



Thursday, Aug. 23, 2007

A YEAR in the Raw

By Susan Talpey
 Living Editor

The perfect farewell gift, a true keepsake, is a tricky thing to find. When the Bimble's Sound running group discovered member Frank Giglio was moving to Arizona, however, the ideal goodbye gift was quickly conceived—a calendar of the group.

But this is no ordinary day-turner. *Runners in the Raw* is a 12-month calendar featuring Bimble's Sound runners au natural. That's right, a dozen runners from Guilford, Branford, East Haven, Old Saybrook, Hamden, and Killingworth—under the guise of their running group nickname and all in their birthday suits (though flora and fauna take the place of Adam's fig leaf in all the shots).

"Frank joined our running group a year ago and he'd just begun an exclusive raw foods diet. He shared with us his food ideas and some of his recipes, and his Foodworks counter in Guilford became our local watering hole," says "Mr. June" Jerry Turk, founder of Bimble's Sound.

"Word got out that he was leaving and we thought we'd need recipes when he wasn't around. Someone suggested a calendar and the idea took off from there."

Each page also has a recipe that raw food chef Giglio, who has taken up an apprenticeship at The Tree of Life Rejuvenation Center in Arizona, shared with the group.

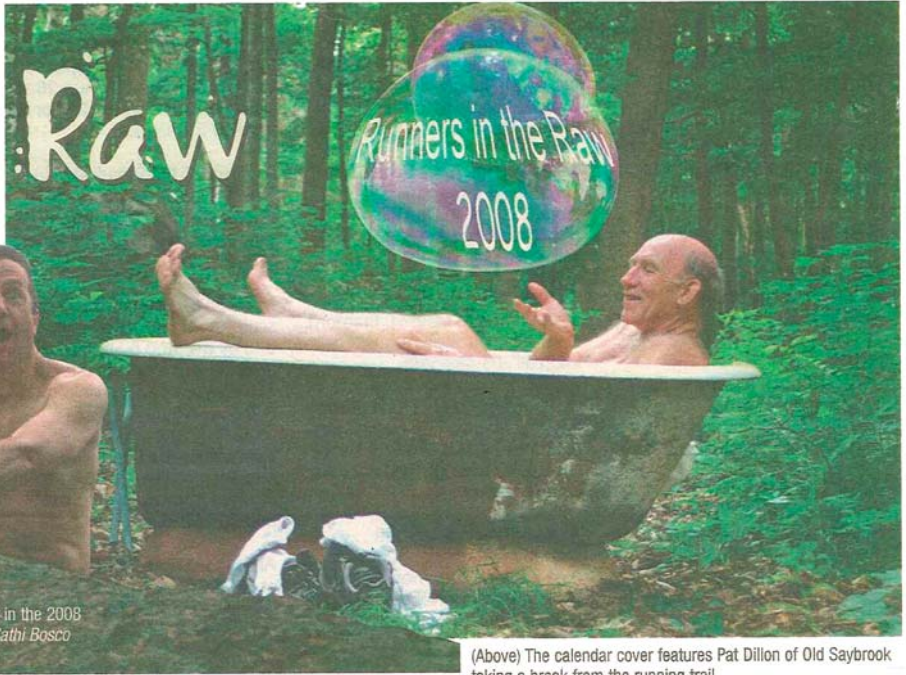
"It's not just a group of half-naked men, it's also got content," says Turk. "These are really great recipes and this is just a funny way to deliver it."

"We hope people get involved

with better nutrition and better eating habits," says Bimble's Sound runner Cathi Bosco, a photojournalist for this paper and the calendar photographer. "This is an educational way to do something for the body and with this calendar, it's not dull to eat healthy."



Andrew Carlson of Branford as Mr. August in the 2008 *Runners in the Raw* calendar. Photos by Cathi Bosco



(Above) The calendar cover features Pat Dillon of Old Saybrook taking a break from the running trail.

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The finished product, *Runners in the Raw*, was presented to Giglio when he left the shoreline, and now it's going public. All proceeds from the calendar benefit The Fruit Tree Planting Foundation, a non-profit charity dedicated to planting fruit trees to improve the environment and benefit communities in need.

"We debuted the calendar at a restaurant on the big screen and we had a crowd by the end of the unveiling who said, 'If you make it into a calendar, we'll buy it.' And we thought, 'What the heck?'" says Turk.

While these calendar pin-ups won't be doing any book signing events, *Runners in the Raw* is available at local bookshops, including Breakwater Books in Guilford and

R.J. Julia Booksellers in Madison.

"I always saw it as a probably printed effort and we thought that others would see it as a bit of fun and enjoy the recipes. It's just a group of guys—none of us pin-ups—having a laugh," Turk says.

The calendar is the creative work of Turk, Bosco, and Turk's co-worker and graphic designer Noemia Barroqueiro. Though, according to Bosco, it was hardly work.

"We had just so much fun," she says. "I spent most of the shoots laughing. It was a great time."

In fact, they had such a good time, Bosco and Turk are willing to offer their creative services to local groups interested in putting together their own calendar.

"We'd like to do more for groups with a sense of humor. I'm hoping to do one with a local fire department, and match shots of the firefighters with hot recipes featuring cayenne pepper. All of the recipes will be organic and natural, and so will they," Bosco says.

A Bimble A Day

The Bimble's Sound running group was formed two years ago by Turk, one of the top 50 ultra marathon runners in the country. The unusual name stemmed from Turk's use of the word "bimble," sourced from his native England.

"Bimble means gentle run without meaning or purpose," Turk says. "When I first came here, I'd

say I'm going for a bimble—a gentle run, nothing too serious—and that's when where my nickname Mr. Bimble came from."

The informal group meets several times a week on the shoreline and welcome new members with all levels of experience.

"Most people have or develop an objective and we want to help them reach that," says Turk. "And it really just builds. There's enough experience in our group to help with training programs, to give advice and mentor each other."

When we go out in a group, we may spread out over quite a distance but nobody gets left behind."

Turk, along with a number of Bimble's Sound members, runs ultra marathons, defined as any distance longer than a marathon, which is 26 miles, 385 yards. Ranging up to 100 miles, ultra marathons are often run through the night and in all weather. Next month, Turk heads to Idaho for an ultra he predicts will take him 24 hours to complete.

"We have very elite runners in the group to those who are just

learning to run and want to lose a few pounds. There's a really wide range of people—ages, shapes, and sizes," adds Bosco.

And they run year-round. "The beauty about running is that you can run anywhere, any time," Turk says. "There's no such thing as bad weather—there's just inappropriate clothing."

THE RAW MEN OF 2008

January	Jay Aitable Branford
February	Steve McLaughlin Branford
March	Brian Loose East Haven
April	Pat Dillon Old Saybrook Brendon Coyle Killingworth
May	Jerry Turk Guilford
June	Anthony Mauriello Branford
July	Andrew Carlson Branford
August	Brian Kingsley Branford
September	George Papuga East Haven
October	Glen Robson Hamden
November	Frank Giglio formerly of Branford
December	

Calendar creator Jerry Turk of Guilford graces the pages of June in *Runners in the Raw*.



Bimble Burger
 "To bimble" is to run leisurely without purpose, but this burger has plenty of substance to keep you energized through a long day.

Sauté in 2 T olive oil 2 c chopped mushrooms, garlic, onion, parmesan, shitake, a mix of all.
 1 small onion, sliced
 2-4 small celery, sliced
 Cook 3-4 minutes, stir in 1/2 cup sauce.
 Cook until veggies are tender, set aside to cool.

Cook 1.5 c brown rice with 3 c water. Cool then pulse in food processor and place in a large bowl.
 Cook 1 c green lentils with 2.5 c water (use more water if needed). Cool then pulse in food processor. Place in large bowl with rice.
 Open, strain, press, pulse 1 large can of chick peas, add to bowl.
 Add minced veggie to bowl and mix of ingredients and stir to mix.
 1/2 c fresh chopped parsley
 1/4 c nutritional yeast
 Season well with fresh black pepper - less salt
 Optional: 1/2 c chopped, roasted almonds.
 Mix well, then form into patties, brown and serve!

Runners in the Raw (\$15) is available at Breakwater Books, 81 Whitfield Street, Guilford; R.J. Julia Booksellers, 748 Boston Post Road, Madison; and at www.runnersintheraw.com. For information on the Bimble's Sound, visit www.mrbimble.com.