

FRONT RUNNER '24

THE SHAMROCK RUN & WALK Magazine



Bristol, CT

ctshamrockrun.com

THANK YOU!

22 years ago members of the Race Committee met during the Fall season at The Cambridge Coffee & Tea on Federal Hill and started to plan our first Shamrock Run & Walk to be held in March. Throughout the years we added other passionate people wanting to help and be part of this event; what started out as a Race Committee of 6 is now a reliable group of more than 20 and counting. I am not exaggerating when I say if we counted all the individual volunteers who have lent a hand that number would exceed 400. Thank You to everyone. To our sponsors who have supported us through out these years.... Thank You – for your support and caring about the community we live in. To the various departments within the City of Bristol- Thank you for embracing the event and being great partners in making this happen. Together we have provided St. Vincent DePaul Mission of Bristol over \$273,000 in unrestricted funds to support their mission to assist the homeless in our region.

Pat Collins

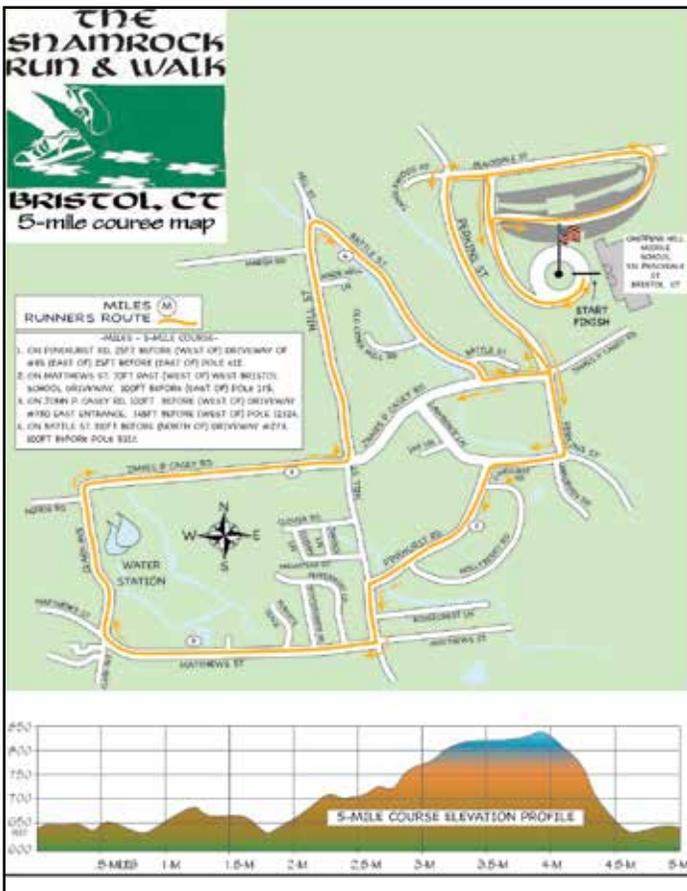
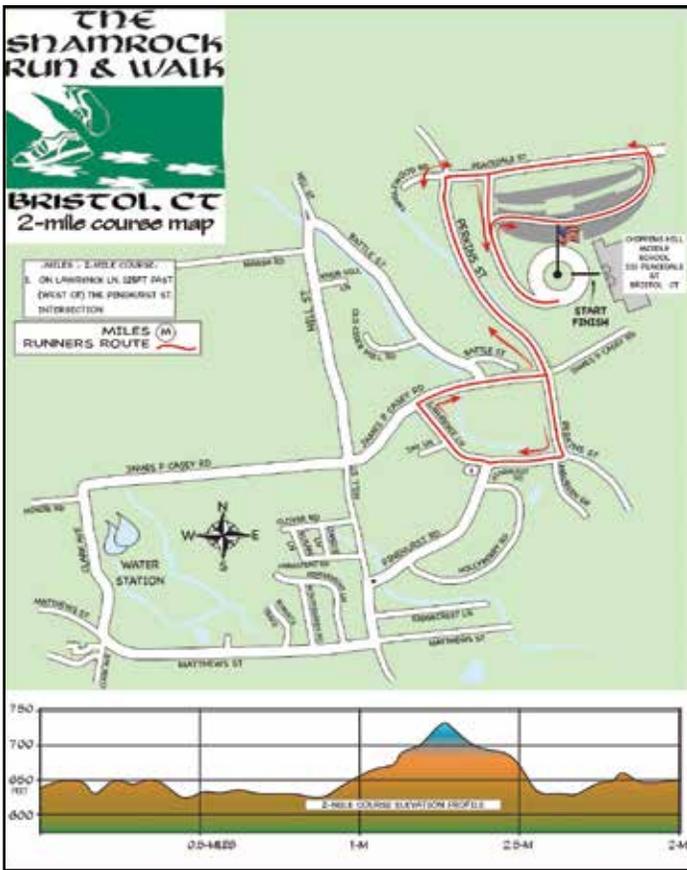
And they're off!



5-Mile Start



2-Mile Start



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 - Jim Collins..... Treasurer
 - Joe Fanion..... Course Safety
 - Tim Collins..... Pasta Dinner
 - Margaret Vitrano..... Sponsorship Magazine
 - Bill Micari..... Parking
 - Ron Tessman..... Website Host & Photographer
 - Joe Guerin..... Signage
 - Deb Wyrebek..... Administrative Services
 - Manon Collins..... T-Shirt Selections
 - CERT Team & Sue Radkey..... Road Safety
 - Anne Chuchta, Kimberly Ploszaj..... Blood Drive
 - Barb Lozier, Cathy Martin..... Swag Bag Coordinators
 - Mark & Patty Smaldone..... Post Race Party
 - Ann Gittleman..... Merchandise
 - Kathy Young..... Church Liason
 - Christine Thebarge..... Executive Director of SVDP
 - Deacon Stan Piotrowski,
 - Adriana Piotrowski..... Pasta Dinner Hosts
 - Karen Collins, Michelle Collins..... Registration Team
 - Deb Ahl, Janie Murphy..... Social Media Support

Irish Blessing

May the road rise up to meet you.

May the wind be always at your back.

May the sun shine warm upon your face;

the rains fall soft upon your fields

and until we meet again,

May God hold you in the palm of His hand.



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Strength Training for Runners

Written by Brittany Telke, DPT, CSCS, MFDC

You may have wondered if runners really need to incorporate strength training into their weekly routines. Doesn't running strengthen the legs enough? The answer is debatable.

Running requires full-body muscular strength and endurance, but it is typically labeled cardiovascular exercise, meaning the heart is doing most of the pumping. Runners also use the hip flexors, glutes, quadriceps, hamstrings, calves, abdominals and even the upper body is used to drive the arms forward and back. You may have wondered if runners really need to incorporate strength training into their weekly routines. Doesn't running strengthen the legs enough? The answer is debatable. Some coaches claim that hill repeats (doing short sprints up hills) or sprints on a flat surface is a sport-specific type of strength training for the heart. There are many other ways you can also strengthen the other muscle groups used while running to prevent injury and improve running economy, muscular strength and power which can improve performance. The key is keeping it sports-specific.

To strengthen the lower body muscles, squats, single leg deadlifts, lunges and step-ups, and calf raises are all excellent ways to strengthen the muscles of the legs. Pushups, planks, side planks, and rows are great upper-body and core-strengthening exercises. You can simply start with bodyweight exercises, but as it becomes easy to perform 3 sets of 10 or 2 sets of 15 it is time to add some resistance to get the same benefits from the exercise. You can start by adding some light dumbbells or use some things you have around the house such as cans, bottles of water, a laundry basket or even a gallon jug. Another way to make exercises more challenging is by increasing the velocity such as plyometrics, box jumps and Olympic lifting. Those are more advanced exercises that require good form and fewer reps to be performed safely.

When starting a new exercise routine, start slow. Start with adding a 30-minute strength routine once a week. If time allows, strength training 2-3 times a week can provide great benefits. It is best to do it whenever you can find the time whether that is before or after a workout, morning or afternoon. If you have an important goal race coming up I would recommend taking a week off from strength training so that you are not too sore for your race. Advanced runners who are already incorporating strength, hills and speed work may want to perform their strength routine on the same day as your hard workout days to speed up your recovery rather than having to recover separately from each workout.

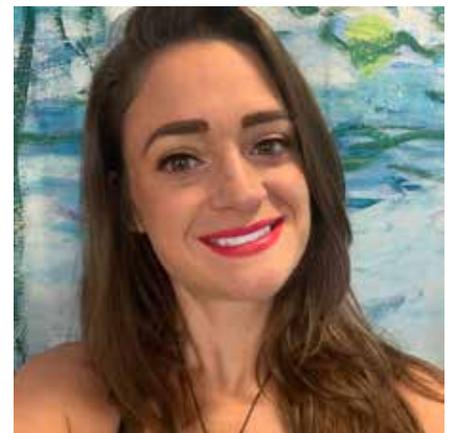
If you have an injury holding you back from reaching your true potential please come and see us!

If you are interested in working with a Physical Therapist, obtain a script from your primary care physician or the Bristol Health Orthopedic team located at 15 Riverside Avenue in the Medical Care Center or call 860-585-3333.

The Bristol Health Physical Therapy team has two locations in the city: Rehab Dynamics 1 at 975 Farmington Avenue (860-589-3587) and Rehab Dynamics 2 at 15 Riverside Avenue (860-582-9355).

Brittany Telke, DPT, CSCS, MFDC, competed in Division 1 for the University of Connecticut and Sacred Heart.

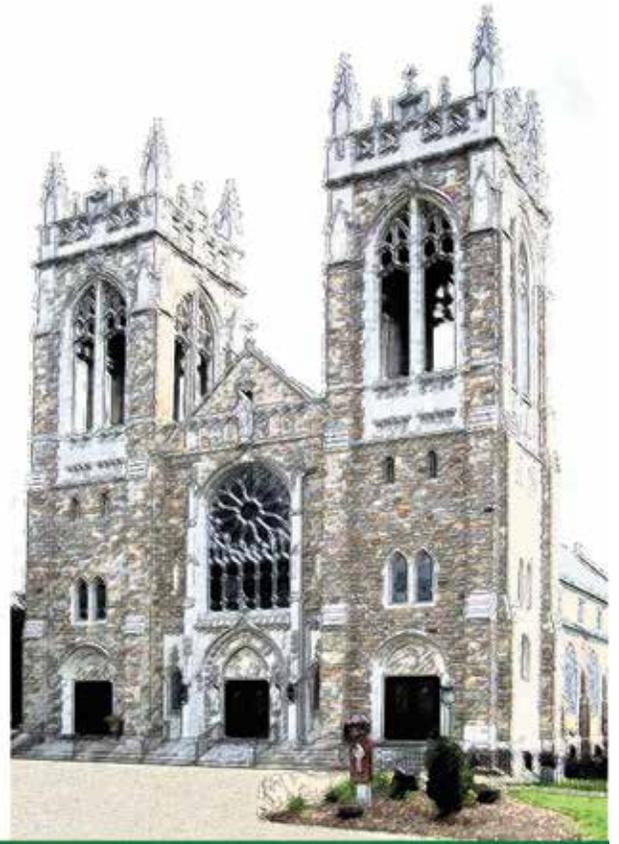
She has come in the top 3 women for the Bristol Shamrock Race in years past. She currently works for Rehab Dynamics 1 on 975 Farmington Avenue Bristol, CT.



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2024 Honorary Chairperson - Brian Avery

The Shamrock Run organizing committee is pleased to announce the selection of Brian Avery as the Honorary Chairman of the 21st annual Shamrock Run. Brian is a lifelong Bristol resident and has quite naturally developed strong community ties. He has worked 20 years for the state of Connecticut as a correction officer at the Cheshire Correctional Institution. He has also served for eight years in the U.S. Army Reserves.

Currently, Brian is the Commander of the American Legion Post 209 in Bristol. He was one of the first 16 people at the post when it was established in 2014. Today, the Post has over 90 members. Membership is restricted to individuals who have been in any of the six branches of the U.S. military and have received an honorable discharge. Meetings are held at Gloria Dei Lutheran Church in Bristol. Service to community is central to the mission of American Legion. In that capacity, Post 209 serves Bristol and surrounding towns.

Under Brian's leadership, Post 209 has a full schedule of activities which benefit the community. They sponsor blood drives every month which have generated 778 units collected. A total of 116 units have already been collected in 2024. Last year, Post 209 led the renovation of the Quinlan Veterans' Memorial Park in the Forestville section of Bristol. The project included nine new flagpoles, renovation to existing benches, improved lighting and new paving stones as well as updating and corrections made on a listing of local veterans who have served our country, all made possible by a \$30,000 fund raising effort and volunteer efforts by Post 209. Additionally, due to generous donations by Bristol residents Alan Pippin and the Frank Owsianko family, a large 1834 Doolittle bell was installed in a beautiful archway. This bell was prominently featured in past Forestville Memorial Day parades, and interestingly enough, Post 209 volunteers run that parade now.



At this time, Post 209 is participating in the Bristol Veterans' Council effort to raise funds to add a POW/MIA monument that will be installed on Bristol's acclaimed Memorial Boulevard. It is planned to be completed in time for this year's Memorial Day celebration. As proposed, the monument will include a symbolic empty chair to represent those not with us and will be surrounded by 7 pillars, one to represent each of the 6 service branches, and a seventh to represent Bristol's Veteran Council.

Brian admits that there is a lot of effort involved in serving the community, but he is quick to add that it can also be a lot of fun. As an example, he points to the renewal of the annual fishing derby at Bristol's Rockwell Park. He has fond memories as a child attending the derby at Rockwell Park, but for a variety of reasons, it was discontinued. Through Brian's guidance, Post 209 decided to revive the tradition in 2015 and they now sponsor the event annually in addition to the city's fishing derby at Page Park. A core group of Post 209 volunteers assist in fundraising for the procurement of approximately 300 fish (up to 10 pounds each) to stock the pond and they camp out at the pond once it is stocked in order to discourage the inevitable poachers. There is a two fish limit and last year 160 children participated. Prizes are awarded and include trophies and new fishing gear. Each participant is photographed in front of a Post 209 banner commemorating the event with the inscription: "Today's Dreams are Tomorrow's Memories". Brian Avery could not be happier that he leads a group of dedicated citizens who make this possible.

Volunteers who collected all this trash on the 2 mile course in 2023.



Those pictured- Jillian Romann, Andrew Collins, Jackie Velasco McCauley, Cynthia Chesky, James Delnero and Geri Beveridge



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2023 Race Results

5 Mile Overall Winners

Sean Ferguson, 28, Middlebury, CT 27:05

Shannon Hickey, 29, Middlebury, CT 33:55

Winners are pictured with Ewa Grochowska, SVDP Resource Center Manager



2 Mile Overall Winners

Declan Toland, 17, Torrington, CT 11:59

Gianna Pasquale, 12, Watertown, CT 13:09

Winners are pictured with Ewa Grochowska, Christine Theborge, and Deacon Stan Pitrowski



Race Results are posted on
ctshamrockrun.com

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LOCAL #326

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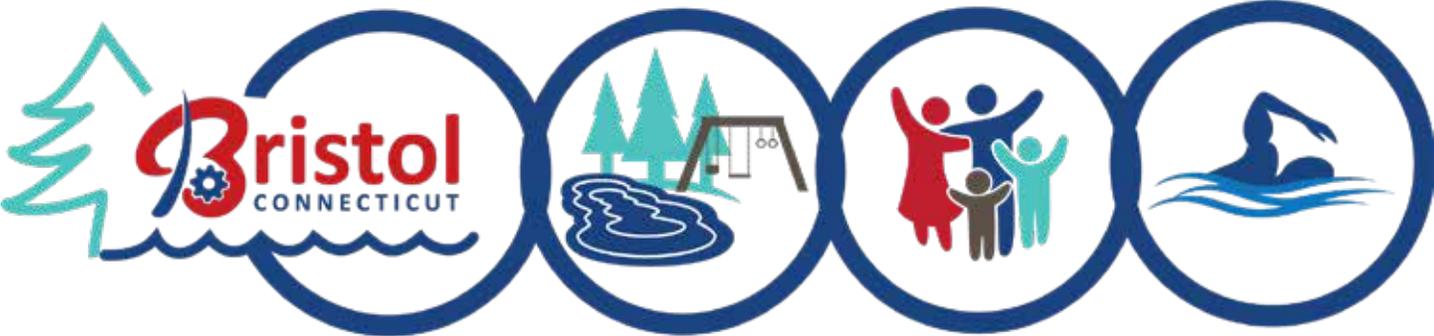

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MOVE PEOPLE.

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my people that you do unto me.”*

Matthew: 25

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Sunday, 7:00am, 8:30am, 10:00am, 11:30am,
and NEW 5:00pm

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**Good Luck on
Race Day!**

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The St Vincent DePaul Mission of Bristol, Inc. started as a 15 bed Homeless Shelter in 1986. Today it operates three Homeless programs in Bristol.



*Providing Hope and Healing
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The Cove provides family and school-based programs utilizing the peer support group concept for helping children, teens and families work with their unresolved grief due to the death of someone significant in their lives and other traumatic losses. The Cove also provides professional development and training for adults working with children and teens. A \$1000 grant will be awarded to this organization from the proceeds of this Road Race Event



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Bristol Neighborhood Development Corp.
An affiliate of the Bristol Housing Authority

**Wishing All Participants
a Happy and Successful
*Shamrock Run & Walk***

March 16, 2024

**BNDC
31 Quaker Lane, Suite 2
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(860) 585-2044**

Our Mission

To create opportunities for affordable housing in a suitable living environment and to promote self-sufficiency in our community.

BNDC Bristol Neighborhood Development Corp.

Bristol Neighborhood Development Corp. (BNDC) is pleased to be sponsoring the annual Shamrock Run & Walk for the second time. BNDC is a 501(c)(3) non-profit corporation affiliated with the Housing Authority of the City of Bristol (BHA). Its mission is to provide decent and safe rental housing for eligible low-income families, the elderly, and persons with disabilities. BHA has been directed by Mitzy Rowe for the past 24 years. Through her leadership, BHA is perennially recognized as one of the highest-rated housing authorities in the United States.

Dimitry J. Komanetsky Estates (DJK) in Bristol is a Connecticut State Congregate development built in 1989 and comprising of a single three-story building designed for the frail elderly. The property is over 30 years old and some significant building components have exceeded their standard. Given these circumstances, BHA decided to be proactive and invest in their residents' health, safety and comfort and has recently begun a major multimillion-dollar renovation project at DJK. This transformation includes new kitchens, bathrooms with walk-in showers, and flooring in all the apartments. The project not only extends to units, but to other parts of the property. A new elevator is being installed along with new landscaping, exterior lighting, and additional handicap parking.

In addition to the DJK project, BHA has turned its focus and resources to the improvements of its Cambridge Park and Mount Laurel Manor properties in Bristol.

The renovation project at Mount Laurel Manor is another great example of BHA's continued commitment to enhancing the quality of life for all its residents. This major renovation of 10 residential buildings includes new kitchens and bathrooms with porcelain floor tiles, doors, sidewalks and a new community garden. These upgrades will also include energy efficient appliances and HVAC split systems.

Cambridge Park was originally constructed as military family housing in the mid-1940s. BHA is working to procure funding to completely rehabilitate this development. This project will be a gut rehabilitation of the buildings, replacing all interior and exterior finishes. A main feature of this rehabilitation is BHA's commitment to energy efficiency, building decarbonization, and renewable integration.



BNDC, being a separate non-profit corporation, is not constrained by the requirements of the U.S. Department of Housing and Urban Development. This allows BNDC to more quickly assist participants in the BHA prospective homeowner program. It accomplishes this by purchasing a property, renovating it, and selling it at a fair price. They will educate the client on saving for a down payment and help with closing costs. A Family Self-Sufficiency (FSS) program helps clients succeed after the purchase of a home.

BHA and BNDC strive to benefit the entire population of the City of Bristol in as many ways as possible. Sponsoring the Shamrock Run & Walk is an important part of their mission. Thank you so much!

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-Paul Tergat, Kenyan professional marathoner



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