2014

Diana Cohen 4:23:13

MISSISSIPPI 50K TRAIL RUN Long Leaf Horse Trail - Laurel, MS March 7, 2014

Bekkie Wright 7:10:58
Joe Poliquin **#2 M60-69** 7:11:09



EXETER SNOWSHOE HULLABALOO 4M
Exeter, NH February 22, 2014

**2013-14 CT & RI Championships and
USSSA Regional Qualifying Event**

Ned Kennedy #6M; #1 M55-59 35:48



**U.S. NATIONAL
SNOWSHOE CHAMPIONSHIPS – 10K**
Prospect Mountain Ski Center - Woodford, VT
March 1, 2014

Ned Kennedy #1 M55-59* 53:57
*2014 U.S. National Snow Shoe Champion for M5559

Dani Reports: This was only his 4th snowshoe race ever!
He beat the next finisher by over a minute! It was a 10K at a
ski mountain which he said was, "Wicked hard."

COACH'S CORNER – *The Twilight Years*

By Barry Stoner

As many of you know, I have submitted previous articles to "Inside Strides" describing running experiences that I have had or observed throughout the decades ranging from the teen years until post age fifty. You may also know that one of my favorite expressions, that I cannot take credit for but like to refer to for motivation, is that "It ain't over 'till it's over!" Translation for runners or anyone else is that you have to keep moving despite the handicaps. Your health will benefit from an active life style showing moderation to exercise, eating and your choice of vice.

I think I can lay some credibility to my recommendations based on the fact that this year, 2014, marks my 60th year of continuous running. I started running in April 1954 in anticipation of Roger Banister breaking the four-minute mile barrier, which he did in May 1954. The news media was hyping this possible event and I took notice as I had just joined the track team to throw the javelin. Well, at 14 I was a little kid and not a good javelin thrower; so the coach said, "Stoner, tomorrow you are going to run the mile." Huh? I had never run a mile, but my first mile was a 6:50 so it all began there.

Here I am, now at age 74 and in my twilight years, I still participate in running events, triathlon events and skiing. Most of you may avoid looking this far ahead and in your youth I do not blame you for that, but I can assure you that getting older is not a bad alternative. I still love running, biking, swimming and skiing; and you should look forward to still being able to love your favorite activities as long as you keep moving, show some moderation and maybe have a bit of luck avoiding or controlling devastating diseases. You can do a lot for yourself about avoiding serious trouble by getting annual physical exams.

I would rather not end these comments on a somber note or remind you about your mortality, but the reality is that none of us are getting out of here alive. That does not mean that you should not expect to have fun along the way. Parker Holt maintained an active life style well into his late eighties and set a precedent for all of us. It is mostly up to you, because "It ain't over 'till it's over."

Editor's Note: I am currently reading Neal Bascomb's "The Perfect Mile – Three Athletes, One Goal, and Less Than Four Minutes to Achieve It. It is the story of Roger Bannister, but also the story of Chris Chataway, Chris Brasher, John Landy, Wes Santee, and many others chasing the 4-minute mile back in the 1950's. I can see why Barry was inspired!

36TH ANNUAL BOLTON ROAD RACE

Sunday, March 9, 2014 marked the 36th running of the Bolton 5 Mile Road Race. This year there was also an accompanying 5K Fun Run & Walk. This was the first race of the season on the Silk City Striders schedule. In the months leading up to the race, Dani Kennedy held weekly training runs on the course and it was a REALLY fast crowd. The Overall Winner, **Thomas Paquette**, was quite familiar with THE HILL, having grown up in Bolton!

Results for SILK CITY STRIDERS, Family & Friends below. Complete race results and a Picasa gallery of pictures can be found at [https://sites.google.com/site/boltonroadrace/..](https://sites.google.com/site/boltonroadrace/)

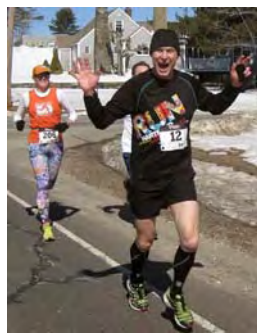


5K

Monica Lee 37:24
Denise Seney 39:56



Mike Westfall & Tony Bonanno



Bekkie Wright & Mitch Bielenda



Dorothy Paquette



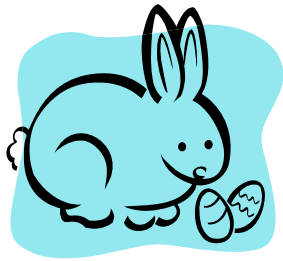
Sylvia Ounpoo & Myles Kessler

5 M

Thomas Paquette	#1M	26:57
Matt Estes	#7M #1 M40-49	30:21
Scott Livingston	#9M; #2 M40-49	31:17
Ned Kennedy	#10M; #1 M50-59	31:46
Kevin Glenn	#3 M50-59	33:36
Tony Bonanno		33:44
Jason Earl		34:07
Michael Westfall		34:10
Jay Seney		35:01
Alison Caruso	#3F; #1 F30-39	35:12
Andy Zyrek		36:37
Jackie Ofria	#5F; #3 F19-29	36:50
Debbie Livingston	#6F; #2 F30-39	37:13
James Lee		37:50
Ken Larson	#2 M60-69	37:59
Mike Lee		38:23
Matthew Peak		38:59
Bekkie Wright	#1 F50-59	39:03
Kevin Looney		39:31
Mitch Bielenda		39:49
Diana Cohen		40:33
Laurie Brooks	#2F F50-59	41:00
Amy Estes		41:12
Cathy King		41:21
Molly Caruso	#2 F13-18	41:30
Stephen Tolman		41:48
Joseph Poliquin		43:08
Myles Kessler		43:47
Daria Vander Veer		44:02
Sylvia Ounpoo		44:14
Jim Best	#2 M70+	45:10
Rachel Tambling		45:46
Lee Paquette	#3 M70+	47:04
Brad Magyar		47:15
Dorothy Paquette	# 1 F60-69	48:30
Janit Romayko	#3 F60-69	52:41
Shepard Livingston	#2 M0-12	56:15
Thomas Schieffer		56:15
Barry Stoner		57:54

Thanks to Race Director, Dani Kennedy for another fabulous event!

MORE CLUB NEWS & EVENTS

**3rd ANNUAL “HOPPIN’ HODGES” TRAIL 5K****EASTER SUNDAY – APRIL 20, 2014****7:30 am Registration 8:00 am Start**

The 5K will be in memory of Jim Hodges and will benefit “Friends of Valley Falls” in Vernon, CT where Jim often ran and hiked.

The 5K will start just East of the Church Street parking lot on the Hop River “Rails to Trails” in Vernon up to Valley Falls and return. To reach the Church Street lot, take I-84 **East** to exit 65, bear right onto Hartford Turnpike, right onto Dobson Road, left onto Church Street and left into the parking lot as marked.

Donations are encouraged.

Cash is acceptable or checks can be made out to the “Friends of Valley Falls.”

Costumes, Easter fashions, doggies and mountain bikes are welcome.

Stay for refreshments after the 5K. This is a rain or shine event.

This year’s event will be a chip timed race/run/walk.

The timer will be Ken Platt of Platt Systems.

Results will be posted on www.coolrunning.com & www.plattsys.com.

All proceeds will continue to support the **“Friends of Valley Falls.”**

Questions/Comments:

jpromayko@sbcglobal.net or 860-569-1978

if no answer, leave message.

11th Annual BOBBY’S RUN - Volunteers & Runners

Volunteers and runners are needed for Bobby’s Run established in honor of Bob Bonadies, to be held at **Northeast School, 69 East Street, Vernon, CT on Saturday, May 17th at 8:00 AM.** Registration forms for the 8 Mile Race will be available soon on the Silk City Striders website. There is a \$10 fee for the race, and proceeds will be donated to the R.J. Bonadies Scholarship Fund at Rockville High School.



CT Race in the Park
Walnut Hill Park – New Britain
Saturday, May 9, 2014

There are separate Men’s & Women’s 5K Races and Kids Fun Runs as well as a 1-Mile or 4K Walk. Additional information about this event, and online registration are available at <http://www.CTRace.org>.

Event Schedule

8:00 AM Men’s 5K
 8:45 AM Kids Fun Runs (up to 1M)
 9:15 AM Women’s 5K
 10:15 AM 1 Mile & 4K Walk



Komen CT Race For The Cure

FAIRFIELD COUNTY*
Veteran's Park, Norwalk, CT
Sunday, May 10, 2014 *NEW Location

Bushnell Park – HARTFORD
Saturday, June 7, 2014

The Connecticut Race for the Cure 5K events include 5K Run, 1.5K & 4K Walk and Kids Runs. Additional information about this event, and online registration are available at <http://www.KomenCT.org>.

Event Schedule

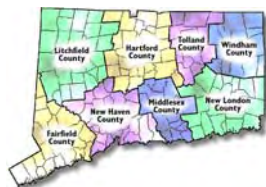
8:30 AM Men’s & Women's (Co-ed) 5K
 9:30 AM Kids’ Short Run & Kids’ K
 10:15 AM 4K Walk
 10:30 AM 1.5K Walk



RED DRESS RUN to Support Women’s Heart Health

The RED DRESS RUN FOR WOMEN 5K will be held on **July 12, 2014**. The "Red Dress" is the symbol of healthy heart awareness, so our team will be dressed in red, but costumes are not necessary. Online Team Registration will be available through the Hartford Marathon Foundation website. The Silk City guys have traditionally worked the Water Stop. If you are interested in joining the team or volunteering please call Bekkie at (860) 461-1486.

8 COUNTY CHALLENGE & SILK CITY 700



We are continuing the **Connecticut 8 County Challenge for 2014**. Please submit your results to Webmaster@SilkCityStriders.org for races completed in each of Connecticut’s Eight (8) Counties during 2014. We will track results and report them in this Newsletter. All “Finishers” will be announced at the 2015 New Years Day Champagne Run.

The SILK CITY 700 Challenge is also on again for 2014.

Please report your mileage to Webmaster@SilkCityStriders.org when you reach your milestones. It’s only about 2 miles a day, so why not give it a go!



In 2012 we added a new **Junior 365** for Silk City Striders members age 18 or younger. You only have to run 1 mile a day to reach that goal. That’s just over half the yearly mileage of the “old guys” ... but we think you can to it. Join the fun, and RUN, RUN, RUN!

118th BOSTON MARATHON
Monday, April 21, 2014



Cheer on the Silk City Striders (past & present) in person or track them online at www.BAA.org. There are four wave starts this year: 1) Red 10:00 AM, 2) White 10:25 AM; 3) Blue 11:00 AM; and, 4) Yellow 11:25 AM in addition to the Elite Women's start at 9:32 AM.

Wave 1: Scott Freeman #8627; Marty Keibel #6547

Wave 2: Andy Zyrek #11659; John Paggioli #11784; Amira Lerario #13816,
 Art Byram #14357; Bri Carlson #16482

Wave 3: Mitch Bielenda #18657, Ken Larson #20246

Wave 4: Mickey Grabner #31885



5th Annual Brain Injury Association of Connecticut
TOUR OF LIGHTS Bike-A-Thon
Saturday, May 3, 2014 9:00 a.m.

Rain or Shine

Take the road with fellow cyclists in the Brain Injury Alliance of Connecticut's "Tour of Lights" Bike-A-Thon, and experience spectacular views of the six (6) historic lighthouses set between Eastern Point Beach, Groton, CT and Westerly, RI.

REGISTRATION FEES:

62 mile ride: \$80 through May 1st, \$90 on Race Day

25 mile / Modified ride*: \$40 through May 1st, \$45 on Race Day

* Modified route for adaptive riders & families

All participants will receive a Bike-A-Thon t-shirt, as well as the gratification of knowing that 100% of everything raised will go directly to support BIAC services.

To register online, please visit: <https://www.bikereg.com/5th-annual-tour-of-lights-bike>

For more information please visit their Facebook Page:

<https://www.facebook.com/events/403519239782719/>

2014 MANCHESTER ROAD RACE GRANTS

As many of you know, the Manchester Road Race has a history of distributing profits from the race to deserving charities & organizations – many of them local.

Thanks to the efforts of Bekkie Wright, the Silk City Striders have been designated to receive a check from the MRR to cover the costs of World Run Day T-shirts for the annual Parker Holt Celebration Run 5K. This money will enable us to make a larger donation in 2014 to the Prostate Cancer Foundation which receives the proceeds of the PH5K.

Dani Kennedy, Race Director of the Bolton Road Race and Bolton Summer Cross Country Series, received an MRR Grant again this year to cover the cost of the port-o-let at Rose Farm for the duration of the BSXC Series and enable a larger fund raising effort for the Bolton High School Track Team.

Thank you, Tris Carta, and the Manchester Road Race Committee for helping the Silk City Striders help others.

SUMMER CROSS COUNTRY SERIES – MANCHESTER & BOLTON



SUMMER GRAND PRIX CROSS COUNTRY RACE SERIES 2014

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

Dates: Mondays July 7 & 21
Mondays, August 4, 11 & 18

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

Time and Distance

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

Entry fees*: \$4.00 (13 and under)
\$15.00 Series **Pre-Reg. by June 14**
\$5.00 (14 and up)
\$20.00 Series **Pre-Reg. by June 14**

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

Age Groups:

Boys and Girls

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

Men and Women

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

Age: Based on Age as of July 7, 2014

For More Information contact:

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

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

**BOLTON SUMMER
XC SERIES**



BOLTON SUMMER XC SERIES 2014

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

Dates: Wednesday, June 25
Wednesdays, July 2, 9, 16, 23, 30
Wednesday, August 6

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

Time & Distance:

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

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

Age Categories & Points System:

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

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

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

For More Information contact:

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

Link to Bolton Summer XC Series application available soon from Silk City Striders homepage, and available for download now at:
<https://sites.google.com/site/boltonsummerxcseries>

RACE CALENDAR

Date	Time	Race	Place	Website (click on website for more info)
APRIL				
Sa	Apr 5	8:30 AM	April Fools 5K & Backward Mile	Essex (Town Hall) http://vsliteracy.org
Sa	Apr 5	10:00 AM	Spirit of Spring 5K	Tolland (Town Green) www.spiritofspring5k.org
Sa	Apr 5	10:00 AM	Lions Club April Fools 10.5M & 5K	Moodus (Nathan Hale-Ray HS) http://easthaddamcommunitylions.com
Su	Apr 6	9:00 AM	Run Diva Run 5K	Glastonbury (Riverfront Park) www.GlastonburyRiverRunners.com
Su	Apr 6	10:20 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park) www.jbsports.com
Su	Apr 6	11:30 AM	HPMC Middletown Half & Legends 4M	Middletown www.hartfordmarathon.com
Su	Apr 6	6:30 PM	Greenwich Cup 13.1M	Old Greenwich (Tod's Point) http://threadsandtreads.com/
Sa	Apr 12	9:00 AM	Merrimack River Trail 10M	Andover, MA (Wyndham Hotel) http://rivertrailrace.blogspot.com
Sa	Apr 12	9:30 AM	Easter Road Race 5K	Willimantic (St Mary's School) http://thelastmileracing.com/easterrace/easter5kwebpage.html
Sa	Apr 12	10:00 AM	Salem Road Race 3M	Salem (Salem Sch - Rt 85) www.salemctroadrace.org
Su	Apr 13	8:00 AM	ENOUGH! A Race to End Violence 5K	New Britain (CCSU) www.hartfordmarathon.com
Su	Apr 13	9:30 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch) www.clubct.org
Su	Apr 13	10:00 AM	Julia Rusinek Memorial 4M	New Haven (Yale U.) www.juliarun.org
Su	Apr 13	10:00 AM	Meriden Daffodil Festival 5K	Meriden (Hubbard Park) http://race.meridenrotary.org/Content/Annual_5K_Road_Race_and_Fun_Run.asp
Sa	Apr 19	8:30 AM	Bradley Airport 5K & 10K	Windsor Locks www.bradleyroadrace.org
Su	Apr 20	8:00 AM	Hoppin' Hodges Trail 5K	Vernon (Church Street trailhead) www.silkcitystriders.org
Sa	Apr 26	10:00 AM	Running for Life 5K	Danbury (Rogers Park) www.athletesofchrist.com
Sa	Apr 26	9:00 AM	Hoof It for Haiti-Southbury 5K	Southbury http://www.hoofitforhaiti.org/southbury
Sa	Apr 26	9:00 AM	Color Me Rad 5K	East Hartford (Rentschler Field) www.colormerad.com/race.i?raceid=63
Sa	Apr 26	9:30 AM	Burn Calories for Fuel 5K	Bloomfield (Met. Learning Center) www.hartfordmarathon.com
Sa	Apr 26	9:30 AM	Willi-Whammer 13.1M *NEW	Willimantic www.willimanticathleticclub.org/Willi_Whammer.html
Su	Apr 27	8:00 AM	Minuteman 10K/5K	Westport (Compo Beach) www.minutemanrace.com
Su	Apr 27	8:30 AM	Cheshire Half Marathon and 5k	Cheshire (Cheshire High) www.jbsports.com
Su	Apr 27	9:00 AM	Leatherman's Loop 10K Trail (Closed)	Cross River, NY (Ward Pound Res) www.leathermansloop.org
Su	Apr 27	10:00 AM	Flanders 5K	E.Lyme (E.Lyme HS) www.eltownhall.com
Su	Apr 27	10:00 AM	Glastonbury River Run 5K	Glastonbury (High Street) www.hartfordmarathon.com
Su	Apr 27	Noon	Simsbury River Run 10K/5K	Simsbury (Iron Horse Bvd) www.simsburyriverrun.com
MAY				
Sa	May 3	8:00 AM	Granby 10K/5K	Granby (Memorial H.S.) http://granbyroadrace.org/2012/03/
Sa	May 3	8:30 AM	Blum Shapiro 5K	Cromwell (TPC River Highlands) www.hartfordmarathon.com
Sa	May 3	10:15 AM	Sharon 5M	Sharon (The Green) www.sharonclassicroadrace.org
Su	May 4	8:00 AM	A Run For The Cows 13.1M, 7M	Redding (New Pond Farm) www.reddingroadrace.com/
Su	May 4	9:00 AM	Seven Sisters Trail 12M	S.Amherst, MA (Notch Visitors Ctr) www.7sisterstrailrace.com
Sa	May 10	8:30 AM	Bill Landers Building Bridges Mem. 5K	Glastonbury (Hubbard Green) www.glastonburyeducationfoundation.org
Sa	May 10	8:00 AM	CT Race in the Park 5K	New Britain (Walnut Hill Park) www.ctbhi.org
Sa	May 10	9:30 AM	Bishops' 5K for Kids	W.Hartford (Webster Elem) www.bishops5kforkids.org/
Sa	May 10	10:00 AM	Salmon River Run 5.5M	East Hampton (RT 16 at Comstock Bridge) www.salmonriverrun.org
Su	May 11	10:00 AM	Mother's Day Dash 5K	Vernon (Henry Park) www.plattsys.com
Sa	May 17	8:00 AM	Bobby's Run 8.M	Vernon (Northeast School) www.silkcitystriders.org
Sa	May 17	9:00 AM	Spartyka Wounded Warrior 5K	Groton (Bluff Point St Park) http://spartykawoundedwarrior.com/
Sa	May 17	10:00 AM	East Granby Ridge Run 5K	East Granby www.eastgranbyridgerun.com
Sa	May 17	10:00 AM	44th Shad Derby 5K	Windsor (Sage Park Mid. School) windsorshadderby.org/events/kiwanisroadrace/

MAY, continued

Su	May 18	8:30 AM	Avon 5K	Avon (Pine Grove School)	www.avonroadrace.com
Su	May 18	9:30 AM	Matt's Mission 5K	North Branford HS	www.jbsports.com
Su	May 18	7:30 AM	Ten Penny Ale Shamrock 3.3M	Glastonbury (H.S.)	www.hartfordmarathon.com
Su	May 18	9:00 AM	Library 5K challenge	Newington (Mill Pond Park)	www.newingtonct.gov/library
Su	May 18	9:00 AM	Soapstone Mt. Trail 24K/6K	Stafford Springs (Hendel Rd.)	www.shenipsitstriders.org
Su	May 18	1:00 PM	Shine On 5K	Burlington	www.shineon5K.com
Sa	May 24	9:00 AM	Delaney Dash 5M	Old Saybrook (Fort at Say.Pt.)	www.snerro.com
Mo	May 26	9:00 AM	Woodstock 10K	Woodstock	www.thelastmileracing.com
Mo	May 26	9:30 AM	Bloomfield 5K	Bloomfield	www.bloomfieldct.org/plugs/leisure_services.aspx
Mo	May 26	10:20 AM	E.H. Memorial Mile 1M	E. Hartford (VFW Post #2083)	www.easthartfordct.gov
Mo	May 26	11:00 AM	Washington Trail 10K	Durham (Coginchaug H.S.)	www.plattsys.com
Sa	May 31	8:00 AM	Hamden Hills Half Marathon & 5K	Hamden (Quinnipiac -York Hill)	http://www.shorelinesharks.com
Sa	May 31	10:00 AM	Belltown Spring Sprint 5K	East Hampton (Sears Park)	www.thelastmileracing.com

JUNE

Su	Jun 1	7:30 AM	Iron Horse Half-Marathon/10K/5K	Simsbury (Iron Horse Bvd)	www.hartfordmarathon.com
Sa	Jun 7	8:30 AM	Komen CT Race for the Cure 5K	Hartford (Bushnell Park)	www.komenct.org
Su	Jun 8	9:30 AM	Celebrate West Hartford 5K	W.Hartford (Whole Foods)	www.westhartford.org/celebrate
Su	Jun 8	1:00 PM	Litchfield Hills 7.05M	Litchfield (Village Green)	www.lhrr.com
Sa	Jun 14	10:00 AM	NWC Scholarship Scamper 5K	W. Hartford (NW Catholic H.S.)	www.NorthwestCatholic.org/5kScamper
Su	Jun 15	7:30 AM	Summer Solstice 5M/5K	Hebron (Gay City State Park)	www.hartfordmarathon.com
Su	Jun 15	10:00 AM	Greylock Gallop Half-Marathon	N. Adams, MA	http://runwmac.com/qt2014/qt14-races.html
Su	Jun 15	10:15 AM	Branford Road Race 5M	Branford (Branford Green)	www.branfordroadrace.net
Sa	Jun 21	8:30 AM	Fairfield 5K	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffdhalf
Su	Jun 22	8:30 AM	Fairfield Half Marathon	Fairfield (Jennings Beach)	www.fairfieldhalf.org/ffdhalf
Su	Jun 22	9:00 AM	Firecracker 5K	Glastonbury (Rotary Field)	www.glastonburyriverrunners.com
Su	Jun 22	9:00 AM	Nipmuck South Trail Race 14.1M	Mansfield (Mansfield Hollow)	http://www.shenipsitstriders.org

JULY

Sa	Jul 5	9:00 AM	Four on the Forth 4M	Chester (Center)	www.chesterrotary.org
Sa	Jul 12	8:00 AM	Red Dress Run for Women 5K	W. Hartford (Elizabeth Park)	www.hartfordmarathon.com
Sa	Jul 12	8:30 AM	E.H. Riverfest 5K	E. Hartford (Goodwin School)	www.ehparks.org
Sa	Jul 12	6:00 PM	Twilight 5K	Enfield (town green)	www.enfieldcelebration.org/events/race.html

Want to HIT THE TRAILS this year? Check out the entire WMAC "Grand Tree" Series of Trail Races at www.runwmac.com/qt2014/qt14-races.html Or visit our neighbors, the [Shenipsit Striders](http://www.ShenipsitStriders.org), on one of their trail runs Saturdays at 8:00 AM in the Shenipsit State Forest at Soapstone Mountain www.ShenipsitStriders.org.

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

THE LAST MILE RACING www.TheLastMileRacing.com
and
THE HARTFORD MARATHON FOUNDATION www.HartfordMarathon.com



SPRING 2014 LOCAL MARATHON CALENDAR

DATE	RACE	PLACE	Website (link)
April 27, 2014	Earth Rock Run (Mar. & Half) *NEW	North Andover, MA	http://earthrockrun.com
April 27, 2014	New Jersey Marathon (& Half)	Long Branch, NJ	www.njmarathon.org
April 31, 2014	Boston Marathon (SOLD OUT)	Boston, MA	www.baa.org
May 4, 2014	Long Island Marathon (& Half)	East Meadow, NY	www.thelimarathon.com
May 4, 2014	Providence Marathon (& Half)	Providence, RI	www.rhoderaces.com
May 4, 2014	Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 11, 2014	Delaware Marathon	Wilmington, DE	www.delawaremarathon.org
May 11, 2014	Maine Coast Marathon	Kennebunk, ME	www.maineoast262.com
May 18, 2014	Run for the Red Marathon	Pocono Mountains, PA	www.poconomarathon.org
May 18, 2014	Shires of Vermont Marathon	Bennington, VT	www.shiresofvermontmarathon.com
May 18, 2014	Sugarloaf Marathon	Eustis, ME	http://www.sugarloaf.com/marathon

NEW ENGLAND CHALLENGE SERIES - Each race is limited to 100 Marathoners*			www.newenglandchallenge.org * ALMOST FULL
Monday - May 12, 2014	"Pine Tree Marathon"	Portland ME	- Back Cove Park
Tuesday - May 13, 2014	"Granite State Marathon"	Nashua, NH	- Mine Falls Park
Wednesday, May 14, 2014	"Red Island Marathon"	Warwick, RI	- Rhode Island City Park
Thursday, May 15, 2014	"Nutmeg Marathon"	Hartford, CT	- Goodwin Park (already has 111 Registered)
Friday, May 16, 2014	"Old Colony Marathon"	Springfield, MA	- Forest Park

May 25, 2014	Memorial Day Marathon	Lenox, MA	www.memorialdaymarathon.com
May 25, 2014	Vermont City Marathon	Burlington, VT	www.runvermont.org
May 25, 2014	Ottawa Marathon	Ottawa, ON - Canada	www.runottawa.ca
June 8, 2014	Lake Placid Marathon	Lake Placid, NY	www.LakePlacidMarathon.com
June 15, 2014	Bay of Fundy Marathon	Lubbeck, ME	www.bayoffundymarathon.com
July 6, 2014	Mad Marathon	Mad River Valley, VT	www.madmarathon.com

2014 EVENT CALENDAR

- APRIL** - [Hoppin' Hodges Trail Run](#).....Sunday, April 20
- MAY** - [Bobby's Run](#)Saturday, May 18
- JUNE** - Bolton XC Summer Series.....Wednesday Nights - June 25
- JULY** - [Wickham Park Cross Country Series](#) Monday Nights – July 7 & 23
 Bolton XC Summer Series..... Wednesday Nights – July 2, 9, 16, 23, 30
[Silk City Striders Summer Picnic](#) TBA
- AUGUST** - [John & Jessie Kelley Ocean Beach Run & Picnic](#)Saturday, August 2
[Wickham Park Cross Country Series](#)Monday Nights – August 4, 11 & 18
 Bolton XC Summer Series..... Wednesday Night – August 6
- SEPTEMBER** - [Ray Crothers Memorial XC Run](#) Saturday, September 20
- OCTOBER** - Halloween Pot Luck Supper TBA
- NOVEMBER** - Parker Holt Celebration Run 5KSunday, November 9
[Know Your Pace Race](#) Saturday, November 22
[Manchester Road Race](#).....Thursday, November 27
- DECEMBER** - [Scrooge Scramble](#)Thursday, December 25