

THE SHAMROCK RUN & WALK

FRONTRUNNER *Magazine*

ctshamrockrun.com

Bristol, CT



The Run



The Kids



The Spirit



The Families



The Friends

2012

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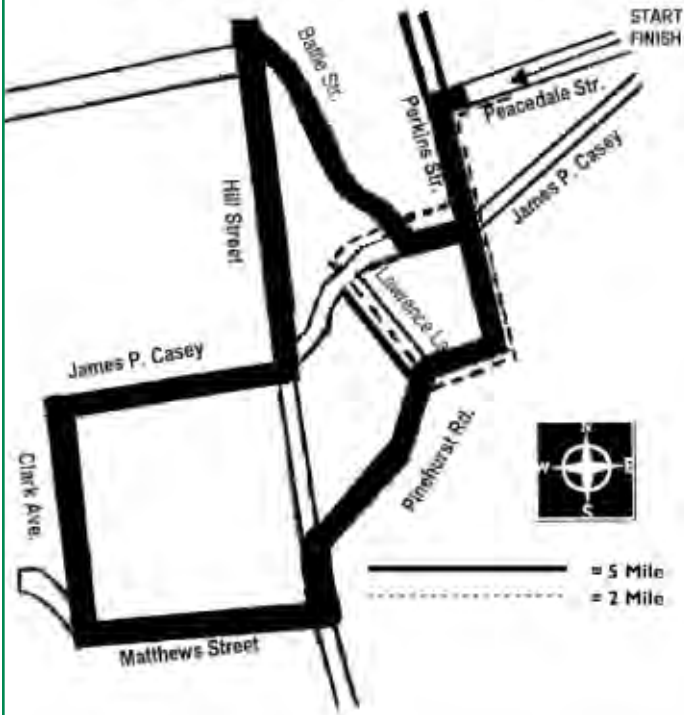
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Shamrock Race Route



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Kyle Errato 2012 Honorary Chair



The Shamrock Run organizers are proud to celebrate the 10th annual race in 2012. From its beginnings in 2003, this event has steadily grown to the point that it is one of the premier races in Connecticut and throughout the Northeast. And while the attention centers on the five mile race, the two mile run/walk and Kids' fun run have increased in popularity

as well. In fact, the Kids' run provided one of the most dramatic moments of last year's race and led to the selection of 11 year old Kyle Errato as the Honorary Chairman of the 2012 Shamrock Run.

Kyle is a Bristol resident and is the son of Teresa and Frank Acampora. He was born with cerebral palsy, a condition that impairs muscular co-ordination. Despite the fact that he must use crutches to get around, it doesn't stop Kyle from leading a very active life. Teresa is an avid runner herself, so it is no surprise that Kyle wanted to participate in the Kids' run. So with the support of Frank, twin brother Connor, and younger sisters McKenna and Emma, Kyle started the run. It was a tiring race for Kyle, and as the pack got farther away from him, there were times he thought he might have to quit. But the family urged him on. Finally, the finish line was in sight, and as Kyle rounded the bend to the final straightaway, racers were already lined up for the start of the two mile race. Some people started to cheer him on and soon the whole crowd was focused on this one last runner and they all began to roar. The bag piper walked along next to him and although he was exhausted, Kyle began to pick up steam, smiling all the way through the finish gate.

This past August, Kyle had surgery on his hips, legs, and ankles. Steel plates were used to realign his legs and shins in order to reduce the dragging of his feet. He recovered much quicker than the doctors

expected and got right back to his routine. Kyle exercises five times a week on a tread mill and a new squat machine. He plays on soccer and baseball teams, and participates in Skiers Unlimited. Math and reading are his favorite subjects in fifth grade at Hubbell School. Kyle plans to walk without crutches some time in the future and says "If it is to be, it is up to me."

Kyle is looking forward to this year's Kids' Run and knows that his surgery will make the race easier for him this time. He will have the full support of his family, as in all things that he does. His brother Connor, who understands that it is hard for Kyle at times, knows that "overall, he can do most things that he wants to do." McKenna is inspired by Kyle's hard work and was happy with Kyle's special birthday present to her: he walked up and down the stairs without crutches. Emma, who is three years old, adores Kyle and is a constant companion, enjoying their walks together.

We should all be inspired by Kyle's determination and his family's devotion to his well being. As race director Pat Collins said; "He epitomizes what the Shamrock Run is all about."

2012 Race Committee

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- Jim CollinsTreasurer
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- Joe FanionCourse Safety
- Tim CollinsPasta Dinner
- Margaret VitranoSponsorship Magazine
- Bill MicariParking
- Gerald Lee .Soles4Souls Program Coordinator
- Susan Lee .Soles4Souls Program Coordinator
- Linda KearnPost-Race Party
- Teresa Jo Conroy-AcamporaMktg Coordinator
- Dawn WhitfordSponsorships & Groups Coordinator
- Ron Tessman ...Website Host & Photographer

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- | | | |
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Past Race Results

3/20/2010

5 Mile Overall Winners

- Desmond O'Grady, Southbury, CT 29:00
- Colleen McKirryher, Thoaston, CT 34:27

2 Mile Overall Winners

- Jason Dufour, Bristol, CT 11:10
- Mariah McPhee, Bristol, CT 12:01

3/21/2009

5 Mile Overall Winners

- Michael Keenan, Glastonbury, CT 27:47
- Brittany Heninger, Bristol, CT 31:03

2 Mile Overall Winners

- Chris Rau, Burlington, CT 10:24
- Erin Begg, Newtown, CT 12:33

3/29/2008

5 Mile Overall Winners

- Marc Robaczynski, Bristol, CT 27:27
- Claudia Camargo, Danbury, CT 29:19

2 Mile Overall Winners

- Marc Robaczynski, Bristol, CT 10:04
- Claudia Camargo, Danbury, CT 10:28

3/24/2007

5 Mile Overall Winners

- Sheafe Satterthwaite,
Williamstown, CT 27:54
- Stephanie Paulk, Bristol, CT 32:30

2 Mile Overall Winners

- David Hugel, Simsbury, CT 11:23
- Leigh Mamrosh, Terryville, CT 12:41

3/25/2006

5 Mile Overall Winners

- Jeff Townsend, Hartford, CT 28:54
- Laura Lindsley, Bristol, CT 33:55

2 Mile Overall Winners

- Mike Lemay, S Windsor, CT 10:57
- Andrea Szarkowicz, Watertown, CT 13:01

3/19/2005

5 Mile Overall Winners

- Marc Robaczynski,
New Hartford, CT 26:45
- Miki Latvis, Bristol, CT 34:36

2 Mile Overall Winners

- Scott Bessette, Wakefield, CT 9:52
- Laura Lindsley, Bristol, CT 12:52

2011 Race Results

3/19/2011

5 Mile Overall Winners

- Desmond O'Grady, Southbury, CT 28:06
- Jamie Scholl, Thomaston, CT 35:03



2 Mile Overall Winners

- Brian Gaudreau, Wethersfield, CT 10:56
- Amanda Sumner, Bristol, CT 12:22



**2012 Race Results are posted on
ctshamrockrun.com**



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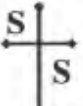
Runner's Quotes

*"The miracle isn't that I finished.
The miracle is that I had the courage to start."
-John Bingham, running speaker and writer*


*"Running is the greatest metaphor for life,
because you get out of it what you put into it."
-Oprah Winfrey*

*"In running, it doesn't matter whether you come in
first, in the middle of the pack, or last. You can say,
'I have finished.' There is a lot of satisfaction in that."
-Fred Lebow, New York City Marathon co-founder*

*"It's very hard in the beginning to understand that
the whole idea is not to beat the other runners.
Eventually you learn that the competition is against
the little voice inside you that wants you to quit."
-George Sheehan*

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St. Vincent DePaul Mission of Bristol Changing Lives -

Why Are People Homeless?

Homelessness and poverty are inextricably linked. Poor people are frequently unable to pay for housing, food, childcare, health care, and education. Difficult choices must be made when limited resources cover only some of these necessities. Often it is housing that must be dropped. If you are poor, you are essentially an illness, an accident, or a paycheck away from living on the streets. Homelessness persists because people have stagnant or falling incomes and less secure jobs which offer fewer and fewer benefits. The declining availability of public assistance and a lack of affordable housing also contributes to homelessness.

Other major factors that contribute to homelessness include Lack of Affordable Health Care, Domestic Violence, Mental Illness and Addiction Disorders. Many people who are addicted to alcohol and drugs never become homeless, but people who are poor and addicted are clearly at increased risk of homelessness. Homelessness results from a complex set of circumstances that require people to choose between food, shelter, and other basic needs. Only a concerted effort to ensure jobs that pay a living wage, adequate support for those who cannot work, affordable housing, and access to health care will bring an end to homelessness. Until then, a safety net of shelters needs to exist and will exist with the help of people like the Shamrock Run organizers and the runners who participate. The funds raised help to operate our local Shelter and Transitional Living Programs.

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

(1) The Bristol Homeless Shelter expanded to a 25 bed homeless shelter for men, women and children. It provides food, shelter, case-management and referral services to an average of 150 single people and 20 families per year. The Shelter is open 24 hours per day, 52 weeks per year, and provides a safe, stable base from which a person can seek employment, enable children to return to school and to provide relief from the emotional and moral violence that often accompanies homelessness. The current economic recession makes the shelter an even greater need for the greater Bristol area. Last year the Shelter had a 103% occupancy rate.

(2) The Elms Transitional Living Center opened in 1991 and is a thirteen bedroom facility for single, homeless men. It “graduates” an average of 20 men per year. Each man develops an action plan listing goals aimed at addressing general physical health, mental/emotional health, basic living skills, education and employment training and acquisition of permanent housing.

The Women with Children Transitional Living Center is a ten-family facility for homeless women and their children. It is a safe environment where women and their children may live for up to two years as the mother prepares to build a healthy home for herself and her family. The goal is growth through education, life skills training, and training in parenting, substance abuse counseling and mental health counseling to empower women to become productive citizens upon re-entering the community.

Participation in the Shamrock Run and the funds raised to support the St. Vincent DePaul Mission makes the following story possible.

Angela was a 33 year old woman who came to SVDP because she was no longer able to live with her boyfriend’s family. Her ongoing mental health issues caused conflicts and prevented her from caring for her two sons who were not with her when she was admitted to the shelter. Angela was referred to counseling services where she was prescribed medication to stabilize her moods. This allowed her to think more clearly and make better choices. She applied for a job and was hired at a local grocery store where she proved to be a reliable and hardworking employee. During her stay Angela began to attend religious services regularly. Her faith became a great source of strength for her during difficult times. Visitation with her children resumed and she proudly attended their school functions and sporting events.


When Angela left SVDP she had managed to save over \$600 toward a security deposit. Her plan was to live with her brother until she could save enough money to rent an apartment of her own. With her newly found stability, faith and confidence and continued hard work it won’t take her long.



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NEW BRITAIN
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Piriformis Syndrome: A pain in the butt!

Stacy Provencher, ATC, CSCS
Sports Medicine Director, Select Physical Therapy

At some point, most runners will be affected by aches and pains throughout their training. Running is a repetitive motion, and with repetitive motions, come overuse injuries. While these overuse injuries are not uncommon, they can sometimes be debilitating. One of the most common conditions that runners can experience is called piriformis syndrome. This syndrome literally presents itself as a pain in the butt!



The piriformis muscle is a small muscle located deep in the buttocks region. Its job is to rotate the hip outwards. The sciatic nerve lies just beneath (in some people, the nerve actually passes through) the piriformis muscle. This nerve starts in the lower back and extends all the way down the back of the leg to the foot. When the piriformis becomes tight, it pinches on the sciatic nerve, causing pain along the nerve commonly referred to as "sciatica." Runners may feel pain in the buttocks, pain radiating down the back of the leg, tenderness to the touch of the buttocks region, and in some cases; a loss of hip motion. It

is important to have a healthcare professional assess this pain, as it can closely resemble more serious injury such as a bulging or ruptured disc in the spine that is putting pressure on the sciatic nerve.

Once diagnosed, this is a relatively simple condition to rectify. When the word "syndrome" is used to describe a condition, it means that there are potentially many different causes of the problem. With piriformis syndrome, the cause could be tightness of the muscles on the inside of the hip (adductors & internal rotators), tightness or weakness of the muscles on the outside of the hip (abductors & external rotators), or a combination of both!

Treatment addresses stretching of the inner & outer hip muscles, as well as strengthening of the hip and core muscles. Sometimes, moist heat can help to ease the discomfort in the area. For cases of chronic tightness in the piriformis muscle, different massage techniques may be helpful in loosening the muscle and increasing flexibility. Active Release Technique & Graston Technique are beneficial methods of tissue massage. For instructions on hip stretching & strengthening, visit our website at

www.selectphysicaltherapy.com/conn.htm and click on the "runner's poster." If you have a question

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Downtown Living Campaign

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The Fisher House Foundation builds and maintains long term residential facilities near military hospitals nationwide. The families of seriously injured soldiers need a place to stay during the long rehabilitation process. This vital need is not covered by any other resource. Currently there are 54 Fisher Houses nationwide. Since 1990 they have provided services to over 142,000 military families who have stayed more than 3.6 million days supporting their soldier during rehabilitation. Fisher Houses have saved these families more than \$167 million in lodging and transportation costs. The facilities are supported by contributions and openings are granted in reverse order of rank, so that the lower enlisted soldiers have first chance at housing. Underwritten by the Creed Law Firm, LLC, and chaired by Kevin E. Creed, our organization has promised to raise \$3 million for the construction of a Fisher House on the campus of the VA Healthcare System in West Haven, CT. Once our goal is reached, Fisher House Foundation Inc. will match our funds for a total of \$6 million and construction can begin.

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Hartford County Chapter

Thrivent Financial for Lutherans exists to help its members achieve financial security and give back to their congregations, institutions and the broader community. As a not-for-profit membership organization, Thrivent Financial also sponsors national outreach programs and activities that enable its members to demonstrate their care for others through support of congregations, schools, charitable organizations and individuals in need.

Through Thrivent Builds with Habitat for Humanity, volunteers have already built more than 950 homes with families in need of simple, decent, affordable housing. Now, Thrivent Financial for Lutherans has increased its commitment to its alliance with Habitat for Humanity by \$20 million, bringing its total commitment to \$125 million over four years. Help us build more homes across the U.S. in 2010. To volunteer on the Thrivent Habitat for Humanity Build in Springfield, Mass in 2010, please contact Kent Tedford at: 860 830-1447 or at kent@trivent.org.

To contact Thrivent Financial for Lutherans, call 1-800-THRIVENT or www.thrivent.com.

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