



# Trail Running News ...Western Mass Athletic Club

Vol. 15..... Issue 2 ..... Mid Spring ..... 2009

In this issue:

## Snowshoe Series Wrap - up :

Results and stories from:

Moody Springs - Camp Saratoga

Hoxie / Thunderbolt - Covered Bridge

Hallockville - Hawley Kiln

Northfield States - Catamount

Snowshoe Series Final Standings

Trail Season Underway

Greylock Entry Form

And Plenty More ..... It's All Inside!

## Up n' Coming Events:

### Grand Tree Trail Series:

Seven Sisters .....	5 / 3
Morfun Wapack .....	5 / 9
Soapstone .....	5 / 17
Nipmuck .....	6 / 7
Northfield .....	6 / 13
Greylock .....	6 / 21
Cranmore Hill .....	6 / 28
Skyline .....	7 / 12
People's Forest.....	8 / 1
Oxford Dam .....	8 / 8
Savoy .....	8 / 16
Mt. Toby .....	8 / 23
Wapack Trail .....	9 / 6

Check the web page for the latest info, changes & updates ....

[www.runwmac.com](http://www.runwmac.com)

Contact us at .....

The Hot Line ..... 413 – 743 – 5124

Club Officers - [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)

Newsletter ..... [wdanecki@charter.net](mailto:wdanecki@charter.net)

Write us at:

WMAC P.O. Box 356  
Adams, MA. 01220

## Maple Sugar Days and Frosty Nights Ahead

by Laura Clark

After five sets of weekend doubleheaders, WMACers were finally ready for some spring relaxation with only Hawley Kiln scheduled to usher in the month of March. But to ease the transition for folks accustomed to climbing into their cars and heading to yet another destination, this single day was a two-parter, featuring a short drive to a sit-down celebration in a heated restaurant. Considerably easier to take, yet one that nevertheless did demand the customary stiff-legged, shambling gait associated with the very infirm or with those attempting to unfold race-wearied legs after yet another car ride..

The first weekend in March signals a subtle sea-change from serious point accumulation to a relaxed attitude worthy of the spring snow. Traditionally, this is the weekend that Tom McCrumm, owner of the South Face Farm Sugarhouse, invites us to cap our race with a visit to his restaurant to enjoy pancakes, waffles French toast and corn fritters topped off with *justmade* maple syrup. His business (not Tom) has been in operation for 150 years and some of the more impressive maples are at least that old. Tom first met Edward Alibozek when Edward was scouting the area on his snowshoes and has since become a fixture at our races, spending hours mapping our Hawley excursions.

This year, after the area was devastated by the ice storm of the century, many club members, spearheaded by Martin Glendon and Tom McCrumm, spent countless hours clearing trails so we could enjoy this day and Tom could produce his maple syrup.

This hundred year storm ignored Robert Frost's "swinger of birches" and instead of merely arching the snow-white beauties, ruthlessly snapped them in half.

Pines and maples became stunted, pencil-sharpened sentinels, looking as if a family of giants had been roaming the woods in search of after-dinner toothpicks. Short of being stuck in a house during a lashing hurricane or a roaring tornado, I can imagine few things worse than cowering in those isolated homesteads as limbs gunshot to the ground.

Jeff and I got an advance tour of this humbled forest as we arrived early, claimed #1 and #2 invitations to the Sugarhouse and then decided upon the optional porta pottie tour. We started out speedily and confidently but were soon covered by the Ashfield dirt road, a dreadful combination of slushy ice and emerging mud. Wondering how anyone could function there on a daily basis, we found ourselves checking driveways for pick up trucks and SUVs and feeling overwhelming pity for the local school bus driver. On our initial journey to the Hawley Firehouse we were laughing at the fact that that the Hawley Road pathway was a designated state highway. Now we discovered why: the alternative was so much worse! On the trek to the Sugarhouse after the race we encountered a huge monster plow trying to impact the ice formations on the side of the road. I bet the driver was surprised to see a veritable wedding party procession of cars!

Like Greylock, the Hawley Firehouse Parking Lot is normally the coldest place on earth, but today it was fairly mild and if you squinted into the sun, you could almost see the male robins in flight formation, preparing the way for their springtime mates. While the ice cube cover on the snowmobile trail bore witness to warm days and frosty nights, there was still plenty of snow left as anyone who attempted to pass on the single track can attest to.

*Continued next page:*

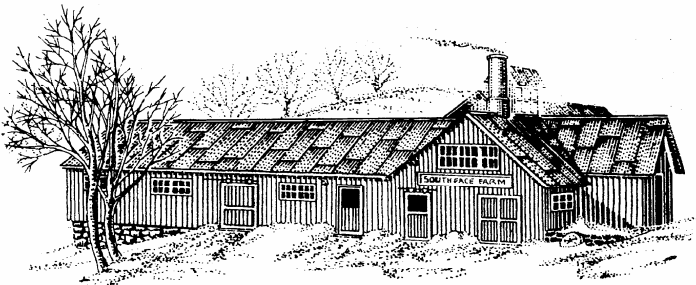
**Maple Sugar Days cont:**

This has always been my problem, as I am not a speedy runner but do better on the technical stuff. So everyone blows by me on the wide trail and I get frustrated on the narrow passageways when I want to advance to the head of the conga line. Although Jim Carlson counsels me to bide my time, it is only so long before I ignore his advice echoing in my head and get bogged down in knee-deep snow. Oh well. Perhaps someday I'll learn.

This time I fared slightly better than usual. London Niles was just ahead of me and because of his slight frame, he was able to sneak handily by. All I had to do was follow in his wake. When we left Bob Massaro slightly behind, I found myself in the role of mentor, trying to describe what lay ahead. At least this time I didn't get lost as the turns toward the end of the route were punctuated by several of our Wounded in Action. Rich Busa and his friend Richard Godin were suffering from the normal ankle/leg complaints, but Farmer Ed outdid himself with a truly unique injury. Seems he was herding the female cows back into the barn and one stubborn lady decided she preferred the décor in her neighbor's stall and proceeded to make herself at home. This caused a chain reaction of misplaced and disgruntled cows. In an attempt to set things right, Farmer Ed shooed out the instigator, only to be repaid as 700+ pounds of irate beef come crashing down on his foot. Ouch!

Contrary to January expectations, we were once again able to enjoy the Hawley trails and our maple sugar reward. According to Karl Moltoris' crash course in biology, however, we are not out of the woods yet. This summer will be a crucial time for the damaged trees as they strive to put out new shoots to replace the leafy canopy that was blown away. Remember your classroom sketches of the photosynthesis process? Those trees unable to produce the necessary nutrients will be prey to the next windstorm. As the seasons shift, look for Martin Glendon to organize some trail blazing parties as he readies the Savoy course for our August rendezvous. And remember Farmer Ed when you vote for the 2009 Barnyard Awards!

*Laura Clark*



**SOUTH FACE FARM SUGARHOUSE**  
755 Watson Spruce Corner Road  
Ashfield, MA 01330  
413-628-3268

[www.southfacefarm.com](http://www.southfacefarm.com)



***Ready to enjoy the well earned pancake brunch at the sugar house after the Hawley Kiln snowshoe race are from left ... Bob Worsham, Will Danecki, Jaime Nieves, Laura Clark, Jeff Clark, Karl Molitoris, and Bruce Marvonek.***

*photo supplied by Bob Worsham*



***The fresh pancakes didn't stand a chance against a hungry Peter Lipka at the sugarhouse restaurant after the race.***

*photo by Beth Herder*

## Welcome New Members

**From Massachusetts:** Dave Martula - Patty Duffy

**From Vermont:** London Niles

**Thanks for supporting the WMAC!**

**Hawley Kiln "Notch" ... 4.6 Mile Snowshoe Race**  
**Feb. 28, 2009 ... Dubuque State Forest ... Hawley, MA.**

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. <b>Dave Dunham</b>	44 M	0:38:32	100.00
02. Matt Cartier	33 M	0:39:56	98.63
03. Tim Van Orden	40 M	0:41:20	97.26
04. Tim Mahoney	29 M	0:42:18	95.89
05. Peter Lagoy	49 M	0:43:05	94.52
06. Steve Wolfe	44 M	0:43:32	93.15
07. Brian Northan	34 M	0:44:12	91.78
08. Larry Dragon	48 M	0:44:56	90.41
09. <b>Ken Clark</b>	46 M	0:45:40	89.04
10. <u>Amy Lane</u>	29 F	0:46:48	87.67
11. Richard Teal	31 M	0:47:09	86.30
12. <b>Bob Dion</b>	53 M	0:47:48	84.93
13. <b>Erik Wight</b>	49 M	0:47:58	83.56
14. Jay Kolodzinski	29 M	0:49:42	82.19
15. <b>Peter Malinowski</b>	54 M	0:50:14	80.82
16. Jay Curry	37 M	0:50:28	79.45
17. Richard Chipman	48 M	0:50:40	78.08
18. <b>Chelynn Tetreault</b>	33 F	0:50:46	76.71
19. <b>Glen Tryson</b>	55 M	0:50:50	75.34
20. Pat McGrath	43 M	0:51:53	73.97
21. <b>Paul Hartwig</b>	52 M	0:53:24	72.60
22. <b>Mike Lahey</b>	57 M	0:53:41	71.23
23. Steven Legbard	32 M	0:53:50	69.86
24. <u>Jessica Hageman</u>	33 F	0:55:26	68.49
25. Bob Woodworth	59 M	0:55:28	67.12
26. <u>Holly Atkinson</u>	39 F	0:55:42	65.75
27. <b>Bill Morse</b>	57 M	0:55:59	64.38
28. <b>Peter Lipka</b>	57 M	0:56:51	63.01
29. <u>Elizabeth Bianchi</u>	41 F	0:57:05	61.64
30. <b>Bob Worsham</b>	63 M	0:57:26	60.27
31. <b>Will Danecki</b>	58 M	0:57:29	58.90
32. <b>Jan Rancatti</b>	48 M	0:58:04	57.53
33. <b>Martin Glendon</b>	62 M	0:59:16	56.16
34. Frank McDonald	57 M	0:59:40	54.79
35. <u>Laurel Shortell</u>	42 F	1:00:09	53.42
36. Gery Benedetti	63 M	1:00:50	52.05
37. <b>Denise Dion</b>	50 F	1:01:18	50.68
38. Jaime Nieves	32 M	1:01:40	49.32
39. Karl Molitoris	53 M	1:01:46	47.95
40. <b>Laura Clark</b>	61 F	1:02:30	46.58
41. <b>Ernie Alleva</b>	57 M	1:02:34	45.21
42. Jeff Hattem	57 M	1:02:50	43.84
43. <b>Bruce Marvonek</b>	55 M	1:02:55	42.47
44. <b>London Niles</b>	11 M	1:03:14	41.10
45. <b>Bob Massaro</b>	65 M	1:03:15	39.73
46. <b>Darlene McCarthy</b>	46 F	1:03:34	38.36
47. <b>John Pelton</b>	69 M	1:04:28	36.99
48. <b>Jodie Lahey</b>	30 F	1:05:32	35.62
49. Dave Boles	62 M	1:05:52	34.25
50. Dave McBourmie	50 M	1:06:09	32.88
51. <u>Kathy Fulani</u>	60 F	1:06:33	31.51
52. <b>Chris Johnson</b>	51 M	1:07:30	30.14
53. Brad Herder	51 M	1:07:37	28.77
54. <b>Jacque Lemieux</b>	42 F	1:08:20	27.40

55. <b>Jamie Howard</b>	43 M	1:09:23	26.03
56. <u>Mary Lou White</u>	53 F	1:12:02	24.66
57. Stephen Obermayer	47 M	1:12:14	23.29
58. <b>Ken Fairman</b>	65 M	1:12:30	21.92
59. Michael Maguire	52 M	1:17:55	20.55
60. <b>Art Gulliver</b>	70 M	1:18:27	19.18
61. <u>Kathleen Tersigni</u>	38 F	1:20:10	17.81
62. Ray Lee	67 M	1:23:30	16.44
63. Walt Kolodzinski	66 M	1:23:41	15.07
64. <u>Sheila Kolodzinski</u>	27 F	1:23:42	13.70
65. <b>Bill Glendon</b>	63 M	1:24:20	12.33
66. <b>Konrad Karolczuk</b>	56 M	1:24:21	10.96
67. Richard White	53 M	1:30:25	9.59
68. Juicebox Cox	16 M	1:31:20	8.22
69. Taylor Dwyer	17 M	1:31:45	6.85
70. <b>Jessica Lemieux</b>	17 F	1:37:39	5.48
71. <u>Ashley Bryant</u>	18 F	1:37:40	4.11
72. <b>Jeff Clark</b>	62 M	1:41:27	2.74
73. Bill Milkiewicz	54 M	1:47:52	1.37
74. <u>Beth Herder</u>	50 F	sweep	1.00
75. <b>Richard Busa</b>	79 M	sweep	1.00
76. Richard Godin	53 M	sweep	1.00
77. <b>Ed Alibozek Jr</b>	69 M	sweep	1.00

**Northfield MT. State Championships**

What a great day for a snowshoe race! I considered skipping this week's race at Northfield Mountain... it's a longish drive there, and I'd run there once already this season, plus this weekend is the start of my two-week spring break and I want to get out to Rochester to spend some time with Ann. But in the end the chance to do another snowshoe race won out, and the pre-dawn hours this morning found me racing to Northfield, MA, in time to register and change into my running gear. Crowd was a little smaller than many of the races this winter, but lots of familiar faces. Chatted with a couple of folks before hand, then Dave D. gave us a few instructions about the course (mainly that some of the downhill stretches were icy) and off we went.

Today's run was different from the race a little over a month ago in that we ran almost exclusively on the groomed ski trails, which are wide enough that in most spots you could easily drive a truck down them, and while we did a lot of climbing we didn't go all the way to the reservoir at the top of the mountain. As with many of the WMAC races, we started with a long climb, followed by a nice gentle downhill... unfortunately, that just meant we had even more climbing to do before reaching the highest point on the course.

One effect of the small race field - not too many of us at the back of the pack. There was one fellow who I saw ahead of me on most of the climbs, and three runners not too far behind me, but for much of the 4 miles I was effectively alone on the trails. After hitting the top of the last climb, it was a pretty consistent downhill the rest of the way, some of it fairly steep.

*Continued next page:*

Northfield States cont:

As Dave warned there were some very icy spots, but I had my ice cleats on and took my time, so no problems there (the gal who came in a minute after me apparently took a tumble and ended up with a good scrape on her knee.) There were a couple of bare spots, but none too large. Running downhill was tough for me, between my knees and the fact that the snow was packed hard enough that it didn't provide much cushioning, but the 2nd half of the run positively flew by (especially after the long hike to the top!) and before I knew it I was rounding the last curve and being greeted by Rich Busa, who was providing moral support today instead of running. Finished in 55:12, not a bad time with all the initial climbing. And then all that was left was to change clothes, briefly shoot the breeze with some of my friends, and hit the road back to Albany...

So in the end, despite the driving, I'm glad I came out for the race today. It was a gorgeous day for a run, and I got to see some parts of Northfield that I hadn't before, which has me even more determined to head over that way sometime this summer.

On a totally unrelated note, as I was getting ready to leave Farmer Ed mentioned the Northern Nipmuck course, which I'm planning to run in about a month... he was wondering if I'd GPS'd it yet, because he used to do a fun run along that trail and remembered it being 18 miles rather than the 16 miles the race is listed at. So now I'm both curious and a bit intimidated... that course was a tough run both times I did it previously, so it would be reassuring if it was actually longer than I thought - but the idea of running 16 miles over rugged hiking trails a month from now is daunting enough!

*Jamie Howard*

**Northfield MT. .... 4 Mile Snowshoe Race**

**Massachusetts State Championships**

**3/14 / 09 ...Northfield MT. Visitor Center ...Northfield, MA**

**WMAC members in Bold:**

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Leigh Schmitt	36 M	0:27:03	100.00
02. Ethan Nedeau	36 M	0:27:21	97.83
03. Brian Rusiecki	30 M	0:27:58	95.65
04. Tim Van Orden	40 M	0:27:59	93.48
05. Ian Lutz	16 M	0:31:14	91.30
06. Ben Keefe	28 M	0:31:40	89.13
07. <b>Ken Clark</b>	46 M	0:32:00	86.96
08. David Loutzenheiser	42 M	0:32:15	84.78
09. <b>Erik Wight</b>	49 M	0:32:30	82.61
10. <b>Edward Alibozek</b>	46 M	0:32:40	80.43
11. Eddie Habeck III	31 M	0:32:45	78.26
12. Larry Dragon	48 M	0:32:59	76.09
13. Rick Pacheco	48 M	0:33:19	73.91
14. Allan Bates	60 M	0:34:08	71.74
15. <b>Peter Malinowski</b>	54 M	0:34:25	69.57
16. <b>Bob Dion</b>	53 M	0:35:09	67.39
17. David Holt	50 M	0:35:17	65.22
18. Phil Bricker	55 M	0:36:40	63.04

19. <b>Chelynn Tetrault</b>	33 F	0:37:01	60.87
20. <b>Bill Morse</b>	57 M	0:37:25	58.70
21. <u>Amy Lane</u>	29 F	0:37:35	56.52
22. <b>Paul Hartwig</b>	52 M	0:38:20	54.35
23. Pat McGrath	43 M	0:38:57	52.17
24. <b>Mike Lahey</b>	57 M	0:39:32	50.00
25. <u>Pam Dooley</u>	29 F	0:40:29	47.83
26. <b>Howard Bassett</b>	48 M	0:40:30	45.65
27. <u>Holly Atkinson</u>	39 F	0:41:12	43.48
28. <b>Ed Alibozek Jr</b>	69 M	0:42:16	41.30
29. <u>Darleen Buttrick</u>	29 F	0:43:22	39.13
30. Jeff Hattem	57 M	0:43:41	36.96
31. Wally Lempart	63 M	0:43:41	34.78
32. Frank Gaval	62 M	0:43:49	32.61
33. <u>Kathy Furlani</u>	60 F	0:44:30	30.43
34. <b>Ernie Alleva</b>	57 M	0:45:05	28.26
35. <b>Bob Massaro</b>	65 M	0:45:27	26.09
36. Dave Boles	62 M	0:46:03	23.91
37. <b>London Niles</b>	11 M	0:46:57	21.74
38. <b>Jodie Lahey</b>	30 F	0:47:08	19.57
39. <u>Laurel Shortell</u>	43 F	0:47:40	17.39
40. <b>Denise Dion</b>	50 F	0:48:43	15.22
41. Ray Boutotte	63 M	0:50:33	13.04
42. Doug McBournie	50 M	0:51:44	10.87
43. <b>Jamie Howard</b>	43 M	0:55:12	8.70
44. <u>Mary Lou White</u>	53 F	0:56:19	6.52
45. <b>Konrad Karolczuk</b>	56 M	0:57:10	4.35
46. <b>Art Gulliver</b>	70 M	1:01:58	2.17

**Sparks Will Fly at the Pittsfield (VT) Snowshoe Marathon**

The Pittsfield Snowshoe Race was a multiple choice competition with participants selecting a combination of 6.5 mile loops. Some had enough fun after the initial go around, others targeted the half and 38 overachievers, 5 women and 33 men, achieved full marathon status. This was no small feat as the loop boasts approximately 1,800 feet of elevation change tempered by an uncountable number of switchbacks. Basically you are going up and down a scenic mountain trail but not really enjoying any of the scenery.

The Borden family—Mom, Dad, kids, relatives and friends were camped out at the top of the mountain after making ten trips hauling supplies up and down. They were probably the only ones who had time to scout out the view. The rest of us were exhausted from the tough climb and concentrating on consuming their wonderful chicken soup. It was rather funny. The kids had stacked giant cans of Campbell's chicken noodle soup, Andy Warhol-style, in a colorful pyramid. As the day wore on, the pyramid got smaller and smaller, a perfect example of functional art!

Once the summit was achieved, we were treated to a baby roller coaster ride through a Black Forest section and then a twisty free-for-all to the bottom.

Continued next page:



### Sparks Will Fly cont:

This is where the sparks literally did fly. On the first go-around, I had a blast skiing down the shoot, arms out wide for balance. The snow, though deep, was nice and soft. We displaced so much of it that later loops unearthed an extraordinary number of rolling stones. Charles Petraske reported that while he was following close on the heels of his friend Edward Habeck he witnessed sparks shoot off Edward's crampons as he made contact with errant rocks. Thanks to this team of intrepid mountaineers we have verified yet another useful backwoods survival tip: when lost in the woods on a wintery trail it is possible to make a lifesaving fire with only a snowshoe and a rock for company. I wonder if Bob Dion could perfect this trick for a new marketing campaign?

As the day wore on, the sparks, not nearly as electric, became a nagging part of the wallpaper. I am referring to those mental charges that fire synapses. According to *Wikipedia*, that semi-reliable free computer encyclopedia that no one admits to using, "...synapses are junctions through which neurons signal to each other and as such are crucial to the biological computations that underlie perception and thought." After a few circuits on the trail, there is not much thought going on except the whining kind. At times, my sparks definitely misfired, aiming at someone else's synapses. As the loops accumulated, I became impatient with the "easy" pace of the first few uphill miles and craved the seemingly vertical rise near the top. How sick is that? Either I just wanted to hurry up and get down to business or I was looking forward to the type of killer ascent where running is simply out of the question and stumbling forward is considered good form.

This is the third year for the Peaks Snowshoe and each year Jason Hayden tweaks the course slightly both to keep us from getting too complacent and also to give all the opportunity for a new PR. After the first year he eliminated the road section as well as the energetic farmers who thought to give us a break by plowing the roads. This year he built a wonderful trestle bridge complete with resident trolls and switched the uphill and downhill sections. I was eternally grateful that I did not have to go down last year's section. This year the down was eminently runnable, leaving the up portion the stuff of which nightmares are made. Still, once you reached the top, it was reassuring to know that the remaining miles would rush by in a blur.

Sheryl Wheeler reported that the third loop was the most difficult for her, but for me it was the second. I was still running pretty strong but as I approached base camp I was filled with self-doubt. Did I have enough energy in my 62 year-old body to make it over the hill for two more loops? I did not want to get caught in the no-man's land of the third tour lacking the force to make it through the fourth. No one has yet to invent a ¾'s marathon distance and I did at least want to make it onto the results page and into Googleland history.

I knew I had to retie my sneaker, so I decided I would sit down on our supply tub, drink some pepsi and see how I felt. Fortunately, Dave Boles spotted me and gave me a much-needed pep talk. "All you have to do," he said, "is to walk the baby loop and then get into gear." What I really needed at that point was someone to throw a concerned suggestion my way, so I obeyed orders. As I approached the bridge that leads up the mountain, I greeted others coming back. This was heartening, and most importantly I took in one key fact: I was not last!

This is pretty much the way it went from there. I know I will never run a 100 miler because I could never stay awake that long and I would never make the cutoffs anyway. But on this day, I truly did undergo what I imagine to be the core of the 100 miler experience in that all my friends were there for me. Karen McWhirt, Rob Scott, Barb Sorrell and Charles were all hanging out in the cold waiting for me to complete my third circuit. Karen helped me add some warmer clothes and walked the baby loop with me while the rest helped Jeff locate some dry clothes so he could accompany me on my final ascent.

Without Jeff to push me up the hill, listen to my whining and utter encouraging words, I never would have made it. Plus, as the shadows lengthened, I noticed moose droppings. Perhaps I had never spotted them at my earlier "breakneck" pace, but I think not—they appeared pretty fresh. The last thing I needed was a solo argument with a 1,000 pound crazed moose over the right of way. At least Jeff and I could totem pole on top of one another to appear more formidable.

When we reached the top, the Bordens had left but Jeff was there to fetch hot chicken soup. Only later did I learn that he had completed his half wearing his after-race corduroy pants and LL Bean rubber boots! Along the way he shattered all previous carbo-loading theories, having fortified himself with a lunch consisting of half a bottle of wine and taco chips.

Our friends were there at the end too, with Karen driving us back to the Swiss Farm B&B in Jeff's car while Rob followed in hers. When we arrived home and unpacked, we realized that their concern extended even further as we uncovered not two, but four hand-carved Husky finisher's award hammers. Everyone was worried that we would be too tired to claim our prize so they made sure we were well-supplied. Think of all the sparks we can make fly next year!

Laura Clark

Complete results can be found at.... [www.peakraces.com](http://www.peakraces.com)

---

## **OOPS.....**

If you don't know by now, the GT Trail schedule in the last issue had the wrong dates listed for two of the races. The dates listed for the Wapack Trail 17.5 miler and the Groton Forest 9.5 miler were last years dates. We changed the year but not the days.

Both races are directed by Paul Funch and our apologies to Paul for the mistake.

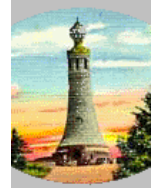
So mark these dates on your calendar.....

**Wapack Trail Race .... 17.5 Miles  
September 6, 2009**

**Groton Forest Trail Races .... 9.5 & 3.5 Miles  
October 25, 2009**

For more info contact Paul at .... [pgfunch@charter.net](mailto:pgfunch@charter.net)

---



# Western Mass Athletic Club



## MT. Greylock Trail Races

5K and Half Marathon .... Greylock Glen.... Adams, MA.  
Sunday June 21, 2009 10 a.m. start ( both races )

*The 1/2 marathon is back to the original course up and over the top of Greylock!*

Pre-register before 6/14/09: \$15.00 half-marathon, \$12.00 5K.  
Family discount: no charge in excess of that for 3 people if pre-registered.  
Shirts sold separately at \$5.00 each, please include with your entry fee.

**Send entry form with check for fee made out to:  
WMAC, P.O. Box 356, Adams, MA 01220**

( Day of race: \$20.00 half-marathon, \$15.00 5K ) **More info at .....** [www.runwmac.com](http://www.runwmac.com)

\*\*\*\*\*Cut\*\*\*\*\*

**Please circle which Mt. Greylock Trail Race you are entering: 5 K or Half-Marathon**

Name ( Please print ) \_\_\_\_\_

Street \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Phone \_\_\_\_\_

Age \_\_\_\_\_ Sex M / F

Entry fee \$ \_\_\_\_\_ Shirt (optional) \$ \_\_\_\_\_ Total \$ \_\_\_\_\_

Shirt size: S M L XL WMAC Member? Yes No

Please enter me in the indicated Mt. Greylock Trail Race. I agree to assume all responsibility for any and all risk of damage or injury that may occur to me as a participant of this event. In consideration of being accepted as an entrant in this event, I hereby, for myself, my heirs, executors and administrators, release and discharge any and all sponsors of the Mt. Greylock Trail Race from all claims, damages, rights of action, present or future whether the arising of, or incident to my participation in this event. I hereby certify that I am physically fit and have successfully trained for competition in this event. I also grant permission for the use of my name and/or picture in any broadcast, photograph or other account of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (if under 18) \_\_\_\_\_

## The Grandfather of all Doubleheaders Plus One

*Featuring Insights into Laura Clark's Magical Mystery Tour*

*by Laura Clark*

Towards the end of any sports season, folks wake up and realize if they want to prove anything they had better get with the program. WMACers are no different. With just three Dion Series races remaining after the February 21-22<sup>nd</sup> weekend, something special was called for. Used to be a doubleheader was pretty special, but not any more. Now, apparently, only a tripleheader weekend could fill the ticket: Greylock 3.8 miler and Covered Bridge Half Marathon on the same day followed by Hallockville Orchard for Sunday dessert.

The scoreboard says it all. Over 100 runners towed the line up the Thunderbolt Championship Ski Run, the most ever for a Mass race except for Curley's, which consistently attracts a loyal contingent of high school runners and team supporters. Of that group, 35 went full circle, racking up extra points with the Covered Bridge Half. Amazingly, from that exclusive group, 12 overachievers returned the next day to tackle Hallockville Orchard. What is even more astounding is the simple fact that they were able to unfold their legs and emerge intact from yet another long car ride!

Jeff and I immediately knew that Greylock Saturday would be an extraordinary day. We arrived over an hour ahead and were shocked to discover that our anticipated prime parking spot had been claimed eons earlier and that the local snowplow was busy at work, trying its best to bury all those tourists huddled in their vehicles. Just as coast was clear, Bob Dion emerged from his Official Dion Snowshoe Van wielding his trusty shovel and proceeded to throw a pathway of snow back onto the road so he wouldn't have to spend the rest of the week repairing broken cleats.

Most of us left fairly benign conditions at home, only to discover that Lady Greylock was in the midst of a full-blown temper tantrum. Apparently, she was determined to make us work for our Thunderbolt assault. The mountain-wise who had thrown warmer clothes into their bags promptly added an extra layer. This was a tactically important for those of us anticipating a three hour plus marathon. Despite the snow, Green was again the order of the day as runners approached the registration car bearing favorite race bibs and rusty pins. If they were lucky, their number had not already been claimed by someone else. Bob Dion neatly solved that problem by producing his first corral Boston number signed by Bill Rogers himself – a number which in fact carried him to 6<sup>th</sup> place flanked by much younger competitors.

As we huddled together at the start, trying to shield each other from the blowing snow, we surreptitiously assessed the competition. For there is a great deal of strategy involved. Those intent solely on the Thunderbolt section would be going out faster than those in it for the long haul. Jeff's goal was to head out early and get in extra strength training by stomping down the knee-high snow. Mine was to stick behind Bob Massaro and eleven year-old London Niles and let them pull me up the mountain. I almost succeed until Bob began passing more people than I thought would be wise given my long distance aspirations.

I did enjoy listening to Bob mentoring London, encouraging him and describing the lay of the land.

At times, London would lag, but when he noticed Bob passing someone he perked up and tagged along. While I hate running down the usually muddy springtime Thunderbolt Trail, snow-covered it was a glorious, freewheeling ride. As I touched bottom, I remember thinking that it would be enough to end the day right then and there. But there were still miles to go before I slept...

Fortunately, I hooked up with Laurel Shortell and later Bob Worsham, who helped me through that desolate stretch of snowmobile terrain on Old Adams Road. If it weren't for them I know I would have walked most of it. I don't mind uphill, but I like trickier uphill; sameness tends to make my mind zone out. Once we hit the two mile downhill, though, I perked up and passed both Laurel and Patty Duffy. Eventually, they both overtook me but I knew I was a stronger downhill runner so I remained complacent, forgetting that I always get lost on Gould Trail. The worst moment for me was finally encountering the 11 mile marker and not the promised descent. Fortunately, that came a few moments later. I really did appreciate the mile markers since the half was a new experience for most of us.

As usual, I got lost somewhere on Gould Trail, sliding into my own private Magical Mystery Tour alternate universe. Gleefully, I passed all the previous places where I had gone astray, thinking that this time I had it made. I was always in sight of either a pink ribbon or a yellow arrow, yet when I looked down at the trail I noticed that all the footprints were headed in the opposite direction. Needless to say, this was slightly disconcerting. Still, I passed through the Covered Bridge as instructed and onto the decorated white memorial bridge. Puzzled, I retraced my steps till I noticed a yellow arrow firmly pointing the way I had just come. So I reversed direction, this time triumphantly noticing at least one pair of Dions headed in the same direction. Fortunately, I was too tired to realize they were probably mine! So I dutifully went back through both bridges and on to the finish just as if the previous episode had never taken place. And who knows, maybe I just dreamed it.

Before the race Edward had asked me if I thought 12.5 miles was close enough to the half marathon distance to satisfy folks. I thought back to all the 14 mile half marathon trail races I had done and figured that most of us already had some time in the bank. But despite my overflowing account, I was the only one who managed to turn in a true 13 miler, though every fault of my own. Somehow, with Hallockville Orchard on the horizon I could have lived without this distinction.

Hallockville, as usual, was snowy and blowy and the twelve of us who were tripleheading were having our doubts. We were easy to spot: we were taking naps in our cars and hobbling to the start. Again, there was a lot of assessment going on as perkier competitors seeded themselves accordingly. Normally, I don't do well on Hallockville's wide trails, but this time I just wanted to get done. I surprised myself, pushing hard and even passing a few people. Which makes me wonder if those committed day-to-day streakers might not be on to something after all. But I guess I'll never find out. Tomorrow I'm sleeping in!

*Laura Clark*

**Hoxie / Thunderbolt .... 3.8 Mile Snowshoe Race**  
**February 21, 2009 ... Greylock Glen ... Adams, MA**

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	40 M	0:38:22	100.00
02. Matt Cartier	33 M	0:39:37	99.01
03. Matt Westerlund	36 M	0:39:42	98.02
04. Brian Rusiecki	30 M	0:39:50	97.03
05. Ethan Nedeau	36 M	0:39:55	96.04
06. <b>Peter Keeney</b>	43 M	0:40:29	95.05
07. Josh Merlis	27 M	0:41:46	94.06
08. Paul Bazanchuk	54 M	0:41:56	93.07
09. <b>Edward Alibozek</b>	46 M	0:42:39	92.08
10. Larry Dragon	48 M	0:43:47	91.09
11. Jay Kolodzinski	29 M	0:45:10	90.10
12. <b>Kenny Clark</b>	46 M	0:45:25	89.11
13. Eddie Habeck	31 M	0:45:27	88.12
14. Scott Brew	43 M	0:45:28	87.13
15. Richard Teal	31 M	0:45:41	86.14
16. Tim Rudin	38 M	0:46:37	85.15
17. <b>Bob Dion</b>	54 M	0:46:38	84.16
18. Russ Hoyer	48 M	0:46:59	83.17
19. John Kinnicott	46 M	0:47:06	82.18
20. <b>Peter Malinowski</b>	54 M	0:47:26	81.19
21. Robert McCarthy	41 M	0:47:29	80.20
22. Richard Chipman	48 M	0:48:04	79.21
23. <b>Erik Wight</b>	49 M	0:49:07	78.22
24. <b>Glenn Tryson</b>	55 M	0:49:22	77.23
25. Kevin Durgin	20 M	0:49:37	76.24
26. Thomas Hathaway	19 M	0:49:37	75.25
27. <u>Jean Desrosiers</u>	34 F	0:50:18	74.26
28. Tom Parent	32 M	0:50:24	73.27
29. Dan Valdo	19 M	0:50:31	72.28
30. Michael Buttrick	23 M	0:50:32	71.29
31. Dan Buttrick	28 M	0:50:40	70.30
32. Pat Mcgrath	44 M	0:50:54	69.31
33. Matthew Soroka	31 M	0:51:51	68.32
34. David Dyson	40 M	0:51:58	67.33
35. <u>Jessica Hageman</u>	33 F	0:52:35	66.34
36. Nico Scibelli	46 M	0:52:41	65.35
37. Jim Martin	28 M	0:52:57	64.36
38. <b>Mike Lahey</b>	57 M	0:52:58	63.37
39. Norm Sheppard	51 M	0:54:13	62.38
40. <u>Holly Atkinson</u>	39 F	0:54:14	61.39
41. <b>Howard Bassett</b>	48 M	0:54:37	60.40
42. <u>Sheryl Wheeler</u>	46 F	0:54:58	59.41
43. Steven Legnard	32 M	0:54:58	58.42
44. <b>Ed Alibozek Jr</b>	69 M	0:55:32	57.43
45. Rick Friedrich	35 M	0:55:39	56.44
46. <b>Pete Lipka</b>	57 M	0:56:02	55.45
47. John Marran	36 M	0:56:08	54.46
48. John Betler	42 M	0:56:35	53.47
49. Mike Lacharerite	51 M	0:57:03	52.48
50. <b>Jan Rancatti</b>	48 M	0:57:19	51.49
51. <b>Martin Glendon</b>	62 M	0:57:28	50.50
52. <b>Scott Bradley</b>	54 M	0:57:41	49.50
53. Renate Fatkulin	20 M	0:58:32	48.51

54. <b>Will Danecki</b>	58 M	0:59:16	47.52
55. <b>Bob Worsham</b>	63 M	0:59:40	46.53
56. <u>Darlene Buttrick</u>	29 F	1:00:01	45.54
57. <u>Denise Dion</u>	50 F	1:00:24	44.55
58. <b>Bob Massaro</b>	65 M	1:00:27	43.56
59. <b>London Niles</b>	11 M	1:00:31	42.57
60. <b>John Pelton</b>	69 M	1:00:44	41.58
61. Frank Gaval	62 M	1:00:47	40.59
62. <u>Patty Duffy</u>	40 F	1:00:56	39.60
63. <u>Jody Lahey</u>	30 F	1:01:36	38.61
64. <u>Laura Clark</u>	61 F	1:02:08	37.62
65. <u>Julie Ryan</u>	43 F	1:02:59	36.63
66. <u>Laurel Shortell</u>	42 F	1:03:25	35.64
67. Steve Cowan	47 M	1:04:54	34.65
68. Paul Westcot	29 M	1:05:05	33.66
69. <u>Kathy Furlani</u>	60 F	1:05:18	32.67
70. <u>Darlene McCarthy</u>	46 F	1:05:35	31.68
71. Dave Boles	62 M	1:06:38	30.69
72. Doug McBourne	50 M	1:07:21	29.70
73. <b>Chris Johnson</b>	51 M	1:08:33	28.71
74. <u>Pat Rosier</u>	50 F	1:10:17	27.72
75. <b>Brian McCarthy</b>	47 M	1:10:29	26.73
76. <u>Barbara Sorrell</u>	51 F	1:11:22	25.74
77. <u>Karen Michalski</u>	53 F	1:14:47	24.75
78. <u>Marylou White</u>	53 F	1:17:01	23.76
79. <u>Holly Alexandre</u>	37 F	1:19:01	22.77
80. <u>Meirak Werbel</u>	37 F	1:19:01	21.78
81. David Werbel	38 M	1:20:05	20.79
82. George Alexandre	51 M	1:20:06	19.80
83. <b>Bill Glendon</b>	63 M	1:21:22	18.81
84. <b>Konrad Karolczuk</b>	56 M	1:21:23	17.82
85. Richard Davis	38 M	1:22:41	16.83
86. <u>Jamie Williams</u>	45 F	1:23:16	15.84
87. Walt Kolodzinski	66 M	1:25:01	14.85
88. Larry Peleggi	51 M	1:28:46	13.86
89. <b>Paul Hartwig</b>	54 M	1:30:00	12.87
90. Ray Lee	66 M	1:34:00	11.88
91. <b>Greg Taylor</b>	62 M	1:34:44	10.89
92. <b>Richard Busa</b>	79 M	1:35:20	9.90
93. <u>Karen Bradley</u>	52 F	1:36:03	8.91
94. Don Lacharerite	77 M	1:37:16	7.92
95. <u>Betty Lacharerite</u>	73 F	1:37:16	6.93
96. Bill Milkiewicz	54 M	1:42:44	5.94
97. <u>Rebecca Armstrong</u>	40 F	1:45:29	4.95
98. <u>Mary Vasquez-Slack</u>	45 F	1:45:30	3.96
99. <b>Jeff Clark</b>	62 M	1:46:00	2.97
100. <u>Jan Kurtz</u>	46 F	2:15:01	1.98
101. Wayne Kurtz	41 M	2:15:01	0.99

The Hoxie Brook / Thunderbolt race and the Greylock Covered Bridge race was a 2 for 1 race. Everyone ran the Hoxie / Thunderbolt 3.8 mile course first and then had the option of stopping at the finish line or continuing on to the second half, the Covered Bridge section , for a total distance of 12.5 miles.

Those who ran both races received a finishing time and points for two races, all for the price of one entry .



## Greylock Covered Bridge Snowshoe Race

12.5 Miles ... Feb. 21, 2009 ... Greylock Glen ... Adams, MA.

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Brian Rusiecki	30 M	2:00:14	100.00
02. Ethan Nedeau	36 M	2:08:02	97.14
03. Matt Cartier	33 M	2:17:32	94.29
04. <b>Peter Keeney</b>	43 M	2:17:44	91.43
05. Jay Kolodzinski	29 M	2:22:11	88.57
06. <b>Bob Dion</b>	54 M	2:24:46	85.71
07. <b>Edward Alibozek</b>	46 M	2:25:09	82.86
08. Russ Hoyer	48 M	2:28:04	80.00
09. Nico Scibelli	46 M	2:38:21	77.14
10. Dan Valdo	19 M	2:40:16	74.29
11. <b>Kenny Clark</b>	46 M	2:41:35	71.43
12. Tom Parent	32 M	2:42:42	68.57
13. Steven Legnard	32 M	2:43:32	65.71
14. Kevin Durgin	20 M	2:45:47	62.86
15. Renate Fatkulin	20 M	2:47:39	60.00
16. Tim Rudin	38 M	2:53:46	57.14
17. Richard Chipman	48 M	2:54:16	54.29
18. <b>Mike Lahey</b>	57 M	2:58:12	51.43
19. <u>Sheryl Wheeler</u>	46 F	2:59:25	48.57
20. <b>Pete Lipka</b>	57 M	3:01:09	45.71
21. Matthew Soroka	31 M	3:02:54	42.86
22. <b>Will Danecki</b>	58 M	3:06:36	40.00
23. Norm Sheppard	51 M	3:06:42	37.14
24. Mike Lacharerite	51 M	3:17:30	34.29
25. <b>Denise Dion</b>	50 F	3:19:19	31.43
26. <b>Bob Worsham</b>	63 M	3:22:23	28.57
27. <u>Laurel Shortell</u>	42 F	3:24:51	25.71
28. <b>Patty Duffy</b>	40 F	3:26:32	22.86
29. <b>Laura Clark</b>	61 F	3:39:10	20.00
30. <b>Darlene McCarthy</b>	46 F	3:45:25	17.14
31. Thomas Hathaway	19 M	4:01:40	14.29
32. <u>Meirak Werbel</u>	37 F	4:01:51	11.43
33. <u>Holly Alexandre</u>	37 F	4:01:52	8.57
34. <b>Konrad Karolczuk</b>	56 M	4:23:34	5.71
35. <b>Paul Hartwig</b>	54 M	5:15:00	2.86

## I Can't Believe I Did The Whole Thing: Booty Call

by Bob Worsham

On Saturday February 21<sup>st</sup> Paul Hartwig and Farmer Ed put on two snowshoe races, one a four-miler, the Hoxie Brook Race, and one a 12.5 miler, the Covered Bridge Race. If you did the long race you also automatically participated in the short race. Upon arrival it was overcast and cold. You know it's cold when registration is not in the Gazebo, but in Beth Herder's van. We stood outside the van while they sat inside taking names. The Hoxie Brook race went from the Greylock Glen Gazebo out toward and up part of the Thunderbolt Trail, then to the lean-to shelter, looping around it, and back down to the Gazebo for the finish. The uphill climb was long and brutal in soft shifting snow. At one point along the Thunderbolt we encountered two snowboarders also making the climb carrying their boards. Do people actually snowboard on the Thunderbolt?

Those doing the long race continued through the Hoxie Brook finish line, across Gould Road through the Meadow to the single-track trail past the Covered Bridge, then up a steep trail to a forest road known as the Cheshire Harbor Trail. Denise Dion passed me before getting there. Trying to be funny, I told her that when I finished the race I was going to tell Bob (Dion) that once she had gotten into the woods she switched to Atlas snowshoes. I don't think she got my weird sense of humor.

Peter Malinowski was coming down this trail, and he said that he decided to turn around at the 5.5 mark and go back to the Gazebo. I wonder why? When you emerged onto the Cheshire Harbor Trail you were treated to a cooler of bottled water with ice chips, pretzels, and fig newtons. This point was labeled 5.5 miles. It felt like we had done 10 at that point. Pressing on up the Cheshire Harbor Trail I saw another mile marker coming up in the distance. I was thinking to myself, "That's got to be the 7 mile mark." Imagine my surprise when I saw that it was really the 6 mile mark. Quickly in my head I began thinking, "I still have left in the race the distance that I've already covered and more. Should I turn back before getting too far into this loop? Can I really do 12.5 miles today? Did that runner going back to the Gazebo know something I didn't? Will I become dangerously cold and be in trouble, later requiring a rescue involving a helicopter?"

Ignoring these thoughts I kept just putting one foot in front of the other, and came to the junction where the course turned left onto Old Adams Road. I recognized this road as part of the older Greylock trail race which leads out to the Jones Nose area. I started thinking that after having done all this uphill, at some point not too far ahead we will be looping back into downhill running. That is what kept me going out Old Adams Rd for what seemed an interminably long distance. A good distance into this part my left foot started feeling pain at the toes. Could it be that the water-proof booties that I had crammed into my shoes over my socks had gotten out of place? What was I thinking when I did this? I also was wearing shoes that I hadn't worn for months. So this required stopping and taking off my left snowshoe and running shoe to remove this booty,

Continued next page:

*Trail Running News...*

*Published by the Western Mass Athletic Club*

*Adams, Massachusetts*

*Volume ... 15 ... Issue ... 2 ... Mid Spring ... 2009*

*The last issue was mailed on Feb. 10, 2009*

### Booty Call cont:

re-arrange my sock smoothly, and putting everything back together (minus the booty) while my hands were freezing in the wind on the side of the mountain. (This makes two stupid things I have done with those water-proof booties.)

As I was starting to put everything back on, my two friends Laura Clark and Laurel Shortell passed me running together. Being nice people they asked if I needed anything; however, they did not have a snowmobile to take me back to the Glen. Once I got my equipment back together I jogged to catch up with them and ran (walked, slow-jogged) with them a little while. Funny that all of us were too fatigued to chat with each other at that point; we seemed to be in survival mode just waiting for the place that we would be going downhill again. Neither responded to my usually funny comments.

Finally, we arrived at the place where the race turned left onto a downhill trail known as the Redgate Trail. At that point Laurel made me go past her, and not wanting to pass then die, I tried to pick up the pace on the downhill. What a downhill it was! All you had to do was put your feet out in front of you and let gravity do what it does naturally (no, not make you fall on your face). This let me recover quite a bit; however, the further I went, the more fatigued my quads became from the downhill pounding. Still, I preferred this to any steep uphill running (walking for me). Also, now that my feet were cold, I couldn't feel the pain from the remaining right booty.

Surprise! When the Redgate Trail ended we turned left at the lower end of the Cheshire Harbor Trail. I had assumed that we would run relatively level from that point back around to the Glen, but nooooooo. They were going to make us climb uphill out of that low spot to which we had descended. So, back to work. Reaching a plateau that I recognized from last year's Greylock Trail race and this year's Greylock Glen snowshoe race, I thought, okay, here's where we will run level or slightly downhill back to the Glen. Then I saw the trail marker flags that curved us around to the left, continuing on up the Cheshire Harbor Trail. Oh my God! Well, there was nothing to do but continue on in the face of more uphill, so might as well get to it and get it over with. I just put my head down and kept walking fast and jogging where I could, and finally the most beautiful sight appeared in front of me, the cooler!

I knew at this point I had a long downhill stretch on single-track in which I could make some good time, and then gut it out on the level part at the bottom to the finish. I downed an icy bottle of water, checked behind me seeing no one coming, then took off. I subsequently learned that one long-race runner did not make the right turn here and embarked on yet another loop up the Cheshire Harbor Trail. He thought nothing of the fact that he had just passed the 10.5 mile mark at the cooler and now was seeing the 6 mile mark for the second time. I guess in school he learned the kind of math that makes you "feel good" about numbers, but that doesn't teach you to actually calculate anything with numbers or do any numerical reasoning like, "The next mile marker after 10.5 should be larger than 10.5, not smaller than 10.5." Where's Poncho (math teacher) when you need him? Once hitting the flat trails my numb legs were on autopilot and my calves started wanting to cramp up with every step. I had to change my stride to fight this off.

Never was I so happy to emerge into the meadow in the final approach to the finish line. In my normal paranoid fashion I kept looking over my shoulder for anyone coming up behind.

Okay, so I finished 26<sup>th</sup> out of 35 for the 12.5 mile race! However, here's the way I look at it. A hundred and one people ran the short race; only 35 continued running the long race. So I also finished ahead of the 66 people who stopped at the short race finish line. So I really finished 26<sup>th</sup> out of 101.

Consistent with this reasoning, I also beat Ben Nephew, because he didn't run the race today. If you know anything about cognitive behavior therapy, that's what's known as a "thinking error." But it's my way of adjusting to being a 63-year old runner with tired legs.

Although there weren't a lot of people around at the Gazebo after I changed and went to eat, I had a great day in the woods on Greylock Mountain and got some fantastic training time on my quads from uphill and downhill pounding. The sun had come out by this time and it had warmed up significantly. Farmer Ed cooked me a couple of veggie burgers with his big ole smile, and I had two hot chocolates while standing by the fire. Where else can you have this much fun for only 8 dollars?

Thanks Paul and Ed for a great day of fun.

*Bob Worsham*

---

### **Hallockville Orchard ... 3.6 Mile Snowshoe Race Feb. 22, 2009 ... Dubuque State Forest ... Hawley, MA.**

---

WMAC members in **Bold**:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Ben Nephew	33 M	0:24:57	100.00
02. Tim Van Orden	40 M	0:25:02	98.08
03. Josh Merlis	27 M	0:27:16	96.15
04. <b>Ken Clark</b>	46 M	0:27:38	94.23
05. Paul Bazanchuk	54 M	0:27:25	92.31
06. <b>Bob Dion</b>	53 M	0:30:02	90.38
07. Richard Teal	31 M	0:30:10	88.46
08. John Kinnicut	46 M	0:30:42	86.54
09. Richard Chipman	48 M	0:31:25	84.62
10. <b>Glen Tryson</b>	55 M	0:32:25	82.69
11. <u>Jacque Shiffer</u>	44 F	0:33:12	80.77
12. <b>Paul Hartwig</b>	52 M	0:33:42	78.85
13. <b>John Pelton</b>	69 M	0:34:04	76.92
14. Bob Woodworth	59 M	0:34:16	75.00
15. <u>Jessica Hagemen</u>	33 F	0:34:20	73.08
16. John Butler	42 M	0:34:25	71.15
17. Patrick McGrath	43 M	0:34:33	69.23
18. <b>Mike Lahey</b>	57 M	0:34:45	67.31
19. <b>Jan Rancatti</b>	48 M	0:35:02	65.38
20. <u>Elizabeth Bianchi</u>	41 M	0:35:10	63.46
21. <u>Holly Atkinson</u>	39 F	0:35:22	61.54
22. <u>Sarah Brenner</u>	29 M	0:36:00	59.62
23. <u>Peggy Piwonka</u>	37 F	0:36:05	57.69

*Continued next page:*

### Hallockville results cont:

24. <b>Ed Alibozek Jr</b>	69 M	0:36:18	55.77
25. <u>Christin Desilets</u>	26 F	0:36:23	53.85
26. <u>Kate Best</u>	24 F	0:36:44	51.92
27. <b>Scott Bradley</b>	54 M	0:37:03	50.00
28. Gary Bendetti	63 M	0:37:22	48.08
29. <b>Martin Glendon</b>	63 M	0:37:32	46.15
30. Tom Henry	54 M	0:37:57	44.23
31. Andy Rome	54 M	0:38:35	42.31
32. Jaime Nieves	32 M	0:38:45	40.38
33. <u>Natalie Stollmeyer</u>	26 F	0:39:08	38.46
34. <b>Will Danecki</b>	58 M	0:39:12	36.54
35. <u>Laurel Shortell</u>	42 F	0:39:28	34.62
36. <b>Bob Massaro</b>	65 M	0:40:04	32.69
37. Tom McCrumm	63 M	0:40:58	30.77
38. <u>Jodie Lahey</u>	30 F	0:41:03	28.85
39. <u>Laura Clark</u>	61 F	0:41:10	26.92
40. <u>Denise Dion</u>	50 F	0:41:16	25.00
41. <b>Chris Johnson</b>	51 M	0:41:52	23.08
42. <u>Ann Vaughn</u>	53 F	0:44:17	21.15
43. <u>Janet Tryson</u>	55 F	0:48:14	19.23
44. Dave Boles	62 M	0:48:21	17.31
45. <b>Bill Glendon</b>	63 M	0:54:15	15.38
46. <b>Konrad Karolczuk</b>	56 M	0:54:16	13.46
47. <b>Art Gulliver</b>	70 M	0:54:54	11.54
48. Al Schultz	63 M	1:01:20	9.62
49. <b>Jeff Clark</b>	62 M	1:04:03	7.69
50. <b>Edward Alibozek</b>	sweep 46 M	1:15:00	5.77
51. <u>Karen Michalski</u>	sweep 53 F	1:16:27	3.85
52. <b>Peter Lipka</b>	sweep 57 M	1:16:30	1.92

---

### Twilight at Catamount

by *Laura Clark*

How appropriate that the final hurrah in the record-breaking!! 17 event Dion Snowshoe Race series was also our initial entry into the Twilight Zone, that neither-here-nor-there dusky time frame when magic and miracles coexist. We began near sunset and raced the approaching twilight to a bittersweet finish.

Our entry into the Twilight Zone of race directing was nothing short of a series of mistakes that magically cancelled themselves out. Apparently, everyone except Bob Dion thought he was directing the race. Bob thought he was just dispensing loaners. Early arrivals were greeted by: no bib numbers, no pins, a registration area in the process of closing down, no finish line and NO Bob!

When Bob "finally" appeared, on time for a snowshoe expert but distressingly late for a race director, he promptly set up his Dion tent and stocked it with loaners, snacks and water.

Looked exactly like his Hoot 'n Toot setup. Fortunately, we still had snow and a course. After 16 races, we all knew what had to be done and we raided cars for numbers and rusty pins. Bob's snowshoe tent ambled a few hundred meters uphill to mark the finish line and we were ready to go!

If you have kids or grandkids, you have surely heard of the Magic Tree House Series by Mary Pope Osborne, where Jack and Annie discover a magic tree house filled with books. These books instantly transport them to another time and place where their adventures lead to discoveries about other eras and most importantly, about themselves. The titles, like *Buffalos before Breakfast* and *Afternoon on the Amazon*, usually combine a time and a place. Currently, there are 42 volumes as well as accompanying research guides, with the promise of still more to come.

Although not earning the big bucks, we are similarly successful, boasting fourteen series years with many races also focusing on a piece of local history. Unlike the Magic Tree House, however, each and every participant has a unique story to relate. It is fun to read the bi-weekly SnoNews editions and observe how one person's race can be so totally different from your own. Realizing, then, that I will never be able to pen the definitive Catamount experience, certain elements are common to all. We are accustomed to getting up, getting dressed, driving and then racing. This sunset/twilight combo was a totally new experience. Do you take the opportunity to sleep in? Do you wear your running clothes all day or waste time by changing later on? Do you spend the morning lazing around, reluctant to exert yourself too much? Do you fuel with an early lunch or simply go whole hog with an all-out brunch? Is your customary pre-race power bar really necessary after a full day of discretionary fueling? I decided to dress the part early in the day, if just to stimulate the appropriate mindset. This did not save any real time however, since as the temperature rose, I shed clothes, making final adjustments in the Catamount parking lot. And despite having eaten more than enough, I superstitiously consumed my good luck Cliff Bar whether I was hungry or not. This may be one of the few races where I actually put on a few anticipatory pounds!

As Jeff and I motored to Catamount, concern mounted. We know enough to trust in Edward and his pronouncements, especially after the normally snowless December drive through Bennington to Woodford. But this journey called for unshakeable faith. Our limo's outside temperature gauge hovered between 44 and 46 degrees which was indeed cause for concern. While Saratoga still boasted impressive snow piles and 3-10 inches in the Deep Woods, Hillsdale was brown and bare. Even more worrisome was the fact that the surrounding mountains were drab brown. It wasn't until we were in sight of Catamount that we spotted narrow ribbons of strip-mined snow snaking tentatively down the slope. Whew!!

I figured that the late March twilight would wreck havoc with the schedules of the more obsessive-compulsive among us. And I was correct. Jan Rancatti (Chloe's Dad) clocked 31 finishers plus one special category entrant, Dakota, a nine-month old (or 5 year-old in people time) Vistula who finished a nose ahead of her person, Paul Sullivan.

Our route took us a mile up, as in straight up, then across the Ridge Trail with a plunge to the finish. Still recovering from my Pittsfield Marathon adventure and nursing a twisted knee, I had made the tough but correct decision to forego Northfield and focus instead on recovery.

*Continued next page:*

Catamount cont:

We all knew that with a smaller field, our final opportunity to influence the points standings would not come easily. While most were suitably impressed by the climb, after the Pittsfield trail it seemed like standard fare. I passed Laurel, then Denise and was wondering if they were feeling OK. I ended up just behind Dave Boles, grateful that I was shadowing him so I could anchor into his size large post holes. His technique reminded me of my Chi running training and we both zigzagged the steepest parts.

Once we summited, I flew by Barb Sorrell and rather scared myself at how out-of-control I was during the initial descent. It just felt so good not to be plodding along. I did check off the fabulous view but was too preoccupied with not falling to give it more than a passing salute. The sugar snow was so squishy and the side pitches so steep that I wondered how skiers kept from launching into the abyss.

While Dave doesn't exactly take it easy, he doesn't exactly speed up either unless he knows that someone is on his tail. So for the final run I tucked in behind London Niles who suddenly appeared out of nowhere. My strategy almost worked. I knew Dave would regard London as an impossible target so I managed to catch him by surprise as I tucked into London's wake. But for my every stride, Dave negotiated two giant steps and it was only a matter of time...

From the results it looks as if parallel contests played out with many others crossing within seconds of each other. Who says running isn't a good spectator sport? Must have been pretty darned exciting down by the finish line. I'm just glad I wasn't Jan trying to stopwatch the race. And his partner Chloe the Newf was absolutely no help whatsoever, preferring to lie in the last snow of the season and soak up the dying rays.

Afterwards, folks seemed to hang around the finish line longer than usual, reluctant to call it quits. Twilight found us still in the parking lot, hesitant to hear the final definitive door slam. But as with all good series adventures, this one is just taking a breather, building suspense until the release of next year's latest installment.

My personal Twilight at Catamount was a bit edgier. As a child I was fortunate to have a true best friend. We lived just half a block away and spent so much time at each other's houses that we both felt as if we had an extra set of parents. After high school graduation, Betty's parents moved to Sharon, Connecticut where they had a summer home. During winter breaks, Betty and I would ski at nearby Catamount.

I imagine the ski area has undergone several renovations since then but I was dismayed to discover that there was absolutely nothing to trigger any long-dormant memories.

In a way, this was a relief. My best friend has been missing from my life for many years now, having been diagnosed with schizophrenia as a young adult. At the summit, I sent a silent prayer in Betty's direction and then raced a bittersweet Twilight down Catamount Mountain straight into the arms of my new best friends.

Laura Clark

**Catamount ... Sunset 5K Snowshoe Race**  
**March 21, 2009 ... Catamount Ski Area .... Hillsdale, NY.**

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. <b>Dave Dunham</b>	44 M	0:22:44	100.00
02. Tim Van Orden	40 M	0:23:16	96.77
03. James Boeding	16 M	0:25:36	93.55
04. Richard Tea l	31 M	0:28:32	90.32
05. <b>Bob Dion</b>	53 M	0:28:55	87.10
06. <b>Edward Alibozek</b>	46 M	0:29:04	83.87
07. Richard Chipman	48 M	0:29:48	80.65
08. Ian Rasweiler	15 M	0:30:19	77.42
09. <b>Paul Hartwig</b>	52 M	0:30:27	74.19
10. <b>Peter Lipka</b>	57 M	0:31:39	70.97
11. <b>Mike Lahey</b>	57 M	0:32:44	67.74
12. Patrick McGrath	43 M	0:33:06	64.52
13. <b>Ed Alibozek Jr</b>	69 M	0:34:10	61.29
14. <u>Holly Atkinson</u>	39 F	0:34:15	58.06
15. <b>London Niles</b>	11 M	0:37:18	54.84
16. David Boles	62 M	0:37:45	51.61
17. <b>Laura Clark</b>	61 F	0:37:49	48.39
18. <b>Barbara Sorrell</b>	51 F	0:38:06	45.16
19. <b>Denise Dion</b>	50 F	0:39:27	41.94
20. <u>Laurel Shortell</u>	43 F	0:40:07	38.71
21. <b>Jamie Howard</b>	43 M	0:43:49	35.48
22. David Sposito	35 M	0:45:07	32.26
23. Paul Sullivan	35 M	0:45:08	29.03
24. <b>Mary Kennedy</b>	50 F	0:47:10	25.81
25. <b>Jacqueline Lemieux</b>	42 F	0:47:12	22.58
26. <u>Barbara Postel</u>	55 F	0:47:59	19.35
27. Larry Peleggi	51 M	0:49:05	16.13
28. <b>Richard Busa</b>	79 M	0:49:18	12.90
29. <b>Konrad Karolczuk</b>	56 M	0:49:38	9.68
30. <b>Gregg Taylor</b>	62 M	0:55:00	6.45
31. <b>Jeff Clark</b>	62 M	0:55:01	3.23
Dakota	9 mos. M Dog	0:45:06	

**Cooked in N. H.**

*by Dick Hoch*

April 25 early morn; well here I go again for th long drive to th village in th New Hampshire hills, Temple, for their annual Town Hall fundraiser: th most challenging road half - marathon I kno. " r n't u fm Fishers Iland?" Altho I don't kno her she & others recognized me! Helen has visited a friend on FI - - Wow!

Th woman beside her sees my '85 Cape Cod marathon shirt. " Cape Cod was my 1<sup>st</sup> wun" pipes in Susan, who is RD John T's girlfriend. John I first met at an ultra in Virginia.

"Hi Thomas" I say - - a WMAC stonehead who misses few ( hard ) races - - road or trail. Evelyn ( CMS ) checks us in. " When's your next? " " Clinton 5-miler in 2 weeks. " " C U there. " On arrival was comfy; now warming fast.

Continued next page:

Cooked in NH cont:

I switch fm my favorite '06 Northfield gold to my favorite WMAC singlet. ☺

Off we go; without ever lookin back I kno I'm last. Just plan, as always, to push along as best I can, walk th steepest. After "picking off" a gal early, I follow for miles but can't reel - in a small pack of women. Th only other 60 - guy is very fast / long-gone. Thank goodness they set-up additional water stations cuz warm too soon becomes hot! With but 5 weeks of real training since several intervals of injury I realize this'll be a struggle. Fm 7 to 8 1/2 miles: all uphill. While we both walk - "run," I manage to pull even with black shorts then momentarily pass. To th aid-stop where she gets th "Super-juice," me th ordinary stuff. Upon departing, she "takes off" - - really! I must register a complaint. So I'm alone in th heat - - mile 9, never see sign for 10, ah 11. Gal at intersection shouts & hollers to me every positive, which I thankfully suck-in! Still hills back here; when I see ahead black shorts plus a young fella walking together ( cooked ): Incentive! Hard as it is I vow to run to 'm and on by, uphill all th while ( of course ). Finally th mean little super-steep where I can't even raise my head to acknowledge th friendly helpful volunteer. "Almost done" calls a neighbor. Back on black-top to th fin. Some of this is on unpaved rural. ☺

I'm cooked but press-on. Oh, can u guess how it ends? If u say "savagely, unmercifully, uphill" u're correct. Done, I stagger to shade; everything's "white." Can't do anything for a-while. Wanting no more Gatorade I get to th car and cooler, for Choc milk, V-8, Conquest, Ensure: down-th-hatch! ☺ Blueberry pie is th post-race hilitite for me. Wish I cood hang around all afternoon, but .... In th car with th A C on and tunes blasting, a pbj in hand, I'm feeling fine. ☺

Dick Hoch

---

**Richie's Run for Research 5K**  
April 11, 2009 .... Williamstown, MA.

---

1)	Pat Joslin	20 M	20:44
2)	Andy Schneider	19 M	20:51
3)	Matthew Madden	19 M	22:01
4)	Josh Lipinski	25 M	22:03
5)	Phillip Sullivan	20 M	22:18
6)	<b>Jim Preite</b>	45 M	22:30
7)	Scott Beattie	23 M	22:52
8)	Alex White	12 M	22:59
9)	Richard Teal	31 M	23:13
10)	<b>Andy Sheldon</b>	38 M	23:25
11)	<u>Torrey Taussig</u> 1 <sup>st</sup> F	20 F	23:31
12)	<b>Jeffrey Parkman</b>	61 M	24:06
13)	<b>Mike Pytko</b>	53 M	24:06
14)	<u>Amanda Huey</u>	21 F	24:35
15)	Steve Rondeau	51 M	24:44
16)	John Paduano	49 M	25:19
17)	<u>Emily Kaegi</u>	13 F	25:21

18)	<u>Margot Robinson</u>	19 F	25:26
19)	<u>Meghan O'Grady</u>	18 F	25:47
20)	Matt England	20 M	26:10
21)	Ed Bishop	47 M	26:13
22)	Ken Savitsky	38 M	26:21
23)	<b>John Aldrich</b>	50 M	26:37
24)	Pat McGrath	43 M	26:39
25)	<u>Christy Abel</u>	36 F	26:44
26)	Greg Coons	43 M	27:12
27)	<u>Ruth Sadinsky</u>	42 F	27:16
28)	Jordan Healy	23 M	27:19
29)	Rich Haley, Jr.	43 M	27:19
30)	Travis Cunningham	23 M	27:20
31)	<b>London Niles</b>	11 M	27:24
32)	<u>Lara Sheppard</u>	39 F	27:28
33)	<b>Mary Kennedy</b>	50 F	27:31
34)	Brandon Gilvey	23 M	27:32
35)	<u>Tracy Baker</u>	27 F	27:36
36)	<b>Scott Bradley</b>	54 M	27:39
37)	Paul Marszalek	47 M	27:44
38)	<b>Ed Alibozek</b>	69 M	27:47
39)	John Baker	58 M	27:54
40)	J.J. McCarthy	20 M	27:59
41)	Ryan Dickinson	27 M	28:01
42)	Liam McDevitt	28 M	28:21
43)	<u>Katie Wilson</u>	28 F	28:21
44)	David Kechley	62 M	28:33
45)	<b>David Lemieux</b>	19 M	29:03
46)	Anthony Bruno	23 M	29:06
47)	Chuck Roberts	52 M	29:24
48)	<u>Lisa Armstrong</u>	50 F	29:34
49)	<u>Vanessa Torchia</u>	21 F	29:54
50)	<u>Stephanie Adamczyk</u>	13 F	29:58
51)	<u>Sophia Dastoli</u>	14 F	29:59
52)	Scott Cunningham	45 M	30:07
53)	Stephen Aitken	44 M	30:08
54)	<u>Laurie Therrien</u>	42 F	30:21
55)	<b>Jodie Lahey</b>	30 F	30:34
56)	Larry Jowett	71 M	30:35
57)	<b>Eric White</b>	68 M	30:35
58)	<b>Vic LaPort</b>	68 M	30:37
59)	<u>Danielle Parenteau</u>	19 F	30:38
60)	<u>Amelia Cahillane</u>	19 F	30:38
61)	Stephen Klass	55 M	31:06
62)	Chris Bryant	? M	31:23
63)	Richie Haley	21 M	31:35
64)	Kevin Holland	26 M	31:44
65)	Matt Wooliver	26 M	31:53
66)	Pete Spencer	66 M	31:59
67)	Patrick Smelko	38 M	32:07
68)	<u>Cherie Ericson</u>	47 F	32:11
69)	Gray Kaegi	11 M	32:29
70)	<u>Kathryn Marchand</u>	12 F	32:31
92)	<u>Laurie Rondeau</u>	50 F	35:31
93)	<u>Karolyn Maloney</u>	23 F	35:41
100)	<u>Kris Savitsky</u>	39 F	37:59
101)	<u>Sara Miller</u>	23 F	38:00
102)	Chris Miller	20 M	38:54
103)	<b>Karin Bradley</b>	52 F	40:10



## And the Winner is...All of Us!

We all know that Moody Springs can be temperamental and uncooperative. But this year she outdid herself, eluding even Edward Alibozek who is more at home on the Western Mass trails than the local moose population. Somewhere underneath the toothpick-damaged trees Moody still flows, but she is running scared, flowing cautiously, lest a few more felled trees hide her completely. Edward spent three futile hours searching for her and eventually admitted defeat and substituted Hallockville Pond #1 for our scheduled pilgrimage to Moody.

Bereft of the magical properties of Moody's watery blessing, there was some speculation as to how Bob Worsham and other true believers would handle their loss. However, Pete Lipka spoke for all when he stuck his IPOD on Gloria Gaynor's *I Will Survive* and preempted Edward's "Ready, Set, Go!" with his own enthusiastic shout.

This time, though, the Weather Gods sympathized with the hidden stream and granted us the unstable March weather that Moody is known for. Basically, there was no way you could dress appropriately for the journey. Those who arrived early were greeted by tempting spring weather and later arrivals were buffeted by high winds and bouncy hail. Both weather choices were bookmarked by cheerful sunbursts.

Karl Moltoris arrived in his signature shorts, while others, like Matt Cartier desperately grabbed for warmer gear and ended up with a nice-looking black Polar Tec jacket, sized woman's small! At first I thought that perhaps Under Armour had branched out into eco-friendly fleece, but apparently that was not the case. Most popular were the light-weight day-glo yellow windbreakers. I had planned to don mine, but a sudden squall convinced me that a heavier weight material would offer better protection. Was I wrong! But so was everyone else too. Except, of course for Ken Clark who sported his customary Shenipsit yellow. I finally figured out why he does this. He is sponsored by the Shenipsit Striders who give him all their logoed shirts. Because he is fast, he is always in the front lineup for newspaper start line photos and as such is a wonderful advertisement.



Overall points champion Ken Clark and his famous shirt

*photo by Beth Herder*

With the weather changing from minute-to-minute, we all experienced our own private moments of clothing inadequacy. The one true loser was my Jeff who started out early and found himself the repository for everyone's unwanted gear. By the time I encountered him, he was already hauling two pairs of earmuffs and one very heavy parka.

Although yellow was the preferred color option, Green again ruled the day as repeaters groped in their cars and pockets for crumpled, yet serviceable, race numbers. The main requirement being that you needed to produce a unique number not yet claimed by anyone else. While I managed to locate my Greylock Glen #25, Jeff discovered three separate bibs, none of which were his faithful Greylock #26. I was impressed that in his stash was #1948. When had he last run a race with 2,000 people?

The course was a combination of familiar routes, mostly on wide snowmobile trails, perfect for passing. Those who ambitiously researched the course profile online were relieved to discover that the bunched up Pike's Peaks were, when stretched out to accommodate 5.6 miles, challenging but not life-threatening. I knew ahead of time that this was not going to be my best effort, having left that behind on the Hoot Toot & Whistle Railroad. As Martin Glendon observed, I tend to go on autopilot when the going is relatively smooth, drifting easily into a trivial pursuit of the mind. Even on the downhill, I had to keep reminding myself I was in a race. I seemed to be suspended in no man's land holding onto the gap-toothed space between clumps of competitors, narrowing the gap slightly but never actually getting there.

The true hero of the day, however, was Edward who made this event happen despite the uncooperative Moody and who on race day celebrated his 31<sup>st</sup> consecutive day of snowshoe running. 'Way to go, Edward!

*Laura Clark*

## Hallockville Pond 1 .... 5.6 Mile Snowshoe Race Feb. 8, 2009 .... Dubuque State Forest .... Hawley, MA.

WMAC members in Bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Ben Nephew	33 M	0:43:06	100.00
02. <b>Dave Dunham</b>	44 M	0:43:13	98.72
03. Tim Mahoney	29 M	0:43:56	97.44
04. Matt Cartier	33 M	0:44:34	96.15
05. Chris Taft	28 M	0:45:24	94.87
06. <b>Ken Clark</b>	46 M	0:45:54	93.59
07. <u>Abby Woods</u>	30 F	0:46:40	92.31
08. Rick Pacheco	48 M	0:47:59	91.03
09. Larry Dragon	48 M	0:48:15	89.74
10. <b>Eric Wight</b>	49 M	0:48:32	88.46
11. Donald Pacher	36 M	0:48:35	87.18
12. <b>Ross Krause</b>	29 M	0:48:40	85.90
13. Alan Bates	60 M	0:48:42	84.62
14. Richard Teal	30 M	0:49:35	83.33

*Continued next page:*

**Hallockville Pond result cont:**

15. <u>Amy Lane</u>	29 F	0:50:58	82.05
16. Nico Scibelli	46 M	0:51:10	80.77
17. Adam Caplan-Bricker	15 M	0:53:02	79.49
18. Phil Bricker	55 M	0:53:43	78.21
19. Tom Parent	32 M	0:53:52	76.92
20. Richard Chipman	48 M	0:53:59	75.64
21. <b><u>Chelynn Tetreault</u></b>	33 F	0:54:43	74.36
22. <b>Mike Lahey</b>	57 M	0:55:02	73.08
23. <b>Paul Hartwig</b>	52 M	0:55:43	71.79
24. <b>Glenn Tryson</b>	55 M	0:55:53	70.51
25. <u>Jacque Shiffer</u>	44 F	0:56:06	69.23
26. <b><u>Ashley Krause</u></b>	31 F	0:57:02	67.95
27. Dan Buttrick	28 M	0:57:07	66.67
28. Michael McCusker	59 M	0:58:11	65.38
29. <u>Katherine Best</u>	24 F	0:58:15	64.10
30. <u>Heather Arsenault</u>	31 F	0:58:24	62.82
31. <b>Pete Lipka</b>	57 M	0:59:02	61.54
32. Rick Friedrich	35 M	1:00:20	60.26
33. <u>Peg Piwonka</u>	38 M	1:00:40	58.97
34. <b>Jan Rancatti</b>	48 M	1:00:56	57.69
35. Pat McGrath	43 M	1:01:03	56.41
36. Brad Herder	51 M	1:01:47	55.13
37. Frank Gaval	62 M	1:01:58	53.85
38. <u>Holly Atkinson</u>	39 F	1:02:29	52.56
39. <b>John Aldridge</b>	50 M	1:02:53	51.28
40. <b>Scott Bradley</b>	54 M	1:03:03	50.00
41. Wally Lempart	63 M	1:03:09	48.72
42. Karl Molitoris	53 M	1:03:29	47.44
43. <b>Ed Alibozek, Jr</b>	69 M	1:03:55	46.15
44. <b>Bob Worsham</b>	63 M	1:04:07	44.87
45. <b>Martin Glendon</b>	62 M	1:04:35	43.59
46. Dave Boles	62 M	1:04:56	42.31
47. <u>Sarah Edson</u>	32 F	1:05:06	41.03
48. <u>Laurell Shortell</u>	42 F	1:05:11	39.74
49. <u>Darlene Buttrick</u>	29 F	1:05:52	38.46
50. Gary Bendetti	63 M	1:06:13	37.18
51. <b>Ernie Alleva</b>	57 M	1:06:51	35.90
52. <b>Laura Clark</b>	61F	1:07:10	34.62
53. Jaime Nieves	32 M	1:08:24	33.33
54. <b>Bob Massero</b>	65 M	1:08:28	32.05
55. <b><u>Jackie Lemieux</u></b>	42 F	1:08:48	30.77
56. <u>Kathy Furlani</u>	60 F	1:08:52	29.49
57. <u>Christin Desilets</u>	25 F	1:08:53	28.21
58. Steve Petke	54 M	1:08:58	26.92
59. Bill Moor	26 M	1:10:59	25.64
60. Tom McCrumm	63 M	1:11:00	24.36
61. <b>Jim Carlson</b>	61 M	1:11:20	23.08
62. Ed Steele	43 M	1:12:32	21.79
63. Doug McBourne	50 M	1:15:11	20.51
64. <b>Chris Johnson</b>	51 M	1:15:44	19.23
65. <b>Jamie Howard</b>	43 M	1:17:37	17.95
66. <u>Marylou White</u>	53 F	1:17:50	16.67
67. <b>Ken Fairman</b>	65 M	1:20:59	15.38
68. Walt Kolodzinski	66 M	1:32:11	14.10
69. <b>Art Gulliver</b>	70 M	1:33:11	12.82
70. <u>Hannah Esrick</u>	22 F	1:34:08	11.54
71. <b>Bill Glendon</b>	62 M	1:34:09	10.26
72. <b>Konrad Karolchuck</b>	56 M	1:34:10	8.97
73. <b>Jeff Clark</b>	62 M	1:41:00	7.69

74. Al Schultz	63 M	1:50:26	6.41
75. <b>Edward Alibozek</b>	46 M	1:55:00	5.13
76. Bill Milkiewicz	54 M	2:00:00	3.85
77. <u>Kate Parsons</u>	18 F	2:00:00	2.56
78. <b><u>Karin Bradley</u></b>	52 F	2:00:00	1.28



**Long time snowshoer and club member Ken Fairman still going strong in 2009**

*photo by Beth Herder*

---

## Cupid Camps Out

*by Laura Clark*

While most Americans celebrated Valentines Day by writing love poems, eating chocolates and sniffing red roses, participants at the Camp Saratoga Snowshoe Race in the Wilton Wildlife Preserve did all that and more. Like the male chickadees who have just begun to broadcast their e-bay mating call to all eligible females, we humans have been bustling around locating possible partners, reviving old relationships and planning parties. For although my backyard Gertie the Groundhog has predicted six more lovely weeks of winter, the days are getting lighter, Tom McCrumm's maple tree sap is running and there is a certain lightness to the air.

The second annual Camp Saratoga Snowshoe in 2004 also landed on Valentines Day and ever since then in has been associated in the public mind with this very special day.

***Continued next page:***

### Cupid Camps Out cont:

Even years afterward folks would inquire "Will the race be on Valentines Day again?" Dumbfounded, either Jeff or I would reply, "Not likely, unless you are free (fill in appropriate weekday) morning to run a race." This year, much to our mutual relief, we have come full circle and have once again landed on this most significant day.

If you have ever directed a race you know that the biggest reward for all the countless behind-the-scenes tasks is the satisfaction of seeing old and new friends enjoy themselves and perhaps attempt snowshoeing for the first time. This season, in fact, the sheer numbers of runners who have requested loaners is simply astounding. Despite the fact that Bob Dion has added even more snowshoes to his fleet, the larger events where roughly one-third of the entrants are first-timers were hard-pressed to keep up with demand.

Jeff and I equate directing a snowshoe race to planning a family reunion for a couple hundred close friends. For athletes in the Dion Snowshoe Series, gathering afterwards around a pot of chili or a hot cup of cocoa is as much a part of the experience as churning up the snow. This year we were fortunate that the Wilton Preserve, under the direction of Larry Gordon and Linda and Paul Woschanko, worked long and hard to gut a former camp bunkhouse, install high-powered outlets, electric lighting and a functional gas stove. Bring on the food!

Many of the local Saratoga Stryders came armed with their specialties and we enjoyed an old-fashioned pot luck afterwards. Couple #1, seventy-eight year old Andy Keefe and his wife Peggy are traditionally in charge of the kitchen. Despite finally having a chance of beating seventy-nine year old Rich Busa who is recovering from an injury, Andy loyally stayed by Peggy's side, saying, "I just enjoy being around her." Beth and Brad Herder, Curley's Race Directors from Pittsfield, Mass, were also on hand. Six weeks into his New Year's resolution to make summiting a mountain a day as automatic as eating that apple, he was on the verge of untying his boots, when Beth helpfully suggested, "We'll just go and find a little mountain on the way home."

Taking lessons from these lovebirds were Abby Woods, first female, and her fiancé Tim Mahoney, second overall, of Holyoke, Mass, who double-dipped by celebrating their rehearsal dinner right here at Camp prior to their wedding the next day. One thing for sure, such a speedy couple would have no trouble getting to the church on time! Looking on were Jenn Bernstein all the way from San Rafael, CA and her fiancé Ian Irmischer from Newburgh, NY. Jenn's registration was her secret Valentine gift to Ian, with the tease that they would be doing something new and exciting to celebrate. Fortunately, St Valentine smiled on the adventure planned by this thin-blooded California gal, providing the best weather we have had so far for any of the series races. Skies were sunny and the air was crisp, not too warm, not too cold, but just right.

The weather was so perfect that the party spilled out of the hut and into the sunlight, a prelude to those glorious spring snow days just ahead. True to tradition, the Racing City Chorus

Barbershop Quartet made an appearance, and this time the snow was so crusty that they did not sink in over their dress shoes. Those enjoying the sun peeked in from the open doorway as they serenaded Jeff and I and all the other lovebirds and friends with a dash of old-fashioned romance. Afterwards, I noticed a few other promising couples link up and drive back to Saratoga to do proper justice to their free Ben & Jerry's ice cream cone coupons. Charles Petraske, whose wife was home with their young son, was torn between selecting a raffle T-shirt or making the correct Valentines Day move with a Spa City Cupcakes certificate. Romance won, and after helping haul stuff back to our house (back at the ranch, Jeff's car had refused to function) he returned to Spa City and his Valentine surprise.

Oh, yes, and we actually did have a snowshoe race, which was in fact a qualifier for the United States National Snowshoe Championship, held in the White River Snow Park on the flanks of Mt. Hood in Portland, Oregon. Our course, a mixture of groomed ski trails and single track was quite different this year. As a result of the maple sugar cold nights and 30ish days, the snow was quite crusty. Pieter Litchfield, a Wilton Wildlife Preserve & Park board member saved the day, jockeying his grooming machine to eliminate every last indentation. The single track, however, presented a challenge, being pockmarked with frozen-over hiking boot postholes. Fortunately, Tim Van Orden, of Bennington, VT, first place finisher, saved his most dramatic fall for the trek back to the hot chili and roaring wood stove.

As Jeff and I listened to the Barbershop Quartet and gazed at the crowd of glowing, happy faces, we knew why we had spent countless hours of preparation and basically trashed our living room with race paraphernalia. This day was special, one that will stand out from the other satisfying days we have spent with our friends, enjoying the snow and the fine companionship.

*Laura Clark*

---

### **Camp Saratoga ... 8KM Snowshoe Race February 14, 2009 ... Camp Saratoga ... Wilton, NY**

---

WMAC members in bold and other familiar names:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	40 M	0:32:50	100.00
02. Tim Mahoney	29 M	0:33:30	99.08
03. Jeremy Drowne	31 M	0:34:02	98.17
04. Matt Westerlund	36 M	0:35:09	97.25
05. Ahmed Elasser	46 M	0:36:02	96.33
06. <b>Ken Clark</b>	46 M	0:36:56	95.41
07. <u>Abby Woods</u>	30 F	0:37:03	94.50
08. <u>Leslie Dillon</u>	25 F	0:37:46	93.58
09. <b>Edward Alibozek</b>	46 M	0:37:57	92.66
10. Richard Teal	31 M	0:38:42	91.74
11. Brian Northan	33 M	0:38:47	90.83
12. John Onderdonk	41 M	0:39:04	89.91
13. Jason Clark	37 M	0:39:25	88.99
14. Jason Pare	36 M	0:39:32	88.07

*Continued next page:*



Camp Saratoga results cont:

15. <b>Bob Dion</b>	53 M	0:39:58	87.16
22. <u>Beth Herder</u>	50 F	0:42:44	80.73
31. <b>Glenn Tryson</b>	55 M	0:43:54	72.48
32. <b>John Pelton</b>	69 M	0:43:58	71.56
35. <u>Jessica Hageman</u>	33 F	0:44:51	68.81
36. Sean Curtis	16 M	0:44:55	67.89
37. <b>Mike Lahey</b>	57 M	0:45:08	66.97
38. Patrick McGrath	43 M	0:45:12	66.06
43. Tom Mack	44 M	0:45:56	61.47
44. Jeffrey Lutzker	57 M	0:46:04	60.55
45. <b>Paul Hartwig</b>	52 M	0:46:36	59.63
54. Brad Herder	49 M	0:50:00	51.38
55. Thomas Ryan	48 M	0:50:33	50.46
58. <u>Laurel Shortell</u>	42 F	0:51:15	47.71
63. <u>Peggy McKeown</u>	51 F	0:53:05	43.12
64. <u>Kim E. Scott</u>	40 F	0:53:19	42.20
65. <b>Denise Dion</b>	50 F	0:53:30	41.28
70. <b>Chris Johnson</b>	51 M	0:54:45	36.70
75. <u>Maureen Roberts</u>	51 F	0:55:21	32.11
76. <b>Laura Clark</b>	61 F	0:55:29	31.19
77. Juicebox Cox	16 M	0:55:34	30.28
78. <b>Bob Massaro</b>	65 M	0:55:41	29.36
79. <b>London Niles</b>	11 M	0:56:10	28.44
83. <b>Jamie Howard</b>	43 M	0:58:35	24.77
93. <b>Barbara Sorrell</b>	51 F	1:03:00	15.60
96. <b>Konrad Karolczuk</b>	56 M	1:05:33	12.84
97. <b>Janet Tryson</b>	55 F	1:09:04	11.93
98. <b>Greg Taylor</b>	62 M	1:09:50	11.01
99. <b>Richard Busa</b>	79 M	1:09:53	10.09
106. <u>Sue Nealon</u>	58 F	1:16:54	3.67
107. <b>Jeff Clark</b>	62 M	1:17:39	2.75
108. Raymond Jr. Lee	66 M	1:18:53	1.83
109. <b>Ed Alibozek Jr</b>	69 M	0:41:24	** 0.92

\*\* Ed Jr missed a turn and his 19th place turned into 109th.

Complete results at ... [www.runwmac.com](http://www.runwmac.com)



No race is complete till Konrad Karolczuk & Bill Glendon come in.

*photo by Beth Herder*

**WMAC / Dion Snowshoe Series**  
**Total Points accumulated for the 2009 season**

**Top Runners:**

<u>Name</u>	<u>Age</u>	<u>Total Points</u>
01. <b>Ken Clark</b>	M 46	1351.99
02. <b>Mike Lahey</b>	M 57	1102.85
03. <b>Dave Dunham</b>	M 44	1069.52
04. <b>Edward Alibozek</b>	M 46	1061.79
05. Tim Van Orden	M 40	1052.63
06. <b>Bob Dion</b>	M 53	1022.15
07. Richard Chipman	M 48	944.00
08. Richard Teal	M 30	931.32
09. Larry Dragon	M 48	866.65
10. Jay Kolodzinski	M 29	848.32
11. Mathew Cartier	M 33	777.51
12. Tim Mahoney	M 29	762.14
13. <u>Laurel Shortell</u>	F 42	740.23
14. <b>Erik Wight</b>	M 49	709.04
15. <u>Holly Atkinson</u>	F 39	644.31
16. Paul Bazanchuk	M 54	634.38
17. <b>Glen Tryson</b>	M 55	621.66
18. <u>Abby Woods-Mahoney</u>	F 30	619.87
19. <u>Chelynn Tetreault</u>	F 33	617.38
20. <u>Amy Lane</u>	F 29	609.85
21. <u>Jessica Hageman</u>	F 33	596.45
22. <b>Denise Dion</b>	F 50	592.01
23. Ben Nephew	M 33	591.94
24. <b>Paul Hartwig</b>	M 52	584.17
25. Patrick McGrath	M 43	573.76
26. <b>Martin Glendon</b>	M 62	567.37
27. <b>Laura Clark</b>	F 61	564.53
28. <b>Ed Alibozek Jr</b>	M 69	550.75
29. Brian Northan	M 33	543.75
30. <b>John Pelton</b>	M 69	541.05
31. <b>Peter Malinowski</b>	M 54	526.91
32. David Boles	M 62	502.26
33. <b>Bob Massaro</b>	M 65	491.12
34. Alan Bates	M 60	482.45
35. Mathew Westerlund	M 36	478.69
36. <b>Peter Lipka</b>	M 57	468.74
37. <b>Jan Rancatti</b>	M 48	462.29
38. <b>London Niles</b>	M 11	442.79
41. Jim Johnson	M 31	394.50
42. <b>Jodie Lahey</b>	F 30	393.22
43. <b>Bill Morse</b>	M 57	390.39
44. Josh Merlis	M 27	389.05
47. <b>Bob Worsham</b>	M 63	324.12
50. <u>Jacques Schiffer</u>	F 44	312.25

For complete points totals visit the snowshoe page on the WMAC web-site at .... [www.runwmac.com](http://www.runwmac.com)



Thanks again to the Dion Snowshoe company for powering the 2009 WMAC / Dion Snowshoes Racing Series!

## 2009 WMAC / Dion Snowshoes Racing Series .... Final Standings

Woodford - Turner Trail - Greylock Glen - Brave the Blizzard - Hoot Toot & Whistle - Curly's Record Run -  
Northfield Mtn - SPA Winterfest - Sidehillier - Hallockville Pond - Camp Saratoga - Hoxie Thunderbolt -  
Covered Bridge - Hallockville Orchard - Hawley Kiln - Northfield MASS State Championship - Catamount

---

Club members and other familiar names:

<u>Name</u>	<u>Age</u>	<u># Races</u>	<u>Points</u>
01. Ben Nephew	33 M	6	591.94
02. <b>Dave Dunham</b>	44 M	6	591.66
03. Tim Van Orden	40 M	6	587.56
04. Matt Cartier	33 M	6	587.27
05. Tim Mahoney	29 M	6	577.51
06. <b>Ken Clark</b>	46 M	6	575.41
07. <b>Edward Alibozek</b>	46 M	6	556.53
08. Paul Bazanchuck	54 M	6	551.05
09. Larry Dragon	48 M	6	547.30
10. Brian Northan	33 M	6	543.75
11. Jay Kolodzinski	29 M	6	538.10
12. <u>Abby Woods-Mahoney</u>	30 F	6	538.05



*Ben Nephew and Abby Woods- Mahoney  
2009 WMAC / Dion Snowshoe Series Champions*

*Photos courtesy of Beth and Brad Herder  
[www.berkshiresports.org](http://www.berkshiresports.org)*

13. Richard Teal	30 M	6	536.89
14. <b>Bob Dion</b>	53 M	6	519.67
15. Richard Chipman	48 M	6	512.31
16. <b>Erik Wight</b>	49 M	6	504.30
17. <u>Amy Lane</u>	29 F	6	488.39
18. <b>Chelynn Tetreault</b>	33 F	6	484.89
19. Alan Bates	60 M	6	482.45
20. Matt Westerlund	36 M	5	478.69
21. <b>Glen Tryson</b>	55 M	6	478.67
22. <b>Mike Lahey</b>	57 M	6	471.58
23. <b>Peter Malinowski</b>	54 M	6	460.68
24. <b>John Pelton</b>	69 M	6	443.00
25. <u>Jessica Hageman</u>	33 F	6	440.88
26. <b>Paul Hartwig</b>	52 M	6	434.19
27. Russ Hoyer	48 M	5	433.91
28. Patrick McGrath	43 M	6	415.18
29. Steven Legnard	32 M	6	405.81
30. Jim Johnson	31 M	4	394.50
31. <u>Holly Atkinson</u>	39 F	6	391.94

32. <b>Bill Morse</b>	57 M	6	390.39
33. <b>Josh Merlis</b>	27 M	4	389.05
34. <b>Peter Lipka</b>	57 M	6	371.11
35. <b>Martin Glendon</b>	62 M	6	368.69
36. <b>Jan Rancatti</b>	48 M	6	364.85
37. <b>Ed Alibozek Jr</b>	69 M	6	364.25
38. <u>Laurel Shortell</u>	42 F	6	354.98
39. Eddie Habeck III	31 M	4	330.81
40. Rick Pacheco	48 M	4	329.81
41. David Boles	62 M	6	324.06
42. <b>London Niles</b>	11 M	6	318.00
43. Dan Buttrick	28 M	5	316.88
44. <u>Laura Clark</u>	61 F	6	316.66
45. <u>Denise Dion</u>	50 F	6	314.89
46. Scott Brew	43 M	4	314.49
47. <u>Jacque Schiffer</u>	44 F	4	312.25
48. Justin Fyffe	28 M	3	298.70
49. Nico Scibelli	46 M	4	297.68
50. <b>Bob Worsham</b>	63 M	6	295.55
51. Brian Rusiecki	30 M	3	292.68
52. Ethan Nedeau	36 M	3	291.01
53. Ahmed Elasser	46 M	3	288.50
54. Tim Rudin	38 M	4	282.36
55. Tom Parent	32 M	4	279.57
56. Tom Mack	44 M	4	275.33
57. <b>Bob Massaro</b>	65 M	6	274.86
58. Steve Wolfe	44 M	3	270.73
59. Brad Herder	51 M	6	270.22
60. <u>Jodie Lahey</u>	30 F	6	255.61
66. <b>Ross Krause</b>	29 M	3	243.55
70. <b>Howard Bassett</b>	48 M	4	230.63
71. Brendan Dunfee	34 M	3	225.81
72. <b>Will Danecki</b>	58 M	5	219.45
73. <b>Jamie Howard</b>	43 M	6	215.01
76. <b>Scott Bradley</b>	54 M	4	205.31
77. <u>Madeleine Bonneville</u>	27 F	3	205.11
78. <u>Darleen Buttrick</u>	29 F	6	202.33
79. Josh Ferenc	27 M	2	200.00
80. <b>Ernie Alleva</b>	57 M	6	198.23
81. Leigh Schmitt	36 M	2	197.40
85. <u>Kathy Furlani</u>	60 F	6	193.34
86. Greg Hammett	31 M	2	192.02
87. Phil Bricker	55 M	3	190.60
88. Wally Lempart	63 M	4	190.58
89. <u>Jacqueline Lemieux</u>	42 F	6	189.50
90. <b>Chris Johnson</b>	51 M	6	188.33
91. <b>Peter Keeney</b>	43 M	2	186.48
92. James Pawlicki	34 M	2	185.99
100. Timothy Bardin	47 M	2	170.94

\* Final Standings are based on best 6 ( or less ) races.

For complete results visit the snowshoe page at...

[www.runwmac.com](http://www.runwmac.com)

---



## 2008 - The Year of the “Runner”

by Bob Kopac

**January 2008:** I write a Packers-Giants playoff game article (writing cross-training) for the *Poughkeepsie Journal* newspaper. The Packers lose after Brett Favre throws an interception in overtime because he wants to get out of the cold. The East Rutherford Giants then beat the Foxboro Patriots in the Superbowl. Don't get me started talking about teams who leave a city; for example, Rat Modell taking the Cleveland Browns to Baltimore and THEN winning the Superbowl. I am still a Browns fan; there is no good reason why.

**February:** At the MHRRC Winter Run (aka Super Bowl Run), I work as a traffic control volunteer. I wear a Green Bay Packers Cheesehead hat because:

The yellow Cheesehead will be highly visible to drivers, I can use the wedge to point runners in the right direction, and The Packers will never leave Green Bay because the townspeople own the team, not Rat Modell. Don't get me started.

I develop BPV (benign positional vertigo), where ear particles break free and float into the area of the ear associated with vertigo. This proves I have rocks in my head. I do exercises (cross-training) where I flop on a bed and turn my head to move the particles so they can be trapped in a “sack” inside the ear. (This is true.) Appropriately, it is similar to the childhood hand game where you try to get ball bearings in a clown's eyes, nose and ears.

**March:** My spouse Lynne and I receive a visit from our friends, Icelandic hiking (cross-training) tour guide Sverrir and his spouse Kristin. They spend lots of money at U.S. department stores. As a result, the U.S. economy rebounds—temporarily. Later in the year, England uses an antiterrorist law against Iceland's banks, proving the English have a sense of humor. Or humour.

While working as a traffic control volunteer at the MHRRC Ed Erichson Run, I take photos of the runners while directing and dodging cars. Don't try this at home, although why there would be traffic in your living room, I can't explain.

Lynne and a contingent of Hudson Valley women runners invade NYC's Central Park for the More Marathon and Half Marathon. I like to watch.

**April:** I work as a traffic control volunteer at the Kingston Classic. I get church members to leave the services before the road is closed, and the members are very Christian about it. I then handle traffic in front of an apartment complex where, surprisingly, the tenants are very Christian about it.

Lynne and I run Sean's Run in Chatham, NY. Before the race, students participate in a contest to see which team can fasten seat belts the fastest.

Lynne and I volunteer as Marathon Project mentors to train “at-risk kids” (at risk from obesity, drugs, gangs, pregnancy, Britney Spears, etc.) to run.

**May:** Lynne and I run the YMCA Bridge Run as Marathon Project mentors. At the start of the race, our friend Larry Knapp observes the MP kids, who are wearing yellow T-shirts, running downhill much too fast, and he comments to Lynne that there will be yellow wreckage left all over the course.

After months of planning, the MHRRC Miles of Hope Breast Cancer Foundation 5K is a rousing success, with race director Lori Decker doubling the number of runners and raising \$15000. Lynne is the race honoree. She runs the race wearing a pink wig and pink fairy wings; I run the race in a pink cowboy hat. Our friends Julie Johnson and Lainey Yang come up from NYC to run the race, and they pick up garbage after the race. This is how we treat guests.

No good deed goes unpunished: while running back to the Laurel Run finish line after working a water stop with MP kids, I see my shadow, step on uneven pavement, and have six months of pain.

Peace, Love, and Muscles (slow-twitch): Lynne runs, and I volunteer, at the Woodstock Races.

**June:** We run the Memorial Sloan Kettering Cancer Center's Rock on the River 5K. During the race, Lynne regrets wearing her pink wig and pink angel wings in the sweltering heat. However, she changes her mind after the race when a mother asks if Lynne could talk to her young daughter because the daughter thinks Lynne is a fairy. How cute is that!

At the Bridge Fever River Run 5K, Lynne runs with MP kids, and I direct traffic in front of the crewing building. Due to my traffic control directions, no runners end up in the Hudson River, although that would have been excellent cross-training.

With the encouragement of some MHRRC vegan friends, Lynne and I decide to give up meat, dairy, and refined sugar, and it's not even Lent. Lynne loses 10 pounds; I lose 15 pounds and 33 cholesterol points. Giving up meat and dairy: small price. Acting self-righteous: priceless.

**July:** I take photos at the Mark Abrams Firecracker 5K. Two local elite runners miss the race start because they think the race is an hour later. They are such good runners that they could have made up the time and caught most runners.

We visit the Tomkinson family, our English friends now living in Switzerland. They are fabulous tour guides. We all attend the Montreux jazz festival, hike at Rochers de Naye, enjoy the hot springs at Leukerbad, visit the 400-year-old town of Evolène, and travel to the top of Mont Blanc in Chamonix, France. And that is just one week. While hiking down a mountain (cross-training) at Rochers de Naye, we encounter a sign in French that says serious injury or death can occur because of the treacherous slope. There are 2 problems with that:

The sign is halfway down the mountain, so it would be difficult to climb back up; and The sign is in French. Apparently English and German people are expendable.

***Continued next page:***

### Year of the Runner cont:

Then it starts to rain, the only time it rained during our vacation, of course. When we finally reach the bottom, we encounter a sheep that has fallen to its death, showing how treacherous the area is. Or, maybe the sheep was just very clumsy.

**August:** At the Dennings Point 5K in Beacon, NY, Lynne runs, and I take photos. Once again no runners end up in the Hudson River.

I chaperone 3 Marathon Project kids at the Dutchess County Fair. It is similar to herding cats. They talk me into going on a fair ride; I think the ride is called Chiropractor Visit.

We travel to Youngstown, OH for the Julie Johnson-Caleb Muhs wedding; we do not have to pick up the garbage.

**September:** Lynne runs the MHRRC Dutchess County Classic Half Marathon, and I work two traffic control positions, causing runners to experience déjà vu and to question if they have been running too hard.

**October:** Lynne withdraws from the NYC Marathon shortly before the race because of a periformis injury. Only runners know what a periformis is because non-runners do not get this injury. Then why run? Because running makes you dumb, and the longer you run, the dumber you become.

**November:** We watch the NYC marathon (because Lynne is masochistic) at Fifth Ave. and 105<sup>th</sup> with Jen Wright-Tubbs and her family. Jen is the founder of the iRUNLIKEAGIRL clothing line.

RRCA Footnotes publishes my "Who Let the Mice Out?" article. See page 14 at the <http://www.rrca.org/resources/footnotes/20081101footnotes.pdf> web site.

We go by chartered bus to the Philadelphia Marathon as Marathon Project mentors. Lynne recovers enough from her periformis injury so she runs the half marathon. (Running makes you dumb...) I take photos at the finish line. We do not eat Philly cheese steaks. We do not lose anyone at the Runners Expo, and all 100 kids and mentors finish their respective races. On the drive back to Poughkeepsie, the bus stops at a rest stop on the Garden State Parkway where there is nothing Lynne and I can eat. Vegans must starve in New Jersey.

Lynne and I drive to Youngstown, OH for Thanksgiving, passing the time on Interstate 80 looking for Obama voters in western Pennsylvania, without any luck. Instead of stuffed turkey, Lynne makes stuffed pumpkin. It is not a jack-o-lantern pumpkin, but a "cheese" pumpkin; this confuses me, since I know we are not eating dairy.

**December:** Lynne and I attend the wrap-up Marathon Project party, where project director Susanne O'Neil receives much-deserved accolades. I subject people to a "slide" show of the jpegs I took at the Philadelphia Marathon. There are no jpegs of anyone ending up in the Schuylkill River (cross-training).

*Bob Kopac*

## Merrimack River 16K Trail Race Andover, MA. .... April 11, 2009

### WMAC members and other familiar names:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Chris Mahoney	M 31	0:57:31	100.00%
2 Kevin Tilton	M 27	0:59:13	97.13%
3 Ben Nephew	M 33	0:59:51	96.10%
4 Dan Verrington	M 46	1:02:46	91.64%
5 David Quintal	M 45	1:02:55	91.42%
6 Al Bernier	M 34	1:03:52	90.06%
7 Tim Van Orden	M 40	1:04:01	89.85%
8 John Paul Lewicke	M 23	1:04:05	89.75%
9 Nash Macdara	M 42	1:04:23	89.33%
10 Dan LeBouef	M 31	1:04:43	88.87%
21 Mathew Curran	M 51	1:07:45	84.90%
22 Mark Kimball	M 49	1:08:25	84.07%
23 Gabriel Flanders	M 33	1:08:31	83.95%
24 John Donovan	M 36	1:08:40	83.76%
25 Karl Sineath	M 30	1:09:01	83.34%
26 Mark Wimmer	M 38	1:09:42	82.52%
27 Rory Kondrad	M 29	1:11:03	80.95%
28 Brad Birkel	M 30	1:11:05	80.91%
29 Steve Wolfe	M 44	1:11:18	80.67%
30 Matthew Berglel	M 30	1:11:58	79.92%
31 Scott Spence	M 44	1:12:18	79.55%
32 Frank Debonis	M 38	1:12:25	79.42%
33 <u>Abby Mahoney</u>	F 31	1:12:40	79.15%
34 Douglas Casa	M 40	1:14:19	77.39%
35 <u>Lisa Mikkelsen</u>	F 43	1:14:27	77.26%
50 David Holt	M 50	1:18:15	73.50%
71 <b>Bob Dion</b>	M 53	1:23:03	69.26%
82 Joshua Harriman	M 31	1:24:54	67.75%
83 Dennis Estrella	M 47	1:24:57	67.71%
84 Gary Jewett	M 42	1:25:01	67.65%
85 <b>Thomas Parker</b>	M 41	1:25:19	67.42%
86 <u>Lisa Doucette</u>	F 53	1:25:20	67.40%
95 <u>Dawn Heinrich</u>	F 47	1:27:37	65.65%
96 <u>Heidi Havron</u>	F 42	1:27:46	65.53%
97 John Burke	M 43	1:28:02	65.33%
98 <u>Jennifer Starrott</u>	F 32	1:28:14	65.19%
99 Tim Rothfuss	M 39	1:28:25	65.05%
100 <u>Tina Kimball</u>	F 42	1:28:27	65.03%
101 <b>Bill Morse</b>	M 57	1:28:34	64.94%
149 <u>Emily Trespas</u>	F 38	1:39:31	57.80%
150 Patrick Cook	M 44	1:39:33	57.78%
162 <u>Linda Usher</u>	F 60	1:43:56	55.34%
163 Douglas Usher	M 53	1:43:57	55.33%
204 <b>Denise Dion</b>	F 50	1:55:04	49.99%
214 <u>Kristen Ouellette</u>	F 27	2:00:24	47.77%
218 <u>Shelly Ouellette</u>	F 26	2:06:17	45.55%
222 <b>Richard Busa</b>	M 79	2:11:32	43.73%
225 Barry Ostrow	M 66	2:21:02	40.78%
228 <u>Ann Rakovic</u>	F 49	2:34:15	37.29%

228 Official Finishers. Complete results on the Grand Tree page at..... [www.runwmac.com](http://www.runwmac.com)

## Northern Nipmuck Trail Race ... 16 Miles

Bigelow Hollow State Forest ... Union, CT. ... 4 / 11 / 09

Cool and breezy with showers and steady rain .... High of 42 \*

WMAC members in bold and other familiar names:

Name	Age	ST.	Time	GT %
1 Greg Hammett	M 31	NH	2:03:19	100.00%
2 Brian Rusiecki	M 30	MA	2:04:36	98.97%
3 Daniel Uriano	M 30	CT	2:12:36	93.00%
4 Jack Pilla	M 50	VT	2:12:52	92.81%
5 Paul Young	M 43	MA	2:15:38	90.92%
6 <b>Peter Keeney</b>	M 44	ME	2:18:19	89.16%
7 Dave Mingori	M 41	MA	2:18:19	89.16%
8 Scott Livingston	M 36	CT	2:22:39	86.45%
9 Charlie Iselin	M 45	CT	2:22:55	86.29%
10 Josh Merlis	M 27	NY	2:25:21	84.84%
11 Richard Fargo	M 50	VT	2:25:26	84.79%
15 <u>Amy Lane</u>	F 29	MA	2:28:21	83.13%
16 Brett Stoeffler	M 42	CT	2:30:54	81.72%
17 Donald Pacher	M 36	MA	2:30:59	81.68%
18 <u>Beth Krasemann</u>	F 35	CT	2:34:21	79.89%
19 David Rod	M 25	MA	2:34:51	79.64%
20 <b>John Agosto</b>	M 44	CT	2:38:48	77.66%
21 Noel Petra	M 38	CT	2:40:43	76.73%
22 Geoff Thurber	M 30	CT	2:41:39	76.29%
23 <b>Erik Wight</b>	M 49	MA	2:43:31	75.42%
24 Dana Royer	M 33	CT	2:45:14	74.63%
25 Tom Parent	M 32	MA	2:48:30	73.19%
30 Nikolas Rogers	M 37	NY	2:51:01	72.11%
31 <b>Mike Belcourt</b>	M 47	CT	2:51:02	72.10%
32 Scott Slater	M 31	CT	2:51:22	71.96%
35 <u>Deborah Livingston</u>	F 34	CT	2:53:29	71.08%
36 <u>Kristina Folcik</u>	F 31	CT	2:54:20	70.74%
37 <u>Laurel Valley</u>	F 46	ME	2:54:31	70.66%
41 Clinton Morse	M 47	CT	2:58:32	69.07%
42 Mark Dearing	M 56	MA	3:00:54	68.17%
43 Peter Gagarin	M 64	MA	3:02:37	67.53%
48 <b>Andrew Carlson</b>	M 43	CT	3:04:22	66.89%
49 Jim Dalton	M 42	CT	3:04:45	66.75%
50 Randall Dutch	M 38	CT	3:05:26	66.50%
51 <b>Ed Buckley</b>	M 51	MA	3:06:54	65.98%
52 <b>Grace Jensen</b>	F 46	CT	3:07:34	65.75%
53 Steve Tompkins	M 48	CT	3:07:50	65.65%
54 <b>Will Danecki</b>	M 58	CT	3:07:55	65.62%
55 <u>Sara Brenner</u>	F 29	NY	3:08:00	65.59%
56 Davis Lowry	M 47	CT	3:08:10	65.54%
61 Fred Pilon	M 63	MA	3:17:21	62.49%
62 Alan Westman	M 36	MA	3:17:37	62.40%
67 <b>Michelle Roy</b>	F 39	MA	3:19:44	61.74%
68 David Raczkowski	M 58	CT	3:19:44	61.74%
71 <b>Patty Duffy</b>	F 40	MA	3:21:27	61.21%
72 Guido Medeiros	M 53	MA	3:25:39	59.96%
76 Norm Cormier	M 55	CT	3:29:04	58.98%
79 <u>Elaine Romano</u>	F 51	CT	3:35:02	57.35%
80 <u>Vickie Monahan</u>	F 34	CT	3:35:08	57.32%
85 <u>Bekkie Wright</u>	F 46	CT	3:39:14	56.25%
89 <b>Rob Scott</b>	M 54	CT	3:44:27	54.94%
95 <b>Dan Scotina</b>	M 54	MA	3:50:54	53.41%
96 <u>Marija Mascolo</u>	F 36	CT	3:57:44	51.87%

97 <b>Barbara Sorrell</b>	F 51	NY	3:58:16	51.76%
98 <b>Chris Johnson</b>	M 51	MA	4:07:06	49.91%
99 <b>Martin Glendon</b>	M 62	MA	4:07:28	49.83%
100 <u>Sandy Beauvais</u>	F 48	CT	4:09:25	49.44%
101 <b>Karen Mcwhirt</b>	F 48	CT	4:33:24	45.11%
102 <u>Elaine Morris</u>	F 56	NY	4:35:22	44.78%
103 Chuck Brenker	M 56	NY	4:40:46	43.92%
104 <b>Art Gulliver</b>	M 70	MA	4:46:29	43.05%
105 <b>Greg Taylor</b>	M 62	NY	4:54:10	41.92%
106 <b>Jamie Howard</b>	M 43	NY	4:54:29	41.88%
107 <b>Bill Glendon</b>	M 63	MA	5:15:00	39.15%
108 <b>Konrad Karolczuk</b>	M 56	CT	5:15:01	39.15%

108 finishers ..... complete result on the "Grand Tree" page  
at .... [www.runwmac.com](http://www.runwmac.com)

## Bull Run Run .... 50 Miles

Manassas, VA. .... April 18, 2009

Sunny ... Low of 37\* ... High of 80\*

Name	Age	ST.	Time
1 Leigh Schmitt	36 M	MA	6:31:14
2 Glen Redpath	43 M	NY	6:49:22
3 Adam Hill	33 M	CAN	6:54:48
4 Brian Schmidt	40 M	VA	7:13:33
5 Todd Walker	42 M	MA	7:17:14
6 Robert Richardson	38 M	VA	7:18:49
7 Angus Repper	36 M	PA	7:28:24
8 Greg Loomis	34 M	VA	7:34:05
9 <u>Amy Sproston</u> 1 <sup>st</sup> F	35 F	DC	7:34:05
10 Keith Knipling	33 M	DC	7:39:18
25 <u>Kimberly Drake</u>	36 F	PA	8:31:57
26 <u>Justine Morrison</u>	28 F	DC	8:32:18
37 Dana Royer	33 M	CT	8:44:39
56 <u>Donna Utakis</u>	41 F	MA	9:12:20
74 Zeke Zucker	65 M	VT	9:33:09
81 <u>Jacque Schiffer</u>	44 F	NY	9:39:53
92 <u>Libby Crockart</u>	42 F	PA	9:52:07
94 <b>Will Danecki</b>	58 M	CT	9:55:05
117 Jim Miner	60 M	NY	10:21:00
127 <u>Christine Reynolds</u>	39 F	NY	10:26:03
132 Doug Freese	63 M	NY	10:30:28
133 <u>Shari Bashaw</u>	47 F	VT	10:30:28
175 Rich Kelly	47 M	MA	11:09:52
180 Gary Knipling	65 M	VA	11:16:40
225 <b>Rob Scott</b>	54 M	CT	11:57:45
236 <b>Barb Sorrell</b>	51 F	NY	12:07:46
248 <u>Mary Vish</u>	59 F	NJ	12:30:23
264 <u>Julie Lawson</u>	30 F	DC	12:55:42
265 James Moore	64 M	MD	13:00:47

314 Starters / 265 Official Finishers ( 13 hour time limit )

Complete results can be found at .... [www.vhtrc.org](http://www.vhtrc.org)

**Western Mass Athletic Club**

**P. O. BOX 356  
ADAMS, MA. 01220**

**Check Your Mailing Label For Membership Renewal Date and Please Renew When Due!!!**

\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*cut\*\*\*\*\*

**MEMBERSHIP FORM ( Check One ): NEW  RENEWAL**

NAME ( S ) \_\_\_\_\_

Send Address Changes

ADDRESS \_\_\_\_\_

**ASAP To:**

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

**WMAC**

TEL \_\_\_\_\_ D O B \_\_\_\_\_ SEX \_\_\_\_\_

**P O Box 356**

E-MAIL \_\_\_\_\_

**Adams, MA. 01220**

( Check one ): Single Membership  Household Membership

**FEE: Annual dues are \$15.00 for either single or household membership.**

**Send Form & Fee To: W M A C  
P O Box 356  
Adams, MA. 01220**

**HOTLINE INFO: (413) 743-5124**

Interest (s):

Running  Snowshoes  Kayak  X-C Skiing  Hiking  Biking  Skiing  Camping  Backpacking

**OTHER \_\_\_\_\_**

*Vol. 15 . . . Issue . . . 2 . . . Mid Spring . . . 2009*

Web Page . . . [www.runwmac.com](http://www.runwmac.com)  
Club Officers . . . [poncherosa@yahoo.com](mailto:poncherosa@yahoo.com)

Newsletter . . . [wdanecki@charter.net](mailto:wdanecki@charter.net)  
The Hot - Line . . . **413-743-5124**