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Running club shows a little skin for a good cause

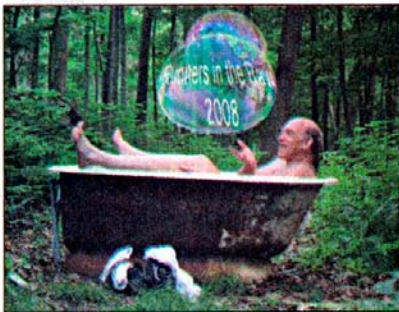
BRANFORD — Mr. June dashes through a clearing in the woods with nary a stitch of clothing, save for a pair of socks peeking out of his running shoes.

A strategically placed flying duck redeems the photo's decency — and Mr. June's dignity — by covering up his, er, private area.

Jerry Turk, the Guilford man brave enough to bare almost all for the June photo, said there was no lack of volunteers from his running group for the 12 "nude" photos of the Runners in the Raw calendar.

"We're all exhibitionists," he said jokingly.

The calendar is meant to be a spoof of girlie calendars and is similar to calendars that have become a fund-raising staple: average people seminude.



Cover of the Runners in the Raw calendar shows Patrick Dillon of Old Saybrook in an old bathtub.

This calendar is more than just a showcase of a Shoreline running group's finest men "in the raw." It also offers recipes for delicious and nutritious "raw food" dishes.

Ah, there's the connection.

A raw diet consists of uncooked and unprocessed food, including a large amount of fruits and vegetables, and is believed to have major health benefits by the people who promote the diet.

The Shoreline running group, known as the Bimble's Sound, took on the calendar project as a tribute to one of its most dedicated and most popular runners: Frank Giglio, a 29-year-old raw food enthusiast and chef from Guilford.

And what better way to celebrate his healthful lifestyle than to playfully pose 12 runners — ranging in age from their 20s to their 60s — in their natural element alongside Giglio's own raw recipes.

By Abbe Smith
Register Staff

Only one problem: No one in the group wanted to actually get naked. But in today's world of digital photography and Photoshop software, that minute detail can be easily worked around.

Cathi Bosco, a Madison resident and Bimble's Sound runner, decided to take the task on with help from local graphic artist Noemia Barroqueiro.

Bosco, herself a photojournalist and illustrator, directed her models to tuck their running shorts up into the sewn-in liner and then run or pose. Barroqueiro used Photoshop to touch up the photos, making sure that running shorts are not visible on the models.

Bosco, who has a bachelor's degree in fine arts from the Art Institute of Chicago, has studied the nude form in art from the Renaissance to the Sports Illustrated swimsuit edition. So she was excited to finally get a chance to use her training in a serious photo project.

"We did a spoof on the girlie calendar because Frank is such a heartthrob," she said.

Giglio, nicknamed "The Mayor" by his fellow runners for his tendency to stop numerous times during the run to greet lady friends and kiss babies, decided to leave Connecticut for a short time to do an apprenticeship at the Tree of Life rejuvenation center in Arizona.

Bosco, a good friend of Giglio's and fan of the raw food diet, decided to fill the void by putting together the calendar of photos and recipes. And for all the ladies who used to line up at the deli counter at Foodworks in Guilford, where Giglio used to work, The Mayor himself appears in the calendar — in the raw, almost — as Mr. December.

All proceeds from the calendar will go to Giglio's charity of



Jeff Holt/Register

Members of the Bimble's Sound running club gather with graphic artist Cathi Bosco, who designed a racy fund-raising calendar for the group.

choice, the San Diego-based Fruit Tree Planting Foundation, a nonprofit group that plants fruit trees in needy neighborhoods to benefit both people and the environment.

Giglio practices a vegan version of the raw food diet, taking care to avoid all animal products, with the exception of honey. He said the diet, and his newfound love of running, helped him lose 30 pounds in three months. Giglio also experienced a huge energy boost since switching to vegetarian raw foods.

"I haven't touched a cup of coffee in over a year," he said.

Giglio warned that making a lifestyle change to eating raw foods can be difficult at first, but he encouraged people to start slowly by introducing more veggie-packed salads into their diets or opting for fruit for breakfast instead of an egg and cheese sandwich.

Bosco said that since she started incorporating raw foods into her diet, she has seen an improvement in her running.

"Every race I've run in this year I've had a personal best," she said. "It's made a big impact on people."

Many of the runners of Bimble's Sound are ultra-runners, meaning they cover long distances, sometimes covering as much as 50 or 100 miles in a race.

Though they are used to hitting the trails and running through woods, doing it in a small pair of tucked-in running shorts in front of a camera with friends watching while trying desperately not to laugh can be tough.

"We just got a bit stupid, laughing and giggling," Turk said. "It just seemed like such a silly situation."

The calendar costs \$18 and will be available Aug. 17 at Breakwater Books in Guilford and R.J. Julia Booksellers in Madison.

Bosco said she'd love to have a book signing with the models and hopes to get them on "The Late Show with David Letterman."

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