

Hartford Track Club

Off to the Races

Scribbles from your president

Happy Holidays to all and welcome to Winter. The latter brings another opportunity for runners to awe the rest of the population. Not only to we cover vast distances on foot, now we can do it regardless of cold, dark, ice and snow. Well, almost regardless. There are the route adjustments, variations in safety precautions and the arsenal of clothing. Still, covering indoors is for the great unwashed, not our segment.

With our Winter Series starting January 1, weekend Club events are more numerous than the rest of the year. Meet other members whether you run or help out. Our run directors can always use another helper, whether you contact them ahead of time, or just show up at the run. We are planning the annual Club Fun and Awards Banquet, which in the past has been a Winter event. Should it be later in the year? Let us know when you would like it.

Tom Buckley came through again last month, competently organizing our cross country race on a great day. With Beth Shluger and Marty Schaivone there as well, we had enough race direction experience to put on the Boston Marathon. Next year we will have the race on the traditional Saturday before Thanksgiving, which will be November 18.

Warm and sunny the next day, the Connecticut Junior Olympic XC Championship had a record turnout. For some youth the season has not ended. The National JO XC meet is December 10 in Smithfield RI.

Peace on Earth - whether by road, trail, or bushwack find your own way there.

– Peter Hawley

VETERANS ON THE ROAD

MOSES KEMBOI, JOSEPH NDERITU, ARAYA HAREGOT, ABRAHAM ASAFA, ABRAHAM KOSKEI, ABEBA TOLA, TATIANA TITOVA, ALEVTINA NAUMOVA, MARY-LYNN CURRIER, ELVIRA KOLPAKOVA.

Can anyone tell me who these people are - you can't - well shame on you because these are the top five men and the top five women finishers in the Hartford Marathon and they took away a total of \$25,000 for their awards. Oh - now you say you know or recognize the name Mary-Lynn Currier – sure you do since she is the only local person in the group and I bet she had more spectators at the race to see her than the other nine put together. Is it worth the time, effort and money to bring these so-called elite runners to Hartford - I doubt it. In my opinion the race would be just as popular and just as great an experience for all the runners without them.

That's enough of my pontificating about this matter – now onto the race. As everyone that was there knows the weather was horrible - pouring rain - at least it was warm – a cold rain would have been even worse. The runners had it bad but the people I feel the most sorry for are the race director Beth Shluger and all the volunteers who put in so much

Continued on Page 2

In This Issue:

Off to the Races	1
Veterans on the Road.....	1
Athlete's Kitchens	3
Race Results	9
Race Schedule	15

Veterans On The Road (Continued from Page 1)

time and effort getting the whole affair to go off smoothly. It just seems a shame that nature didn't cooperate but I guess that's life- you have to take the bad with the good. Rain or no rain we saw a lot of good running friends there as always. It was a real surprise and pleasure to see John Brittain, a long time HTC member even though he hasn't lived in the Hartford area for several years now. John moved to Houston and while there achieved a lot of national recognition for his running in the middle distances on the track. He is now living in the Washington, D.C. area and just happened to be in Hartford on business so decided to run the Huck Finn 5K here. John, age 61, won the 60-64 age group with a very nice 21:00 flat in spite of the lousy weather conditions. Larry Chaves, 60, took 2nd place in 23:35. Coach Tom Butterfield at age 69 kept up his great running by winning his age group in 22:55. If Tom can stay healthy he is going to be a holy terror next May when he hits the 70 year old class! Louise Klaber, at age 69, took third in the 65-69 Female age group in 36:20. Louise is now living in New York and of course, is a past president of HTC. Walt Gale, age 74, took the male 70-74 group in 25:32 with Willi Frederich, 71, in second place in 26:51. 76 year old Bob Davidson continued his domination of the 75-79 group with a 26:26. The 80 plus group saw 80 year old Ray Greene finish second in 43:37. Ray is coming off a bad fall which laid him up for a few weeks but is building back up for his shot at Manchester on Turkey Day.

Walt Gale went to a very good local annual race in Simsbury - The David Vidal Memorial 5K over the same course as the River Run in the Spring. He won the 70 and over division with a 25:00 flat performance and then for good measure won the grand prize in the raffle afterwards - a night for two at the Simsbury Inn, including dinner and drinks - quite a day for a 74 year old guy! Bill Hixon's son Mark, popped up at the race and won going away in 17:03. Mark

reminds me of Tom Durie who for years would show up at a local race and win it - and both are real nice guys - after winning this race Mark even came back about a mile and paced an old guy into the finish.

Speaking of local races, an old, former runner puts on a real local 3 1/2 miler in Cromwell every year in September. This year's race attracted a field of 36 runners, a few down from last year. You get a number to pin on your shirt and that's it - no such fancy thing as a chip to tie onto your shoe. This is the way it used to be in the 60ies and early 70ies-fields of 30-40 and basically the same runners all the time so after a few races you knew everybody and how fast they could run. The Cromwell course is an odd distance of 3 1/2 miles and basically is flat the first mile or so then uphill the second mile and downhill the last mile and a half. This is a good race, lot of fun and good hill training - try it next year - you might like it.

You can recover from pain.

You can't recover from quitting.

See you on the road,
Bill Tribou

Monthly Meeting Moved Again for December.

HTC Monthly Board Meeting – All welcome. *NOTE: 7 PM Starting time.*

The December 5 HTC meeting will be in the small conference room of the West Hartford Library, 20 South Main, 6:00 pm. From I-84 take South Main toward West Hartford Center, just past town hall at 50 South Main, right on Memorial and then left into lots of parking. Conference room is on the Main Street level, behind the computers.

Publication Guidelines: All submissions and questions or comments should be directed to Newsletter Editor; e-mail Newsletter@HartfordTrackClub.org. Items may be sent via diskette or attached to e-mail. Submission deadline is the 20th of each month so that we can get the Newsletter out by the first of the month. Advertising: free non-commercial advertising space to HTC members. Other ads: \$150 for full-page, \$75 for 1/2 page, \$50 for 1/3 page. Make checks payable to The Hartford Track Club. Race Applications should specify whether intended for inclusion in the race calendar or for publication as a full-page ad. Price for full-page ad: \$75 RACE APPLICATIONS ONLY. Any items to be returned must include SASE

The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD November 2005

2005 News From the American Dietetic Association

If you are confused by the plethora of nutrition information that filters into the media, you can look to the American Dietetic Association as a trusted resource for answers to your questions (www.eatright.org). At ADA's annual meeting (St. Louis, Oct. 22-25, '05), registered dietitians presented the following information that addresses some of the nutrition questions and concerns of health-conscious runners.

Eating out

If you are like most runners, you find yourself eating fewer home-cooked meals and buying more meals prepared away from home. In fact, Americans are eating away from home twice as often compared to 1970. We are also eating two to five times larger portions than in 1970:

- The once 8-ounce portion of soda pop at 7-Eleven stores is now a 64-ounce Double Gulp (600 calories).
- Today's muffin (with at least 400 calories) is double the "official" portion, a 2-ounce muffin.
- The now commonplace 20-ounce Porterhouse steak easily fills fat cells with about 1,100 calories. Add the rest of the dinner—baked potato and salad—and you have enough fuel for the entire day!

To no surprise, this increase in restaurant eating and portion sizes parallels America's increase in obesity.

What can you do about this fattening environment? Obviously, you can order smaller sizes and share meals. Less obviously, you can request changes to the menu. With consumer requests, the food industry might offer value meals with healthier (and smaller) side dishes, more grilled items, and more whole grain rolls. You could also ask for calories to be posted on the menu, next to the price; that would likely change consumer intake! Who wouldn't think twice before ordering a Big Mac: 590 calories, \$2.39!

Probiotics

While you may know that antibiotics are used to kill the bad bugs in your body, you may not know about probiotics. Probiotics (which means "good for life") are used to enhance the growth of good bacteria in your intestines. These bacteria do good things, like produce essential fats, enhance digestion and nutrient absorption, and significantly bolster the immune system.

Athletes who benefit from probiotics include those who:

- 1) take antibiotics (they kill both bad and good bacteria);
- 2) suffer from (traveler's) diarrhea, constipation or other bowel disorders;
- 3) are critically ill or have had surgery.

Europeans commonly use probiotics; they realize "a yogurt a day keeps the doctor away." We can all benefit by using probiotics as preventive nutrition. To boost your probiotic intake, enjoy more yogurt (with live cultures) or other cultured milk products such as kefir or Dannon's DanActive. You could also take probiotics supplements. Three commonly used products include VSL #3, Cultural (by Danone), and Flora Q (by Bradley Pharmaceuticals).

Performance enhancers

Sports supplements are popular among runners who want a way to increase performance, feel better, have more energy and stay healthy. But buyer beware! According to the law, supplements such as vitamins, minerals, amino acids, herbals and botanicals do not have to prove they are effective in order to be sold. Nor do the supplement companies have to prove their products are safe, to say nothing of prove they have been manufactured to meet high standards. Despite this lack of quality control, sports supplements are a booming business.

Two trendy sports supplements are creatine and nitric oxide.

Continued on Page 4

The Athlete's Kitchen (Continued from Page 3)

- Creatine has been shown to improve performance in some athletes who do short, high intensity exercise, such as weight lifting. Take note: Not everyone responds. For non-responders, creatine offers no performance benefits.
- Nitric oxide (NO₂) supposedly dilates the arteries, allowing blood to flow more freely. Yet, no studies in strength or endurance athletes support any performance benefits.

Weight loss tip

If you are struggling to lose weight and are tired of “blowing your diet,” knowing your metabolic rate can be helpful. At many fitness centers, you can get your resting metabolic rate measured and use that data to estimate your daily calorie needs. This information is particularly helpful for athletes who claim to have a slow metabolism or who eat too little during the day, only to become ravenous—and then overeat everything in sight at night.

Too little food

When female runners restrict their calorie intake, they limit the amount of energy that is available for physiologic functions--including menstruating. Female athletes who have stopped menstruating for more than 6 months, or have had multiple occurrences of skipped periods, are at risk of weakened bones and stress fractures. These women can benefit from consulting with a sports dietitian (see the referral network at www.eatright.org) to learn how to eat adequately to support normal body functions, yet still maintain a desired leanness.

Coaching vs telling

Coaching is a powerful tool for helping friends and family members lose weight and improve their food intake. One key to being a good coach is to be a good listener and then ask questions (so your loved one recognizes he or she has a choice). These questions might be: What do you want? (Answer: to be thinner.) How much do you want it? What is the purpose or reason for making this change? What is the biggest risk of changing? What are the consequences of doing nothing? What will your life be like when you are thinner? What food changes would you like to achieve in the next month? year?

After asking a question, you might get the response “I don't know. What do you think?” Shut your mouth, get comfortable with silence, wait and then listen attentively! The goal is to empower people to answer their own questions and then take action, turning their desired into reality.

Sports nutritionist Nancy Clark, MS RD counsels both casual and competitive athletes in her private practice at Healthworks (617-383-6100), the premier fitness center in Chestnut Hill, MA. Her best-selling *Sports Nutrition Guidebook* (\$23) and her *Food Guide for Marathoners* (\$20) and *Cyclist's Food Guide* (\$20) are available via www.nancyclarkrd.com or www.sportsnutritionworkshop.com or by sending a check to PO Box 650124, W. Newton MA 02465.

Contributions to HTC Tax Deductible

Your contributions (in addition to annual dues) to HTC are welcome. Contribute to provide additional financial support to HTC. Dues and race entry fees alone do not cover the expenses of HTC activities, including race sponsorship, race management, monthly newsletters, and liability insurance.

You can contribute to recognize a birthday, anniversary, another special event, or in memory of a former member. HTC will recognize your contribution in our monthly newsletter. A letter of receipt for your tax records will be provided for all contributions over \$100. Please make checks payable to HTC and mail to: HTC, PO Box 624, Farmington, CT 06034-0624.

Note: The Hartford Track Club (HTC) is a subordinate unit Club #102 of the Road Runners Club of America (RRCA), an IRC Section 501(c)(3) tax-exempt organization. Thus, contributions (not annual dues) made to HTC are tax deductible under federal statutes.”

Group Runs

In an effort to promote running for our members the Hartford Track Club lists as well as organizes weekly group runs. If you would like to add a group run please e-mail Bob Gemske at Gemske@aol.com. The runs should be open to runners of all abilities.

Wednesday Night HTC Group Runs Continue in Wallingford

Greetings - The Walleyworld chapter of the Hartford Track Club is alive and well!

Every Wednesday night at 6 p.m. an intrepid band of runners gather for their weekly constitution on the beautiful campus of Choate Rosemary Hall in Wallingford. The distance and pace vary with usually about three sub groups forming and running anywhere from 5-9 miles at a pace between 7-9 minutes/mile. The course is a combination of wooded trails and paved roadways. If you would like more information or a course map please contact me, Bob Tumiski at (203) 294-1467 or email me at BobTumiski@SBCGlobal.net.

Wednesday Night Group Runs at Fleet Feet in West Hartford Center

Every Wednesday night at 5:30 p.m. Group runs from Fleet Feet in West Hartford Center. Run start from the store at 1003B Farmington Avenue (Next to Harry's Pizza). If you need directions call the store at 860-233-8077. This group run has been comprised mostly of women who wish to run a slower pace for approximately 3 miles. All runners men and women of different levels are welcome and can break into more groups running at different paces if there is a larger group.

Thursday Night Run Morley School West Hartford

Every Thursday night at 6 p.m. Morley School corner of Fern Street and Bretton Road, West Hartford. Park and meet on the east side of school along Bretton Road. Groups run 6, 8.5, and 10.8 mile routes. Bring a reflective vest. We will run at Morley School until the return of Daylight Savings Time. Because this is a road route and is run after sunset anyone attending is required to wear a reflective vest. While some hardcore runners run the 10.8 mile loop there is usually a group that runs the six mile loop. There is also an 8.5 mile loop. The base route is the six-mile course; the longer routes have extensions in the middle.

Wednesday Night Run for Women in Wethersfield

Women's Running Group meets Wednesday's at 6:30 p.m. (will change to 6:00/end of daylight savings time.) Group meets at Wethersfield Town Green. 3 mile fun runs to prepare for 5Ks, 9-10 minute mile. Call (860) 335-6795 for more info.

Weekend Running Colchester

Every Saturday & Sunday, 6:30 a.m. We meet at Rt. 149 commuter lot, exit 16 off Rt. 2, pace & length to be determined by those who show up. For more information contact Rick Konon at: rickkatwinklermgmt@earthlink.net or call Rick Konon at work 243-9023 or at home 537-4597.

Saturday Morning Women's Runs/Walk Continue

Saturday mornings, 7 a.m., 3 or 5-mile run, or 3 mile walk. All levels and abilities welcome. Warm, supportive group. We meet at participants' homes in the greater Hartford area. For further information contact Charlotte Gara at charlottegara@msn.com or at 232-1076 before 9 p.m.

Announcing Hartford Track Club Running T-Shirts

The Hartford Track Club is please to announce that we will be making available for purchase the new HTC running/training T-Shirt.

This is the shirt for those of you who wish to proudly display that you are a member of Connecticut's largest running club. Made of Dri-Release fabric this is a great shirt for running.

Shirt Details:

Anvil Dri-Release T

Sizes:

Adult: S, M, L, XL, XXL, XXXL

(full cut if you are between sizes go down one)

Material: 85% polyester, 15% cotton, 5.6 oz.

Color: Gray with blue logo

Price: \$13 for HTC members

The club will be ordering the shirts in lots of 10 or more due to the minimum order size from our vendor. The order will be placed once we have enough for the minimum. If you wish to order a shirt please e-mail Kelly Burns at

kelburns@alum.dartmouth.org You may also mail orders to HTC's PO Box but this will take longer for your order to be processed. Be sure to include the quantity and sizes as well as your name and contact information with your order.



Renew your USATF membership. It expires December 31.

And, if you joined USATF for HTC and ran in at least three USATF-CT races in 2005, HTC will pay for your 2006 membership. Fill out a USATF application and get it to Peter Hawley. We will add money and send it on to be processed. HTC is Club #0019. Thank you.

HAPPY HOLIDAYS
Gift Certificates Make a Great Holiday Present

FLEET FEET
Sports

1003 Farmington Ave., West Hartford Center (860) 233-8077
www.fleetfeethartford.com

Fleet Feet and New Balance are Proud Sponsors of the HTC Racing Teams

Winter Series 2006

Runs, not organized races. Little or no traffic control. \$2.00 voluntary contribution.

All start at 10:00 am. Results at www.coolrunning.com, www.greystonercing.net, www.hitekracing.com.

Runs are presently being scheduled for the 2006 Winter Series. Runs are held each weekend, either Saturday or Sunday. These are low key events that are available to motivate us during the challenging winter running season. If you would like to participate as a run director in this year's Winter Series, please contact Zea Gassmann at cherrybrookkennels@comcast.net or by phone 860-693-4658 (Work), 860-693-8673 (Home).

Some of the dates for the Winter Series have already been set. The present schedule is listed below with open dates being blank.

Week-end of	Event	Date	Location	Contact	E-mail	Phone
1/1/06	Joe Vailonis 10K	Sunday 1/1	Farmington Avenue (Route 4) Reservoirs	Bill Katz	catsmeow410@yahoo.com	
1/8/06						
1/15/06						
1/22/06	Bolton Trail Run	Saturday 1/21	Route 44 Commuter Lot in Bolton	King Archibald VII	KingArchibaldVII@yahoo.com	860 647-7657
1/29/06						
2/5/06	Wallyworld 7 Mile	Sunday 2/5	Veterans Park, Center Street, Wallingford	Bob Tumiski	bobtumiski@sbcglobal.net	203 294-1467
2/12/06	Roger's Orchards 5.4/10.7 Miles	Sunday 2/12	Long Bottom Street, Southington	Larry Rubin	larry.rubin@cox.net	860 275-2989
2/19/06	Katherine Hepburn 4-Miler	Sunday 2/19	Cedar Hills	Bill Katz	catsmeow410@yahoo.com	
2/26/06	Colchester Half Marathon	Saturday 2/25	Bacon Academy, Norwich Avenue, Colchester	Rick Konon	rickkatwinklermgmt@earthlink.net	860 537-4597
3/5/06	Collinsville Bake-Off 5.5/11 Miles	Sunday 3/5	Route 179, Collinsville	Tom Buckley	thomas.e.buckley@pfizer.com	860 693-9206
3/12/06						
3/19/06						
3/26/06						

WINTER SERIES EVENTS FOR JANUARY SET



**Winter Series Director
Zean Gassman**

Saturday, January 1, 10a.m. “Joe Vailonis 10K Champaign Run” MDC Reservoir, 10k Certified, co-directors, David Reik, Bill Katz I-84 to exit 39, right onto Farmington Ave. towards UConn Health Center and West Hartford Center. 1.2 miles part Medical Center turn left into MDC complex. Follow main road and park in large area at end of road. email: catsmeow410@yahoo.com

. “Bolton Trail Run” This run is not for “hot house flowers or the weak ankled” so says race director King Archibald VII. 85% of the trail is rocky. The course is roughly 4 miles consisting of 3 miles up and 1 mile down. Race starts and finishes at the commuter parking lot in Bolton on RT. 44. There will be no cancellations due to weather or trail conditions. You have hereby been served. Directions: West on I-84 to RT 384 East to exit 5. Take left and go back over the highway, and then take a quick right onto Williams Road. Follow till the end. At the T intersection, go right, about mile and take a left into the Commuter Parking Lot. Heading East on I-84, take Rt. 384 and follow the

same directions. King Archibald VII’s phone number: (860) 647-7657 email: KingArchibaldVII@yahoo.com

Boston Marathon Time Waivers

The Boston Athletic Association may allow us to choose two people who may enter the Boston Marathon without having run a qualifying time. Our HTC policy is to select people who would otherwise have no reasonable opportunity to officially enter the race in any year. You must have never run Boston and your marathon times must indicate you are unlikely to meet Boston's qualifying standards in the future. Service to HTC will also be considered. Submit a brief running resume, particularly including recent marathons. Send it to phawley.javanet@rcn.com or HTC, PO Box 624, Farmington CT 06034-0624 by December 30. The HTC board will select two people at our January 2 Club meeting so those selected may get their entries into the BAA by the deadline. We are not sure we will get these waivers, but if we do and you wish to be considered, start scribbling.

Races and Dates Set for USATF Road Grand Prix 2006

The USA Track & Field Connecticut Road Grand Prix is directed by Long Distance Running Committees which are composed of representatives from seven clubs, including HTC. In June Connecticut race directors were surveyed about their preferences in hosting a championship. In September they were invited to bid. Eleven races bid and in November the committees chose the schedule for 2006 and 2007. Below is the first year.

March 12	Warren Street 4 Mile, Fairfield	September 4	New Haven 20K
June 18	Branford 5 Mile	September 30	Hogs Back Half Marathon, Colebrook
July 4	Milford 5K		

Let Us Know – What Should We Do for the Annual Banquet?

We are planning the annual Club Fun and Awards Banquet, which in the past has been a Winter event. Should it be later in the year? We would like it to be a fun event for all members as well as a chance to recognize members who have distinguished themselves the prior year. The banquet has moved around in location as well as time of day and type of venue. The event has not always been well attended in the past, we would like to have an event that serves all our members. This can be a great chance to meet fellow members. So let us know. What’s the best time, venue, type of event – banquet or less formal, should we hire a speaker. You can e-mail Bob Gemske : gemske@aol.com or Peter Hawley: PHawley.javanet@rcn.com or by mail Hartford Track Club, PO Box 624, Farmington, CT 06034-0624

Race Results for Hartford Track Club Members

A NOTE ON THE RESULTS BELOW:

All the "HTC reports" are attempts to list all the current HTC members who finished the races reported on. If you were left out of a report, if you want to report on your performance in a race not reported on, or if you are interested in possibly doing HTC reports yourself, contact me at davidreik at comcast dot net. Using Larry Rubin's match-finding computer program, I do the searches for performances by HTC members. Ray Wise adds the "Age Grade" percentages, adds missing ages and towns, and regularizes the formatting. If you ran a performance with an age grade of 60%, the theoretical best possible performance for your age and sex is approximately 60% of the time you ran. Ray also regularizes the names in HTC race reports, all names become the same as they appear on the HTC roster. You can contact our membership chairman, Dan Arnold, if you want to change your name on the roster to your preferred race-results name.

David Reik

CHRIS ARMEN LEFT OUT OF RESULTS FOR OCTOBER-8 HUCK FINN 5K IN HARTFORD

I don't think Chris was too thrilled with his time here, but he did quite well competitively times were generally a bit slow in this rain-drenched race. Chris, age 51 of Simsbury, was 25th, 2nd 50-54, with a time of 20:21, 6:33 pace, 71.96% age-grade. His last name appeared as "Armey" in the results I used, so our member-searching program missed him.

MARTY DUCHOW DOES SOME OUT-OF-THE-WAY RACES

I got an e-mail from Marty Duchow, age 43 from Unionville, reporting on his performances in some races most of us have never heard of. On September 25th, he ran a time of 4:45:51(55.53%) in a 50K trail race in Vermont. That placed him 6th out of 81 overall, and 1st 40-49. On October 1st, he ran 2:05:47 (49.69%) in the AppleFest Half Marathon in Hollis, NH. On October 22, he ran 3:35:10 (61.24%) in the Breakers Marathon in Middletown, RI. That placed him 31st overall, 17th out of 55 in his division. Marty finished the JFK 50-mile race on November 19. His time was 9:37:04 (46.92%), 11:30-per-mile pace. That placed him 268th overall, 81st out of 235 in his division. The race used The Appalachian Trail and the C & O Canal Towpath in Maryland.

JANIT ROMAYKO WINS DIVISION IN HIGGANUM

Complete results apparently weren't compiled, but I did see, at www.hkyfs.org/programs/pumpkinrun/2005/, that Janit Romayko, age 60 of East Hartford, won the 60+ division in the Haddam-Killingworth Youth and Family Services Pumpkin Run 5K held on October 31 in Higganum, CT. Her time was 26:00 (70.10%).

THE HARTLAND HARVEST RUN 5K, 10/22/05, East Hartland, CT

(Results by Greystone Electronics, www.greystoneracing.net. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
3	Paul Rabenold	Avon CT	M53		0:22:18	7:11		66.76%

WOODBRIIDGE 5K ROAD RACE, 10/22/05, Woodbridge, CT

(Results by HI-TEK Racing, www.hitekcracing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
54	Walter Gale	Windsor Locks CT	M74	M70-79	0:25:28	8:12	1	72.84%
82	Bill Tribou	Granby CT	M84	M80-99	0:29:12	9:24	1	*75.01%

GREAT PUMPKIN CLASSIC 4-MILE ROAD RACE, 10/23/05, Trumbull, CT

(Results by HI-TEK Racing, www.hitekcracing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
107	Jo Marchetti	Newington CT	F62	F60-69	0:30:46	7:41	1	*79.02%
205	Bob Davidson	Collinsville CT	M76	M70-79	0:33:55	8:29	1	73.39%
241	Janit Romayko	East Hartford CT	F60	F60-69	0:35:12	8:48	3	67.50%

MYSTIC PLACES MARATHON, 10/23/05, East Lyme, CT

(Results by Super Race Systems, superracesystems.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
18	Rene Charland	South Windsor CT	M51	M5059	2:58:12	6:48	1/83	*78.59%
30	Edward Mokoski	Rockfall CT	M39	M3039	3:07:43	7:10	7/72	68.22%
82	William Varhue	Middletown CT	M41	M4049	3:26:47	7:53	31/149	62.81%
106	Fred Galli	Durham CT	M48	M4049	3:32:41	8:07	38/149	64.32%
134	Martin Aligata	West Hartford CT	M41	M4049	3:39:27	8:22	45/149	59.19%
144	Dan Bailey	Bristol CT	M46	M4049	3:41:03	8:26	50/149	60.94%
201	Robert Tumiski	Wallingford CT	M50	M5059	3:52:25	8:52	20/83	59.77%
207	Robert Schaff	Middletown CT	M40	M4049	3:53:56	8:55	70/149	55.13%

254	Todd Mewhinnie	Middletown CT	M33	M3039	3:59:23	9:08	48/72	52.98%
270	Eddie Gorecki	Farmington CT	M51	M5059	4:02:35	9:15	29/83	57.73%
369	Marty Duchow	Unionville CT	M43	M4049	4:20:43	9:57	112/149	50.54%
384	Karen Howard	Wallingford CT	F47	F4049	4:23:58	10:04	39/80	57.23%
467	Andrea Birmingham	Colchester CT	F40	F4049	4:49:06	11:02	60/80	49.29%

MYSTIC PLACES 10-MILE ROAD RACE, 10/23/05, East Lyme, CT
(Results by Super Race Systems, superracesystems.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
49	Brigitte Boltz	Simsbury CT	F46	F4049	1:13:53	7:23	3/64	*72.99%
104	Dave Jenkins	Berlin CT	M44	M4049	1:21:41	8:10	29/62	57.90%
123	Joan Munroe	Newington CT	F51	F5059	1:24:12	8:25	4/23	66.99%
228	Anola Phothisraj	Hartford CT	F32	F3039	1:34:22	9:26	32/65	52.33%
322	Jeannette Cyr	Kensington CT	F71	F7099	1:47:24	10:44	1/1	65.98%
330	Lesley Fearnley	Middletown CT	F49	F4049	1:49:43	10:58	54/64	50.48%

ACT SCHOLARSHIP FUND 5K ROAD RACE, 10/23/05, Willimantic, CT
(Results by The Last Mile Race Mgt. Co., www.thelastmileracing.com. HTC report by David Reik. Jeffrey, and the second place finisher, appear to have beaten the timers to the finish.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
1	Jeffrey Townsend	Hartford CT	M33		N/A			N/A
25	Richard Zbrozek	Berlin CT	M58		0:25:15	8:08		61.58%

SOUTH WINDSOR HOG JOG 5K, 10/29/05, South Windsor, CT
(Results by Platt Systems, www.plattsys.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
2	Jeffrey Townsend	Hartford CT	M33	M3039	0:17:36	5:40	2/15	73.71%
6	Dennis Barone	West Hartford CT	M50	M5059	0:18:24	5:55	1/13	*78.95%
16	Alyce Alfano	Suffield CT	F43	F4049	0:20:10	6:29	1/15	76.84%
19	Eddie Gorecki	Farmington CT	M51	M5059	0:20:25	6:34	4/13	71.73%
30	Bob Caplin	Vernon CT	M55	M5059	0:21:35	6:57	5/13	70.14%
41	Bill Shortell	West Hartford CT	M59	M5059	0:22:54	7:22	7/13	68.52%
60	Joan Munroe	Newington CT	F51	F5059	0:24:02	7:44	1/6	69.23%
74	Richard Zbrozek	Berlin CT	M58	M5059	0:24:58	8:02	11/13	62.28%
78	Walter Gale	Windsor Locks CT	M74	M70++	0:25:29	8:12	1/1	72.79%

GHOST TRAIL RUN, 13.8 MILES, 10/29/05, Hebron to East Hampton, CT
(Results by BC Sports Timing, www.usaxc.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
23	William Varhue	Middletown CT	M41		1:34:28	6:51	9	68.89%
25	Kevin Markowski	Middletown CT	M48		1:37:24	7:03	11	*70.37%
47	Ben Mattheis	Middlebury CT	M52		1:43:54	7:32	4	68.11%

THE 29TH ANNUAL 5-MILE KENT PUMPKIN RUN, 10/30/05, Kent, CT, USATF Certified Course CT89016DR
(Results by Greystone Electronics, www.greystoneracing.net. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
17	Eddie Gorecki	Farmington CT	M51		0:33:25	6:41		*72.18%
31	Paul Rabenold	Avon CT	M53		0:34:53	6:59		70.29%
67	Todd McWhinnie	Middletown CT	M33		0:38:30	7:42		55.71%

MIDDLESEX COMMUNITY COLLEGE SCHOLARSHIP 5K ROAD RACE, 11/5/05, Middletown, CT
(Results by Platt Systems, www.plattsys.com. HTC report by David Reik.) Special note from David Reik: *I e-mailed race director Trenton Wright because several of these times seemed about a minute too fast to me. He wrote back, "The race was measured and is very accurate. I believe two of the leaders took a wrong turn and missed a field loop of about mile." He later added, "I am pretty sure only the top 2 or 3 made the wrong turn because most of the following runners had run the same course last year and created a trail of runners to follow." Trenton promises more course markings next year.*

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
1	Christopher Chisholm	Farmington CT	M43	M4049	0:15:08	4:52	1/12	

20	Ben Mattheis	Middlebury CT	M52	M5059	0:20:55	6:44	3/10
23	Thomas Butterfield	Windsor CT	M69	M60++	0:21:16	6:51	1/5
25	Jerry Augustine	Middletown CT	M60	M60++	0:21:22	6:53	2/5
27	Robert Schaff	Middletown CT	M40	M4049	0:22:10	7:08	8/12
43	Andrew Anderson	Meriden CT	M51	M5059	0:24:54	8:01	7/10
45	Richard Zbrozek	Berlin CT	M58	M5059	0:25:08	8:05	8/10

MYSTIC RIVER RUN 5.5-MILE RACE, 11/6/05, Mystic, CT

(Results by Platt Systems, www.plattsys.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
231	Dave Jenkins	Berlin CT	M44	M4049	0:43:06	7:50	80/159	58.59%
272	Josie Ceulemans	East Haddam CT	F44	F4049	0:44:11	8:02	17/ 77	64.31%
381	Georgia Panagopoulos	Berlin CT	F47	F4049	0:47:26	8:37	26/ 77	61.49%
455	Linda Zavalick	Newington CT	F59	F5059	0:49:47	9:03	11/25	*65.84%
472	Malcolm Mcmillen	Wethersfield CT	M65	M60++	0:50:11	9:07	22/ 42	60.39%
664	Caroline Lloyd	Farmington CT	F64	F60++	1:00:32	11:00	3/3	57.32%

PLATT TECH 5K, 11/6/05, Milford, CT

(Results by HI-TEK Racing, www.hitek racing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
85	Joan Munroe	Newington CT	F51	F50-59	0:24:10	7:47	3	*68.85%
102	Richard Zbrozek	Berlin CT	M58	M50-59	0:25:18	8:09	13	61.45%

3RD ANNUAL VETERANS MEMORIAL GREENWAY ROAD RACE, 2.94 MILES, 11/6/05, Willimantic, CT

(Results by The Last Mile Racing, www.thelastmileracing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
5	Michael Munroe	Newington CT	M46		0:17:55	6:06		74.16%
29	Bill Shortell	West Hartford CT	M59		0:21:24	7:17		69.17%
44	Trenton Wright	Willimantic CT	M51		0:23:49	8:06		58.01%
45	Bob Davidson	Collinsville CT	M76		0:24:02	8:10		*74.92%

THE 4TH ANNUAL SUNNY BROOK CROSS-COUNTRY 5K, 11/6/05, Torrington, CT

(Results by Greystone Electronics, www.greystoneracing.net. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
13	Ray Wise	Hartford CT	M50		0:22:38	7:17		*64.18%
14	Tim Hawley	Middletown CT	M52		0:23:30	7:34		62.83%

ING NEW YORK CITY MARATHON, 11/6/05, New York City

(Results from www.ingnycmarathon.org/results/index.php. HTC Report by David Reik.)

Place	Name	Town	Sex-Age	Half	Time	Pace	Plc/Div	Age%
590	Gareth Bye	West Hartford CT	M42	1:27:21	3:00:04	6:52	102	*72.65%
23489	Walter Schuttler	Seymour CT	M54	2:18:10	4:55:57	11:17	1640	48.50%
33938	Kathleen Scotti	West Hartford CT	F64	2:55:56	5:52:18	13:26	94	50.85%
35355	Audrey Carlson	Newington CT	F51	3:09:13	6:19:33	14:29	736	41.25%

THE 4TH ANNUAL DIANE BURR MEMORIAL 5K FLAG RUN/WALK, 11/11/05, Thomaston, CT

(Results by Greystone Electronics, www.greystoneracing.net. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
11	Michael Munroe	Newington CT	M46		0:20:14	6:31		69.61%
26	Ben Mattheis	Middlebury CT	M52		0:22:28	7:14		65.72%
56	Thomas Schwindler	Plainville CT	M62		0:24:54	8:01		64.86%
67	Richard Zbrozek	Berlin CT	M58		0:25:46	8:18		60.34%
73	Bob Davidson	Collinsville CT	M76		0:27:11	8:45		*70.20%

**Complete Results
6th Annual 8K Cross Country Challenge
CT USATF Cross Country Championship**

November 12, 2005
West Hartford MDC Reservoir

On an ultra-bright sunny Autumn day, 49 hardy harriers took to the woods of the West Hartford Reservoir complex to tackle the 8K terrain of the HTC's Cross Country Challenge. This race is the final leg of the USATF cross country series. As such, there was no shortage of speed gliding over the leaf-covered rocks and roots of the MDC woods. Stephen Herrera came back to defend his title as king of the XC trails as he became a **5-time winner** blitzing the course in 26:37, while Shannon Hovey won her first title in a time of 32:04.

This year's winners were again treated to the culinary delights of the Collinsville Baking Company, as HTC friend Gail Case donated breads, muffins, and homemade granola to the event. Be sure to look for the HTC Winter Series race from the Collinsville Baking Company on March 5th, a locale already known as a runner's carbo heaven.

Special thanks to the always wonderful volunteers that make this a fun and successful event every year. Helpers included Patricia Leonard, Race Director Queen Beth Shluger, Jeff Weatherhead, Ed Mokoski, David Reik (with his infamous results board), El Presidente Peter Hawley, and Cindy Kozak-Buckley

Tom Buckley – Race Director

Time	Plc	First Name	Last Name	S	Age	Town	Team
26:37:00	1	Stephen	Herrera	m	35	Waterford	Mohegan
27:23:00	2	Chadwick	Brown	m	30	Waterford	Mohegan
27:43:00	3	Chad	Johnson	m	30	Lisbon	Mohegan
29:01:00	4	Chris	Chisholm	m	43	Farmington	HiTek
29:09:00	5	Mark	Hixson	M	40	Simsbury	
29:29:00	6	Dave	Hannon	m	34	Newton, MA	NETT
29:50:00	7	Paul	Young	m	40	Andover, MA	NETT
29:56:00	8	Jon	Fearnley	M	38	New Britain	HTC
29:58:00	9	Jeffrey	Wadecki	M	22	Ledyard	Mohegan
30:05:00	10	Dave	Mingori	m	38	Webster, MA	NETT
30:34:00	11	Alan	Macdougall	m	40	Branford	HiTek
30:41:00	12	John	Kinner	m	26	Harvard, MA	
30:52:00	13	Jerry	DeZutter	M	41	Hudson, MA	NETT
31:13:00	14	Frank	White	m	31		NETT
31:26:00	15	Mike	Graziosi	m	43	Glastonbury	HTC
31:57:00	16	Bill	Thramann	m	44	Avon	HTC
32:04:00	17	Shannon	Hovey	f	34	Simsbury	HiTek
32:11:00	18	Jon	Kornacki	m	47	Wallingford	Mohegan
32:49:00	19	Kevin	Asp	m	34	Middletown	
32:52:00	20	Jeffrey	Molson	m	43	Avon	HTC
35:00:00	21	Ray	Wise	M	50	Hartford	HTC
35:14:00	22	David	McHale	m	44	Simsbury	HiTek
35:18:00	23	Marty	Schaivone	m	52	Bridgeport	HiTek
35:49:00	24	Mike	Morrow	m	44	Farmington	HTC
36:15:00	25	Darrin	Smith	m	28	Farmington	
36:48:00	26	Eddie	Gorecki	m	52	Farmington	HTC
37:20:00	27	John	Hayden	m	41	Cheshire	
37:40:00	28	Tim	Hawley	M	52	Middletown	
38:11:00	29	Pamela	Morrow	f	42	Farmington	HTC
39:24:00	30	Bekkie	Wright	f	43	Manchester	HiTek
39:25:00	31	Kevin	Tranberg	m	37	Wethersfield	
39:53:00	32	Chris	Wondoloski	M	35	Collinsville	
40:24:00	33	Edward	Steele	m	40	Bolton	Silk City Striders
40:34:00	34	Cindy	Scannell	f	47	Middlebury	HiTek
41:16:00	35	Linda	Weidemer	f	38	Bristol	
42:27:00	36	Tom	Roy	m	33	Farmington	
43:55:00	37	Dave	Anderson	m	48	New Britain	
44:10:00	38	Lani	Ralston	F	34	Bristol	
45:11:00	39	Pamela	Gunneson	f	45	Cheshire	HiTek
47:06:00	40	Jessica	Scott	f	23	Farmington	
47:17:00	41	Charles	Merlis	m	65	West Hartford	HTC

49:35:00	42	Nate	Williams	M	23	Torrington	
50:32:00	43	Eileen	Bonetti	F	42	Farmington	
50:43:00	44	Tara	Baker	F	23	W.Hartford	
51:48:00	45	Malcolm	McMillen	m	65	Wethersfield	
52:23:00	46	Peter	Malloy	M	33	Northford	
53:21:00	47	Chet	Reed	m	52	Bristol	
54:27:00	48	Iris	Armen	f	17	Simsbury	HTC
54:27:00	49	Chris	Armen	m	52	Simsbury	HTC

HTC MEMBERS ONLY, WITH AGE-GRADES:

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
4	Christopher Chisholm	Farmington CT	M43		0:29:01	6:01		*77.70%
8	Jon Fearnley	New Britain CT	M38		0:29:56	6:01		72.68%
15	Michael Graziosi	Glastonbury CT	M43		0:31:26	6:19		71.73%
16	Bill Thramann	Avon CT	M44		0:31:57	6:26		71.09%
20	Jeffrey Molson	Avon CT	M43		0:32:52	6:37		68.60%
21	Ray Wise	Hartford CT	M50		0:35:00	7:02		67.94%
24	Mike Morrow	Farmington CT	M44		0:35:49	7:12		63.41%
26	Eddie Gorecki	Farmington CT	M52		0:36:48	7:24		65.68%
28	Tim Hawley	Middletown CT	M52		0:37:40	7:35		64.17%
29	Pam Morrow	Farmington CT	F42		0:38:11	7:41		65.84%
31	Kevin Tranberg	Wethersfield CT	M37		0:39:25	7:56		54.81%
41	Charles Merlis	West Hartford CT	M65		0:47:17	9:31		57.64%
45	Malcolm McMillen	Wethersfield CT	M65		0:51:48	10:25		52.61%
49	Chris Armen	Simsbury CT	M52		0:54:27	10:57		44.39%

EBAC FALL CHALLENGE 4.75-MILE ROAD RACE, 11/12/05, New London, CT

(Results by SNERRO, LLC. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
76	Robert Schaff	Middletown CT	M40	M40-49	0:34:41	7:18	20	60.67%

EAST WINDSOR VETARANS 5K ROAD RACE, 11/12/05, East Windsor, CT

(Results by Platt Systems, www.plattsys.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
4	Ray Fairchild	West Hartford CT	M32	M3039	0:18:04	5:49	1/24	71.81%
5	Mark Green	Canton CT	M38	M3039	0:18:32	5:58	2/24	71.72%
39	Bob Caplin	Vernon CT	M55	M5059	0:21:28	6:55	6/30	70.52%
51	Larry Chaves	West Hartford CT	M61	M6069	0:22:20	7:11	2/11	71.60%
54	Mark Acquattro	Windsor Locks CT	M50	M5059	0:22:29	7:14	8/30	64.61%
59	Thomas Butterfield	Windsor CT	M69	M6069	0:22:35	7:16	3/11	*77.09%
99	Walter Gale	Windsor Locks CT	M74	M70++	0:24:59	8:02	1/5	74.25%
105	Richard Zbrozek	Berlin CT	M58	M5059	0:25:21	8:10	16/30	61.33%
166	Bill Tribou	Granby CT	M84	M70++	0:29:33	9:31	3/5	74.12%

PARKER HOLT CELEBRATION 5K, 11/13/05, Manchester, CT

(Results by Silk City Striders, www.silkcitystriders.org. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
6	Robert McCusker	Simsbury CT	M53	M50-59	0:17:54	5:46		*83.17%
21	Peter Briggeman	Manchester CT	M47	M40-49	0:20:43	6:40		68.51%
22	Ralph Morelli	Wethersfield CT	M58	M50-59	0:20:50	6:42		74.63%
31	Robert Dacey	Vernon CT	M56	M50-59	0:21:32	6:56		70.92%
39	Thomas Butterfield	Windsor CT	M69	M60-69	0:22:32	7:15		77.26%
43	Jerry Augustine	Middletown CT	M60	M60-69	0:23:03	7:25		68.70%
53	Joan Munroe	Newington CT	F51	F50-59	0:24:40	7:56		67.45%
62	Walter Gale	Windsor Locks CT	M74	M70-79	0:25:39	8:15		72.32%
83	Karen Carty	Berlin CT	F43	F40-49	0:29:19	9:26		52.85%

91	Bill Tribou	Granby CT	M84	M80-89	0:30:57	9:58		70.77%
98	Raymond Greene	New Britain CT	M80	M80-89	0:41:30	13:21		48.94%

DEGREES WITHOUT BOUNDARIES 5K, 11/13/05, New Britain, CT
(Results by www.roadtracksports.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
7	Eddie Gorecki	Farmington CT	M52	M5059	0:18:52	6:04	1/3	*78.26%
32	Richard Zbrozek	Berlin CT	M58	M5059	0:23:34	7:35	3/3	65.97%
37	Georgia Panagopoulos	Berlin CT	F47	F4049	0:25:17	8:08	1/8	63.45%
56	Jeannette Cyr	Kensington CT	F71	F7079	0:29:28	9:29	1/1	71.11%

MADD DASH 5 MILE, 11/13/05, New Haven, CT
(Results by HI-TEK Racing, www.hitek racing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
13	Edward Mokoski	Rockfall CT	M40	M40-49	0:30:43	6:09	5	72.27%
26	Kevin Markowski	Middletown CT	M48	M40-49	0:32:37	6:31	8	72.21%
32	Bruce MacLeod	Middletown CT	M55	M50-59	0:33:33	6:43	6	*74.32%
71	Ben Mattheis	Middlebury CT	M52	M50-59	0:37:19	7:28	18	65.17%
134	Susanne Javorski MacLeod	Middletown CT	F55	F50-59	0:45:15	9:03	2	62.89%

PACE RACE 5K, 11/13/05, West Hartford, CT
(Results by Bay State Race Services, www.bsrs-timing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
2	Jeffrey Townsend	Hartford CT	M34	M3039	0:17:34	5:39	1/37	*73.85%
9	Michael Munroe	Newington CT	M46	M4049	0:19:36	6:19	4/48	71.86%
51	Allen Horner	Southington CT	M52	M5059	0:23:13	7:28	4/22	63.59%
53	John Lloyd	Avon CT	M53	M5059	0:23:18	7:30	5/22	63.90%
59	Dave Jenkins	Berlin CT	M44	M4049	0:23:42	7:38	17/48	58.55%
90	Nancy Loughlin	Glastonbury CT	F39	F3039	0:25:16	8:08	7/49	59.33%
112	Jacqueline Mclaughlin	West Hartford CT	F38	F3039	0:26:07	8:24	10/49	56.94%
120	Richard Zbrozek	Berlin CT	M58	M5059	0:26:18	8:28	11/22	59.12%
157	Georgia Panagopoulos	Berlin CT	F47	F4049	0:28:10	9:04	15/35	56.96%
191	Maria Genca	Coventry CT	F32	F3039	0:30:28	9:48	24/49	47.25%
210	Donna Saulter	Bloomfield CT	F55	F5059	0:32:20	10:24	9/14	53.48%
234	Debra St. Germain	Hartford CT	F49	F4049	0:34:00	10:57	24/35	48.04%
245	Bonnie Ferrero	Bloomfield CT	F66	F6069	0:34:59	11:16	1/2	55.95%

BERLIN RESLIN 2-MILE CROSS COUNTRY RACE, 11/19/05, Berlin, CT
(Results by Platt Systems, www.plattsys.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
10	Paul Rabenold	Avon CT	M53	M51-60	0:13:19	6:39	1/4	*70.14%
30	Joan Munroe	Newington CT	F51	F51-60	0:15:41	7:50	1/1	66.52%

CHESHIRE CANAL CANTER 5K, 11/19/05, Cheshire, CT
(Results by HI-TEK Racing, www.hitek racing.com. HTC report by David Reik.)

Place	Name	Town	Sex-Age	Division	Time	Pace	Plc/Div	Age%
2	Christopher Chisholm	Farmington CT	M43	M40-49	0:16:10	5:12	(overall)	*85.21%
7	Robert McCusker	Simsbury CT	M53	M50-59	0:17:50	5:44	1	83.48%
11	Dennis Barone	West Hartford CT	M50	M50-59	0:18:20	5:54	2	79.23%
24	Chris Armen	Simsbury CT	M52	M50-59	0:19:36	6:19	4	75.33%
39	David Condit	Avon CT	M57	M50-59	0:20:48	6:42	7	74.08%
41	Tim Hawley	Middletown CT	M52	M50-59	0:20:54	6:44	8	70.64%
42	James Tebo	Southington CT	M58	M50-59	0:20:55	6:44	9	74.33%
66	Thomas Butterfield	Windsor CT	M69	M60-69	0:22:42	7:18	1	76.69%
70	Allen Horner	Southington CT	M52	M50-59	0:23:09	7:27	15	63.78%
125	Barbara Kream	Avon CT	F57	F50-59	0:25:38	8:15	4	68.87%
129	Richard Zbrozek	Berlin CT	M58	M50-59	0:25:51	8:19	20	60.15%

HARTFORD TRACK DECEMBER / JANUARY RACE CALENDAR

DECEMBER 3, 2005-Saturday

N.I.A. Jingle Bell 5K Run,
9:30AM, Trumbull, Ct., 203-337-6132

Jingle Bell 3 Mile Run, 12 Noon,
Litchfield, Ct., 860-829-1144

DECEMBER 4, 2005-Sunday

Santa's Run, 3.5 Miler,
Glastonbury, Ct., 860-652-7679

1st. Christmas Run For The
Children, 5K, 10AM, New
Milford, Ct., 860-354-9191

Pearl Harbor Masters 5 Miler,
1PM, Waterford, Ct. 860-444-5881

Christmas Village 5K Run,
Trumbull, Ct., 860-877-9507

Woodstock Academy Football
Fundraiser 5K, 10AM,
Woodstock, Ct., 860-779-3248

DECEMBER 9, 2005-Friday

Tommy Toy Fund Run, 3M,
7PM, Norwich, Ct., 860-889-5842

DECEMBER 11, 2005-Sunday

Christopher Martin's Christmas
5K Run, 10AM, New Haven, Ct.,
203-481-5933

Jingle Bell Jog 3Miler, 9AM,
Greenwich, Ct. 203-661-0142

DECEMBER 17, 2005-Saturday

Norfolk Pub 10 Miler, 11AM,
Norfolk Town Hall, Maple Ave,
Norfolk, Ct., 860-485-1506, E-
Mail: info@greystoneracing.net

DECEMBER 18, 2005-Sunday

Christmas Holiday Run 5K,
9AM, Fairfield, Ct., 203-374-6433

DECEMBER 25, 2005

Sunday Scrooge Scramble
5K, 10:30AM, Vernon, Ct.,
860-875-0538

DECEMBER 31, 2005 Saturday

Run Into The New Year 5K,
6PM, City Center Danbury,
Danbury, Ct., 203-770-3679, E-
Mail: JerryK@Tri-n-Run.com

Midnight 4 Mile Run,

Central Park, N.Y.,

NEW YORK CITY NEW YEAR'S EVE BUS TRIP

Bus leaves Fitness Edge,
Fairfield, Ct., Return trip around
2:30AM

\$49.00 per person before
December 16th-\$25.00 Race
entry fee. -After December 16th,
\$58.00 per person, \$30.00 Race
entry fee. (Deduct \$5.00 if
you're a member of Hartford
Track Club, Warren Street,
Milford Road Runners or Hi-
Tek) Food and drinks will be
served on the bus before and
after.

For additional information:
Contact Bob Sabre: 203-254-3569,

E-Mail:fastcars2sbcglobal.net

Make Checks Payable:

Bob Sabre

86 Judson Road

Fairfield, Ct., 06824

Bob will pick up all race
packets for you as you enter
the bus.

JANUARY 1, 2006-Sunday

HTC Winter Series-Joe

Valionis 10K, 10AM,
Farmington Ave Reservoir, West
Hartford, Ct., E-Mail:
catsmeow410@yahoo.com

Chilly Chilli 5K Run, 10:30AM,
High Plains Community Center,
Orange, Ct., 203-481-7453, E-
Mail: wssac-ct@juno.com,

ON-LINE Registration until

Dec. 27, 2005,

<http://www.hitekracing.com>

Guilford Rotary Frosty 5K,
11AM, Guilford, Ct., 203-453-8068

Resolution 5K Run, 10AM,
Weston, Ct., 203-838-2748

O'Brien 4 Mile Memorial,
11AM, Brookfield, Ct., 860-350-8237

Milton Resolution 5 Miler,
Litchfield, Ct., 860-567-7569

JANUARY 8, 2006-Sunday

Brian Aselton Memorial Snow
Dash 3.05M Race, 1:30PM, East
Hartford Golf Club, East
Hartford, Ct., 860-282-8240

Kelley's Pace Frostbite 5 Miler,
1PM, Mystic, Ct., 860-536-8175

Boston Build-Up Series # 1,
10K, 10AM, Norwalk, Ct., 203-838-2748

JANUARY 21, 2006-Saturday

HTC Winter Series

Bolton Trail Run 4 mile

10 a.m. Bolton Ct

860-647-7657

KingArchibaldVII@yahoo.com

See Winter Series for info

JANUARY 22, 2006-Sunday

Boston Build-Up Series #2, 15K,
10AM, Ridgefield, Ct., 203-838-2748

December thru February

Saturdays 10 a.m.

Forest Park

Springfield MA

Alternating 5K 1st week, 10K

next week, \$3 www.harriers.org

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**RUNNER'S, BEFORE
TRAVELING TO OUT OF
TOWN RACES, CONFIRM
RACE DATE AND TIME WITH
LISTED INFO CONTACT**

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For more information contact:

Jane J. Jarrow 860-286-9159,

Email: sgjarrow207@cs.com

**2006 INDOOR TRACK & FIELD DEVELOPMENTAL SERIES
FOR AGE GROUP/OPEN/MASTER LEVEL ATHLETES**



Where: University at Albany RACC arena

Dates/Times: Sunday, January 15 (2-5 pm)
Sunday, February 5 (2-5 pm)
Sunday, March 5 (2-5 pm)

***** Open and Masters
Adirondack Association Indoor
Championships*****

Directions: http://www.albany.edu/about_the_university/visit_us/directions_car.html#uptown

Clinic: There will be a free event clinic for athletes of all ages from 1-2 pm, before the start of the January 15th meet. Please show up by 12:30 to register. Event areas include: Sprints, Hurdles, Jumps and Throws. Clinic will be conducted by UAlbany Coaching Staff

Entry Fees: \$5/Meet (USATF Members)
\$10/Meet (non-USATF Members)
12 and under: \$ 2.00
**USATF Memberships can be purchased at meet:
18 years old or younger - \$15/ Open/Masters age - \$20)**

Registration: Begins 45 minutes before start of meet/trackside (1:15 pm)

<u>Order of Events:</u>	<u>Track Events</u>	<u>Field Events</u>
	3000 Meters	Shot Put
	55 Meter Hurdles	Long Jump
	55 Meters (12 & under)	Triple Jump
	55 Meters	High Jump
	1000 Meters	Weight Throw
	600 Meters (12 & under)	
	600 Meters	
	300 Meters	
	4 x 200 Meter Relay	

Additional Information:

- Horizontal Jumps – 4 attempts only, Championship Meet – 6 attempts
- Throws – 6 attempts
- Please bring **your own implements**
- NOTE: No spikes allowed on track surface
- **All hurdlers** must set up their own lane of hurdles prior to race

Check out meet results on our website: www.usatfadir.org
For more information contact
Richard O’Riley, Vice President, Track& Field: rdo3_2000@yahoo.com

Hartford Track Club Membership Application

Please send completed application to: HTC, PO Box 624, Farmington, CT 06034-0624
Or go to: www.signmeup.com/50740

Membership Type (Please check one):

- Individual \$15
 Family \$25
 Business or Organization \$25

This Payment is for:

- New Membership
 Renewing Existing Membership
 Renewing Lapsed Membership
 Contribution (tax deductible)

All memberships are for 12 months from time of acceptance.

Name _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Work Phone _____

Birthday _____ Male _____ Female _____

E-mail Address _____

I do not wish for my name and phone number to be placed on mailing lists.

I am interested in:

- Interval Training Trail Running Track Meets Cross Country
 Winter Series Summer Series Women's runs Team Competition
 Newsletter Support Website Support Race Volunteer

Club Membership Application Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a club official relative to my ability to safely complete the run. I assume all the risks associated with running and volunteering to work in club races including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and humidity, the conditions of the road and traffic in the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Hartford Track Club and all sponsors, their representatives and successors from all claims or liabilities of any kind rising out of negligence or on the part of the persons named in this waiver. I understand that the following are specifically, but not exclusively excluded from HTC events: baby joggers, roller skates or roller blades, animals, radio headsets or other portable sound systems.

Signature (Parent or legal guardian if applicant is under 18 years of age)

Additional Members of Household: (Parent or legal guardian if applicant is under 18 years of age)

Additional Family Members

New Renewal / Name _____ B-day _____ Signature _____

New Renewal / Name _____ B-day _____ Signature _____

New Renewal / Name _____ B-day _____ Signature _____

New Renewal / Name _____ B-day _____ Signature _____



Hartford Track Club Newsletter
PO Box 624
Farmington, CT 06034-0624

Forwarding Service Requested

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PHawley.javanet@rcn.com

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Gemske@aol.com

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Charles Whynacht
cwhynacht@stanadyne.com

Hartford Track Club

“Connecticut’s Largest Running Club”

www.HartfordTrackClub.org
You can also renew or register at
www.signmeup.com/50740

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