

Hartford Marathon Races, October 11, 2008

Held at: Bushnell Park, Hartford, CT

On a brisk but sunny October morning, five NASA members embarked on a challenge together – we laced up our running shoes and arrived at the start of the ING Hartford Marathon 5K by



7:45am. Despite the early hour and chilly temperatures, Keshava Kumar, Lalitha Hanasoge, Shalini Rao, Nandan Satyanarayanan and I not only made it to the starting line of the ING Hartford Marathon with time to spare, (yes, IST tendencies were overcome!), but we also managed to meet each other among the crowd of 200+ runners (thank goodness for cell phones!). About two seconds after the horn blasted, Nandan took off at a pace none of us could match, happily listening to whatever tunes he had stored in his iPod. The rest of us stayed close for a while, but soon Lalitha also pulled ahead of the group, and we settled into an individual pace that we each found comfortable.

We all successfully completed the run, and after some complimentary refreshments (courtesy of the race organization) and a little rest, we moved to the Kids K race in which Jathin Rao and Tejan Poage competed. The kids had their choice of race distances – 50m, ¼ mile, ½ mile and 1 mile. Both boys decided to try their endurance in the ¼ mile. The crowd went wild when Tejan and Jathin took off along the course. We waved handmade signs for the boys as both demonstrated great strength and speed. With a great spurt of speed at the end, Tejan and Jathin crossed the finish line and proudly received their medals. They were beaming from ear to ear, knowing they had accomplished a pretty big task for 4 and 5 year olds, beating out some older kids in their race.



All in all, the event was a success and we have already started talking about next year. If you're interested in joining the Hartford run next October, please let us know! For those of you planning NASA regional events, we found that this was definitely a good formula – exercise in the morning, then enjoy good Sankethi food and culture in the afternoon. What could be better for the NASA soul? For those of you who are unable to run, many running events allow walkers to sign up as well so put on your shoes and participate! If you send us a summary and some

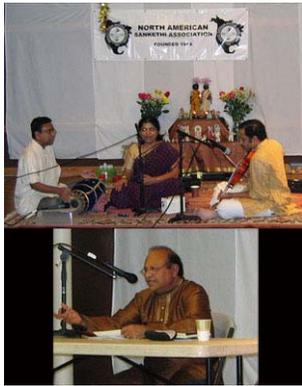
photos afterwards, we can include the information in our newsletters and online postings. Good Luck and Happy Running!

- Ranjini Srikantiah

Navarathri Celebrations, October 11, 2008

Held at: CVTS, 11 Training Hill Road, Middletown CT 06457

The NASA Navarathri program was held at the Middletown Temple's function room. Attendance was excellent with many people driving great distances to attend the function. The program began with a sumptuous lunch that was prepared by several volunteers with a couple of catered items as well. It was followed by the childrens' program. Aniruddha, Mukunda and Sudhanva started off the event with Sanskrit shlokas. This was followed by Tejan Poage, who talked about his experience running in the kids' races at the Hartford Marathon that morning. Mahathi Kumar and Niharika both performed violin solos. Then the audience was entertained with a song.



Mr. M.S. Nataraj, who had traveled all the way from Washington, D.C., then read some of his Kannada poems. The audience thoroughly enjoyed the reading, which included poems touching on a wide range of topics including politics, 9/11 and saris. Mr. Nataraj was also kind enough to donate all proceeds from the sale of his books at the event to NASA.



After a short break with snacks, the program continued with a classical vocal concert by our own Sandhya Nagaraj accompanied by GV Srinivas on mridangam and Deepak Varma on violin. This was followed by another concert by Seethalakshmi Madhavan. At the end of her concert, she invited several people to join her on the stage to sing "Bhagyada Lakshmi Baramma".

After the concerts, Dr. Jayaram spoke briefly about the Bhagavad Gita and then a group led the audience in the Lalitha Sahasranama.

Dinner (that was prepared by several volunteers, with couple of items catered as well) capped off the evening. The get-together offered everyone a chance to meet old friends, make new ones and enjoy both cultural and culinary delights.

The NASA BOD would like to thank the following families for helping to make this regional event a grand success (our apologies if we have missed any names):



1. B.K. Lakshminarayana & B.N. Savithramma (Keshava Kumar's parents visiting from India)
2. Shanthi and Keshava Rao
3. Bhagya and Srinivas Komarla
4. Lakshmi
5. Sandhya Nagaraj
6. Nalini Nagendra
7. Sudha Nagaraj
8. Uma Shankar Magge
9. Anubha and Shashank (sent us several food items even though they couldn't make it due to children not being well)
10. Shilaja Srikantiah
11. Nalini Sundareshan
12. Y.N. Jayaram (nice pickles as usual)
13. Geetha Dathatri (nice pickles as usual)
14. Pushpa Satyanarayana
15. Prema Keshava Kumar

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