



Trail Running News ...Western Mass Athletic Club

Vol. 17..... Issue 2 Late Spring 2011

In this issue:

Snowshoe Series Wrap-Up

Results and stories from:

Camp Saratoga - Moby Dick

Hallockville - Fed. Champs

Moody Spring - Hawley

Catamount

GT Trail Series Underway

Merrimack - Northern Nipmuck

Seven Sisters - Muddy Moose

And Plenty More It's All Inside!

Up n' Coming Events:

GT Trail Races:

Northfield MT.	5 / 21
Greylock.....	6 / 19
Cranmore Hill	6 / 26
Skyline Trail	7 / 10 ??
People's Forest.....	8 / 6 ??
Oxford Dam	8 / 6
Savoy.....	8 / 21
MT. Toby	8 / 28
Wapack	9 / 4
Curly's	9 / 11

Check the web page for info, changes & updates

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Full Circle at 7 Sisters

by Laura Clark

Our 7 Sisters convoy headed out with Annie in the lead chauffeuring me, Jen Ferriss and Brian Teague, followed approximately ten minutes later by Steve Mitchell. This group effort led Steve and I to speculate on the date of our first Sisters together as a rather sloppy team. We tunneled in on 2005, but after a subsequent internet search, I was surprised to discover it was actually 2000! Which makes this my eleventh year in the Sisterhood. Congratulations to me!

That first year as we exited the car, Steve pointed to the heavenwards trail and casually mentioned, "There's no point in warming up." That has remained my one consistency over the years. My times have ranged from the 3:50s to the 4:30s in weather ranging from that memorable 90 degree sweatfest when unprepared runners were lying along the side of the road, to bone-chilling, slippery-rocked rain.

I have had different partners over the ensuing years: Steve Mitchell, Colorado Bob, Brian Teague, Joe O'Leary and now Jen Ferriss. With the exception of Steve, who got me into this, and Bob, who is once more leaping over rattlesnakes, everyone I have taken has pointedly refused the next roundup. Some not so politely. Yes, I know Brian has showed up twice, but this time around he decided it would be a good day for a hike and a photo shoot. Not a good day to die.

But now, change is in the forecast. Incredibly, I have gotten wiser about some things over the years. Instead of randomly selecting anyone willing to carpool three hours, I have carefully eased Jen into the companion role. She started out realistically with the Camp Saratoga Summer Trail series, moved on to ARE's Dippikill Froggy 5 and last fall graduated to their Hairy Gorilla Half Marathon, finishing only slightly behind me. Already I could see the writing on the wall. She was naturally encouraged and this spring needed only minimal prodding to register.

Despite the week's bucketing rain which turned baseball fields into marinas, roads into kayaking opportunities and basements into frog ponds, race day beckoned with nary a raindrop and only a few muddy sections that served more as footprinted directional beacons than as major hazards. Annie pulled handily into her usual front row position with a perfect view of the start/finish area, but this time was surprised to discover that the choice was no longer solely up to her. For Lo! And Behold! The parking lot had acquired its very own safety-vested volunteer. Luckily, the attendant had instantly recognized the running-stickered Annie as a candidate for preferred parking. And a good thing, too, since even at our early arrival, paved options were filling quickly. Annie's secret goal, up to now, has been to be as widely recognized as the ARE van. With that accomplished, she could now relax and trade driving tips with the other vehicles.

Except for those superhero athletes who run all the ascents, scramble all the descents and joyously leap off rock cliffs, this event is the closest trail runners can come to the triathlete experience without actually plunging underwater or spinning wheels.

Sisters intimidates from the get-go, with an out-of-category hike up Bare Mountain where dislodged shale pieces perform an impromptu musical mobile concert. After the initial wake-up call, the route takes on a run/hike/cliff scrambling rhythm. At one point on the out-and-back course I had gotten totally into it (read lazy) and groaned to my new companion, Kathleen Furlani, "You mean we have to run again?!"

Continued next page:

Full Circle cont:

For while Jen and Steve were at times within eyesight, I eventually faced up to the fact that there was no way I would catch up. They even played tourist, stopping along the way to take shots of each other framed against the spectacular views of the Connecticut river and nearby Northampton, which resembled more of a flood plain than recognizable farmers' fields.

I also apparently lied about the course. Over the years, despite sticking to basically the same out and back route, it has increased from 12 to 12.5 to 13 miles; the latter confirmed only when the 2011 results were posted. Thank you, GPS! I also told Jen about the famous hare-and-hound circle around the Summit House porch. But this was not to be. Apparently, someone had slipped and the Summit House was worried about liability. This was on the only straight, smooth section of the course. Go figure!

There is always one spot on the second approach to the Summit House where I am tempted to take a wrong turn. Other than that I have never gotten lost. But this year Kathleen and I were presented with numerous opportunities. There seemed to be more trees down than usual, so rather am blaming my radar, I am blaming the trees. Those that fell were obviously emblazoned with white trail marking squares.

Kathy and I made a good team, wayfinding difficult sections, sharing candy and pushing ourselves beyond what we could have done individually. Jen outdid herself, even (gulp) running through the final rock garden, something that I have never been able to do. Steve hung back a bit, led some folks astray and ran in with another runner who was having a rough time, returning the years-ago favor when two runners carried him out of the woods on that infamous 90 degree day. Brian matched the local firearms shooting range, scoring picture after picture. A fine day in the woods was had by all.

Best of all, Jen will be back! It remains to see though whether we will tackle the traditional 12 miler, the upstart 12.5 miler or have a go at the first official 7 Sisters Half Marathon.

Laura Clark

Seven Sisters Trail Race

12 Miles Amherst, MA. May 1st, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Brian Rusiecki	M 32	MA	1:47:20	100.00%
2	Ross Krause	M 31	MA	1:50:29	97.43%
3	Chris Hayhurst	M 39	NH	1:51:56	96.17%
4	Stephen Granger-Bevan	M 26	MA	1:53:07	95.16%
5	Aaron Newell	M 18	NY	1:55:10	93.47%
6	Timothy Cote	M 35	CT	1:58:36	90.76%
7	Judson Cake	M 33	ME	2:00:09	89.59%
8	John Kinnee	M 32	MA	2:03:50	86.93%

9	Rob Hult	M 41	MA	2:04:24	86.53%
10	Peter Hult	M 30	NH	2:04:34	86.42%
11	Marc Guillaume	M 39	MA	2:04:39	86.36%
12	Francois Guilbault	M 42	QU	2:04:48	86.25%
13	Mike Mazzotta	M 30	MA	2:14:14	80.19%
14	Ryan Welts	M 30	CT	2:14:27	80.06%
15	Ernie Lawas	M 41	CT	2:14:32	80.01%
16	Robijn Hage	M 40	MA	2:14:34	79.99%
17	Luc Hamel	M 43	QU	2:14:57	79.77%
18	Jean-Francois Gagne	M 36	QC	2:14:57	79.77%
19	John Blouin	M 36	MA	2:15:05	79.69%
20	Scott Padnode	M 30	MA	2:15:27	79.47%
21	Richard Teal	M 33	NY	2:16:04	79.11%
22	Scott Livingston	M 38	CT	2:17:00	78.57%
23	Vikter Alexy	M 26	QC	2:17:11	78.47%
24	<u>Kelsey Allen</u> 1 st F	F 27	MA	2:17:20	78.38%
25	David Loutzenheiser	M 44	MA	2:19:55	76.94%
26	Mike Siudy	M 36	NY	2:21:12	76.24%
27	Gabriel Flanders	M 35	NH	2:22:28	75.56%
28	Courtney Morris	M 31	MA	2:23:59	74.76%
29	John Agosto	M 46	CT	2:25:02	74.22%
30	<u>Debbie Livingston</u>	F 36	CT	2:25:28	74.00%
31	Daniel Larson	M 35	MA	2:26:32	73.46%
32	Paul Letoile	M 46	RI	2:28:03	72.71%
33	Steve Forrest	M 47	MA	2:28:05	72.69%
34	Dan Hayden	M 24	NH	2:28:48	72.34%
35	Kevin Littman	M 39	MA	2:31:00	71.29%
36	Gael Lledo	M 43	NY	2:31:08	71.23%
37	Damien Callahan	M 32	MA	2:31:59	70.83%
38	Eric Wyzga	M 35	RI	2:32:13	70.72%
39	Jim Dube	M 44	MA	2:32:30	70.59%
40	Garry Harrington	M 51	CO	2:32:37	70.53%
41	Dave Molk	M 29	MA	2:33:25	70.17%
42	Mark Belanger	M 40	MA	2:33:33	70.10%
43	Junior Maheu	M 40	QU	2:34:09	69.83%
44	Chris Duca	M 36	VT	2:34:10	69.82%
45	Ben Whitbeck	M 34	MA	2:34:10	69.82%
46	<u>Carly Wynn</u>	F 18	NY	2:34:30	69.67%
47	Jonathan Hahn	M 42	MA	2:35:41	69.14%
48	Keith Purrier	M 48	MA	2:35:47	69.10%
49	Robert Fisher	M 22	CT	2:36:05	68.97%
50	Paul Monaco	M 36	NY	2:36:08	68.94%
51	Brook Burke	M 41	NH	2:36:12	68.92%
52	Ned James	M 56	MA	2:36:14	68.90%
53	Damien Morvidelli	M 32	MA	2:36:15	68.89%
54	Bill Terry	M 48	MA	2:37:29	68.35%
55	Tom Gorman	M 35	MA	2:37:31	68.34%
56	Bob Gillis	M 56	MA	2:37:45	68.24%
57	Mark Dearing	M 58	MA	2:38:13	68.04%
58	<u>Catherine Hogan</u>	F 25	QC	2:38:44	67.82%
59	Drew Jett	M 24	MA	2:38:45	67.81%
60	Carl Matuszek	M 59	NY	2:39:04	67.67%
61	Robert Low	M 35	CT	2:39:06	67.66%
62	<u>Molly Coseno</u>	F 33	VT	2:39:11	67.62%
63	Russell Hammond	M 51	CT	2:39:17	67.58%
64	Alexandre Tilmant	M 40	NY	2:39:41	67.41%
65	Bob Sharkey	M 59	RI	2:40:08	67.22%
66	Donald Burke	M 54	MA	2:40:31	67.06%
67	Nick Dufresne	M 28	MA	2:40:43	66.98%
68	Kyle Hall	M 16	CT	2:41:41	66.58%

Continued next page:

7 Sisters results cont:

69	David Boudreau	M 39	NH	2:41:46	66.54%
70	Wayne Stocker	M 56	MA	2:42:09	66.39%
71	Chad Dovey	M 32	NY	2:42:20	66.31%
72	Andrew Mangold	M 19	CT	2:42:21	66.30%
73	Andy Illidge	M 44	MA	2:42:23	66.29%
74	<u>Martha Inouye</u>	F 23	MA	2:42:23	66.29%
75	<u>Maura Adams</u>	F 31	NH	2:43:16	65.93%
76	Steven Constine	M 43	NH	2:43:16	65.93%
77	Greg Monette	M 43	MA	2:44:17	65.52%
78	Chris Ollari	M 41	MA	2:44:53	65.29%
79	Daniel Chartier	M 42	QU	2:45:48	64.92%
80	Chase Emmons	M 43	MA	2:45:51	64.91%
81	Richard Lavers	M 34	NH	2:46:10	64.78%
82	Brian Sorrells	M 41	CT	2:46:12	64.77%
83	Chris Dunn	M 42	NH	2:46:18	64.73%
84	Michael Gilbert	M 48	CT	2:46:19	64.72%
85	Andrew Foster	M 42	MA	2:46:20	64.72%
86	Gary Jewett	M 45	MA	2:46:35	64.62%
87	Gregory Jones	M 46	MA	2:46:58	64.47%
88	David Fagrant	M 48	RI	2:47:08	64.41%
89	Michael Jurczak	M 31	CT	2:47:36	64.23%
90	Anthony Parillo	M 26	MA	2:47:39	64.21%
91	Ivan Cordero	M 24	MA	2:47:41	64.20%
92	Dominic Wilson	M 40	CT	2:47:49	64.14%
93	Richard Sugrue	M 25	MA	2:47:56	64.10%
94	Karl Sauerbrey	M 47	RI	2:47:56	64.10%
95	Ben Babbott	M 24	MA	2:47:57	64.09%
96	Christopher Kusek	M 32	MA	2:49:05	63.66%
97	Nick Tooker	M 32	MA	2:49:55	63.35%
98	Anthony Park	M 45	MA	2:51:32	62.75%
99	Steve Whittey	M 54	MA	2:51:39	62.71%
100	Russell Dearing	M 32	MA	2:52:05	62.55%
101	<u>Kristina Folcik</u>	F 33	CT	2:52:55	62.25%
102	Donncha Claire	M 32	MA	2:53:04	62.20%
103	Todd Brown	M 47	CT	2:53:20	62.10%
104	<u>Kate Hirschboeck</u>	F 25	MA	2:53:22	62.09%
105	<u>Sarah Almodover</u>	F 34	CT	2:53:24	62.08%
106	Ted Cowles	M 52	CT	2:53:39	61.99%
107	Michael Hoberman	M 46	MA	2:53:42	61.97%
108	Mark Staples	M 41	MA	2:53:42	61.97%
109	Grahame Russell	M 50	CT	2:54:16	61.77%
110	<u>Dallase Scott</u>	F 28	MA	2:54:54	61.55%
111	Pers Forsberg	M 38	SW	2:54:55	61.54
112	Bart Moylan	M 35	MA	2:56:18	61.06%
113	Chris Hinch	M 43	MA	2:56:20	61.05%
114	<u>Deborah Nordyke</u>	F 48	NY	2:56:39	60.94%
115	<u>Kristin Su</u>	F 26	MA	2:57:43	60.57%
116	Nick LaQuerre	M 21	NH	2:57:54	60.51%
117	Michael Ferrari	M 46	MA	2:57:57	60.49%
118	David Sutherland	M 49	CT	2:57:58	60.49%
119	Jay Brown	M 26	MA	2:57:59	60.48%
120	Paul Galotti	M 27	MA	2:58:15	60.39%
121	Matt Wunch	M 36	CT	2:58:50	60.19%
122	Jeremy Scanlan	M 28	MA	2:58:58	60.15%
123	Chris Buck	M 48	NJ	2:59:00	60.14%
124	Garett O'Hara	M 29	MA	2:59:13	60.06%
125	Chris Hrones	M 39	NY	2:59:49	59.86%
126	Hugues Lajeunesse-Page	M 22	QC	2:59:56	59.83%
127	Adil Elkalai	M 38	MA	3:00:15	59.72%
128	Salvatore Dichiaro	M 35	NY	3:00:48	59.54%

129	Ryan Lambert	M 24	MA	3:00:56	59.49%
130	Chip Speicher	M 51	MA	3:01:03	59.46%
131	Jason Collins	M 36	MA	3:01:27	59.33%
132	Kevin Rogers	M 28	MA	3:02:03	59.13%
133	Rich Sementelli	M 52	MA	3:02:18	59.05%
134	<u>Melanie Charbonneau</u>	F 35	QU	3:02:26	59.01%
135	Nathan Pung	M 35	NY	3:02:45	58.90%
136	John Majonen	M 48	VT	3:02:47	58.89%
137	Ben Taylor	M 34	MA	3:02:58	58.83%
138	Rafal Jedrzejczak	M 28	MA	3:03:18	58.73%
139	Christopher Agbay	M 33	MA	3:03:46	58.58%
140	<u>Jacqueline Rosains</u>	F 36	MA	3:03:48	58.57%
141	Thomas Parker	M 45	NH	3:03:49	58.56%
142	Peter Thomsen	M 54	MA	3:04:34	58.32%
143	Douglas Cummings	M 49	MA	3:05:14	58.11%
144	Joseph Murphy	M 27	NY	3:05:16	58.10%
145	Chris Crawford	M 42	MA	3:05:57	57.89%
146	Daniel O'Farrell	M 26	MA	3:08:00	57.26%
147	David LaPorte	M 46	CT	3:08:14	57.19%
148	Simon Frez-Albrecht	M 19	CT	3:09:49	56.71%
149	David Taylor	M 53	CT	3:11:14	56.29%
150	Peter Ouellette	M 52	MA	3:11:43	56.15%
151	Phil Ouellette	M 47	ME	3:11:43	56.15%
152	<u>Manuele Picq</u>	F 33	MA	3:11:46	56.13%
153	Dan Danecki	M 52	MA	3:13:03	55.76%
154	Mark Barton	M 39	NH	3:13:29	55.64%
155	Cliff Collins	M 51	CT	3:14:46	55.27%
156	Guido Mederios	M 55	MA	3:14:52	55.24%
157	David John Cameron	M 40	MA	3:15:35	55.04%
158	Kris Murphy	M 34	MA	3:15:52	54.96%
159	Bruce Shenker	M 58	NY	3:15:52	54.96%
160	Scott Scheirey	M 17	CT	3:15:57	54.94%
161	<u>Jessica Harwood</u>	F 31	MA	3:16:15	54.85%
162	Craig Salvini	M 42	MA	3:16:16	54.85%
163	Tom Moffett	M 36	NY	3:20:16	53.75%
164	John Driscoll	M 26	MA	3:20:30	53.69%
165	David Michalak	M 46	MA	3:20:36	53.66%
166	Daniel Hall	M 54	CT	3:20:36	53.66%
167	Donald Forest	M 42	MA	3:21:43	53.36%
168	Kevin Zelechowski	M 35	MA	3:22:04	53.27%
169	Mordy Sahler	M 22	MA	3:22:16	53.22%
170	Robert Malaspina	M 23	CT	3:22:33	53.15%
171	<u>Nancy Milkey</u>	F 47	MA	3:22:52	53.06%
172	Tony Perry	M 45	MA	3:23:02	53.02%
173	Strephon Treadway	M 43	MA	3:23:03	53.01%
174	William Foley	M 42	MA	3:23:17	52.95%
175	Grant Ritter	M 27	MA	3:23:18	52.95%
176	Dan Gnatek	M 24	MA	3:23:20	52.94%
177	Michael Childs	M 61	MA	3:23:44	52.84%
178	Bruce Cote	M 30	CT	3:23:45	52.83%
179	Greg Murphy	M 35	MA	3:23:47	52.82%
180	<u>Jennifer Shultis</u>	F 42	NH	3:23:49	52.81%
181	Irfan Siddiqui	M 25	MA	3:26:09	52.22%
182	Tom Malcolm	M 54	MA	3:26:22	52.16%
183	David Anderson	M 41	MA	3:26:39	52.09%
184	Carl Cignoni	M 60	MA	3:28:44	51.57%
185	Joe Ferrini	M 57	MA	3:28:51	51.54%
186	Andrew McConaha	M 25	MA	3:30:09	51.22%
187	<u>Kristine Baker</u>	F 28	MA	3:30:14	51.20%
188	Chris Powers	M 38	MA	3:30:16	51.19%

Continued next page:

7 Sisters results cont:

189 Dave Geary	M 45	MA	3:30:46	51.07%
190 Sam Sugrue	M 21	MA	3:30:57	51.03%
191 <u>Lindsey Palatino</u>	F 27	MA	3:30:59	51.02%
192 Todd Sugrue	M 55	MA	3:31:05	51.00%
193 <u>Chris Neustadt</u>	F 47	CT	3:31:09	50.98%
194 Pete Westover	M 66	MA	3:31:14	50.96%
195 <u>Lily Meadows</u>	F 26	MA	3:31:26	50.91%
196 <u>Sheryl Briggs</u>	F 37	MA	3:32:17	50.71%
197 Kevin McCaffrey	M 54	MA	3:32:47	50.59%
198 <u>Sarah Haig</u>	F 30	MA	3:33:47	50.35%
199 ???	???	??	3:35:06	50.04%
200 Neal Noonan	M 34	MA	3:36:09	49.80%
201 AJ Kardoos	M 38	MA	3:36:10	49.80%
202 Bob Buckingham	M 50	CT	3:37:08	49.58%
203 <u>Rachael Bazzett</u>	F 22	MA	3:38:42	49.22%
204 David Bazzett	M 18	MA	3:38:42	49.22%
205 <u>Melinda Vaturro</u>	F 39	MA	3:40:21	48.85%
206 <u>Lisa DeVito</u>	F 47	MA	3:40:46	48.76%
207 <u>Margaret Sharron</u>	F 41	MA	3:41:27	48.61%
208 David Taylor	M 27	CT	3:42:10	48.45%
209 <u>Laura Fusari</u>	F 31	MA	3:42:29	48.38%
210 Tony Federer	M 72	NH	3:42:48	48.31%
211 Darlene McCarthy	F 48	MA	3:42:48	48.31%
212 Patrick Canonica	M 62	MA	3:44:04	48.04%
213 <u>Lori Huberman</u>	F 26	MA	3:46:44	47.48%
214 Matthew Field	M 26	MI	3:48:27	47.12%
215 <u>Sarah Peters</u>	F 35	NY	3:48:34	47.10%
216 Steve Axiotis	M 39	MA	3:48:39	47.08%
217 <u>Jennifer Ferriss</u>	F 39	NY	3:49:01	47.00%
218 <u>Rachel Dymon</u>	F 39	MA	3:49:18	46.95%
219 Timothy Lindsey	M 39	NH	3:51:01	46.60%
220 Randall Welner	M 50	MA	3:52:01	46.40%
221 Laura Clark	F 64	NY	4:07:01	43.58%
222 <u>Kathleen Furlani</u>	F 62	CT	4:07:02	43.58%
223 <u>Mary Howe</u>	F 46	CT	4:07:03	43.57%
224 Robert Wyckoff	M 35	MA	4:07:22	43.52%
225 Don Miller	M 67	MA	4:12:17	42.67%
226 <u>Deb Anderson</u>	F 36	MA	4:12:36	42.61%
227 <u>Carolyn Runaldi</u>	F 41	NY	4:12:46	42.59%
228 Randy Witlicki	M 54	VT	4:13:29	42.47%
229 David Stauffer	M 32	MA	4:17:08	41.86%
230 Michael McKenna	M 48	MA	4:18:48	41.59%
231 Felix Modugno	M 54	NY	4:19:01	41.56%
232 Raymond Brown	M 54	MA	4:20:37	41.30%
233 <u>Agnes Blomberg</u>	F 40	MA	4:21:12	41.21%
234 <u>Kim Patenaude</u>	F 42	CT	4:25:22	40.56%
235 <u>Janice Swift</u>	F 48	MA	4:25:23	40.56%
236 <u>Hallie Schumaker</u>	F 39	MA	4:25:23	40.56%
237 <u>Kelsey Battige</u>	F 24	MA	4:28:44	40.06%
238 Ed Vera	M 28	MA	4:28:45	40.05%
239 Ivan Quintera	M 42	NY	4:28:51	40.04%
240 David Paul	M 40	MA	4:28:58	40.02%
241 Stephen Mitchell	M 69	NY	4:28:58	40.02%
242 <u>Lisa Pane</u>	F 43	CT	4:41:21	38.26%
243 <u>Monica Willding</u>	F 52	CT	4:46:46	37.54%
244 David Senderoff	M 41	CT	4:49:04	37.24%
245 <u>Mary Lou White</u>	F 55	CT	5:06:18	35.14%
246 John Suyemoto	M 42	MA	5:07:50	34.97%
247 Ross Baker	M 39	MA	5:07:52	34.96%

2011 Dion Snowshoe Series
8th Annual Camp Saratoga

8km Snowshoe Race

February 12, 2011 ... Camp Saratoga ... Wilton, NY

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01.	Tim Van Orden	M 42	0:31:42	100.00
02.	Aaron Robertson	M 32	0:31:43	99.38
03.	Thomas O'Grady	M 25	0:33:16	98.77
04.	Tim Mahoney	M 31	0:33:54	98.15
05.	Ahmed Elasser	M 48	0:34:46	97.53
06.	Matt Westerlund	M 38	0:35:06	96.91
07.	Connor Devine	M 17	0:35:14	96.30
08.	Sean Reynolds	M 16	0:35:32	95.68
09.	Taylor Della Rocco	M 16	0:35:59	95.06
10.	Rick DeCarr	M 26	0:36:15	94.44
11.	Erik Wight	M 51	0:37:09	93.83
12.	Brian Matthews	M 30	0:37:24	93.21
13.	Brian Northan	M 35	0:37:30	92.59
14.	Andrew Rickert	M 31	0:37:30	91.98
15.	Elliott Megquier	M 22	0:37:32	91.36
16.	<u>Abby Mahoney</u> 1 st F	F 32	0:37:42	90.74
17.	Ken Clark	M 48	0:37:59	90.12
18.	Kenneth J Bard	M 39	0:38:35	89.51
19.	Eric Hulbert	M 15	0:38:41	88.89
20.	Dennis Vanvlack	M 38	0:38:54	88.27
21.	Carolyn Stocker	F 18	0:39:01	87.65
22.	Steve Chaffee	M 46	0:39:08	87.04
23.	Joseph Sullivan	M 32	0:39:12	86.42
24.	Jim Preite	M 47	0:39:15	85.80
25.	Daniel French	M 39	0:39:24	85.19
26.	Ben Palladino	M 18	0:39:39	84.57
27.	Paul Mueller	M 26	0:39:48	83.95
28.	Charles Petraske	M 33	0:40:09	83.33
29.	Jim Devine	M 50	0:40:15	82.72
30.	Paul Cox	M 17	0:40:19	82.10
31.	<u>Elizabeth Madore</u>	F 30	0:40:52	81.48
32.	Justin Andrews	M 18	0:41:05	80.86
33.	David Peterson	M 52	0:41:13	80.25
34.	Mike Lahey	M 59	0:41:27	79.63
35.	Lucas Roods	M 20	0:41:56	79.01
36.	Edward Alibozek	M 48	0:42:01	78.40
37.	Adam Wright	M 21	0:42:06	77.78
38.	Andrew Wahila	M 26	0:42:09	77.16
39.	Tom Tift	M 53	0:42:16	76.54
40.	<u>Courtney Tedeschi</u>	F 15	0:42:18	75.93
41.	<u>Kelly Holtzworth</u>	F 32	0:42:29	75.31
42.	Jason Roberts	M 35	0:42:41	74.69
43.	Benjamin Harper	M 14	0:42:59	74.07
44.	Steve Rivers	M 49	0:43:08	73.46
45.	Tim Ratowski	M 38	0:43:20	72.84
46.	Aaron Knobloch	M 34	0:43:35	72.22
47.	Wayne Stocker	M 56	0:43:43	71.60
48.	Ross Montford	M 26	0:43:49	70.99
49.	Jeffrey Andritz	M 29	0:43:53	70.37
50.	Kyle Johnson	M 37	0:44:02	69.75
51.	Douglas Gerhardt	M 43	0:44:03	69.14

Continued next page:

Camp Saratoga results cont:

52. <u>Jessica Hageman</u>	F 35	0:44:12	68.52
53. Glenn Tryson	M 57	0:44:29	67.90
54. Steve Vnuk	M 55	0:44:43	67.28
55. Mort Nace	M 44	0:45:11	66.67
56. Jeffrey Lutzker	M 59	0:45:36	66.05
57. Ed Johnson	M 49	0:45:45	65.43
58. Thomas Ryan	M 50	0:46:00	64.81
59. Brennan Tarrier	M 32	0:46:02	64.20
60. <u>D. Tobon Knobloch</u>	F 29	0:46:20	63.58
61. Mark Haworth	M 41	5:02:00	62.96
62. Ian Hutchinson	M 46	0:46:28	62.35
63. Floyd Lampart	M 64	0:46:36	61.73
64. <u>Kaitlyn Wahila</u>	F 27	0:46:37	61.11
65. <u>Rachel Wysocki</u>	F 19	0:46:44	60.49
66. Derell Scott	M 19	0:46:45	59.88
67. Rick Morse	M 60	0:47:00	59.26
68. <u>Jessy Montrose</u>	F 24	0:47:01	58.64
69. Tom Mack	M 46	0:47:02	58.02
70. John Butler	M 44	0:47:10	57.41
71. Alex Chlopecki II	M 39	0:47:17	56.79
72. Jeff Clark	M 53	0:47:38	56.17
73. <u>Theresa Apple</u>	F 50	0:47:58	55.56
74. Ezra Hulbert	M 12	0:48:03	54.94
75. Jamie Casline	M 51	0:48:12	54.32
76. Chris Imperial	M 30	0:48:14	53.70
77. <u>Tracey Jeffreys</u>	F 40	0:48:16	53.09
78. Craig Roods	M 62	0:48:21	52.47
79. <u>Sweep Voll</u>	F 50	0:48:25	51.85
80. Mark Raymond	M 48	0:48:33	51.23
81. <u>Lisa D'Aniello</u>	F 24	0:48:50	50.62
82. Darren Drabek	M 36	0:49:03	50.00
83. Frank Paone	M 53	0:49:10	49.38
84. <u>Kim E. Scott</u>	F 42	0:49:12	48.77
85. <u>Jill Cusack</u>	F 43	0:49:13	48.15
86. Michael DellaRocco	M 59	0:49:24	47.53
87. <u>Laurel Shortell</u>	F 44	0:49:39	46.91
88. London Niles	M 13	0:49:53	46.30
89. <u>Sarah Dzikowicz</u>	F 40	0:49:55	45.68
90. <u>Kelly Virkler</u>	F 27	0:50:15	45.06
91. <u>Jane Mastaitis</u>	F 52	0:50:35	44.44
92. James Miner	M 62	0:50:37	43.83
93. <u>Jen Kuzmich</u>	F 52	0:51:17	43.21
94. Matthew Iglar	M 28	0:51:31	42.59
95. <u>Diane Hanson</u>	F 46	0:51:44	41.98
96. <u>Kathleen Furlani</u>	F 62	0:51:47	41.36
97. Frank Bender	M 60	0:52:19	40.74
98. Joe Bouck	M 48	0:52:21	40.12
99. Graham Johnson	M 22	0:52:24	39.51
100. Charles Brockett	M 65	0:52:57	38.89
101. William Milak	M 58	0:53:13	38.27
102. <u>Rachael Jones</u>	F 12	0:53:13	37.65
103. Ed Alibozek Jr	M 71	0:53:34	37.04
104. Douglas Fox	M 66	0:53:48	36.42
105. Mike Hegel	M 43	0:53:50	35.80
106. <u>Maureen Laskey</u>	F 50	0:53:58	35.19
107. <u>Mary Rivers</u>	F 49	0:54:03	34.57
108. <u>Mary McNamara</u>	F 57	0:54:14	33.95
109. <u>Nicolette Pohl</u>	F 49	0:54:22	33.33
110. <u>Jen Laskey</u>	F 23	0:54:29	32.72

111. <u>Peggy McKeown</u>	F 53	0:54:34	32.10
112. Vincent Kirby	M 54	0:54:49	31.48
113. Jim Carlson	M 63	0:54:59	30.86
114. John Pelton	M 71	0:55:07	30.25
115. Stan Serafin	M 57	0:55:18	29.63
116. Ben Pisani	M 36	0:55:32	29.01
117. <u>Maureen Roberts</u>	F 53	0:55:37	28.40
118. David Yee	M 34	0:55:55	27.78
119. <u>Jennifer Ferriss</u>	F 39	0:56:26	27.16
120. Brad Herder	M 53	0:57:03	26.54
121. <u>Debra Wechter</u>	F 35	0:57:05	25.93
122. Bill Orr	M 48	0:57:18	25.31
123. <u>Hope Plavin</u>	F 52	0:57:49	24.69
124. <u>Laura Clark</u>	F 63	0:57:53	24.07
125. John Bateman	M 45	0:57:59	23.46
126. <u>Alex Matthews</u>	F 24	0:58:56	22.84
127. Jamie Howard	M 45	0:59:43	22.22
128. Bob Massaro	M 67	0:59:52	21.60
129. Joe Yavonditte	M 61	0:59:59	20.99
130. <u>Karen Jean</u>	F 38	1:00:05	20.37
131. <u>Diane Gray</u>	F 47	1:00:19	19.75
132. Daniel Kelly	M 41	1:00:37	19.14
133. Jason Baniak	M 30	1:00:50	18.52
134. <u>Anne Roberts</u>	F 25	1:00:54	17.90
135. <u>Jacqueline Lemieux</u>	F 44	1:02:25	17.28
136. <u>Claudine Preite</u>	F 44	1:02:29	16.67
137. Peter Finley	M 49	1:02:43	16.05
138. David Boles	M 64	1:03:20	15.43
139. <u>Julie Gardner</u>	F 39	1:03:53	14.81
140. <u>Barbara Sorrell</u>	F 53	1:04:18	14.20
141. <u>Tammy Nace</u>	F 45	1:04:43	13.58
142. <u>Jane Wilson</u>	F 42	1:05:20	12.96
143. <u>Dena Sanders</u>	F 47	1:05:21	12.35
144. Konrad Karolczuk	M 58	1:05:23	11.73
145. <u>Laura J Milak</u>	F 54	1:05:26	11.11
146. <u>Vicki DeGross</u>	F 48	1:05:29	10.49
147. <u>Chelsea Desalvatore</u>	F 25	1:06:09	9.88
148. <u>Phyllis Fox</u>	F 58	1:08:23	9.26
149. Jim Sheehan	M 58	1:08:34	8.64
150. Michael Maguire	F 55	1:08:37	8.02
151. Richard Busa	M 81	1:09:08	7.41
152. Ray Lee	M 68	1:09:19	6.79
153. <u>Cathy Biss</u>	F 63	1:11:29	6.17
154. Steve Mastaitis	M 57	1:11:30	5.56
155. Janet Tryson	F 57	1:15:31	4.94
156. Daniel Smirlock	M 59	1:15:55	4.32
157. Steve Obermeyer	M 49	1:16:20	3.70
158. <u>Kathleen Tersigni</u>	F 40	1:16:21	3.09
159. <u>Cathy Sheehan</u>	F 50	1:23:01	2.47
160. Stu Eichel	M 78	1:27:19	1.85
161. <u>Bernice Wozniak</u>	F 38	1:36:18	1.23
162. <u>Maggie Sullivan</u>	F 37	1:36:21	0.62

Welcome New Members

From Massachusetts: Elaine Dill

Thanks for supporting the WMAC!



Abby Mahoney, the 2010 GT trail series champion continues her winning ways on snowshoes at 2011 Camp Saratoga.



Carolyn Stocker, returning from a foot injury finishes 21st overall and in 2nd place for the ladies at Camp Saratoga.

photos by Bob Birkby

Camp Saratoga: Tradition Soldiers On

May God grant peace to those who have given their last full measure of devotion

by Laura Clark

Camp Saratoga, now part of the Wilton Wildlife Preserve & Park, was developed by the Civilian Conservation Corps as a Boy Scout Camp. Shortly before the end of World War II, a plaque bearing the above inscription was placed underneath the meeting area flagpole in memory of those who willingly offered their lives so that their descendants could enjoy the benefits and responsibilities of living in a free nation.

While the Camp Saratoga 8K Snowshoe Race is a recreational event and not a life or death struggle, there is a certain measure of honor incurred by all the participants who extended themselves to the limits of their physical fitness and by all the volunteers who put aside their daily lives to aid them on their journey.

For most it was a chance to enjoy a beautiful day in the woods, for many an opportunity to earn Dion Snowshoe Series points and for some it was a challenge to qualify for the United States National Snowshoe Championship held this year in Wisconsin. For snowshoe newbie Mark Haworth, an accomplished runner who expected six minute miles, it was a definite wake-up call. While his 46:22 minute time placed him in the top third, an initial slip of a frozen finish line finger recorded him at 5 hours. Retaining his sense of humor, Mark declared, "It felt like longer!" For all, it was a day to be thankful and to celebrate our good fortune.

As we lined up at the start, Race Director Jeff Clark introduced the day's heroes. First was Ken Clark, celebrating his 100th Dion Series Snowshoe Race. This achievement recognizes the perseverance it takes to stick with a long term goal year in and year out. Amazingly, he is the sixth person to attain this honor, proving how seriously we as a group take our sport.

Continuing the Army Strong! tradition was a trio of 10th Mountain Division soldiers from Ft. Drum, NY. The 10th Mountain Division was activated in World War II to provide an answer to Germany's winter-ready troops. Those who survived went on to establish major ski areas throughout the United States. One notable graduate had remarkable success with his wife's waffle iron and produced the iconic Nike waffle trainers.

The soldiers' pre-race warmup was a little different this year. Peggy and Andy Keefe and their daughter Patricia comprise our loyal kitchen crew—no small job considering post-race treats rival a hotel buffet spread. They have gotten the system down to a science with casserole warmers, hot dog rotisseries and numerous folding tables. This year, we were treated to several unloading slots only a few hundred meters away from the Winter Lodge. Peggy, however, was unsure how to approach this desirable location and focused on the deceptively solid snowmobile trail. You know what happened next—she carved out her own unique parking spot, ultimately resting her fenders on the snow and suspending her tires mid-air, giving new meaning to the phrase "spinning your wheels and going nowhere." Clearly a job for Army Strong! And they did not disappoint.

Camp Saratoga twins with Spa Park's Winterfest Snowshow Race in a twofer deal, but measuring in at 8K it is truly the tougher partner. Many of the trails double as cross-country ski venues, and if you have ever skied, you will know that a vital part of the equation involves up and down motion. While the groomed portion is theoretically easier, you never get the opportunity to activate cruise control. And then there is the final out-of-category kilometer and a half. As you hurl down the narrow lake trail you hear cheers and see the finish. But as Jeff delights in pointing out, "The finish line is not for you." You must still soldier on, tackling the toughest series of steep single track hills on the way to a blessedly downhill finish.

In spite of my home course advantage, I am unclear if I ran fairly well or fairly middling. While I certainly knew what to expect and finished the race in George Sheehan "no regrets" mode, the results are puzzling.

Continued next page:

Camp Saratoga cont:

Math should be fairly straightforward, but a painful scrutiny of the Dion Percentage points indicates that I earned a piddling 24.07 %, based on Tim Van Orden's winning 100 percent. I usually end up somewhere in the 30's on an average course, in the 40's or 50's on a more difficult one. I know that makes no sense but the hard-packed events tend to favor those with greater leg speed, while the tougher ones even things out for the rest of us. This is one of the aspects I love best about this sport: run enough races with varying snow conditions and everyone gets their chance to shine.

But if you calculate in a more personal way, my placement left a lot of wiggle room. On the one hand, Jim Carlson and my current rival, Brad Herder were well ahead, but on the other I was right where I should be behind Jen Ferriss and Maureen Roberts. So either I did OK, really well, or as expected. Go figure. I guess all that proves is that for each one of us every race is different.

At WMAC's Hawley Kiln event, Edward Alibozek always urges us to take a warmup or cool down over to the old charcoal burning kiln. Finally, he got tired of encouraging and rerouted the course to circle the Kiln for a no-excuses tour. For the first time this year Camp Saratoga featured its own historic fire tower which no one actually saw unless they glanced to the left, through the woods, after climbing up a hill and on the precipice of a sharp descent. I didn't even bother mentioning this new landmark, knowing of the success Farmer Ed had getting us to tour the Kiln before it became a requirement.

One might question how an historic monument can be considered part of the cultural landscape when transported and erector setted in an entirely different location.

But in this case, I believe it is justified. Just before the heavy snows came, the 1924 Fire Tower at Luther Forest was reassembled at highest point at Camp. Luther Forest Corporation owner Alex Mackay is the great grandson of Thomas Luther who planted the forest that bears his name. Luther's son, Thomas, Mackay's grandfather, found Scout Camp. Alex transported the fire tower as a fitting memorial to his grandfather.

Ever mindful of those who like to "collect" fire towers, Jim Carlson and I tried in vain to reroute the course, but the best we could do was circle the tower only to end up in parking lot #3 – not exactly a scenic or a safe option. So next time you go to Camp, budget the time for an out-and-back detour and chalk up yet another fire tower.

Sections of this preserve are owned by the Town of Wilton, the Department of Environmental Conservation and the Nature Conservancy. While this trio has necessarily differing goals, all are working to increase the size of the parcel and provide a large area of interconnected trails. Your participation in this event, as well as in the Saratoga Stryders' Summer Trail Series, helps fund their acquisition plans and hopefully sometime down the trail we will be able to expand and bring you still more hills to conquer!

Happy Trails!
Laura Clark

Book Review Corner:

The Perfection Point

by John Brenkus. HarperCollins, 2010

We all have personal perfection points from Bannister's four minute mile to everyman's Boston Marathon qualifying goal. But what is the ultimate perfection point? How fast can the athlete of the future propel himself before encountering a permanent wall? John Brenkus, host and producer of ESPN's Emmy award winning show *Sport Science*, ventures beyond today's records to explore just how far the absolute envelope can be stretched.

With a sprinkling of philosophy and a large dose of math and science, Brenkus calculates just what it will take to achieve the world's fastest mile and marathon, the longest golf drive, the highest basketball dunk, the heaviest bench press. Along the way he contends with doping, body alterations and LZR swimsuits. This is to be expected. What is a complete surprise, however, is that each chapter reads like a mini-mystery. Just when you think you have everything figured out, Brenkus tosses out another "what if" and the quest continues.

And while runners are free to explore the upper limits, surprisingly other athletes are not as privileged. Did you know that the longest possible golf drive would make current courses obsolete or that home runs are limited by the size of the stadium? Apparently, some records are doomed to be limited by practical business concerns.

Beyond all the calculations and speculation is the fact that while the best numbers give athletes something to shoot for, the theoretical perfection point will never be breached. Still, an idea of what is attainable will goad competitors into punching through existing records that much faster. After all, now they know that minor steps along the way are not only possible but probable.

Reviewed by Laura Clark

WMAC Members

Check Out Trail Running News On-Line

More Stories More Photos More Results

In Color!

Help Save a Tree or 2 and Sign Up to Receive the Newsletter On-Line Today.

Contact Will atwdanecki@charter.net

2011 Dion Snowshoe Series
2nd Annual Moby Dick Snowshoe Race
MT. Greylock Visitors Center, Lanesborough, MA
7 Miles 2 / 19 / 11

Cloudy – Very Windy – Snow Showers – High of 24 *

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 44	1:08:17	100.00
02. Chris Hayhurst	M 38	1:09:14	98.33
03. Tim Mahoney	M 31	1:11:24	96.67
04. Chris Taft	M 30	1:11:25	95.00
05. <u>Abby Mahoney 1st F</u>	F 32	1:15:02	93.33
06. <u>Amy Lane</u>	F 31	1:15:57	91.67
07. Paul Bazanchuk	M 56	1:16:15	90.00
08. <u>Carolyn Stocker</u>	F 18	1:16:32	88.33
09. Ken Clark	M 48	1:17:28	86.67
10. Richard Teal	M 33	1:18:34	85.00
11. Ned James	M 56	1:21:20	83.33
12. Alan Bates	M 62	1:21:21	81.67
13. Robert McCarthy	M 43	1:21:22	80.00
14. Mike Lahey	M 59	1:25:05	78.33
15. Peter Malinkowski	M 56	1:27:51	76.67
16. Calvin Brauner	M 23	1:27:53	75.00
17. Randy Zucco	M 40	1:32:17	73.33
18. Ben Moore	M 43	1:34:10	71.67
19. Nick Jubok	M 54	1:36:36	70.00
20. Nick Tooker	M 31	1:38:21	68.33
21. Richard Chipman	M 50	1:38:25	66.67
22. <u>Ashley Krause</u>	F 33	1:38:40	65.00
23. Ross Krause	M 31	1:38:41	63.33
24. Stephen Blacklocks	M 54	1:39:30	61.67
25. Jeff Clark	M 53	1:39:37	60.00
26. Phil Bricker	M 57	1:41:30	58.33
27. <u>Laurel Shortell</u>	F 44	1:41:55	56.67
28. Fred Pilon	M 65	1:42:38	55.00
29. Bruce Shenker	M 58	1:42:49	53.33
30. David Kuennen	M 30	1:45:23	51.67
31. Tom Tift	M 53	1:46:05	50.00
32. <u>Jamie Coyne</u>	F 53	1:46:45	48.33
33. Bob Worsham	M 65	1:46:45	46.67
34. <u>Sweep Voll</u>	F 50	1:46:46	45.00
35. <u>Deb Wechter</u>	F 36	1:46:46	43.33
36. Will Danecki	M 60	1:46:47	41.67
37. Pete Cole	M 42	1:50:37	40.00
38. Brandon Gray	M 32	1:52:02	38.33
39. Edward Alibozek	M 48	1:54:00	36.67
40. <u>Pat Rosier</u>	F 52	1:55:17	35.00
41. <u>Laura Clark</u>	F 63	1:55:22	33.33
42. <u>Kathy Furlani</u>	F 62	1:55:42	31.67
43. <u>Sarah Dzikowicz</u>	F 40	1:58:05	30.00
44. Matt Farrauto	M 38	1:58:06	28.33
45. <u>Helen Curtin</u>	F 42	1:59:48	26.67
46. Richard Levitt	M 36	2:01:48	25.00
47. Stan Serafin	M 57	2:02:50	23.33
48. Jamie Howard	M 45	2:05:26	21.67
49. <u>Tara Crumb</u>	F 26	2:07:58	20.00
50. <u>Lindsay Looft</u>	F 24	2:08:05	18.33
51. Bob Massaro	M 67	2:08:06	16.67
52. Martin Glendon	M 64	2:10:03	15.00

53. <u>Julie Gardner</u>	F 39	2:11:05	13.33
54. Dave Boles	M 64	2:14:48	11.67
55. Rich Busa	M 81	2:19:36	10.00
56. Bill Glendon	M 65	2:32:09	8.33
57. Konrad Karolczuk	M 58	2:32:15	6.67
58. <u>Barbara Sorrell</u>	F 53	2:33:45	5.00
59. Greg Taylor	M 64	2:35:05	3.33
60. <u>Lee Ann Zarger</u>	F 56	3:04:00	1.67



Dave Boles has been snowshoeing with us since the beginning

photo by Bob Birkby

Moby Dick ... Thar She BlowsWind That Is!

The National Weather Service issued high wind warnings for most of Berkshire County on Feb. 19th the day of the Moby Dick snowshoe race on Greylock. Wind gusts were averaging 30 to 40 MPH with some gusts up to 60 MPH expected. Along with temps in the 20s (wind chill below zero) and snow showers which dumped several more inches of snow on us, it was a very interesting day to be snowshoeing on the highest mountain in Massachusetts.

Most runners stayed in their cars or inside the visitors center until just before the start of the race trying to stay warm and out of the wind. Much of the course was a narrow single track that was hard packed with high banked sides. If you happened to step off the trail at any point you would sink up to your knees. This happened to more than one runner and the deep snow ripped off your shoes when you tried to pull yourself out. And because the narrow trail made us run slightly different many of us were banging our ankles and tripping over our own snowshoes all race long. Plenty of face plants on this day. But we all managed to survive despite the tough trail conditions and everything else Mother Nature threw at us on this day. And some of us even had fun.

will

You don't have to Visit the Arctic to Run There

After so many years of Greylock adventures, we have learned to expect the unexpected. Mt. Greylock, the largest mountain in Massachusetts, peaking at 3,491 feet, will never rival the Rockies in altitude, but comes close in attitude. Geologically, it is a monadnock, a residual mountain towering impressively above the surrounding terrain, spanning real estate in several widely spaced towns. While ancient Greylock was more impressive in height, her solid white quartz base helps her keep inevitable erosion at bay.

Like the rare white leviathan, Moby Dick, for whom our seven mile Moby Dick snowshoe race is named, winter Greylock presents a snowy hump to the surrounding landscape, a creature of myth not easily tamed. Always moody and unpredictable, Moby lures us into her depths only to spit us out again and laugh heartily at our bravado. A journey into the maelstrom is not to be taken lightly.

And so it was for the second annual Moby Dick Snowshoe Race this past weekend. Old timers, however, will recall a 2003 eight mile "fun run." For some reason, the Moby quest was abandoned and only resurrected last year. I distinctly remember that immediately after this fun run I sadly relegated my faithful Atlas snowshoes to training only and brought a pair of Dions. The trail is that narrow.

This year the same trail had shrunken considerably thanks to the witless bigfooter who summited in the previous day's fifty degree weather, potholing the single track into extremely narrow gauge. This was the only time I have ever bruised my ankles wearing Dions, as my normal running gait was reduced to one-footed hopping with occasional forays onto deceptively firm-looking arctic icebergs. While the bergs held up fairly well for me, those a bit heavier, and naturally running ahead, chipped off huge boulders and scattered them randomly over the trail.

But all that is typical Greylock. Conditions vary from hour to hour let alone from day to day. And the White Whale is always teasing, just ahead of the humanly possible. The parking lot looked more like a scene from Extreme Planet with snow tornados attacking hapless WMACers struggling to make their way across the frozen tundra to the Lodge. Even cradled within the relative safety of George, we were rocked back and forth. That hasn't happened since the famous thunder and lightning run at Escarpment.

Defying logic, I decided to check out the trail and see if it was still there. I met one other person but I couldn't tell who it was since he was all bundled up. He probably didn't recognize me either since everyone had switched from their usual racing colors to Arctic survival gear. When attempting to summit the ice cliff at the start line, I met a Husky who naturally seemed perfectly at home in this environment. I really, really wanted to borrow him for an Iditarod version of the climb.

When I finally made it to the Lodge, there was Edward at the entrance along with a fleet of snowshoe rentals. Forty people had told him they wanted to run and twenty of those needed loaners. Despite all his years of race directing, Edward was baffled, "Why would anyone who has never done a snowshoe race think it would be a good idea to choose an Arctic seven miler for their first attempt? Turned out only six of those carried through, some of whom were the fun-loving group from DC who ventured north to Camp Saratoga last year.

Another was Chris Hayhurst who narrowly missed defeating this year's perennial winner Tim Van Orden. You just never know.

Unlike previous races, we strung out quickly and many discovered themselves in a solitary hunt for their own individual Mobys. While I am used to running alone during a long trail race, it was somewhat disconcerting to experience this at the top of the world. In true Gary Paulson fashion (read *Hatchet*) I did a quick pocket check coming up woefully unprepared with only an inhaler, a key to George and a chapstick. The inhaler constituted my sole concession to medical preparedness, the car key could theoretically saw off branches for an improvised lean-to, and I guess the chapstick could be eaten if I got desperate enough. Basically, I was screwed. I wasn't even wearing my Road ID, figuring my #33 bib was identification enough, a number I insisted on wearing despite the fact that Beth Herder reassured me that she knew who I was and I would not be missing out on any Curly's raffles.

Meanwhile, back at the Lodge, Edward was valiantly trying to keep the cooking fires glowing despite Greylock's snowy, flowy, blowy attempts to consume more than her fair share. Jeff Clark handed over running duties to the other Jeff Clark and made an emergency cup run with George, dodging snow squalls and incoming tree branches. Beth Herder was gearing up to stand around in sub-Arctic conditions clicking our times with frozen fingers and urging finishers not to loiter in wet clothes. You would think that would be a no-brainer, but it is always exciting to cheer on your friends.

Meanwhile, as Beth was clicking off the first finishers, I approached a landmark recognizable even in whiteout conditions: the steep hill where Brad Herder normally takes photos and his white dog concernedly accompanies each descender to the bottom. This year, without a potential rescue team, I played it safe and slid down on my butt. I wasn't proud. On the bright side, at least my embarrassment wasn't captured on film for world internet consumption.

Did I say descent?! Yes, time to pursue Moby Dick! Speeding along, I pretended I was a kid hopping once more from rock to rock along the stone fishing piers of Long Island Sound. Eventually I saw Other People!! I caught up to Sarah Dzikowicz and then Matt Farrauto passed us both, promptly fell and then impressively sprung up and continued on, only to fall again. But he made good use of his down time. From the prone position he became the day's Good Samaritan, reattaching Sarah's stubborn snowshoe and saving her race.

Propelling ever faster, I was surprised to set my spyglass on Kathleen Furlani who I had assumed was unreachable. I pretended I was the Arctic icebreaker *Polar Star* from Martin Cruz Smith's Arkady Renko novel of the same name, and bore down relentlessly. I crushed ice floes with my trusty Dion propellers and sailed happily to the finish, edging out Kathleen and discovering my own Moby in the process.

Perhaps the North Pole Marathon isn't such a bad idea after all, if it weren't for the expense. But then again why bother, when we can just drive to Greylock to experience adverse conditions with folks we all know and slurp warm potato soup afterwards.

Laura Clark

2011 Dion Snowshoe Series
Hallockville Pond - Orchard

3.7 Mile Snowshoe Race

2 / 20 / 11 ... Dubuque State Forest Hawley, MA.

Sun & Clouds -- Windy -- High of 30*

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Tim Van Orden	M 44	0:22:50	100.00
02. Tim Mahoney	M 31	0:23:36	98.81
03. Chris Taft	M 30	0:24:57	97.62
04. John Pajer	M 48	0:25:02	96.43
05. Dave Dunham	M 46	0:25:13	95.24
06. Carolyn Stocker 1 st F	F 18	0:26:13	94.05
07. Richard Teal	M 33	0:26:15	92.86
08. Robert McCarthy	M 43	0:26:27	91.67
09. Clinton Morse	M 48	0:26:38	90.48
10. John Agosto	M 46	0:26:49	89.29
11. Ken Clark	M 48	0:26:50	88.10
12. <u>Amy Lane</u>	F 31	0:27:03	86.90
13. Sean Millikan	M 18	0:27:58	85.71
14. Ross Krause	M 31	0:28:16	84.52
15. Randy Zucco	M 40	0:28:31	83.33
16. Dominic Wilson	M 40	0:28:38	82.14
17. Adam Wright	M 21	0:28:49	80.95
18. Tom Pearce	M 22	0:28:49	79.76
19. Alan Bates	M 62	0:28:50	78.57
20. Paul Guilmette	M 47	0:28:55	77.38
21. <u>Chelynne Tetreault</u>	F 35	0:29:01	76.19
22. Wayne Stocker	M 56	0:29:02	75.00
23. <u>Kate Meyer</u>	F 23	0:29:03	73.81
24. Mike Lahey	M 59	0:29:04	72.62
25. Ben Moore	M 43	0:29:32	71.43
26. Ashley Krause	F 33	0:30:35	70.24
27. Michael Buttrick	M 25	0:32:05	69.05
28. Richard Chipman	M 50	0:32:17	67.86
29. Bob Woodworth	M 61	0:32:31	66.67
30. David Cameron	M 40	0:32:37	65.48
31. Ian Hutchinson	M 46	0:32:44	64.29
32. <u>Anne Gottwald</u>	F 23	0:32:49	63.10
33. Nick Jubok	M 54	0:33:13	61.90
34. David Buttrick	M 30	0:33:27	60.71
35. Phil Bricker	M 57	0:33:41	59.52
36. Tim Mckenna	M 34	0:33:42	58.33
37. <u>Theresa Apple</u>	F 50	0:33:47	57.14
38. <u>Elizabeth Bianchi</u>	F 44	0:33:57	55.95
39. Bob Bonneau	M 59	0:34:12	54.76
40. Chris Rondeau	M 38	0:34:32	53.57
41. Mike Dellarocca	M 59	0:34:48	52.38
42. John Fish	M 35	0:34:56	51.19
43. Jan Rancotti	M 50	0:34:59	50.00
44. <u>Kim Scott</u>	F 42	0:35:18	48.81
45. Laurel Shortell	F 44	0:35:38	47.62
46. Will Danecki	M 60	0:35:48	46.43
47. Peter Canzone	M 57	0:37:15	45.24
48. <u>Mary Hannon</u>	F 52	0:37:22	44.05
49. Ed Alibozek Jr	M 71	0:37:25	42.86
50. David Sutherland	M 48	0:37:56	41.67
51. Bob Worsham	M 65	0:38:01	40.48
52. Brad Pellissier	M 53	0:38:29	39.29

53. Vince Kirby	M 54	0:38:35	38.10
54. <u>Kerri Moore</u>	F 40	0:39:04	36.90
55. Jim Carlson	M 63	0:39:12	35.71
56. Peter Finley	M 49	0:39:40	34.52
57. Stan Serafin	M 57	0:39:47	33.33
58. Jamie Coyne	F 52	0:40:19	32.14
59. <u>Sweep Voll</u>	F 50	0:40:20	30.95
60. <u>Kristen Merlo</u>	F 23	0:40:21	29.76
61. John Pelton	M 71	0:40:29	28.57
62. <u>Jennifer Ferriss</u>	F 39	0:41:09	27.38
63. Laura Clark	F 63	0:41:31	26.19
64. <u>Ginny Patsun</u>	F 42	0:41:47	25.00
65. <u>Janis Nadler</u>	F 57	0:42:00	23.81
66. Bob Jackson	M 58	0:42:01	22.62
67. <u>Francine Germaine</u>	F 54	0:42:07	21.43
68. Jamie Howard	M 45	0:42:10	20.24
69. Ray Renard	M 67	0:42:18	19.05
70. Bob Massaro	M 67	0:42:23	17.86
71. Tom McCrumm	M 65	0:45:53	16.67
72. Jim Sheehan	M 58	0:46:01	15.48
73. Konrad Karolczuk	M 58	0:46:30	14.29
74. Stacey Worsham	F 26	0:46:42	13.10
75. Todd Worsham	M 30	0:46:43	11.90
76. <u>Vicky Quagliardi</u>	F 57	0:47:28	10.71
77. David Boles	M 64	0:47:50	9.52
78. Ed Alibozek	M 48	0:50:00	8.33
79. <u>Amy Roccabruno</u>	F 40	0:52:24	7.14
80. Peter Maloney	M 56	0:52:27	5.95
81. <u>Barbara Smith</u>	F 60	0:54:31	4.76
82. Jeff Clark	M 64	0:58:33	3.57
83. <u>Cathy Sheehan</u>	F 50	0:58:56	2.38
84. Andy Keefe	M 81	1:01:08	1.19



Tim Van Orden captures his 7th win of the year at the Hallockville Pond – Orchard run.

photo by Bob Birkby

Hallockville Pond Orchard: Arctic Temps Continue to Bite

Looking somewhat done in and as white with road grime as Moby was with barnacles, George carpooled Jeff, me, Jen Ferriss and Andy Keefe to Hallockville. George, Jeff and I were going for round two, while Jen and Andy were fresh and rested.

While I prefer more challenging events like Moby Dick, Hallockville still presents plenty of ups and downs and an exciting deep snow turn around the orchard. Believing the weather guessers, we gambled on warmer weather, but soon discovered the Arctic had followed us. Survival gear once more and no spring shorts in evidence.

We had a beautiful drive, stopping to admire the Hairpin Turn icicles and putting first-timer Jen on Elk alert. Fortunately, the Summit House Elk appeared as promised, still towering over impressive snow banks. We made our first race goal, arriving in time to score a spot in the parking lot. As we unloaded, George, who has a nasty habit of guillotining lingering heads with his trunk spring, was defeated by Jeff's propped BB gun. He didn't mind it too much, because now he looked cool country with his very own custom-fitting gun rack.

Unfortunately, this was one event where from my perspective the pre-and post activities were more satisfying than the race itself. I expected to be sore from Moby and was prepared to ignore that, but I didn't expect to feel queasy. After all, this was 3.7 miles, not fifty. As the saying goes, I struggled past trees like they were standing still and watch shoe after shoe stride effortless past. With perhaps a mile to go I glimpsed Jen Ferriss in the distance. Perhaps, since I saw her, everyone else was simply blazingly fast today and I was on normal pace. But as I discovered later, Jen had caught the same library bug and was struggling with an achy stomach.

Afterwards, we enjoyed meeting Laurel Shortell's parents and watching Edward attempting to eat a mushy, overcooked tofu dog. On the drive home, inspired by the Bear Crossing sign, we rode shotgun until Jen shouted. "Bear!" Immediately jealous of her good fortune and wishing to share in the experience, George backed up. Just as we were about to shove Jen and camera out of the car to document the encounter, we realized that the two bending deer in dark winter garb were giving us their best bear imitation.

When we reached Cumbie Farms to treat George to Massachusetts gas prices, Jeff asked me to drive, something he rarely does. He assumed shotgun position and one second later was fast asleep. In the rear, Andy and Jen exchanged worried looks. When we reached the next resting point, Jeff declared he was refreshed and took the helm once more. I was glad to oblige and promptly fell asleep! Again, worried glances from Jen and Andy. These doubleheaders are surely taking a toll on us older folks!

Laura Clark

Book Review Corner:

The Long Run

by Matt Long with Charles Butler. Rodale, 2010.

Matt Long, a NYC Firefighter, marathoner and triathlete, relished pushing his body at work and at road races. This drive would stand him in good stead when his busy life came tumbling down around him. For in December 2005, while riding his bike to work during an illegal NYC transit strike, Matt was struck by a twenty ton bus making an illegal turn. After five months in the hospital and over forty operations later, he was ready for his long journey back to health.

His book chronicles this battle, moving between the past and the present that he definitely does not want to be in. While there are countless inspirational moments, this is a difficult book to read as Matt faces the documented stages of grief: denial, anger, bargaining, depression and finally acceptance. While we have all faced injuries and even lengthy layoffs, what Matt goes through on his quest to feel whole again puts everything in perspective.

What impresses me the most is that Matt's giant steps seem to have come when he is either helping others recover or singlemindedly pursuing his goal to run another marathon, this time as a member of the Achilles Club. This is, of course, the highpoint of the book, an achievement all athletes can appreciate.

Completing the NYC Marathon and later the Ironman affirmed his recovery. No matter how much slower his time, he could still cross the finish line. But there are regrets and compromises. He has replaced his active firefighting duties with recruit training and he has channeled some of his boundless energy into his I WILL program which provides training and funding for athletes recovering from traumatic injuries. Matty Long exemplifies the "when life hands you lemons, make lemonade" approach.

Still, the ending is bittersweet, with remembrances of effortless workouts intruding on present realities. Physical pain, and not just temporary soreness from a difficult workout, is a constant companion, as well as the haunting thoughts that he may never find a woman to share his life.

Obviously, this is a difficult book to read, but when you hit the finish line you will be proud to be a runner and appreciate just how lucky you are to have many more finish lines in your future.

Reviewed by Laura Clark

Trail Running News

Volume 17 Issue 2 Late Spring 2011

2011 Dion Snowshoe Series
1st Northeast Snowshoe Federation Championship
 Northfield Mountain Visitor Center ... Northfield, MA
 5.5 Miles February 26, 2011

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Kevin Tilton	M 29	0:45:49	100.00
02. Jim Johnson	M 33	0:45:53	98.82
03. Nicholas Wheeler	M 25	0:45:54	97.65
04. Ryan Kelly	M 29	0:47:52	96.47
05. Judson Cake	M 33	0:48:44	95.29
06. Geoff Cunningham	M 33	0:49:42	94.12
07. Ben Nephew	M 35	0:49:53	92.94
08. Tim Mahoney	M 31	0:49:59	91.76
09. Charles Therriault	M 25	0:50:00	90.59
10. Tim Van Orden	M 42	0:50:03	89.41
11. Danny Ferreira	M 28	0:50:07	88.24
12. Dave Dunham	M 46	0:50:38	87.06
13. Ross Krause	M 31	0:53:15	85.88
14. Robert Jackman	M 28	0:53:33	84.71
15. <u>Amber Ferreira</u> 1 st F	F 28	0:53:59	83.53
16. Chris Dunn	M 42	0:54:02	82.35
17. Ryan Welts	M 30	0:55:14	81.18
18. David Principe Sr.	M 44	0:56:02	80.00
19. Steve Dowsett	M 22	0:56:09	78.82
20. Tim Cox	M 37	0:56:16	77.65
21. Rich Teal	M 32	0:56:41	76.47
22. David Loutzenheiser	M 44	0:56:43	75.29
23. John Pajer	M 48	0:56:43	74.12
24. <u>Abby Mahoney</u>	F 32	0:56:59	72.94
25. Paul Bazanchuk	M 56	0:57:16	71.76
26. Dave Merkt	M 27	0:57:44	70.59
27. Carolyn Stocker	F 18	0:58:03	69.41
28. Mike Townsley	M 42	0:58:17	68.24
29. Richard Lavers	M 34	0:58:18	67.06
30. Steve Wolfe	M 46	0:58:19	65.88
31. <u>Kristina Folcik</u>	F 33	0:58:41	64.71
32. Patrick Smith	M 48	0:58:51	63.53
33. Brian Northan	M 36	0:59:32	62.35
34. John Agosto	M 46	1:00:02	61.18
35. Eddie Habeck	M 33	1:00:09	60.00
36. Ken Clark	M 48	1:00:55	58.82
37. Jeremiah Fitzgibbon	M 54	1:00:57	57.65
38. Erik Wight	M 51	1:00:58	56.47
39. Ned James	M 56	1:01:02	55.29
40. Walter Fortier	M 61	1:01:06	54.12
41. Mike Lahey	M 59	1:01:09	52.94
42. <u>Kellie Gregoire</u>	F 43	1:02:39	51.76
43. Clinton Morse	M 48	1:02:43	50.59
44. Paul Funch	M 60	1:02:57	49.41
45. Pete Malinowski	M 56	1:03:16	48.24
46. Richie Blake	M 42	1:03:19	47.06
47. Steven Soba	M 40	1:03:45	45.88
48. Ashley Krause	F 33	1:03:51	44.71
49. Ben Moore	M 44	1:04:25	43.53
50. Michael Zackin	M 52	1:04:32	42.35
51. Wayne Stocker	M 56	1:05:47	41.18
52. <u>Lisa Rawson</u>	F 48	1:05:56	40.00

53. Ken Schaible	M 47	1:07:07	38.82
54. <u>Emily Flagg</u>	F 37	1:09:49	37.65
55. Tom Tift	M 53	1:11:50	36.47
56. Tom Hanrock	M 47	1:12:26	35.29
57. Laurel Shortell	F 44	1:12:42	34.12
58. Phil Bricker	M 57	1:12:53	32.94
59. <u>Theresa Apple</u>	F 50	1:13:03	31.76
60. Dominic Wilson	M 40	1:13:05	30.59
61. Bill Morse	M 59	1:14:47	29.41
62. Chris Rondeau	M 38	1:15:52	28.24
63. Bob Dion	M 55	1:17:25	27.06
64. David Sutherland	M 48	1:18:18	25.88
65. <u>Debra Wechter</u>	F 36	1:18:30	24.71
66. <u>Jessica Hageman</u>	F 35	1:18:56	23.53
67. Chris Hinch	M 43	1:21:25	22.35
68. Jeff Hattem	M 59	1:21:49	21.18
69. Denise Dion	F 52	1:22:00	20.00
70. Jamie Coyne	F 52	1:22:39	18.82
71. <u>Sweep Voll</u>	F 50	1:22:44	17.65
72. <u>Pat Rosier</u>	F 53	1:22:54	16.47
73. <u>Kathleen Furlani</u>	F 62	1:23:28	15.29
74. Frank Gaval	M 64	1:26:40	14.12
75. Stan Serafin	M 57	1:27:22	12.94
76. Ed Alibozek Jr.	M 71	1:27:25	11.76
77. Ed Alibozek	M 48	1:27:26	10.59
78. Bob Massano	M 67	1:29:09	9.41
79. Brad Herder	M 53	1:33:32	8.24
80. Jamie Howard	M 45	1:36:25	7.06
81. Brad Pellissier	M 53	1:37:53	5.88
82. David Boles	M 64	1:38:51	4.71
83. <u>Ginny Patsun</u>	F 42	1:40:59	3.53
84. <u>Julie Gardner</u>	F 39	1:42:24	2.35
85. Konrad Karolczuk	M 58	1:50:36	1.18



Amber Ferreira takes first place for the ladies at the Northeast Snowshoe Fed. Championships.

photo by Bob Birkby

Dave Dunham really outfitted us with an outstanding day, course and facilities for this 1st year Annual Rotating Northeast Federation Cup Championship Event.

Thank You Dave, for putting out the effort –
 and Thank You Chris Dunn for organizing the Northeast Snowshoe Federation!

2011 Dion Snowshoe Series

Moody Spring 5.7 Mile Snowshoe Race

2 / 27 / 11 Dubuque State Forest..... Hawley, MA.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Chris Hayhurst	M 38	0:56:36	100.00
02. Brian Rusiecki	M 32	0:56:36	98.28
03. Jim Johnson	M 33	0:57:12	96.55
04. Chris Taft	M 30	0:57:38	94.83
05. Tim Mahoney	M 31	0:58:42	93.10
06. Dave Dunham	M 46	0:59:00	91.38
07. Tim Van Orden	M 44	0:59:10	89.66
08. Ross Krause	M 31	0:59:45	87.93
09. <u>Amy Lane</u> 1 st F	F 33	1:02:41	86.21
10. Ken Clark	M 48	1:03:23	84.48
11. Richard Teal	M 33	1:03:49	82.76
12. Peter Lagoy	M 51	1:03:57	81.03
13. Dave Merkt	M 27	1:04:37	79.31
14. John Pajer	M 48	1:04:45	77.59
15. Carolyn Stocker	F 18	1:05:18	75.86
16. David Loutzenheiser	M 44	1:06:42	74.14
17. Erik Wight	M 51	1:07:18	72.41
18. Ben Moore	M 44	1:07:27	70.69
19. Paul Bazanchuk	M 56	1:08:59	68.97
20. Mike Lahey	M 59	1:09:02	67.24
21. Brian Northan	M 36	1:09:55	65.52
22. Randy Zucco	M 40	1:10:25	63.79
23. Sean Millikan	M 18	1:11:40	62.07
24. Glen Tryson	M 57	1:13:24	60.34
25. <u>Kristine Lynch</u>	F 28	1:14:28	58.62
26. Aaron Knobloch	M 34	1:14:30	6.90
27. Richard Chipman	M 50	1:14:55	55.17
28. <u>Jessica Hageman</u>	F 35	1:15:18	53.45
29. Laurel Shortell	F 44	1:15:29	51.72
30. <u>Sweep Voll</u>	F 50	1:16:42	50.00
31. Bob Woodworth	M 61	1:17:15	48.28
32. Nick Tooker	M 31	1:17:48	46.55
33. <u>Elizabeth Bianchi</u>	F 44	1:18:40	44.83
34. Chris Hinch	M 46	1:20:50	43.10
35. <u>Diana Knoblach</u>	F 29	1:23:18	41.38
36. Bob Dion	M 55	1:24:17	39.66
37. Charles Brockett	M 65	1:24:55	37.93
38. Laura Clark	F 63	1:25:46	36.21
39. <u>Theresa Apple</u>	F 50	1:27:02	34.48
40. Denise Dion	F 52	1:27:04	32.76
41. <u>Jennifer Fields</u>	F 41	1:28:51	31.03
42. <u>Randy Bissonnette</u>	F 48	1:29:33	29.31
43. <u>Jennifer Ferriss</u>	F 39	1:30:14	27.59
44. Martin Glendon	M 64	1:32:42	25.86
45. London Niles	M 13	1:34:06	24.14
46. Bob Massaro	M 67	1:34:15	22.41
47. Richard Godin	M 55	1:36:29	20.69
48. Jamie Howard	M 45	1:41:14	18.97
49. Richard Busa	M 81	1:43:54	17.24
50. Jim Sheehan	M 58	1:44:46	15.52
51. Edward Alibozek	M 48	1:45:00	13.79
52. <u>Vicky Quagliaroli</u>	F 57	1:47:08	12.07
53. Jeremy Osburn	M 26	1:48:59	10.34
54. Bill Glendon	M 64	1:59:04	8.62

55. Konrad Karolczuk	M 58	1:59:05	6.90
56. <u>Deborah Parker</u>	F 55	2:01:30	5.17
57. <u>Chris Gregory</u>	F 45	2:01:30	3.45
58. Jeff Clark	M 64	2:07:17	1.72



Oops at Moody Spring

photo by Bob Birkby

Hope Springs Eternal at Moody

by Laura Clark

This year marked my eleventh tour of Moody Springs. And I had yet to stumble my way into the springs. According to Edward Alibozek, who urges all to fill their water bottles at Moody's Fountain of Youth, the springs possess magical properties to include but not limited to healing the sick, raising the dead and guaranteeing a successful Grand Tree.

As a resident of Saratoga Springs, stop one on Bob Worsham's Road to Wellsville, I am well acquainted with the myths and legends that bubble enticingly from certain underground water sources. Some are wishful thinking, some cling tenuously to reality, and all are dangerous to ignore. Spa Park features restoring water hand cupped by grateful runners, sulphur concoctions that make you strong if they don't kill you, and pretenders that just might kill you. The latter, invitingly offered to rival cross country teams, are guaranteed to make swine flu seem like fun.

So I know enough to respect native knowledge. But respect does not necessarily bring recognition. This year I was determined to break the cycle of misfortune and become a true Moody connoisseur. Firmly over the hill, I am open to all legal, performance-enhancing substances...

Continued next page:

Moody cont:

Barely dug out from Friday's epic snowstorm, Jeff, Jen Ferriss and I piled into Annie, our back-up vehicle, since George had sadly succumbed to a serious electrical malfunction brought on by plowing through one too many snowdrifts. At the tail end of the season, Jeff changed his race strategy and actually packed the day before the race, ciphering in another early morning date with the snowblower. This should have worked, but naturally it didn't. Halfway there and beyond the point of no return, he realized he was still wearing his shoveling outfit and not his snowshoe windbreaker. So much for Boy Scout preparedness training.

Fifty-eight hearty snowshoers braved the parking lot at Hallockville, with the males displaying their muscles as they pushed, shoved and shoveled various reluctant vehicles into shoehorned parking spaces. A satisfying warm-up for all.

As Edward went through the usual prerace litany, he warned us that "what goes down must go up," meaning that the mostly downhill start would result in an equal and opposite uphill finish. My strategy was to hammer the off-kilter single track and hope to get well enough ahead before the final uphill "road" mile. This worked pretty well, and wonder of wonders, I passed Denise Dion. Never mind that she had raced the killer Northfield Mountain the day before while I dug snow tunnels.

By this time she knows my weak spots and I know hers. I am better on the single track, while she aces me out on the packed portions. My only hope was to get far enough ahead to prevent that from happening.

At the almost end of all the twists and turns I glimpsed a patch of orange in my peripheral vision. I knew this couldn't be the Saucony Dion Team primed to win Nationals so figured Denise had caught up. But then I heard photographer Berkie say, "Hi, Bob!" Unable to contain my joy, I promptly tumbled into knee deep snow, seized by a mooring calf muscle. But I didn't care—it was Orange Bob, who had Good Samaritaned a late start fixing someone's snowshoe, and not Orange Denise!

And so, yet another year has passed by and I have once again failed to offer homage to Moody Springs. Jen, first-timing it at Moody, patiently explained the course to me, telling me just where I should have looked. But just this once, I didn't need Moody's powers. If I had paused to partake of her Fountain of Youth, I would have finished behind all the fashionable orange jackets. Maybe this over-the-hill deal can work out after all.

Laura Clark

Follow all the Trail Running Action on the Club's Web Page at www.runwmac.com

Schedules - Results - Standings - Info

**The 2011 Grand Tree Trail Series
Trail Running at its Best**

2011 Dion Snowshoe Series Champions



Tim Van Orden



Amy Lane

Tim Van Orden from Vermont, a member of CMS, won 7 of the 14 WMAC DION Events he entered. He took the series title with a perfect 600 points. This is only the fourth time in the history of the series that the champion scored a perfect total. Tim also became the first man to win seven races in one season, topping Jim Johnson's six wins in 2010. He also broke Jim Johnson and Richard Bolt's record of four consecutive wins. Outside of WMAC action Tim finished 13th at the USSSA snowshoe national championships...

Amy Lane of Massachusetts repeated as our Ladies Champion, winning six of the eight WMAC races she entered ! Amy runs for the INOV-8 Team, and her six wins ties her own record from last year and with Kelli Lusk's total from 2005, and only trails Abby Mahoney's seven wins in 2009. Her 541.44 points is the highest winning total in the history of the WMAC series, topping the previous best from Abby Mahoney in 2009 of 538.05. Amy capped off her season with another win at the Pittsfield Peaks Snowshoe Marathon on March 5th.

2011 Dion Snowshoe Series
14th Hawley Kiln "Notch"
4.6 Mile Snowshoe Race

March 5, 2011 ... Dubuque State Forest ... Hawley, MA.

WMAC members in bold:

<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>Points</u>
01. Dave Dunham	M 46	0:39:18	100.00
02. Ross Krause	M 31	0:40:44	98.67
03. Tim Mahoney	M 31	0:41:27	97.33
04. Chris Taft	M 30	0:42:11	96.00
05. Connor Devine	M 17	0:44:16	94.67
06. Brian Northan	M 36	0:45:22	93.33
07. Mike Townsley	M 42	0:45:42	92.00
08. <u>Abby Mahoney</u> 1 st F	F 32	0:46:19	90.67
09. Ken Clark	M 48	0:46:24	89.33
10. Steve Wolff	M 46	0:46:52	88.00
11. Dave Merkt	M 27	0:47:24	86.67
12. Erik Wight	M 51	0:47:36	85.33
13. Ned James	M 56	0:47:51	84.00
14. Alan Bates	M 62	0:48:50	82.67
15. Joshua Lipinski	M 27	0:49:17	81.33
16. Eddie Habeck	M 33	0:49:25	80.00
17. Jim Devine	M 50	0:48:47	78.67
18. <u>Ashley Krause</u>	F 33	0:49:56	77.33
19. Mike Lahey	M 59	0:50:30	76.00
20. Randy Zucco	M 40	0:50:33	74.67
21. Adam Wright	M 21	0:51:18	73.33
22. <u>Carolyn Stocker</u>	F 18	0:51:20	72.00
23. Dominic Wilson	M 40	0:51:21	70.67
24. Wayne Stocker	M 56	0:51:33	69.33
25. Ben Moore	M 44	0:52:26	68.00
26. Glenn Tryson	M 57	0:52:48	66.67
27. Aaron Knoblock	M 34	0:54:33	65.33
28. Nick Tooker	M 31	0:55:07	64.00
29. <u>Kristine Lynch</u>	F 28	0:55:15	62.67
30. <u>Sweep Voll</u>	F 50	0:56:40	61.33
31. <u>Laurel Shortell</u>	F 44	0:56:47	60.00
32. Michael Buttrick	M 25	0:56:52	58.67
33. <u>Jessica Hageman</u>	F 35	0:57:54	57.33
34. Dan Danecki	M 51	0:58:12	56.00
35. Phil Bricker	M 57	0:58:30	54.67
36. Jan Rancatti	M 50	0:59:31	53.33
37. Scott Bradley	M 56	1:00:42	52.00
38. Bob Worsham	M 65	1:01:26	50.67
39. <u>Diana Knoblock</u>	F 29	1:01:43	49.33
40. John Fish	M 35	1:02:30	48.00
41. <u>Denise Dion</u>	F 52	1:02:43	46.67
42. <u>Jen Kuzmich</u>	F 52	1:02:53	45.33
43. <u>Pat Rosier</u>	F 53	1:03:19	44.00
44. <u>Kristen Merlo</u>	F 23	1:04:25	42.67
45. <u>Kathy Furlani</u>	F 62	1:05:07	41.33
46. Stan Serafin	M 57	1:05:42	40.00
47. Bob Dion	M 55	1:08:40	38.67
48. Ed Alibozek Jr	M 71	1:08:45	37.33
49. Peter Lipka	M 59	1:08:46	36.00
50. Martin Glendon	M 64	1:09:05	34.67
51. <u>Jamie Coyne</u>	F 52	1:05:44	33.33
52. Bob Massaro	M 67	1:11:02	32.00

53. Dave Boles	M 65	1:12:25	30.67
54. Barbara Danecki	F 52	1:13:15	29.33
55. Christian Gre	M 11	1:14:02	28.00
56. John Marran	M 38	1:14:49	26.67
57. <u>Julie Preite</u>	F 45	1:14:55	25.33
58. Bill Hart	M 61	1:15:00	24.00
59. Jim Sheehan	M 58	1:15:55	22.67
60. <u>Julie Gardner</u>	F 39	1:16:24	21.33
61. Brad Herder	M 52	1:16:25	20.00
62. <u>Deb Wechter</u>	F 36	1:16:26	18.67
63. Jamie Howard	M 45	1:16:46	17.33
64. <u>Karin Bradley</u>	F 53	1:16:48	16.00
65. <u>Janet Tryson</u>	F 57	1:17:20	14.67
66. Richard Busa	M 81	1:18:05	13.33
67. <u>Vicky Quagliardi</u>	F 57	1:21:50	12.00
68. Stephen Obermeyer	M 49	1:23:00	10.67
69. <u>Kathleen Tersigni</u>	F 40	1:23:13	9.33
70. Richard Teal	M 33	1:23:22	8.00
71. <u>Jacqueline Gre</u>	F 14	1:23:24	6.67
72. Bill Glendon	M 65	1:24:20	5.33
73. Konrad Karolczuk	M 58	1:24:21	4.00
74. <u>Cathy Sheehan</u>	F 51	1:29:20	2.67
75. Edward Alibozek	M 48	1:30:00	1.33



Laurel Shortell at the 2011 Hawley Kiln snowshoe race

photo by Bob Birkby

Trail Running News

Published by the Western Mass Athletic Club

Adams, Massachusetts

2011 Dion Snowshoe Racing Series
4th Annual Sunset 5KM Snowshoe Race
3 / 19 / 11 ... Catamount Ski Area ... Hillsdale, NY

WMAC members in bold:

<u>Name</u>	<u>Time</u>	<u>Points</u>
01. James Boeding	0:25:47	100.00
02. Ken Clark	0:27:32	94.12
03. Mike Lahey	0:29:50	88.24
04. Adam Wright	0:31:52	82.35
05. Edward Alibozek	0:32:19	76.47
06. Jesse Capalero	0:33:16	70.59
07. Mike Howard	0:33:20	64.71
08. Jeff Clark	0:35:00	58.82
09. Laurel Shortell	0:35:48	52.94
10. Bob Dion	0:39:58	47.06
11. Denise Dion	0:40:13	41.18
12. Laura Clark	0:40:20	35.29
13. Mike DellaRocco	0:42:12	29.41
14. Barbara Sorrell	0:46:14	23.53
15. Jamie Howard	0:48:25	17.65
16. Rich Busa	0:51:21	11.76
17. Greg Taylor	0:59:16	5.88

Catamount Sunset

After corralling the bandits, saving the ranch and chastely kissing the wistful young woman, who perhaps secretly longs to escape said ranch, Cowboy Bob rides off into the sunset, on the trail of further adventures...

And so do we, as the snow inexorably melts to reveal grass! And dirt! How did this season get so short? Wasn't it just a few days ago we were lining up at Woodford? While secret forested enclaves still contain impressive amounts of snow, the white has turned a grimy gray, littered with pine needles and pocked with deer prints. Catamount Sunset points the way to trails bereft of snow, to shorts minus the lobster legs.

The only thing wrong with sunset is that it comes so darned long after sunrise. We are used to getting up, eating breakfast and hitting the trail. But filling the interminable hours before race time can be tricky. How do you time your meals? Big breakfast? Skimpy lunch? Sleep in or opt for a nap: two choices which are not normally options. While we do have weekday summertime races, those are in the context of a workaday routine where the schedule is familiar. There is nothing routine about doing Saturday errands or housecleaning before snowshoeing. This is one time when the race may well be won well in advance of the finish line.

But however we puzzled our options, the headlines tell all:

All Dion Snowshoers Place in Top Twenty!

Dion Women Capture First through Fourth Place!

Richard Busa, Oldest Dion Snowshoer, Scores TV Interview!

Ah! The beauty of an intimate race! You pretty much know who will be ahead and behind and whom you might overtake on a good day. With a steamroll climb up and a free fall down on a super wide ski trail you would think there would be no need for complex strategy. But this is where our WMAC single track training leaves us in the lurch.

The picture-perfect trail, looking for all the world like one of those ribboned spritz cookies painstakingly squeezed out of the funneled groomer, turned out to be trickier than the narrowest single track. One cleat forward equated to two backward as we Laurel and Hardied our way up the trail. The direct route was not necessarily the best choice. Denise Dion, traveling just ahead of me, opted for the unswerving, but slushier route. Unwilling to lose time detouring toward slightly firmer snow, I tried to gain purchase by landing in the steps carved by her cleats but even that took too much energy. For the next hill, I abandoned ship and veered off into firmer snow.

I had forgotten how long and how steep the climb was. Just when you are positive you have hit the top, the land shifts off to the side to reveal yet another ascent. Since we had a cameraman at the start, I somehow stupidly assumed the entire journey would be consigned to film. I tried to look perky and alert for all the film cameras placed high above on some kind of weird pole device. Until I realized they were lights for night skiing. This was not Nationals after all.

I was hopeful that I could pass Denise on the downhill section and I gained steadily, eventually making a wide turn into some firmer snow as she struggled to get a grip in the softer stuff. Seeing a flash of orange, Denise assumed I was Bob passing through, forgetting that I had just that afternoon acquired my own orange Dion Snowshoe vest. But the battle of the orange was not finished. When the real Bob flew by me, I was impressed that Denise had acquired such a strong second wind and so eased up a bit. Denise used this to her advantage and blazed past in a seven second photo finish. At least we provided entertainment for the folks at the finish line.

After everyone came in, we dispersed toward the parking lot and like the proverbial cowboy, drove off into the sunset with no fanfare, a store of memories and the promise of more adventures to come.

Laura Clark

Check Out all the Latest Snowshoe News on the
Snowshoe Page at ... www.runwmac.com

Click on the Snow Flake for Standings - Results -
Photos - Stories - and More!

The 2011 WMAC / Dion Snowshoe Series

A PEAK Outdoor Experience was Had by All

by Laura Clark

After my third PEAK experience, I have learned even confirmed runners doubt that someone would actually think running the marathon distance on snowshoes is a good idea. Road and trail marathons have spawned enough events to support a rash of Fifty Staters and even hundred milers are becoming commonplace, with www.run100s.com listing eighty-four North American centuries. The handful of snowshoe marathons and ultras, however, are virtually undiscovered territory. They harken back to the good 'ole days when the mere act of completion conferred brotherhood standing.

You can see where this is going. It is already too late to attain lifetime bragging rights by pursuing an ordinary marathon or even a routine 100 miler. For true pioneer status, it is necessary to bypass clichéd events and pursue more imaginative offerings.

The PEAK Snowshoe Challenge staged in the Green Mountains of the Free State of Vermont, will take you to the next level, whether that be a 10K, half or full marathon, 100 miler or the Death March endurance challenge which makes basic training look like fun. All except the "fun run" involve multiple 6.55 treks with 2,000 feet of elevation gain. PEAK resembles a three-ring circus, catering to a variety of visions and goals, with sufficient hype to encourage the newbies and to keep the long-distance specialists awake. Still, nothing is ever overblown or obtrusive, with enough folks for occasional company but plenty of opportunity for a solitary mountain trek.

Ringmaster Andy Weinberg, while simultaneously coordinating all five events, miraculously greeted each participant personally and never seemed too rushed to exchange pleasantries. All the various entities spun around over and through each other so perfectly that by the end of the twenty-four plus hours, one would be hard put to declare any a frivolous afterthought.

The four 100 mile hopefuls departed at High Noon, tramping down the course for those who would follow in their wake the following morning. The Death March participants performed typical home improvement tasks such as chopping wood and hauling it to the aid station at the top of the mountain as well as clearing six foot drifts from around the Amee Farm's chicken coops. The fun runners and half marathoners kept the rest of us perky and alert as they whizzed by. And no matter how awful any of us felt, all we needed to do was take a good look at the ultra candidates.

Presiding over all and giving his best Woolly Mammoth imitation was the resident Highlander bull and his white lab guard dog. I never did figure out why such a massive creature needed a guard dog, but Highlander, in his bridge troll position, provided a constant reminder not to wander off course. Despite his vegetarian tendencies, Highlander's sturdy horns hinted at a predatory personality.

As I had learned in prior years, the time and effort involved in a snowshoe marathon equates to at least a solid 50K performance. My previous two finishes hovered slightly before and solidly

after the nine hour mark. This year, with the abundant snowfall that made serious training a distinct possibility, my ideal goal targeted two hour loops. More realistically, I ciphered in an extra fifteen minute cushion to get me through the final lap. But as with any snowshoe race, so much depends upon the weather. It is one thing to run through summer rain. It is quite another to slog through hot fudge sundae snow in drizzly rain for eight hours, a potential candidate for a career-ending case of hypothermia

Friday evening's forecast was worrisome with the threat of sleet, hail and rain looming over the peak. Fortunately, we were able to start under cloudy but moisture-free skies. For me that is key. There is nothing worse than milling around in the rain waiting to get started. If the same weather occurs during the event itself, it can be more readily shrugged off as just one more element to deal with. Luckily, the true cloudburst held off until Sunday, topped off by two additional feet of Monday snow.

I'm not sure how I would fare in a flat Midwestern snowshoe marathon and truthfully I have no desire to find out as the variety afforded by a mountainous venue is so much more interesting. The old adage, "Running is 90 percent mental and 10 percent physical," can be all too real. Flat vistas may produce fast times, but for me they generate numbing boredom. Strategically, I fixated on the truth in advertising clause, "What goes up, must come down." I divided the course into eight segments, figuring I could focus on the four ups and look forward to a vacation free fall segment on the way down. To my mind, this whittled the total distance down to manageable half marathon proportions.

Resolving not to look at my watch until the end of each loop, I settled in for a pragmatist "what will be, will be" sort of day. Even still, my first go-around was way too fast. There were quite a few local college students entered in the shorter events, which is a good thing because we want our sport to carry on. But without the customary college sport performance pressure, they were out for a fun day in the woods, erratically slowing down and then speeding up whenever the mood struck. After painstakingly passing one such group, I made sure to put enough distance between us so that I wouldn't have to repeat the procedure.

By the end of the second loop, I was still worrisomely ahead of schedule and at the turnaround section I took careful note of my friends. Some were just a tad ahead; some were farther back, but none were in their usual positions relative to my usual position. I thought that was why I was so tired. But in hind sight, I think a lot had to do with angst. The second time around is the big decision point. With the flip of a Dion Bunny snowshoe I could accept a terrific half or gamble on a pie -in-the-sky-full. There would be no glory and no recognition for a three loop effort. I noticed one obviously exhausted Death March participant gathering a pail full of stones and asked him when he would be done. His answer, "When they say so," gave me pause. At least my journey had a definite endpoint. I glanced over at Highlander who gave me an impatient shake of his horns and that decided it.

Continued next page:

Peak Exp cont:

Apparently, I expended considerable mental effort in this debate, because once the matter was settled, the course became inexplicably easier. All except for the numerous reverse moguls planted along the steep downhills. It was almost as if someone climbing upwards in lifeboat-sized bigfoots had carved steps into the snow. There was little choice but to leap and trust to luck. I tried to view the process as good practice for the cliffs at the Escarpment Trail Run, but in reality I was miffed that my normal free fall was somewhat hampered.

Besides the downhills, my favorite section was the magical Black Forest interlude before the final push to the top. "The woods were lovely, dark and deep," and I felt as if I had just slipped into the pages of Narnia. We wound right and left, above and below on a serpentine pathway fittingly named the Labyrinth Trail. At one point, rather like Alice in Wonderland, I pondered trail signs pointed in exact opposite directions, coming and going. It seemed like my kind of normal.

Amazingly, I held steadfastly to my goal, completing my tour in 8:11. While some folks decry a loop course, I thrive on them as long as the loop is not annoyingly short. You learn which parts you can push and where it is best to back off. You might even remember the location of a deep crevice or a protruding rock. And you develop your own cheering squad. Events such as these that go on for hours tend to wear out onlookers, but you do tend to see the same runners as you circle. And for someone like me at the back of the pack you even get to see the winners in action. Amy Lane and Aliza Lapierre shadowed together and shouted a heartfelt "Looking good." I knew they were going to be the winners and if they thought I looked strong then it must be true. That helped a lot. They were nice enough to report back as they passed my husband Jeff on his first half marathon experience, allowing him to focus on his race and not mine.

While we all passed through undiscovered territory, no one journeyed farther than Courtenay Guertain, the first and only hundred mile finisher who completed his final ascent thirty-one hours after he had begun. We all shared a peak experience that day and became a part of a small, exclusive brotherhood of adventurers. And this brotherhood was not limited solely to those who ran; it included the volunteers who remained awake and functional feeding and timing us and to the family on the top of the exposed peak who battled high winds and occasional rain and hail to serve us soul-warming chicken soup.

As Jeff and I drove by the farm the next day on our way home, Highlander trudged across the field, shaggy coat matted in the pouring rain, eyes staring fixedly ahead, focused and determined, looking for all the world like a snowshoer tackling the final loop.

Laura Clark

*Greylock Trail Races ... June 19, 2011
Greylock Glen ... Adams, MA.*

Dions Rule

Up to this point all of my snowshoe races have been within the WMAC / Dion snowshoe series where as expected 90% of all runners wear Dion snowshoes. This year my friends (who I swear are trying to kill me by dragging me to all these long tough races) talked me into running a snowshoe marathon .

So there I was up in Pittsfield, Vermont surrounded by almost 200 other snowshoers waiting for the 8:00 A M start.

Looking around I could easily pick out a few Dions with their familiar off white decks and orange scrape tabs, but most of the snowshoes there were very unfamiliar to me. There were many different shapes and sizes and many had names I never heard of before. One lady near me had on a pair that couldn't have been more than 12 inches long. Others had very large, square or rectangle shaped shoes. There were many plastic department store specials and L.L. Bean models, along with Atlas, Tubbs, Red Feathers, and even some with foreign writing on them

First let me explain that this race had 3 different distances going on at the same time. (Actually 4 if you count the 100 mile snowshoe race that had started the day before) It was a loop course where after about a half mile flat & rolling jog down to the river you crossed a bridge then basically climbed almost 3 miles to the top of a mountain and then ran down the other side back to the start & finish area. The "Fun Run" or 10K race was just once around the course. The half-marathon involved running 2 loops, and the marathon was a full 4 times around. There were about 70 runners / walkers entered in the fun run, about 60 signed up for the half-marathon, and forty something hoped to do the full marathon. Most of the 1 loopers were just there for a walk in the woods and so they had on any type of snowshoes that they could beg, borrow or steal.

Soon we were off and running (or walking).

It was pretty mild this day with temps in the low 40's but the forecast for later in the day was rain.

After crossing the bridge over the river we started our climb to the top. Even though we had a long climb ahead of us most of the trail consisted of switchbacks so it really didn't seem too steep. However the trails zig - zagged back & forth very close to each other and you could look down and see other runners coming up. Even though they looked very close they could still be a good ¼ mile behind you at that point. I couldn't help but think that some less than honest people could easily cut straight across in certain spots and cut a lot of minutes off their time. Unfortunately by my 3rd loop when people were really spread out, I saw many snowshoe prints that had done just that. But I'm very sure they weren't Dion snowshoe prints. They had to be from some of the "other" brands

On the first 2 loops I thought the snow conditions on the course were fantastic. Packed just enough but still with some depth to it. I had ordered 2 new cleats from Bob & Denise and they arrived a couple of days before the race. I could feel them digging in as I made my way uphill, and I had wonderful gripping on the long fast downhills.

Continued next page:

Dions Rule cont:

By the third loop it was starting to drizzle, with a little sleet mixed in, and with all the runners going through the snow started to get soft and wet. Several times I had some ice balls starting to build up on my cleats, but a quick stomp or two and they were gone.

On the fourth loop we had a steady drizzle and some of the course had turned to slush. Still I didn't have any issues with ice balls. Some started to build up but fell right off as I ran along. The one thing I wanted to mention was that for the whole 7 hours I was out there running I never once had to stop to fix or adjust my Dion snowshoes. The deep coated cleats worked just fine and the quick - fit straps held very tight all day long. Not so for some of the other runners out there in other brands of shoes. I must have seen 5 or 6 runners stopped on the side of the trail trying to redo their straps that kept coming loose on them.

Later in the evening, while sitting around the fireplace enjoying a glass of wine at the Swiss Farm Inn where we were staying, Jeff Clark mentioned the same thing. He told the story of how some faster runners had lapped him only to stop up ahead to fix their straps. He told them as he went by that they should look into getting some Dions. He said that he had run in 7 snowshoe races so far this year in all kinds of conditions and has yet to have a strap come loose. Then Jeff went on to say that he no sooner passed those guys when just down the trail a little he came upon another runner stopped off the side of the trail adjusting his shoes and this one was wearing Dions. Jeff's first thought was that the other runners would come by and see this runner playing with his Dion snowshoes and think that Jeff was full of you know what. Luckily this persons issue was with his gaiters and not his snowshoes so he was back up and running quickly.

Getting back to the race..... about ½ mile from the top on my second loop I could see a runner coming up from behind really fast. When he was almost on top of me I stepped off the trail and let Brian Rusecki go flying by, in his Dion snowshoes. He was already on his 3rd loop and went on to be the overall winner in the marathon, running each loop in under 1 hour!

Then when I was on my 3rd loop I could see two runners coming up through the switchback section. They were moving pretty fast also and in less than 10 minutes Amy Lane and Aliza LaPierre caught up to me. They were running together step by step for just about the whole race. Amy shouted some words of encouragement to me as she went by and they went charging up the next hill while I had to walk up it. I found out later that they finished together in a tie to win the ladies title in the marathon. Both wearing Dion snowshoes of course. After that I finished my 3rd loop without seeing another runner and after quickly refueling I started out on my 4th and last loop.

The section between the start / finish area and the river had two way traffic where runners were both coming in and going out. Here you saw other people and got some idea on how close or far apart they were from you. I saw my buddy Rob Scott coming in while I was going out on my second loop and I also saw Laura Clark on one loop.

We were able to shout encouragement to each other in passing which really helped to keep us focused on the task at hand. So here on the 4th loop another friend of mine, Rich Kelley, who I had seen in just about the same place on the last 2 loops was coming in. He shouted out as he went by that "We're going to do this". "You bet", I replied.

The climb on this final loop was finally taking its toll on my legs. I wasn't able to run as much in the level sections and was fighting off some cramps on the steeper sections. I even had to stop for a few minutes here and there until a cramp or two settled down. It was slower going this time getting up to the top and I was starting to feel chilled as the wind picked up and the rain came down. I finally made it to the top and stopped briefly at the now abandoned aid station to refill my water bottle and pop a gel packet. The wind was really blowing up there now and along with the rain it had driven all the volunteers away. Luckily they left some water jugs out for us.

Another runner came by while I was there and started down without stopping. I was still having some cramping issues so I wasn't able to go very fast on the long downhill. This cost me a lot of time and when I finally got to the river at the bottom of the hill another runner came charging up on me. We ran along together for a little bit until we caught up to someone else. I slowed up a little while he charged ahead. Talking to the new runner I caught up to I found out he was one of the 100 milers and he still had 2 more loops to go. I gave him my best wishes and ran on ahead. I guess I didn't start my watch correctly between loops because the total time now looked like it was over seven hours and I was disappointed at not breaking seven so I really didn't push it very hard the last ¼ mile. Imagine my surprise when I crested the little hill at the finish line and saw 6:59 something on the clock. I quickly ran the last few steps and had to look around for the official timer to make sure he scored me. He was staying dry by sitting in his car and gave me the thumbs up sign letting me know he got me.

After I finally stopped running and took off my snowshoes I started to get cold fast. I also suddenly realized how soaking wet I was which only made me that much colder. I talked to Andy the RD for a few minutes and then I went over to the edge of the little hill so I could look down the trail and see if my buddy Rich was coming in. He was about 10 – 15 minutes behind me on each loop and I was hoping to see him come in but after waiting about 15 minutes and shivering uncontrollably I had to leave.

The inn I was staying at was just a few minutes walk up the road so I gathered up my drop bag and snowshoes and within 10 minutes I was already in the hot shower trying to thaw out.

A half hour later I was enjoying a glass of wine by the fireplace with my friends. (The same ones who are trying to kill me).

So my first snowshoe marathon went pretty good after all.

Thanks to my Dion Snowshoes!

will run

Peak Snowshoe Races

6.5 Miles - Half Marathon - Marathon - 100 Miles

Pittsfield, Vermont March 5, 2011

Cloudy - Cool - Rain - Low 40's

6.5 Mile: "Fun Run"

1st Male Aaron Ashton 21 M 1:21:49
 1st Female April Hayden 41 F 1:27:35

60 Finishers

Half Marathon:

1st Male Justin Kenney 30 M 2:10:41
 1st Female Sara Osberg 33 F 2:55:06

Rob Scott 56 M 3:50:22
 Steve Mitchell 69 M 3:51:23
Emily Trespas 40 F 4:14:28
 Kevin Zelechowski 35 M 4:14:30
Karen McWhirt 50 F 4:42:09
Barbara Sorrell 54 F 4:46:33
Greg Taylor 65 M 4:46:41
Jeff Clark 65 M 4:55:29

54 Finishers

Marathon:

1st Male Brain Rusiecki 33 M 3:54:24
 1st Female Amy Lane 32 F 4:42:52
 Aliza LaPierre 31 F 4:42:52

Will Danecki 60 M 6:59:48
 Rich Kelly 49 M 7:22:34
Laura Clark 64 F 8:11:00

26 Finishers

100 Miles:

Courtenay Guertain M 31:00:00

4 Starters - 1 Finisher

Complete results can be found at... www.peakraces.com

Muddy Moose 14 Mile Trail Race

Wolfboro, NH May 1st, 2011

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Kevin Tilton	M 29	NH	1:28:51	100.00%
2	Keith Schmitt	M 42	NH	1:40:53	88.07%
3	Ken DeAlmeida	M 37	NH	1:44:30	85.02%
4	Paul Young	M 45	MA	1:45:11	84.47%
5	Chris Fox	M 36	NH	1:47:37	82.56%
6	Jon Williamson	M 45	VT	1:48:59	81.53%
7	James Doneski	M 42	NH	1:50:28	80.43%
8	Steve Wolfe	M 46	NH	1:51:36	79.61%
9	Tom Noonan	M 39	ME	1:52:22	79.07%
10	Reeder Fahnestock	M 32	NH	1:54:46	77.42%
11	Brandon Richardson	M 14	NH	1:55:35	76.87%

12	James Curran	M 29	NH	1:57:35	75.56%
13	Mike Kirk	M 39	MA	1:57:55	75.35%
14	Bob Mathes	M 58	NH	1:58:08	75.21%
15	Brad Beveridge	M 37	NH	1:59:14	74.52%
16	Brandon Chalifoux	M 24	NH	2:03:02	72.22%
17	Walter Fortier	M 61	NH	2:03:29	71.95%
18	Brendan Stackhouse	M 18	NH	2:04:38	71.29%
19	<u>Princepessa Cook</u> 1 st F	F 26	NY	2:05:08	71.00%
20	Nathaniel Dunham	M 25	NH	2:07:10	69.87%
21	James Porter	M 37	NH	2:09:42	68.50%
22	Ron Elwell	M 50	MA	2:10:33	68.06%
23	Scott Mitchell	M 42	NH	2:12:23	67.12%
24	Drew Kiefaber	M 47	NH	2:12:58	66.82%
25	Scott Stevens	M 40	MA	2:13:03	66.78%
26	Chris Anderson	M 63	Can	2:14:26	66.09%
27	Joe Zelazny	M 35	NH	2:15:31	65.56%
28	<u>Suzie Carrier</u>	F 51	NH	2:16:37	65.04%
29	Andrew McLaughlin	M 56	MA	2:17:30	64.62%
30	<u>Elizabeth Morrissey</u>	F 23	NH	2:17:45	64.50%
31	Brian Moore	M 24	NH	2:17:46	64.49%
32	Jay Myers	M 40	NH	2:19:39	63.62%
33	<u>Fran O'Donoghue</u>	F 48	CT	2:21:00	63.01%
34	Patricque De la Hoya	M 30	NY	2:21:23	62.84%
35	Barry Fussell	M 57	NH	2:23:33	61.89%
36	Aaron Reyes	M 30	NH	2:24:03	61.68%
37	Brian Roderick	M 42	NH	2:25:18	61.15%
38	Jason Raper	M 30	NH	2:28:03	60.01%
39	<u>Michelle Day</u>	F 36	NH	2:28:53	59.68%
40	<u>Lorna Erwin</u>	F 39	NH	2:31:03	58.82%
41	Grant Boan	M 31	NH	2:31:38	58.60%
42	Kenneth Blake	M 30	MA	2:33:32	57.87%
43	<u>Karina Velez</u>	F 26	MA	2:33:32	57.87%
44	David McDermott	M 56	ME	2:34:16	57.60%
45	Josh Robert	M 30	NH	2:37:34	56.39%
46	Fred Peterson	M 44	NH	2:37:53	56.28%
47	Rick Reynolds	M 64	ME	2:38:17	56.13%
48	Jill Weybrant	F 42	ME	2:38:41	55.99%
49	<u>Beth Eliason</u>	F 45	VT	2:41:13	55.11%
50	Evan Sussman	M 31	MA	2:42:38	54.63%
51	<u>Kelly von Ruden</u>	F 50	NH	2:42:39	54.63%
52	<u>Jen Noonan</u>	F 39	ME	2:43:11	54.45%
53	Joseph Merriam	M 53	NH	2:43:25	54.37%
54	Kevin Callahan	M 57	NH	2:47:05	53.18%
55	Mark Grandonico	M 51	ME	2:47:25	53.07%
56	Mitch Mellow	M 44	NH	2:48:14	52.81%
57	Harvey Douglas	M ??	??	2:48:54	52.61%
58	Michael Lacharite	M 53	VT	2:54:00	51.06%
59	Chris Harrison	M 58	MA	2:55:28	50.64%
60	John Loring	M 63	MA	2:57:04	50.18%
61	<u>Karen Healy</u>	F 50	NH	2:57:56	49.93%
62	Joe Hayes	M 62	ME	3:03:41	48.37%
63	Dan Gilchrist	M 44	RI	3:04:02	48.28%
64	Brian Martin	M 41	RI	3:10:55	46.54%
65	<u>Brandi Makauskas</u>	F 30	NH	3:14:25	45.70%
66	<u>Emily Eros</u>	F 23	NH	3:14:26	45.70%
67	Justin Maitland	M 30	MA	3:15:33	45.44%
68	<u>Loni Allen</u>	F 31	NH	3:18:44	44.71%
69	<u>Erin Irvine</u>	F 23	NH	3:35:36	41.21%
70	Joe Irvine	M 52	NH	3:35:46	41.18%
71	<u>Nicole Polizzi</u>	F 21	NY	3:37:46	40.80%

Northern Nipmuck Race Report... For The First Time, In A Long Time

by Ron Starrett

It's hard to put into words the emotions felt as I began final preparations for my first trail race of the year. After a transitional year in both my professional and personal life, I was finally toeing the line for my first trail race since November 2009 (Stone Cat 50 Miler). Now, I am no elite runner (I'd describe myself as the front of the middle) so it's not like the rest of the field would even notice if I was participating or not. But despite this, it still felt good to be out there. I had missed the vibes of race day, that familiar pre-race nervous energy coursing through my veins. After all the miles and races I have put in over the years you would think that this would eventually go away but for this race I welcomed it's return. The best way I can describe this to non-runners is that it feels like coming alive. An awakening and heightening of your senses and mental awareness that has you buzzing with anticipation. I felt like a kid on Christmas Eve.

Despite the positive (and nervous) energy felt throughout the previous night and race morning, leading up to the race I did still have some concerns on how I would "pull this one off". After my year off from racing, I continued training to build a strong overall fitness level that would have me well prepared for this year. As the calendar finally turned from 2010 to 2011, I began more focused training to prepare for the big year I had planned for myself (including 2 Spring 50k's, my first 100 mile attempt and a thru-hike of the Long Trail). I began ramping up my long runs, while also building my base and working on functional strength training to increase muscle endurance. From January through March things were going as planned. And then came what I now refer to as "The Pond Incident".... The short of it is that our home borders a small pond (about an acre). With the record amounts of snow in the area and the subsequent rapid snowmelt (combined with some good amounts of rain), the pond began to overflow. Little did we know at the time, that not only did we own the shoreline of the pond but also an actual piece of the pond and, the grand prize, the drainage pipe for the pond. Upon arriving home from work one day, I pulled into the driveway to find some DPW men, a 4" trash pump and 3 lengths of fire hose. I was informed that the drain was clogged and that this issue was all my responsibility. With the pond potentially threatening the homes of other houses around the pond (also owners of the pond) the town guys told me to expect a lawsuit. In the end things worked out much better than anyone originally thought without any threats or potential of lawsuits (helps to have great neighbors and work things out as community). At the time though, this meant I had to devote every free second I had to resolving the situation, including manning the pump. What this ultimately meant was that I could not get out for my long runs. I still did my daily hour long AM workouts, but no chance to get out for 3+ hours in one shot (I had built up to 3:30 long run). Things finally settled down a little over a week before race day, but with no long run in almost a month, I was concerned with how much this would set me back.

Knowing there was really nothing I could do in the final week before the race, I just trained as I normally do. And with race

day now here, I knew that all I could really do was make the best of whatever came my way. I set out with one goal; to enjoy my first race in over a year and spend time with my good friend Todd.



Runners line up for the start of the Northern Nipmuck Trail race

photo by Scott Livingston

As the runners began making their way to the start line I rejoiced in the pre-race gathering and finally meeting fellow Striders John Agosto and Bruce Giguere. With the informal pre-race meeting complete, the countdown was begun and we were off.

The Northern Nipmuck course is known for its first, all uphill mile which brings you to the highest point on the course. Normally this part of the course has the runners moving accordion style at a fast hike as runner jostle to get into a pace and for some eager runners, even run some parts. In the past I found this part of the course a potential energy sucker. This time, I hiked 90% of it in an attempt to save some energy. I was not sure what the day had in store for me and wanted to be conservative early on. After cresting the hill I fell into a good pace and felt surprisingly "springy".

One of the things I had been working on during my off year was changing my running stride, to a more barefoot style. I had found this very beneficial over the past year but I had yet to test it out in a long distance trail race. Today was the day I would find out how much it would help me. And in the early going of the race it seemed to pay off as I could feel a lot of bounce in my legs. Even Todd made note of my heel kick and I asked him to try and compare later in the day to see if I could maintain as the miles piled up.

As Todd and I settled into a groove, it became apparent to both of us that there was something magical going on. At almost the same time we both commented on how already, this was one of the best trail runs we've had. There was a feeling in the air. We were moving well, the weather was the best we have ever had for this race (and probably the best we'll ever get) and we were confident in our strategy for the day, to try and maintain a strong pace for the entire length of the race.

Continued next page:

Northern Nipmuck Report cont:

With the miles going by at a surprisingly good clip, we pulled into Aid Station #1 at 40 minutes. Putting us into great spirits as this was about 5 minutes ahead of our normal time. Although it was early in the race, we felt if we could keep this up we'd be in good shape. We spent little time getting refueled before he headed out and up the long climb out of the aid station. Normally this hill kicks my butt pretty good, but today much less. This began the toughest part of the course (for me). I normally break this event up into 4 parts. Start to Aid Station #1, Aid Station #1 to Turnaround, Turnaround to Aid Station #3 (#1), Aid Station #3 to Finish. This was the beginning of Part 2, which along with Part 3 make up the middle of the race. What you run out on Part 2, you run back on Part 3. These parts are also longer than Parts 1 & 4 which usually has an effect on me mentally. It is during this section as well that as we get closer to the halfway turnaround point, we frequently encounter the leaders making their way back. If one doesn't keep an eye open it can make for a sudden and surprising face-to-face with a speeding runner coming at you on the single track trail. Luckily we were prepared for this and continued to motor along enjoying the unbelievable fortune we had with the weather (compared to the hypothermic conditions of 2 years ago) and as we ran along the ridge, the spectacular views to our right. We dashed along buoyed by the sounds of a not too far off Aid Station and scampered down the steep hill to Boston Hollow Rd and our turnaround. As we pulled out and back up the steep hill, a glance of the watch showed a respectable (for me) 1:37. Heading out on the return trip I set in my mind that this was the key section of the race. Could I maintain the pace I had on the way out or would I fall off and start to slow down. Todd worried we had gone out too fast and that we were headed for a big drop-off in time. I wondered about the same but also knew that at the moment, I felt better than I had in previous editions of this race. Working our way through the numerous uphills of the return route began to slow us down (mentally and physically). Finally we hit a nice long flat followed by nice gradual descent. As if the trail knew what we needed, we cruised along at good pace. By the time the descent bottomed out we were mentally rejuvenated. Before I knew it we were through my toughest section of the race and pulling into Aid Station #3. I was encouraged by the fact that my watch read 2:35, making it 58 minutes since the turnaround, only 1 minute slower than our way out on this section. Despite our worries, we had indeed maintained our pace.

After I lingered a few seconds longer at the Aid Station than usual and enjoyed the hospitality of the volunteers (thanks) we set out on the final section of the race to finish this one off. No matter what happened from this point forward (and actually well before that) the day was a success. It became apparent shortly after beginning this final section that we were going to encounter a drop off in time as Todd's right calf began to act up causing him to have to either slow to a walk or stop and stretch. Repeatedly he would tell me to run my race and go for it. But I was determined to see him through and finish this together. I knew he had a shot at a PR even with his calf flaring up. I knew it would take some pushing and pulling so I tried to walk that fine line of being encouraging but also pushing him at the same time.

Todd is one of the toughest individuals I have ever met. Once again I was witness to an amazing feat of mental fortitude as he kept on and on. Counting down the uphill's as we worked our way we began to focus on making it to the long downhill home. We knew that once we hit the high point of the trail we could cruise all the way down to the finish.



Todd Hobson & Ron Starrett at the 2011 Northern Nipmuck Trail race

photo by Scott Livingston

With 10 minutes left in Todd's PR window, we at last began the long descent. Todd hammered his way downhill through the single track. Once we hit the double track fire road I took the lead and pushed to reach the end. For the first time today I left Todd behind (I wanted to get in position to get a pic of him setting his PR). Flying downhill I skipped along the trail passing finished runners and their encouraging remarks of "it's just ahead". As I came through the last stand of small trees I could feel an ear-to-ear grin on my face.

I quickly got into position to capture Todd's PR moment and in a flash he was out of the woods and across the line, celebrating his well deserved PR (3:34). Yes, we did lament what could have been as our time did drop off in the final section. But we did feel good that we maintained our pace longer than we both expected. And despite Todd's cramping calf, we felt good that it was the calf that held us back, not our fitness. As we re-hashed the race on the walk back to Todd's vehicle we quickly remembered the last time we ran this course (November 2010) only 5 months ago when it took us 4:05, a full 31 minute gain! Talk eventually turned to what waits for us next week when we will attempt to tackle twice this distance (Traprock50k - 31 miles) and how we will approach that race. But after Todd headed home and I was left to contemplate the day in my own head, I couldn't help but hear the lyrics to a Kid Rock tune that summed up how I felt inside. It felt good to be back....

*For the first time, in a long time
I'm done payin' my dues
For the first time, in a long time
I feel brand new
Life's been kind, water tastes like wine
I feel so high like I'm on cloud nine
For the first time, in a long time*

Ron Starrett

Northern Nipmuck 16 Mile Trail Race

Bigalow Hollow State Forest Union, CT.

April 9, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>	<u>GT %</u>
1	Brian Rusiecki	M 32	MA	2:05:02	100.00%
2	Ross Krause	M 31	MA	2:08:05	97.62%
3	Tim Cote	M 35	CT	2:12:45	94.19%
4	John Kinnee	M 32	MA	2:13:45	93.48%
5	Keith Schmitt	M 42	NH	2:13:51	93.41%
6	Ryan Welts	M 30	CT	2:17:09	91.17%
7	Paul Young	M 45	MA	2:19:26	89.67%
8	Scott Patnode	M 30	MA	2:23:14	87.29%
9	Richard Teal	M 33	NY	2:26:46	85.19%
10	Dave Kannon	M 40	MA	2:27:13	84.93%
11	Donald Pacher	M 38	MA	2:29:26	83.67%
12	Mike Reed	M 28	MA	2:29:37	83.57%
13	Ken Naide	M 38	MA	2:29:38	83.56%
14	<u>Abby Mahoney</u> 1 st F	F 33	MA	2:30:49	82.90%
15	John Agosto	M 46	CT	2:32:26	82.03%
16	Chris Taft	M 30	MA	2:32:43	81.87%
17	Debbie Livingston	F 36	CT	2:33:55	81.23%
18	David Thompson	M 40	CT	2:34:43	80.81%
19	Dave Mingori	M 43	MA	2:37:15	79.51%
20	Bob Sharkey	M 59	RI	2:44:27	76.03%
21	David Boudreau	M 39	NH	2:48:29	74.21%
22	Ned James	M 56	MA	2:48:30	74.20%
23	Dana Royer	M 35	CT	2:49:49	73.63%
24	Bruce Giguere	M 43	CT	2:51:06	73.08%
25	Derek Jones	M 48	MA	2:52:10	72.62%
26	Peter Gagarin	M 66	MA	2:52:31	72.48%
27	Chris Ollari	M 41	MA	2:52:51	72.34%
28	Karl Sauerbrey	M 47	RI	2:54:33	71.63%
29	Eric Wyzga	M 35	RI	2:56:15	70.94%
30	Mark Dearing	M 57	MA	3:00:19	69.34%
31	Brian Sorrells	M 41	CT	3:00:20	69.33%
32	Rich Victor	M 44	MA	3:01:56	68.73%
33	<u>Elaine Allen</u>	F 43	CT	3:03:33	68.12%
34	<u>Michele Hammond</u>	F 52	CT	3:04:28	67.78%
35	Russell Hammond	M 51	CT	3:04:30	67.77%
36	Stephen Taylor	M 42	MA	3:05:07	67.54%
37	Stuart King	M 50	CT	3:05:32	67.39%
38	<u>Sara Praguski</u>	F 32	MA	3:06:49	66.93%
39	Ethan Spinelli	M 37	CT	3:07:36	66.65%
40	John Peabody	M 56	RI	3:07:46	66.59%
41	Curt Paandiscio	M 50	CT	3:08:34	66.31%
42	Ted Cowles	M 52	CT	3:09:17	66.06%
43	Chris Hinch	M 43	MA	3:11:39	65.24%
44	Randall Dutton	M 40	CT	3:12:15	65.04%
45	Russell Dearing	M 32	MA	3:12:36	64.92%
46	Robert Schulten	M 54	CT	3:13:07	64.75%
47	<u>Laurel Cox</u>	F 48	ME	3:13:09	64.73%
48	Bill Metzger	M 55	CT	3:16:56	63.49%
49	<u>Bonnie Nussbickel</u>	F 45	NY	3:17:42	63.24%
50	Tim Blinn	M 51	CT	3:19:41	62.62%
51	Chris Agbay	M 33	MA	3:22:20	61.80%
52	<u>Cheri Cavanaugh</u>	F 46	MA	3:22:20	61.80%
53	Michael Agbay	M 38	MA	3:22:25	61.77%
54	Raandy Zucco	M 40	MA	3:23:56	61.31%

55	Guido Medeiros	M 55	MA	3:26:43	60.49%
56	Norm Cormier	M 57	CT	3:30:44	59.33%
57	<u>Jennifer Hedges</u>	F 36	CT	3:30:50	59.30%
58	<u>Yukiko Nishide</u>	F 49	NY	3:32:00	58.98%
59	Hiroyuki Nishide	M 49	NY	3:32:01	58.97%
60	Ed Buckley	M 53	MA	3:32:41	58.79%
61	Tom Parent	M 34	MA	3:33:59	58.43%
62	Ron Starrett	M 41	CT	3:34:37	58.26%
63	Todd Hobson	M 50	VT	3:34:54	58.18%
64	Avid Almand	M 37	CT	3:36:24	57.78%
65	Nate Davis	M 26	MA	3:37:04	57.60%
66	Tom Malcom	M 54	MA	3:37:51	57.39%
67	Christopher Larocco	M 49	CT	3:39:12	57.04%
68	<u>Elaine Romano</u>	F 53	CT	3:39:59	56.84%
69	<u>Lori Watkins</u>	F 46	MA	3:41:37	56.42%
70	Suresk Shenoy	M 53	CT	3:47:31	54.96%
71	Bob Worsham	M 65	CT	3:51:55	53.91%
72	Matthew Haley	M 34	CT	3:54:17	53.37%
73	Jeremy Scanlon	M 28	MA	3:57:35	52.63%
74	Lincoln Cox	M 45	RI	3:57:39	52.61%
75	<u>Magda Cardoso</u>	F 34	MA	4:01:13	51.83%
76	Dale Nussbiskel	M 47	NY	4:02:17	51.61%
77	Barbara Sorrell	F 53	NY	4:03:42	51.31%
78	<u>Ania Crilgress</u>	F 35	CT	4:32:06	45.95%
79	<u>Kathleen Furlani</u>	F 62	CT	4:39:15	44.77%
80	<u>Marylou White</u>	F 55	CT	4:39:31	44.73%



This issue's mystery photo is of this rusty metal box that has been sitting in the woods for some 75 years.

It's about 20 feet off the trail on the right, almost 100 yards in from the beginning of the trail, and we run past it every year while running this popular trail race.

So the question is what is the name of the trail that goes past this box and where is it?

Here's some clues..... the trail is named because of this box and we have run on this trail in both directions over the years because of different variations of the race course. We have also run on this trail in 2 completely different races.

Merrimack River Trail Race

10 Miles Andover, MA. April 9th, 2011

WMAC members in bold:

	<u>Name</u>	<u>Age</u>	<u>Time</u>	<u>GT %</u>					
1	Judson Cake	M 33	0:57:35	100.00%	56	Anthony Ellis	M 30	1:18:09	73.68%
2	Kevin Tilton	M 29	0:59:07	97.41%	57	William Jackson	M 29	1:18:10	73.67%
3	Chris Mahoney	M 33	0:59:14	97.21%	58	Joe Karner	M 52	1:18:21	73.49%
4	Ben Nephew	M 35	0:59:43	96.43%	59	Jeff Brown	M 30	1:18:28	73.38%
5	Kevin Alliette	M 29	1:00:28	95.23%	60	Michael Loisselle	M 33	1:18:37	73.24%
6	Matthew Germain	M 29	1:01:10	94.14%	61	Calvin Coolidge	M 42	1:18:50	73.04%
7	Ryan Kelly	M 29	1:01:26	93.73%	62	<u>Emma Barclay</u>	F 36	1:18:54	72.98%
8	Ryan Miller	M 28	1:04:02	89.93%	63	Andrew Crispin	M 24	1:18:55	72.97%
9	Tim Mahoney	M 31	1:04:03	89.90%	64	Tyler DeChane	M 13	1:19:26	72.49%
10	Charles Therriault	M 25	1:05:43	87.62%	65	Stephen Hunnewell	M 27	1:19:33	72.39%
11	Dan Verrington	M 48	1:05:59	87.27%	66	Greg Whyman	M 41	1:19:34	72.37%
12	Jacob Lehrhoff	M 25	1:06:45	86.27%	67	Carlos Borges	M 46	1:19:34	72.37%
13	Andy Kiburis	M 26	1:07:03	85.88%	68	Michael Peterson	M 47	1:20:03	71.93%
14	Matt Curran	M 53	1:08:12	84.43%	69	Michael DeChane	M 48	1:20:04	71.92%
15	Steve Wolfe	M 46	1:08:30	84.06%	70	<u>Jenn Brooks</u>	F 31	1:20:37	71.43%
16	John Blouin	M 36	1:08:35	83.96%	71	Ron Elwell	M 50	1:21:08	70.97%
17	Scott Spence	M 46	1:09:16	83.13%	72	Joseph Peterson	M 25	1:21:32	70.62%
18	Jeff Walker	M 45	1:09:21	83.03%	73	Stephen Whittey	M 54	1:21:34	70.60%
19	Luis Cruz	M 17	1:09:32	82.81%	74	Matt Drury	M 38	1:21:44	70.45%
20	Brad Birkel	M 32	1:09:35	82.75%	75	Keith Spinney	M 51	1:22:04	70.17%
21	Cam Kelley	M 21	1:09:41	82.63%	76	Bob Gannon	M 42	1:22:17	69.98%
22	Keith Obrien	M 46	1:09:49	82.48%	77	David Louis	M 47	1:22:20	69.94%
23	Conor Clark	M 18	1:10:46	81.37%	78	Dennis Estrella	M 49	1:22:21	69.92%
24	Kurt Berna	M 39	1:10:46	81.37%	79	Anthony Parillo	M 26	1:22:26	69.85%
25	Stanislav Trufanov	M 32	1:10:47	81.35%	80	Ricky Scott	M 57	1:22:30	69.80%
26	Lucas Parson	M 16	1:10:51	81.27%	81	Tim Smith	M 49	1:22:42	69.63%
27	Chris Fox	M 36	1:11:08	80.95%	82	Charles Hanson	M 49	1:23:06	69.29%
28	Michael Cusson	M 49	1:11:11	80.89%	83	Paul Comeau	M 49	1:23:08	69.27%
29	Christopher Dunn	M 42	1:11:15	80.82%	84	Rob Macdonald	M 32	1:23:13	69.20%
30	Kevin Littman	M 39	1:11:28	80.57%	85	<u>Michelle Blouin</u>	F 33	1:23:43	68.78%
31	David Loutzenheiser	M 44	1:11:35	80.44%	86	Clay Schwabe	M 31	1:23:58	68.58%
32	Chuck Hazzard	M 50	1:11:36	80.42%	87	Julian Jamison	M 38	1:24:02	68.52%
33	Jonathan Edwin	M 16	1:11:38	80.39%	88	Chris Schubert	M 26	1:24:27	68.19%
34	Donald Medd	M 41	1:11:59	79.99%	89	Dave Geary	M 45	1:24:40	68.01%
35	<u>Abbey Gosling</u> 1 st F	F 25	1:12:14	79.72%	90	Curtis Morris	M 41	1:24:42	67.98%
36	Kurt Severance	M 35	1:12:28	79.46%	91	Ricky Grigg	M 45	1:25:04	67.69%
37	Mark Belanger	M 40	1:12:31	79.41%	92	Richard Miller	M 60	1:25:16	67.53%
38	Jeremiah Fitzgibbon	M 54	1:13:11	78.68%	93	Richie Blake	M 42	1:25:35	67.28%
39	Richard Lavers	M 34	1:13:28	78.38%	94	Casey Barnacle	M 17	1:25:36	67.27%
40	Paul Kirsch	M 45	1:13:41	78.15%	95	Michael Odonnell	M 16	1:25:37	67.26%
41	Sam Wood	M 24	1:13:48	78.03%	96	Ben Thornton	M 30	1:25:50	67.09%
42	Daniel Dion	M 25	1:13:50	77.99%	97	Geoff Edgers	M 40	1:25:55	67.02%
43	Howard McCue	M 36	1:14:17	77.52%	98	James Goodwin	M 36	1:25:57	67.00%
44	Todd Brown	M 47	1:14:31	77.27%	99	Andy Donovan	M 27	1:26:00	66.96%
45	Bryan Vargas	M 16	1:14:32	77.26%	100	<u>Theresa Ridgeway</u>	F 41	1:26:56	66.24%
46	Brian Frawley	M 38	1:14:52	76.91%	101	Richard Georato	M 43	1:26:57	66.23%
47	William Hudec	M 25	1:15:51	75.92%	102	Jay Kelly	M 49	1:27:10	66.06%
48	Nicholas Vasiliades	M 23	1:15:51	75.92%	103	<u>Nancy Flaherty</u>	F 50	1:27:14	66.01%
49	Ricky Kraics	M 35	1:16:07	75.65%	104	Christopher Borgatti	M 33	1:27:16	65.98%
50	Giant Parlin	M 35	1:16:13	75.55%	105	Thomas Parker	M 45	1:27:19	65.95%
51	Bob Gillis	M 56	1:16:29	75.29%	106	Luis Hernandez	M 18	1:27:50	65.56%
52	Tod Donhauser	M 36	1:17:23	74.41%	107	Jim Faunce	M 33	1:28:12	65.29%
53	Zachary Donhauser	M 35	1:17:23	74.41%	108	Jeff Hart	M 42	1:28:16	65.24%
54	Jay Curry	M 39	1:17:47	74.03%	109	Bill Morse	M 59	1:29:09	64.59%
55	Nicholas Reid	M 27	1:17:52	73.95%	110	Rahul Raina	M 34	1:29:12	64.55%
					111	Anthony Lombardi	M 44	1:29:27	64.37%
					112	Patrick Farr	M 32	1:29:34	64.29%
					113	Evan Sussman	M 31	1:29:36	64.27%

Continued next page:

Merrimack results cont:

114	Lawrence Hewes	M 48	1:29:54	64.05%
115	Justin Desorgher	M 34	1:29:55	64.04%
116	Mariano Santangelo	M 42	1:31:25	62.99%
117	Chris Corvi	M 43	1:31:27	62.97%
118	David Eng	M 41	1:31:28	62.95%
119	Mark Barton	M 39	1:31:37	62.85%
120	Dave McLaughlin	M 36	1:32:23	62.33%
121	<u>Patrica Robinson</u>	F 57	1:32:26	62.30%
122	Mark Mahoney	M 54	1:32:38	62.16%
123	<u>Lisa Macrriorakowski</u>	F 34	1:33:04	61.87%
124	Craig Piepmeier	M 51	1:33:08	61.83%
125	<u>Diane Larson</u>	F 39	1:33:09	61.82%
126	Mac Bonafede	M 32	1:33:19	61.71%
127	Mikael Taveniku	M 44	1:33:43	61.44%
128	<u>Susan Pulick</u>	F 42	1:33:45	61.42%
129	David Senderoff	M 41	1:34:24	61.00%
130	Douglas Harvey	M ??	1:35:02	60.59%
131	Brett Nelson	M 43	1:35:06	60.55%
132	Glen Swanbon	M 46	1:35:13	60.48%
133	Ricky Smith	M 44	1:35:14	60.46%
134	Dorin Neacsu	M 46	1:35:28	60.32%
135	Michael Boisvert	M 44	1:35:31	60.29%
136	Pete Westover	M 66	1:35:35	60.24%
137	<u>Amy Mosca</u>	F 39	1:35:46	60.13%
138	Timothy Lindsey	M 39	1:35:49	60.10%
139	Mika Latva-Kokko	M 36	1:36:26	59.71%
140	Kent Rissmiller	M 57	1:36:38	59.59%
141	Michael Ralph	M 53	1:36:44	59.53%
142	<u>Peggy Lyman</u>	F 35	1:37:08	59.28%
143	Ken Rousseau	M 53	1:37:16	59.20%
144	<u>Sarah McLaughlin</u>	F 36	1:37:26	59.10%
145	Kevin Claire	M 43	1:37:28	59.08%
146	Jason DeJesus	M 18	1:37:29	59.07%
147	Kevin Champagne	M 13	1:37:36	59.00%
148	Michael Champagne	M 25	1:37:40	58.96%
149	John Colucci	M 52	1:38:10	58.66%
150	Richard Lewis	M 53	1:38:33	58.43%
151	Mark Locken	M 43	1:39:03	58.14%
152	<u>Lisa Lombardi</u>	F 42	1:39:20	57.97%
153	Luis Severance	M 15	1:39:28	57.89%
154	<u>Laura Cowan</u>	F 33	1:39:54	57.64%
155	<u>Aria McElhenny</u>	F 38	1:40:12	57.47%
156	Craig Poirier	M 41	1:40:14	57.45%
157	Al Catalano	M 58	1:40:24	57.35%
158	<u>Robin Allen-Burke</u>	F 50	1:40:39	57.21%
159	Tom Speidel	M 50	1:40:53	57.08%
160	Roy vanBuren	M 49	1:41:43	56.61%
161	<u>Lauren Cassidy</u>	F 25	1:41:43	56.61%
162	<u>Leanna Pham</u>	F 14	1:42:32	56.16%
163	Matt Flynn	M 53	1:42:40	56.09%
164	Christopher Pulick	M 40	1:42:51	55.99%
165	Phil Cunningham	M 38	1:43:17	55.75%
166	Mathew Racki	M 27	1:43:29	55.64%
167	<u>Cheryl Mulvey</u>	F 50	1:44:44	54.98%
168	Robert Stawart	M 30	1:44:47	54.95%
169	<u>Carol Comeau</u>	F 55	1:45:05	54.80%
170	William Horned	M 61	1:45:21	54.66%
171	<u>Paula Finestone</u>	F 42	1:45:26	54.62%

172	<u>Linda Usher</u>	F 62	1:45:59	54.33%
173	Jim Jenkins	M 56	1:46:32	54.05%
174	Bill Donovan	M 56	1:46:39	53.99%
175	<u>Zona Shaifman</u>	F 34	1:46:59	53.82%
176	Chilezie Nnadi	M 28	1:47:33	53.54%
177	Chris Harrison	M 57	1:47:49	53.41%
178	Brian Ristuccia	M 32	1:47:49	53.41%
179	John Loring	M 63	1:48:10	53.24%
180	Frank Schofield	M 47	1:48:25	53.11%
181	Timothy O'Connor	M 53	1:48:26	53.10%
182	<u>Martha Gilford</u>	F 51	1:48:37	53.01%
183	Ed Mulvey	M 51	1:48:50	52.91%
184	Nick Ellis	M 31	1:49:48	52.44%
185	Stanislav Vassullo	M 61	1:50:27	52.13%
186	<u>Lisa Jimenez</u>	F 17	1:50:53	51.93%
187	<u>Kathleen Kimball</u>	F 54	1:50:55	51.92%
188	<u>Karen Giroux</u>	F 45	1:51:15	51.76%
189	Tom Adams	M 36	1:51:39	51.57%
190	Chris Mack	M 39	1:51:48	51.51%
191	Wadii Bellamine	M 24	1:53:32	50.72%
192	Jay Short	M 45	1:56:28	49.44%
193	<u>Theresa Berna</u>	F 41	1:56:29	49.43%
194	Allen Hoffman	M 69	1:57:08	49.16%
195	<u>Emily Trespas</u>	F 40	1:57:33	48.99%
196	<u>Evelyn Reyes</u>	F 17	1:58:59	48.40%
197	<u>Ashley Crouch</u>	F 28	2:00:52	47.64%
198	<u>Shari Hewson</u>	F 48	2:01:09	47.53%
199	<u>Stephanie Cooper</u>	F 43	2:01:15	47.49%
200	<u>Diane Kirilin</u>	F 43	2:01:56	47.22%
201	David McGann	M 31	2:03:09	46.76%
202	Kevin Yetman	M 41	2:04:44	46.16%
203	Bruce Hoiseth	M 53	2:08:37	44.77%
204	<u>Yvette Santana</u>	F 52	2:10:11	44.23%
205	<u>Kristen Eaton</u>	F 43	2:24:23	39.88%
206	Gregory Carson	M 50	2:24:44	39.79%
207	Robert Schrater	M 62	2:40:26	35.89%
208	Barry Ostrow	M 68	2:42:41	35.40%
209	<u>Seema Srivastava</u>	F 42	3:36:03	26.65%
210	<u>Adriana Bago</u>	F 44	3:36:04	26.65%
211	Mike Welsch	M 52	3:54:08	24.59%

Wednesday Night Fun Runs are held every Wed. starting a 5:30 P. M. from the Hoosac Valley High School parking lot on the Adams / Cheshire line on RT. 116. Runners and walkers of all abilities are welcome.

Also... The annual Pedal N' Plod, a 4 mile run and a 22 mile bike race is tentatively scheduled for 7 / 24 / 11 in downtown Adams. Check the club's web page for more info as we get closer to the date.

And finally..... Don't forget the Greylock Trail Races on June 19th this year. See you at the Glen then!

Battle Report: Bull Run Run 50 Miler

The last five miles was perfect misery, but the cheers at the finish put new life into us.

Cpl. Samuel English, Survivor of the First Bull Run, July 1861

by Laura Clark

The above quote, forever immortalized on the back of our Bull Run Run 50 Miler finisher shirts, was taken from Cpl. Samuel English's letter to his mother after the first Battle of Bull Run (Northern perspective) or the first Battle of Manassas (Southern point of view). While there were actually two separate battles timed a year apart, there was only one location. It's just that Northerners favored naming their confrontations after prominent landmarks while Southerners targeted nearby towns.

Participants in this 19th annual Bull Run Ultra could surely appreciate the fact that Cpl. English and fellow members of Company D, Second Rhode Island Volunteers had been on their feet for thirty-six hours with not even a gel to provide sustenance or an opportunity to raid drop bags loaded with fresh gear. Like many obsessive ultrarunners, Northerners would be condemned to recycle the fray a year later in a desperate attempt to "get it right the second time around."

April 2011 marks the 150th anniversary of the Civil War's first battle at Fort Sumter, South Carolina followed in July by this first major confrontation. The runners who doggedly traced the path of the Bull Run River were privileged to follow in the footsteps of these untried troops, who like us, entered the battle for adventure, glory and commitment to a cause, not realizing how much they would be changed in the process.

I must admit, though, that unlike the young soldiers caught up in the fanfare, I wasn't fully committed. While the raw recruits were clueless, I knew just what lay ahead and how seriously I would be tested. My friends had been trying to recruit me for years, but with four attempts at the fifty mile distance and two borderline successes, I had become a firm believer in the marathon and the 50K. Still, the idea of a draft lottery attracted me. My luck being what it was I figured I could please my friends with the attempt and still avoid the confrontation.

You know of course what happened: despite my abysmal battle record I was instantly recruited and offered my choice of political and cultural affiliation. I should have expected this. After twenty-two years of being a military wife I know that logic is not exactly a requirement when assignments are being handed out. Truthfully though, Bull Run Run has always been a strong candidate on my bucket list since I am attracted to events where your feet travel divergent paths: backwards through time and forwards to a real world destination. Plus, I really wanted to see those bluebells. Never once did I consider that it would have been easier to simply take a Virginia spring woodland hike.

My battle strategy has always been fairly sketchy, proving unequivocally that I belonged on the Northern side which not only had to contend with the enemy but with incompetent marching orders. Hence, my training goal was blessedly simplistic: to log every pre-race mile in snowshoes.

Admittedly weird, but with the kind of winter we had been having, a definite possibility.

With the exception of a New Year's Eve road race, which I conveniently decided counted more as entertainment than an actual workout, I embraced the snow. And truthfully, what else could I do unless I wanted to get derailed by a skidding car or sink up to my hips on the trail? My longest planned run was the PEAK Snowshoe Marathon in Pittsfield, VT which boasted 8,000 feet of climb. After that expedition I figured I was ready. Or at least my quads were. I hung on through the required taper, successfully eking out April snowcover.

When Race Director Anstr Davidson emailed marching orders to the select few, he suggested that besides declaring our North/South affiliation, we might want to form a team. This seemed like a good idea since in the heat of battle loyalties lie more with your mates than with abstract principles or palm-sharped split times. Our group already had Will Danecki and Rob Scott so I only had to locate one more teammate.

I scanned the list of entrants for Northerners I knew or at least recognized, eliminating those with rock star status. My cursor inexplicably hovered over Nancy Kleinrock's name. It struck me that it would be a balanced gesture to have two guys and two gals. Normally Nancy would rightfully claim a spot on a more competitive team, but coming off an injury she didn't want the pressure. We had an outside chance at oldest team, no chance at fastest and I was in the books for slowest.

Entering into the spirit of the adventure and also equipped with a good set of sewing skills, Nancy decided we should set our sites on the imaginary best costume award. We came up with the rather odd team name, "They let the cows out," roughly based on the motto of New York's Finger Lakes Fifties which warns "Don't let the cows out." At Finger Lakes runners traverse numerous cow pastures and are instructed to latch all gates firmly behind them unless they want to participate in an old-fashioned roundup. Like most guys, Will and Rob were oblivious to our detailed preparations, saying "Whatever" to our plans as long as all they had to do was show up.



"They Let The Cows Out" team at the 2011 Bull Run Run
Left to right Rob – Will – Laura – Nancy

photo by Karen McWhirt

Continued next page:

Bull Run cont:

So Nancy butchered black and white Target singlets, creating respectable Holsteins. We may have been the only team frivolous enough to wear costumes so it was a great conversation starter until one runner innocently asked, "Are you a Gateway team?" Vaguely crestfallen, I was unsure how to respond. I think this was due to actual disappointment rather than fatigue, but who knows. Perhaps a cow bell would have been a nice touch after all.

At the finish line, we received our imaginary award when Anstr commented that we would have received best costume if such a prize existed. Perhaps next year then. Meanwhile, we do plan to wear our Holstein singlets to this year's Finger Lakes. Just hope the other runners don't try to lock us inside the pasture or the real cows don't chummy up too much.

Since Rob likes to start at a relaxed pace, he dedicated the first seven miles or so to herding me along so I wouldn't go out too fast like I usually do. Obviously, he wasn't concerned with my bid for slowest team realizing that the more important goal would be to hoof it safely past all the cutoffs. It must have worked because I plodded past all three, the final one with a whopping five minutes to spare.

That's not to say it was easy. Heavy rain the day before turned brooks into rivers and trails into mudslicks. The website features a typical trail section: a pleasantly smooth ribbon of brown flanked by waves of bluebells. "You can run this!" it cheerily proclaims. I was encouraged. I felt I could. Not on race day, though. At least not without spikes. The trail had transformed into a glossy silk road, more suitable for gliding than footprinting. This was what C.E. Wood, in his groundbreaking volume, *Mud: A Military History*, would have termed slippery mud with the added quality of stickiness. In other words if you weren't sliding you were suctioning from one spot to the next. Wood claims that more battles were won or lost by the presence of mud than by any other factor. And he should know. He is a Marine. I learned that the same statement holds true for trail races.

We rinse cycled every five miles or so at the water crossings. Previous work teams had improved the deepest fords with cemented cylinders distanced far enough apart to match the stride of a tall bridge troll or six-foot male runner. At five feet six inches I am not short but I was reduced to leapfrogging. Later in the day as the waves had receded somewhat and I could actually see the rough concrete I realized that the illusion produced by the churning water was partly to blame. By that point, though, I had accepted that fact that my feet, eagerly anticipating a summer vacation would be colder than they ever had during my eight hour snowshoe marathon.

Although this was not an ideal cattle crossing, we did our best to keep MOOving along. The piece de resistance was the rickety, sloping bridge near the first aid station. What it lacked in planking it made up for in enthusiasm, greeting each visitor with a foot-slapping, bouncy reply. On a different day this might have been fun, but we all know what happens to wooden bridges when they get wet. My first transverse was rather scary since

Bridge was reacting in roller coaster fashion to the forced march of multiple feet. On my return trip, things were much improved. Runners were more spread out and volunteers were busily raking off the mud. I felt as if they were dusting off the red carpet just for me.

But the mud was a minor annoyance. Cows are accustomed to frequently muddy pastures. I was totally focused on making the three cutoffs. I had memorized Anstr's blocky," not drawn to scale" map and was reassured. The race director's perspective, like mine, functioned better uncluttered by such minor inconveniences as elevation contours and stream crossings. This was the type of map one could hastily sketch on a lunchtime napkin. It spoke volumes.

So mentally in tune was I to the chunky lines that I was taken aback to discover that the one-way only White Loop did not, in fact, resemble a cattleman's rifle, poised to shoot down errant bovines. I was shocked that the final Do Loop (or do over to those who are unfortunate enough to miss the turnoff) was not a squared-off lollipop but instead a rather rambling, hilly tour.

My husband Jeff was there to encourage me on the rocky underpass leading to the final Marina checkpoint. If he hadn't been there shouting that I could make the cutoff, I know I would have slowed down too much. Even then, brain fog was closing in and I barely understood.

Rob and Will had their usual excellent races. Nancy, free of the pressure that comes with expected age group placings, set a new Seniors Women's record! Bull Run Run was a groundbreaking event for me too. For the first time in a 50 miler, I never allowed myself to feel as if I wanted to quit. I knew I needed to carry on for my fellow teammates and ultimately for myself.

As Dean Karnazes reflects in his latest book, *Run*, "the fulfillment of one's own personal goals is far more gratifying than winning a prize or being first. The latter accomplishment appeases the ego; the former provides inner satisfaction." Ultras at some point become personal battles of will. Just as the Bull Run soldiers had to fight their instinct towards self-preservation; our team fought its own mental battles and won.

Laura Clark

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They Let the Cows Out

Bull Run Run 50 Miler Race Report, 2011

by Nancy Kleinrock

After a forced month off of running this winter due to an injury while training for the Hartshorne Masters Mile, zero fast running since then, and not really getting my mileage or long runs up to what I would have wanted, I went into the Bull Run Run 50 Miler (<http://vhtrc.org/brr/2011/index.htm>; race director Anstr Davidson) in Manassas, Virginia, two days before my 51st birthday, a bit nervous about how it would all play out. The steady rain the prior day didn't help my confidence, since of course it meant one thing: mud. Turns out it also meant numerous long, deep puddles (which actually made for better running than the nearby mud, since it was less slippery) and several creek crossings, including a couple that were nearly knee deep. This was all in the first third of the race, which also featured blankets of bluebells in full bloom. The rest of the course was a mix of muddy sections and others that provided fine, easy running. And, of course, there were the frequent, rolling hills to contend with, as the trail varies between the creek/reservoir level and the bluffs to yield 9000' of elevation gain.

This year had an added bonus of being on a team with a crew of NY / New England folks who frequent the Finger Lakes 50s: Will Danecki, Rob Scott, and Laura Clark, one of the most dogged and persistent ultra-mavens I know—she might not be speedy, but she keeps at it! To honor our local race, we chose the name “They Let the Cows Out,” and I cobbled together holstein T-shirts (see photo). If all went well, we knew we wouldn't win any team prizes—we weren't going to be fastest, we weren't the oldest (but were the runner-up in this category), and unless my day turned out to be entirely miserable we weren't going to win the slowest team prize either. No worries; we were a team for the sake of camaraderie, and that's definitely the best kind to be on. Also, we had a great crew: Steve started his day with a 10-mile run, on a part of the course the race would cover a few hours later, and then was handy with constant good cheer and gel/water bottles for me to guzzle at miles 16-ish, 28, and 38; and Laura's Jeff and Rob's Karen were there to offer them all the support they could ask for (all but the removal of mud from the trails or a vehicle to help them cover the miles!). Other locals who had ventured down were Jim Miner, whose hamstring eventually came up to bite him and cause him to drop at 33 miles; Charlie Leonard, whose hamstring also hampered him on the flats, but kept steady and finished; and some Rochester-area folks, including the ever-cheerful Jenn Haugh.

My personal goal for the day was to finish healthy and not die that horrible ultra death, where there's still 20 miles of trail left when nausea and/or dead legs begin to overwhelm the system; if I also placed well or ran a good time, that would be gravy, and I was well aware of the 9:11 F50+ course record. In my two prior times at this race, I had run 8:03 in dry, cool conditions and 9:08 in mostly dry, hot conditions on this course in the past, both of which placed me fourth among the women in the respective years. So, under the 50-something-degree overcast skies that were expected to persist throughout the day, I went out at a comfortable jog, as one should in an ultra, and despite the

muddy footing I made it through to the one-third mark at a time midway between those of my previous efforts and in eighth place among the women. So far, so good, but I couldn't quite tell how much energy the mud was sapping from my system. From that point, it was just a point of keeping an even effort going, rolling with the hills, and being careful not to slip or trip and pull something. I hit the marathon distance (there's an aid station at 26.2, which I consider the halfway point in this 50.5-mile race) in 4:17, which again corresponded well with the conditions relative to my previous times on the course, but I know better than to dismiss the potential of a major bonk ahead.

Approaching the next aid station, Fountainhead, I was surprised to see the first racer coming back at me already. It was Matt Wood, who was on course record pace, heading back toward the finish line—I had never before encountered cross traffic in this region of the course. He was flying! As for me, I was in and out of the aid station with Steve's assistance (ugh—gels don't go down all that pleasantly, even when premixed with water) and on my way through the next ten miles, which tend to be the hardest mentally, since it's still too far from the finish to feel fully confident of completing the distance, far enough into the race to have definite hints of fatigue, and a bit lonely with little cross traffic. Still, my spirits were high and my legs still moving, so all was good. I believe it was during the first five miles of this stretch when I came upon and comfortably passed first one woman and then another, and it was through here that the other front-running men came back at me, including Jack Pilla, age 52, running fourth overall—you might remember him from his comparably amazing performances at the Finger Lakes 50s. Then, when entering the three-mile “do loop,” where people have been known not to escape but remain going round and round, I met up with the first woman, powerhouse Annette Bednosky, who was exiting the do loop as I was entering (she would eventually win in 7:39). Humbling to be sure to have her three miles ahead of me, and definitely inspiring! I made it through the do loop at solid ten-minute pace, which isn't bad with 33 miles already in the legs combined with the not-a-flat-step hills, deep leaves, and who-knows-where-it-will-be mud.

Then comes the fun part, returning to Fountainhead with lots of outgoing racers to share greetings with. It was through here that I crossed paths with teammates Will and Rob, along with Charlie, Jenn, and a multitude of other ultra runners, not a few of whom I've met through the years and the miles.

This time as I approached Fountainhead, there was a woman slowly coming back at me, and we entered the aid station together. I choked down more gel/water mix, enjoyed Steve's service as he filled my hand bottles with more Gatorade, gave him a dirty hug, and left the aid station a bit behind her knowing that this next bit had a couple of uninviting uphill. At the base of the second, I again came up behind her and was surprised to see her walking on a flat spot. I commiserated about the particularly prickly footing of this particular stretch of trail—some maintainer had inexplicably thrown down broken bricks to fill some years in the past—and worked hard to keep running, not hiking, up the next climb. Now in fifth place, I was hoping to maintain that position, and I figured that if I looked strong, maybe I would remain so.

Continued next page:

Bull Run Report cont:

But on the back side of that hill, just after sharing encouragement with Laura who was working her way up it, a bit of thigh muscle—the adductor mangus, which Gerrit had just worked on three days prior—started to feel crampy. Yikes. There was still some distance to cover! So at the next aid station I downed a couple of S-Caps and convinced myself that they would do the trick. Regardless of whether the effect of the salt was real, or whether it was mind over matter, I held it together and even picked up the effort—if not the absolute pace—over the final five miles and managed to pull off what I consider even splits for this event, or even slightly negative.

At the finish line, I had clocked 8:32:25, (4:17 (26.2 mi), 4:15 (24.3 mi)), was 5th woman, 3rd 50+ person, an hour and a half ahead of the next woman in my age group, and had sliced nearly 40 minutes from the age group record; Jack, by the way, took 50 minutes off the M50+ record.

In the end, the whole team finished, which was a delight, and in fact there was a very low DNF rate for this type of event, with 344 starters, 320 official (sub-13-hour) finishers, and five more (including the indefatigable Laura) who made all the cutoffs but took a few minutes longer overall to get to the finish line. All finished dirty, most finished happy, and I, for one, have certainly been experiencing that postrace muscle soreness ever since.

Finally, a word on gear: I wore the New Balance Trail Minimus shoes, which Steve so kindly gave to me as a birthday present two weeks early. I credit them with having zero(!) shin or hamstring pain during or since the race, but also with generating some forefoot bruising, which is worse on one foot, but present on both. I'll have to think about whether to use them again for a 50 miler for this reason, but am generally quite happy with them. Ian should have them in stock in a few weeks at the Finger Lakes Running and Triathlon Company—check 'em out and use them with appropriate caution if you're thinking about going with less shoe; for reference, I have been running in the NB 100s and 790s for several years, with Nike Free 3.0 as my go-to road trainer.

I'll leave you with the tag line of the host club for the Bull Run Run: *Happy Trails!*

Nancy Kleinrock

The Savoy MT. Trail Races will be held on August 21st this year thanks to Rob Higley who volunteered to be Race Director.

The same course as the past 3 years will be used with distances of 4 miles - 11 miles & 22 miles.

So save the date and we'll see you there!

Bull Run Run 50 Miles

Manassas / Clifton, Virginia ... April 9, 2011

344 Starters / 320 Official Finishers (13 hours or faster)

<u>Name</u>	<u>Age</u>	<u>ST.</u>	<u>Time</u>
1 Matt Woods	M 31	VA	6:08:14* new record
2 Neal Gorman	M 34	DC	6:44:53
3 David Frazier	M 25	VA	6:44:53
4 Jack Pilla	M 52	VT	6:49:57
16 <u>Annette Bednosky</u> 1 st F	F 44	NC	7:39:14
17 Aaron Schwartzbard	M 33	VA	7:39:31
42 <u>Nancy Kleinrock</u>	F 50	NY	8:32:25
88 Zeke Zucker	M 67	VT	9:24:29
92 <u>Patty Duffy</u>	F 42	MA	9:26:12
109 <u>Marcy Beard</u>	F 41	NY	9:37:23
113 <u>Jacque Schiffer</u>	F 46	NY	9:39:48
121 Nick Tooker	M31	MA	9:43:53
173 Will Danecki	M 60	CT	10:30:39
246 Doug Freese	M 66	NY	11:30:45
257 Rob Scott	M56	CT	11:37:49
322 <u>Laura Clark</u>	F 64	NY	13:10:37

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

Pacers Needed for 2011 Adirondack Marathon

Here's an opportunity to Stand Out Among the Standard Marathon Crowd without Masquerading as Elvis or the Blues Brothers:

The 2011 Adirondack Marathon in Schroon Lake, NY is scheduled for Sunday, September 25. We would like to offer participants the option of running with a pacing team, whether the goal be to secure a coveted Boston qualifying time, to achieve a personal best or simply to complete the journey with a new bunch of friends.

We are seeking 12 pacers, two for each of six time goals: 3:30, 3:45, 4:00, 4:15, 4:30, 4:45

Qualifications:

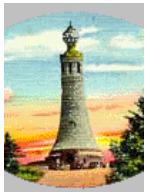
- 1 Previous marathon experience on hilly courses
- 2 Previous marathon times of 20-30 minutes faster than the group you are pacing for
- 3 An ability to remain positive and encouraging.

What's in it for you?

- 1 Free Entry
- 2 Free Pasta dinner
- 3 Lots of warm fuzzies
- 4 An opportunity to be a working part of "the friendliest" marathon
- 5 An opportunity to join an enhanced pacer program in 2012

For further information and to sign up for the team, contact Laura Clark laura@saratogastryders.org or 518-581-1278

GO TEAM!



Western Mass Athletic Club



MT. Greylock Trail Races

5K and Half Marathon

Mass DCR Greylock Glen... Adams, MA.

Sunday June 19, 2011 10 a.m. start (both races)

The 1/2 marathon is up and over the top of Greylock!

Pre-register before 6/12/11 ---- \$15.00 half-marathon --- \$12.00 5K.
Family discount: no charge in excess of that for 3 people if pre-registered.

**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) _____

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 _____

E-MAIL _____

I wish to receive the club's newsletter by EMAIL _____ SNAIL MAIL _____

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

Interest (s):

Running__ Snowshoes__ Kayak__ X-C Skiing__ Hiking__ Biking__ Skiing__ Swimming__ Backpacking__

OTHER _____

Web Page... www.runwmac.com
Club Officers... poncherosa@yahoo.com

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

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