# Fishermen reach out to hook veterans on new sport

**By Martin Armstrong** SPECIAL CORRESPONDENT

In the spring of 2007, Sue Kasserman, a psychiatric nurse at the VA working with returning vets diagnosed with PTSD (Post Traumatic Stress Disorder) and brain imaging studies, spoke at The First Congregational Church in Branford. After listening to the stories of these returning vets, church members felt there must be something they could do to assist these heroes.

They contacted the Connecticut Veterans Administration Healthcare System in West Haven and researched various veterans' web sites. It wasn't long before church members discovered a program called "Take a Vet Fishing Day."

As luck would have it, the First Congregational Church has property on the shores of Long Island Sound For church members it was a match made in Heaven. They had the VA come and inspect the property for accessibility. Soon after, the first group of vets came to fish.

The veterans in the first group consisted of Vietnam, Korean, and WWII vets from the EBRC (Eastern Blind Rehabilitation Center).

That first year they took three groups of vets from the EBRC fishing.

The Veterans Outreach Mission and its cornerstone program, "Take a Vet Fishing" was born.

The church provided all equipment, bait and even lunch along with fellowship and companionship.

In 2008, the church expanded its program and held a total of six fishing events and taking 125 veterans fishing.

Thanks to the help and support of the Connecticut VA Healthcare System, they now work with four units within the VA. They are the ERBC,

the Next Step Program, the Errera Center, and the Brownell House.

In addition to the fishing program, volunteers have helped to paint transitional housing for homeless vets and have collected personal care items for homeless vets.

Through the efforts of one member of the church committee who works at Yale University, they were able to secure tickets for 32 vets to enjoy several football games.

Now the First Congregational Church has several groups working with them. The first to sign up was the Connecticut Aquatic Resource Education (C.A.R.E.) program.

"This is a wonderful group of volunteers from all over the state who provide instruction in fishing. We try to provide a one on one mentor program when fishing so volunteers are critical," said Jeffrey Buggee.

The second group is the Hammonasett Chapter of Trout Unlimited.

For 2009, the church is planning twelve events which include a mix of saltwater and freshwater fishing.

They casted into 2009 with a new program of fly tying classes over the winter for vets who were enrolled in the Eastern Blind Rehabilitation Center.

They helped 20 vets with various levels of visual impairment create their own flies! Members of the Hammonasett Chapter of Trout Unlimited were of valuable assistance. Besides tying flies there was even some indoor fly casting practice for the vets.

The first fishing event of 2009 was held May 16 at Deer Lake Scout Camp. Ten vets and staff from the E.B.R.C. attended.

The catch included rainbows, brook trout, brown trout, largemouth bass and yellow perch. Each vet brought fish back to the VA.

THE **COLUMN** 

The following Monday they had fresh baked trout for lunch. Stamford resident Dick Emmons from C.A.R.E. and several members from TU were a great help with the event.

The second event was held at Killam's Point in Branford. The event was open to the entire town with a barbecue lunch provided.

Ten vets from E.B.R.C. and 86 people attended. Sam Gomez, a veteran. caught two stripers measuring 31 and 37 inches. C.A.R.E. Instructors Dick Emmons and Norm Roberts were alongside teaching and cheerleading.

Buggee is always looking for people who want to get involved in this worthwhile endeavor. Volunteers and donations are always welcome.

If you have a question or if you would like to discuss how you can start a program in your community, please contact Jeff Buggee at i.buggee@sbcglobal.net. The church's website is: www.firstcongregationalbranford.org/Vets.

Donations may be sent to: First Congregational Church (Veteran's Outreach or "Take a Vet Fishing"), 1009 Main Street, Branford, CT 06405. You can also call (203)-488-7201.

The annual Big Lipper Shootout was held last week. And as usual Sportsman's Den was the official weigh-in station.

The winner was a whopper. Casey Hartley took top honors with a 52.5-inch striped bass. The fish weighed 46-pounds and was taken in 50 feet of water off Rye/Playland.

Taking second place honors was Thad Cochan, He boated a 47-inch, 39pound linesider that he caught while trolling south of Captains Island Fishing with him were Matt Cochan, Jeff Thompson and Pete O'Connor.

Finishing third was Dick Pace. While fishing with Rick Fisher, he caught 47-inch, 36-pound bass. The fish was taken on 8-pound test line.

Last week was a great week for striped bass anglers. There were lots of really big fish taken.

The folks at Rudy's Tackle Barn reported that Pete Vivengio, Dom Vivengio and George Fekete had a great day fishing the Mid-Sound last week. They caught lots of bass including a chunky 52-incher that weighed 52-pounds.

I haven't heard from Victor Sokolohorsky in a long time but he is alive and well. Last week he trolled off Greenwich with his son, Boris. Together they caught lots of stripers including a 45-pounder. They were trolling a bunker spoon.

Jan Berman caught and released five keeper bass and some schoolie blues while fishing off Mamaroneck, N.Y.. The bass weighed between 30 and 40-pounds and were taken using fresh bunker.

Alex Mazola fished the waters around Captain's Island. Using fresh bunker he caught several bass measuring up to 36-inches.

Art Glowka got in some bucktailing at the Stamford Cows last week. He caught several fish including a 27-inch striped bass.

Charles Hurdy and his son, Blaine, worked the waters between Darien and Norwalk and caught several bass. Their fish measured be-

using sandworms for bait.

While working the waters off Norwalk, Al Burke caught a 31-inch striper and a couple of blues.

Shore fishermen did pretty well last week too. While fishing off Dolphin Cove, Paul McFarland caught several stripers including a 37-incher. He was using fresh bunker.

Pete "I never tell a tale" Miller fished off Southfield Point and caught a 36. a 37 and a 39-inch bass. The fish were taken using fresh bunker. Chris Miller and his wife, Adele, also

fished off Southfield Point last week. Adele caught a couple of bluefish while Chris reeled in a 38-inch linesider.

Ed Sabo fished from Shippan Point and caught several bass including a 38incher. He was using sandworms.

Gary Feighery used a 10-inch Finesse Fish to attract a 35-inch striped bass. Feighery was fishing off Darien.

The waters off Steamhoat Road in Greenwich have always been productive. Last week Georgio Orjas caught a 38-inch bass while fishing there from shore.

While fishing from shore in Norwalk, Anthony Neave landed a 36inch linesider. The fish, which was weighed in at Fisherman's World, tipped the scales at 22-pounds.

Al Burke did well in Norwalk waters catching lots of bass and blues. His largest fish was a 31-inch striper that weighed 13-pounds, 4-ounces. All of the fish were taken using fresh bunker.

"Grandpa" Bob Sparan took his grandson, Mike Pietro, fishing at the Mianus River Trout Management Area last week. Mike, age 3, caught 8 trout using worms and spinner baits.

Martin Armstrong is a member of the Fisheries Advisory Council, a lifetime member in Trout Unlimited and a memtween 28 and 32-inches. They were ber of the Outdoor Writers Association.

### **AREA EVENTS**

**BASEBALL** Crusader Baseball School under the direction of Tracy Nichols and Mike Walsh will be held at Trinity Catholic High School the weeks of June 22-June 26; June 29-July 3 and July 6-10. Hours are 9 a.m.-Noon. Ages are 6-12. Cost is \$185. per session; \$525.00 for all three sessions; or \$35.00 per day. If more than 1 child in family attends, additional child is \$100.00 per week. For info call 322-3401x17

Steve Hine Baseball in Orange will run a summer camp from June 29-July 3, 9 a.m.-1:30 p.m.. Cost is \$225. For more info, please contact Steve Hine at 203-298-0516 or steve@stevehinehasehall.com Weekly clinics will be held at the Connecticut Baseball Academy for hitting, pitching and catching Contact 860-282-0755 for more info The Brunswick Baseball Camp for boys age 6-12. Games daily within each age group. Camp runs

week. Call Steve Weber at 203-625-5800. The Batter's Box is taking applications for its advanced hitting, pitching and catching, and youth fundamental baseball camps. Contact the Batter's Box at 248-2398 for more info. The Greenwich Department of Parks and Recreation has two Summer Baseball leagues, one for 9- and 10-year-olds and another for 11- and 12-year-olds. Players must have turned 9 or still be 12 by Ápril 30. Evaluations at Loughlin Avenue Field in Cos Cob on June with a rain date of Sun. June 14. Games for 9- and 10-year-olds are on Monday and Wednesday nights, while 11- and 12-year-olds play on Tuesday and Thursday evening Rainouts are played on Friday nights. For more

## **BASKETBALL**

Future Stars has summer enrollment. At Norwalk YMCA June 29-July 2, 9 a.m. to noon, Boys and Girls Grades 3-8. At Notre Dame of Fairfield, July 20-24, July 27-30. Tuition \$150 per session \$100 deposit by June 20, For more info, Call Frank Oleynick at 203-367-1673. 2009 Viking Basketball Camp at Westhill High. Boys & girls age 7-14. June 23-26, June 29-July 2, July 7-10. 8:30 a.m.-1:30

p.m. \$175 per week. Run by coach Jeff Bussey. For info, call 203-962-3214. or email Jeffrey.Bussey@newcanaan.k12.ct.us. The Darien YMCA will be running its Fall Hoops instructional program starting after Labor Day for 5 weeks. If interested, go to www.darienyhoops.org. For more info, call 655-8228 x 349. You do not need to be a member to enroll.

**CAMPS** 

MVP Sports Camps will host sessions at Trinity Catholic High School for girls basketball and girls volleyball. The girls basketball camp from July 6-10 is for girls entering grades 3-9. There is a shooting camp for girls entering grades 5-12 scheduled July 13-17. A volleyball camp for girls entering grades 6-12 will be held July 20-24, and a volleyball team camp will be held July 27-31 for girls entering grades 8-12. The cost is \$175 before June 15, \$195 afterwards. Trinity Catholic girls basketball coach Tom Kriz and Stamford girls volleyball coach Mike Smeriglio are the camp directors. The camps run from 9 or e-mail smurf628@yahoo.com Former Trinity Catholic standout, Holy Cross University guard and current overseas pro sensation Torey Thomas and assistant coach Joe Vizzari are holding the Trinity Catholic High School Boys Basketball Camp on July 20-24 and July 27-31 from 3-to-6 p.m. each day. Boys ages 8-10 and 11-13 are eligible. Session price is \$125. For more info, call Torev at 914-618-4665 or Joe at 914-937 8439 or Mrs. O'Leary at 203-353-5762 or Jim at 203-561-2643

The Slamma Jamma Basketball Camp has scheduled a summer camp July 20-24 at Westhill High School in Stamford. The full day program (9 a.m. to 3 p.m.) is for boys and girls ages 7 to 15. The morning program (8:45 a.m. to noon.) is for boys and girls ages 5 to 9. The daily schedule has games, contests, individual and group skill sessions. Emphasis is on teaching basics, while having fun with the game of basketball. Each camper will receive a camp T-shirt and a basketball. The camp, sponsored by the Stamford Recreation Department is directed by Bob Ruderman (former Head Basketball Coach at Naugatuck Valley Community College) with a staff of college and high school coaches and players. For on line at www.stamfordrecreation

info and/or application call 888-679-6513 or email bobruderman@comcast.net. Register The Greenwich Department of Parks and Recreation is starting a Backyard Fun program on June 22-26 for children ages 6-to-11. It will run from 9 a.m. to 3 p.m. Monday thru Friday. Half sessions beginning or ending at noon are available at the Western Greenwich Civic Center field. Running the bases, dodge ball, capture the flag, soccer, touch football, frisbee, kickball are among the games. There will be a 10-to-1 children to counselor ratio. For info. call 203-532-1259 or visit www.areenwichct.ora.

Coach John Czarnecki is running a basketball camp July 6-10 in Greenwich. There are four separate sessions for elementary school aged children to insure each child receives instruction appropriate to his age and skill level. Daytime Sessions at Dundee School: 9 a.m. – 11a.m.: Kindergarten and 1st Grade 11a.m. - 1 p.m.: 2nd, 3rd, 4th Grade. 1 p.m. 3 p.m.: 5th, 6th Grade, Evening Sessions at Cos Cob School: 6 p.m.-9 p.m.:7th, 8th, 9th Grades, For more info, call 203-869-9780 or e-mail to CoachCzar@optonline.net. Enroll

Former Stamford High, Hofstra University and pro basketball star in Turkey. Vanessa Gidden is holding Veez Hoops Camp for girls Grades 2-12 at Greenwich Academy this summer. Each camp day is from 4 p.m.-to-7 p.m. The 11 sessions are June 8-12, June 15-19, June 22-26, June 29-July 3, July 6-10, July 13-17, July 20-24, July 27-31, Aug. 3-7, Aug. 10-14, Aug. 17-21. Fee for one camp session is \$250. Two or more sessions are \$225 each All 11 sessions are \$175 each, For info, call 203-219-7985, e-mail veezhoops@hotmail. com or visit www.veezhoops.com

CHEERLEADING CAMP

26 and/or June 29th-July 3rd from 5-7p.m. At Greenwich High School Counselors are Students: Grades K-8th & Elite Camp for incoming 9th and 10th graders. Contact Shannon.Catalano@gmail.com or visit: cheerfitness.blogspot.com

### **EXHIBIT**

"Sports in Norwalk" runs all summer starting June 5 at the Norwalk Museum, Features Norwalk athletic interests dating back to 19th Century. Free admission. More info. call 866-0202. FIELD HOCKEY

Stamford Youth Foundation Summer Field

#### Hockey Camps: July 6-10, 13-17, 2009, For info and registration visit the website www.stamfordyouth.org and click on "Summer Camps.

**FOOTBALL** The New York Giants will hold a non-contact football camp for players ages 6-14 at Canaan High from July 27-31. The cost is \$435 and is expected to feature former Giants Billy Ard, Eric Dorsey, Sam Garnes, Charles Way and Perry Williams. The camps will teach children to run, throw, catch and defend. Visit www.giantscamps.com or call 877-226-9919 for more information.

The two sessions of the Greenwich Jr. Footbal League Non-Contact Summer Camp are set for Greenwich High 5:30-to 7:30 p.m. each day, Session 1 (July 6 10): Grades 3-8 only Session 2 (July 13-17); Grades 9-12 Only. Cost is \$200.00 Pre Session. Pre Registered. \$250 if register 1st night at door. Checks payable to: Greenwich Athletic Camp. Mail checks to Rich Albonizio, 9 Deluca Dr., Cos Cob, Ct.06807 Questions call 203-625-0505.

The Darien YMCA will be running a Flag Football league for 4th and 5th Grade Bovs and Girls this Fall. If interested, go to www.darienysports.com. For more info call 655-8228 x 349. You do not need to be a member to enroll. GOLF

June 12: Sterling Farms Golf Shop is hosting "Callaway Tour Fit Van" from 1 p.m.-7 p.m., Cal laway tech reps will assess your swing, custom build clubs on site and recommend products Call 329-2067 to schedule your appointment. June 20: Bridgestone Ball Fitting Challenge at Sterling Farms course from 11 a.m. to 3 p.m. Find the ball that fits your game, "Sci ence Eye" launch monitor will aid the process The Sterling Farms Women's Golf League is seeking new members for its 2009 season. Members can either join the 9-hole or 18-hole group. Tourney play is on Tuesday mornings with preferred tee times. The 18-holers have the option to play Tuesdays or weekends. There is no obligation to play every week. One does not have to be a Stamford resident to joining. For more infor mation call Ceil at (203) 322-4025. or check out the Web site at: www.sfwgc.org The Hubbard Heights Women's Golf Association is seeking members. Memberships are available for 9 and 18 holes and working women. Contact Lynn Mottolese at 468-8838. Dot Grady at 357-1578 or Des McMurdo at 323-9799 for more info. The Sterling Farms Golf Academy is accepting registration for its junior programs

for summer. Children ages 7-14 are eligible. Visit www.sterlingfarmsgolfshop.com or call Anyone interested in signing up for the 2009 Sterling Farms Men's Golf Club can do so by

going to www.sfmensclub.com or they can sign up in person at the Sterling Farms Pro Shop. The fee is \$60 for regular membership \$65 after May 1st) and \$55 for senior (62 and older) and junior (ages 12-17) members. The Stamford Softball Umpires Association s holding a golf outing on Mon. June 15 at E Gavnor Brennan Golf Course. It is a shotgun scramble with low gross score prize along with closest to the pin on No. 9. Check-in and lunch is at noon with a 1 p.m. tee off. The whole package is \$140. Just dinner at Pellicci's s \$60. For more info, call Robert Hornbuckle (203-613-4972), Jim Moavero (203-323-1446

or Larry Miller (203-324-7452). Crusader Hockey Golf Benefit set for 29th at E. Gavnor Brennan Golf Course, Lunch at noon, 1 p.m. shotgun start, 5:30 p.m. dinner & drinks. For more info, call Kevin Boland at 329-9067 or email kpb6990@aol.com

## **ICE HOCKEY**

A number of NHL, AHL, college and former college players are expected to participate in a hockey exhibition game on Wed. July 1 at 7 p.m. at Darien Ice rink. All proceeds from the game will go to the Obje Harrington-Howes Foundation, which provides financial assistance to Connecticut residents living with spinal cord injuries. Darien Youth Hockey alums Ryan Shannon of the Ottawa Senators Jamie Sifers of the Toronto Maple Leafs and Hugh Jessiman of the Nashville Predators wil be joined by Max Pacioretty of the Montreal Canadiens, Gred Moore of the New York Rangers, Jack Downing and Drew McKenzie of the University of Vermont and Martin St Louis of the Tampa Bay Lightning. Tickets are \$20 for adults, \$10 for anyone under age 18. Sponsorship opportunities are also available ickets are at Darien's Blueline Sports. Barrett Bookstore or at www.OHHF.org.

**LACROSSE** Stamford Youth Lacrosse Association (SYLA) will offer a lacrosse camp for boys in Grades 2-12 on June 25-27 at SHS on the upper field. Grades 2-8 will have sessions from 9 a.m. to noon while Grades 9-12 will have sessions from 1-4 p.m. Jim McAlaeavey, a 4-time All American for UMass, will provide skills, strategies and techniques to enhance the overall developmental progress of each player, Bob Cavaliero, Head Coach of Trinity Catholic, will focus on defensive points for midfielders, defensemen and goalies Register at www.stamfordvouthlacrosse. org. Also, enroll as a US Lacrosse member at www.lacrosse.org before completing the camp form. The fee is \$150 per player. SYLA will run instructional Summer League games for boys in Grades 6-12 on Tuesdays from June 30 through August 18. To be included in the upcoming events, send information to The Advocate. Sports Department. 9 Riverbend Drive South. Building 9A. Stamford, CT. 06907 or fax to 964-2345 or e-mail to sports@scni.com. Items should include a telephone number for verification

# Parks looks to defend PBA Sr. Masters title

By Joe Lasko III

LAS VEGAS — At 6 feet 8 inches tall, Kenny Parks of Hammond, Ind., already stands out among the competitors on the Professional Bowlers Association Senior Tour. But during a breakout season last year, he claimed his first professional title and also stood out in every major statistical category.

The 52-year-old righthander, who was competing eryone will start taking a look in his second year on the PBA Senior Tour, topped two-time defending champion and fourtime Senior Player of the Year Tom Baker to win the 2008 United States Bowling Congress Senior Masters

Next week, Parks will look to defend his title at the 2009 USBC Senior Masters being held at South Point Casino in Las Vegas from June 8-12.

Although he's off to a slower start through five events this season, Parks is looking forward to the unique format and more challenging lane conditions at the Senior Masters, both of which he feels suit his strengths.

"It will be nice to be the defending champion, and I'm looking forward to the threegame match-play format,' said Parks, whose best finish this season is an eighth-place effort at the PBA Senior Northern California Classic. "And since this is a major, the conditions are more difficult, and you have to make better shots. I feel like repeating shots is one of my strengths, but we don't see conditions like this all the time. I like to take advantage of it when we do.'

The Senior Masters features 15 games of qualifying over three days, after which the top 63 competitors, and Parks, will advance to doubleelimination match play. All matches will consist of three games, with total pinfall determining the winner.

"I will try to do the same things I did last year to be successful, and hopefully things will go my way," said Parks, who recently won a PBA regional event in Georgia and turned in a career-best performance, including a 299 game, at the USBC Open Championships. "It has given me a great confidence boost to know I can compete, and if I play my game, I can win, too.

Parks finished the 2008 season tied for first in cashes and match play appearances with nine in nine events, second in points behind Baker, second in earnings behind 2008 Senior Tour Rookie of the Year Wayne Webb and 10th in average at 219.53.

Success on the Senior Tour wasn't instant for the former drywall taper. But now that he's found his stride, Parks

hopes to help bring senior bowling into the spotlight.

"When I first came out on the Tour. I didn't have too many expectations, but I quickly realized how many really good players there are out there," said Parks, whose win at the Senior Masters earned him a spot at the recent Bowling's Clash of Champions, which aired on CBS in early May. "I've gotten some attention lately, and it's been great. I just hope that evat our players and realize that we have a lot of talent and great personalities on the Tour.'

Along with trying to win a second consecutive Senior Masters, Parks also has his sights on getting back in the Player of the year race. He also plans to continue bowling year-round and has aspirations of earning an exemption on the Lumber Liquidators PBA Tour.

Had his schedule permitted, he was ready to try his hand at the PBA Tour Trials, which were held in Allen Park, Mich., from May 26-31 and awarded exemptions to the top eight competitors.

"My goal is to bowl all year and compete in as many PBA events as possible," Parks said. "But right now, I am focused on the Senior Tour and what we've got going on right now. And of course, I'd like to win the Senior Masters again.'

Qualifying rounds for this year's Senior Masters will be held at 8 a.m., 11 a.m. and 2 p.m. on Monday, Tuesday and Wednesday. Match play will begin Thursday at 8 a.m. and continue throughout the day. Competition will continue Friday at 8 a.m., with the championship match set for 3:30 p.m.

For more info on the USBC Senior Masters, visit bowl.com. The 700 Series Club:

Ricky Tanner, Sr. 742 Top Series for the Week: Frank Oppedisano 689, Frank Billowitz, Sr. 665, Carlo Cantavero 662, Jonathan Bovat 660. David Maucere 655. Larry Barrett 641, Dominick Oppedisano 623, Rusty King 522, George Hoo 509, Kellie Knapp 510, Lorraine Varian 509, Anne Maxson 502, Diann Papp 473.

Bobby Snell's 19th annual Spring Doubles Tourney at Rip Van Winkle winds up its first weekend today. Bowling continues June 13-15. Bowling on Saturday is 12:30-7 p.m. while Sunday is 1-8 p.m. There are no squad times. Entry fee is \$50.00 (\$25.00 per Bowler) and it is a 2 game format. Teams that are under 460 will receive 90 percent handicap of 460. Any team 460 and higher will bowl scratch. This tourney is USBC sanctioned. Questions call Snell at 203-554 4056 or email Springdoubles@yahoo.com

Joe Lasko III can be reached at thebowlingcolumn@AOL.com.

# Runners outfox Mother Nature, sometimes bit about the forecast, which long line waiting to register for

By Jim Gerweck SPECIAL CORRESPONDENT

In spite of Bob Dylan's admonition that you don't need a weatherman to know which way the wind blows. I find myself meteorologically obsessed, especially when the racing season is in full swing.

Between the near-continuous weather updates on News 12, the radio stations, and at least half a dozen weather sites I've bookmarked on my computer, I can get a pretty good sense of which way the weather trend, if not the wind, is blowing.

If I have an event that I'm scheduled to direct, I tend to start looking at the forecasts when we get to the five-day window, even though I know their accuracy decreases exponentially the farther out in time they get.

That's not to say I start



worrying about it then; in fact, if I've learned anything in three-plus decades of running and race directing it's that there's no sense in doing that, since the weather's going to do what it's going to do no matter how much fretting and praying you do.

And in any case, especially in New England, there's a pretty fair chance the forecast is going to be wrong almost as much as it's right.

That was certainly the case Tuesday night, which cided to go ahead with the race. was the opening race of the 30th edition of the Summer Cross Country Series at Waveny Park in New Canaan.

called for the possibility of late rain, possibly a thunder shower. I think the first race of the series sets a tone for the rest of the summer, so getting it off without postponement and with a good turnout bodes well.

Tuesday was as meteorologically schizophrenic a day as you can get around here. The skies went from cloudy to bright sun and back several times during the day. We waited until as close to 5 p.m. as possible before checking the radar one last time.

And seeing that most of the activity was southwest of the area and heading away, we de-

Evidently, lots of people must have been doing the same thing, waiting until the last minute. Because when I arrived at OK, I admit it, I did fret a the park there was already a

the race. When all was said and done, some 85 runners, a figure normally not reached until the middle of the summer, had signed up, perhaps a record for the series opener.

It turned out to be a great evening for racing, even getting slightly chilly as the sun began to set. But, perhaps just to remind us that she always keeps a trick or two up her sleeve, Mother Nature sprinkled about a dozen raindrops on us as we assembled for the start.

ner's equivalent of a blessing with holy water before the race. ON THE RUN SUMMER CROSS COUNTRY SERIES, TBD, 7

That's OK — it was the run-

p.m., Waveny Park, New Canaan Friday COOK YOUR BUNS, 3 mi., 6:30 p.m., Tod's Point, Old Greenwich Saturday

LIGHTFOOT SUMMER SERIES, 3 mi., 8 a.m.

0607NW01B007 1350.indd 7 6/6/2009 8:29:57 PM