



Trail Running News ...Western Mass Athletic Club

Volume 16 Issue 2 Late Spring 2010

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Check the web page for complete schedule,
latest info, and up-dates!

www.runwmac.com

Contact us at

The Hot Line 413 - 743 - 5124

Club Officers - poncherosa@yahoo.com

Newsletter wdanecki@charter.net

Write us at:

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

Soapstone 2010

What are you saving it for?

by Laura Clark

Everyone has done it, and most have certainly regretted it. It seemed like a good idea at the start, but it was definitely a bad idea on the drive home. It leaves not a taste of satisfaction, but a desire for redemption...

Everyone approaches the start line with a handy list of disclaimers: My (fill in appropriate body part) has been bothering me, I forgot my lucky t-shirt, I was sick last week, I ran a marathon yesterday. Sometimes these excuses are valid. Sometimes they are mere justifications. Why enter a race as a training run? Wouldn't it make more sense simply to save the money and just run around the neighborhood? It would seem so. Except if you have a twenty year streak going, the post-race barbecue is terrific or you feel the need for company.

Few of us can take it to the limit each and every time. After all, this is not a job. It is supposed to be fun. But sometimes the concept of fun expands to include George Sheehan's "no regrets" policy. During his competitive days, Sheehan's goal was to collapse on the other side of the finish line, assured that he had truly given his all to the moment. While this is a daunting enough physical task, the mental stamina required is more telling.

While most reserve this sort of effort for a goal race, for others, the challenge surfaces after a string of mediocre efforts born not of adversity, but for no discernible reason. After a ho-hum performance at 7 Sisters, followed by an uninspired climb up Prospect Mountain, I felt the need to prove that I was not nearly as old as I felt. I sought redemption with a 3:30 in the Soapstone Half, a goal which teetered tantalizingly on the edge of the possible.

After we had stumbled out of Harry Potter's Sorting Hat, I found myself running with Marty Glendon. We make a good team, finishing fairly close in the pecking order. Since Marty was also aiming at 3:30, this seemed a perfect match. We even took turns sharing the front spot, searching for white dots and passable terrain. I thoughtfully passed over the lead when the trail veered into the streambed figuring I could alter my foot placement if he lost his shoe. But this was not even a remote possibility. After one of the driest springs on record we were lucky to locate even a smidgen of mud. Although I encountered only one unfriendly rock, there were an inordinate number of fallen branches willing to fill the gap. Most deadly were the thin twigs that appear harmless but curl upwards and lasso your sneakers. You would think we could have avoided the thicker appendages, but we were so used to dodging rocks and roots that we were babes in the woods as far as more nimble predators were concerned. Marty hit upon the best technique—land full force with both feet and break the suckers in two. Never mind those behind who were forced to dodge the sharp missiles; at least they could see what was coming.

Once again, with the lure of a PR dangling before their eyes, folks forgot that accuracy counts. I have two spots on this trail that I once found difficult: the sharp left after the stream bed and resurfacing after the bushwhack portion. I know enough by now to be on the lookout for these perennial problem spots. This time, as Marty and I hurdled relentlessly toward our time goal, we discovered lots of other options. As we were returning uphill from one such foray and shouting to the group behind us to go straight, a woman detached herself from the crowd and headed downhill.

Continued next page:

Soapstone cont:

She had earbuds and a blissful expression on her face. Three separate groups tried to waylay her, but to no avail. I hope her music was good enough to carry her back to camp from wherever she found herself when she woke up. I felt bad, even tugging on her clothes to turn her around, which in retrospect probably did more harm than good. I would probably run away also from anyone trying to attack me.

Getting lost appeared to be a universal problem. It shouldn't have been as the white dots marking the course were quite close together and thoughtfully placed at exact eye level. The only problem I had was the fact that the splotched tree fungus, at quick glance, eerily resembled faded white dots from last year's version. My bigger problem was that as much as I tried to convince myself that 3:30 was a mere sprint compared to the upcoming Nipmuck Marathon, the credibility gap widened, not to mention the gap between me and my partner.

But low and behold! Who should I overtake but Kathleen Furilani whom I had assumed was way ahead of Marty. Wow! Perhaps, being new to this event, she doesn't know that only the first in an impossibly long string of age group decades wins the coveted Soapstone Trophy (not sold in stores). I have won three of these, mostly by default during years when Carol Kane didn't show up. I could even be magnanimous! We could finish together and then I could award my trophy to Kathleen, who after all did rescue me on yet another false turn. Or, I could win and generously bestow the trophy on her in a reverse St. Bernard gesture. I could envision the white circle of a halo beginning to appear.

I struggled on the final trail uphill and Kathleen paced ahead. But was I concerned? Of course not, figuring I could once again overtake her on the downhills. I forgot all about Kathleen's road racing background. Latching onto terra firma at last, she simply vanished. It reminded of a shark encounter Jeff and I had while scuba diving. One minute the shark was there, the next he wasn't.

Still, I did have a final piece of good luck. While Marty and I both finished our races at 3:14, ahead of goal pace, he and his group ended up so far from the projected finish that the local who obligingly hitchhiked them back relied heavily on his GPS to do so. At least we were uniformly matched even if not ultimately in the same race. I definitely had a fun day and even exceeded my goal. Perhaps it is possible to do both. Just not at every race.

Laura Clark

Please remember to Thank all the RD's and volunteers who put on these races for us. Better yet, ask how you can help out!

Soapstone Mountain Trail Race 14 Miles

Stafford Springs, CT 5 / 16 / 10 Sunny and Mild ... 70's

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Jim Johnson	M 33	1:39:03	100.00%
2 Ben Nephew	M 34	1:39:29	99.56%
3 Ross Krause	M 30	1:48:19	91.45%
4 Keith Schmitt	M 41	1:48:45	91.08%
5 John Dudley	M 31	1:49:15	90.66%
6 Dave Hannon	M 39	1:49:19	90.61%
7 Donald Pacher	M 38	1:49:53	90.14%
8 Brett Stoeffler	M 43	1:51:14	89.05%
9 Godfrey Berger	M 29	1:51:33	88.79%
10 Dan Uriano	M 31	1:53:16	87.45%
11 Brian Nelson	M 29	1:53:19	87.41%
12 Jon Fearnley	M 43	1:53:52	86.99%
13 Toby Kulas	M 33	1:56:17	85.18%
14 Scott Patnode	M 29	1:56:31	85.01%
15 Rich Fargo	M 51	1:57:24	84.37%
16 Peter McBride	M 24	1:57:27	84.33%
17 Steve Nelson	M 46	2:00:32	82.18%
18 Ernest Lawas	M 40	2:00:44	82.04%
19 John Agosto	M 45	2:01:08	81.77%
20 Steve Wolfe	M 45	2:02:01	81.18%
21 Michael Muzzotta	M 29	2:05:04	79.20%
22 <u>Serena Wilcox</u>	F 31	2:05:12	79.11%
23 Jonathan McCall	M 35	2:05:23	79.00%
24 Ned James	M 55	2:07:06	77.93%
25 David Loutzenheiser	M 43	2:07:58	77.40%
26 Todd Bennett	M 39	2:08:28	77.10%
27 Jeffrey Padgett	M 40	2:08:35	77.03%
28 Brian Hamill	M 38	2:08:38	77.00%
29 William Pike	M 52	2:09:49	76.30%
30 William LeRoyer	M 30	2:10:45	75.76%
31 <u>Taryn Hand</u>	F 23	2:11:17	75.45%
32 Keith Purrier	M 47	2:11:23	75.39%
33 Tony Bonanno	M 44	2:12:30	74.76%
34 John McKenna	M 46	2:12:37	74.69%
35 Mike Reed	M 27	2:14:58	73.39%
36 Mark Staples	M 40	2:14:59	73.38%
37 Connor Gagliardi	M 18	2:15:07	73.31%
38 Jeffrey LaFrance	M 41	2:16:33	72.54%
39 Walter Pacosa	M 53	2:17:32	72.02%
40 <u>Kerry Arsenault</u>	F 45	2:18:20	71.60%
41 Lance Flott	M 52	2:18:26	71.55%
42 Michael Hogan	M 43	2:19:35	70.96%
43 Bob Gillis	M 55	2:20:38	70.43%
44 Andrew Skarzynski	M 40	2:22:21	69.58%
45 John Mullaney	M 45	2:22:40	69.43%
46 Michael Alquist	M 43	2:23:11	69.18%
47 Garrett Lemek	M 49	2:24:02	68.77%
48 <u>Sara Praguski</u>	F 31	2:24:22	68.61%
49 Jeffrey Dingwell	M 55	2:24:47	68.41%
50 <u>Kimberly Battipaglia</u>	F 38	2:24:58	68.33%
51 Paul Ferruolo	M 46	2:25:03	68.29%
52 Chris Ollari	M 40	2:25:12	68.22%
53 Jeff Reed	M 55	2:25:37	68.02%

Continued next page:

Soapstone cont:

54 Dave Danenberg	M 54	2:25:49	67.93%
55 Gary Jewett	M 44	2:25:53	67.90%
56 <u>Jessica Tuttle</u>	F 32	2:26:56	67.41%
57 Kyle Hall	M 15	2:27:11	67.30%
58 <u>Mary Smith</u>	F 27	2:27:13	67.28%
59 David Magario	M 51	2:28:18	66.79%
60 Phil Schena	M 55	2:28:20	66.78%
61 Eric Wyzga	M 34	2:28:23	66.75%
62 Randy Baah	M 62	2:28:25	66.74%
63 Bruce Shenker	M 57	2:28:35	66.66%
64 <u>Danielle Ciccone</u>	F 25	2:28:36	6.66%
65 <u>Elaine Allen</u>	F 42	2:29:03	66.45%
66 Brian Sorrells	M 40	2:29:18	66.34%
67 Ron Elwell	M 50	2:29:20	66.33%
68 Doug Nemeth	M 39	2:29:49	66.11%
69 Tim Blinn	M 50	2:29:52	66.09%
70 <u>Patty Duffy</u>	F 41	2:30:04	66.00%
71 Thomas Parker	M 44	2:30:23	65.87%
72 Stuart King	M 49	2:30:53	65.65%
73 Michael Ferrari	M 45	2:31:09	65.53%
74 Tom Parent	M 33	2:31:43	65.29%
75 Craig Stokowski	M 52	2:31:54	65.21%
76 <u>Kathy Flax</u>	F 46	2:33:00	64.74%
77 Bill Meztger	M 54	2:33:18	64.61%
78 Alan Cabot	M 55	2:33:29	64.53%
79 Mikael Taveniku	M 43	2:34:04	64.29%
80 Curt Pandiscio	M 49	2:34:35	64.08%
81 Jason Gallaway	M 39	2:35:09	63.84%
82 Dave Geary	M 44	2:35:50	63.56%
83 Mick Belcourt	M 48	2:35:53	63.54%
84 Michael Gannon	M 44	2:36:12	63.41%
85 Douglas Cummings	M 48	2:37:28	62.90%
86 Ed Buckley	M 52	2:37:39	62.83%
87 Norm Cormier	M 56	2:38:23	62.54%
88 Dave Almand	M 35	2:39:02	62.28%
89 <u>Kim Morrissey</u>	F 44	2:39:32	62.09%
90 Curt Hirsch	M 61	2:39:59	61.91%
91 Walter Perkins	M 64	2:40:00	61.91%
92 Tim Rothfuss	M 40	2:41:14	61.43%
93 Matthew Carroll	M 36	2:41:21	61.39%
94 <u>Rachel Johanson</u>	F 34	2:41:31	61.33%
95 <u>Gabrielle McGrath</u>	F 35	2:42:27	60.97%
96 Tony Smyth	M 50	2:42:53	60.81%
97 <u>Carolyn Kennedy</u>	F 47	2:43:35	60.55%
98 Dave Ulmer	M 62	2:44:00	60.40%
99 Mark Alfano	M 38	2:44:44	60.13%
100 <u>Jane Bugbee</u>	F 23	2:45:57	59.69%
101 Bruce Nichols	M 63	2:45:58	59.68%
102 Frank Oakes	M 46	2:46:05	59.64%
103 Reed Sparling	M 53	2:46:11	59.60%
104 <u>Lisa Pillow</u>	F 38	2:46:20	59.55%
105 Glenn Marcella	M 42	2:46:25	59.52%
106 Kevin Zelechowski	M 34	2:46:34	59.47%
107 Joe Kusnitz	M 33	2:47:12	59.24%
108 Vincent Lindsley	M 33	2:47:12	59.24%
109 Marc Salois	M 47	2:49:32	58.43%
110 Drew Logan	M 45	2:49:33	58.42%
111 <u>Michelle Nemeth</u>	F 34	2:50:15	58.18%
112 Mick George	M 47	2:50:15	58.18%
113 John Peabody	M 55	2:51:24	57.79%

114 <u>Marilyn Quinlan</u>	F 49	2:51:39	57.70%
115 Ian Fownes	M 43	2:52:31	57.41%
116 Bob Worsham	M 64	2:53:15	57.17%
117 <u>Beth Kaslusky</u>	F 37	2:53:32	57.08%
118 Bob Authur	M 41	2:54:17	56.83%
119 <u>Kathy Lynch</u>	F 48	2:54:23	56.80%
120 Chris LaRocco	M 48	2:55:05	56.57%
121 Dan Sullivan	M 30	2:55:54	56.31%
122 <u>Mirela Postelnicu</u>	F 34	2:59:34	55.16%
123 Bill Howard	M 61	3:00:01	55.02%
124 Bill Turney	M 64	3:00:12	54.97%
125 Rodney Bialkin	M 41	3:00:43	54.81%
126 <u>Emily Trespas</u>	F 39	3:01:21	54.62%
127 Anton Deiters	M 69	3:03:07	54.09%
128 <u>Cheryl Jackson</u>	F 37	3:06:06	53.22%
129 Brendan Coyle	M 36	3:07:53	52.72%
130 Jay Carney	M 54	3:08:59	52.41%
131 <u>Kathleen Furlani</u>	F 61	3:11:36	51.70%
132 Will Danecki	M 59	3:11:45	51.66%
133 <u>Virginia Syombathy</u>	F 35	3:12:09	51.55%
134 Tim Killian	M 40	3:12:12	51.54%
135 Laura Clark	F 63	3:14:08	51.02%
136 David Merkt	M 26	3:16:08	50.50%
137 <u>Patty Subik-Reilly</u>	F 47	3:16:17	50.46%
138 <u>Parminder Padgett</u>	F 40	3:17:14	50.22%
139 <u>Kathleen Vita</u>	F 50	3:20:19	49.45%
140 Leo Fahey	M 46	3:22:27	48.93%
141 Gregory Galdau	M 39	3:23:52	48.59%
142 Chris Harrison	M 57	3:24:46	48.37%
143 Christopher Smith	M 44	3:32:58	46.51%
144 <u>Jennifer Kasper</u>	F 35	3:34:19	46.22%
145 <u>Mary Lou White</u>	F 54	3:34:55	46.09%
146 <u>Christine Woodside</u>	F 51	3:40:20	44.95%
147 <u>Lesley Denhof</u>	F 47	3:40:23	44.94%
148 Dan Anderson	F 35	3:40:32	44.91%
149 <u>Cathi Bosco</u>	F 43	3:42:16	44.56%
150 Robert Nouza	M 58	3:43:56	44.23%
151 <u>Brigitte Boltz</u>	F 50	3:44:43	44.08%
152 Bill Glendon	M 64	3:44:44	44.07%
153 <u>Sandy Beauvais</u>	F 49	3:46:37	43.71%
154 Tom Scott	M 44	3:48:24	43.37%
155 Jamie Howard	M 44	3:52:34	42.59%
156 <u>Jennifer Mason</u>	F 39	3:53:46	42.37%
157 <u>Vicki Quagliani</u>	M 56	4:02:37	40.83%
158 Ed Root	M 64	4:06:14	40.23%
159 <u>Loretta Gleason</u>	F 49	4:06:50	40.13%
160 Kaz Rybak	M 56	4:45:22	34.71%

Soapstone – 4 Mile Sampler Handicapped Start Times:

1 Hal Bennett	M 68	0:24:43
2 Geoffrey Matter	M 54	0:24:44
3 Ashley Krause	F 32	0:25:36
4 Clinton Morse	M 48	0:25:50
16 Bob Massaro	M 66	0:29:44
66 Walter Kolodzinski	M 67	0:41:56
90 Anna Morse	F 13	1:03:46
91 Hayden Morse	M 9	1:03:55
92 Jackson Morse	M 11	1:04:02

94 Finishers.

The Way We Were: Return to Moody

Memories Like the corners of my mind...

by Laura Clark

The parking lot may have been upgraded from the exposed Town Garage Lot to the Hallockville AmeriCorps Headquarters, but the Moody Springs Snowshoe Race was the same, reminiscent of days of old. As before, we all had to set our alarms extra early to shovel out our driveways before we could even attempt the journey. Only now most of us have gotten that much older and have upgraded to snow blowers. How did we ever do it back in the day?

The trek to Moody was every bit as exhausting as the race itself. Some of us got stuck in a queue behind lumbering snowplows. And those were the lucky ones. Others, like Tim Van Orden had to wade through four or more expressway inches before the icy drive up Hawley's roads even began. Early on, Jeff and I had decided to invite our backup car, my Annie, tires accessorized with sparkling studs and bumper stickered with can-do running decals. Workhorse George, Jeff's vehicle, was left behind to enjoy some well-deserved R&R. Except, I must admit, Annie's gloating made it difficult. Normally Annie ferries back and forth from home to work, so she let loose an extra spray of powder as she passed George, recumbent in the driveway.

To her credit, Annie learned not to duck when trees pelted her with multiple snowballs and not to cringe when we crumbed her fastidious interior with a Cliff Bar breakfast. But while most Olympic competitors are concerned with how fast they can descend the mountain, Annie came into her own on the ascent. Upon our arrival at the AmeriCorps camp we were greeted by early arrivals, shovels in hand, squeezed into the preferred parking by the portapottie. Not only was this handy for pre-race preparations, it meant these early birds did not have to climb the mountain to upper level parking.

Normally, this is not a big deal. But after a foot of overnight snow and no friendly plow in sight, summiting required a stunning display of bravado. Annie proved herself equal to the occasion. She gunned straight to the top, pausing only briefly to allow a few hapless pedestrians to dive into a nearby snowbank. As Annie rested from her gold medal effort, Jeff grabbed our shovel and joined the crew rescuing jackknifed cars. Years ago, this was normal procedure for our races, but with the recent iffy snow conditions we had gotten out of the habit.

But that was just the warmup. Then we had to race a 5.7 mile course located somewhere underneath a five foot layer of snow! Twice our start line was interrupted by snowmobiles. Normally this would have been an annoyance, but on this day we cheered. Any help breaking trail was much appreciated. And while it seemed as if the enter snowmobile population of Massachusetts was as eager to enjoy the snow as we were, both groups were courteous and cognizant of the other, helped along, no doubt by the state's Environmental Police.

Everyone was so happy to enjoy such an old fashioned snow day that I was reminded of the horses and runners sharing the trails at the Vermont 100.

As in days of old, we also were fortunate to have K2 volunteer to start early and trample down the foot of snow that had fallen since Tippi and Edward had marked the course the previous day. Edward Alibozek Jr. joined K2, substituting for my Jeff who was on two kinds of antibiotics and not up to long distance efforts. While they obviously were not running, their heart rates were up as high as any of the frontrunners as they plowed their way through the deep snow. The anxiety level was also a factor in their raised heart rates. Since the snowfall had hidden many of the markers it was up to them to reconstruct the course based on faint paw prints and Dion outlines. A few wrong steps in this wilderness of snow and they would be leading entire generations of WMACers off course, never to be heard or seen again.

For all but K2 and Edward, the ribbons were just decorations; the real course was defined by snowshoe imprint. One step off the trail and you would be buried waist deep or head deep depending on if you were Dave Boles or London Niles. While Martin Glendon reported seeing someone's head circle around the line of runners, I regard this as highly suspect. But one step off the beaten path and your future was questionable. Occasionally, where the trail curved abruptly, you could define where errant snowshoe tracks lost their grip and plowed ominously downward.

While my own 38th place finish was not spectacular by any means, the going was so difficult for the frontrunners that I crossed the line a mere 20 minutes behind the winner, Tim Van Orden. Where else but in Hawley, where the entire town enters a snow-depth contest spearheaded by the local fire department, could that happen?

The gathering afterwards was bittersweet despite the absolutely delicious food. Jeff and I asked Edward for his potato soup recipe only to learn that it was a Costco creation. With the nearest Costco about two hours away, that will be a special snowshoe only treat. Next week we would scatter, some to Nationals, some to a new event in Lanesboro and some to the Peak snowshoe marathon near Killington, VT. For so long we have all been at the same place at the same time every weekend. It seemed somehow out of sorts to be so scattered. Those not too far afield would return for our traditional Hawley Kiln event and pancake breakfast at Tom McCrumm's Sugarhouse.

But one good thing about tradition is that there are always new ones to be made. In the earlier days, the pancake breakfast marked our final event. Now we still have a few others to look forward to and can put off the goodbyes for a few more weeks...

*Scattered pictures
Of the smiles we left behind
Smiles we gave to one another
For the way we were*

Girlicious

2010 Dion Snowshoe Series
Moody Spring 5.7 Miles

2 / 27 / 10 Dubuque State Forest Hawley, MA.

53. Konrad Karolczuk	M 57	2:25:00	3.70
54. Ed Alibozek Jr	M 70	2:25:01	1.85
55. Edward Alibozek	M 47	3:30:00	Marking

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 41	1:03:52	100.00
02. Ross Krause	M 30	1:03:56	98.15
03. Brian Rusiecki	M 31	1:04:30	96.30
04. Peter Keeney	M 43	1:05:09	94.44
05. Jeff Dengate	M 32	1:05:37	92.59
06. Kurt Gustafson	M 25	1:06:07	90.74
07. <u>Amy Lane</u> 1 st F	F 30	1:06:12	88.89
08. Rob McCarthy	M 42	1:06:18	87.04
09. Richard Teal	M 32	1:06:30	85.19
10. David Loutzenheiser	M 43	1:06:34	83.33
11. John Agosto	M 45	1:06:38	81.48
12. Eric Wight	M 50	1:06:50	79.63
13. Peter Malinowski	M 55	1:07:08	77.78
14. Todd Holland	M 46	1:07:28	75.93
15. Ken Clark	M 47	1:07:48	74.07
16. Jack Casey	M 56	1:07:54	72.22
17. <u>Chelynn Tetreault</u>	F 34	1:08:08	70.37
18. Ashley Krause	F 32	1:08:59	68.52
19. Nick Tooker	M 30	1:09:16	66.67
20. <u>Lindsey Doermann</u>	F 28	1:11:13	64.81
21. Glen Tryson	M 56	1:11:24	62.96
22. Richard Chipman	M 49	1:11:34	61.11
23. Bob Woodworth	M 60	1:12:02	59.26
24. John Pelton	M 70	1:12:35	57.41
25. Jeff Clark	M 55	1:13:13	55.56
26. Ian Hutchinson	M 45	1:13:54	53.70
27. <u>Elizabeth Bianchi</u>	F 43	1:14:46	51.85
28. Phil Bricker	M 56	1:14:52	50.00
29. Bill Morse	M 58	1:14:58	48.15
30. London Niles	M 12	1:15:42	46.30
31. Bob Dion	M 54	1:15:43	44.44
32. Rich Godin	M 54	1:16:00	42.59
33. <u>Holly Atkinson</u>	F 40	1:16:15	40.74
34. Denise Dion	F 51	1:19:11	38.89
35. <u>Kathy Furlani</u>	F 61	1:19:34	37.04
36. <u>Maxine Stent</u>	F 46	1:22:27	35.19
37. Martin Glendon	M 63	1:22:46	33.33
38. Laura Clark	F 62	1:23:58	31.48
39. Andy Rome	M 55	1:26:26	29.63
40. Bob Massaro	M 66	1:26:30	27.78
41. <u>Laurel Shortell</u>	F 43	1:27:32	25.93
42. Jacqueline Lemieux	F 43	1:27:57	24.07
43. Bill Glendon	M 64	1:33:46	22.22
44. Walt Kolodzinski	M 67	1:34:18	20.37
45. Dave Boles	M 63	1:37:52	18.52
46. <u>Meghan Foley</u>	F 23	1:42:26	16.67
47. <u>Mary Lou White</u>	F 54	1:43:16	14.81
48. Richard Busa	M 80	1:45:04	12.96
49. Jamie Howard	M 44	1:45:05	11.11
50. <u>Brucie Jacobs</u>	F 55	1:45:45	9.26
51. Rebecca Armstrong	F 41	1:52:22	7.41
52. <u>Judy McCarthy</u>	F 65	2:06:53	5.56



It was great to see Peter Keeney (above), visiting us from Maine at Moody Spring. For those of you not familiar with Peter, he was very instrumental in our snowshoe beginnings during the mid 1990's. For the first three of four years we snowshoe'd, he was a constant companion to me exploring these paths, not allowing me to give up on our hopes of growing a snowshoe series. And you may have guessed by Peter's performance at Moody Spring that he never would allow us to give up finding a hidden trail due to the incredible snow-depth in Hawley-Dubuque.

Additionally, I can't even begin to thank everyone that helped in so many ways this year. It means a great deal to me that so many are invested so heavily in this activity we enjoy, and you are all willing to pitch in at the drop of a hat to make these events work.

Thank You, you really make me happy.

2010 Dion Snowshoe Series
13th Annual Hawley Kiln "Notch" 4.6 Miles
 3 / 7 / 10 Dubuque State Forest Hawley, MA.
 Sunny & Warm 40's

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 41	0:38:58	100.00
02. Dave Dunham	M 45	0:41:45	98.33
03. Tim Mahoney	M 30	0:42:13	96.67
04. Ken Clark	M 47	0:44:07	95.00
05. John Agosto	M 45	0:44:43	93.33
06. Bob McCarthy	M 43	0:44:56	91.67
07. Dave Hannon	M 39	0:45:47	90.00
08. Ned James	M 55	0:46:42	88.33
09. Alan Bates	M 61	0:46:44	86.67
10. Rich Teal	M 32	0:47:14	85.00
11. <u>Amy Lane</u> 1 st F	F 30	0:48:48	83.33
12. Peter Malinowski	M 55	0:49:10	81.67
13. Nick Tooker	M 30	0:50:12	80.00
14. Michael Buttrick	M 24	0:50:24	78.33
15. Randy Zucco	M 39	0:50:38	76.67
16. Dan Buttrick	M 29	0:51:10	75.00
17. Glen Tryson	M 56	0:52:15	73.33
18. Jeff Clark	M 52	0:53:15	71.67
19. <u>Jacque Schiffer</u>	F 45	0:54:00	70.00
20. Mike Lahey	M 58	0:54:40	68.33
21. Phil Bricker	M 56	0:56:05	66.67
22. Will Danecki	M 59	0:56:08	65.00
23. Nick Jubok	M 53	0:56:32	63.33
24. Scott Bradley	M 55	0:56:46	61.67
25. Chris Sammartino	M 53	0:57:17	60.00
26. Dan Danecki	M 50	0:58:22	58.33
27. Vince Kirby	M 53	0:58:47	56.67
28. Rich Godin	M 54	0:58:57	55.00
29. <u>Holly Atkinson</u>	F 40	0:58:59	53.33
30. <u>Jessica Harwood</u>	F 30	1:01:04	51.67
31. Bob Worsham	M 64	1:01:25	50.00
32. Ed Alibozek Jr	M 70	1:02:15	48.33
33. Gary Freedman	M 49	1:02:29	46.67
34. Dave Wilbur	M 50	1:02:52	45.00
35. Darlene McCarthy	F 47	1:03:52	43.33
36. Ernie Alleva	M 58	1:04:10	41.67
37. Bob Massaro	M 66	1:06:42	40.00
38. <u>Bree Carlson</u>	F 30	1:08:31	38.33
39. Jamie Howard	M 44	1:10:14	36.67
40. Dave Boles	M 63	1:10:41	35.00
41. Jackie Lemieux	F43	1:10:55	33.33
42. <u>Meghan Foley</u>	F23	1:12:37	31.67
43. <u>Laurel Shortell</u>	F 43	1:12:50	30.00
44. Stephen Obermayer	M 41	1:14:43	28.33
45. Brian McCarthy	M 49	1:15:33	26.67
46. <u>Kathleen Tersigni</u>	F 39	1:16:30	25.00
47. Janet Tryson	F 56	1:16:42	23.33
48. Bill Glendon	M 64	1:16:43	21.67
49. Konrad Karolczuk	M 57	1:16:56	20.00
50. Laura Clark	F 62	1:19:03	18.33
51. Karin Bradley	F 53	1:24:04	16.67
52. Knox Chingachgouk	M 17	1:27:00	15.00
53. Ryan Allan	M 16	1:27:01	13.33

54. <u>Deborah Parker</u>	F 54	1:31:16	10.83
55. <u>Chris Gregory</u>	F 44	1:31:16	10.83
56. Art Gulliver	M 71	1:32:22	8.33
57. Al Schultz	M 65	1:35:47	6.67
58. Mike McGuire	M 54	1:36:14	5.00
59. <u>Chelsey McGuire</u>	F 24	1:36:22	3.33
60. Jeff Clark	M 63	1:44:15	1.67
61. Edward Alibozek	M 47	2:30:00	Markings



Hawley Fire House

Just want to say thanks for supporting our series of races so well again this year. It is easy to organize events for people who are so appreciative.

Tim Van Orden and Amy Lane, who are getting used to being in the winners circle, dominated today's race. It was also very nice to see Dave Dunham and Abby Mahoney out on the course getting back from some injuries. Fantastic snowshoeing from the rest of the gang too. Everyone smiles at Hawley and at the pancake brunch afterward in the sugarhouse!

Farmer Ed



The Hawley Kiln

1X6.55 miles
2X6.55 miles
4X6.55 miles
15X6.55 miles

OR endless tasks X6.55+ miles = 1 Peak Experience

by Laura Clark

On the first weekend in March, a group of Stryders and WMACers topped off our winter snowshoe season with a truly Peak experience at Pittsfield, Vt. (www.peakraces.com). Located at the outermost edge of Killington, the Peak Race complex features a bunkhouse, kitchen area and one heck of a mountain with enough distance options and mathematical calculations to satisfy everyone.

A simple equation, however, does not even begin to tell the entire story. The 6.55 mile “fun run” features a 1,650 foot elevation change. And it gets worse, especially if you are mathematically inclined. Rounding off, the half marathon involves a 4,000 foot differential, while the full peaks at 8,000 foot of climb.

The new 100 miler, added after last year’s impromptu 50, validated a pent-up desire for this sort of insanity, and features almost 29,000 feet of elevation change, credibly nudging the exponentially more expensive climb up the face of Mt. Everest at 29,002 feet. Our own little Mt. Everest right here in Vermont, same attitude, but less altitude! Factoring racing snowshoes into the equation, however, tends to balance the seesaw somewhat.

But for those still on the edge, not sure if any of these options would offer sufficient challenge, three days before the event, race director Andy Wienberg shot out an email headed “YOUR CHANCE TO BE ON TV!” Apparently a TV crew making a Death Race pilot thought Peak would fit the bill. The crew was interested in filming “people who fail and fail bad.” Naturally, with this enticement, the required ten participants eagerly stepped forward, with no idea how much potential elevation change they would be forced to endure. With a 10PM start time, however, the only sure bet was that no one would get any sleep.

Before heading out to dinner the evening before our race, we visited the staging area where at 6PM the eight 100 mile hopefuls were taking team photos. They mostly consisted of a Norwich University instructor and some students who were hoping for a home free pass to all future gym courses. They were young and foolish. While Coach Ray Zirblis was smartly outfitted, sleek Stone Cat 50 red jacket and all, the rest of his crew could have used some sponsorship.

Especially the young man sporting a grey long-sleeved cotton Tee, no gloves and no headlamp. But was he concerned? Not a bit. His plan was simple: stick with his buddies until his girlfriend returned with the missing items. He didn’t mention if she was going to trek up the mountain to find him. To his credit, he lasted until 4PM when the icy snow proved too much for his ankles. After a three hour nap, he resumed his adventure believing he could not possibly make up the lost time, but gamely trying. Not only did Kevin Durgin earn a passing grade,

he placed third overall. So much for the Boy Scout motto, “Be Prepared.” Two other students achieved a 100K B grade and Ray bagged 50+ for an average C. But he did all the worrying so that bumped up his score a bit.

To his credit, Andy juggled these multiple events like the ringmaster he most certainly had been in another lifetime – distributing race goodies, remembering the names of everyone who had Peaked in previous years, handling the media and a thousand other tasks.

All the peripheral race day activity was a welcome distraction and made me think a marathon was a pretty wimpy event after all. We cheered for a few of the 100 milers as they circled, but mostly were entertained by the Deathaholics as they approached eight hours of exertion with the clock still ticking merrily away. Some were chopping wood, some were stacking theirs into a log cabin tower, some were enjoying a refreshing dunk in a neighboring ice pond, others were challenging the US Wrestling Team Coach and still others were assembling Home Depot wheelbarrows in preparation for hauling their wood to the aid station on the top of the world. This last activity struck me as a clever race director ploy to ensure that there were enough volunteers to keep the home fires burning. During the course of my 9:25 hour journey, I overtook abandoned gear: a mitten here, a wheelbarrow there, a small stack of wet wood. Rather like wagon train debris strewn over Donner Pass. Amazingly, three entrants, including the only two women (!) prevailed.

Still, no matter what your event, it was impossible to avoid the adventure aspect. Heck, just taking care of primal needs as the day unfolded was an adventure unto itself. Even the portapottie delivery person got into the proper spirit. After carefully assessing the nature of the situation, he planted his two offerings 100 meters or so off the road onto a slab of muddy permafrost. Given the expected temperatures in the high forties, these sturdy structures tilted perilously and threatened to bog any innocent pair of snowshoes seeking relief.

Winter finally arrived a nerve-wracking week before, generously distributing a good four feet of snow over the course. Cover was deep but not slippery, ranging between snow-cone ice granules and fluffy powder. Midway it warmed up and I fantasized about tapping a maple tree and pouring some syrup over crystal white snow for a *Little House in the Big Woods* treat. I knew I had truly lost it when I took off my gloves to retie a sneaker and spend a few minutes searching for the missing mate only to discover it was back on my hand where it belonged!

There were plenty of folks on the first loop, but I became frustrated when I tried to make conversation and realized that roughly half were wearing ear buds. I figured they must have been the fun runners. Anyone else would have welcomed human contact. For the second and third loops I hooked up, unbelievably enough, with a pair of college men. They were stronger on the uphill, but I had them beat on the downs. So we more or less stayed together until the end of the third loop when I passed them for good.

Continued next page:

Peak Experience cont:

While I was thrilled that, as the oldest female, I had prevailed, it would have been more fun to have had some company for the fourth go-around. As it was, I slacked off, but picked it up somewhat when I spotted some fresh moose tracks. A moose on the prowl for dinner might not always stick to a vegetarian diet.

While it was tempting to consider a flat snowshoe marathon, especially on the fourth loop, I think I'll pass. In true Deathaholic spirit, I have discovered that I prefer challenging to commonplace, exciting to boring. Besides somewhere around 5,000 feet, if I had calculated correctly, I rationalized that a mountain marathon is mentally equal to a flat half. All you had to do was persevere through the ascent and then look forward to a free ride on the descent.

For all of us, the experience was grueling, one to savor, with tall tales undoubtedly expanding like stories told by fishermen. Except that this mountain, challenging as it was, did not "get away," but was conquered by a determined few.

Laura Clark

Peak Snowshoe Marathon:

1 st overall Brain Rusiecki	4:35:32
1 st Female <u>Amy Lane</u>	5:18:42

<u>Jennifer Shultis</u>	6:31:28
<u>Sheryl Wheeler</u>	6:32:31
<u>Laura Clark</u>	9:25:24
<u>Barbara Sorrell</u>	9:27:10

Complete results at...www.peakraces.com

Together Once More

For some of us who had scattered to either Nationals, Constitution Hill or Peak, the Hawley Kiln Snowshoe Race brought yet another doubleheader weekend. For those who chose to finally catch up on Saturday errands and household chores, Hawley brought a welcome opportunity to get out and play on fresh legs. For all, it brought our not-to-be- missed pancake reunion at Tom McCrumm's South Face Farm Sugar House.

Ironically, Tom was present to welcome us and explain the maple sugaring process from the 1700's to the present, but he is always too busy as this time of year to participate in "his" race. For Tom, the Hawley Forest is his backyard, training ground and livelihood. The fact that we were even able to have a race at Hawley is due to Tom's efforts. Not only did he clear the first trails, but he painfully retraced his efforts after last year's ice storm reduced the forest to an impassable tangle. Progressing a few feet per hour, Tom, his neighbors and fellow WMACers painfully reconstructed our playground, hauling off thousands of trees toothpicked by last year's devastation.

As we assembled at the Hawley Fire House parking lot, Spring was in the air. Normally this parking lot is one of the coldest places on earth, featuring whipping Arctic winds, skating rink parking and huge mounds of snow to climb just to get to the start. This year though, we emerged from our cars and began stripping our usual layers of clothing.

Nationals participants were looking forward to an "easy" course after the tough going in Highland Forest, while Amy Lane, female winner of the Peak Marathon (!) and I were eager to round off our weekend with a full 50K of snowshoeing fun. We both insisted we would be just cruising the course. Amy's definition of taking it easy, however, veers toward the Olympic standard: she finished 11th overall, first woman competitor. In contrast, I started out slow, pick it up on the single track and then finished even slower, walking much of the last mile. This effort was much appreciated by Konrad K2 who was thrilled that he finally got a chance to pass me this season!

Ernie Alleva scored the Target vest, but only for his warmup. He was quickly singled out by Dave Hannon, who honored us with a surprise guest appearance. Dave used to be a regular but life had apparently gotten somewhat in the way. After hearing of our new Dion Series and the Target, he decided to become a born-again WMACer. So he scouted the route for Ernie, made him an offer he couldn't refuse, and triumphantly donned the Target like a medieval knight assembling his armor. The Target worked its magic, procuring Dave a 7th place victory.

We had plenty of time to swap weekend warrior stories as we lounged in the warm sunshine outside the Sugar House waiting for our turn at the menu. Apparently, the unusually fine weather and our switch from Saturday errand day to Sunday leisure day, produced a backload of folks eager to partake of this spring maple ritual. As we waited, we discussed possible options ranging from delegating the overall winners to repair to the Sugar House early and signed everyone's name on the list, to returning for one more loop around the Kiln. But really, we were fully satisfied with the opportunity to exercise and then relax with friends, storing up memories to last until next snowshoe season.

Laura Clark



Looking up from inside the Hawley Kiln

Heavy Is The Back That Wears The Target

When Farmer Ed first mentioned “the target” to me in an e-mail exchange recently, I thought the idea was funny, creative and really hit the spirit of snowshoeing “on the mark.” “There is a pretty large group that has a bullseye vest made up,” he told me. “And each race they hand it off to someone new and they try to run that person down. Bob Dion had to wear it one



race and he said he loved it!”

I’m a sucker for silly traditions and side-bets and no one knows this better than Farmer Ed (side-bets are a separate story, trust me). So I was honored and humbled when I came into the parking lot at the Hawley Kiln on Sunday morning and there was the Farmer with a big, homegrown beef-eating grin on his face shouting out “Hey Dave, you gotta wear the target this week!”

I immediately accepted no questions asked, and put the orange vest on right then and there. But in truth, I didn’t really understand the *gravity* of what I was undertaking.

In the time between my putting the target on and the start of the race, I got even more background on this growing tradition and some of the legends that have donned the vest. Clearly I was among elite company in this endeavor. Will Danecki, a trail running and snowshoeing stalwart all these years, had been “targeted” this season and clued me in a bit more to the tradition. Dave Boles, snowshoeing icon, laughed when he saw me with it and said I needed to report into Laura Clark.

Admittedly I’ve been a bit out of the WMAC snowshoeing loop of late (this was my first race this year after none last year—I know, I know) and am a bit behind on my Snowshu News reading (it’s hard to read about how much fun everyone’s having when I’m not out there) so getting the background on the target from legends like Ed, Will, Dave, the Worsham, K2, the Furnace and Laura was comforting. These are the faces I think of when I think of snowshoeing.

These are fun-loving, trustworthy folks.

Basically, from what I gathered, the goal of the target is to not get passed. You put the thing on and basically challenge everyone around you in the race—c’mon, just try to pass me. Now this was a hefty challenge for me for a couple reasons. One, I haven’t spent much time on snowshoes this year and my fitness was seriously suspect. But also, even in my most fit state, I almost always struggle in the later stages of a snowshoe race. So I was concerned that I would not uphold the spirit of the target and somehow I’d wind up naked in the woods of Connecticut again (again, long story). After all, I knew the idea, but I didn’t know the repercussions of non-compliance.

The repercussions of non-compliance. That’s the thought that came into my head as the race went off. As such, I went conservative knowing how much I struggle at the end of these things. When we got onto the single-track was going well—the guys in front me were pulling away as I expected they might, but there was no one immediately behind me.

That was good news.

But gradually that target started to weigh me down. I could feel it—it was getting a tiny bit heavier each step. It was getting harder to pick up my feet. When I bent down under that downed tree, I almost couldn’t get up again. Around mile three I went to check my wat--bang! Face plant in the snow. This is not good. I’m getting warmer too. What is this target made of? Lead? Zinc? Some kind of magnet? Is this all some kind of inside joke? I’m going to find out it’s really not a tradition, but a cruel punishment for my lack of attendance this year? Farmer Ed would be at the finish operating some control panel that increases the weight of this thing? I’d put nothing past this group of jokesters!

Surely in this state of physical and emotional distress someone was about to pass me, I thought. “Must keep (huff huff) running.... can’t let anyone pass.... must uphold tradition.” There were even people on the side of the trail taunting me as I passed in my half-dazed state. “Ah you got the target this week” I swore I heard someone say, taunting me while he carried his snowshoes on the side of the trail.

When I hit the snowmobile trail that I knew led to the finish I took a look over my shoulder. No one in sight, but this target just felt like a Buick on my back. Oh my dear Lord, what have I done? Panic setting in now. Where AM I? How long is this race? I think this target is... in my brain!!!!

When I could see the Kiln off in the distance I felt a tiny glimmer of hope—and when I turned the corner to that all too familiar finish, a quick glance over my shoulder confirmed it. I had successfully run the race without anyone passing me. I had, in my own mind at least, upheld the tradition of the target. Farmer Ed greeted me at the finish with the big smile. He wasn’t a maniacal prankster after all. Just the same old Ed, getting so much joy out of other people’s fun.

After some post-race chat about my wearing the target, I headed out on my usual post-Kiln jog down the dirt road across from the fire station. It’s a road I know well and I found myself getting a bit reflective about snowshoeing and the characters involved in it all. Had it really been 11 years since I first ran this race? In those early days, it was primarily the trail running regulars looking for something to keep them busy in the winter. It was a grassroots thing. It wasn’t about national championships and federations and rankings. At least that’s how it *felt* to me back then. It was more... familiar. More informal. So I guess it’s comforting to me that there are still folks like the “target gang” that will be around to come up with traditions like this and keep things “light,” so to speak.

Dave Hannon – Target Wearing Trail Troll

Spring Skiing at Catamount

Technically, we didn't *really* ski at Catamount, but with all the skid marks our Dions made in the slushy snow, we were hard pressed to tell the difference. I had always envied downhillers and their cult of spring skiing, but at Catamount I learned that it takes a special mindset, an ability to shed wintertime habits and hop outside of the box.

During the drive to Catamount, I felt as if I were in some sort of alternate universe. Annie registered a 70 degree outside air temperature and when she insisted on some liquid refreshment, everyone else at the local gas station was wearing shorts. Annie was hauling snowshoes and I was sporting tights, two long-sleeved tops and thick socks. The countryside was brittle brown with just a slight coating of green on the Weeping Willows. Not a snowflake in sight.

And since the race didn't even begin until after 4:30 PM when the groomer finished its appointed rounds, there was the whole problem of keeping occupied during the daylight hours. Ken Clark took his revenge on our over-plentiful pinecone population, while Edward and Tippi went for a run. Not feeling fully confident about nudging them for a top ten finish (this is a joke) I made a cherry pie and spent quality time outdoors with our cat Riley, teaching him to hunt mice (this, unfortunately, is not a joke).

There is a lot snowshoers don't know about spring, most of it having to do with how to dress. For all but a few macho types, the thought of ice cold crystals hitting naked lobster legs is enough to give pause. While most of us donned Tees or light-weight long sleeves, a few were more inventive. While I was rather disappointed that my much-loved #33 paper race bib was deemed too unprofessional alongside Catamount's cotton tie-on vests, Ned James, for one, was able to make lemons out of lemonade. He deftly knotted his tee into the ties, producing a definite fashion statement with a cooling bare-midriff effect. His new look must have worked as he crossed the line in 6th place. I can only hope he had better luck than the rest of us keeping his knots firmly secured. After two attempts to subdue my billowing vest, I finally ripped it off and crossed the finish waving the white flag of surrender. Apparently, there's also a lot we don't know about professional racing.

Just for kicks, I googled Spring Skiing and discovered that the correct gear is crucial to performance. This includes the proper application of sunscreen topped off with sunglasses to deflect the glare produced by bright sunlight reflecting off whiter-than-white snow.

It seemed unnecessary for a forty minute effort, until the next day at work when folks asked me how my face got so tan. I had tons of gear in my car, but it was all the wrong stuff, more useful for Arctic conditions than spring thaw.

Normally, I do not favor ski venues for snowshoe racing. I feel exposed, out of place, much like I do when I venture into the mall at Christmastime. Everyone bustles about purposefully

while I am adrift in a maze of signage. There's a lot to be said for hiking to the top of Thunderbolt for a two minute ride down—at least you will have earned it.

But Catamount is a casual uncrowded family resort, where fun is the prime objective, especially this late in the season when folks feel fortunate just to get in one more snow day. Even after the slopes had closed for our event, some skiers lingered for one more beer and the chance to toast to each and every one of us as we flew down the hill. They appreciated our effort.

From my googling I also learned that for successful spring skiing timing is everything. Too early in the morning and the snow will consist of rigid ruts and iceberg chunks—the remnants of yesterday afternoon's snow cone experience. Mid-morning the snow will soften, the sweaters will come off and lunches will be eaten on the run so as not to miss this brief window of opportunity.

By late afternoon, or just about race time, the warm sun will have heated the ice to a slushy consistency on top and a watery mix down below. It took me a while to figure this out because for much of the race I was following in the tall footsteps of Dave Boles. I marveled at how deeply he sank into the snow. Was he wearing snowshoes less than the regimented 120 cubic inches? Had he gained a significant amount of weight since last weekend? When I joyfully reached the long downhill skid, I finally figured it out as my Dions were producing their own slippery troughs and piling up mounds of ice for nighttime death cookies.

The only place you could rest assured of a somewhat even reception was on the ridged tracings of the groomer. But if you were towards the rear, the remaining islands were few and far between. Definite end-of-season payback from the front of the pack which normally faces the toughest ungroomed conditions!

While only twenty-five of us were able to Think Snow! on this seventy degree day, Catamount did provide a great segue into the upcoming USATF-New England Mountain Circuit. Those of us who skidded both uphill and downhill can now look forward to pavement that doesn't buckle underfoot and dirt that doesn't change consistency.

Laura Clark

Thank you to all Club members who renewed their memberships this past January. Your continued membership helps us plan our events for the coming year!

Please remember to renew your membership when due!

Thanks for supporting the WMAC!

2010 Dion Snowshoe Series

3rd Annual Sunset 5K Snowshoe Race

March 20, 2010 ... Catamount Ski Area ... Hillsdale, NY

Club members in bold:

<u>Name</u>	<u>Time</u>	<u>Points</u>
01. Ross Krause	0:22:48	100.00
02. Dave Dunham	0:23:55	96.00
03. James Boeding	0:25:56	92.00
04. Kurt Gustafson	0:25:59	88.00
05. Ken Clark	0:27:29	84.00
06. Ned James	0:30:00	80.00
07. Ashley Krause	0:30:31	76.00
08. Ian Rasweiler	0:30:59	72.00
09. Edward Alibozek	0:31:55	68.00
10. Bob Dion	0:32:54	64.00
11. Mike Howard	0:32:55	60.00
12. Vince Kirby	0:35:19	56.00
13. Michael Tiskus	0:38:03	52.00
14. Denise Dion	0:39:53	48.00
15. Laura Clark	0:40:25	44.00
16. Dave Boles	0:40:48	40.00
17. Barbara Sorrell	0:44:27	36.00
18. Rob Woodrow	0:45:32	32.00
19. Laurel Shortell	0:47:24	28.00
20. Pat Hogelin	0:49:13	24.00
21. Rich Busa	0:49:38	20.00
22. Jamie Howard	0:49:49	16.00
23. Greg Taylor	0:52:36	12.00
24. Konrad Karolczuk	0:52:37	8.00
25. William Hogelin	0:53:30	4.00



The Catamount Trail System - We climbed to the far right and across the top (Ridge Trail) before descending to finish. Proceeds from the race will benefit the Volunteers In Medicine in Great Barrington, MA.

Photos by Beth & Brad Herder.



Ross & Ashley Krause

Snowshoers of the Decade

After our traditional “last” race of the season at Hawley Kiln, snowshoers convened at Tom McCrumm’s South Face Farm Maple House for the anticipated pancakes. There, prior to our maple reward for the season, I explained to the assembled group (minus those recovering from Nationals) that a couple of months earlier, the USSSA had requested nominations for Snowshoer of the Decade – male and female. Several had nominated our own Edward Alibozek for that well deserved title. However, after the deadline had passed, a couple from out West who were not nominated complained that they’d “won a few races” and deserved it more (but had not been nominated). So the whole thing was cancelled.

The opportunity was too good to pass up and since others had nominated Edward, I got a mug printed with his name as the Snowshoer of the Decade, Dion Race Series. The mug is white with forest green lettering, symbolizing the snow and forest we tromp through. It’s hard to mention all that Ed has done for us – not only does he direct races, he’s out there marking the course prior to races, waiting patiently at the finish line with his famous grin, cooking up some good chow, and selling Konrad and Ken on the joys of helping clean up.



Jeff Clark presenting the mug award to Ed Alibozek

As Dave Dunham knows all too well, prepping a race for others takes energy from your own race effort. But, Ed seems to always go out hard, finishing in the top spots with regularity. Mid-season, I asked him how many races he’d run and how many he’d directed. “Hard to say, but over 70 for each question.” And we certainly would have had a less memorable season if Ed didn’t faithfully get out the “Snonews”. Of course, he’ll always be known as the “Father of Snowshoe Racing” in the Northeast, starting some 15 years ago with a half dozen runners. And now our races average well over 60, with some far more. Of special note, Ed’s spouse, Donna does not snowshoe, but patiently puts up with Ed being gone for every snow-

covered weekend. So Donna got a mug too, as “Snowshoe Supporter of the Decade”.

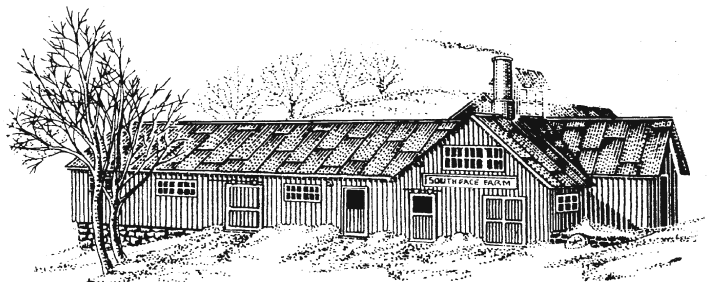
While I admit to a bit of bias, since Barbara Sorrell nominated Laura as Female Snowshoer of the Decade, she was surprised with a mug as well. Laura has competed in over 100 snowshoe races (nearly all in the WMAC series) and two snowshoe marathons (see her article on Peak), and directed over two dozen races, most with well over 100 participants. And, it’s been fun to see Laura’s writing style evolve over the years with her friendly, folksy reporting of the races, faithfully getting the articles out on each weekend’s events. So, congratulations to the Snowshoers of the Decade, and may we all enjoy many more races in the decade ahead.

Jeff Clark



Laura gets a mug and a hug

SOUTH FACE FARM SUGARHOUSE
755 Watson Spruce Corner Road
Ashfield, MA 01330
413-628-3268
www.southfacefarm.com



2010 Dion Snowshoe Series Champions

Jim Johnson (double-J) had a remarkable season, winning six of the seven WMAC races he entered. He took the series title with a perfect 600 points. This is only the third time in the history of the series that the champion scored a perfect total. Jim also became the first man to win six races in one season, topping Dave Dunham's five wins in 2001. He also tied Richard Bolt's record of four consecutive wins.

Outside of WMAC action Jim finished 14th at the USSSA snowshoe national championships and was the Granite State series champion.

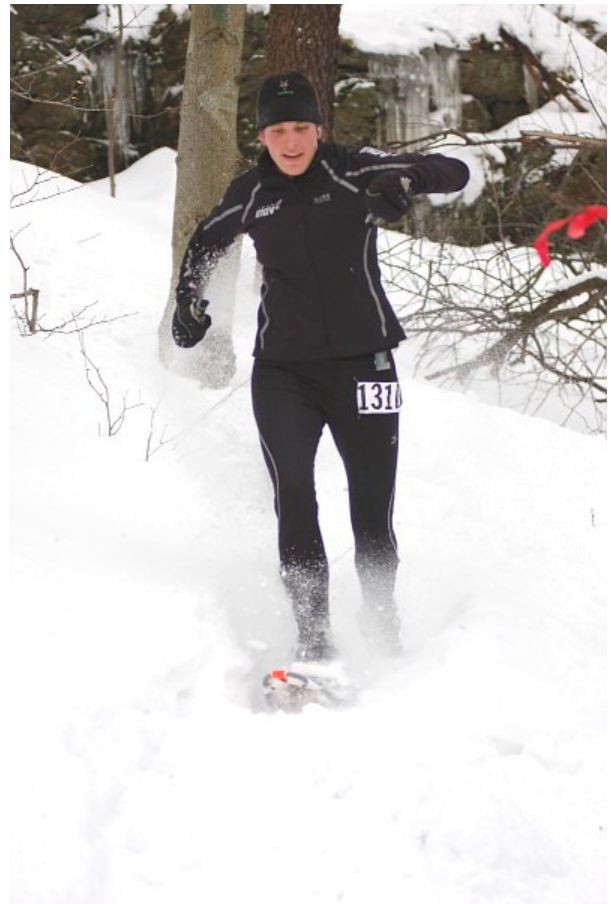


Jim Johnson

Amy Lane also had a stellar season, winning six of the eight WMAC races she entered. Her only loses were early season second place finishes to 2009 series champion Abby Mahoney.

Amy's six wins ties Kelli Lusk's total from 2005 and only trails Abby Mahoney's seven wins in 2009. Her 527.08 points is the second highest winning total in the history of the WMAC series.

Amy capped off her season with a win at the Pittsfield Peaks Snowshoe Marathon in Vermont and followed that the next day by winning at the Hawley Kiln.



Amy Lane



*Thanks to all of you for another successful snowshoe season!
The 2010 Dion Snowshoe Series.
Snowshoe running at its best!*

Northern Nipmuck 16 Mile Trail Race

4 / 3 / 10 Bigelow Hollow State Forest Union, CT.
Sunny & Warm..... Mid to Upper 70's

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Greg Hammett	M 32	1:59:41	100.00%
2 Jim Johnson	M 32	2:00:30	99.32%
3 Ben Nephew	M 34	2:02:44	97.51%
4 Brian Rusiecki	M 31	2:10:35	91.65%
5 Ross Krause	M 30	2:17:59	86.74%
6 Timothy Cote	M 34	2:21:55	84.33%
7 Jack Pilla	M 51	2:23:26	83.44%
8 Donald Pacher	M 37	2:24:16	82.96%
9 Richard Fargo	M 51	2:26:33	81.67%
10 Dave Mengori	M 42	2:28:14	80.74%
11 Brad Reed	M 26	2:29:28	80.07%
12 Scott Livingston	M 37	2:30:22	79.59%
13 <u>Gina Kicnezi</u> 1 st F	F 27	2:30:49	79.36%
14 Mark Buongiorno	M 42	2:31:41	78.90%
15 <u>Abby Mahoney</u>	F 31	2:33:35	77.93%
16 Jeremy Pade	M 27	2:33:44	77.85%
17 Steven Nelson	M 46	2:34:40	77.38%
18 John Agosto	M 45	2:36:55	76.27%
19 Scott Turco	M 37	2:38:14	75.64%
20 Matthew Reynolds	M 39	2:38:33	75.49%
21 Derek Jakoboski	M 23	2:38:53	75.33%
22 John Hawkins	M 51	2:43:05	73.39%
23 Deb Livingston	F 35	2:43:41	73.12%
24 Kevin Hutt	M 42	2:43:49	73.06%
25 Paul Funch	M 59	2:44:14	72.87%
26 Bruce Giguere	M 42	2:44:35	72.72%
27 Chris Taft	M 29	2:44:37	72.70%
28 Scott Patnodw	M 29	2:46:09	72.03%
29 Ned James	M 55	2:47:59	71.25%
30 Damien Morvidelli	M 31	2:48:00	71.24%
31 Nikolas Rogers	M 38	2:48:53	70.87%
32 Rich Teal	M 32	2:55:15	68.29%
33 Tony Bonanno	M 44	2:57:59	67.24%
34 Salvatore Dichiaro	M 34	2:58:38	67.00%
35 Tony Rector	M 32	2:59:40	66.61%
36 <u>Elaine Allen</u>	F 42	3:00:44	66.22%
37 Robert Low	M 34	3:03:37	65.18%
38 Steve Jensen	M 49	3:03:40	65.16%
39 David Loutzenheiser	M 43	3:03:59	65.05%
40 David Boudreau	M 38	3:04:11	64.98%
41 Wayne Stocker	M 59	3:06:14	64.26%
42 Damon Steed	M 34	3:06:19	64.24%
43 Karl Sauerbrey	M 46	3:10:15	62.91%
44 Randall Dutton	M 39	3:10:38	62.78%
45 Garrett Lemek	M 49	3:12:59	62.02%
46 Donald Jakoboski	M 59	3:13:01	62.01%
47 Scott Edington	M 51	3:13:05	61.99%
48 Mike Belcort	M 48	3:14:04	61.67%
49 Vincent Zito	M 37	3:14:36	61.50%
50 Eamon Redpath	M 14	3:14:38	61.49%
51 Jim Dalton	M 43	3:15:39	61.17%
52 Kevin Mullen	M 52	3:16:09	61.02%
53 Howard Tansey	M 45	3:16:46	60.82%
54 Randy Zucco	M 39	3:17:20	60.65%
55 Grace Jensen	F 47	3:17:48	60.51%
56 Marty Duchow	M 48	3:18:13	60.38%
57 Stuart King	M 49	3:19:41	59.94%
58 <u>Laurel Valley</u>	F 47	3:20:18	59.75%
59 Will Danecki	M 59	3:20:36	59.66%
60 Alan Cabot	M 55	3:21:47	59.31%
61 Tim Rothfuss	M 40	3:23:52	58.71%
62 Mikael Taveniku	M 43	3:26:09	58.06%
63 Paul Ghelfi	M 42	3:26:24	57.99%
64 Bruce Cha	M 53	3:26:28	57.97%
65 Michelle Roy	F 40	3:27:24	57.71%
66 Tom Lee	M 39	3:27:41	57.63%
67 Marc Lombard	M 45	3:29:07	57.23%
68 Thomas Parent	M 32	3:29:16	57.19%
69 Dom Romano	M 52	3:29:19	57.18%
70 Bertram Wagenblatt	M 50	3:29:36	57.10%
71 Christopher Bittner	M 37	3:30:56	56.74%
72 <u>Cheri Cavanaugh</u>	F 45	3:31:13	56.66%
73 <u>Elaine Romano</u>	F 52	3:31:30	56.59%
74 Tim Blinn	M 50	3:33:55	55.95%
75 Chester Ruszczuk	M 45	3:35:46	55.47%
76 Nick Tooker	M 30	3:36:35	55.26%
77 Norm Cormier	M 56	3:39:20	54.57%
78 Dan Scotina	M 55	3:40:24	54.30%
79 <u>Sheyl Briggs-Coye</u>	F 36	3:41:19	54.08%
80 David Almand	M 35	3:44:41	53.27%
81 Kenneth Lemerise	M 59	3:46:11	52.91%
82 Christopher Larocco	M 48	3:46:23	52.87%
83 Kenny Rogers	M 55	3:48:27	52.39%
84 Kevin Silva	M 33	3:48:41	52.34%
85 <u>Tricia Pandoifo</u>	F 39	3:50:17	51.97%
86 Mark Alfono	M 37	3:51:44	51.65%
87 Reed Sparling	M 53	3:52:48	51.41%
88 Vince Kirby	M 53	3:55:50	50.75%
89 <u>Gita Safaian</u>	F 38	3:57:09	50.47%
90 <u>Davnet Schaffer</u>	F 39	4:01:26	49.57%
91 <u>Olwyn Conway</u>	F 27	4:01:27	49.57%
92 Barbara Sorrell	F 52	4:06:05	48.64%
93 Tom Malcolm	M 53	4:07:32	48.35%
94 Lincoln Cox	M 44	4:08:14	48.21%
95 Rob Scott	M 55	4:09:51	47.90%
96 <u>Cheryl Jackson</u>	F 37	4:12:18	47.44%
97 Suresh Shenoy	M 52	4:16:01	46.75%
98 Jonathan Ryan	M 28	4:17:21	46.51%
99 Rex Miscovitch	M 57	4:21:40	45.74%
100 Paul Schaffer	M 40	4:23:52	45.36%
101 Dennis Hardacker	M 56	4:31:05	44.15%
102 <u>Agnes Hetz-Wagenblatt</u>	F 52	4:32:30	43.92%
103 Charles Thayer	M 65	4:34:29	43.60%
104 Larry Grogin	M 55	4:35:22	43.46%
105 Chris Harrison	M 56	4:35:47	43.40%
106 <u>Virginia Syobathy</u>	F 35	4:39:41	42.79%
107 <u>Cathi Bosco</u>	F 43	4:39:41	42.79%
108 <u>Mary Lou White</u>	F 54	4:42:00	42.44%
109 <u>Tamara Latorre</u>	F 44	4:58:34	40.09%
110 <u>Natalie Carpanter</u>	F 31	5:14:30	38.05%
111 Rod Agurto	M 26	5:16:06	37.86%
112 <u>Maryjo Cincotta</u>	F 23	5:16:22	37.83%

Northern Nipmuck

I was assuming this was going to be a very fast race, and the only thing I was wrong about was how fast. As I got to the start and lost my family somewhere, I soon spotted Jim Johnson and Greg Hammett. Two weeks ago, Jim ran 1:10 at the New Bedford Half Marathon, Greg ran 1:11, and I ran 1:15. No, that was not some psychological ploy on my part. In addition to my CMS teammates, Brian Rusiecki was also running. Brian won a pile of races last year, beating me at 7 Sisters and the North Face Bear Mountain 50 miler. As I prepared for the race, I wondered how long I could stick with Greg and Jim, and if trying to go with them would end up with me getting passed by Brian.

Although we had gotten a lot of rain recently (15 inches in March...), I decided to run in my 220's. I've been having good workouts in them, and wanted to see how they would do on 2 hours of moderately technical singletrack. Greg was in 280's and Jim was trying out a new pair of 295's. The race started just about on time, and Greg led up the first climb, with Jim right on his heels. I gave them a few steps so I could pick the best line up the soggy trail. It was wetter than I was expecting from my recent runs, but the muddy sections were not very long, and the sole on the 220's was providing good traction. Although I was managing to keep my feet out of the water most of the time, when the shoes did get wet, they shed almost all the water in a few steps. I think the 220's shed water as good as any shoe I've ever worn.

I thought my race was going to end early at one deceptive mud pit. It was a wet section that had grass on top, so I didn't think it was that deep. When I put my right leg down, it went down, and kept going down into the mud well past my knee. My left knee end up in my face by the time I was able to regain my balance. Brian almost stepped on my head as I climbed up onto a downed tree. We didn't lose too much time, and Greg and Jim missed a turn shortly after which allowed the four of us to regroup. The pace settled down a bit, and we ran together to the 4 mile aid station in about 26:30. Greg and Jim pulled started to pull away on the next climb, and I picked up the pace to keep in contact. I soon realized that my current pace was something I could handle for about 90 minutes, which wouldn't be ideal for a 2 hour race. I had to back off on the hills, and Greg and Jim slowly ran out of sight. I lost contact at around 40 minutes. While I couldn't stay with the lead, I was pulling away from Brian and consolidating 3rd place. Every time I thought he had fallen back, though, I'd either miss a turn, or he'd hammer a downhill and close he gap.

At the halfway turn around, I think Greg and Jim had about 60-90 seconds on me (possibly running around 58 minutes), and I was 20-30 seconds in front of Brian. There are definitely some harder climbs on the return trip, and we were all starting to feel the heat. A sunny early spring day gets warm in New England without any foliage. Brian seemed like he was making an effort to catch up to me, and it was an incentive to start working harder a little sooner than I had originally planned. I wanted to save my legs for he last 4 miles, but at this point, we were all probably going to be struggling over that section. As I seemed

to be climbing better than Brian, I tried to specifically push the uphill. By about 80 minutes, I had opened a decent gap. My legs still felt pretty strong, although I had to walk the steeper inclines. Although the trail was a bit messier due the outbound traffic, it wasn't too bad. However, by 1:40, the early pace, mud, and heat started to wear me down, and I struggled for the next ten minutes, walking hills I should have been running. The last 10 minutes of the race are mostly flat, and then downhill and I was able to recover and push this section as hard as the mud would allow. This was probably the section of the course most slowed by the conditions, which was frustrating, as it is very fast when dry.

This is probably where Greg lost much of the 16 seconds between his winning time of 1:59:41 and the course record, held by Josh Ferenc. Jim had taken a nasty spill at 10 miles, but was still able to almost get under 2 hours as well. I was a couple minutes in back of Jim with 2:02:44, which is about 3 minutes faster than when I ran it in ideal conditions in 2008. Brian's 50 miler from last weekend caught up with him, and he ended up running 2:10. After comparing times from the past 3 years, it is obvious that both Jim and Greg would have run under the course record on a day with decent conditions. Most runners in the top 10 who ran in '08 or '09 ran much slower this year, by several minutes. Greg seemed happy with his trusty 280's, and I was surprised at how well the 220's did despite the sloppy conditions. I do still prefer the fit of the 230 upper for twisty courses, like Northern Nipmuck. Jim thought he might need to go down a half size in his 295's, as he is used the narrower forefoot of the 230's and he has a low volume foot.

The rest of the early afternoon was spent talking shoes with the local trail runners, and watching my son Gavin play with Scott and Deb Livingston's son, Shep. I guess he had a good time, as he cried pretty hard when it was time to go. I'd like to thank Jim Campiformio, the RD, for putting on a great race, and letting me set up some shoes on one of his tables. That section of the Nipmuck trail doesn't see much traffic, so it's not easy to follow, but Jim and his crew did an excellent job of marking the course.

Ben Nephew

Welcome New Members

From Massachusetts: Carmel Kushi -- Dominic Ambrosi

From New York: Damon Steed

Thanks for supporting the WMAC!

Please note this change in info:

Paul Funch, RD of Wapack & Groton Forest trail races has a new email address. You can contact him at

pgfunch@verizon.net

Merrimack River 10 Mile Trail Race

by Ben Nephew

This was one of my first trail races after moving down to the Boston area in 1998. Although it's more like a road race compared to many of the races I do, it's nice to actually run fast on trails once in a while. Prior to this year's event, I was expecting that the race was going to be very crowded up front, as many of the local guys were running extremely fast on the roads. Kevin Tilton had run 1:11 for a half marathon, Jim Johnson had run 1:10, Greg Hammett had 3 minute PR with a 1:11, and I had finished as the tenth man for CMS at that race in 1:15. Geoff Cunningham, who had a great snowshoe season, was also planning on running, along with several other guys with solid race results this spring. While Jim said he wasn't racing due to Boston next week, he also told me he wasn't racing Northern Nipmuck, so I figured he'd be on the start line. In recent years, I've had a hard time breaking 60 minutes, and I thought that we could have 5 or more guys break 60 this year.

By the time we got to the start, Greg was out with an injury, and Jim actually wasn't racing (Merrimack). You couldn't really tell that we were missing anyone in the first 400 meters, as everyone launched into the tight singletrack. I was able to get up to Kevin pretty quickly, and was relieved to find the pace comfortable, unlike the recent road half marathon. As Kevin ran down a narrow line of sandy soil, his X-talon 212's were actually throwing up small clumps of dirt onto my quads. It was quite the strange feeling. We hit the short mile marker at 4:59, which was probably more like a 5:09 first mile. I just tried to keep things as relaxed as possible and save some energy for the short, steep hills in miles 4-6.

We went through 2 miles in about 10:34, which unfortunately confirmed that the first mile was short, but at least I was feeling better with the pace than last year, when I barely crept under 60 minutes by 9 seconds. It was pretty windy on the more exposed sections, but I was hoping we would end up with a tail wind on the way back. I was still right in back of Kevin through the third mile in about 16:35, and as hit some minor hills in the next mile, I was able to keep up with Kevin, who is a much stronger climber. The quad busting power line hills started just after running through 4 miles in 22:25, which was only a few seconds faster than last year. I lost a second or two to Kevin up the two steep hills, but I was more concerned with how I would feel on the way back to the finish. I had also noticed that I was running downhill considerably faster than Kevin, so I could afford to drop back a bit on the uphill. The 5th mile to the turn around was a bit soft in spots, and I slipped a few times in my 230's. I had thought about wearing the 212's, but most of the course was firm, flat dirt, where the 230's really do well.

I think we lost some time here, and we hit the turn around right about 29:15, which was frustrating. Due to fatigue and oncoming traffic, it's almost impossible to run even splits at Merrimack, and hitting 5 miles in 29:15 didn't predict a time much under 60 minutes with a typical loss of 60-90 seconds in the second half. As we headed back towards the oncoming runners, I hoped that we would be able to avoid any major collisions, which is a very real possibility on a trail that is only 6 inches wide. Kevin was really starting to push the uphill, and

while I could keep pace with him on the climb, he was able to recover faster and get back up to full speed more quickly at the top. As we weaved our way through runners up and down the power line hills, I was able to gain back lost time on the downhill. It wasn't until then that I remembered that he had a sore ankle, so the tentativeness on the downhill was a preventative measure. Just after 6 miles, I started to get some tightness in my stomach. Kevin started to inch away as I tried to work out the cramping. I think I hit 7 miles in about 42:10, and Kevin probably had a 10 second lead through miles 7-8. My stomach muscles relaxed around the 8 mile marker, and I tried to work back up to Kevin. Both of us were having a hard time running into the wind, again. Yes, you can have a headwind in both directions on an out and back course. It is actually pretty common at Merrimack. The wind comes laterally off the river, but it feels like a headwind both ways.

At nine miles, I was only about 5 seconds in back of Kevin, and while I really wanted to make a charge in the last mile, it had taken a lot out of my legs just to get close. Kevin seemed to have a bit left for that last mile, and I was left trying to minimize the damage. We both ran strong last halves, with Kevin running 59:05 with me in 59:16. I was hoping for something in the 58's, but we did have the wind, and I was happy to be able to run a solid last 5 miles and hang on to Kevin for most of the race. CMS had another strong showing at one of our "home" events, taking 8 out of the top 10 spots.

I saw all sorts of Inov-8 models on the course, from 212's and 230's to 280's, 295's 310's and 315's, and everyone seemed happy with how they handled the course. The X-talon 212's took both wins, as Gina narrowly missed the course record in her first try at the Merrimack course. I don't think I've ever been to race that had more pictures taken, and I think the current count is about 3000 posted photos from 6-7 different photographers. Steve Petersen, Dave Dunham and the rest of the Merrimack crew did a great job with the race as always.

*Complete age group records, top times, stats, and more information on the River race can be found at:
<http://rivertrailrace.blogspot.com/> Please check this site for links to MANY pictures taken at the race.*

Trail Running News.....

Published by the Western Mass Athletic Club

Volume 16 Issue 2 Late Spring 2010

Checkout the on-line version of this newsletter for more stories - results - and color photos!

Club Members..... help save a tree or two.

Sign up to receive this newsletter via email.

Contact Will at.....wdanecki@charter.net.

Merrimack River Trail Race 10 Miles

Andover, MA , April 10, 2010

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>
1 Kevin Tilton	M 28	0:59:05	100.00%
2 Ben Nephew	M 34	0:59:16	99.69%
3 Tom Brown	M 24	1:01:18	96.38%
4 Geoff Cunningham	M 32	1:02:05	95.17%
5 Jim Pawlicki	M 35	1:02:57	93.86%
6 Scott Clark	M 44	1:03:13	93.46%
7 David Quintal	M 46	1:03:35	92.92%
8 Danny Ferreira	M 27	1:04:28	91.65%
9 Jeff Goupil	M 22	1:04:50	91.13%
10 Bryan Johnston	M 30	1:04:54	91.04%
11 Robert Jackman	M 27	1:05:16	90.53%
12 Andrew King	M 34	1:05:33	90.13%
13 Zachary Kudlak	M 27	1:05:40	89.97%
14 Dave Hannon	M 39	1:06:18	89.12%
15 Ryan Miller	M 27	1:06:49	88.43%
16 Brett Richenbach	M 35	1:07:07	88.03%
17 Matt Keefe	M 26	1:07:20	87.75%
18 Rory Kondrad	M 30	1:07:37	87.38%
19 <u>Gina Lucrezi</u> 1 st F	F 27	1:07:41	87.29%
20 Brad Birkel	M 31	1:08:29	86.27%
21 Andrew Novis	M 46	1:09:51	84.59%
22 Kurt Severance	M 34	1:10:17	84.06%
23 Ken de Almeida	M 35	1:11:08	83.06%
24 Floyd Lavery	M 52	1:11:18	82.87%
25 Scott Spence	M 45	1:11:42	82.40%
26 Nat Coughlin	M 33	1:11:52	82.21%
27 Nicholas Cotton	M 42	1:12:17	81.74%
28 Luis Cruz	M 16	1:12:32	81.46%
29 <u>Christin Doneski</u>	F 39	1:12:35	81.40%
30 Jeff Walker	M 44	1:13:03	80.88%
31 Bob Sharkey	M 58	1:13:06	80.83%
32 Curtis Dozier	M 32	1:13:08	80.79%
33 Chris Dunn	M 41	1:13:13	80.70%
34 Zachary Donhauser	M 33	1:13:14	80.68%
35 Jonathan Edwin	M 15	1:13:14	80.68%
36 Rich Lavers	M 33	1:14:45	79.04%
37 Salvatore Dichaura	M 34	1:15:02	78.74%
38 Frank DeBorris	M 39	1:15:08	78.64%
39 Douglas Casa	M 41	1:15:12	78.57%
40 Domonic Naples	M 43	1:15:26	78.33%
41 Mark Wimmer	M 39	1:15:44	78.01%
42 Mark Belanger	M 39	1:16:05	77.66%
43 Rick Kraics	M 34	1:16:17	77.45%
44 Ryan Triffitt	M 35	1:16:55	76.81%
45 Brad Pechacek	M 48	1:17:26	76.30%
46 Ben Keefe	M 29	1:17:48	75.94%
47 Jay Curry	M 38	1:18:30	75.27%
48 Bob Gillis	M 55	1:18:32	75.23%
49 Timothy Smith	M 48	1:18:41	75.09%
50 <u>Jackie Jackman</u>	F 31	1:18:48	74.98%
51 Steve Olafsen	M 53	1:18:55	74.87%
52 Curtis Morris	M 40	1:19:28	74.35%
53 Phil Bolduc	M 40	1:20:13	73.65%
54 John Raser	M 31	1:20:16	73.61%

55 Tod Donhauser	M 35	1:20:13	73.65%
56 Gary Jewett	M 43	1:20:16	73.61%
57 Bob Wannamaker	M 51	1:20:25	73.47%
58 Giant Parlin	M 34	1:20:41	73.23%
59 Jeff Brown	M 29	1:21:01	72.93%
60 Phil Walsh	M 35	1:21:36	72.41%
61 Brad Beverage	M 36	1:21:43	72.30%
62 Rick Ciolino	M 45	1:21:55	72.13%
63 <u>Heather Kolpa</u>	F 29	1:22:09	71.92%
64 Bob Mulray	M 45	1:22:29	71.63%
65 <u>Bridget Gaffney</u>	F 33	1:22:31	71.60%
66 Ken Goodin	M 55	1:22:50	71.33%
67 Richard Coe	M 43	1:22:55	71.26%
68 Thomas Mistretta	M 47	1:22:59	71.20%
69 <u>Jenn Brooks</u>	F 30	1:23:02	71.16%
70 Lawrence Walker	M 44	1:23:05	71.11%
71 Steven Powers	M 45	1:23:09	71.06%
72 <u>Kristen Sullivan</u>	F 31	1:23:12	71.01%
73 Wes Lassen	M 32	1:23:27	70.80%
74 <u>Adrienne Cyrulik</u>	F 36	1:23:31	70.74%
75 Jim Pugh	M 59	1:23:32	70.73%
76 David Louis	M 46	1:23:36	70.67%
77 Richard Dechellis	M 40	1:23:37	70.66%
78 Greg Whyman	M 40	1:23:46	70.53%
79 <u>Emily Dozier</u>	F 32	1:23:51	70.46%
80 <u>Alyssa Porter</u>	F 35	1:24:12	70.17%
81 <u>Sheila Van Cuyk</u>	F 40	1:24:17	70.10%
82 Sean Maney	M 37	1:24:26	69.98%
83 Dave Geary	M 44	1:24:34	69.87%
84 Mark Gaffney	M 24	1:24:35	69.85%
85 <u>Amy Powers</u>	F 40	1:24:40	69.78%
86 <u>Lisa Doucett</u>	F 54	1:24:59	69.52%
87 John Burke	M 44	1:25:00	69.51%
88 <u>Tracey Olafsen</u>	F 54	1:25:06	69.43%
89 Joe Karner	M 51	1:25:18	69.27%
90 <u>Danielle Triffitt</u>	F 35	1:25:31	69.09%
91 Ron Elwell	M 49	1:25:34	69.05%
92 John Peabody	M 55	1:25:42	68.94%
93 Dennis Estrella	M 48	1:25:58	68.73%
94 Paul Comeau	M 48	1:26:10	68.57%
95 Richie Blake	M 41	1:26:12	68.54%
96 Steve Whittey	M 53	1:26:27	68.34%
97 Anthony Ellis	M 29	1:26:49	68.06%
98 Carlos Taveras	M 17	1:27:05	67.85%
99 Craig Burns	M 44	1:27:08	67.81%
100 Christopher Noonan	M 32	1:27:11	67.77%
101 Jerry Amante	M 55	1:27:23	67.61%
102 James MacKenzie	M 33	1:27:29	67.54%
103 Mark Barton	M 38	1:27:29	67.54%
104 Thomas Parker	M 43	1:27:34	67.47%
105 Beast Boucher	M 37	1:27:43	67.36%
106 Mike Cesarini	M 35	1:27:47	67.31%
107 Francis Henriquez	M 16	1:28:02	67.11%
108 Russ Eonas	M 37	1:28:03	67.10%
109 Richard Georato	M 42	1:28:13	66.98%
110 Dan Cooper	M 37	1:28:30	66.76%
111 Laurence Hewes	M 47	1:28:45	66.57%
112 Chris Crawford	M 41	1:28:48	66.54%
113 Matt Flynn	M 52	1:28:50	66.51%

Continued next page:

Merrimack River cont:

114 Ken Rousseau	M 52	1:29:06	66.31%
115 Glenn Stewart	M 59	1:29:16	66.19%
116 <u>Christine Dambach</u>	F 38	1:29:28	66.04%
117 Edward Mulvey	M 50	1:29:39	65.90%
118 Mario Barrieva	M 17	1:29:41	65.88%
119 Andrew Smith	M 34	1:29:53	65.73%
120 David Appleyard	M 32	1:29:56	65.70%
121 James Morrin	M 31	1:29:58	65.67%
122 Dan Scotina	M 55	1:30:06	65.58%
123 Thomas Mikkelsen	M 37	1:30:20	65.41%
124 Rich Smith	M 43	1:30:34	65.24%
125 Bill Morse	M 58	1:31:20	64.69%
126 Charles Peabody	M 38	1:31:49	64.35%
127 Scott Edington	M 51	1:32:11	64.09%
128 Dominic Ambrosi	M 31	1:32:12	64.08%
129 Mac Bonafede	M 31	1:32:25	63.93%
130 Douglas Harvey	M 30	1:32:36	63.80%
131 Ted Witman	M 32	1:32:46	63.69%
132 <u>Margaret Kirschner</u>	F 49	1:33:05	63.47%
133 Sam Rogers	M 28	1:33:41	63.07%
134 <u>Rachel Hunt</u>	F 37	1:33:42	63.06%
135 Nick Ellis	M 30	1:33:44	63.03%
136 Brett Peters	M 35	1:33:45	63.02%
137 Jay Kelly	M 48	1:34:07	62.78%
138 Rahul Raina	M 33	1:34:26	62.57%
139 Billy Shea	M 59	1:34:29	62.53%
140 <u>Elizabeth Touchette</u>	F 27	1:34:29	62.53%
141 Angel Pabon	M 32	1:34:31	62.51%
142 Christian Molina	M 17	1:34:32	62.50%
143 <u>Cheri Cavanaugh</u>	F 45	1:34:56	62.24%
144 Roy Van Buren	M 48	1:35:26	61.91%
145 <u>Lisa Maciorakowski</u>	F 33	1:35:47	61.68%
146 <u>Eileen Tran</u>	F 31	1:36:19	61.34%
147 David Farrell	M 57	1:36:21	61.32%
148 Christopher Agbay	M 32	1:36:27	61.26%
149 Robert Schrater	M 61	1:36:34	61.18%
150 Mika Latva-Kokko	M 35	1:36:44	61.08%
151 <u>Elizabeth Weatherwax</u>	F 32	1:36:59	60.92%
152 <u>Penelope Donhauser</u>	F 32	1:38:10	60.19%
153 John Hollister	M 43	1:38:23	60.05%
154 Stephen Touchette	M 55	1:38:27	60.01%
155 <u>Dana Begin</u>	F 34	1:38:35	59.93%
156 Chris Pulick	M 39	1:39:05	59.63%
157 <u>Deb Touchette</u>	F 54	1:39:44	59.24%
158 Michael Champagne	M 24	1:39:49	59.19%
159 <u>Meghan Groughan</u>	F 38	1:40:25	58.84%
160 <u>Theresa Brockelman</u>	F 41	1:40:27	58.82%
161 Michael Bruno	M 31	1:40:50	58.60%
162 Al Catalano	M 57	1:41:01	58.49%
163 Jeff Hattem	M 58	1:41:11	58.39%
164 Timothy Riley	M 51	1:41:15	58.35%
165 Joe Mauer	M 50	1:41:16	58.34%
166 <u>Jennifer Gillum</u>	F 26	1:41:17	58.33%
167 <u>Evan Sussman</u>	M 30	1:41:18	58.33%
168 Michael Sullivan	M 51	1:41:52	58.00%
169 <u>Rebecca Ryan</u>	F 53	1:42:00	57.92%
170 Kevin Claire	M 42	1:42:01	57.92%
171 Dorin Neacsu	M 45	1:42:03	57.90%

172 <u>Sherisa Sterling</u>	F 57	1:42:08	57.85%
173 <u>Stefanie Fuller</u>	F 24	1:42:13	57.80%
174 Clinton Graves	M 24	1:42:13	57.80%
175 <u>Terry Ryan</u>	M 52	1:42:49	57.46%
176 Daniel Gorelik	M 13	1:43:28	57.10%
177 Andrew Gorelik	M 36	1:43:30	57.09%
178 Kevin Yetman	M 40	1:43:43	56.97%
179 Pat Flaherty	M 49	1:43:54	56.87%
180 Peter Watson	M 70	1:44:19	56.64%
181 <u>Aria McElhernaly</u>	F 37	1:44:29	56.55%
182 Martha Gilford	M 50	1:44:32	56.52%
183 Jim Jenkins	M 55	1:44:35	56.49%
184 Paul Hudson	M 62	1:45:09	56.19%
185 Dennis Reidy	M 48	1:45:16	56.13%
186 <u>Emily Trespas</u>	F 39	1:45:18	56.11%
187 <u>Amy Easton-Flake</u>	F 30	1:45:23	56.07%
188 Merrill Flake	M 33	1:45:27	56.03%
189 Thomas Speidel	M 49	1:45:54	55.79%
190 <u>Molly Goettsche</u>	F 25	1:46:03	55.71%
191 Timothy Warren	M 61	1:46:04	55.70%
192 John Loring	M 62	1:46:42	55.37%
193 Jim Ells	M 56	1:46:50	55.30%
194 Chris Harrison	M 56	1:48:24	54.50%
195 <u>Paula Finestone</u>	F 41	1:48:55	54.25%
196 <u>Cheryl Mulvey</u>	F 49	1:49:41	53.87%
197 Stu Greeley	M 56	1:49:53	53.77%
198 <u>Carol Comeau</u>	F 54	1:50:13	53.61%
199 <u>Kathleen Furlani</u>	F 61	1:51:43	52.89%
200 David Burney	M 46	1:52:02	52.74%
201 Kevin Strum	M 54	1:52:57	52.31%
202 Skip Cleaver	M 65	1:53:16	52.16%
203 <u>Karen Giroux</u>	F 44	1:53:23	52.11%
204 <u>Lana Popova</u>	F 43	1:53:31	52.05%
205 Tate Weatherbee	M 32	1:57:13	50.41%
206 <u>Annalee Nurmenniemi</u>	F 29	1:57:13	50.41%
207 Stan Vassallo	M 60	1:58:28	49.87%
208 Peter Copelas	M ??	1:59:12	49.70%
209 <u>Roasleen Greene-Smith</u>	F 31	1:59:24	49.48%
210 <u>Mary Lou White</u>	F 54	2:00:14	49.14%
211 Dan Holmes	M 56	2:00:17	49.12%
212 Allen Hoffman	M 68	2:01:48	48.51%
213 <u>Vicki Blais</u>	F 53	2:02:22	48.28%
214 James Gilford	M 52	2:03:34	47.81%
215 John Matthews	M 57	2:03:35	47.81%
216 Chris Condo	M 48	2:05:12	47.19%
217 <u>Marge Heck</u>	F 57	2:07:06	46.49%
218 <u>Meg Michaels</u>	F 54	2:10:43	45.20%
219 Al Pappalardo	M 57	2:15:30	43.60%
220 <u>Ashley Crouch</u>	F 27	2:16:27	43.30%

Complete age group records, top times, stats, and more information on the River race can be found at: <http://rivertrailrace.blogspot.com/> Please check this site for links to MANY pictures taken at the race.

Muddy Moose 14 Mile Trail Race
April 18, 2010 Wolfboro, NH.

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Justin Freeman	M 33	NH	1:36:18	100.00%
2 Kris Freeman	M 29	NH	1:37:08	99.14%
3 Pete Gadomski	M 23	NH	1:37:37	98.65%
4 Dominic Winski	M 22	ME	1:43:54	92.69%
5 Reeder Fahnestock	M 31	NH	1:44:03	92.55%
6 Keith Schmitt	M 41	NH	1:44:15	92.37%
7 Paul Young	M 44	MA	1:44:30	92.15%
8 Kurt Severance	M 34	MA	1:47:12	89.83%
9 Christopher Boots	M 33	NH	1:48:12	89.00%
10 Ryan Welts	M 29	NH	1:50:05	87.48%
11 Nat Coughlin	M 33	MA	1:52:17	85.77%
12 Bob Sharkey	M 58	RI	1:52:37	85.51%
13 Thomas Noonan	M 38	ME	1:54:29	84.12%
14 James Doneski	M 41	NH	1:55:28	83.40%
15 David Levesque	M 40	NH	1:56:38	82.57%
16 Richard Lavers	M 33	NH	1:56:57	82.34%
17 Nick Yardley	M 45	VT	1:57:08	82.21%
18 Steve Olafsen	M 53	NH	1:57:18	82.10%
19 Bob Poirier	M 54	ME	1:57:51	81.71%
20 Tom Flummerfelt	M 35	MA	1:58:01	81.60%
21 Richard Dechellis	M 40	MA	1:58:10	81.50%
22 Austin Stonebraker	M 30	NH	1:58:15	81.44%
23 James Porter	M 36	NH	1:58:31	81.25%
24 William Moor	M 28	MA	1:58:50	81.04%
25 Clayton Olin	M 25	NH	1:59:30	80.59%
26 Daniel Susman	M 22	NE	1:59:36	80.52%
27 Daniel Denton	M 25	NH	1:59:36	80.52%
28 Rich Brown	M 45	NH	2:00:32	79.89%
29 Mark Belanger	M 39	MA	2:00:54	79.65%
30 James Curran	M 28	NH	2:01:35	79.20%
31 Kevin Lawlor	M 38	NH	2:01:56	78.98%
32 Alan Barrett	M 47	NH	2:02:16	78.76%
33 Brandon Baker	M ??	MA	2:02:31	78.60%
34 Jon Williamson	M 44	VT	2:03:28	78.00%
35 Brad Beveridge	M 36	NH	2:03:40	77.87%
36 Danny Ferreira	M 27	NH	2:04:09	77.57%
37 Marc Ohlson	M 55	NH	2:04:32	77.33%
38 Steve Chabot	M 30	NH	2:04:35	77.30%
39 Lionel Avezou	M 32	MA	2:04:47	77.17%
40 Jay Myers	M 39	NH	2:04:55	77.09%
41 T.J. Hesler	M 41	ME	2:05:00	77.04%
42 Walter Fortier	M 60	NH	2:05:50	76.53%
43 Chris Poulos	M 36	NH	2:07:12	75.71%
44 Giant Parlin	M 34	ME	2:07:33	75.50%
45 Jim Dunn	M 42	ME	2:08:11	75.13%
46 Sean Maney	M 37	MA	2:09:07	74.58%
47 Chris Gagnon	M 32	MA	2:09:51	74.16%
48 Nick Tooker	M 30	MA	2:10:01	74.07%
49 Charles Siegal	M 33	MA	2:11:18	73.34%
50 <u>Lisa Keith</u>	F 30	MA	2:11:19	73.33%
51 Brook Burke	M 40	NH	2:11:21	73.32%
52 Eric Eldridge	M 34	NH	2:13:23	72.20%
53 Jeff Hammond	M 37	NH	2:14:14	71.74%

54 Thomas Parker	M 46	NH	2:14:43	71.48%
55 Aaron Reyes	M 29	NH	2:15:06	71.28%
56 Roger Wakeman	M 42	NH	2:17:37	69.98%
57 Tim Rothfuss	M 40	NH	2:19:48	68.88%
58 Erik Boucher	M 37	ME	2:19:54	68.83%
59 Stephen Rouleau	M 31	NH	2:20:21	68.61%
60 Stephen Rivard	M 21	NH	2:23:43	67.01%
61 Mick Fortier	M 53	NH	2:25:24	66.23%
62 David McDermott	M 55	ME	2:30:43	63.89%
63 <u>Kate Naples</u>	F 42	MA	2:31:27	63.59%
64 Ken Averill	M 46	NH	2:32:06	63.31%
65 <u>Kari Crowe</u>	F 46	NH	2:32:40	63.08%
66 Edward Mulvey	M 50	MA	2:33:24	62.78%
67 Eric Roy	M 37	NH	2:33:57	62.55%
68 Mitch Merrow	M 43	NH	2:34:36	62.29%
69 Bill Gray	M 57	NH	2:34:46	62.22%
70 Nilas Dogery	M 50	NH	2:34:46	62.22%
71 Chris Maney	M 23	MA	2:35:50	61.80%
72 <u>Rozaanne Puleo</u>	F 35	MA	2:36:03	61.71%
73 <u>Kris Darsey</u>	F 54	MA	2:36:40	61.47%
74 <u>Sandra Superchi</u>	F 53	MA	2:36:56	61.36%
75 <u>Stephanie Curran</u>	F 40	NH	2:37:26	61.17%
76 David Delibac	M 58	VT	2:38:23	60.80%
77 Joseph Merriam	M 51	NH	2:39:02	60.55%
78 <u>Madeline Cann</u>	F 17	MA	2:39:05	60.53%
79 Al Sochard	M 49	NH	2:39:17	60.46%
80 <u>Cassie Coons</u>	F 60	NH	2:40:26	60.02%
81 Kevin Strum	M 54	MA	2:40:30	60.00%
82 Mark Weidman	M 53	NH	2:40:48	59.89%
83 <u>Kimberly Dwight</u>	F 40	MA	2:40:50	59.88%
84 <u>Jennifer Noonan</u>	F 38	ME	2:41:16	59.71%
85 <u>Jill Weybrant</u>	F 41	ME	2:41:56	59.47%
86 Michael Lacharite	M 52	VT	2:42:59	59.09%
87 Joseph Maney	M 33	MA	2:43:32	58.89%
88 Bob Pelletier	M 52	NH	2:43:37	58.86%
89 Kevin Callahan	M 56	NH	2:44:19	58.61%
90 Mark Grandonico	M 50	ME	2:44:34	58.52%
91 <u>Penny Matel</u>	F 50	NH	2:44:40	58.48%
92 Luke Utley	M 38	NH	2:45:42	58.12%
93 <u>Katherine Gines</u>	F 45	MA	2:46:18	57.91%
94 Bill Howard	M 61	MA	2:47:36	57.46%
95 Bill Cotter	M 59	FL	2:47:37	57.45%
96 John Loring	M 62	MA	2:51:29	56.16%
97 <u>Gwendolyn Van Wyk</u>	F 25	NH	2:52:54	55.70%
98 Patrick Kelly	M 69	ME	2:52:57	55.68%
99 Derek White	M 42	ME	2:53:24	55.54%
100 Joshua Boyce	M 23	MA	2:54:08	55.30%
101 Grant Boalen	M 30	NH	2:55:46	54.79%
102 <u>Callie Cochran</u>	F 26	NH	2:57:03	54.39%
103 <u>Gillian Barbato</u>	F 21	NJ	2:57:27	54.27%
104 <u>Kim Weiland</u>	M 54	NH	2:57:49	54.16%
105 Josh Robert	M 29	NH	2:58:42	53.89%
106 <u>Heather Fortin</u>	F 28	MA	2:58:42	53.89%
107 Daniel Coons	M 55	NH	3:04:03	52.32%
108 <u>Robin Cain</u>	F 45	MA	3:09:14	50.89%
109 Richard Mellor	M 59	NH	3:17:40	48.72%
110 <u>Leah Curran</u>	F 26	NH	3:20:00	48.15%
111 <u>Loni Allen</u>	F 30	NH	3:27:35	46.39%
112 <u>Leslie Fox</u>	F 52	NH	3:34:03	44.99%
113 <u>Rielle Hunter</u>	F 42	NC	3:36:03	44.57%

MorFun Wapack Trail Race ... 21 Miles

Ashburnham, MA May 8, 2010

Club members in bold:

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1 Nicolas Menzies	M 30	MA	3:37:00	100.00%
2 Chad Denning	M 34	NH	3:39:00	99.09%
3 Ken Naide	M 38	MA	4:04:00	88.93%
4 Steve Wolfe	M 45	NH	4:15:00	85.10%
5 Clayton Olin	M 25	NH	4:17:00	84.44%
6 Brook Burke	M 40	NH	4:20:00	83.46%
7 Steven Constine	M 42	NH	4:24:00	82.20%
8 Jason Smith	M 19	MA	4:25:00	81.89%
9 Benjamin Keefe	M 29	RI	4:26:00	81.58%
10 Paul Funch	M 59	MA	4:27:00	81.27%
11 Keith Magnus	M 30	MA	4:30:00	80.37%
12 Greg Somero	M 27	NH	4:36:00	78.62%
13 Jennifer Shultis 1st F	F 41	NH	4:42:00	76.95%
14 Karl Sauerbrey	M 46	RI	4:44:00	76.41%
15 Jamie Leahy	M 25	MA	4:45:00	76.14%
16 Gregg Field	M 45	RI	4:47:00	75.61%
17 Brandon Baker	M ??	??	4:47:00	75.61%
18 Paul Sulva	M 40	VT	4:51:00	74.57%
19 <u>Sara Praguski</u>	F 31	MA	4:55:00	73.56%
20 Dominic Ambrosi	M 31	MA	5:10:00	70.00%
21 Mark Belanger	M 39	MA	5:12:00	69.55%
22 Gary Gustafson	M 41	NH	5:14:00	69.11%
23 Curtis Hansen	M 41	NH	5:14:00	69.11%
24 Thomas Smith	M 48	CT	5:18:00	68.24%
25 Scott Edington	M 51	CT	5:21:00	67.60%
26 David Darby	M 46	MA	5:25:00	66.77%
27 Jared Reini	M 28	NH	5:28:00	66.16%
28 Brady Bertram	M ??	??	5:28:00	66.16%
29 <u>Jenna Mooney</u>	F 38	MA	5:32:00	65.36%
30 Douglas Harvey	M 31	MA	5:43:00	63.27%
31 John Drew	M 46	MA	5:52:00	61.65%
32 Ted Darling	M 34	ME	5:56:00	60.95%
33 <u>Betty Yung</u>	F 26	MA	6:16:00	57.71%
34 <u>Sarah Sheppard</u>	F 25	MA	6:23:00	56.66%
35 <u>Erin Darling</u>	F 34	ME	6:29:00	55.78%
36 <u>Lauren Cassidy</u>	F 24	NH	6:30:00	55.64%
37 <u>Karen Ringheiser</u>	F 46	MA	6:34:00	55.08%
38 Richard Mellor	M 59	NH	6:36:00	54.80%
39 Charles Thayer	M 65	NJ	6:42:00	53.98%
40 Jack Raycroft	M 52	MA	6:46:00	53.45%
41 Michael St. Hilaire	M 31	NH	6:49:00	53.06%
42 <u>Laurie McCarroll</u>	F 48	NY	7:54:00	45.78%
43 <u>Loni Allen</u>	F 30	NH	8:00:00	45.21%

Wednesday Night Fun Runs

Meet at 5:30 PM every Wed. in the Hoosac Valley High School parking lot located on RT. 116 on the Adams -- Cheshire line.

Laura's Book Review Corner:

Eat This, Not That! Thousands of Simple Food Swaps That Can Save You 10, 20, 30 Pounds – or More!

By David Zinczenko. Rodale, 2008.

Touting his plan as “the no-diet weight loss solution,” David Zinczenko, the editor-in-chief of *Men's Health* magazine, temptingly promises that with his breakthrough book, *Eat This, Not That*, you can simply swap bad food choices for better ones. That is assuming, of course, that you patronize fast food restaurants on a daily basis. For many hurried Americans, especially in this recessionary period when fast food equals cheap, filling meals, unfortunately these establishments have become more of a lifestyle than an occasional treat.

I would hope that as athletes, we would not lose much weight by this method simply because we pay better attention to our fuel sources. However, this handy backpack-sized book definitely does have a place especially when you are on vacation in unfamiliar territory or trying to select a semi-healthy meal a few days before your big event. Zinczenko targets sixty nationwide fast food and chain restaurants with yummy full color photo spreads of the best and worst choices and an interesting rundown of the best/worse practices of each establishment.

While we all know by this time that hamburgers are a better choice than that seemingly healthy fish burger, there are other trade-offs that may surprise you. For example, a Baskin-Robbins two scoop hot fudge sundae trumps a scoop of French vanilla and another of peanut butter 'n chocolate in a sugar cone by 130 calories and 10 grams of fat.

At Dunkin' Donuts, opt for the ham egg & cheese English muffin sandwich instead of the runner's staple multigrain bagel with lite cream cheese and save 190 calories and 5 grams of fat. Just when you think you have viewed all the yummy fast food you can possibly stand, Zinczenko branches out with “At the Supermarket,” examining common food items like frozen pizza, canned soups, cereal and yogurt. He chases that down with “Drink This, Not That!” including beer and cocktails.

“What to Eat When” offers some pleasant surprises. Apparently, your pre-run cup of coffee is the number-one source of antioxidants in the American diet and can help decrease your risk of Alzheimer's by 60 percent. At least until the next study...

This handbook has proven so popular that it has spawned two other editions: *Eat This, Not That, for Kids* and *Eat This, Not That! Supermarket Survival Guide*.

While I'm not sure if these manuals will produce any big losers, it can't hurt to be aware of which foods are fuel and which are poison.

Reviewed by Laura Clark

It's the Climb!

*Ain't about how fast I get there
Ain't about what's waiting on the other side
It's the climb...*

In the case of the 7 Sisters, you just know there's gonna be another mountain...and another...and yet another. And unless you're going to win the race, it is more about the climb, about testing yourself against the mountains, on the way out, but most especially on the return trip back...

It was o'dark thirty as Annie and I were heading out for the warm-up trek to the Notch Visitor's Center. I flicked Annie's radio knob and Miley Cyrus' *The Climb* greeted me. I let her belt out the lyrics loud and clear, thinking it was a good omen. This turned out to be the most firmly grounded moment of a day replete with surreal flashes.

As Homer's rosy-fingered dawn battled it out with the storm clouds, Annie and I gratefully pulled into the thruway rest stop, me to stretch my legs and Annie to actually rest. We fully expected to be the only ones there but a family –husband, wife, 10 year-old boy and teenage girl got there first. It was maybe 6:30 AM on a Sunday morning. Time for teenagers to be either sleeping or grumpy. But not this Happy Hokey Family. Dad was taking mug shots of the teenager draped over the *Welcome to Massachusetts* sign while the boy was taking a cell phone picture of a Red Sox banner. As a more well-known humorist is wont to claim, "I'm not making this up." How could I at that hour?

We arrived at Notch Visitor's Center without further incident and chose our picnic spot. Since many cars plop down on the grass to graze and chat while their owners scale cliffs, I always think rock concert picnics. But this is another kind of rock and the post-run picnic resembles the morning after, with spent, sweaty bodies sprawled on random towels.

This year marked my tenth consecutive visit to the Sisters and I thought I had the course down pat: the warm-up trek up Bare Mountain, followed by the 7 Sisters, then the brief sojourn at the Summit House and the halfway turnaround at the Buckhout's backyard refreshment station. Each year I meet and greet the lead runner a little bit farther away from the turnaround. Who says fast runners are slower than they used to be? Not only that, there seems to be more of them to dodge. But everyone is courteous and patient and we manage to sidestep both the rocks and each other and at the same time search for familiar faces. As the midpackers approach, I think, "This is supposed to be fun. I hope I don't look as worn-out as they do on my return trip." I do. But it is still fun.

This time around, however, I encountered some returnees shortly after the first water stop. And they were walking! Maybe this was one of those dreams where your legs cycle endlessly but you never seem to make any progress. Even the walkers were beating me! I hesitated between "Good job!" and "Are you OK?" Safety concerns won out and I discovered that at 87 degrees it was simply too hot for bodies that had been

coping with a foot of snow a week earlier. HA! They should have been there the year it was 90+ degrees and the well dried up!

According to Race Director Scot Hunter, eighteen runners dropped. Some from heat, many more from injuries. That doesn't even count the walking wounded who succumbed later in the race and managed to hike out. This was truly bizarre. Aside from the heat, conditions were perfect: no mud, no rain, no slippery rocks or roots. Perhaps folks became overconfident and recklessly decided to chase that ever-elusive PR.

I, on the other hand, knew it would not be my day. Four days prior, I awoke to confront a sprained ankle. It was fine during my track workout, fine that evening and swelled overnight while I was sleeping. That is not supposed to happen. Rest is supposed to be a cure, not a problem. Cautiously, I triple-wrapped my foot, wishing I had bigger sneakers, but everything was fine. Not one twinge. While better runners than I were taking the fall, my ankle remained rigidly strapped in place.

Along the way I encountered one dislocated shoulder, one broken wrist, one twisted arm and a set of disabled legs. I always carry extra stuff, but was not able to give away even a single aspirin! They were a tough bunch. The only taker I met was one guy who was apparently starving and welcomed the remainder of my Mojo bar. While I am a big fan of *Born to Run* and the concept of barefoot running, I would never have thought that this would apply to the Sisters. But one of the pairs of feet that I dodged on the out and back was actually naked. Not to mention dirty and bloody. Even the Indians wore moccasins.

Somewhere near the top of one of the climbs, though, I did see a guy in a wheelchair. Briefly. "How lucky," I thought, "he can give some of the injured folks a ride." Time for another Hammer Gel I guess. When I passed a group of hikers, the leader warned the others, "Here's another runner!" I looked back to see who the other runner was. It certainly couldn't have been me!

This year 7 Sisters was more like a climb with a vague story line attached. Just over the top of each rise there was bound to be another weird encounter, another bizarre meet and greet occurrence. The final rise was topped off as usual by the *They Shoot Horses Don't They* theme song kindly supplied by the nearby rod & gun club. A perfect touch to a perfect day.

Laura Clark

Follow all the latest "Grand Tree" action on the Club's web page. Complete results – standings – info on upcoming races including links and entry forms and a whole lot more can be found at.....

www.runwmac.com

Seven Sisters.... 12 Mile Trail Race

May 2, 2010 Amherst, MA.

Sun & Clouds – Hot – Humid – High 80's

Club members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Andy McCarron	M 27	NH	1:48:55	100.00%
2	Brian Rusiecki	M 31	MA	1:49:57	99.06%
3	Ben Nephew	M 34	MA	1:51:24	97.77%
4	S. Granger-Bevan	M 25	MA	1:55:55	93.96%
5	Andrew "dirt" Baird	M 37	OR	1:55:58	93.92%
6	Ross Krause	M 30	MA	1:57:49	92.45%
7	Greg Hammett	M 32	NH	2:03:08	88.45%
8	Timothy Cote	M 34	CT	2:05:29	86.80%
9	Geoff Cunningham	M 32	NH	2:07:29	85.44%
10	Justin Freeman	M 33	NH	2:08:56	84.48%
11	Garry Harrington	M 50	CO	2:10:31	83.45%
12	Patrick Rondeau	M 35	MA	2:12:18	82.33%
13	Brett Stoeffler	M 43	CT	2:13:17	81.72%
14	Peter Keeney	M 44	ME	2:13:28	81.61%
15	Rich Kopacz	M 43	CT	2:13:31	81.58%
16	Ryan Welts	M 29	NH	2:14:29	80.99%
17	Luc Hamel	M 42	QC	2:14:46	80.82%
18	Vikter Alexy	M 25	QC	2:14:48	80.80%
19	John Kinnee	M 31	MA	2:15:40	80.28%
20	Ernest Lauras	M 40	CT	2:16:42	79.68%
21	Marc Guillaume	M 38	MA	2:17:12	79.39%
22	Zachary Kudlar	M 27	RI	2:17:24	79.27%
23	Reeder Fahnestock	M 31	NH	2:18:47	78.48%
24	Peter Hult	M 29	MA	2:19:03	78.33%
25	<u>Abby Mahoney</u> 1 st F	F 32	MA	2:19:26	78.11%
26	Scott Livingston	M 37	CT	2:21:02	77.23%
27	David Principe	M 43	RI	2:22:15	76.57%
28	Debbie Livingston	F 35	CT	2:23:37	75.84%
29	Scott Patnode	M 29	MA	2:25:58	74.62%
30	Paul Hyry-Desmith	M 42	MA	2:27:47	73.70%
31	Jim Dube	M 43	MA	2:29:16	72.97%
32	Bob Sharkey	M 58	RI	2:32:03	71.63%
33	Ryan Williams	M 28	IA	2:32:16	71.53%
34	Robijn Hage	M 39	MA	2:32:29	71.43%
35	Robert Jackman	M 27	RI	2:34:03	70.70%
36	Bob Gillis	M 55	MA	2:34:03	70.70%
37	Steve Nelson	M 46	CT	2:34:04	70.69%
38	Rich Teal	M 32	NY	2:34:12	70.63%
39	Jonathan McCall	M 35	MA	2:34:25	70.53%
40	Rich Fargo	M 51	CT	2:34:27	70.52%
41	Andrew Mangold	M 18	CT	2:34:28	70.51%
42	Benjamin Frank	M 30	MA	2:34:38	70.44%
43	Daniel Larson	M 34	MA	2:35:46	69.92%
44	Mike Mazzotta	M 29	MA	2:36:04	69.79%
45	Jonathan Chaffee	M 65	NH	2:36:41	69.51%
46	Ned James	M 55	MA	2:38:03	68.91%
47	Todd Bennett	M 39	CT	2:39:21	68.35%
48	Ben Moore	M 43	CT	2:41:47	67.32%
49	Gregory Jones	M 45	MA	2:41:55	67.27%
50	Jay Kolodzinski	M 30	MA	2:42:30	67.03%
51	Steve Forrest	M 46	MA	2:42:33	67.01%
52	David Sontag	M 25	NH	2:42:34	67.00%
53	Bryan Johnston	M 30	NH	2:42:35	66.99%
54	Chase Emmons	M 42	MA	2:42:47	66.91%

55	Wayne Stocker	M 55	MA	2:43:54	66.45%
56	Steve Wolfe	M 45	NH	2:45:07	65.96%
57	Randall Dutton	M 39	CT	2:45:26	65.84%
58	<u>Molly Housman</u>	F 37	NH	2:45:28	65.82%
59	Jamison Peschel	M 33	MA	2:45:33	65.79%
60	Raymond Hanley	M 45	CT	2:46:04	65.59%
61	<u>Joanne Ross</u>	F 38	CT	2:46:15	65.51%
62	Tony Bonanno	M 44	CT	2:46:15	65.51%
63	Christopher Kusek	M 31	MA	2:46:18	65.49%
64	Alex Wirth-Cauchon	M 49	MA	2:47:13	65.14%
65	Curtis Morris	M 40	MA	2:47:17	65.11%
66	Mike Reed	M 27	MA	2:47:36	64.99%
67	David Weremay	M 31	MA	2:47:45	64.93%
68	Matt Peabody	M 19	MA	2:48:45	64.54%
69	William Pike	M 52	NH	2:49:02	64.44%
70	Chris Dunn	M 41	NH	2:49:11	64.38%
71	David Javaheri	M 38	MA	2:49:41	64.19%
72	George Cook	M 37	VT	2:49:42	64.18%
73	Greg Lowe	M 46	MA	2:49:46	64.16%
74	Lillo Baxter	M 20	NY	2:50:39	63.82%
75	Kurt Severance	M 34	MA	2:50:57	63.71%
76	Tom Sabastyo	M 45	MA	2:51:20	63.57%
77	<u>Jennifer Shultis</u>	F 41	NH	2:51:26	63.53%
78	<u>Maggie Ryan</u>	F 34	MA	2:51:45	63.42%
79	Hugues Emond	M 46	QC	2:52:10	63.26%
80	David Schoenmann	M 30	MA	2:52:46	63.04%
81	Mike Moriarty	M 31	MA	2:53:00	62.96%
82	Damon Steed	M 34	NY	2:53:02	62.95%
83	Nick Yardley	M 45	VT	2:53:39	62.72%
84	Joel Nowatchik	M 32	MA	2:54:16	62.50%
85	John Koster	M 37	CT	2:54:47	62.32%
86	Adam Nabewaniec	M 34	MA	2:54:53	62.28%
87	Steven Contine	M 42	NH	2:55:04	62.21%
88	<u>Catherine Hogan</u>	F 24	QC	2:55:23	62.10%
89	Gary Jewett	M 44	MA	2:55:30	62.06%
90	Patrick Bensen	M 27	MA	2:55:33	62.04%
91	<u>Kristin Su</u>	F 25	MA	2:55:35	62.03%
92	Russell Johnson	M 20	MA	2:55:43	61.98%
93	Steven Jakuboski	M 45	MA	2:56:10	61.83%
94	<u>Laurie Greenberg</u>	F 39	VT	2:56:32	61.70%
95	Steve Bouchard	M 29	CT	2:57:06	61.50%
96	Greg Monette	M 42	MA	2:57:24	61.40%
97	Mark Staples	M 40	MA	2:57:27	61.38%
98	Robert Olsen	M 46	MA	2:58:15	61.10%
99	Mark Chetnik	M 34	MA	2:58:18	61.09%
100	<u>Annie Ericson</u>	F 30	MA	2:58:41	60.96%
101	Kevin Rogers	M 27	MA	2:59:44	60.60%
102	Luc Savard	M 47	QC	2:59:50	60.57%
103	David Boudreau	M 38	NH	3:00:53	60.21%
104	Don Allison	M 54	MA	3:01:03	60.16%
105	Brook Burke	M 40	NH	3:01:41	59.95%
106	<u>Heather Kolpa</u>	F 29	MA	3:02:05	59.82%
107	Mikael Taveniku	M 43	MA	3:02:33	59.66%
108	Peter Gill	M 48	MA	3:02:42	59.62%
109	Michael Buttrick	M 24	MA	3:02:47	59.59%
110	<u>Grace Jensen</u>	F 47	CT	3:03:25	59.38%
111	Nick Tooker	M 31	MA	3:03:39	59.31%
112	Bruce Campbell	M 52	MA	3:04:27	59.05%
113	Alan Cabot	M 55	MA	3:04:32	59.02%

Continued next page:

Seven Sisters results cont:

114 Thomas Griffis	M 23	MA	3:04:49	58.93%
115 Tim Dailey	M 25	MA	3:04:52	58.92%
116 <u>Patty Duffy</u>	F 41	MA	3:04:55	58.90%
117 Dana Boudreau	M 36	NH	3:06:05	58.53%
118 Paul Laffage	M 52	QC	3:06:58	58.25%
119 Daniel Chartier	M 41	QC	3:07:00	58.24%
120 <u>Tricia Dowcett-Bettencourt</u>	F 39	CT	3:07:05	58.22%
121 Richard Sugrue	M 24	MA	3:07:06	58.21%
122 Chris Crawford	M 41	MA	3:07:08	58.20%
123 Clayton Ketchum	M 39	CT	3:07:58	57.94%
124 Kevin Eddings	M 54	MA	3:08:08	57.89%
125 Garrett Lemek	M 49	CT	3:08:13	57.87%
126 Arthur Johns	M 49	MA	3:10:07	57.29%
127 Matt Marino	M 31	MA	3:10:16	57.24%
128 <u>Lindsay Providenti</u>	F 34	CT	3:10:19	57.23%
129 Scott Ribich	M 33	MA	3:10:48	57.08%
130 Rich Miller	M 59	NH	3:12:05	56.70%
131 <u>Sara Praglusi</u>	F 31	MA	3:12:19	56.63%
132 Ron Elwell	M 50	MA	3:12:25	56.60%
133 <u>Joann Oliver</u>	F 44	MA	3:13:13	56.37%
134 Jeff Reed	M 55	MA	3:13:44	56.22%
135 David Blumstein	M 32	MA	3:14:13	56.08%
136 <u>Chelynn Tetreault</u>	F 34	MA	3:14:16	56.07%
137 Matt Madara	M 27	MA	3:15:50	55.62%
138 Luca Grillo	M 39	MA	3:16:00	55.57%
139 John Graham	M 52	MA	3:16:20	55.48%
140 Dan Danecki	M 51	MA	3:16:56	55.31%
141 Howard Hanna	M 33	MA	3:17:02	55.28%
142 <u>Anna Driftmier</u>	F 20	CO	3:17:34	55.13%
143 Lucas Weijenger	M 19	OR	3:17:42	55.09%
144 Graeme Wilson	M 22	VT	3:17:43	55.09%
145 John Matukaitis	M 23	MA	3:17:44	55.08%
146 Craig Salvini	M 41	MA	3:17:47	55.07%
147 <u>Angie Kantner</u>	F 22	MA	3:18:56	54.75%
148 Jason Ferris	M 32	MA	3:19:03	54.72%
149 Pierce Kilduff	M 31	MA	3:19:30	54.59%
150 Patrick O'Brien	M 41	MA	3:19:34	54.58%
151 Shawn Desjardins	M 35	CT	3:20:03	54.44%
152 Stan Kolpa	M 58	VT	3:20:11	54.41%
153 Francis Bock	M 35	MA	3:20:47	54.25%
154 Richard Lavers	M 33	NH	3:20:50	54.23%
155 Bob Prentiss	M 54	MA	3:22:33	53.77%
156 <u>Leslie Charles</u>	F 38	MA	3:22:45	53.72%
157 <u>Kate Ketschek</u>	F 35	ME	3:22:46	53.72%
158 Scott Cole	M 25	CT	3:22:53	53.68%
159 Vincent Zito	M 37	CT	3:22:57	53.67%
160 <u>Cheri Cavanaugh</u>	F 45	MA	3:22:58	53.66%
161 Dan Buttrick	M 29	MA	3:22:59	53.66%
162 Garrett Deane	M 39	MA	3:23:00	53.65%
163 <u>Jessica Harwood</u>	F 30	MA	3:24:20	53.30%
164 <u>Kathy McCarthy</u>	F 51	MA	3:24:56	53.15%
165 Kent Stivers	M 53	CT	3:24:58	53.14%
166 Gregory Murphy	M 34	MA	3:24:59	53.13%
167 Eric Wyzga	M 34	RI	3:25:14	53.07%
168 Craig Stokowski	M 52	MA	3:25:16	53.06%
169 Dan Wagner	M 53	MA	3:25:29	53.01%
170 Tim Rothfuss	M 40	NH	3:26:22	52.78%
171 Dave Orsman	M 40	MA	3:26:25	52.77%
172 <u>Margaret Donnelly</u>	F 43	CT	3:27:21	52.53%

173 Brian Donoghue	M 27	MA	3:29:18	52.04%
174 <u>Jacqueline Rosains</u>	F 35	MA	3:29:19	52.03%
175 David Aronson	M 54	MA	3:29:47	51.92%
176 Patrick Canonica	M 61	MA	3:30:01	51.86%
177 Marc Lombard	M 45	MA	3:30:09	51.83%
178 Christopher Noonan	M 32	MA	3:30:16	51.80%
179 Mike Lyden	M 26	MA	3:30:21	51.78%
180 John Giarratana	M 34	MA	3:30:23	51.77%
181 Sean Lewis	M 28	MA	3:30:44	51.68%
182 Howard Tansey	M 46	MA	3:30:48	51.67%
183 Michael Ketschek	M 35	ME	3:31:05	51.60%
184 Tom Malcolm	M 53	MA	3:31:06	51.59%
185 <u>Sissel Holloway</u>	F 19	MA	3:31:08	51.59%
186 Amos Esty	M 33	NH	3:31:09	51.58%
187 Neil Gile	M 35	MA	3:32:52	51.17%
188 Gil Aviles	M 43	CT	3:33:17	51.07%
189 <u>Sara Croft</u>	F 21	MA	3:33:21	51.05%
190 <u>Sandy Bernotas</u>	F 25	MA	3:33:26	51.03%
191 Dave Almand	M 35	CT	3:34:11	50.85%
192 <u>Melissa Chase</u>	F 45	NY	3:34:42	50.73%
193 Stan Tiska	M 52	MA	3:35:39	50.51%
194 Todd Sugrue	M 54	MA	3:35:54	50.45%
195 <u>Manuele Picep</u>	F 32	MA	3:36:43	50.26%
196 Dylan Shepardson	M 35	MA	3:36:44	50.25%
197 <u>Michelle Maturo</u>	F 42	CT	3:38:12	49.92%
198 Doug Cummings	M 48	MA	3:38:23	49.87%
199 Alex Waid	M 37	CT	3:38:38	49.82%
200 <u>Kate Lyden</u>	F 30	MA	3:38:52	49.76%
201 Chris Hinch	M 42	VT	3:39:07	49.71%
202 Mark Quiterio	M 30	MA	3:39:13	49.68%
203 Nate Davis	M 25	MA	3:39:23	49.65%
204 <u>Catherine Lawton</u>	F 27	NY	3:40:14	49.46%
205 Dominic Ambrosi	M 31	MA	3:40:18	49.44%
206 Michael Ferrari	M 45	MA	3:43:35	48.71%
207 Ed Mulvy	M 51	MA	3:44:25	48.53%
208 <u>Rachel Dymon</u>	F 38	MA	3:44:51	48.44%
209 Darlene McCarthy	F 47	MA	3:44:58	48.41%
210 Brandon Reed	M 33	MA	3:45:05	48.39%
211 Patrick Chviruk	M 24	MA	3:45:32	48.29%
212 <u>Stephanie Speicher</u>	F 39	CT	3:45:54	48.21%
213 David LaPorte	M 45	CT	3:46:52	48.01%
214 Mike Ofarcik	M 39	MA	3:48:29	47.67%
215 Kevin Zelechowski	M 34	MA	3:48:36	47.65%
216 Dorin Neacsu	M 45	MA	3:48:50	47.60%
217 Kris Murphy	M 33	MA	3:49:00	47.56%
218 <u>May Benson-Martin</u>	F 19	CA	3:49:16	47.51%
219 <u>Julianna Lord</u>	F 20	ME	3:49:21	47.49%
220 David Taylor	M 52	CT	3:49:25	47.48%
221 Michael Childs	M 60	MA	3:49:29	47.46%
222 <u>Tanya Rapinchuk</u>	F 37	MA	3:49:32	47.45%
223 Phil Wester	M 24	WI	3:50:49	47.19%
224 Robert DiBurro	M 41	MA	3:50:54	47.17%
225 Todd Kirton	M 42	MA	3:51:35	47.03%
226 <u>Paula Finestone</u>	F 41	MA	3:52:27	46.86%
227 Carl Cignoni	M 59	MA	3:57:22	45.89%
228 <u>Cheryl Jackson</u>	F 37	CT	3:58:26	45.68%
229 <u>Nancy Milkey</u>	F 46	MA	4:02:59	44.82%
230 <u>Cheryl Mulvy</u>	F 49	MA	4:06:29	44.19%
231 Barbara Sorrell	F 52	NY	4:06:31	44.18%

Continued next page:

Seven Sisters results cont:

232 Rob Lewis	M 45	MA	4:07:34	43.99%
233 Joe Berger	M 46	MA	4:07:35	43.99%
234 Jay Carney	M 54	CT	4:09:32	43.65%
235 Arthur Roti	M 38	CT	4:11:02	43.39%
236 Thom Reid	M 42	CT	4:11:06	43.38%
237 Dimitri Doupis	M 32	CT	4:15:45	42.59%
238 <u>Bro Alexia</u>	F 29	MA	4:17:18	42.33%
239 Jason Cuddihy	M 27	MA	4:18:09	42.19%
240 Jerry Russo	M 40	MA	4:20:06	41.87%
241 Greg Taylor	M 63	NY	4:20:36	41.79%
242 Donald Forest	M 41	MA	4:21:16	41.69%
243 <u>Daphne Lamothe</u>	F 41	MA	4:21:38	41.63%
244 Ben Massouh	M 38	MA	4:22:10	41.54%
245 Laura Clark	F 63	NY	4:26:48	40.82%
246 <u>Kerri Moore</u>	F 39	CT	4:27:35	40.70%
247 <u>Kathleen Furlani</u>	F 61	CT	4:34:49	39.63%
248 Andrew McConaha	M 24	MA	4:36:11	39.44%
249 Oscar Plotkin	M 57	NY	4:40:16	38.86%
250 Charles Thayer	M 65	NJ	4:45:22	38.17%
251 Joe Hayes	M 61	ME	4:48:10	37.80%
252 Robert Wyckoff	M 34	MA	4:49:58	37.56%
253 Stephen Loesch	M 54	MA	4:50:28	37.50%
254 John Suyemoto	M 41	MA	4:54:28	36.99%
255 Jack Niffe	M 43	MA	4:54:40	36.96%
256 James Roessling	M 38	MA	4:55:44	36.83%
257 <u>Mary Lou White</u>	F 54	CT	4:56:53	36.69%
258 Sherisa Sterling	F 57	MA	4:58:08	36.53%
259 Michael Quesnel	M 48	MA	5:18:31	34.19%
260 Sean Lavoine	M 34	MA	5:18:37	34.18%
261 M.H. Baker	M 39	MA	5:47:17	31.36%
262 Ed Root	M 64	CT	5:50:58	31.03%
263 <u>Marjorie Ross</u>	F 61	NY	5:52:12	30.92%
264 Walt Kolodzinski	M 67	MA	6:03:03	30.00%
265 <u>Susan Jones</u>	F 57	IL	6:04:49	29.86%
266 Pablo Perez	M 25	WI	6:10:49	29.37%

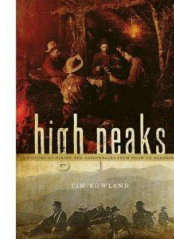
Seven Sisters History

The first 7 Sisters Trail Race was a six-mile, one-way race from the Notch Visitors Center to Route 47 in Hadley. It followed almost the same out-route as the present race does, but was slightly different toward the finish as it went down closer to Route 47 instead of its present turnaround location near the home of Ted and Merle Buckhout, who graciously host our aid station at the 6-mile mark.

Today, the 7 Sisters Trail Race is a fundraising event that benefits The Friends of the Holyoke Range. The 7 Sisters Trail Race has donated more than \$10,000 during its existence. Those donations are made possible through your entry fees and the support and donations of gifts, T-shirts, and assistance from our sponsors. We thank everyone involved for helping us to preserve the trails that we love to run.

Info from the 7 Sisters web page

Book Review: by Laura Clark



High Peaks: A History of Hiking the Adirondacks from Noah to Neoprene, by Tim Rowland. The History Press, 2008.

A casual glance at the subtitle of Tim Rowland's slim volume reveals that you are in for a treat. A humor columnist and avid 46er, Tim Rowland's irreverent journey traces the history of civilization's Adirondack encounters. This is not just another trailhead-to-peak guidebook, as useful as these can be in getting you from the bottom to the top. Rather, it is an inspirational retelling of the post-Civil War Adirondack experience that makes you want to shoehorn your hiking boots and join in the adventure.

Only towards the end of his account does Rowland describe an actual hike: his twenty-two hour summit of Allen Mountain shortly after Hurricane Floyd chainsawed through. Following such wistful directions as —turn right at the point where there used to be a lean-to, □ and —find the trail next to a pile of sawdust, □ Rowland and his group doggedly treasure mapped their way to the summit. While not a runner per se, Rowland definitely possesses a runner's mentality, musing that it is experiences like these that become the stuff of tall tales--not that sun-framed jaunt on a perfect day.

Rowland's slim volume parades images of colorful guides and city-bred hunters, hermits and entrepreneurs, grand hotels and cut-throat lumbering. You may be surprised to learn that women, for all their cumbersome skirts, played a defining role in the development of the Appalachian Mountain Club, where females frequently outnumbered the male hikers. This in an age where women were regarded as physically inferior.

Tying these diverse stories together is the underlying mission of the Adirondacks as the —Forever Wild □ place to be—all in a park patterned with the unusual mixture of public lands intersected by private holdings. And herein lies the drama. According to Rowland, —...the two have managed to coexist about as well as could be expected, which is to say about as well as a couple of male bighorn sheep. □

And what do you do once you have conquered the 46? Do you pressure yourself on to the Winter 46? Do you summit one-a-day like the vitamin pill says to do? Or do eschew the crowds and explore the smaller peaks enjoying the tiniest detail in child-like delight?

Such is Rowland's agenda and I hope he once again shares his experiences, for this is a book to be treasured, read and re-read before every hiking season.

Bull Run Run 50 Miles

Clifton / Manassas, Virginia April 10, 2010

Sunny & DryHigh of 68 Degrees

1	Leigh Schmitt	M 37	MA	6:09:58 *
2	Brian Rusiecki	M 31	MA	6:25:02
5	Joe Kulak	M 42	PA	7:04:53
10	<u>Aliza Lapierre</u>	F 29	VT	7:23:06 *
17	Sean Andrish	M 40	VA	7:40:07
22	<u>Amy Lane</u>	F 30	MA	8:02:18
70	David Boudreau	M 38	NH	9:06:10
85	Greg Loomis	M 35	VA	9:22:01
91	<u>Jacque Schiffer</u>	F 45	NY	9:26:56
109	Will Danecki	M 59	CT	9:37:42
125	<u>Brenda Morris</u>	F 43	MA	9:48:42
133	Gary Knipling	M 66	VA	9:55:02
157	Zeke Zucker	M 66	VT	10:19:58
189	Doug Freese	M 65	NY	10:37:19
215	Joe Brown	M 49	NY	10:53:17
218	John LaCroix	M 48	VT	10:58:36
258	<u>Barbara Sorrell</u>	F 52	NY	11:39:30
260	Rob Scott	M 55	CT	11:41:39
313	Justin Kaiser	M 28	PA	12:50:39

Course Records *

336 starters 313 Finishers 13 hour time limit.

Complete results and photos at..... <http://www.vhtrc.org/>



Aliza Lapierre sets a new course record for the ladies

This was my second time running this race and as nice as last year was this year was that much better. I was always interested in stories about the Civil War so to be running along the Bull Run river and passing through areas where some of the fighting actually took place was as exciting as running the race itself. The first half of this race is mostly along the river and there are millions of Blue-Bell flowers on both sides of the trail. They are usually in full bloom this time of year which adds that much more to the whole experience.



Leigh Schmitt wins for the 5th time in a new course record

The Virginia Happy Trails Running Club, which hosts the race, really knows how to put on a class event.

You can get just about anything you would want at the aid stations, from the basics like cookies – pretzels and other munchies, to pizza – pierogis – soup & sandwich and even popsicles and ice cream. At the finish area after the run they have a big barbeque to feed the hungry runners. We all sit around on the grassy slope while eating, listening to some happy tunes playing and cheering on the runners as they finish.



Will running through the Blue-Bells

This race is limited to 350 runners and entry is by a lottery system. Entry opens in January so check the web site for info. It's well worth the trip!

Will Run

Pictures by Aaron Schwartzbard

<http://aaronpics.com/>

Northfield Mt. Trail Race 10.3 K

Northfield, MA May 22, 2010

Club members in bold:

Name	Age	Time	GT %
1 Eric Blake	M 31	0:32:14	100.00
2 Paul Morris	M 23	0:32:46	98.37
3 Jim Johnson	M 33	0:32:59	97.73
4 Keiron Tumbleton	M 44	0:33:33	96.08
5 Tim Mahoney	M 30	0:34:14	94.16
6 Tim VanOrden	M 42	0:34:14	94.16
7 Ross Krause	M 30	0:34:16	94.07
8 Todd Callaghan	M 40	0:34:32	93.34
9 Robert Jackman	M 27	0:35:44	90.21
10 Timothy Cote	M 34	0:35:58	89.62
11 Allan Serrano	M 42	0:36:23	88.59
12 Donald Pacher	M 38	0:36:29	88.35
13 John Kinnee	M 31	0:37:03	87.00
14 Alan Powers	M 33	0:37:21	86.30
15 David Principe	M 43	0:37:26	86.11
16 <u>Gina Lucrez</u> 1 st F	F 27	0:37:31	85.92
17 Philip Kreycik	M 26	0:37:46	85.35
18 Andrew Schneider	M 34	0:38:04	84.68
19 Patrick Rondeau	M 35	0:38:15	84.27
20 Paul Young	M 44	0:38:18	84.16
21 Matthew Zanchi	M 20	0:38:33	83.61
22 Bryan Johnston	M 30	0:38:39	83.40
23 Michael Robinson	M 17	0:38:42	83.29
24 Domingo Elias	M 37	0:38:50	83.00
25 Stanislav Trufanov	M 31	0:38:57	82.76
26 <u>Abby Mahoney</u>	F 32	0:38:53	82.90
27 Paul Bazanchuk	M 55	0:39:06	82.44
28 Kevin Guarnotta	M 37	0:39:18	82.02
29 Carolyn Stocker	F 17	0:39:27	81.71
30 Thor Kirleis	M 40	0:39:29	81.64
31 Ken Clark	M 47	0:39:42	81.19
32 Jay Kolodzinski	M 30	0:40:03	80.48
33 Bob Sharkey	M 58	0:40:07	80.35
34 Donald Burke	M 53	0:40:11	80.22
35 Kurt Gustafson	M 25	0:40:25	79.75
36 James Porter	M 36	0:40:25	79.75
37 Daniel Babinski	M 24	0:40:35	79.43
38 Keith Purrier	M 47	0:40:44	79.13
39 Rich Lavers	M 33	0:40:52	78.87
40 Thomas Bok	M 41	0:41:18	78.05
41 David Wessman	M 55	0:41:19	78.02
42 Paul Kirsch	M 44	0:41:31	77.64
43 Erik Wight	M 50	0:41:46	77.17
44 <u>Suzy West</u>	F 47	0:41:34	77.55
45 Jeff Gould	M 45	0:42:01	76.72
46 John Martin	M 58	0:42:28	75.90
47 Robert Wannamaker	M 51	0:42:34	75.72
48 Jonathan Rice	M 31	0:42:46	75.37
49 Kevin Pascoe	M 45	0:42:48	75.31
50 Lauren Stocker	F 20	0:42:54	75.14
51 Tom Holton	M 32	0:42:57	75.05
52 Todd Brown	M 46	0:42:59	74.99
53 Richard Stockdale	M 59	0:43:00	74.96
54 Michael Rosa	M 31	0:43:01	74.93
55 <u>Heather Kolpa</u>	F 29	0:43:02	74.90

56 Bob Mulvaney	M 56	0:43:27	74.18
57 David Krom	M 51	0:43:58	73.31
58 Rick Scott	M 56	0:43:59	73.29
59 Andrew Rossi	M 23	0:44:00	73.26
60 Dan Poliquin	M 43	0:44:05	73.12
61 Stuart Curtis	M 52	0:44:10	72.98
62 <u>Liz Hollenbach</u>	F 31	0:44:15	72.84
63 Donald Slovenkai	M 54	0:44:22	72.65
64 Wayne Stocker	M 56	0:44:23	72.62
65 Brian Cook	M 33	0:44:26	72.54
66 <u>Karen Encarnacion</u>	F 44	0:44:30	72.43
67 Rich Victor	M 43	0:44:32	72.38
68 Robert Low	M 34	0:44:43	72.08
69 <u>Erin Greene</u>	F 25	0:44:45	72.03
70 Ken Goodin	M 55	0:44:46	72.00
71 John Shuster	M 27	0:44:47	71.98
72 Chris Howard	M 49	0:44:52	71.84
73 Paul Hadley	M 46	0:44:53	71.82
74 Curtis Morris	M 40	0:44:55	71.76
75 James Imprescia	M 61	0:45:02	71.58
76 Lawrence Walker	M 44	0:45:07	71.44
77 Ashley Krause	F 32	0:45:09	71.39
78 <u>Nancy Cook</u>	F 45	0:45:20	71.10
79 John Carey	M 39	0:45:21	71.08
80 <u>Rae Ann Darling Reed</u>	F 36	0:45:33	70.76
81 Kyle Hall	M 15	0:45:36	70.69
82 <u>Kathrin Midgley</u>	F 36	0:45:37	70.66
83 Garrett Lemek	M 49	0:45:39	70.61
84 Donna Smyth	F 50	0:45:44	70.48
85 <u>Raina White</u>	F 31	0:45:45	70.46
86 Vincent Rivard	M 63	0:45:47	70.40
87 Rich Miller	M 59	0:45:48	70.38
88 Craig Stokowski	M 52	0:45:49	70.35
89 <u>Chelyn Tetrault</u>	F 34	0:45:59	70.10
90 John Mulroy	M 54	0:46:08	69.87
91 <u>Lisa Doucett</u>	F 54	0:46:09	69.84
92 Ted Cowles	M 51	0:46:19	69.59
93 Anthony Park	M 45	0:46:26	69.42
94 Robert Thomas	M 50	0:46:32	69.27
95 Michael Ferrari	M 45	0:46:37	69.15
96 Scott Jamison	M 48	0:46:38	69.12
97 <u>Whitney Brown</u>	F 36	0:46:42	69.02
98 Michael Quinn	M 46	0:46:45	68.95
99 Viji Sarathy	M 42	0:46:55	68.70
100 Chris Smith	M 44	0:47:01	68.56
101 <u>Haley Heinrich</u>	F 17	0:47:01	68.56
102 Kevin Becker	M 53	0:47:03	68.51
103 Jim Robinson	M 52	0:47:09	68.36
104 John Martino	M 61	0:47:11	68.32
105 Juan Tabares	M 37	0:47:14	68.24
106 Richard Clark	M 56	0:47:17	68.17
107 David Bruton	M 50	0:47:24	68.00
108 Edward Alibozek	M 47	0:47:29	67.88
109 Eric Wyzga	M 34	0:47:38	67.67
110 David LaPorte	M 45	0:48:02	67.11
111 Chris Corradino	M 37	0:48:18	66.74
112 Jonathan Rubia	M 51	0:48:30	66.46
113 Mike McKenna	M 43	0:48:32	66.41
114 Harold Jarvis	M 54	0:48:37	66.30
115 Bob Authier	M 41	0:48:38	66.28

Continued next page:

Northfield cont:

116 Jim McDermott	M 46	0:48:46	66.10
117 <u>Kathy Hurst</u>	F 40	0:48:49	66.03
118 John Peck	M 45	0:49:03	65.72
119 Patrick Jamieson	M 21	0:49:03	65.72
120 Steve Pepe	M 53	0:49:14	65.47
121 Brian Roberts	M 29	0:49:20	65.34
122 Christopher Chetsas	M 52	0:49:20	65.34
123 Jeff Richardson	M 54	0:49:23	65.27
124 Alan Cabot	M 55	0:49:25	65.23
125 Benjamin Quick	M 33	0:49:33	65.05
126 Patrick Perry	M 11	0:49:48	64.73
127 Paul Comeau	M 48	0:49:49	64.70
128 <u>Margaret Donnelly</u>	F 43	0:49:50	64.68
129 <u>Jill Perry</u>	F 39	0:49:52	64.64
130 Dan Hall	M 53	0:49:52	64.64
131 <u>Dawn Heinrich</u>	F 48	0:49:57	64.53
132 Thomas Stracqualursi	M 35	0:50:07	64.32
133 John Straus	M 56	0:50:08	64.30
134 Garrett Dean	M 39	0:50:09	64.27
135 Gene Fahey	M 62	0:50:11	64.23
136 Bob Brady	M 61	0:50:12	64.21
137 Thomas Parker	M 44	0:50:20	64.04
138 Michael St Hilaire	M 31	0:50:21	4.02
139 <u>Kate Naples</u>	F 42	0:50:29	63.85
140 Hakan Inanoglu	M 43	0:50:41	63.60
141 Jim Boss	M 53	0:50:50	63.41
142 Arthur Bellerive	M 45	0:50:58	63.24
143 Anthony Toomey	M 42	0:50:59	63.22
144 Jeffrey Agli	M 39	0:51:00	63.20
145 <u>Jen Fice</u>	F 38	0:51:01	63.18
146 Ian Fownes	M 43	0:51:12	62.96
147 <u>Jennifer Dodge</u>	F 39	0:51:20	62.79
148 <u>Emer O'Donoghue</u>	F 47	0:51:36	62.47
149 <u>Denise Zimmas</u>	F 26	0:51:51	62.17
150 Chuck Hagedorn	M 55	0:52:01	61.97
151 Bob McColgan	M 53	0:52:20	61.59
152 Steve Vaitones	M 54	0:52:24	61.51
153 Frank Hurt	M 73	0:52:25	61.49
154 Donald Hogardt	M 63	0:52:30	61.40
155 Paul Grant	M 62	0:52:31	61.38
156 <u>Paulette Slovenkai</u>	F 50	0:52:41	61.18
157 <u>Ramona Janowetch</u>	F 49	0:52:42	61.16
158 James Miller	M 63	0:52:44	61.13
159 <u>Cassie Coons</u>	F 60	0:52:45	61.11
160 <u>Kathleen Furlani</u>	F 61	0:52:54	60.93
161 Kevin Hardiman	M 33	0:53:04	60.74
162 Walter Kuklinski	M 61	0:53:15	60.53
163 <u>Helen Carmichael</u>	F 31	0:53:22	60.40
164 Charlie Farrington	M 65	0:53:31	60.23
165 Seth Cassin	M 38	0:53:51	59.86
166 Daniel Coons	M 55	0:54:01	59.67
167 Patrick Garland	M 38	0:54:19	59.34
168 Robert Dolan	M 49	0:54:24	59.25
169 Peter Orni	M 67	0:54:46	58.86
170 Michael Chilus	M 60	0:54:50	58.78
171 Randy Witlicki	M 54	0:54:51	58.77
172 Richard Paulsen	M 66	0:54:58	58.64
173 Nick Renzulli	M 51	0:55:05	58.52
174 William Harned	M 60	0:55:13	58.38

175 Mike Reddy	M 48	0:55:17	58.31
176 <u>Kimberly Bellerive</u>	F 42	0:55:28	58.11
177 Ed Kirby	M 73	0:55:34	58.01
178 Jeff Hattem	M 59	0:55:48	57.77
179 E Dowling	M 54	0:55:50	57.73
180 Philip Pierce	M 68	0:55:57	57.61
181 Kail Devsingh	M 35	0:55:59	57.58
182 <u>Rose Buckingham</u>	F 62	0:56:04	57.49
183 Peter Watson	M 70	0:56:51	6.70
184 Brian Gallagher	M 60	0:57:13	56.34
185 <u>Victoria Swana</u>	F 34	0:57:18	56.25
186 Tony Swana	M 42	0:57:18	56.25
187 <u>Tina Pienta</u>	F 46	0:57:19	56.24
188 Andrew Scott	M 29	0:57:42	55.86
189 Vic Laport	M 69	0:57:45	55.82
190 <u>Jodi McIntyre</u>	F 42	0:57:53	55.69
191 Bob Massaro	M 66	0:58:01	55.56
192 Mark Leonard	M 59	0:58:08	55.45
193 <u>Gail Martin</u>	F 44	0:58:11	55.40
194 Laura Clark	F 63	0:58:17	55.30
195 Skip Cleaver	M 65	0:58:23	55.21
196 <u>Patricia Gravara</u>	F 48	0:58:23	55.21
197 Michael Frenette	M 56	0:58:24	55.19
198 <u>Christine Onthank</u>	F 42	0:58:36	55.01
199 Chuck Tenander	M 48	0:58:39	54.96
200 <u>Nancy Roberts</u>	F 51	0:58:45	54.87
201 J Robert Fallon	M 52	0:58:49	54.80
202 <u>Nancy MacDonald</u>	F 45	0:58:53	54.74
203 <u>Suzanne Welch</u>	F 57	0:58:58	54.66
204 Martin Glendon	M 63	0:59:06	54.54
205 Dave Tyler	M 51	0:59:07	54.52
206 Bob Sullivan	M 68	0:59:11	54.46
207 Jose Viveiros	M 49	0:59:20	54.33
208 <u>Jan Karl</u>	F 54	0:59:38	54.05
209 Richard Mellor	M 59	0:59:43	53.98
210 Fred Ross III	M 63	0:59:46	53.93
211 David Martin	M 50	0:59:52	53.84
212 <u>Meg Michaels</u>	F 55	0:59:59	53.74
213 Larry Morris	M 63	1:00:16	53.48
214 Ted Ridout	M 67	1:00:31	53.26
215 Jim Gaffney	M 59	1:00:35	53.20
216 Brad Stickel	M 23	1:00:37	53.18
217 <u>Arnie Pollinger</u>	M 51	1:00:58	52.87
218 Robert Conant	M 40	1:01:11	52.68
219 <u>Annalee Nurmenniemi</u>	F 29	1:01:18	52.58
220 <u>Donna Plachowicz</u>	F 57	1:01:19	52.57
221 Shivin Misra	M 26	1:01:19	52.57
222 Tate Weatherbee	M 32	1:01:22	52.53
223 Jack O'Connor	M 54	1:01:22	52.53
224 David Malliaros	M 54	1:01:34	52.36
225 <u>Anita Hadlock</u>	F 55	1:01:58	52.02
226 Raymond Boutotte	M 64	1:02:07	51.89
227 <u>Megan Nicholls</u>	F 30	1:02:12	51.82
228 Philip Curtis	M 37	1:02:22	51.68
229 <u>Sarah Winkley</u>	F 43	1:02:23	51.67
230 Lawrence Santos	M 47	1:03:07	51.07
231 <u>Karlene Normandin</u>	F 55	1:03:17	50.93
232 Thomas Abbott	M 66	1:03:27	50.80
233 <u>Mary Ellen Doran</u>	F 48	1:03:32	50.73

Continued next page:

Northfield cont:

234 Kurt Giavara	M 50	1:03:36	50.68
235 <u>Judy Romvos</u>	F 59	1:03:44	50.58
236 Dick Doran	M 60	1:03:55	50.43
237 <u>Diane Levesque</u>	F 56	1:04:07	50.27
238 Greg Carson	M 49	1:04:32	49.95
239 Bill Glendon	M 64	1:06:34	48.42
240 Peter Wallan	M 67	1:07:22	47.85
241 John Goldrosen	M 60	1:07:35	47.69
242 <u>Kerri Deshaine</u>	F 30	1:07:50	47.52
243 <u>Angel Green</u>	F 32	1:08:02	47.38
244 George Russo	M 61	1:08:35	47.00
245 <u>Tresa Casseletto</u>	F 49	1:09:23	46.46
246 <u>RaeAnn Frenette</u>	F 51	1:09:29	46.39
247 Rick Hayer	M 59	1:10:41	45.60
248 <u>Marianne Withington</u>	F 55	1:12:55	44.21
249 George Boudreau	M 41	1:12:57	44.19
250 <u>Laurell Shortell</u>	F 44	1:13:08	44.07
251 Walter Kolodzinski	M 67	1:13:42	43.74
252 John Parker	M 78	1:13:43	43.73
253 Konrad Karolczuk	M 57	1:14:36	43.21
254 Paul McDermott	M 74	1:15:12	42.86
255 Peter Buhl	M 69	1:15:20	42.79
256 Stephen Lombardo	M 61	1:18:13	41.21
257 Dick Hoch	M 69	1:18:57	40.83
258 Ken Skier	M 56	1:23:42	38.51
259 <u>Melissa McDevitt</u>	F 42	1:24:20	38.22
260 <u>Christine Skinner</u>	F 42	1:25:35	37.66
261 Don Davis	M 50	1:25:37	37.65
262 <u>Margarita Bancy</u>	F 52	1:26:33	37.24
263 <u>Claire Rosa</u>	F 25	1:28:11	36.55
264 Dave Dunham	M 46	1:35:45	33.66

Takin a Chance at N'field Mtn.

I shood not've gone to northfield Mtn on May 22, due to a not-quite-right left ankle & left hip. Since th end of March th most miles in a day for me: today and 15K roadrace April 10, not all pain-free. But with trailrunners, mountain runners, and (roady) RATS all coming, I Had to, too.

Fm inside (me): "Line-up in th back, proceed slower than usual, and don't u dare get competitive." While at th I19 rest-stop I cood not walk right, out of th car here all felt not bad as I jogged here & there. "U may feel OK for a mile or teo, but this is 10k+ of Up and Down, Buster." Thank goodness th slowest RATS came to try th trail cuz all my trail / WMAC friends were gone for good fm th getgo.

So I found myself with Peter B, Steve L, "Ed R?", "no I'm not Ed" and John Kid Parker, after Fred R stepped by. I soon came upon Laurel S - - beginning to train following snowshoe season. Peter & John passed by, I lost all 3 on single-track. They got further ahead as I forgot to double-knot. ☹

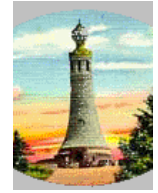
I hadn't known that Paul M (74) was behind me til "Hey Hoch, this way." As I pushed along, monitoring th ankle & hip - - hmm, duzn't hurt, seems OK - - th only wun in site was good friend Peter B, (69) who's never beaten me. He'd walk, then run slowly, etc. But all I cood manage was walk, run slowly, etc. ☹ Finally came th down - down - downs, he was gone, I didn't dare, was on my own for th duration, wondering if I'd endure or "crash."

Well, I made-it. ☺
"Hey Kid," fm Kid Parker (77); a warm smile fm Peter, gracious as always. I hope I'll be fit & ready next time.....

Dick Hoch



Trail legend Vic LaPort isn't slowing down any as he nears the 70 and over division.



Western Mass Athletic Club



MT. Greylock Trail Races

5K and Half Marathon Greylock Glen.... Adams, MA.
Sunday June 20, 2010 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 6/13/10: \$15.00 half-marathon, \$12.00 5K.
Family discount: no charge in excess of that for 3 people if pre-registered.
Shirts may be sold separately at the race.

**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, \$12.00 5K) **More info at 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 \$ _____ Total \$ _____

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) _____



Savoy Mountain Trail Races
22 miles -- 11 miles -- or 4 miles
Sunday August 15, 2010 9:00 AM
Savoy Mt. State Forest Savoy, Massachusetts

22 Mile Course: Start at North Pond as usual. Twice around an eleven mile loop that includes a sublime view from Spruce Hill. Uses hiking and ATV trails. Hilly with an abundance of rocks and exposed roots. Can get very muddy with rainy weather.

11 Mile Course: Once around the above described loop.

4 Mile Course: 4 mile course is the South Pond Shuffle loop circuit, primarily on hiking trails in the park. Plenty of rocks, roots and other trail hazards. Race begins at 9:15 A.M.

- * Pre-Entry Fee is \$20 for the 22 miler, \$15 for the 11 miler, \$10 for the 4 miler, before 8/7/10.
- * Entry fee on race day is \$25 for the 22 miler, \$20 for the 11 miler, and \$15 for the 4 miler.
- * Sorry, no refunds.
- * Driving instructions at Mass DCR Savoy * Results posted on <http://runwmac.com>
- * Refreshments: Barbecue for runners and guests. * New Savoy T Shirts \$5

More info: Marty Glendon (413) 684-3797 or glendon_farm@hotmail.com

-----Please cut here-----

Please send entry form with check for fee made out to
 WMAC, P.O. Box 356, Adams, MA 01220

Please circle which Savoy Mt. Trail Race you are entering: 22 mile 11 mile 4 mile

(Please print)

Name _____

Street _____

City/Town _____ State _____

Zip _____ Phone _____

Age _____ Sex M / F email _____

Entry fee \$ _____ T Shirts @ \$5 \$ _____ Total \$ _____

Shirt size S M L

WMAC member? Yes No

Please enter me in the indicated Savoy Mt Trail Race. I agree to assume all responsibility for 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 Savoy Mt 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 _____

Parent/Guardian (if under 18) _____

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*****

MEMBERSHIP : NEW_____ RENEW_____ ...with no changes to names or address_____

Check here for any changes and provide new information below _____

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

Single Membership_____ Household Membership_____

NAME (S)_____
ADDRESS_____
CITY_____ STATE_____ ZIP_____
TEL_____ D O B_____ SEX_____
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*Web Page... www.runwmac.com
Club Officers... poncherosa@yahoo.com*

*Newsletter... wdanecki@charter.net
The Hot - Line... 413-743-5124*