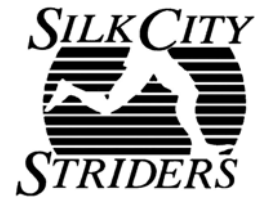




INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

President's Message: "Reflections"

This year our club, The Silk City Striders, celebrated 30 years as a running, fitness and social club. We mostly are a running club running as individuals and sometimes in the team format, but over the years we have incorporated many activities other than running events; these include picnics, house gatherings, holiday celebrations, skiing, cycling and hiking. We have evolved from an initial focus on running and running prowess, to a diverse group of athletes with wide and varied interests in the sporting arena & beyond. This stands to reason since we are a group from various backgrounds, families and experiences. The main event for celebrating our 30th year occurred on September 26th when members ran anywhere from 3 to 30 miles, while others cycled 30 miles prior to gathering together at Wickham Park for an afternoon of good food and conversation. What occurred on this day of celebration is what our club is about.

You may have heard the expressions "the more things change the more they stay the same," and "what goes around comes around." Over 30 years, our club has sponsored, volunteered and participated in many events. These events are numerous, especially those that we have participated in as runners. Our initial motivation was spawned by everyone's interest in the historic Manchester Road Race; and this event remains as one of our mainstays. However, there are several other events that have become part of our persona. These include The Lake Winnepesaukee Relay, The Hartford Marathon, and Bobby's Run among others. In the past we have conducted and participated in several now defunct events such as the Silk City Triathlon and the Cape Cod Relay from Plymouth to Provincetown. This evolution and change has also occurred in our leadership team as well. More weathered members have participated numerous times in each of the mentioned events and quite a few have participated on our leadership team. Several members have participated in positions of club leadership more than once and these are to be commended.

What are the club positions of leadership? They begin with the club officers: president, VP, secretary and treasurer. And in no special order, they include significant others such as board members, race coordinators, event coordinators, newsletter editor, web master, team captains, uniform quartermaster, etc. To those members who have volunteered their services in these positions, I want to thank you as the club president and as a club member.

Because our club has been well established, it has its own momentum and agenda; it should be noted that this agenda incorporates change as required. However, with respect to the officers, term limits are generally considered to be two years and I for one have met this commitment. Therefore, I am looking for a few good women and men to carry on the tradition of The Silk City Striders. If you have an interest, please let me know; otherwise, I will contact you in the role of a recruiter. I hope I will be able to capture your enthusiasm for our club with a "Yes" to serve. We still need you, even if our club does have its own momentum.

Remember to mark the New Year's Champaign Run on your calendar, which this year is scheduled at Art and Peggy Byram's house in Glastonbury. Finally, I want to thank everyone who has served and participated as a Silk City Strider this year; and I want to wish each of you a Merry Christmas in the Christmas spirit! - Hillman

CONGRATULATIONS TO ADAM BULEWICH

Winner of the M30-39 Age Group in the 2008 STRATTON FAXON SERIES

Danbury Half Marathon	1:31:47
Branford Road Race	33:03
New Haven Road Race 20K	1:18:30
Fairfield Half Marathon	1:29:27

Combined Time **4:52:47**

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2008 BOARD OF DIRECTORS

Officers

President: Barry Stoner (860) 647-9503
Vice President: Art Byram (860) 430-1072
Treasurer: John Sloan (860) 643-6123
Secretary: Ed Steele (860) 649-1541

Carol-Line Hazel (860) 896-3334
 Sue Leslie (860) 644-1804
 Andre Mesnil (860) 647-1574
 Karen Saunders (860) 643-9125
 MaryLou White (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
 Katie Jeffrey-Lunn – Nutrition News
 Art Byram – State-of-the-Art

TRAINING RUNS

Saturday Morning Fun Runs - 8:30 am
Corner of Main & Forest Street,
Downtown Manchester
 through the end of December
@ Manchester Community College
 beginning in January

We will return to Parking Lot C, near the Great Path entrance as we did last year.

Tuesday Evening Funs Runs - 6:00 pm
Martin Elementary School
Dartmouth Street, Manchester

Wednesday Evening Funs Runs - 5:15 pm
Mt. Nebo Parking Lot - Spring Street
 Come join us for a tour of the Manchester Christmas lights. It’ll be dark, so don’t forget to wear your reflective apparel.

CLUB NEWS & EVENTS

WELCOME NEW MEMBERS

Brendan Callahan	Bolton
Peter Devine	Windsor
Myles Kessler & Family	Manchester
	Welcome Back!

NEW YEAR’S DAY CHAMPAGNE RUN & BRUNCH 10:00 am

The traditional Champagne Run, Brunch and Annual SCS Awards Ceremony will be held on January 1, 2008 at 10:00 AM at Art & Peggy Byram’s home at 57 Pippin Drive East in Glastonbury, CT. There will be several running routes to choose from including a possible trail run (weather permitting). Please bring your favorite brunch item to share.

DIRECTIONS FROM HARTFORD:

Route 2 East toward Norwich
 Exit 7 (Left Exit) – Rt 17 South towards Portland
 Stay LEFT for New London Tpke
 At Traffic Light, go “straight” onto New London Tpke
 Turn RIGHT at top of hill onto Cider Mill Rd.
 Turn at first LEFT onto Baldwin Ln
 Turn LEFT onto Pippin Dr East
 #57 is on the Left side at the end of the cul de sac.

DIRECTIONS FROM MANCHESTER:

Route 83 – Manchester Road towards Glastonbury
 after Crossing Hebron Avenue (Rt. 94) ...
 Turn RIGHT onto Quarry Rd
 Turn RIGHT onto New London Turnpike
 Turn LEFT onto Russet Rd
 Turn LEFT onto Baldwin Ln
 Turn LEFT onto Pippin Dr East
 #57 is on the Left side at the end of the cul de sac.



Parker Holt Celebration Run 5K
Manchester Community College November 9, 2008



The weather was beautiful this year, and we raised over \$500.00 to benefit the **Prostate Cancer Foundation (PCF)**. We hope to continue our association with PCF in the future, and thank you for your support. All finishers received a light blue PCF Foundation Bracelet, and overall & oldest winners received a light blue fleece cap.

#1 MALE	Time
Aaron Flamino	16:36

#1 FEMALE	Time
Jackie Ofria	22:12

OLDEST MALE	Time
Ray Prest	24:07

OLDEST FEMALE	Time
Cynthia Peterson	39:38

Age Group Winners

MALE Age 0-14		Time
1	Brendan Callahan	18:39
2	Michael "Patrick" Dibble	19:21
3	Brandon Shore	19:40

FEMALE Age 0-14		Time
1	Rachel Chambers	25:06
2	Jasmine Vasquez	33:01
3	Heather Vasquez	33:13

MALE Age 15-19		Time
1	Surgeon Davis	19:01
2	Kyle Schwartz	21:42
3	Christopher Turney	22:39

FEMALE Age 15-19		Time
1	Jean Iannuzzi	26:40
2	Taryn Brogan	26:41
3	Bianca Lombardi	28:37

MALE Age 20-29		Time
1	Brian Gaudreau	19:02

FEMALE Age 30-39		Time
1	Lisa Young	26:54
2	Genevieve Lattimer	29:09
3	Katie Cappalla	29:15

MALE Age 30-39		Time
1	Jordan Paullo	19:55
2	Clyde Ettienne-Modeste	21:18
3	Steven Siemiatkoski	23:31

FEMALE Age 40-49		Time
1	Jean Beebe	23:19
2	Bonnie Bates	25:48
3	Sandy Desjardin	28:03

MALE Age 40-49		Time
1	Neal Leibowitz	18:36
2	John Agosto	18:56
3	John Paggioli	18:59

FEMALE Age 50-59		Time
1	Jane Jarrow	30:37
2	Angelee Carta	31:47
3	Jean Walsh	32:26

MALE Age 50-59		Time
1	Tris Carta	19:29
2	Jeff Weatherhead	20:22
3	Ken Erikson	20:36

FEMALE Age 60-69		Time
1	Toni Brzozowski	30:20
2	Barbara Maloney	32:06

MALE Age 60-69		Time
1	Tony Hollister	21:42
2	Stephen Tolman	23:36
3	Bill Turney	23:41

FEMALE Age 70-79		Time
1	Zofia Turosz	25:49
2	Irene Burke	38:47
3	Cynthia Peterson	39:38

Parker Holt Celebration Run 5K -- Overall Race Results

Place	Name	Time	Place	Name	Time
1	Aaron Flamino	16:36	35	Ken Ballette	23:47
2	Neal Leibowitz	18:36	36	Bill Schwarz	24:03
3	Brendan Callahan	18:39	37	Ray Prest	24:07
4	John Agosto	18:56	38	Rachel Chambers	25:06
5	John Paggioli	18:59	39	Alex Mesnil	25:43
6	Surgean Davis	19:01	40	Bonnie Bates	25:48
7	Brian Gaudreau	19:02	41	Zofia Turosz	25:49
8	Michael "Patrick" Dibble	19:21	42	Jean Iannuzzi	26:40
9	Tris Carta	19:29	43	Taryn Brogan	26:41
10	Brandon Shore	19:40	44	Lisa Young	26:54
11	Jordan Paullo	19:55	45	Michael Rood	26:58
12	Dale Toce	20:11	46	James Paggioli	27:07
13	Nathaniel Picard-Busky	20:14	47	John Hardy	27:18
14	Jeff Weatherhead	20:22	48	Andre Mesil	27:27
15	Ken Erikson	20:36	49	Sandy Desjardin	28:03
16	Ali Davis	20:38	50	Jill M. Ramos	28:10
17	Trevor Chambers	21:02	51	Bianca Lombardi	28:37
18	Jake Reiser	21:09	52	Genevieve Lattimer	29:09
19	Bob Dacey	21:15	53	Katie Cappalla	29:15
20	Clyde Ettienne-Modeste	21:18	54	Randall Potterton	29:21
21	Noe Vasquez	21:40	55	Deborah Thurston	29:24
22	Tony Hollister	21:42	56	Chris Lemay	29:32
23	Kyle Schwartz	21:42	57	Toni Brzozowski	30:20
24	John Sloan	22:07	58	Jane Jarrow	30:37
25	Jackie Ofria	22:12	59	Angelee Carta	31:47
26	Steve Burdick	22:19	60	Barbara Maloney	32:06
27	Christopher Turney	22:39	61	Jean Walsh	32:26
28	Michael Shore	22:53	62	Dan Fabricant	32:40
29	Tom Giardina	23:10	63	Jasmine Vasquez	33:01
30	Jean Beebe	23:19	64	Heather Vasquez	33:13
31	Jonathan Vandenburg	23:23	65	Cashay Poudrier	34:09
32	Steven Siemiatkoski	23:31	66	Kate Chambers	36:15
33	Stephen Tolman	23:36	67	Irene Burke	38:47
34	Bill Turney	23:41	68	Cynthia Peterson	39:38

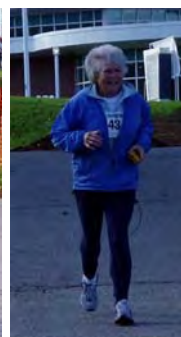
Bekkie Wright served as Race Director and was aided by a large staff of volunteers. Special thanks to **Art Byram** and **Jim Best** for course clean-up, **Joe Poliquin** for the refreshments, **Dani Kenney** for coordinating the Water Stop, **Mike Fromerth**, **Sue Leslie**, **Keron Smith** & **John Salcius** for assistance with registration, **Mitch Bielenda** for serving as Split Timer, **Joyce Thorner** and **Bill Tribou** for assistance with the Finish Line; **Karen Saunders**, **Jim Best**, **Art Byram**, **Bill McGugan**, and **Ellie Lowell** our course monitors, **Janit Romayko** for course set-up, **John Sloan** for set-up and clean-up, and **Nick Byram** for providing the live entertainment. We would also like to thank **Charlie Olbrias** from **The Last Mile Racing** and **Jeremiah Macht** from **J.Macht Photography**.



Zofia



Irene



Cynthia

**KNOW YOUR PACE RACE (Manchester Road Race Course 4.748 Miles)
Manchester CT November 22, 2008**

Winners in this race are those runners who come closest to their predicted time. It was a chilly windy day for the race, but 5 of the 74 runners finished within 10 seconds of their predicted time. It was nice to be back indoors at Bennet Academy with the Manchester Road Race Sports & Fitness Expo.

Name	Predicted	Actual	Diff	Name	Predicted	Actual	Diff
Jack Smith	30:52	30:51	0:01	Jonathan Vandenburg	37:30	38:38	1:08
Craig Larsen	32:10	32:16	0:06	Matthew Liles	40:00	38:52	1:08
Jeff Thornton	34:07	34:13	0:06	Bonnie Bates	40:20	41:29	1:09
Richard Bellisle	35:00	35:06	0:06	Cathy King	43:00	44:11	1:11
Barbara Dell	44:15	44:23	0:08	Ben Moore	31:45	33:00	1:15
Annette Hamilton	39:00	38:49	0:11	Jim Best	38:38	37:22	1:16
Peter Austin	34:35	34:24	0:11	Charles Vandenburg	40:00	38:43	1:17
Randall Potterton	47:30	47:18	0:12	Lisa Dency	45:06	43:45	1:21
Gary Dumas	34:35	34:23	0:12	Peter McHugh	34:00	35:23	1:23
Peter Devine	39:28	39:45	0:17	Ernie Goodwin	34:00	35:28	1:28
Jeff Wallace	37:30	37:13	0:17	Diane Snow	39:00	37:29	1:31
Sharon Ruggiero	47:00	47:18	0:18	Keith Nielsen	33:00	34:37	1:37
Carl Mohrbacher	29:41	30:00	0:19	Steven Ruggiero	36:00	37:38	1:38
Leeann Cerpovicz	37:34	37:56	0:22	Dan Smith	29:59	31:41	1:42
Michael Fromerth	38:00	37:38	0:22	LuAnne Roy	39:00	37:15	1:45
Jeffrey Roberts	30:00	29:36	0:24	Ted Kenyon	36:30	34:43	1:47
Brian Gaudreau	29:59	30:25	0:26	Carolyn Nielsen	47:14	49:02	1:48
James Boisoneau	35:23	34:53	0:30	Adam Bulewich	31:00	29:03	1:57
Peter Briggeman	36:07	36:38	0:31	Aaron Wlochowski	35:24	33:26	1:58
Donn Friedman	39:33	40:05	0:32	Myles Kessler	39:20	37:17	2:03
John Busque	29:58	30:31	0:33	Amy Carrington	39:45	37:31	2:14
Phil Titterton	31:47	32:23	0:36	Zofia Turosz	43:10	40:48	2:22
Kerri Moore	37:59	37:20	0:39	David O'Brien	39:45	37:22	2:23
Keron Smith	35:40	34:59	0:41	Ann St. Laurent	45:00	42:29	2:31
Robert Boissoneault	38:40	37:54	0:46	Ken Larson	36:00	33:22	2:38
"Patrick" Dibble	29:51	30:39	0:48	Ian Roberts	38:30	35:45	2:45
Brendan Callahan	29:00	29:48	0:48	Ted McCarthy	43:10	40:18	2:52
Jay Hamilton	36:00	36:53	0:53	Martin Keibel	33:30	30:27	3:03
Dylan Petruskevicius	30:52	31:45	0:53	Noe Vasquez	32:00	35:18	3:18
Tim Nohelty	28:50	27:56	0:54	Russell Stevens	34:30	38:37	4:07
Matthew Butwill	35:37	36:34	0:57	Sarah Bruns	48:40	44:28	4:12
Paul Farinella	39:55	38:57	0:58	Mitch Bielenda	31:10	35:24	4:14
Michael Wlochowski	39:56	40:54	0:58	Amanda Snow	40:00	44:18	4:18
Kevin Tranberg	34:25	33:24	1:01	Debbie Livingston	40:00	44:28	4:28
Ryan Franklin	34:14	33:12	1:02	Tom Pilch	46:18	41:48	4:30
Kristina Giliberto	41:52	40:47	1:05	Phyllis Ruez	38:00	46:53	8:53
Ali Davis	33:00	34:05	1:05	Michael Pelella		46:54	

RACE RESULTS

LA COURSE DU SOUFFLE 10K
 France September 28, 2008

Carol Line Hazel 1:10:43

SOUTHINGTON APPLE FESTIVAL 5M
 Southington, CT September 28, 2008

 David Metzger #1M 26:11
 Aaron Flamino #3M; #1 M30-39 27:40
 Bill Rodgers #1M60-69 35:05
 Alan McCall 40:52

PRATT & WHITNEY RUNWAY 3.27M
 East Hartford, CT October 2, 2008

 John McCoy 24:02
 Wally Squier 26:52

RUN TO READ 5K
 Bolton, CT October 4, 2008

 Ned Kennedy #2M; #2M40-49 18:56
 Brendan Callahan #3M; #1 M0-13 19:35
 Bill McGugan #1 M50-59 20:44
 Jim Tharp 20:59
 Dani Kennedy #5F; #2 F40-49 22:09
 Myles Kessler 23:39
 Randy Potterton 27:56

ACT SCHOLARSHIP FUND 5K
 Willimantic, CT October 18, 2008

 Jason Earl #3M, #2 M19-29 18:53
 Zofia Turosz #2F, #1 F70-79 26:40
 Marylou White #3F, #1 F50-59 29:19
 John Salcius #3 M60-69 31:15

APPLE HARVEST FESTIVAL 5K
 Glastonbury, CT October 19, 2008

 John Agosto #2 M40-49 18:19
 Ned Kennedy #3 M40-49 18:25
 John Paggioli #10M 18:27
 Art Byram 20:10
 Bekkie Wright #7F; #2 F40-49 21:10
 Joseph Poliquin #3 M50-59 21:10
 Tony Hollister #1 M60-69 21:22
 Dani Kennedy #9F; #3 F40-49 21:37
 Scott Hollister 23:56

GREAT PUMPKIN CLASSIC 4M
 Trumbull, CT October 19, 2008

 Zofia Turosz #1 F70-79 33:12
 Janit Romayko #2 F60-69 38:45

MUM-A-THON 5-MILE ROAD RACE
 Bristol, CT October 19, 2008

Jackie Cmero #4F; #1 F20-29 37:56

HOG JOG 5K
 South Windsor, CT October 25, 2008

 Dale Toce #6M; #2 M40-49 19:51
 Mitch Bielenda #7M; #3 M50-59 19:52
 Ben Witkowski #1 M30-39 20:06
 Rachel Blinn #2F; #1F0-14 21:37
 Tim Blinn 21:42
 King Archibald 22:40
 Ken Ballette #3 M60-69 23:27
 Cathy King 25:56
 MaryLou White #2 F50-54 27:23
 Janit Romayko #2 F60-69 30:02
 Jim Hodges 37:09

SILICON VALLEY HALF MARATHON
 San Jose, CA October 26, 2008

Keron Smith #7F; #1 F30-39 1:38:56

COLUMBIA AUTUMN CLASSIC 5K
 Columbia, CT October 26, 2008

 Ned Kennedy #6M; #1 M40-49 18:54
 Tris Carta #7M; #1 M50-59 19:26
 Dean Bolt #3 M50-59 21:49
 Jay Hamilton #3 M30-39 22:13
 Dani Kennedy #3F; #1 F40-49 22:25
 Andy Zyrek 23:31
 Mike Fromerth 23:43
 Annette Hamilton #7F; #2 F40-49 24:06
 Angelee Carta 35:02

WRENTHAM HALLOWEEN DUATHLON
 Wrentham, MA October 26, 2008

3 M Run – 11 M Bike – 2 M Run

 John Salcius #3 M65-69 1:31:59
 Janit Romayko #1 F60-64 1:36:40
 MaryLou White #2 F50-54 1:38:36

AIRLINE TRAIL GHOST RUN 13.1 Miles
Hebron to East Hampton, CT
November 1, 2008

Adam Bulewich	#3M; #2 M30-39	1:23:24
Jay Seney	#6M; #2 M40-49	1:27:03
Brandon Shore	#2 M14-18	1:37:31
Keron Smith	#7F; #3 F30-39	1:39:59
Joseph Poliquin	#7 M50-59	1:41:26
Bekkie Wright	#8F; #3 F40-49	1:41:27
Mike Shore	23 M40-49	1:48:05
Alan McCall		1:56:07
Joan Munroe	#3 F50-59	1:56:36
Jim Best	#2 M60-69	2:00:06
Mary Lou White		2:16:54
Jill Ramos		2:25:30
Xmas Comes Early	#2M Relay	1:23:13
Team Member:	Mike McCall	

TARZAN BROWN 5.5 Miler
Mystic, CT November 2, 2008

John Yavis		1:05:14
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VETERANS MEMORIAL GREENWAY 5K
Willimantic, CT November 2, 2008

Aaron Flamino	#1M	16:23
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FREEDOM RUN 5K
Hartford, CT November 8, 2008

Ned Kennedy	#4M; #1 M45-49	17:36
Dani Kennedy	#3F; #1 F45-49; PR	20:51
Clinton Driscoll		28:15

IRONMAN 70.3 WORLD CHAMPIONSHIPS
Clearwater, FL November 8, 2008

1.2 Mile Swim – 56 Mile Bike – 13.1 M Run

Ken Pacileo		4:40:34
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* This event is by invitation only!

EAST WINDSOR VETERANS DAY 5K
East Windsor, CT November 8, 2008

Aaron Flamino	#1M	17:24
John Collins	#6M	19:02
Nancy Gresh		26:03
Roger Petersen		28:00

MONSON MEMORIAL HALF MARATHON
Monson, MA November 9, 2008

Jackie Cmero		1:53:03
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CHESHIRE CANAL CANTER 5K
Cheshire, CT November 12, 2008

John Paggioli	#1 M40-49	18:37
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RACE TO FILL THE PANTRY 5K*
Glastonbury, CT November 15, 2008

John Paggioli	#4M; #1 M40-49	19:24
Dani Kennedy	#1F	22:13
Keron Smith	#2F; #1 F30-39	22:33
Mike Westfall		22:45
Peg Byram	#1 F50-59	29:06
Jack Byram		41:24
Art Byram		41:26

*Probably more like 3.25 Miles

FROSTBITE 5K RUN
Enfield, CT November 15, 2008

Bekkie Wright	#5F; #1 F 40-49	21:56
Joe Poliquin		21:56
Mike Westfall		22:53

THOMPSON XC 5K TURKEY TROT
Thompson, CT November 16, 2008

Joseph Poliquin		23:30
Bekkie Wright	#1F	23:32

AGE BEFORE BEAUTY XC 5K
Litchfield, CT November 16, 2008

Janit Romayko		30:35
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L'IL RHODY RUNAROUND 8M Trail Race
Charlestown, RI November 23, 2008

Ed Steele		1:09:15
Bob Niedbala		1:23:46
Marylou White	#3 F 50-59	1:26:23

* Bob reports: Fell twice this year and got a little bloody, but nothing broken this time!

OUTBACK DISTANCE CLASSIC
HALF MARATHON
Jacksonville, FL November 27, 2008

John McCoy		1: 41:52
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**MALIBU FITNESS
THANKSGIVING DAY ROAD RACE
Farmington, CT November 27, 2008**

Janit Romayko	#1 F60-69	29:02
Bill Schwarz		29:51
Deborah Thurston		29:51

**COW CHIP XC 3.6 Miles
Trumbull, CT November 29, 2008**

Zofia Turosz	#1F70-79	31:42
Mary Lou White		36:45
Janit Romayko	#2 F60-69	39:40

**SILK CITY STRIDERS
BOARD OF DIRECTORS
MEMBERS NEEDED FOR 2009**

Nominations are currently being accepted for the 2009 Silk City Striders Board of Directors. Please email nominations to Webmaster@SilkCityStriders.org. Officers and Board Members will be elected on January 1, 2009 at the Champagne Run & Brunch. Thanks.

**TIME TO RENEW
YOUR MEMBERSHIP**

It's time to renew your Silk City Striders Membership for 2009. Dues are still only \$12.00 for a single membership, and \$15.00 for a family membership. In addition, if you would like to receive a paper copy of the newsletter, please add an extra \$3.00 to cover postage. The 2009 Membership Application can be downloaded from the Silk City Striders website, or online at Sign-Me Up Sports.

NOTE: Anyone who joined the Club after Labor Day is already "paid up" for 2009.

NEW SILK CITY STRIDERS "STUFF"

Just in time for Winter, we have ordered a new supply of cozy orange fleece hats. They're only \$12 each, and you can pick them up at a Saturday Fun Run, or at the New Year's Champagne Run & Brunch on January 1st. Or, you can order one when you fill out your 2009 Silk City Striders Membership Renewal Form. We hope to have a few more "Silk City Striders" items like hooded sweatshirts (\$30) and "Headsweats" running caps & visors (\$20) available soon. Stay tuned to the website and Yahoo Sports Group for more details.



Reminder -- Starting on January 1, 2009, The Silk City Striders will begin the SILK CITY 700 Challenge. Mileage will be tracked online at www.running2win.com within the "Silk City Striders" Group. If you need any help setting up an account, or joining the Group, please contact Art.Byram@kone.com.

HARTFORD MARATHON, HALF-MARATHON & 5K

Hartford, CT October 11, 2008



Aaron Adam John C. Neal's 3:35 Pace Group David Leak Tris Bill Dani Mike F.

Marathon

Aaron Flamino #7M; #1 M30-34		2:37:24
	1st Marathon, BQ	
Matthew Estes*	BQ	2:56:33
Adam Bulewich #3 M30-34, BQ		2:56:47
Jay Seney	BQ	3:04:22
John Collins	BQ, PR	3:05:16
Marc Shok	BQ	3:25:20
Michael Munroe	BQ	3:30:44
Neal Leibowitz Pace Group Leader		3:34:47
David Leak Jr.	BQ	3:35:15
Brad Shoenfelt		3:40:53
David Laporte		3:42:39
Ginny Welch	BQ	3:50:33
Amy Estes*	PR	4:04:13
Richard Chromik		4:10:13
Joan Munroe	BQ	4:11:10
George Ripley		4:17:32
Jennifer Freeman		4:21:00
Stephen Charry**	1st Marathon	4:28:38
Andre Mesnil		5:06:18
Mark Noujaim**	1st Marathon	5:06:19

* The Estes joined the Silk City Striders for our "Big 3-0" Rails to Trails Run

**Andre's "Training Group" – 1st Marathon (See Mark's Story on Page 12)

Half Marathon

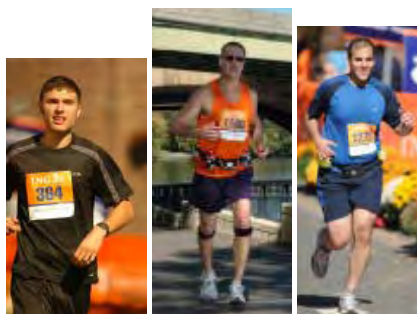
Ken Pacileo		1:25:34
Tom Geer		1:29:15
Jason Earl		1:30:30
Michael Tirrell		1:32:09
Jim Tharp		1:36:18
Keron Smith		1:38:59
John Sloan		1:45:20
John McCoy		1:45:34
Mike Dolen		1:46:17
Michael Shore		1:47:01
Jaclyn Cmero		1:50:20
Michael Westfall		1:55:55
Keith Morgan		2:02:55
Roger Petersen		2:05:15
Melissa Jolly		2:20:30
Diana Cohen		2:24:41
Cathy Kapa		3:24:11

HUCK FINN 5K

Tris Carta		19:05
Bill McGugan		19:53
Dani Kennedy	#1 F45-49	21:54
Mike Fromerth		23:01
Cathy King		27:10
Janice Tirrell		31:30
Jennifer Underwood		38:58

VOLUNTEERS & RACE STAFF

Beth Shluger	Race Director
Ken Shluger	Announcer
David Shluger	Entertainment & Transportation
Dean Bolt	Runner Bicycle Course Support
Clint Driscoll	Registration Assistant
Susan Leslie	Relay Operations
Joe Poliquin	Relay Shuttle Van
Jill & Lindsay Ramos	Relay Operations
Merle Stoner	Elite Runners
Barry Stoner	Technical Coordinator – S. Windsor
Bekkie Wright	Team Relay Coordinator



Stephen Andre Mark

MARATHON & ULTRA RESULTS

ST GEORGE MARATHON
St. George, UT October 4, 2008

Bill Gaghan	3:39:28
Tammy Gaghan	5:18:12

MARINE CORPS MARATHON
Washington, DC October 26, 2008

Barry Stoner	4:56:42
Melissa Jolly	5:09:50
Keith Morgan	5:27:41

THE NORTH FACE
ENDURANCE CHALLENGE 50M
Kettle Moraine State Park, WI October 25, 2008

Bekkie Wright	#9F	9:51:13
Joe Poliquin		9:51:13

MANCHESTER CITY MARATHON
Manchester, NH November 2, 2008

Barry Stoner	5:24:05
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BIMBLER'S BLUFF 50K
Guilford, CT October 25, 2008
Kettle Moraine State Park, WI October 25, 2008

Scott Livingston	#6M; #3 M30-39	5:47:07
Deb Livingston	#1F; #7 Overall	5:50:27
Art Byram	#8M; #3 M40-49	5:53:36

1st Ultra

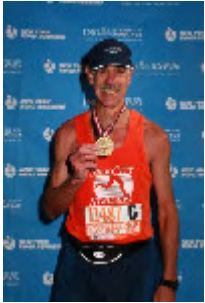
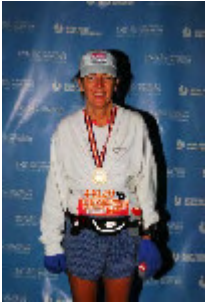


JAVELINA JUNDRED 100M
Prescott, AZ November 15, 2008

Debbie Livingston	#2F, #9 Overall	20:17:57
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JJ100 consists of 6 alternating clockwise & counterclockwise loops, plus a so-called "halfloop", on the 15.4 mile Pemberton Trail (McDowell Mountain Park), featuring gently rolling trail through the desert. The weather during the day reached into the 80s, and got fairly chilly at night.

They also give prizes for Best Costume:
Photos Courtesy of Will Lafollette

Mike

Peggy

NEW YORK CITY MARATHON
New York, NY November 2, 2008

Scott Freeman	3:06:15
John Paggioli	3:16:57
Mike Bendzinski	3:20:50
Joe Kidder	3:21:29
Mitch Bielenda	3:34:13
David LaPorte	3:51:17
Peggy Byram	1st Marathon 6:03:35

*Peggy Reports: My "feets didn't fail me now" but my IT Band did. Was it fun? Not my definition of fun. Challenging? Yes. Masochistic? Definitely. People ask me how it was. It's like life. A long journey with exciting and fun times, large spans of uneventful moments while constantly moving forward, some very special moments and in the end when I reflect back, it was a worthwhile journey and kind of cool.



Alice in Wonderland
"Best Female"



Wonder Woman
"Best Male"

**72nd Annual
Manchester Road Race
November 27, 2008**

Following are the **Chip Time** results
for Silk City Striders Members
(Past & Present), Family & Friends:

Brendan Prindiville#3 M30-39	24:05	Tim Blinn	34:18	Edward Yergeau	44:50
Drew Best	24:10	David Bendzinski	34:38	Joyce Thorner	45:14
Colby Welch* #2 M14-18	25:42	Jane Zoufaly #6 F50-59	34:45	Kevin O'Brien	45:16
Aaron Flamino #6 M30-39	26:03	King Archibald	34:52	Dan Kennedy	45:17
Adam Bulewich	27:25	Mickey Grabner	34:53	Miriam Degrandi	45:35
Scott Livingston	27:34	Bill Gaghan	34:59	Randall Potterton	45:38
Brendan Callahan #1 M0-13	28:12	Raymond Carta	35:25	Erica Forzley	45:40
Neal Leibowitz	28:22	Mike Fromerth	PR 35:31	David Burr	45:41
Ned Kennedy #5 M50-59	28:26	Steve Morse	35:44	Thomas Murray	45:44
Michael McCall	28:30	Peter Leeds	35:48	Ted Kennedy	45:52
Jason Earl	28:46	John Legier	35:48	Steve Gates	45:54
John Paggioli	28:49	Kayla Boucher	35:49	Janit Romayko	46:44
John Collins	28:54	Sean Legier	35:51	Sylvia Ounpoo	46:49
John Agosto	28:59	Andrew Zyrek	PR 35:51	Zoe Ounpoo-Adams	46:49
Jay Seney	29:20	George Ripley III	35:54	Clinton Driscoll	46:56
Brandon Shore	30:22	James Best	36:03	Jim Adams	47:07
Joe Kidder	30:47	Lance Flamino	36:08	Laura Kingstorf	47:10
Amby Burfoot #1 M60-69	30:50	Kristen Metzger	36:08	Myles Kessler	47:19
Michael Tirrell	30:51	Ginny Welch	36:10	Zachary Kessler	47:20
Michael Prindiville	30:56	Ed Steele	36:45	Carol Line Hazel	47:28
Bill McGugan	31:16	Michael Salcius	37:11	Jacqueline Lancaster	47:31
Mike Tartar	31:18	Doug Flamino	37:16	James Kolasinski	47:33
Anne Leonard	31:47	Erica Shore	37:27	Ciara Boucher	47:43
Mitch Bielenda	32:07	Ken Balette	37:37	Maura McGuire	48:21
Deb Livingston* #8 F30-39	32:11	Alan McCall	37:46	Pat Saimond	48:32
Paul Damon	32:18	Ryan Bielenda	38:05	Carolyn Nielsen	48:35
Mike Bendzinski	32:21	Andrew Cannella	38:47	Silva Mesnil	49:29
Michael Dolen	32:24	Dale Toce	39:08	Mike Cannella	49:31
Matthew Butwill	32:28	Kyle Toce	39:08	John Salcius	49:31
Michael Presti	32:34	Zofia Turosz** #1 F70-79	39:10	Andrea King	49:47
Sarah Forzley	32:46	Kathleen Laporte	39:16	Kyle Thornton	49:47
Kyle Walker	32:50	Michael Westfall	39:52	Carolyn Carta	49:49
Ian Roberts	33:04	Richard White	39:52	The Thorntons	49:56
Brad Shoenfelt	33:07	Sue Legier	40:52	Janice Tirrell	50:32
John Sloan	33:14	Peter Devine	41:06	Maggie Bierbaum	50:35
Keron Smith	PR 33:28	Maria Everhart-Caye	41:27	Tim Saimond	50:43
Tony Hollister #5 M60-69	33:32	Ellie Lowell #7 F60-69	41:56	David Peck	52:03
Joseph Poliquin	PR 33:34	Cristina Burfoot	42:17	Susan Leslie	52:09
Bekkie Wright	PR 33:34	Cathy King	42:17	Kristin Legier	52:31
Lauren & Marty Keibel	33:52	George Caye	42:30	Meg Bendzinski	52:45
Linda Yamamoto	33:57	Lynn Damon	42:37	Angelee Carta	53:51
Bill Metzger	33:58	Jill Ramos	42:38	Anthony Dennis	53:52
Michael Shore	34:04	Mark Helisek	42:52	Patricia Desimone	54:07
Rachel Blinn	34:11	Carolyn Reading	43:01	Mark Bierbaum	55:21
Dani Kennedy	PR 34:16	Roger Petersen	43:07	Marc & Emily Shok	55:29
Mike Saimond	34:16	Marylou White	43:11	Cassandra Saimond	57:29
		Dennis Blondin	43:30	Susan Potter	58:03
		Betty Cannella	43:40	Jim Hodges	1:00:06
		Alex Mesnil	43:43	Catherine Kapa	1:00:43
		Andre Mesnil	43:47	Noreen Steele	1:01:54
		Jim & Sam Iacobellis	43:50	John Yavis	1:04:12
		Nevin Ounpoo-Adams	44:04	Sharon Koonze	1:04:43
		Daniel Walker	44:49	Katherine Kamerer	1:08:53

Robert Bieri	1:11:41
Edward Steele	1:21:20
Samantha Freeman	1:26:15
Chrissy Bendzinski	1:26:51

*** First Male and Female Silk City Strider Members - Colby Welch** led the way for the Silk City Men again this year, with **Deborah Livingston** rising to the top spot for the Silk City Women.

** New Women's 70-79 Age Group Course Record

Special Thanks
to
MRR Committee Members
Jim Balcome,
Greg Best,
Peter Boucher,
Tris Carta,
Doug Flamino
Jack Leonard
and
Dave Prindiville
for another great year.

MY FIRST (& LAST) HARTFORD MARATHON

By Mark Noujaim

Despite the blue skies and almost perfect temperature, this was the most difficult challenge I've ever attempted. I'm speaking of course, about The Hartford Marathon held on October 11, 2008.

I'd been training since May, when an eight-mile run used to keep me off my feet for the rest of the day. Every two weeks, with the training and support of my uncle Andre, we would lengthen the run by two miles and soon enough we were in the teens.

As the sizzling days of August approached, I found myself starting runs earlier and earlier just to get a head start before the sun rose.

Before I knew it, I was standing in the crowd with my bib on and my trusty sneakers tied tight. The anticipation filled my body with adrenaline and as soon as we all clapped and cheered at the end of The National Anthem, I was ready.

Off we go! Cheering spectators waving American flags lined the streets gave me an extra bounce in my step.

6 miles. I was feeling great!

10 miles. My parents and friends saw me from the sidelines and cheered me on.

13 miles. Still feeling very strong at a comfortable pace. Time for a Gu.

16 miles. BAM. I had to stop. My vision got blurry; I was dazed and confused. I had hit what runners call "The Wall." It was as if someone handed me a grand piano and said "Go on, finish the race."

It was inexplicable; I had trained up to 21 miles on a much hotter day than this. I was hydrated and carbed up. But that was the past; I had to think in the now, because I was 16 miles into a race to which I had devoted months of training.

"Failure was not an option." This was the mantra I kept repeating to myself.

18 miles. The 4:45 pace-keepers caught up to me and I stayed with them while I made small talk with fellow runners to keep from thinking of the pain.

21 miles. My right calf locked up. I sat down for a minute and massaged it.

23 miles. The miles were endless. I only wanted two things in life at that moment; to finish the race, and a turkey sandwich.

26 miles. I could see the Hartford Arch.

The Finish Line. As the medal was placed around my neck, the Rocky theme song started playing in my head. I felt like a runner.

My parents and friends were looking for me at the finish line. They asked Andre where I was. "Wherever there's food, you'll find Mark."

Sure enough, they found me sitting near the food tent with a pile of food on my plate.

"Do you want run Philadelphia next month?" asked Andre.

"Never! Not in a million years will I ever do that again!" I laughed.

...Or maybe I will.

HIGH SCHOOL CROSS COUNTRY CORNER

Manchester High School – **Kathy Thornton**, Assistant Coach, MHS Girls' Team

Colby Welch & Tyler Gauruder, MHS Boys' Team Members

Ellington High School - **Aaron Flamino**, Coach

Mercy High School – **Dani Kennedy**, Coach (EDITOR'S NOTE: XC Division Championship Results have also been included for Bolton High School, where Dani coaches the Track Team.)

Cheney Tech- **David Bendzinski**, Team Member

**CENTRAL CT CONFERENCE (CCC)
CROSS COUNTRY CHAMPIONSHIPS
Stanley Quarter Park - New Britain, CT
October 16, 2008**

GIRLS - 5K

Manchester #2 Team – North Division

Mary Bugbee	20:17
Emily Anderson	20:38
Kylie McCartney	20:59
Jackie Ofria	21:18
Elizabeth Moran	21:19
Kayla Thompson	21:53

BOYS - 5K

Manchester #3 Team – North Division

Colby Welch	16:04
Jeffrey Roberts	16:56
Tyler Gauruder	17:04
Tim Nohelty	17:17
Alex Johnson	17:47
Tyler Racca	18:44
John Johnson	19:41

**SOUTHERN CT CONFERENCE (SCC)
CROSS COUNTRY CHAMPIONSHIPS
Hammonasset State Park, Madison CT
October 17, 2008**

GIRLS - 5K

Mercy #6 Team

Erin McCormick	20:47
Molly Harmon	22:08
Kathleen Darling	22:26
Monica Castro	22:36
Danielle Gallagher	22:49

**CONSTITUTION STATE CONFERENCE
CROSS COUNTRY CHAMPIONSHIPS
Wickham Park October 15, 2008**

BOYS - 5K

Cheney Tech #7 Team

David Bendzinski	20:10
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**NORTH CENTRAL CT CONFERENCE (NCCC)
CROSS COUNTRY CHAMPIONSHIPS
Windsor Locks High School
October 17, 2008**

GIRLS - 5K

Ellington #1 Team

Allison Landry	19:38
Emily Baker	20:27
Kelly Maguire	20:46
Josie Gerber	20:46
Kerry Sawamura	21:22
Melody Smith	21:27
Molly Honda	24:00

BOYS - 5K

Ellington #7 Team

Steve Crouse	17:13
Matt Larocca	18:32
Jordan Cusson	18:38
Alex Smith	18:50
Matt Lebel	19:03
Brendon Willis	19:56
Brian Kelleher	19:59

**CIAC DIVISION "S"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 25, 2008**

BOYS - 5K

Bolton #1 Team

Thomas Paquette	17:35
Kristopher Borton	17:42
Jordan Richard	17:56
William Hillebrand	18:01
Thomas Cassello	18:24
Sam Hillebrand	20:05
Adam Calderone	20:46

GIRLS - 5K

Bolton

Lindsay Cordero	22:29
Noel Delorme	23:58
Kyra Busque	26:35
Christina Decormier	28:40

**CIAC DIVISION "SS"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 25, 2008**

GIRLS - 5K

Ellington	#2 Team	
Allison Landry		20:38
Emily Baker		20:58
Josie Gerber		21:41
Kelly Maguire		22:33
Melody Smith		22:53
Krista Pregony		24:25

BOYS - 5K

Ellington	#10 Team	
Cameron Waters		18:41
Matthew Stephan		18:58
Jordan Cusson		19:21
Alexander Smith		19:27
Matthew La Rocca		19:45
Brian Kelleher		20:25

**CIAC DIVISION "M"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 27, 2008**

BOYS - 5K

David Bendzinski	Cheney Tech	19:45
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**CIAC DIVISION "L"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 25, 2008**

GIRLS - 5K

Mercy	#9 Team	
Erin McCormick		21:14
Molly Harmon		21:25
Kathleen Darling		22:15
Monica Castro		23:10
Danielle Gallagher		23:40
Rebecca Palmer		24:36
Clare Darling		24:41

**NEW ENGLAND HIGH SCHOOL
CROSS COUNTRY CHAMPIONSHIP
Derryfield Park, Manchester NH
November 8, 2008**

BOYS - 5K

Colby Welch	Manchester	17:22
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**CIAC DIVISION "LL"
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 27, 2008**

GIRLS - 5K

Manchester	#9 Team	
Mary Bugbee		20:25
Emily Anderson		20:43
Kylie McCartney		21:53
Elizabeth Moran		21:58
Kayla Thompson		22:17

BOYS - 5K

Manchester	#9 Team	
Timothy Nohelty		17:15
Colby Welch		17:23
Jeffrey Roberts		17:29
Tyler Gauruder		17:52
Tyler Racca		18:26
Mark Johnson		19:24
John Johnson		20:37

**CIAC STATE OPEN
CROSS COUNTRY CHAMPIONSHIP
Wickham Park October 31, 2008**

GIRLS - 5K

Manchester	#13 Team	
Emily Anderson		20:38
Mary Bugbee		20:45
Kylie McCartney		21:41
Elizabeth Moran		22:05
Kayla Thompson		22:19
Allison Tamiso		23:17

Ellington **#14 Team**

Emily Baker		20:49
Allison Landry		21:17
Josie Gerber		21:37
Kelly Sawamura		21:52
Kelly Maguire		22:02
Melody Smith		22:06
Krista Pregony		23:56

BOYS - 5K

Manchester		
Colby Welch*		16:40
Timothy Nohelty		17:34
Jeffrey Roberts		17:34

*All State Honors

Nutrition News: Are You At Risk for Vitamin D Deficiency?

Katie Jeffrey-Lunn, MS, RD, CD-N

First published in *The Stonington Times* and *The Mystic Times*, June 2008

Vitamin D is a unique vitamin. It is a hormone that is active in all cells in the body. Because Vitamin D combined with calcium is essential for bone health, a deficiency in either calcium or vitamin D can lead to osteoporosis and associated bone fractures. Vitamin D also influences cell growth and specialization, affects how the body produces bone, muscle and insulin, and affects how the immune system fights disease. Individuals with low levels of vitamin D have a weakened immune system and are at greater risk of developing autoimmune diseases such as Type I diabetes mellitus. Adequate levels of vitamin D also decrease the risk of developing muscle weakness, gum disease, arthritis, multiple sclerosis, and more than a dozen types of internal cancers such as breast, colon, pancreas, and prostate. The health benefits of vitamin D are well-documented and the list continues to grow.

If you could reduce your likelihood of developing a medical condition, you would, wouldn't you? Yet, many Americans do not receive adequate amounts of this "sunshine" vitamin. The body can produce vitamin D if exposed to the sun's UV rays (unless protected by sunscreen) for approximately 5 - 15 minutes or longer depending on skin pigment. The darker the skin color, the longer the exposure required.

Experts recommend that individuals (1 year to adults) receive 1,000 IU (international units) of vitamin D daily from food, sunlight and supplements. 2,000 IU is the upper limit currently listed by the Food and Nutrition Board. If you take a multivitamin and/or calcium supplement, determine how much vitamin D each provides, then determine how much you generally receive from milk and other foods. Take a vitamin D supplement (look for "vitamin D3" or "cholecalciferol") to reach the 1,000 IU goal, if necessary. However, if you practice sensible sun exposure during the months your body is able to make vitamin D (3 - 4 times per week: 15 minutes of sun exposure from March through October on uncovered arms and legs without sunscreen), you can stop taking vitamin D supplements during those months of the year. Always keep your face covered with sunscreen during sun exposure!

Several reasons may be contributing to the widespread vitamin D inadequacy and deficiency. First, vitamin D naturally occurs in relatively few foods (e.g. 4 oz. fatty fish: catfish, sockeye salmon = 480 IU; 4 oz. pink salmon. = 290 IU and 3 oz. cooked shrimp = 170 IU). Relatively small amounts can also be found in foods fortified with vitamin D such as milk and soy milk (8 oz. = 100 IU), most breakfast cereals (3/4 - 1 cup = 40 IU) and certain yogurts (6 oz. = 80 IU). Secondly, due to the widespread use of sunscreen to protect the skin from sun burns and skin cancer, individuals are not able to produce vitamin D from sun exposure. To compound the sunscreen issue, individuals living north of the latitude line connecting San Francisco to Philadelphia cannot produce vitamin D from November to February. And, unless it's warm enough outside, few individuals receive the 10 minutes of sunlight on uncovered arms and legs without sunscreen at least 3 - 4 times per week in October, March and April. Thirdly, most Americans lack sunlight exposure due to working indoors. How then can you be certain that you're receiving enough vitamin D?

Individuals can request to have their blood levels of vitamin D checked. The goal is to maintain 40-65 ng/mL of vitamin D in blood year-round. Some individuals may need to take more than 1,000 IU of vitamin D daily to maintain these levels. Although vitamin D toxicity is difficult to achieve (a fair skinned person in a bathing suit exposed to sunlight with no sunscreen for 30 minutes can produce 20,000 to 30,000 IU of vitamin D), it is inadvisable to take more than 2,000 IU per day unless under the care of a knowledgeable physician. As you age, the body's ability to produce vitamin D decreases.

The research is mounting on the myriad health benefits of receiving adequate vitamin D from a reduction in cancer, to a decreased risk of developing Type I and Type II diabetes mellitus, to a decreased likelihood of developing autoimmune diseases. The health implications of receiving enough vitamin D to maintain adequate blood levels are enormous. The bottom line: strive to receive 1,000 IU of vitamin D daily from sunlight, food and/or supplements for optimal health.

For additional information, go to the Harvard School of Public Health website page:
<http://www.hsph.harvard.edu/review/spring07/spr07vitaminD.html>

Mexican Salmon Stir-fry

Created by: Katie Jeffrey-Lunn, MS, RD, 2008



Salmon is an excellent source of vitamin D (sockeye salmon = 480 IU; 4 oz. pink salmon. = 290 IU) and along with avocado supplies anti-inflammatory fat, which is great for runners! The garlic and onion provide phytonutrients. Phytonutrients are substances that plants produce naturally which protect the plant against insects, viruses, bacteria, fungi, draught, and the sun. They have been found to have numerous health benefits. Tomatoes are full of antioxidants.

Serves 4

2 limes (approximately ¼ cup of juice)	6 cloves garlic, minced
¼ cup of water	1 pound salmon fillet, preferably wild
¼ cup chopped cilantro plus extra for garnish	Pepper to taste
2 tablespoon chopped parsley	2 avocados, peeled, pit removed, and sliced
2 large tomatoes, chopped w/seeds removed	Low-fat sour cream
2 tsp. olive oil	Corn tortilla shells
1 cup finely chopped red onion	

1. Squeeze limes and collect the juice in a bowl. Add water, cilantro and parsley and set aside.
2. Chop the tomatoes (removing the seeds) and set aside. Chop the red onion.
3. Remove any fine bones from the salmon fillet. Cut the salmon into 1/2-inch cubes.
4. Heat olive oil in a skillet over medium heat. Add red onion and cook until tender. Approximately 5 minutes.
5. Add minced garlic and sauté for an additional 2 minutes.
6. Add salmon to oil, onion and garlic mixture and sauté until pink and tender.
7. Pour the lime mixture into the skillet. Stir in pepper to taste.
8. Add tomatoes and simmer for 10 minutes.
9. While mixture is simmering, peel, remove pit and slice avocado.
10. Remove salmon mixture from heat.
11. Serve in warmed corn tortilla shells.
12. Garnish with avocado slices, sour cream and cilantro.

Katie Jeffrey-Lunn, MS, RD, CD-N, is a registered dietitian, columnist, and the owner of FitNutrition, LLC, in Mystic. She provides individual nutrition counseling, sports nutrition counseling for athletes and educational nutrition presentations on various topics for all age groups. For more information, call 860-536-3610 or go online to www.fitnutrition.net.

Silk City Striders' New Member Profiles

BRENDAN CALLAHAN

Editor's Note: It's not often that we get a new individual club member who needs a parent's signature to sign up. Brendan is off to a great start, and we see a bright future ahead for him.

Brendan Reports: I was born and raised in the small town of Bolton and I am 13 years old. I am currently in 8th grade. I play soccer for Oakwood and began running to condition for it and fell in love. I recently started running competitively for my school's cross country team, but have been running for about four years.

My main goals in running for this year were to come in first for my Age Group at the Manchester Road Race, and to beat the Division Record. I came in first this year, but unfortunately I missed the record by seven seconds. There's always next year.

Other goals that I have set for myself as a future runner are to be an All-State Cross Country runner, win as many meets and invitationals as I can, attempt to break the 14-18 Manchester Road Race division record, and take things from there.

Race Results	Year	Time
Run to Read 5K	2008	19:35
Parker Holt 5K	2008	18:39
Know Your Pace Race	2008	29:48
Manchester Road Race	2008	28:12
Manchester Road Race	2007	30:55
Manchester Road Race	2006	33:24
Manchester Road Race	2005	37:24
Manchester Road Race	2004	43:22



November 9, 2008

PETER DEVINE

Editor's Note: Another runner who started his running career at the Manchester Road Race. Peter started running with us on Tuesday nights, and we expect to see him on Saturdays as well, and at many more road races in 2009.

Peter Reports: I'm a 38 years young Entrepreneur. I own and operate a Disc Jockey Service and I'm a distributor of natural health products here in New England. I also was very competitive in Flag Football that I played for about 9 years which consisted of a lot of speed bursts that I loved.

Last year I decided to direct my attention to long distant running. So I decided to run the 2007 Manchester Road Race (Boy that was fun!!). Then a few months later in April 2008 I ran the Bradley Road Race and placed 3rd in my age group.

I found Silk City Runners online while browsing through the Manchester Road Race web site. I love the friendliness and the excitement everyone brings to running. My goals are to start running 10K's and working my way up to Marathons in 2009.

Race Results	Year	Time
Manchester Road Race	2008	41:06
Know Your Pace Race	2008	39:45
Bradley Airport 5K	2008	26:55
Manchester Road Race	2007	43:59

WRD - Update from Michael Westfall

Thanks to your support, I was able to meet my fundraising goal of \$500.00 to benefit the Open Hearth Association which seeks to effect transformation in the lives of hundreds of men throughout Connecticut and southern New England recovering from poverty, homelessness, addiction and incarceration. Special thanks to John McCoy, who joined me for all 10 Miles of my run, and to Bekkie & Joe who joined us late, and ran the last 5 miles with us in the dark.

SCROOGE’S SCRAMBLE



Scrooge’s Scramble, a Christmas morning tradition in Vernon, continues thanks to Janit Romayko and Marylou White. The race beneficiary is **The Cornerstone Foundation** (Clothing Bank, Soup Kitchen, and Community Center).

18th Annual SCROOGE’S SCRAMBLE
Thursday, December 25, 2008 - 10:30 AM
Start & Finish @ Cornerstone Community Center
3 Prospect Street Rockville, CT 06066
Distances: 5K (3.1 miles) – officially timed
5 Miles – self-timed

Both courses are moderately hilly
Registration: 9:30AM at the Community Center

Informal awards, coffee and cocoa after the finish. Costumes encouraged. Walkers welcome. Bring your family & friends and run/walk in the Spirit of Giving.

Monetary donations gratefully appreciated as this is a benefit for the Cornerstone Foundation’s programs, including the Shelter and Soup Kitchen. Checks can be made out to: “Cornerstone Foundation”. Cash would also be appreciated. Receipts will be available. For Race Questions, contact: mlouwhite@comcast.net or jpromayko@sbcglobal.net



SILK CITY STRIDERS
2008 AWARDS BALLOT

"Rookie of the Year"

Awarded to a current SCS member, male or female, with less than 3 years experience in competitive running including the award year, one award per year, outstanding improvement, most improved beginner.

- | | |
|---|--|
| <input type="checkbox"/> Brendan Callahan | <input type="checkbox"/> Cathy King |
| <input type="checkbox"/> Mike Fromerth | <input type="checkbox"/> Brandon Shore |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

"Best Comeback"

Awarded to a current SCS member, male or female who has recently returned to competitive running after a layoff due to some type of set-back or injury.

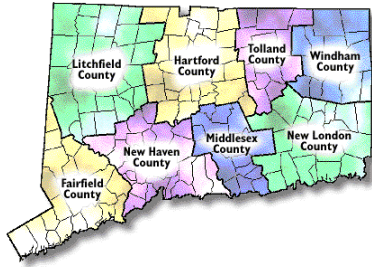
- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Carol-Line Hazel | <input type="checkbox"/> Ellie Lowell |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

"Most Improved" Male & Female

Awarded to a current SCS member, with more than 3 years prior competitive running experience since the beginning of the award year, showing significant improvement during the last year, # of PRs, variety of PRs, dramatic increase in mileage or length of races, etc.

- | | |
|--|---------------------------------------|
| <u>Male</u> | <u>Female</u> |
| <input type="checkbox"/> Art Byram | <input type="checkbox"/> Rachel Blinn |
| <input type="checkbox"/> Randy Potterton | <input type="checkbox"/> Dani Kennedy |
| <input type="checkbox"/> Andy Zyrek | <input type="checkbox"/> Keron Smith |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

These nominations are just suggestions ... write-ins are welcome. Please send completed ballots to Bekkie Wright, 547 Forbes Street, East Hartford, CT 06118 or email selections to webmaster@silkcitystriders.org. Thank You.



Silk City Striders 8 County Challenge

At Least Five (5) Counties Completed as of 12/1/2008

All successful "8 County Challenge" Finishers will be announced at the 2008 New Years Day Champagne Run, and will be entered in a drawing for a Gift Certificate from The Run In. **Finishers are Highlighted.**

	Fairfield	Hartford	Litchfield	Middlesex	New Haven	New London	Tolland	Windham
John Agosto		X	X		X	X	X	
King Archibald	X	X	X	X	X	X	X	X
Adam Bulewich	X	X		X	X	X	X	
Art Byram		X			X	X	X	X
Alan McCall		X		X	X	X	X	X
John Paggioli		X	X	X	X	X		
Joe Poliquin	X	X	X	X	X		X	X
Randy Potterton	X	X		X	X	X	X	X
Jill Ramos	X	X		X	X	X	X	
Janit Romayko	X	X	X	X	X	X	X	X
Michael Shore	X	X		X	X		X	
Keron Smith	X	X		(x)	X	X	(x)	
Mark Turkington	X	X			X	X	X	X
MaryLou White	X	X	X	X	X	X	X	X
Bekkie Wright	X	X	X	X	X		X	X
Andy Zyrek	X	X	X	X	X	X	X	X

(x) Airline Trail Ghost Run – which runs from Hebron to East Hampton may count for any one of the following 3 counties: Tolland, Hartford or Middlesex

Silk City Striders who just missed the list with Four (4) Counties:

Jim Best, Dean Bolt, Peggy Byram, Clint Driscoll, Aaron Flamino, Jay Hamilton, Ned Kennedy, Ellie Lowell, Bill McGugan, Steve Morse, Joan Munroe, Jay Seney, John Sloan, Barry Stoner, Mike Tartar, and Ginny Welch

RACE CALENDAR

NOTE: Check Dates ... many On-line Calendar Links are not yet active for 2009 Races

Date	Time	Race	Place	More Information
Sa	Dec 6	10:00 AM	Hot Chocolate Run 5K	Northampton, MA (Strong Ave) www.hotchocolaterun.com
Su	Dec 7	9:30 AM	Holiday Run for the Kids 5K	Fairfield (Scandinavian Club) www.clubct.org
Su	Dec 7	12:00 Noon	Santa's Run 3.5M	Glastonbury H.S. http://town.glasct.org
Su	Dec 7	1:00 PM	Pearl Harbor Masters 5.1M	Waterford (VFW) W'ford Parks & Rec 860-444-5881
Wed	Dec 10	6:00 PM	Wesleyan Dev. Track Meet	Middletown (Wesleyan Univ.) www.plattsys.com
Sa	Dec 13	9:00 AM	Wesleyan Dev. Track Meet	Middletown (Wesleyan Univ.) www.plattsys.com
Su	Dec 14	10:00 AM	Christopher Martins for Children 5K	New Haven www.jbsports.com
Tu	Dec 16	6:00 PM	WAC Can Fun Run 3.5/6M	Willimantic www.thelastmileracing.com
Sa	Dec 20	11:00 AM	Norfolk Pub 10M	Norfolk (Town Hall) www.greystonercing.net
Sa	Dec 20	11:15 AM	Santa Speedo Run 1M *NEW	Niantic (Constantine's Rest.) www.santaspeedorun.com
Th	Dec 25	10:30 AM	Scrooge Scramble 5K	Vernon (Cornerstone) www.SilkCityStriders.org
Sa	Dec 27	9:00 AM	Resolution Run 5K	Colchester (Bacon Academy) www.thelastmileracing.com
Th	Jan 1	11:00 AM	Guilford Rotary Club Frosty 5K	Guilford (Guilford Green) www.guilfordrotary.org (www.plattsys.com)
Su	Jan 4	10:00 AM	Boston Buildup Series 10K	Norwalk (McMahon H.S.) www.clubct.org
Su	Jan 4	1:00 PM	Frostbite 5M	Mystic (Kelly's Pace) Roger Camire 860-536-8175
Su	Jan 4	1:30 PM	Aseton Mem. Snow Dash 5K	E. Hartford (Langford School) www.ci.east-hartford.ct.us
Su	Jan 18	10:00 AM	People's Forest 8.5/17 M	Barkhamstead (People's For) www.hartfordtrackclub.org
Su	Jan 18	9:00 AM	Boston Buildup Series 15K	Ridgefield (Scotland Elem Sch) www.clubct.org
Su	Feb 1	10:00 AM	Wallyworld 9.2M	Wallingford (Doherty Dr) www.hartfordtrackclub.org
Su	Feb 8	9:00 AM	Boston Buildup Series 20K	Southport (RR Station) www.clubct.org
Sa	Feb 14	11:00 AM	Bob Andrulis Memorial 5M	Litchfield (Community Ctr) www.greystonercing.net
Sa	Feb 14	10:00 AM	Sweetheart Run 4M	Stratford (YMCA) www.hitekracing.com/sweetheart
Su	Feb 22	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Reg HS) http://sugarloafmac.org
Su	Feb 22	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug) www.roadtracksports.com
Sa	Feb 28	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy) www.hartfordtrackclub.org
Su	Mar 1	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School) www.clubct.org
Su	Mar 8	10:00 AM	Collinsville 5.5/11M	Collinsville (Rt. 179) www.hartfordtrackclub.org
Su	Mar 22	10:00 AM	Asta Memorial 19.6M	Rocky Hill (Fern St) www.hartfordtrackclub.org
Su	Mar 29	7:30 AM	Boston Blowout 30K	Fairfield www.clubct.org

WINTER/SPRING 2009 MARATHON CALENDAR

Lots of local races and some nice Winter Get-Aways

DATE	RACE	PLACE	Website (link)
December 13, 2008	Roxbury(CT) Marathon		http://www.southernct.edu/~sandifer/Ed/Roxbury/Roxbury2007/Roxbury Marathon.htm
January 11, 2009	Maui Paradise Marathon *NEW	Maui, HI	http://www.mauiparadisemarathon.com
January 25, 2009	Maui Oceanfront Marathon *NEW	Maui, HI	http://www.MauiOceanfrontMarathon.com
January 25, 2009	ING Miami Marathon	Miami, FL	http://www.ingmiamimarathon.com
February 1, 2008	Mardi Gras Marathon	New Orleans, LA	http://www.mardigrasmarathon.com
February 14 2009	Myrtle Beach Marathon	Myrtle Beach, SC	http://www.mymarathon.com
February 15, 2009	26.2 with Donna	Jacksonville Beach, FL	http://www.breastcancermarathon.com
February 22, 2009	Hyannis Marathon	Hyannis, MA	http://www.hyannismarathon.com
March 1, 2009	Tampa Gasparilla Distance Classic	Tampa, FL	http://www.tampabayrun.com
March 22, 2009	Shamrock Sportsfest Marathon	Virginia Beach, VA	http://www.shamrockmarathon.com
March 29, 2009	Ocean Drive Marathon	Cape May County, NJ	http://www.odmarathon.org
April 20, 2009	Boston Marathon	Boston, MA	http://www.bostonmarathon.org
April 26, 2009	More Marathon - Ladies Age 40+	New York, NY	http://www.more.com/more-women/marathon
May 3, 2009	New Jersey Marathon	Long Branch, NJ	http://www.njmarathon.org
May 3, 2009	Long Island Marathon	East Meadow, NY	http://www.thelimarathon.com
May 4, 2008	Race of Champions Marathon	Holyoke, MA	http://www.harriers.org/marathon
May 24, 2009	Vermont City Marathon	Burlington, VT	http://www.runvermont.org