



INSIDE STRIDES



Silk City Striders - Manchester, Connecticut

www.SilkCityStriders.org

Meet the "Wethersfield Wonder" – Tom Walsh

I am a pretty humble guy who just enjoys his feet hitting the ground, it's not that I need any attention, it was just fun to try to complete the 8 County Challenge during one of the toughest Winters in recent history. I am not an award winning runner or anything like that, and I think Peter was just having some fun with me by making a big deal out of our accomplishment. Peter Briggeman (aka King Archibald) and Kevin Tranberg motivated me to have fun and make this a way to get in more running during the winter. It definitely helped me keep running. I am starting to get worried that the Silk City Striders are trying to make me a runner, ha-ha. The club does motivate me, but I really just run for the health and respect and the balance, not for the notoriety.




8 County Challenge 2011 – Speed Round

- Jan. 1 Joe Vailonis Memorial Run – Rocky Hill (and into Cromwell) - Middlesex County
- Jan. 2 Bacon Academy Resolution Run 5K –Colchester - New London County
- Jan. 8 King Archibald's Winter Trail Run – Bolton - Tolland County
- Jan. 9 Boston Build-Up 10K - Rowayton - Fairfield County
- Jan. 16 People's Forest 8.55 Mile Run – Barkhamstead - Litchfield County
- Jan. 22 Bernie Jurale Tradition Run – Meriden - New Haven County
- Feb. 5 DEBTiConn Eastford Fun Run* – Windham County
- Feb. 6 Cedar Hill Cemetery 4M –Hartford - Hartford County

*King Archibald hosted this inaugural race in honor of the "Do Every Blessed Town in Connecticut" group. Both Tom Walsh and King Archibald himself have now completed the 8 County Challenge for 2011!

Editor's Note: Since there was no New Member Profile for Tom when he officially joined the Silk City Striders, I have decided to make him our "front page news" to make up for the omission.



Huntsville, TX February 5, 2011

MaryLou White 29:41:31

1st 100 Miler
Congratulations, MaryLou!

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TRAINING RUNS

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

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

Tuesday Evening Funs Runs - 6:00 pm
Wednesday Evening Funs Runs - 5:15 pm
Thursday Evening Funs Runs - 6:00 pm
Mt. Nebo Parking Lot - Spring Street
 Martin Elementary School – Dartmouth Street
 if the Mt. Nebo parking lot has too much snow.

The snow is finally melting,
 and the Groundhog says it'll be an early Spring.
 Hope to see you all again soon.

CLUB NEWS & EVENTS

NEW MEMBERS

Katie Abel	Manchester
Laurie Brooks	Bolton, CT
Kris Jackson	East Hartford, CT

NEW YEAR'S DAY CHAMPAGNE RUN & BRUNCH

The weather was cool and there was a little snow on the roads, as the Silk City Striders started out their New Year with a run of 3-10 miles. Thanks to **Cathy King & Mitch Bielenda** for hosting the Run, Brunch & Awards Ceremony.

Rookie of the Year went to **Heidi Chromik**. **Most Improved Female** was **Amira Lerario**, **Most Improved Male** was **Mike Fromerth**. The **Best Comeback Award** went to **Jim Best**. See next page for more details on the winners and other Honorable Mentions.

We would like to wish all our members, past & present ... a very happy & healthy New Year.



Front Row: Jim Best, Randy Potterton, Ellie Lowell, Janit Romayko; **2nd Row:** Joan Schwarz, Bekkie Wright, Joe Poliquin, Zofia Turossz, Cathy King and Dani Kennedy; **3rd Row:** John Sloan, Don Denley and Andy Zyrek; **Back Row:** Kathy Thornton, Sue Leslie, Bill Schwarz and Ned Kennedy. **Not Pictured:** Mike Westfall, Zack Brayfield, Kathy Manizza and Barry & Merle Stoner

1ST ANNUAL HUNGRY TIGER TOY RUN Sunday, December 12, 2010

Thanks to Mary Lou White, Janit Romayko, and Don Denley for making the Hungry Tiger Toy Run a great inaugural event. The rain could not dampen the spirits of the Silk City Striders and friends who came out to run, donate a toy to a needy child, and share in the camaraderie. Thanks to Don for hosting, and providing a post-run snack.

2010 SILK CITY STRIDERS AWARDS**ROOKIE OF THE YEAR****Heidi Chromik**

Heidi had a great year in 2010. She stepped up her endurance in the Spring, tackling the challenging 8M course at Bobby's Run. The Ironhorse Half Marathon showed she's ready to go the distance. She also had outstanding performances at shorter races, including PR's at the Parker Holt 5K and the Know Your Pace Race on the Manchester Road Race course. We know this is just the beginning for Heidi.

Honorable Mention: Hayley Collins

BEST COMEBACK**Jim Best**

Jim missed most of the 2010 running season after falling on icy trails of Case Mountain in early January. After undergoing surgery to repair the damage, his mobility was limited by a walking cast for most of the Spring, but he was back to running 3 Miles by the Fall. Although he's still got a long way back to racing shape, he continues his steady progress and is playing it safe & smart as he rebuilds his speed and endurance.

Honorable Mention: Linda Yamamoto

MOST IMPROVED MALE**Mike Fromerth**

Mike made the most of his endurance training in 2010, stepping up to the Marathon distance at Hartford. Sporting his Silk City Striders orange singlet, he looked great at Mile 11, and although it warmed up through the morning, he managed to push through all the way to the finish. He was a valuable member of our Lake Winni Men's Relay Team as well. Who knows what he could have accomplished at the Manchester Road Race if he hadn't been stuck running at "silkworm" speed.

Honorable Mentions: Scott Livingston

MOST IMPROVED FEMALE**Amira Lerario**

Amira started running competitively at the Xtreme Scramble Series in 2009, but quickly showed her speed at all distances from the 5K to the Marathon. She ran her first marathon in the Spring, and then scored a BQ at the Hartford marathon in October. All that distance training didn't seem to affect her speed. She was also #1 Female at the Parker Holt 5K in November. Although Amira could have been classified as a Rookie in 2010, her performances show that she's no amateur.

Honorable Mention: Debbie Thurston

**MANCHESTER ROAD RACE
FIRST SILK CITY STRIDERS****Thomas Paquette & Debbie Livingston**

Thomas led a strong Silk City Men's field in 2010 with a 25:13, after wrapping up his college cross country season.

Deb nipped newcomer Amira Lerario by 18 seconds to lead the way for the ladies in 32:20.

It was a cold but clear day, and many Striders turned in outstanding performances.

Jim DeWitt Service Award**Joe Poliquin**

For the past few years, Joe Poliquin has been serving as primary technical support crew and race photographer for a vast majority of Silk City Striders sponsored events. His race photos can be seen on the Silk City Striders Facebook page and on our website, as well as in the club newsletter. In recognition of his extraordinary effort in supporting the Silk City Striders, Joe was awarded the 2010 Jim Dewitt Service Award. Thank you from all of us!

Congratulations to all our 2010 Silk City Striders Award Winners!

2010 Silk City Striders 8 County Challenge – Finishers

KING ARCHIBALD	<u>FAIRFIELD</u> Stamford KIC IT Tri – Stamford	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Litchfield Hills Tri – New Hartford	<u>MIDDLESEX</u> Citizen’s Bank – Middletown
	<u>NEW HAVEN</u> C. Martins 5K – New Haven	<u>NEW LONDON</u> Tarzan Brown – Mystic	<u>TOLLAND</u> Bolton Trail Run – Bolton	<u>WINDHAM</u> Angus Wooten XC 5K – Willimantic
MITCH BIELEDA	<u>FAIRFIELD</u> Fairfield Half Marathon- Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Citizen’s Bank - Middletown
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Run to Read 5K - Vernon	<u>WINDHAM</u> XC Turkey Trot – Thompson
CATHY KING	<u>FAIRFIELD</u> Fairfield Half Marathon- Fairfield	<u>HARTFORD</u> Snow Dash - East Hartford	<u>LITCHFIELD</u> Polar Bear Run - New Preston	<u>MIDDLESEX</u> Citizen’s Bank- Middletown
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Run to Read 5K - Bolton	<u>WINDHAM</u> XC Turkey Trot – Thompson
ALAN MCCALL	<u>FAIRFIELD</u> Four on the Fourth – New Canaan	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> People’s Forest 8.5M - Barkhamstead	<u>MIDDLESEX</u> Lions Club 10M - East Haddam
	<u>NEW HAVEN</u> Guilford Frosty – Guilford	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Hebron 5K- Hebron	<u>WINDHAM</u> Easter 5K– Willimantic
JOE POLIQUIN	<u>FAIRFIELD</u> Run for the Turkeys - New Fairfield	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> People’s Forest 17M - Barkhamstead	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Branford RR – Branford	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Bolton XC Series - Bolton	<u>WINDHAM</u> XC Turkey Trot - Thompson
JILL RAMOS	<u>FAIRFIELD</u> Danbury Half Mar. – Danbury	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> People’s Forest 8.5 M - Barkhamstead	<u>MIDDLESEX</u> Ghost Run – Hebron to E. Hampton*
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Mother’s Day Dash – Vernon	<u>WINDHAM</u> Boombox Mile – Willimantic
JANIT ROMAYKO	<u>FAIRFIELD</u> Fairfield Tri – Fairfield	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Roxbury Race Series - Roxbury	<u>MIDDLESEX</u> MxCC 5K – Middletown
	<u>NEW HAVEN</u> Hammerfest Tri - Branford	<u>NEW LONDON</u> Niantic Bay Tri - Niantic	<u>TOLLAND</u> Bolton Trail Run - Bolton	<u>WINDHAM</u> Memorial Day 10K - Woodstock
BARRY STONER	<u>FAIRFIELD</u> Christmas Village 5K – Trumbull	<u>HARTFORD</u> Lake T. Tri – Marlborough	<u>LITCHFIELD</u> Litchfield Hills Tri – New Hartford	<u>MIDDLESEX</u> Glorious Gallop 5K – East Hampton
	<u>NEW HAVEN</u> Sea Legs Shuffle 10M – Guilford	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Bobby’s Run – Vernon	<u>WINDHAM</u> N. Nipmuck Trail – Union

2010 Silk City Striders 8 County Challenge – Finishers, continued

ZOFIA TUROSZ	<u>FAIRFIELD</u> Christmas Village 5K – Trumbull	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> Roxbury Race Series – Roxbury	<u>MIDDLESEX</u> MxCC 5K – Middletown
	<u>NEW HAVEN</u> Winter Wonderland– Milford	<u>NEW LONDON</u> Fall Challenge – New London	<u>TOLLAND</u> Bolton Trail Run – Bolton	<u>WINDHAM</u> ACT Scholarship 5K – Willimantic
MARYLOU WHITE	<u>FAIRFIELD</u> Christmas Village 5K – Trumbull	<u>HARTFORD</u> Twilight Road Race – Enfield	<u>LITCHFIELD</u> Race around the Lake New Hartford	<u>MIDDLESEX</u> Lions Club 10.5M – East Haddam
	<u>NEW HAVEN</u> B.B. Boogie Du – Madison	<u>NEW LONDON</u> Niantic 10K – Niantic	<u>TOLLAND</u> Run to Read 5K – Bolton	<u>WINDHAM</u> ACT Scholarship 5K – Willimantic
BEKKIE WRIGHT	<u>FAIRFIELD</u> Run for the Turkeys - New Fairfield	<u>HARTFORD</u> Snow Dash – East Hartford	<u>LITCHFIELD</u> People’s Forest 17M - Barkhamstead	<u>MIDDLESEX</u> Glorious Gallop - East Hampton
	<u>NEW HAVEN</u> Branford RR – Branford	<u>NEW LONDON</u> JJK Ocean Beach - New London	<u>TOLLAND</u> Bolton XC Series – Bolton	<u>WINDHAM</u> XC Turkey Trot - Thompson
ANDY ZYREK	<u>FAIRFIELD</u> Newtown 5K – Newtorn	<u>HARTFORD</u> Baja 5000- Glastonbury	<u>LITCHFIELD</u> People’s Forest 17M - Barkhamstead	<u>MIDDLESEX</u> Deep River 5K- Deep River
	<u>NEW HAVEN</u> New Haven 20K - New Haven	<u>NEW LONDON</u> Colchester Half - Colchester	<u>TOLLAND</u> Bolton XC Series - Bolton	<u>WINDHAM</u> Easter 5K – Willimantic



The list below includes Silk City Striders who achieved the 700 Mile Mark in 2010.

MEN		WOMEN	
John Agosto	Alan McCall	Betty Cannella	Keron Smith
Mitch Bielenda	Bill Metzger	Dani Kennedy	Ginny Welch
Tony Bonanno	Joe Poliquin	Debbie Livingston	Bekkie Wright
Art Byram	Barry Stoner	Janit Romayko	Linda Yamamoto
John Collins	Mike Tartar		
Aaron Flamino	Mike Westfall		
Bill Gaghan	Andy Zyrek		
Scott Livingston			

The SILK CITY 700 Challenge is on again for 2011. Daily mileage can be entered online at www.running2win.com within the “Silk City Striders” Group. Anyone tracking their mileage via another method should report their monthly mileage to Webmaster@SilkCityStriders.org.

If you need any help setting up an account on Running2Win, or joining the “Group,” please contact Art via email Art.Byram@kone.com.

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.

CHRISTMAS VILLAGE 5K

Trumbull, CT December 11, 2010

Zofia Turosz	#1 70-99	25:34
MaryLou White	#3 50-59	28:50
Barry Stoner	#1 70-99	29:39

CHRISTOPHER MARTINS

CHRISTMAS RUN FOR CHILDREN 5K

New Haven, CT December 12, 2010

Tris Carta		19:47
Matt Yoder		19:55
King Archibald		22:25
Timothy Brennan		24:56
Zofia Turosz	#1 F70-74	26:05

SCROOGE SCRAMBLE 5K

Vernon, CT - December 25, 2010

Report from Race Directors, Janit Romayko & MaryLou

White: 132 participants, 11 costumes, 7 doggies, 4 baby carriages and \$2170 raised for the Cornerstone Shelter, as well as numerous T-shirts, clothing items, paper goods, games and books also donated.

Self-timed results for Silk City Striders & Friends

Place	Name	Time
1.	Mike McCall	17:10
3.	Mike Westfall	19:44
4.	Deb Livingston	21:22
5.	Scott Livingston	21:23
6.	Steve Morse	
16.	Ken Larson	
17.	John Sloan	
18.	King Archibald	22:29
19.	Mitch Bielenda	22:29
20.	Ryan Bielenda	22:29
22.	Yolando Flamino	22:46
23.	Mark Turkington	22:58
27.	Andrew Cannella	
29.	Brian Seney	
30.	Jay Seney	
34.	Kathy Manizza	
39.	Andrew Zyrek	24:08
40.	Alan McCall	24:28
49.	Cathy King	26:04
47.	Ed Yergeau	
51.	Bekkie Wright	27:01
52.	Joe Poliquin & Sugar	27:02
53.	Sue Leslie	27:03
54.	Betty Cannella	27:04
67.	Cathi Koehler	28:26
80.	Melissa Cannella	

NORFOLK PUB 10-MILE ROAD RACE

Norfolk, CT December 18, 2010

Adam Bulewich	#5M; #3 M30-39	1:04:26
John Paggioli		1:08:50
Michael Tirrell		1:19:37
Alan McCall		1:30:46

HOLIDAY RUN FOR TOYS 5K

Fairfield, CT December 19, 2010

Zofia Turosz	#1 F70-79	25:57
Janit Romayko	#2 F60-69	27:47

GUILFORD ROTARY FROSTY 5K

Guilford, CT January 1, 2011

Mark Turkington	#3 M60-69	22:42
Alan McCall		23:30
Ken Ballette		25:01

BACON ACADEMY RESOLUTION RUN 5K

Colchester, CT January 2, 2011

King Archibald	#3 M50-59	21:55
Laurie Brooks		23:22
Tom Walsh		24:10
Russell Saucier		24:52
Janit Romayko	#1 F60-69	26:59
Carole Saucier		27:56

KING ARCHIBALD'S WINTER TRAIL RUN

Bolton, CT January 8, 2011

"It's good to be the King!"

King A reports: The King Archibald Trail Run took place despite the deplorable weather conditions. The race went over the river...well...more like through the river...and through the woods to a winter wonderland of enjoyment. Because of the dreadful weather conditions the race course was altered and lengthened to a 10K. Lengthened? You may ask... Why lengthened? Well...because it was the King's home course and he was making it up as he ran, which is a King's prerogative. The King won...which is another of the kingdom rules...the King always wins. Others who ventured out in the beautiful arctic surroundings included Kevin Tranberg, Tom Walsh, Zofia Turosz, Janit Romayko, Cathy King and last but not least Mitch Bielenda.

Self Reported Times:

Zofia Turosz	1:06:30
Cathy King	1:12:50
Janit Romayko	1:13.10

ASELTON MEMORIAL SNOW DASH 5K
East Hartford, CT January 9, 2011

Michael McCall	#3M; #3 M18-29	17:16
Conor Hackett	#4M	17:35
John Paggioli	#8M; #2 M40-49	19:09
Art Byram		19:46
Tris Carta	#3 M50-59	19:55
Steven Morse		20:52
Dale Toce		21:28
Tony Hollister	#2 M60-69	21:48
Ed Yergeau		24:14
Tom Butterfield	#2 M70-79	25:35
Zofia Turosz	#1 F70-79	26:49
Jill Ramos		29:01
Peggy Byram		29:41
Beth Shluger		29:48
Clint Driscoll		36:26

HEALTHTRAX INDOOR TRI
Enfield, CT January 15, 2011

10 min Swim - 20 min Bike – 20 min Run
(25M Pool - Spin Bike – Treadmill)

Janit Romayko placed 5th in the Women's Division
Total Distance: S: 1300 m, B: 8.65 mi., R: 2.19mi.

PEOPLE'S FOREST 8.57 M / 17.13M
Barkhamsted, CT January 16, 2011

<u>8.567 M</u>		
Mitch Bielenda		1:06:18
King Archibald		1:10:13
Cathy King		1:19:25
Tom Walsh		1:21:05
<u>17.134 M</u>		
Adam Bulewicz	#2M	1:48:42
Scott Freeman	#5M	1:58:10
John Paggioli	#8M	2:01:30
Joseph Poliquin		2:38:00
Bekkie Wright		2:38:00

BOSTON BUILDUP 10K
Rowayton, CT January 9, 2011

King Archibald	49:03
Tom Walsh	55:45

MERIDEN TRADITION RUN
Hubbard Park to Castle Craig –5K
Meriden, CT January 23, 2011

Janit Romayko	Up 39:47 - Down 31:49
Tom Walsh	TNA
King Archibald	TNA

BOSTON PREP 16M
Derry, NH January 23, 2011

Bob Niedbala	3:04:10
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Bob Reports: I have been suffering with a case of sciatica since mid-Dec, but my physical therapist suggested (based on some new research) that a Long-Slow-Distance run might strengthen and stabilize the sciatic nerve. So, that's what I did for Boston Prep 16 miler this year. This was difficult to do, but I did it, and I can only say that my sciatic pain is gone, and I feel stronger. I am not suggesting that this is a "magic potion" for sciatic pain, but it worked for me.

WMAC / DION SNOWSHOE SERIES
www.runwmac.com/snowshoes/default.html

GREYLOCK GLEN 3.9M
Pittsfield, MA January 15, 2011

MaryLou White	1:02:29
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BRAVE THE BLIZZARD 3.7M
Guilderland, NY January 16, 2011

John Agosto	37:09
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HOOT TOOT & WHISTLE 3.3M
Readsboro, VT January 22, 2011

John Agosto	33:12
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CURLY'S RECORD RUN 4M
Pittsfield, MA January 30, 2011

John Agosto	39:29
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GSH SNOWSTORM CLASSIC SERIES 5K & 10K
Forest Park - Springfield, MA

10K – December 8, 2010

King Archibald	50:19
Tom Walsh	52:03

10K – January 15, 2011

Adam Bulewicz	#3M; #2 M 20-39	41:40
Tom Walsh		54:59

5K - January 22, 2011

King Archibald	24:22
Tom Walsh	25:40

10K – January 29, 2011

Adam Bulewicz	#6M; #2 M 20-39	42:59
King Archibald		54:26
Tom Walsh		57:30



**HTC Johnny Duke 4-Miler @ Cedar Hills Cemetery
Hartford, CT February 6, 2011**

This year's event honored one of the many illustrious people who are buried in Cedar Hill Cemetery, Johnny Duke. Johnny Duke, for many years, coached boxers at the Bellevue Square Boys Club in Hartford.

HTC Race Director's Report: When Bill Katz & David Reik arrived on race morning to mark the course it was covered with wet ice. One steep, ice-covered hill you couldn't even drive up. It was scary even with YakTrax, to hobble around on the ice to put out the signs. The HTC Race Director made it clear to all the runner how dangerous they thought the course was, and several decided not to run. By the 10:00 A.M. start time, the course had improved somewhat due to some melting and because the Cedar Hill superintendent, Bill Griswold Jr., went around the course with a sand-spreading truck. Even so, one competitor reported that, on a downhill, she was passed by another runner who was not actually running -- he was sliding down the hill like a skier. There were 2 dozen finishers, with Scott & Deb Livingston taking top honors.

Scott Livingston	28:56	Tom Walsh	33:52
Deborah Livingston	30:49	Zofia Turosz	40:12
King Archibald	32:57	Janit Romayko	44:46

**BEGINNERS OLYMPIC BIATHLON
Holderness, NH February 5, 2011**

Every summer we have results for biathlons and triathlons, which, of course, include running. This winter Jeff and Kyle Thornton decided to do the Olympic biathlon which is cross-country skiing and shooting. The Pemigewasset Valley Fish and Game Club (NH) held a Beginners Biathlon on Saturday, Feb. 5. They loaned rifles, and after the "real" biathletes raced, it was time for the "first timers." Jeff and Kyle were a team because there were not enough rifles for everyone to get their own. The two had a lot of fun and beat the other two or three ski teams by about a minute. There was also a snow shoe category! (See <http://pemi.org> for more.)



Jeff Thornton competed in the Novice Olympic Biathlon

NEW MEMBER PROFILES

Katie Abel

Katie Reports: I am originally from Ellington and just recently moved to Manchester. I enjoy all kinds of outdoor activities, including hiking, running, biking, swimming and waterskiing. I'm currently pursuing my black belt in Tang Soo Do at the West Haven Academy of Karate in Willimantic.

Although I have been running casually since I was in middle school, I didn't start training or entering road races until 2008 when I signed up to run the Hartford Half Marathon. Since that time, I have run the Hartford Half Marathon three times. It's become an annual event so I can raise money for the Juvenile Diabetes Research Foundation on behalf of my brother, who was diagnosed with Juvenile Diabetes when he was 10 years old. I also ran the Fairfield Half Marathon in 2009 and 2010, and the Alton Bay Half Marathon at Lake Winnepesaukee, NH in 2010. I am planning to participate in the Alton Bay half again this May, as well as the Smuttynose Rockfest half in October. I completed my first triathlon last September (the

Women's Only Sprint Triathlon at Hopkinton State Park, MA), and hope to participate in others in the future.

As a new resident to Manchester, I joined the Silk City Striders to meet people with similar interests, to have running companions during the cold winter months, and to hopefully improve my racing times.

Editor's Note: We spotted Katie at the Red Dress Run for Women last year, and are glad she'll be on our team for 2011.

Laurie Brooks

Laurie Reports: I reside in Bolton and have worked in Manchester for the past 10 years for Rockville Bank. I have always been a runner but have not been committed to a regular routine. I enjoy recreational running and skiing in the winter to stay in shape.



In the past 2 years I have started running some 5K races in the area and have a new excitement for racing again. I always notice the Silk City Striders out and about at the races!

Recent events have included the New Years Resolution Run in Colchester, Manchester Road Race, Parker Holt Celebration Run and Glastonbury Apple Harvest Festival.

My goal is to continue with the 5K races this upcoming year and hope to get to under a 7:30 pace. I look forward to meeting everyone and having a healthy 2011 season.

Editor's Note: We first met Laurie at the Parker Holt Celebration Run 5K last November, where she took home an Age Group Prize.

**Kris Jackson**

Kris Reports: I'm 20 years old and I started distance running in the summer of 2010. Before that, I was a sprinter in High School. I began running distance to stay in shape and that's really all I'm looking to gain from it. At the end of that first summer I ran the 11.6 mile JJK Ocean Beach Race in 1:35. I'm currently a student at Florida Tech studying to become a professional pilot, and I've earned my commercial pilot certificate. My career goal is to become a Navy fighter pilot.

Editor's Note: Kris is a former student of Mike Fromerth's, and runs with us on Tuesdays when he's in town. He also ran his first Half Marathon at Hartford in October.

NUTRITION NOOK - Fuel Your Body Right for Energy

Katie Jeffrey-Lunn, MS, RD, CD-N, LD-N, is the owner of FitNutrition, LLC, in Mystic, CT
For more information, call 860-536-3610 or go online to www.fitnutrition.net

A car requires gasoline to run, and you have a choice of gasoline grades to use depending on the performance you want out of your car. Likewise, your body requires fuel for energy, and just as there are different grades of gasoline, there are different types of foods and beverages to fuel your body. The timing, type, quantity and combination of foods you eat can influence your energy level.

Timing is key. To maintain your energy level, strive to fuel your body consistently throughout the day. If you currently skip a meal, experiment by eating or drinking a nutritious snack or meal and monitor how you feel. Do you have more energy? Are you able to think more clearly? Are you less irritable or tired? Eating three meals each day in addition to 2–3 between-meal snacks provides your body with adequate energy and the vitamins and minerals necessary for health. This eating style also reduces your tendency to overeat since you know that you will be fueling your body again in a few hours. If you tend to skip meals or wait longer than four hours to fuel your body between meals there is an increased likelihood that you will reach that uncomfortable “empty” point when you feel ravenous. If you reach this stage, you are more likely to grab the most convenient food available, which is usually a candy bar, chips or other high calorie, less nutritious food. You will probably also wolf down the food, not allowing enough time for your stomach to signal your brain that you are pleasantly full or satisfied. It takes about 20 minutes for your stomach to let your brain know that you have had enough to eat. Eating to the point of feeling stuffed is uncomfortable and will make you feel tired and sluggish. So, to keep your energy level stable and reduce the likelihood of overeating take a few extra minutes each night to prepare healthy snacks for yourself to enjoy between meals. Try low-fat or nonfat yogurt with berries, part-skim mozzarella cheese with whole grain crackers or cut-up vegetables with hummus or bean dip.

If you are not currently eating a mid-morning or mid-afternoon snack, experiment by eating one for a few days and monitor your energy. I am confident that by fueling your body with a combination of high-quality carbohydrate- and protein-rich foods you will notice an improvement in how you feel! If you already enjoy a snack in the afternoon but usually do not combine a high-quality carbohydrate (an apple or whole grain crackers) with a lean protein source (low-fat cheese or peanut butter), try combining these two food groups and see if it leaves you feeling more energized.

The type of food you choose is also important for optimizing your energy level. When you eat carbohydrates, make the majority of them high-quality: whole grains, fruit, starchy vegetables and beans. All carbohydrates supply your body with energy in the form of glucose, also referred to as blood sugar. High-quality carbohydrates provide you with sustained energy because they help to keep your blood sugar stable. Contrarily, low-quality carbohydrates such as white bread, corn flakes or candy, which are more processed, have little or no natural fiber and are usually higher in sugar, cause your blood sugar to spike. This gives you a burst of energy for a short period of time (typically 20 – 30 minutes). Then your blood sugar rapidly drops leaving you feeling tired and drained. Think of how you feel after eating sugary candy or drinking regular soda. Do you tend to experience an increase in energy but not long afterwards can't figure out why you feel tired and worn out? Perhaps it's a result of how you are fueling your body. Use these sugary foods as occasional treats, not a replacement for a mid-day meal or snack. High-quality carbohydrates are also superior to low-quality carbohydrates because they have abundant naturally occurring vitamins, minerals, phytochemicals, and fiber. Fiber is important for digestion and helps to maintain a controlled absorption of glucose, keeping you feeling fuller for longer.

The best way to keep your energy level stable is to eat a combination of high-quality carbohydrates with a lean protein source or heart healthy fat. Below is a list of high-quality carbohydrates to help keep you energized:

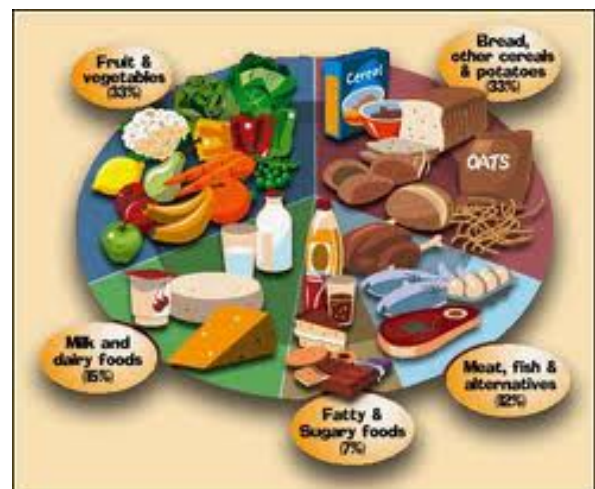
- Vegetables & fruits (fresh, frozen, unsweetened)
- Beans, peas, lentils
- Brown and wild rice, barley, oatmeal, quinoa, amaranth, wheat berries, millet, kamut
- Whole grain cereals, breads, crackers, pasta, couscous

Protein is also beneficial for your energy level because it takes longer for your body to digest and use as energy, thus keeping you fuller longer. Try having one serving (see below for serving information) of lean or heart-healthy protein at each meal. Below is a list of excellent protein sources because they are high in protein but low in saturated fat and low to moderate in cholesterol, which is important for heart health.

- Turkey and chicken breast (without skin), seafood and fish, veal, pork, tenderloin, lean ham, lean beef, and eggs.
- Yogurt (fat-free or low-fat), milk (fat-free or low-fat), enriched/fortified soy milk, cheese (fat-free or reduced fat).
- Beans, lentils, split peas, tofu, tempeh, soybeans, nuts, nut butters, or seeds.
- One serving of lean protein =
 - animal protein or tofu: the size and thickness of a deck of playing cards;
 - beans, lentils, peas: 1/2 cup;
 - nuts and seeds: 1/4 cup or 1 oz;
 - milk or yogurt: 1 cup; cheese 1 oz;
 - nut butters: 2 Tbsp.

If you have high cholesterol, your goal is to minimize the amount of saturated fat in your diet as well as limit foods that are high in cholesterol. Strive to consume 3 grams or less of saturated fat per serving of a food. Because egg yolks contain the amount of cholesterol your body requires each day, individuals with high cholesterol should limit their egg yolk consumption to three per week. Additionally, since shrimp contain a moderate amount of cholesterol, those with high cholesterol should enjoy, at the most, fifteen large shrimp (one serving) to minimize their cholesterol intake.

To help optimize your energy, fuel your body consistently each day by enjoying three wholesome nutrient-rich meals along with two to three healthy satisfying snacks. Work to combine high-quality carbohydrates with a serving of lean protein to maximize your energy. Build meals that are comprised of at least three of the five foods groups and snacks that contain a minimum of two food groups. The five food groups are: grains, protein (fish, poultry, beef, eggs, beans, and nuts), dairy, fruits and vegetables. Think about quality food choices and work to eat mindfully, paying close attention to the appearance, aroma, flavor and texture of your food as well as how it feels in your stomach. Aim to eat until you are comfortably full. Enjoy the rewards of feeling energized throughout the day by fueling your body consistently and nutritiously.



RACE CALENDAR

Date	Time	Race	Place	Website (click on website for more info)
Sa	Feb 19	11:00 AM	Martha's Vineyard 20M	Martha's Vineyard, MA http://www.mv20miler.com
Sa	Feb 26	10:00 AM	Colchester Half-Marathon	Colchester (Bacon Academy) www.hartfordtrackclub.org
Su	Feb 27	1:00 PM	Jones-Town & Country 10M	Amherst, MA (Am-Pel Regional HS) http://sugarloafmac.org
Su	Feb 27	11:00 AM	Polar Bear 7.66M	New Preston (Lake Waramaug) www.roadntracksports.com
Su	Mar 6	9:00 AM	Shamrock & Roll 5K	New Haven (Toad's Place) www.jbsports.com
Su	Mar 6	9:30 AM	Boston Buildup Series 25K	Norwalk (Silvermine School) www.clubct.org
Su	Mar 6	11:00 AM	Stu's 30K	Clinton, MA (Clinton Middle School) www.cmsrun.org
Su	Mar 13	11:00 AM	Warren Street St. Patrick's 4M	Fairfield (Jennings Beach) www.hitekracing.com/wssac/
Sa	Mar 19	9:30 AM	O'Niantic 5K	Niantic (Niantic Bay Bicycle) www.hartfordmarathon.com
Sa	Mar 19	9:30 AM	Shamrock Road Race 5M & 2M	Bristol (Chippens Hill Sch) www.bristolct.net/roadraces/shamrockrun.asp
Sa	Mar 19	10:00 AM	Finally Spring 5K Trail Run	Manchester (Ferguson St) www.manchesterrunningcompany.com
Sa	Mar 19	1:00 PM	Holyoke St. Patrick's 10K	Holyoke, MA (City Hall) www.holyokestpatricksparade.com
Su	Mar 20	10:00 AM	Run to the Beach 30K	N.Andover, MA (VFW) ickylabrode@verizon.net
Su	Mar 20	11:00 AM	Leprechaun 5M	Madison (Surf Club) www.madisonexchange.org/leprechaun-run
Su	Mar 20	11:00 AM	New Bedford Half-Marathon	New Bedford, MA (Elm St.) www.newbedfordhalfmarathon.com
Su	Mar 20	1:00 PM	O'Hartford 5K	Hartford (Asylum & Main) www.hartfordmarathon.com
Sa	Mar 26	9:00 AM	Tackle the Tower - 34 floors	Hartford (Hartford 21 Building) www.lungct.org
Sa	Mar 26	9:30 AM	St. Joseph's 3M	Baltic www.runningintheusa.com/stjosephschoolrace
Su	Mar 27	7:30 AM	Boston Blowout 30K	Fairfield www.clubct.org
Su	Mar 27	11:00 AM	Eastern States 20M, Half-Marathon	Kittery, ME to Salisbury, MA www.easternstates20mile.com
Sa	Apr 2	8:30 AM	April Fools 5K & Backward Mile	Essex (Town Hall) http://vsliteracy.org
Sa	Apr 2	10:00 AM	HTC Quarter Marathon	West Harford (MDC Reservoir) www.HartfordTrackClub.org
Sa	Apr 2	10:00 AM	E.H. Lions April Fools 10.5M & 5K	Moodus (N.Hale-Ray HS) www.easthaddamcommunitylions.com
Sa	Apr 2	10:00 AM	Spirit of Spring 5K & Kim's Fun Run	Tolland (Town Green) www.SpiritofSpring5K.org
Su	Apr 3	9:00 AM	Diva Run 5K (Women Only) *NEW	Glastonbury (Spicy Green Bean) www.GlastonburyRiverRunners.com
Su	Apr 3	10:00 AM	Danbury Half-Marathon & 5K	Danbury (Rogers Park) www.jbsports.com
Su	Apr 3	11:00 AM	Spring Half Marathon & 5K	Westfield, MA (Boys & Girls Club) www.bgcwestfield.org/uploads/halfmarathon10registration[1].pdf
Sa	Apr 9	9:00 AM	Merrimack River Trail 10M	Andover, MA www.runwmac.com
Sa	Apr 9	9:00 AM	Burn Calories for Fuel 5K	Bloomfield, CT (Metro Learning Ctr) www.hartfordmarathon.com
Sa	Apr 9	10:00 AM	Earth Day 3M Trail Race	Mansfield (Mansfield Hollow) www.SNERRO.com
Sa	Apr 9	10:00 AM	Northern Nipmuck Trail 16M	Union (Bigelow Hollow) www.runwmac.com
Sa	Apr 9	10:00 AM	Salem 3M	Salem (Salem Sch - Rt 85) www.salemctroadrace.org
Su	Apr 10	9:30 AM	Donnelly Dash 3.5M	Fairfield (Tomlinson Mid Sch) www.hitekracing.com
Su	Apr 17	10:00 AM	Belltown Spring Sprint 5K	East Hampton (Sears Park) http://thelastmileracing.com/belltown5k.html
Su	Apr 17	10:00 AM	Sunshine Kids Sun Fun 5K *NEW	Middletown (Xavier High School) sunshine5krun@gmail.com http://raceit.com/search/event.aspx?event=5aaed8f3-0ba2-4e54-89e4-ec447bad977d.aspx

Want to HIT THE TRAILS this year?

Check out the entire WMAC "Grand Tree" Series of Trail Races at www.runwmac.com/gt2011/gt11-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

Sat. Feb. 12th – Cupid's Chase 5K – Hartford, CT *NEW

Sat. March 19th – St. Patty's Blarney Stone Dash – Willimantic, CT

Sat. March 26th – NHS 5K – Plainfield, CT

Sun. April 10th - EcoHusky 5000 - Storrs, CT

Sat. April 16th - Hebron Road Race 5K - Hebron, CT

Sat. April 16th – 1040EZ 5K Road Race – Windsor, CT

Sun. April 17th - Bell Town Spring Sprint 5K - East Hampton, CT

Sat. April 23rd - Easter Road Race 5K - Willimantic, CT

Sat. April 23rd - Bradley 5K/10K - Windsor Locks, CT

Sat. April 30th – Jog with Judy 5K - Woodstock, CT

SPRING 2011 MARATHON CALENDAR

DATE	RACE	PLACE	Website (link)
February 13, 2011	26.2 with Donna	Jacksonville Beach, FL	www.breastcancermarathon.com
February 19, 2011	Myrtle Beach Marathon	Myrtle Beach, SC	www.mbmarathon.com
February 20, 2011	A1A Marathon	Ft. Lauderdale, FL	www.a1amarathon.com
February 27, 2011	Hyannis Marathon (New Course*)	Hyannis, MA	www.hyannismarathon.com
February 13, 2011	Mardi Gras Marathon	New Orleans, LA	http://runrocknroll.competitor.com/mardigras
March 20, 2011	Shamrock Sportsfest Marathon	Virginia Beach, VA	www.shamrockmarathon.com
March 26, 2011	National Marathon	Washington, DC	www.nationalmarathon.com
March 27, 2011	Ocean Drive Marathon	Cape May County, NJ	www.odmarathon.org
April 18, 2011	Boston Marathon (SOLD OUT)	Boston, MA	www.baa.org
May 1, 2011	Providence Marathon	Providence, RI	www.rhoderaces.com
May 1, 2011	New Jersey Marathon (New Course*)	Long Branch, NJ	www.njmarathon.org
May 1, 2011	Long Island Marathon	East Meadow, NY	www.thelmarathon.com
May 2, 2011	Race of Champions Marathon	Holyoke, MA	www.harriers.org/marathon
May 15, 2011	Delaware Marathon	Wilmington, DE	www.delawaremarathon.org/
May 15, 2010	Run for the Red Marathon	Pocono Mountains, PA	www.poconomarathon.org
May 15, 2011	Shires of Vermont Marathon	Bennington, VT	www.shiresofvermontmarathon.com
May 15, 2011	Sugarloaf Marathon	Eustis, ME (Cathedral Pines Camp.)	www.sugarloaf.com/EventsActivities/index.html
May 29, 2011	Vermont City Marathon	Burlington, VT	www.runvermont.org
June 12, 2011	Lake Placid Marathon	Lake Placid, NY	www.LakePlacidMarathon.com

50 States + DC Marathon Wrap-Up

Bill & Tammy Gaghan, Bekkie Wright and Joe Poliquin

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

TOTALS as of 12/31/2010 are:

Bekkie Wright	49 States + DC	Bill Gaghan	40 States + DC
Joe Poliquin	29 States + DC	Tammy Gaghan	26 States + DC

Bolton XC Summer Series – Moving to Wednesday Nights @ Rose Farm



Come join us at Rose Farm in Bolton this summer for our 7 race Cross Country series. The 2011 series has moved to Wednesday Nights – June 29; July 6, 13, 20, 27; and August 3 & 10.

Bring the whole family. There will be a toddler 100 Meter race, a kids' mile race and an all-comers' 2.5 mile race. Toddlers run the 100 meter race for free, and the cost is only \$2 for Kids in the 1 Mile Race & \$3 for Kids & Adults in the 2.5 Mile Race. (\$10 max. per family.)

All races will be run off road on the Rose Farm XC course. Points will be awarded in age group categories with prizes at the end of the series for high scorers in each age group. You must compete in at least 3 of the 7 races in the series to be eligible for Age Group prizes.

Come to one, come to them all, but come ready to have fun!

2011 EVENT CALENDAR

- JANUARY** - New Years Champagne Run & Brunch Saturday, January 1
- MARCH** - Bolton Road Race.....Sunday, March 20
- APRIL** - Sunrise 5K.....Sunday, April 24
- MAY** - Bobby's Run.....Saturday, May 14
- JUNE** - Bolton XC Summer Series (NEW Night*) Wednesday Night - June 29
Lake Terramuggus Triathlon Series Thursday Nights, TBA
- JULY** - Wickham Park Cross Country Series Tuesday Night – July 5
& Monday Night – July 18
Summer Picnic TBA
Bolton XC Summer Series Wednesday Nights – July 6, 13, 20, 27
Lake Terramuggus Triathlon Series Thursday Nights – TBA
- AUGUST** - John & Jessie Kelley Ocean Beach Run & Picnic Saturday, August 6
Wickham Park Cross Country Series Monday Nights – August 1, 8 & 15
Bolton XC Summer Series Wednesday Night – August 3 & 10
Lake Terramuggus Triathlon Series Thursday Night – August 12
- SEPTEMBER** - Nikki's Run Walk 'N' Roll TBA
Fred Brown Lake Winnepesaukee Relays Saturday, September 10
- OCTOBER** - Ray Crothers Memorial Run Sunday, October 23
Halloween Pot Luck Supper..... Saturday, October 29
- NOVEMBER** - Parker Holt Celebration Run 5K Sunday, November 6
Know Your Pace Race Saturday, November 19
Manchester Road Race..... Thursday, November 24
- DECEMBER** - Hungry Tiger Toy Fun Run..... TBA
Scrooge Scramble.....Sunday, December 25

TIME TO RENEW YOUR MEMBERSHIP

Thanks to everyone who has renewed for 2011. We hope you'll be able to join us for a Fun Run soon. If you haven't had the chance to renew your membership, remember, 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 2011 Membership Application can be downloaded from the Silk City Striders website, or online at Sign-Me Up Sports. Happy New Year everyone!